

# Requirements for the Vegetables/Fruits Component of the Summer Food Service Program Meal Patterns

This document provides guidance on meeting the meal pattern and crediting requirements for the vegetables/fruits component of the U.S. Department of Agriculture's (USDA) [Summer Food Service Program \(SFSP\) meal patterns](#). For more information on the SFSP meal patterns and the vegetables/fruits component, visit the "[SFSP Meal Patterns](#)" and "[Vegetables/Fruits Component for the SFSP](#)" sections of the Connecticut State Department of Education's (CSDE) SFSP webpage.

## Meal Pattern Requirements

The SFSP meal patterns require  $\frac{1}{2}$  cup of the vegetables/fruits component at breakfast and  $\frac{3}{4}$  cup at lunch and supper. A  $\frac{3}{4}$ -cup serving of fruits or vegetables may be offered as one of the two required snack components.

- **Breakfast** may include vegetables, fruits, 100 percent full-strength juice, or any combination of these foods that total  $\frac{1}{2}$  cup.
- **Lunch and supper** must include at least two *different* servings that total  $\frac{3}{4}$  cup. This can be any combination of at least two different vegetables, at least two different fruits, or at least one vegetable and one fruit. For example, a lunch menu could include  $\frac{1}{2}$  cup of carrots and  $\frac{1}{4}$  cup of cucumbers;  $\frac{1}{2}$  cup of applesauce and  $\frac{1}{4}$  cup of raisins; or  $\frac{1}{2}$  cup of broccoli and  $\frac{1}{4}$  cup of strawberries.
  - Two forms of the same fruit or vegetable are not allowed, e.g., orange and orange juice; apple and applesauce; or tomato sauce and sliced tomatoes.
  - Mixed vegetables (such as carrots, peas, and corn; three-bean salad; and a California mix of broccoli, cauliflower, and carrots), mixed fruits (such as fruit salad, fruit cocktail, and mixed berries), and mixed vegetables and fruits (such as carrot-raisin salad and Waldorf salad) count as only *one* of the two required servings.
  - Juice cannot credit for more than *half* of the vegetables/fruits component at lunch and supper.
- **Snack** may include vegetables, fruits, 100 percent full-strength juice, or any combination of these foods that total  $\frac{3}{4}$  cup. Snack must include two different components. Fruits and vegetables cannot be the only two snack components, even if they are different kinds. For example, a snack that contains  $\frac{3}{4}$  cup of apples and  $\frac{3}{4}$  cup of carrot sticks is not reimbursable because both food items are from the vegetables/fruits component.

The minimum creditable amount is  $\frac{1}{8}$  cup. If a menu item provides less than the full meal pattern serving, the SFSP menu must include the additional amount from other vegetables/fruits.

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## Requirement for visible components

The USDA requires that foods must be visible (recognizable) to credit toward the SFSP meal patterns. For example, SFSP sponsors cannot credit applesauce in muffins or pureed fruits and vegetables in entrees. The intent for this requirement is to ensure that children can easily identify the foods in SFSP menus. The nutrition education aspect of the Child Nutrition Programs includes the goal of helping children recognize the food groups that contribute to healthy meals and snacks.

The USDA allows an exception to this requirement for pureed fruits and vegetables in smoothies, and pasta made with 100 percent vegetable flours. For more information, refer to “[Crediting pureed vegetables](#),” “[Crediting smoothies](#),” and “[Crediting pasta made of 100 percent legume flours](#)” in this document.

## Determining Servings for Fresh Vegetables and Fruits

The USDA’s *Food Buying Guide for Child Nutrition Programs* (FBG) provides food yields and crediting information for common types and customary sizes of vegetables and fruits. The FBG indicates how many servings a specific quantity of vegetable or fruit will provide and helps menu planners determine how recipes and commercial foods contribute to the vegetables/fruits component.

