**Special points of interest:**

The minimum creditable serving size for a fruit or vegetable is ⅛ cup. However, ½ 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:

For more information about fruits and vegetables visit:

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### 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: 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 = ½ cup of juice
- No more than half the offerings may be in the form of juice per week. Example: USDA Q&A, https://fns-prod.azureedge.net/sites/default/files/cn/SP10-2012v9.pdf.
- The volume of pureed fruit included in a beverage must be counted as juice.

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**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 1/8 cup).

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### Vegetables

- Vegetables can be served as canned, frozen, or fresh (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= ½ 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, green beans, or fresh lima beans 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.