

WHAT'S IN A MEAL
Grades K-12

National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12

School Year 2023-24

Module 9: Fruits Component

CSDE
CONNECTICUT STATE DEPARTMENT OF EDUCATION

Connecticut State Department of Education
Bureau of Child Nutrition Programs

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What's in a Meal Modules

1: Introduction to Training	2: Introduction to School Meal Patterns	3: National School Lunch Program (NSLP) Meal Pattern	4: School Breakfast Program (SBP) Meal Pattern
5: Dietary Specifications	6: Meal Pattern Documentation	7: Milk Component	8: Meat/Meat Alternates Component
9: Fruits Component	10: Vegetables Component	11: Grains Component	12: Whole Grain-rich (WGR) Requirement
13: Grain Ounce Equivalents	14: Water Availability During Meal Service	15: Offer versus serve (OVS) in the NSLP	16: Offer versus serve (OVS) in the SBP

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

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WHAT'S IN A MEAL
Grades K-12

Module Topics and Key Messages

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Module 9 Topics

- Required daily and weekly servings
- Allowable fruits
- Weekly juice limit
- Crediting requirements
- Resources

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Key Messages About Fruits Component

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Key Messages About Fruits Component

- Minimum daily and weekly servings (cups)
- Credit based on volume except dried fruits (credit as twice volume served)
- Weekly juice limits
- Use USDA's Food Buying Guide for Child Nutrition Program (FBG)

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Required Daily and Weekly Servings at Lunch

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Lunch Meal Pattern

Grades	Fruits Component (cups)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	½	2½	½	3½
6-8	½	2½	½	3½
9-12	1	5	1	7

May serve larger amounts if weekly menu meets dietary specifications

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Required Daily and Weekly Servings at Breakfast

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Breakfast Meal Pattern

Grades	Fruits Component (cups)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	5	1	7
6-8	1	5	1	7
9-12	1	5	1	7

May serve larger amounts if weekly menu meets dietary specifications

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Allowable Fruits

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Allowable Fruits

- Fresh
- Frozen *
- Canned in juice, water, or light syrup *
- Dried *
- Pasteurized 100% fruit juice

* Limit added sugars to stay within weekly calories

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Serving Size for Fruits Component




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Serving Size for Fruits Component

- Based on volume (cups)
 - Correct: cups**
 - Canned peaches, $\frac{1}{2}$ cup
 - Red grapes, $\frac{1}{2}$ cup
 - Pineapple tidbits, $\frac{1}{2}$ cup
 - Sliced strawberries, $\frac{1}{2}$ cup
 - Incorrect: ounces**
 - Canned peaches, 4 ounces
 - Red grapes, 4 ounces
 - Pineapple tidbits, 4 ounces
 - Sliced strawberries, 4 ounces







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Serving Size for Fruits Component

- Based on volume (cups)
 - FBG examples
 - $\frac{1}{2}$ cup = 3.4 ounces
 - $\frac{1}{2}$ cup = 4.5 ounces

 4 ounces weight > $\frac{1}{2}$ cup
  4 ounces weight < $\frac{1}{2}$ cup






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Serving Size for Fruits Component

- Minimum creditable amount = $\frac{1}{2}$ cup

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Serving Size for Fruits Component

- May offer combination to meet minimum requirement
 - $\frac{1}{4}$ cup + $\frac{1}{4}$ cup
 - $\frac{1}{2}$ cup
 - $\frac{1}{4}$ cup + $\frac{1}{4}$ cup + $\frac{1}{4}$ cup






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Serving Size for Fruits Component

- Reminder for Offer Versus Serve (OVS)
 - Consider offering all fruit choices in $\frac{1}{2}$ -cup servings
 - Students must select $\geq \frac{1}{2}$ cup of fruit or vegetable




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Serving Size for Fruits Component

Use Food Buying Guide (FBG) for Child Nutrition Programs


- Determines yield and crediting information for vegetables
- Ensures correct crediting



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

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Crediting Requirements for Fruits

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How to Credit

- Whole fresh fruits
- Canned fruits
- Frozen fruits
- Dried fruits
- Fruit juice
- Coconut
- Pureed fruits




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Crediting Whole Fresh Fruits

- Meal pattern contribution varies depending on type and size (count pack)
 - Count pack = number of pieces per case
 - Smaller count = larger fruit




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Crediting Whole Fresh Fruits

- One piece of fresh fruit might not provide full serving of fruits component
- Use FBG to determine crediting information



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Using the Food Buying Guide: Oranges