Table 1 shows examples of the meal pattern contribution of fresh vegetables and fruits. For additional guidance, refer to the CSDE’s portion control charts for vegetables and fruits in the “[Vegetables Component](#)” and “[Fruits Component](#)” sections of the CSDE’s [Menu Planning for Child Nutrition Programs](#) webpage.



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Table 1. Meal pattern contribution of fresh vegetables and fruits			
Food <sup>1</sup>	FBG crediting information	Meal pattern contribution	
		½-cup serving	¾-cup serving
Apples, 100 count <sup>2</sup>	1 apple = 1¼ cups 1/5 apple = ¼ cup	<sup>2</sup> / <sub>5</sub> apple	<sup>3</sup> / <sub>5</sub> apple
Apples, 125-138 count <sup>2</sup>	1 apple = 1 cup ¼ apple = ¼ cup	½ apple	¾ apple
Banana, 150 count (petite) or 100-120 count <sup>2</sup>	1 banana = ½ cup ½ banana = ¼ cup	1 banana	1½ bananas
Broccoli	1 medium spear = about ¼ cup	2 medium spears	3 medium spears
Carrot sticks	3 sticks (4 inches by ½ inch) = ¼ cup	6 sticks (4 inches by ½ inch)	9 sticks (4 inches by ½ inch)
Celery sticks	3 sticks (4 inches by ½ inch) = ¼ cup	6 sticks (4 inches by ½ inch)	9 sticks (4 inches by ½ inch)
Cucumber sticks, pared or unpared	3 sticks (4 inches by ¾ inch) = ¼ cup	6 sticks (4 inches by ¾ inch)	9 sticks (4 inches by ¾ inch)
Grapes, seedless, large	7 grapes = ¼ cup 14 grape halves = ¼ cup	14 grapes 28 grape halves	21 grapes 42 grape halves
Orange, 113 count 2 (Arizona or California)	½ orange = ¼ cup 1 orange = ⅝ cup	1 orange	1½ oranges
Orange, 125 count 2 (Florida or Texas)	½ orange = ¼ cup 1 orange = ⅝ cup	1 orange	1½ oranges
Orange, 138 count 2 (Arizona or California)	½ orange = ¼ cup 1 orange = ½ cup	1 orange	1½ oranges

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**Table 1. Meal pattern contribution of fresh vegetables and fruits, *continued***

Food <sup>1</sup>	FBG crediting information	Required amount for ½ cup	Required amount for ¾ cup
Pear, 100 count <sup>2</sup> (D’Anjou or Bosc or Bartlett)	1 pear = 1¼ cups ½ pear = ⅝ cup	½ pear	⅔ pear
Pear, 120 count <sup>2</sup>	½ pear = ⅜ cup 1 pear = ¾ cup	¾ pear	1 pear
Pear, 150 count <sup>2</sup>	½ pear = ¼ cup 1 pear = ½ cup	1 pear	1½ pears
Radishes	7 small radishes = ¼ cup	14 small radishes	21 small radishes
Tomato slices, large (2½ to 2¾ inch diameter)	4 slices (⅛-inch thick) = ¼ cup	8 slices (⅛-inch thick)	12 slices (⅛-inch thick)
Tomato slices, medium (2⅛ to 2¼ inch diameter)	5 slices (⅛-inch thick) = ¼ cup	10 slices (⅛-inch thick)	15 slices (⅛-inch thick)
Tomatoes, cherry	3 whole cherry tomatoes = ¼ cup 5 half cherry tomatoes = ¼ cup	6 whole cherry tomatoes 10 half cherry tomatoes	9 whole cherry tomatoes 15 half cherry tomatoes

<sup>1</sup> Consider children’s ages and developmental readiness when deciding what vegetables and fruits to offer. Prepare all vegetables and fruits to reduce the risk of choking. For more information, refer to “[Considerations for Reducing Choking Risks for Young Children](#)” in this document.

<sup>2</sup> The count pack is the number of whole fruits that that fit into a case. The smaller the count, the larger the size of the fruit.



