

Fruit *In A Nutshell*



Crediting fruit

- Measured in cups
- Credits cup-for-cup (e.g. $\frac{1}{4}$ cup of peaches credits as $\frac{1}{4}$ cup of fruit)
- Round down to the nearest $\frac{1}{8}$ cup
- Dried fruit credits as double the volume served (e.g. $\frac{1}{4}$ cup raisins credits as $\frac{1}{2}$ cup fruit)

Component	Measured by	Units of measurement	Conversions	Tools used
Fruits	VOLUME How much space does it take up?	Fluid ounces (fl oz) Teaspoon (t or tsp) Tablespoon (T or TBSP) Cups (c) Pint (pt) Quart (qt) Gallon (gal)	8 fl oz = 1 c 3 tsp = 1 TBSP 16 TBSP = 1 c 2 c = 1 pt 2 pt = 1 qt 4 qt = 1 gal	Spoodles Measuring cups Measuring spoons Scoops Dishers Ladles

Weight and volume are not equal or interchangeable

Forms of fruit

Fruit may be canned, fresh, frozen, dried, or 100% juice.

Non-creditable fruit

The following do not credit towards 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.

Fruit as juice

No more than 50% of fruit may be served in the form of juice over the course of one week. Pureed fruit in smoothies is credited as juice. Meals are to be assessed independently (i.e. breakfast assessed independently from lunch). Juice must be pasteurized, 100% full strength.

Lunch Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Fruits (cups)		Weekly: 2 $\frac{1}{2}$ cups Daily: $\frac{1}{2}$ cup		Weekly: 5 cups Daily: 1 cup

Breakfast Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fruits (cups)					Weekly: 5 cups Daily: 1 cup
Vegetables (cups)					0 cups required daily There is no separate requirement to serve vegetables in the SBP. Schools may substitute vegetables for fruit.

Portioning Common 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	⅔ each	½ each
	125-138 count	1	½ each	½ each
	163 count	¾	⅔ 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	⅜	1 ⅓ 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	⅔ each	1 each
Orange	113 count	⅝	1 each	1 each
	125 count	⅝	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	⅜	1 ⅓ each	1 ½ each
	80 count	½	1 each	1 each
	64 or 60 count, 2-1/2 inch	⅔	¾ each	1 each
	56 count	¾	⅔ each	1 each
Pears	150 count	½	1 each	1 each
	120 count	¾	⅔ each	1 each
	100 count	1 ¼	½ each	½ each
Plums	1.5 x 2 inch	⅕	2 ½ each	2 ½ each
	2 x 2 inch	½	1 each	1 each
	2.5 x 2.5 inch	⅝	1 each	1 each
Tangerine	120 count	⅜	1 ⅓ each	1 ½ each
	150 count	½	1 each	1 each

This institution is an equal opportunity provider.