

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, $\frac{1}{2}$ 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 you determine the specific contribution each food makes toward the meal pattern requirements, refer to the [Food Buying Guide](#)

For more information about new breakfast requirements:

<http://www.doe.in.gov/sites/default/files/nutrition/questions-and-answers-school-breakfast-program-meal-pattern-school-year-2014-2015.pdf>

Portion Size

- ◆ 1 cup of fruits and/or vegetables must be offered for breakfast
- ◆ Examples: 1 cup fruit, 1 cup vegetable, or 1/2 cup fruit and 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 on 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 offerings may be in the form of juice per week.. Example: USDA Q&A, <http://www.fns.usda.gov/sites/default/files/SP10-2012av7.pdf>, on page 14 question number 41.

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.
- ◆ If serving starchy vegetables that count toward the daily and weekly requirements then at least two cups of other subgroups must be planned.
- ◆ The other subgroups that must be planned if serving crediting starchy vegetables (i.e. hash browns, breakfast potatoes) include dark green, red/orange, beans and peas (legumes), or "other."
- ◆ If not serving or crediting starchy vegetables toward daily and weekly requirements, then vegetables are not required at breakfast.
- ◆ Vegetables can be served as canned, frozen, or fresh and cooked or raw.