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
ORANGES					
Oranges, fresh All sizes, Whole Includes USDA Foods	Pound	3.50	1/4 cup fruit sections, membrane removed, drained	28.00	1 lb AP = 0.40 lb ready-to-serve oranges.
	Pound	3.60	1/4 cup fruit juice	27.80	1 lb AP = 0.48 lb (7/8 cup)
Oranges, fresh 1/2 count, Arizona or California, Whole	Pound	3.40	1 orange (about 1/2 cup fruit and liquid)		1/2 cup
Oranges, fresh 1/3 count, Florida or Texas, Whole	Pound	6.80	1/4 cup fruit and liquid (about 1/2 cup fruit and liquid)	14.80	
Oranges, fresh 1/6 count, Florida or Texas, Whole	Pound	2.90	1 orange (about 5/8 cup fruit and liquid)		1/2 cup
Oranges, fresh 1/8 count, Florida or Texas, Whole	Pound	7.02	1/4 cup fruit and liquid (about 1/2 peeled orange)	14.30	1 lb AP = about 0.78 lb (1-3/4 cups) ready-to-serve peeled oranges
Oranges, fresh 1/12 count, Arizona or California, Whole	Pound	2.80	1 orange (about 5/8 cup fruit and liquid)		1/2 cup
	Pound	5.60	1/4 cup fruit and liquid (about 1/2 peeled orange)	17.90	

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Cut-up Fruit Must Provide Full Serving



138-count orange = ½ cup of fruit

½ cup of wedges = entire orange

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Example of Crediting Whole Fruit at Lunch


Lunch meal pattern for grades K-5 and 6-8: ½ cup

Fruit (one piece)	Meal pattern contribution	Additional amount for ¼ cup
Apricot, medium (1½-inch diameter)	¼ cup	¼ cup
Clementine, whole, peeled	¼ cup	¼ cup
Kiwi, 33-39 count	¼ cup	¼ cup
Plum, Japanese or hybrid, size 60 and 65	¼ cup	¼ cup
Tangerine, 120 count	¼ cup	¼ cup

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Crediting Canned Fruits




- May be packed in juice, water, or light syrup
- May credit 100% juice from canned fruit but not water or syrup
- Juice credited as fruits component counts toward juice limit

½-cup serving = ⅔ cup of peaches
⅓ cup of juice

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Knowledge Check: Crediting Canned Fruits




https://portal.ct.gov/-/media/SDE/Nutrition/Training/WIAM/WIAM_Worksheet_Module_9_Crediting_Canned_Fruits.pdf

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Knowledge Check: Crediting Canned Fruits




Menu item	Credits as ½ cup of fruits component?	Counts toward juice limit?
½ cup of canned fruit in 100% juice	Yes	Yes
½ cup of canned fruit in water	No	No
½ cup of canned fruit in syrup	No	No
½ cup of drained canned fruit	Yes	No

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Crediting Frozen Fruits




- Credit based on volume served
- Includes thawed liquid for some fruits
 - Check FBG
- Limit added sugars

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Crediting Dried Fruits




- Raisins
- Dried apricots
- Dried cherries
- Dried cranberries
- Dried blueberries
- Mixed dried fruits

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Crediting Dried Fruits



- Credit as twice volume served

Serving size	Meal pattern contribution
¼ cup	½ cup
½ cup	1 cup

- Does not apply to amounts < ⅛ cup (2 tablespoons)



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Crediting Fruit Juice




- Must be
 - Pasteurized
 - 100% full strength
 - No added sugars
- May be
 - Fresh
 - Frozen
 - Made from concentrate

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Crediting Fruit Juice



100% Juice if Label States

Juice

100% juice

Full-strength juice

Reconstituted juice


Juice from concentrate

Natural and organic ≠ 100% juice

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Crediting Fruit Juice



Considerations


- Juice concentrates must be reconstituted to 100% juice
- Cannot credit juice used as ingredient in food or beverage
 - Exception: 100% juice in smoothies



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Crediting Juice Blends




- Depends on PFS
 - PFS indicates amount of each type of juice: Credit accordingly
 - No PFS or PFS does not provide specific crediting information: Credit based on first ingredient

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Crediting Juice Blends




Crediting without PFS	
First ingredient	Credits as
<ul style="list-style-type: none"> Fruit juice Fruit puree 	Fruits component
<ul style="list-style-type: none"> Vegetable juice Vegetable puree 	"Additional" vegetables

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Crediting Juice Blends



Example of 100% Juice Blend

Ingredients: Reconstituted vegetable juice blend (water and concentrated juices of sweet potatoes, purple carrots, carrots), reconstituted fruit juices (water and concentrated juices of apples, white grapes, cranberries, blackberries), contains less than 2% of: natural flavoring, citric acid, lemon juice concentrate, vitamin C (ascorbic acid), malic acid, vitamin E (alpha tocopherol acetate)

Credits as vegetables component ("additional" vegetables)