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## Required Crediting Documentation

Vegetables and fruits that are part of other foods or that contain added ingredients require appropriate documentation to credit as the vegetables/fruits component in the SFSP. For example, to credit a commercial hummus product or a hummus recipe as  $\frac{1}{4}$  cup of the vegetables/fruits component, the SFSP sponsor must have documentation indicating that the serving contains  $\frac{1}{4}$  cup of pureed chickpeas. The guidance below summarizes the required documentation for commercial processed products and foods made from scratch. Documentation must be based on the food yields and crediting information in the FBG.

### Commercial processed products

SFSP sponsors must maintain crediting documentation for commercial processed products that contain vegetables and fruits, such as vegetable egg rolls, hummus, breaded onion rings, and fruit-filled turnovers. Acceptable documentation includes a Child Nutrition (CN) label (available only for main dish entrees that contribute to the meat/meat alternates component) or manufacturer's product formulation statement (PFS).

Commercial processed products without a CN label or PFS cannot credit in the SFSP meal patterns.

For information on CN labels and PFS forms, refer to the CSDE's resources, [Child Nutrition \(CN\) Labeling Program](#), [Using Product Formulation Statements in the SFSP](#), and [Accepting Processed Product Documentation in the SFSP](#); the USDA's documents, [Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program](#), [Summer Food Service Program](#), and [NSLP Afterschool Snacks](#), and [Tips for Evaluating a Manufacturer's Product Formulation Statement](#). For additional guidance, visit the "Crediting Commercial Processed Products" section of the CSDE's SFSP webpage.

Training on the requirements for CN labels and PFS forms and how to evaluate a PFS is available in Module 6: Meal Pattern Documentation of the CSDE's training program, [What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

### Foods made from scratch

SFSP sponsors must have a recipe that documents the amount of vegetables and fruits per serving in foods prepared from scratch. Recipes are required for vegetables and fruits in combination foods (such as vegetables in egg rolls, peppers and tomato sauce on pizza, beans in burritos, and fruit in

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yogurt parfaits) and vegetables and fruits that contain added ingredients (such as potato salad, carrot-raisin salad, fruit crisp, and breaded vegetables).

The USDA encourages SFSP sponsors to use standardized recipes whenever possible. For more information, refer to the CSDE's *Standardized Recipe Form for the SFSP* and visit the "[Standardized Recipes](#)" section of the CSDE's SFSP webpage.

## Crediting Requirements

Creditable vegetables include fresh, frozen, canned, and rehydrated dried vegetables, and pasteurized full-strength vegetable juice. Vegetable products and recipes must meet specific criteria to credit as the vegetables/fruits component in the SFSP meal patterns. The guidance below addresses the crediting requirements for vegetables.

### Crediting canned vegetables

Canned vegetables must be drained. The serving cannot include the packing liquid, such as water or sauce. For example, to credit canned peas as  $\frac{1}{2}$  cup of the vegetables/fruits component, the  $\frac{1}{2}$ -cup serving cannot include the packing water. To credit baked beans as  $\frac{1}{2}$  cup of the vegetables/fruits component, the  $\frac{1}{2}$ -cup serving cannot include the sauce. The serving must contain  $\frac{1}{2}$  cup of vegetables **before** any added liquid.

### Crediting dried vegetables

Dried or dehydrated vegetables (such as potato flakes and dried soup mix) credit as the vegetables component based on their rehydrated volume. The product's PFS must provide specific documentation on the amount of vegetables per serving (refer to "[Required Crediting Documentation](#)" in this document). Dried vegetables used for seasonings (such as dried onion and dried parsley) do not credit in the SFSP meal patterns.

### Crediting hominy

Hominy is made from whole kernels of maize (dried field corn) that have been soaked in an alkaline solution (nixtamalized). Hominy is available dried and in a fully cooked canned form. Dried hominy is cooked and credited the same as legumes. In its whole form, hominy credits toward the vegetables/fruits component as a starchy vegetable. For example,  $\frac{1}{4}$  cup of drained canned hominy credits as  $\frac{1}{4}$  cup of vegetables/fruits component. For information on crediting hominy as the grains/breads component, refer to the CSDE's resource, *Requirements for the Grains/Breads Component of the SFSP Meal Patterns*.

