Fruit and Vegetable Fact Sheet For Lunch

Special points of interest:

The minimum creditable serving size for a fruit or a vegetable is ⅛ cup. However, ½ of a cup is the minimum amount of fruits or vegetables that a student must select for a reimbursable meal under Offer vs. Serve.

To help identify vegetable subgroups, refer to the Food Buying Guide:

http://www.teamnutrition.usda.gov/resources/foodbuyingguide.html

For more information about fruits and vegetables visit:

http://www.doe.in.gov/sites/default/files/nutrition/sp-10-2012-rev-1012.pdf

Fruits

Fresh

- Sponsors may offer a variety of fresh fruits (e.g., apples, oranges, grapes, bananas, kiwis).
- There are no minimum requirements on the amount of fresh fruit that must be offered.
- Portion sizes on fresh fruit are found in the Food Buying Guide.

Frozen

- Frozen fruit with added sugar is temporarily allowed during SY 2012-2013 and SY 2013-2014. Frozen fruits must be served without sugar starting SY 2014-2015.

Dried

- Dried fruit counts as twice the portion size served. Example: ¼ cup dried fruit = ½ cup fruit.
- Dried fruit with sugar coating is allowed.

Canned

- Canned fruit must be served in light syrup, water, or fruit juice.
- Sweetened applesauce can be served.

Juice

- Offer 100% full-strength juice only. Example: ¼ cup of Jell-O made with 1 tbsp of juice concentrate and water does not contribute as ¼ cup of juice since it is no longer in the form of juice.
- Juice credits as the volume served. Example: 4 ounces of juice = 1/2 cup of juice
- No more than half the offerings may be in the form of juice per week. Example: USDA Q&A, http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP10-2012ar6.pdf on page 13 and 14 question number 41.
- The volume of pureed fruit included in a beverage must be counted as juice.

Other

- Regardless of CN label, 100% fruit strips, fruit drops, sherbet or other snack-type fruit or vegetable products do NOT credit.

Vegetables

- Vegetables can be served as canned, frozen, or fresh and cooked or raw.
- All vegetable subgroups must be offered (not necessarily taken) each week: dark green, red/orange, dry beans/peas (legumes), starchy, and other vegetables.

Dark Green — Examples: broccoli, romaine lettuce, spinach, kale, collard greens

- Raw, leafy greens credit as half the volume served (1 cup raw, leafy lettuce= 1/2 cup vegetable) and cooked leafy greens such as sautéed spinach are credited as the volume served (1/2 cup cooked spinach= 1/2 cup vegetable).

Red/Orange — Examples: carrots, tomatoes, sweet potatoes, red pepper, pumpkin

Dry Beans/ Peas (Legumes) — Examples: black beans, garbanzo beans (chickpeas), navy beans, kidney beans

- Dry/mature beans and peas may be offered as a meat alternate or as a vegetable. However, one serving may not count toward both food components in the same meal.
- Green peas are not considered a dry bean/pea (legume).

Starchy — Examples: potatoes, corn, green peas, jicama

- There are no maximum limits for the amount of starchy vegetables you can offer throughout a week.

Other— Examples: celery, cauliflower, cucumber, green beans, avocado

Combination — Examples: California blend, salsa, fajita blend

- Vegetable combinations from the same subgroup (e.g. carrots and sweet potatoes) may count toward that single vegetable subgroup. (e.g. both count toward the red/orange vegetable group).
- If a standardized recipe or CN label indicates how much of each vegetable makes up the combination and each vegetable in the mix equals at least 1/8 cup per portion, then each vegetable would be creditable in their appropriate subgroups.
- If the quantities of the different vegetables are not known, the vegetable mixture counts as other vegetables.

Vegetable Juice

- Full-strength 100% vegetable juice blends that contain vegetables from the same subgroup may contribute toward that vegetable subgroup (e.g., tomato and carrot vegetable juice blend—red/orange vegetable subgroup).
- Full-strength 100% vegetable juice blends containing vegetables from more than one subgroup may only contribute to the other vegetable subgroup.