



New Meal Pattern: Fruits and Vegetables

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Fruits and Vegetables are now separate components!

- USDA has revised the fruit and vegetable section of the Food Buying Guide
- <http://www.fns.usda.gov/tn/Resources/fbgvegfruits.pdf>



Fruits



Meal Pattern Table: Fruits

K-5	6-8	9-12
2 ½ (1/2) cup	2 ½ (1/2) cup	5 (1) cup



Fruits: Clarifications

- Schools can continue to serve frozen fruit with added sugar for the 2012-13 SY and the 2014-15 SY.
- USDA allows for water and 100% juice in a frozen fruit pack



Fruits: Clarifications on Juice

- No more than half of fruit or vegetable offerings may be in the form of juice
 - Weekly limit; no daily limit
- Juice credits as volume served
- Frozen 100% fruit juice w/o sugar can credit
- 100% fruit and vegetable juice blends
 - Credit based on first ingredient



Fruits: Clarifications (cont.)

- Dried fruit processed with sugar is allowed
 - Schools should be aware of maximum calorie limits
 - Credits as twice volume served – i.e. 1/8 cup raisins credit as ¼ cup
- Snack –type fruit products may not credit
 - Allowed: whole dried fruit, whole dried fruit pieces
 - Not Allowed: 100% fruit strips, fruit drops, fruit leather



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Fruits: Clarifications (cont)

- Schools can serve ½ cup of fruit pieces and ½ cup fruit juice to meet daily requirement
- Also, schools can offer a combination of fruits to meet fruit component
 - ½ cup pineapple tidbits + ½ cup fresh fruit cup



Clarifications: Smoothies

- Only credit as milk and juice
- Can credit as fruit, yogurt, and milk if blended beyond the point of service (POS)



- Commercially prepared smoothies can only credit as the fruit component

Vegetables



Vegetables (Lunch)

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3.75 (0.75) cup	3.75 (0.75) cup	5 (1) cup
• Dark green	0.5 cup	0.5 cup	0.5 cup
• Red/Orange	0.75 cup	0.75 cup	1.25 cup
• Beans/Peas (Legumes)	0.5 cup	0.5 cup	0.5 cup
• Starchy	0.5 cup	0.5 cup	0.5 cup
• Other	0.5 cup	0.5 cup	0.75 cup
Additional Veg to Reach Total	1 cup	1 cup	1.5 cup

Dark green vegetables

- Dark Green
 - bok choy
 - broccoli
 - collard greens
 - dark green leafy lettuce
 - kale
 - mesclun
 - mustard greens
 - romaine lettuce
 - spinach
 - turnip greens
 - watercress



Red/Orange Vegetables

- acorn squash
- butternut squash
- carrots
- hubbard squash
- pumpkin
- sweet potatoes
- tomatoes
- red bell peppers



Dry Beans and Peas

- black beans
- black-eyed peas
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- lima beans (mature)
- navy beans
- pinto beans
- soy beans (mature)
- split peas
- white beans



Dry beans and peas: Clarifications

- May only count a serving towards vegetable or meat/meat alternate requirement (but not both in the same meal)
 - Menu planner determines how they credit in advance (not at POS)
- “Dry” refers to mature beans
 - Canned and frozen mature beans acceptable
 - Fresh beans or peas do not qualify



Starchy Vegetables

- Cassava
- Jicama
- corn
- fresh cowpeas, field peas, or black-eyed peas (not dry)
- green peas
- green lima beans
- plantains
- Potatoes
- water chestnuts



Other Vegetable

- Artichokes
- Asparagus
- Beets
- Cauliflower
- Celery
- Cucumbers
- Mushrooms
- Green Beans
- Zucchini



Vegetable Activity



Match the Subgroups

- A. Dark Green
 - B. Red/Orange
 - C. Dry Beans/Peas
 - D. Starchy
 - E. Other
- Romaine Lettuce _____
 - Carrot Slices _____
 - Green Beans _____
 - Iceberg Lettuce _____
 - Broccoli _____
 - Green Lima Beans _____
 - Pork and Beans _____
 - Acorn Squash _____
 - Brussel Sprout _____
 - Green Bell Pepper _____
 - Corn on the Cob _____



Answer Key

- Romaine Lettuce A
- Carrot Slices B
- Green Beans E
- Iceberg Lettuce E
- Broccoli A
- Green Lima Beans D
- Pork and Beans C
- Acorn Squash B
- Brussel Sprout E
- Green Bell Pepper E
- Corn on the Cob D



Vegetables: Clarifications (cont.)