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## **Crediting legumes as vegetables**

Legumes (including roasted legumes such as roasted chickpeas and soybeans) credit as either the vegetables component or the meat/meat alternates component, but one serving cannot credit as both components in the same meal or snack. A ½-cup serving of legumes credits as ½ cup of vegetables/fruits component. The serving refers to the amount of cooked legumes and does not include added ingredients, such as the sauce and pork fat in canned baked beans. For example, a ½-cup serving of baked beans that contains ⅛ cup of sauce and pork fat credits as ¾ cup of the vegetables component. For more information, refer to the CSDE’s resource, [Crediting Legumes in the SFSP](#).

## **Crediting pasta made of 100 percent vegetable flours**

A ½-cup serving of pasta made of one or more 100 percent vegetable flours credits as ½ cup of the vegetables/fruits component. If the pasta product contains non-vegetable ingredients, the SFSP sponsor must obtain a PFS stating the amount of vegetable flours per serving (refer to “[Required Crediting Documentation](#)” in this document). Grain-based pasta products that contain small amounts of vegetable powder for color, such as spinach pasta or sun-dried tomato pasta, do not credit as the vegetables/fruits component. The requirements for crediting pasta products made of vegetable flours are summarized in [USDA Memo SP 26-2019](#), [CACFP 13-2019](#) and [SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs](#).

## **Crediting pureed vegetables**

Pureed vegetables in foods must be visible (recognizable) to credit in the SFSP meal patterns. Examples include pureed foods made from one vegetable such as tomato sauce, split pea soup, mashed potatoes, mashed sweet potatoes, and pureed butternut squash.

Foods that contain pureed vegetables (such as pureed carrots in macaroni and cheese) cannot credit as the vegetables/fruits component unless they also provide at least ⅛ cup of visible creditable vegetables. For example, a serving of macaroni and cheese that contains ⅛ cup of diced butternut squash (visible) and ⅛ cup of pureed carrots (not visible) could credit as ¼ cup of the vegetables/fruits component. For more information, refer to “[Requirement for visible components](#)” in this document.

Pureed vegetables credit based on the volume served, not the volume before pureeing. SFSP sponsors must document crediting information with a standardized recipe or PFS (refer to “[Required Crediting Documentation](#)” in this document).

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## Crediting soups

Vegetable soups made from scratch credit based on the amount of vegetables contained in one serving. SFSP sponsors must document crediting information with a standardized recipe based on the yields listed in the FBG (refer to “[Required Crediting Documentation](#)” in this document).

Creditable commercial vegetable soups include lentil, pea, and bean (legumes); minestrone; tomato; tomato with other basic components such as rice; vegetable (contains only vegetables); and vegetable with other basic components such as meat or poultry. The FBG indicates that a 1-cup serving of a commercial legume soup credits as  $\frac{1}{2}$  cup of vegetables and a 1-cup serving of commercial vegetable soup credits as  $\frac{1}{4}$  cup of vegetables. The serving refers to the amount of the cooked soup, e.g., heated canned or frozen ready-to-serve soup, reconstituted dried soup, and reconstituted condensed soup.

Menu planners should consider the appropriateness of the serving size for soup. The large serving of a commercial soup needed to provide the full vegetables/fruits component might be unreasonable, especially for younger children. For example, to provide  $\frac{3}{4}$  cup of the vegetables/fruits component at snack requires 3 cups of a commercial vegetable soup and  $1\frac{1}{2}$  cups of a commercial legume soup. For additional guidance, refer to the CSDE’s resource, *Crediting Soups in the NSLP and SBP*.

