

Fruit and Vegetable Fact Sheet for Breakfast

Special points of interest:

The minimum creditable serving size for a fruit or a vegetable is $\frac{1}{8}$ cup.

However, $\frac{1}{2}$ cup is the minimum amount of fruits or vegetables that a student must select for a reimbursable meal under Offer vs. Serve.

To help you determine the specific contribution each food makes toward the meal pattern requirements, refer to the [Food Buying Guide](#).

For more information about breakfast requirements:

<https://fns-prod.azureedge.net/sites/default/files/resource-files/SP38-2019os.pdf>

Portion Size

- ◆ 1 cup of fruit and/or vegetables must be offered for breakfast.
- ◆ Examples: 1 cup fruit, 1 cup vegetable, or $\frac{1}{2}$ cup fruit and $\frac{1}{2}$ cup vegetable.

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 for fresh fruit are found in the Food Buying Guide.

Frozen

- ◆ Frozen fruit with added sugar is allowed.

Dried

- ◆ Dried fruit counts as twice the portion size served. Example: $\frac{1}{4}$ cup dried fruit = $\frac{1}{2}$ cup fruit.
- ◆ Dried fruit with sugar coating is allowed.

Canned

- ◆ Canned fruit must be served in light syrup, water, or 100% fruit juice.
- ◆ Sweetened applesauce can be served.

Juice

- ◆ Offer 100% full-strength juice only. Example: $\frac{1}{4}$ cup of Jell-O made with 1 tbsp. of juice concentrate and water does not contribute as $\frac{1}{4}$ cup of juice since it is no longer in the form of juice.
- ◆ Juice credits as the volume served. Example: 4 ounces of juice = $\frac{1}{2}$ cup of juice
- ◆ No more than half the fruit offerings may be in the form of juice per week. Example: USDA Q&A <https://fns-prod.azureedge.net/sites/default/files/resource-files/SP38-2019os.pdf>.

Other

- ◆ Regardless of CN label, 100% fruit strips, fruit drops, sherbet or other snack-type fruit or vegetable products do NOT credit toward the meal pattern.
- ◆ Jell-O with fruit is allowed, but the amount of fruit in each portion must be creditable (at least $\frac{1}{8}$ cup).

Vegetables

- ◆ There are no minimum daily or weekly requirements for vegetables. Menu planners can substitute vegetables to count toward the minimum daily and weekly fruit requirements.
- ◆ Until November 21, 2019, schools are allowed to serve starchy vegetables (i.e. hash browns, breakfast potatoes) and count those toward the daily and weekly fruit requirements without planning to serve two cups of other vegetable subgroups (dark green, beans/peas (legumes), red/orange, or other).*
- ◆ Vegetables can be served as canned, frozen, or fresh (cooked or raw).

*This flexibility is based on Section 768 of the Consolidated Appropriations Act, 2019 (P.L. 116-6) (the Appropriations Act), enacted on September 27, 2019 and effective through November 21, 2019.