

FRUITS

Fruit	Size	Crediting of 1 whole fruit (in cups)	Amount required to credit as ½ cup*	Suggested Serving Size^
Apple	100 count	1 ¼	2/5 each	½ each
	125-138 count	1	½ each	½ each
	163 count	¾	2/3 each	1 each
Apricots	Fresh, medium	¼	2 each	2 each
Banana	100-120 count	½	1 each	1 each
	150 count	½	1 each	1 each
Cherries	Whole, with pits		14 each	14 each
Clementine	Whole	3/8	1 1/3 each	1 ½ each
Dried Fruit			¼ cup	¼ cup
Grapefruit	27-32 count	1	½ each	½ each
Grapes	Seedless, whole, with stem		14	14
	Whole, with seeds and stem		12	12
Kiwi	33-39 count		2 each	2 each
Nectarine	88-96 count	½	1 each	1 each
	56-64 count	¾	2/3 each	1 each
Orange	113 count	5/8	1 each	1 each
	125 count	5/8	1 each	1 each
	126 count	½	1 each	1 each
	138 count	½	1 each	1 each
Peach	88 or 84 count, 2-1/8 inch	3/8	1 1/3 each	1 ½ each
	80 count	½	1 each	1 each
	64 or 60 count, 2-1/2 inch	2/3	¾ each	1 each
	56 count	¾	2/3 each	1 each
Pears	150 count	½	1 each	1 each
	120 count	¾	2/3 each	1 each
	100 count	1 ¼	½ each	½ each
Plums	1.5 x 2 inch	1/5	2 ½ each	2 ½ each
	2 x 2 inch	½	1 each	1 each
	2.5 x 2.5 inch	5/8	1 each	1 each
Tangerine	120 count	3/8	1 1/3 each	1 ½ each
	150 count	½	1 each	1 each

*Using Offer versus Serve, each student must select a minimum of ½ cup fruits, vegetables, or a combination in order to create a reimbursable meal.

^Suggested serving size is column #4 rounded up to the nearest half piece of fruit (credits as ½ cup fruit)

The following do not credit toward the fruit component in NSLP or SBP: snack-type fruit products (e.g., fried banana chips), relish, jam, jelly, home canned products, fruit snacks, and fruit leathers.

June 2019

VEGETABLES

Vegetable	Size	Serving size required to credit as ½ cup*	Vegetable Subgroup
Raw leafy greens		1 cup	Dark green
Cooked leafy greens		½ cup	Dark green
Carrots	4 x ½ inch strips	6 strips	Red/orange
Celery	4 x ½ inch strips	6 strips	Other
Corn	Medium ear	1 each	Starchy
Cucumber	3 x ¾ inch strips	6 each	Other
Mushrooms	Sliced	14 slices	Other
Potato	1 x ¾ inch frozen rounds	8 pieces	Starchy
	1.25 x 9/16 inch frozen circles	10 pieces	
	120 count (6 ounces by weight)	1 each	
	100 count (8 ounces by weight)	¾ each	
	80 count (10 ounces by weight)	½ each	
Radishes	Fresh, without tops, small	14 each	Other
Tomato	Paste	2 TBSP	Red/orange
	Puree	4 TBSP	
	Cherry, whole, with stem	6 each	
	Small or medium, ⅛ inch thick slices	10 slices	
	Large, ⅛ inch thick slices	8 slices	
Turnips	2 x ½ inch sticks	14 sticks	Other
Zucchini (summer squash)	3 x ½ inch raw sticks	6 each	Other

*Using Offer versus Serve, each student must select a minimum of ½ cup fruits, vegetables, or a combination in order to create a reimbursable meal.

The following do not credit toward the vegetable component in NSLP or SBP: snack-type vegetable products (e.g., potato chips), relish, jam, jelly, ketchup, barbeque sauce, hot sauce, chili sauce, home canned products, and dehydrated vegetables used for seasoning.

Each reimbursable meal in the NSLP or SBP must contain at least ½ cup of fruits and/or vegetables. If fruits or vegetables are served as a component in the Afterschool Snack Program it must be at least ¾ cup.

No more than 50% of fruit or 50% of vegetables may be served in the form of juice (including purees for smoothies) over the course of one week.

Fruits and vegetables are credited by rounding down to the nearest ⅛ cup.