Menu planners should consider the size of the container used to serve the soup. A 1-cup container (8 fluid ounces) does not provide 1 cup of soup unless it is filled to the top, which is impractical. To avoid spilling and ensure that the served portion meets the meal pattern requirements, the container should be larger than the planned serving size of soup. For example, SFSP sponsors could use a 10-fluid ounce bowl to hold 8 fluid ounces (1 cup) of soup and a 6-fluid ounce bowl to hold 4 fluid ounces ( $\frac{1}{2}$  cup) of soup.

## Crediting vegetables with added ingredients

If a vegetable product or recipe contains added ingredients (such as mayonnaise, salad dressing, butter, and sauce), only the vegetable portion credits toward the SFSP meal patterns. Examples include baked beans with sauce and pork fat; coleslaw and potato salad made with mayonnaise and seasonings; carrot-raisin salad made with yogurt; and mashed potatoes made with butter and seasonings. For example, to credit potato salad as  $\frac{1}{2}$  cup of the vegetables/fruits component, the serving must contain  $\frac{1}{2}$  cup of potatoes, excluding added ingredients such as mayonnaise and seasonings. SFSP sponsors must maintain crediting documentation for each product and recipe (refer to “[Required Crediting Documentation](#)” in this document).



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## Noncreditable vegetables

Some examples of foods that do not credit as the vegetables/fruits component include chili sauce, dehydrated vegetables used for seasoning, cream vegetable soups (e.g., cream of broccoli and cream of mushroom), home-canned products (for food safety reasons), ketchup, pickle relish, and snack-type foods made from vegetables such as potato chips. For more information, refer to the CSDE's resource, [Noncreditable Foods in the SFSP](#).

## Crediting Requirements for Fruits

Creditable fruits include fresh, frozen, dried, and canned (packed in water, full-strength juice, or light syrup), and pasteurized full-strength fruit juice. Fruit products and recipes must meet specific criteria to credit as the vegetables/fruits component in the SFSP meal patterns. The guidance below addresses the crediting requirements for fruits.

### Crediting canned fruits

A serving of canned fruit may include the 100 percent juice in which the fruit is packed. For example,  $\frac{1}{2}$  cup of canned peaches in juice credits as  $\frac{1}{2}$  cup of the vegetables/fruits component.

Water and syrup in canned fruit do not credit. For example, to credit canned peaches in light syrup as  $\frac{1}{2}$  cup of the vegetables/fruits component, the serving must contain  $\frac{1}{2}$  cup of peaches, not including the syrup. For more information, refer to the CSDE's resource, [Crediting Juice in the SFSP](#).

### Crediting coconut

Fresh and frozen coconut credit, but dried coconut, coconut flour, and coconut oil do not. Coconut water labeled as 100 percent juice credits based on the volume served and must meet the same requirements as juice (refer to "[Crediting juice](#)" in this document). Coconut is high in calories and saturated fat and should be limited in SFSP menus. The requirements for crediting coconut are summarized in [USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs](#).

### Crediting dried fruits

Dried fruits (such as raisins, apricots, cherries, cranberries, blueberries, mixed fruit, and coconut) credit based on the served volume. For example,  $\frac{1}{4}$  cup of dried fruit credits as  $\frac{1}{4}$  cup of the vegetables/fruits component. Serving a large amount of dried fruit may be unreasonable, especially for younger children. For example, to credit dried fruit as the vegetables/fruits component at snack, the required serving is  $\frac{3}{4}$  cup. The CSDE recommends serving smaller portions of dried fruit and supplementing with another fruit or vegetable to meet the full serving.

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Manufacturers sometimes process dried fruit with added sugar to keep the fruit pieces separated. The CSDE encourages menu planners to read labels and choose dried fruit without added sweeteners, including sugars and nonnutritive sweeteners such as aspartame, acesulfame potassium, sucralose, and stevia.

## **Crediting frozen fruits**

Frozen fruits credit based on the volume served. For some frozen fruits (such as frozen sliced strawberries and frozen apricots), the serving includes the thawed liquid. For other frozen fruits (such as frozen berry blends, frozen sweet cherries, and frozen mangoes), the serving is for the thawed, drained fruit. Check the FBG for the specific serving and crediting requirements for different types of frozen fruits.

