

Vegetable and Fruit Basics

Vegetables

- Vegetables may be served fresh, frozen, canned, or as 100% pasteurized vegetable juice.
- Pasteurized, 100% vegetable juice (or fruit juice) may be served at only one meal, including snacks, per day.
- Cooked dry beans and peas may credit as either a vegetable or as a eat alternate, but not as both in the same meal.
- A vegetable may be used to meet the entire fruit requirement at lunch. When two vegetables are served at lunch, two different types of vegetables must be served.
- When crediting vegetables, they are credited based on volume, except 1 cup raw leafy greens credits as $\frac{1}{2}$ cup vegetable.

Fruits

- Fruits may be served fresh, frozen, canned, dried, or as 100% pasteurized fruit juice.
- Pasteurized, 100% fruit juice (or vegetable juice) may be served at one meal, including snack meals, per day.
- When crediting fruits, they are credited based on volume, except $\frac{1}{4}$ cup of dried fruit counts as $\frac{1}{2}$ cup of fruit.

Fruits and Vegetables Components

Separation of Vegetable and Fruit Component

The updated child and adult meal pattern requirements separates the vegetable and fruit component at lunch and snack. Separate vegetable and fruit components will help increase the variety of vegetables and fruits served and consumed by children. This change means you can offer those in your care a serving of vegetables and a serving of fruit at lunch. In addition, a snack with a vegetable and fruit, in the appropriate minimum serving sizes, is reimbursable.

Two Vegetables at Lunch and Supper

To increase flexibility in menu planning, you can choose to serve two vegetables at lunch, rather than a serving of vegetables and a serving of fruit. This change means that the fruit component at lunch may be substituted by a vegetable. When two vegetables are served at lunch, they must be two different kinds of vegetables. Please note that vegetables do not need to be from different vegetable subgroups (e.g., dark green vegetables, red and orange vegetables, starchy vegetables, beans and peas (legumes), or other vegetables). See the table below for examples of reimbursable lunch meals featuring a fruit and a vegetable, or two vegetables, in lieu of fruit.

Ages 3 to 5 Years		
Required Component	Fruit and Vegetable	Two Vegetables
Meat/Meat Alternate	1.5 oz. chicken salad	1.5 oz. chicken salad
Vegetable	¼ cup green beans	¼ cup cauliflower
Fruit	¼ cup diced peaches	¼ cup carrots
Grain	½ whole wheat pita	½ whole wheat pita
Milk	¾ cup unflavored, low-fat milk	¾ cup unflavored, low-fat milk