- Schools may offer small amounts of subgroups over the course of the week to meet weekly requirements
 - Minimum quantity is 1/8 cup
- No maximum limits on subgroups
 - Exception: Juice
- Categorizing unusual vegetables:

<http://www.cnpp.usda.gov/Publications/USDAFoodPatterns/ItemClustersAndRepFoods.pdf>



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Vegetables: Clarifications

- Mixed Vegetable Dishes
 - Combinations containing 1/8 cup or more of each different veggie subgroups may credit toward appropriate subgroups
 - If quantities of each are unknown, the dish counts toward the “additional” requirement



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Vegetables: Clarifications

- Mixed Salads
 - If mixed salad contains different vegetable subgroups (romaine/iceberg blend) and quantities are 1/8 cup or more, can credit to respective subgroup
 - If quantities of each are unknown, the total volume credits as “additional” requirement
 - *Remember: 1/4 cup of uncooked leafy greens credit as 1/8 cup



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HOW WOULD A SALAD CONTAINING 1/4 CUP OF ICEBERG LETTUCE AND 1/4 CUP OF ROMAINE CREDIT?

Salad Bars - Clarifications

- May be located after the POS, as long as system in place to ensure each student selects a reimbursable meal
- Must ensure portions meet meal pattern requirements
- May use salad bar to meet weekly vegetable subgroup requirement
 - Salad bar offerings must be listed on production records to count toward meal pattern requirements



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Frequently Asked Questions



Can I have a daily salad bar with all the subgroups to meet the requirement?

- Yes!
- Must offer all the required weekly subgroups over the course of the week



If a school has multiple serving lines with different menu items, must each serving line offer all of the vegetable subgroups weekly?

YES, this ensures that all students have access to all of the vegetable subgroups throughout the week regardless of the serving line selected.



Is there a maximum limit on the amount of veggie subgroups offered?

- NO!!
- Must at least offer the minimum amount of subgroups
- Only maximum limit is on juice
- No more than ½ of F/V offered over the week may be in juice form



How do I meet the subgroups if I have a short week due to Thanksgiving break?

- USDA requires schools to make a “good faith effort”



How can we minimize waste if kids have to take a Fruit or Veggie?

- Offer vs. Serve!
- Schools must offer enough for kids to take full required amount for each component
- Students may choose to take smaller portions
- NOTE: Students must take $\frac{1}{2}$ cup daily of F or V to be reimbursable under OVS



What is the minimum amount of a fruit or vegetable that can be credited toward the meal pattern?

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 Versus Serve. There is no daily or weekly maximum limit for fruits or vegetables provided the specific calorie limitations are not exceeded



Offer Vs. Serve Questions

Are students allowed to take $\frac{1}{4}$ cup fruit and $\frac{1}{4}$ cup veggie to count as $\frac{1}{2}$ cup?

- YES!
- Under OVS this is allowable, even though fruits and veggies are separate components



If I planned $\frac{1}{4}$ cup apples as a serving, and kids take 2 servings, can that count as $\frac{1}{2}$ cup?

- YES!
- Under OVS, children can now take 2 of the same menu item to count as a full serving

Will CN-Labeled Products that include vegetables provide crediting information for vegetable subgroups?

- YES
- CN Labels will be revised to document the creditable amounts of the vegetable subgroups required by the final rule.



Categorizing Unusual Veggies

- <http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html>
- <http://www.choosemyplate.gov/food-groups/vegetables.html>
- <http://www.cnpp.usda.gov/publications/USDAFoodPatterns/ItemClustersAndRepFoods.pdf>



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