## **Crediting fruits in grain-based desserts**

Fruits in grain-based desserts (such as fruit crisp and fruit turnovers) credit based on the amount of fruits per serving. For example, a fruit turnover that contains  $\frac{1}{4}$  cup of apples credits as  $\frac{1}{4}$  cup of the vegetables/fruits component. SFSP sponsors must maintain crediting documentation for each product and recipe (refer to [“Required Crediting Documentation”](#) in this document). At snack, the amount of a grain-based dessert required to provide  $\frac{3}{4}$  cup of fruit might be unreasonable (refer to [“Fruits with added ingredients”](#) in this document).

## **Crediting fruits in yogurt**

Fruits in commercial yogurt products (blended, mixed, or on top) do not credit as the vegetables/fruits component. Menu planners may credit fruits provided as a separate component, such as  $\frac{1}{2}$  cup of blueberries in a yogurt parfait.

## **Crediting fruits with added ingredients**

If a product or recipe contains added ingredients (such as mayonnaise or a grain-based topping), only the fruit portion of the serving credits toward the vegetables/fruits component. Examples include Waldorf salad made with mayonnaise, walnuts, and seasonings; and fruit crisp or cobbler made with grain-based topping. For example, to credit fruit crisp as  $\frac{1}{2}$  cup of the vegetables/fruits component, the serving must contain  $\frac{1}{2}$  cup of fruit, excluding other ingredients such as the grain topping. SFSP sponsors must maintain crediting documentation for each product and recipe (refer to [“Required Crediting Documentation”](#) in this document).

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## Crediting juice

Juice (fresh, frozen, and made from concentrate) must be pasteurized full-strength fruit juice, vegetable juice, or a combination. Juice (including pureed fruits and vegetables in smoothies) cannot credit for more than half of the vegetables/fruits component at lunch and supper. Juice cannot be served at snack when milk is the only other snack component. For more information, refer to the CSDE’s resource, *Crediting Juice in the SFSP*.

The USDA recommends serving whole fruits (fresh, frozen, canned, and dried) more often than juice. Juice does not provide the same nutritional benefits as whole fruits and vegetables, which contain fiber, fewer calories, and more nutrients.

## Crediting smoothies

Pureed fruits and vegetables in smoothies credit only as juice and must meet the same requirements as juice (refer to “Crediting juice” in this document). For more information, refer to the CSDE’s resource, *Crediting Smoothies in the SFSP*.

## Crediting fresh fruits

The crediting amount for one piece of fresh fruit depends on the type and size, and ranges from ¼ cup to 1¼ cups. For example, the FBG indicates that:

- one 60-count plum, one 88-count peach, and one clementine each credit as ⅔ cup of fruit; and
- one 100-120-count banana, one 150-count pear, one 80-count peach, one 138-count orange, and one 45-count plum each credit as ½ cup of fruit.



Menu planners must ensure that an individual piece of fresh fruit (whole or cut up) provides the correct serving for each SFSP meal and snack. If the amount is less than the full serving of the vegetables/fruits component, the meal or snack must include additional fruits or vegetables to meet the full serving.

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The examples below illustrate this requirement.

- **Example 1:** The SFSP breakfast meal pattern requires  $\frac{1}{2}$  cup of fruits, vegetables, or both. One 120-count tangerine credits as  $\frac{3}{8}$  cup of fruit, which does not provide the full serving. To credit as the full component, the breakfast menu must include an additional  $\frac{1}{8}$  cup of fruits or vegetables.
- **Example 2:** The SFSP snack meal pattern requires  $\frac{3}{4}$  cup of fruits, vegetables, or both. One 113-count orange credits as  $\frac{5}{8}$  cup of fruit, which does not provide the full serving. To credit as the full fruits component, the snack menu must include an additional  $\frac{1}{8}$  cup of the fruits component.

Table 2 lists the additional amounts of fresh fruit needed to provide  $\frac{1}{2}$  cup or  $\frac{3}{4}$  cup of the vegetables/fruits component, based on the crediting information in the FBG.

Table 2. Additional amounts of fresh fruits to provide $\frac{1}{2}$ cup or $\frac{3}{4}$ cup			
Fruit (one piece, whole or cut-up) <sup>1</sup>	Meal pattern contribution from FBG	Additional amount for $\frac{1}{2}$ cup <sup>3</sup>	Additional amount for $\frac{3}{4}$ cup <sup>4</sup>
Apple, 125-138 count <sup>2</sup>	1 cup	0	0
Apricot, medium (1 $\frac{3}{8}$ -inch diameter)	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Banana, 150 count, petite	$\frac{1}{2}$ cup	0	$\frac{1}{4}$ cup
Banana, 100-120 count, regular	$\frac{1}{2}$ cup	0	$\frac{1}{4}$ cup
Clementine, whole, peeled	$\frac{3}{8}$ cup	$\frac{1}{8}$ cup	$\frac{3}{8}$ cup
Grapefruit, 27-32 count <sup>2</sup> , large	1 cup	0	0
Kiwi, 33-39 count <sup>2</sup>	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Nectarine, size 88-96 (2 $\frac{1}{4}$ -inch diameter)	$\frac{1}{2}$ cup	0	$\frac{1}{4}$ cup
Nectarine, size 56-64 (2 $\frac{3}{4}$ -inch diameter)	$\frac{3}{4}$ cup	0	0
Orange, Arizona or California, 113 count <sup>2</sup>	$\frac{5}{8}$ cup	0	$\frac{1}{8}$ cup
Orange, Florida or Texas, 125 count <sup>2</sup>	$\frac{5}{8}$ cup	0	$\frac{1}{8}$ cup

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Table 2. Additional amounts of fresh fruits to provide ½ cup or ¾ cup, <i>continued</i>			
Fruit (one piece, whole or cut-up) <sup>1</sup>	Meal pattern contribution from FBG	Additional amount for ½ cup <sup>3</sup>	Additional amount for ¾ cup <sup>4</sup>
Orange, Arizona or California, 138 count <sup>2</sup>	½ cup	0	¼ cup
Peach, size 88 and 84 (2⅛-inch diameter)	⅜ cup	⅛ cup	⅜ cup
Peach, size 64 and 60 (2½-inch diameter)	⅔ cup	0	⅛ cup
Peach, size 80	½ cup	0	¼ cup
Peach, size 56	¾ cup	0	0
Pear, 150 count <sup>2</sup>	½ cup	0	¼ cup
Pear, 120 count <sup>2</sup>	¾ cup	0	0
Pear, D’Anjou, Bosc or Bartlett, 100 count <sup>2</sup>	1¼ cups	0	0
Plum, purple, red, or black, size 45 and 50 (2-inch diameter)	½ cup	0	¼ cup
Plum, purple, red, or black, 2½-inch diameter	⅝ cup	0	⅛ cup
Plum, Japanese or hybrid, size 60 and 65	⅜ cup	⅛ cup	⅜ cup
Tangerine, 120 count <sup>2</sup>	⅜ cup	⅛ cup	⅜ cup
<p><sup>1</sup> Consider children’s ages and developmental readiness when deciding what fruits to offer. Prepare all fruits to reduce the risk of choking. For more information, refer to “<a href="#">Considerations for Reducing Choking Risks for Young Children</a>” in this document.</p> <p><sup>2</sup> The count pack is the number of whole fruits that that fit into a case. The smaller the count, the larger the size of the fruit.</p> <p><sup>3</sup> A ½-cup serving of the vegetables/fruits component is required at breakfast and may be one of the two required servings of the vegetables/fruits component at lunch and supper.</p> <p><sup>4</sup> A ¾-cup serving of the vegetables/fruits component may be one of the two required snack components. The additional amount can be from the same fruit, a different fruit, or a vegetable.</p>			

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## Noncreditable fruits

Some examples of foods that do not credit as the vegetables/fruits component include fruit snacks (e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, yogurt-covered fruit snacks); banana chips; home-canned products (for food safety reasons); jams, jellies, and preserves; and juice drinks that are not 100 percent juice, such as grape juice drink, orange juice drink, pineapple-grapefruit drink, cranberry juice cocktail, and lemonade. For more information, refer to the CSDE's resource, [\*Noncreditable Foods in the SFSP\*](#).

## Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of vegetables that may be choking hazards include cooked or raw whole-kernel corn, and small pieces of raw vegetables, e.g., raw green peas, whole beans, raw carrot rounds, baby carrots, string beans, celery, and other raw or partially cooked hard vegetables. Examples of fruits that may be choking hazards include whole grapes, berries, melon balls, apples and other hard pieces of raw fruit, and dried fruits. Preparation techniques to reduce the risk of choking include cooking until soft, and cutting, dicing, or shredding into small pieces.

Consider children's age and developmental readiness when deciding what types of vegetables and fruits to offer in SFSP menus and modify foods and menus as appropriate. For additional guidance, visit the "[Choking Prevention](#)" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

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## Resources

Accepting Processed Product Documentation in the SFSP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Accepting\\_Processed\\_Product\\_Documentation\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Accepting_Processed_Product_Documentation_SFSP.pdf)

Child Nutrition (CN) Labeling Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CN\\_Labeling\\_Program.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CN_Labeling_Program.pdf)

Crediting Commercial Processed Products (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#CreditingCommercialProcessedProducts>

Crediting Foods in the SFSP (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Crediting Juice in the SFSP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit\\_Juice\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Juice_SFSP.pdf)

Crediting Legumes in the SFSP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit\\_Legumes\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Legumes_SFSP.pdf)

Crediting Smoothies in the SFSP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit\\_Smoothies\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Smoothies_SFSP.pdf)

Crediting Soups in the NSLP and SBP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit\\_Soups\\_SNP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Soups_SNP.pdf)

Crediting Summary Charts for the SFSP Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Crediting\\_Summary\\_Charts\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Crediting_Summary_Charts_SFSP.pdf)

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for the SFSP (CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Menu Planning for the SFSP (CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MenuPlanning>

# Requirements for the Vegetables/Fruits Component of the SFSP Program Meal Patterns

Noncreditable Foods in the SFSP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Noncreditable\\_Foods\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Noncreditable_Foods_SFSP.pdf)

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Total\\_Veg\\_Fruits\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Total_Veg_Fruits_Fillable_508.pdf)

Standardized Recipe Form for the SFSP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Standardized\\_Recipe\\_Form\\_SFSP.docx](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Standardized_Recipe_Form_SFSP.docx)

Standardized Recipes (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#StandardizedRecipes>

Tips for Evaluating a Manufacturer’s Product Formulation Statement (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 26-2019, CACFP 13-2019 and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:

<https://www.fns.usda.gov/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in the Child Nutrition Programs:

<https://www.fns.usda.gov/school-meals/smoothies-offered-child-nutrition-programs>

Using Product Formulation Statements in the SFSP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Product\\_Formulation\\_Statements\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Product_Formulation_Statements_SFSP.pdf)

Vegetables/Fruits Component for the SFSP (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#VegetablesFruits>

Webinar: Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/crediting-vegetable-noodles-and-coconut-child-nutrition-programs>



## Requirements for the Vegetables/Fruits Component of the SFSP Program Meal Patterns

What's in a Meal Module 6: Meal Pattern Documentation (CSDE's Training Program,  
What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns  
for Grades K-12):

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

# Requirements for the Vegetables/Fruits Component of the SFSP Program Meal Patterns



For more information, visit the [SFSP Meal Patterns](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage, or contact the [Summer Meals staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841

This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component\\_Vegetables\\_Fruits\\_SFSP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Component_Vegetables_Fruits_SFSP.pdf).

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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