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Weekly Fruit Juice Limit

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Weekly Fruit Juice Limit

Lunch

- Fruit juice cannot exceed half of weekly fruits component
- Must calculate weekly juice limit separately for fruits and vegetables

Breakfast

- Combined total of all fruit and vegetable juice cannot exceed half of weekly fruits component



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Weekly Fruit Juice Limit Includes All Types of Juice

- 100% juice
- Frozen 100% juice pops
- Pureed fruits in smoothies
- Juice from canned fruit




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Steps to Calculate Fruit Juice Limit at Lunch

- Calculate total weekly fruit juice offerings (cups)
- Calculate total weekly fruit offerings (cups)
- Divide cups of fruit juice by cups of fruit and multiply by 100

Must be $\leq 50\%$



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Example: 5-day Lunch Menu for Grades 9-12

Choose 2 fruits OR 1 fruit and 1 juice

- ½ cup of fresh fruit (apples, bananas, oranges)
- ½ cup of canned fruit (pears, peaches, pineapple)
- ½ cup of fruit juice (apple, grape, orange, pineapple)

Offered	Cups	
	Daily	Weekly
Fruits	1	5

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Example: 5-day Lunch Menu for Grades 9-12

▪ Calculate weekly percentage

Offered	Cups	
	Daily	Weekly
Juice	½	2½
Fruits	1	5

Juice (cups)	Fruits (cups)	Multiply by	Percentage
2½	÷ 5	100	= 50%

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Steps to Calculate Juice Limit at Breakfast

▪ Reminder: Vegetables may substitute for fruits component

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Steps to Calculate Juice Limit at Breakfast

1

Calculate total weekly fruit and vegetable juice offerings (cups)

2

Calculate total weekly fruit and vegetable offerings (cups)

3

Divide cups of juice by cups of fruits and vegetables and multiply by 100

Must be ≤ 50%

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Number of ½-cup Servings of Fruit Juice at Lunch

Grades	Limit per Week		Allowed daily?
	5-day week	7-day week	
K-5	2	3	No
6-8	2	3	No
9-12	5	7	Yes

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CSDE Resource

Crediting Juice for Grades K-12 in the National School Lunch Program and School Breakfast Program

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Juice_SNP_grades_K-12.pdf

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Crediting Coconut




- High in calories and saturated fat
- Fresh and frozen coconut credit based on volume (cups) served
- Dried coconut credits as twice volume served
- Coconut water labeled as 100% juice credits
 - Counts toward juice limit

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Crediting Coconut



Noncreditable


- Coconut flour
- Coconut oil
- Coconut milk

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USDA Resource

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




<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>


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Crediting Pureed Fruits




- Must be recognizable (visible)
 - Easily identified as a food component

Recognizable	Not recognizable
<ul style="list-style-type: none"> Applesauce Pureed pears 	<ul style="list-style-type: none"> Applesauce or prune puree in muffins 

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Crediting Pureed Fruits in Smoothies



Credit as Juice

- Must inform students about included meal components

Breakfast Menu


Whole-grain cereal
Strawberry and yogurt smoothie
Low-fat or fat-free milk

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CSDE Resource

Crediting Smoothies for Grades K-12 in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting_Credit_Smoothies_SNP_grades_K-12.pdf

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USDA Resource

Offering Smoothies as Part of Reimbursable School Meals

<https://www.fns.usda.gov/tn/offering-smoothies-part-reimbursable-school-meals>

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How to Credit

- Whole fresh fruits
- Canned fruits
- Frozen fruits
- Dried fruits
- Fruit juice
- Coconut
- Pureed fruits

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WHAT'S IN A MEAL
Grades K-12

Noncreditable Fruits

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Examples of Noncreditable Fruits

- Banana chips
- Fruit snacks, e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, and yogurt-covered fruit snacks
- Home-canned products (for food safety reasons)
- Jams, jellies, and preserves
- Juice drinks that are not 100% juice, e.g., grape juice drink, orange juice drink, cranberry juice cocktail, and lemonade

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CSDE Resource

Noncreditable Foods for Grades K-12 in the National School Lunch Program and School Breakfast Program

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_grades_K-12.pdf

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WHAT'S IN A MEAL
Grades K-12

**Knowledge Check:
Crediting Fruits**

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Knowledge Check: Crediting Fruits




https://portal.ct.gov/-/media/SDE/Nutrition/Training/WIAM/WIAM_Worksheet_Module_9_Crediting_Fruits.pdf

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Knowledge Check: Crediting Fruits




Menu item 1:
½ cup of red grapes

Credits as ½ cup of fruits component?

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Knowledge Check: Crediting Fruits



Menu item 1:
½ cup of red grapes


Credits as ½ cup of fruits component? **Yes**

Refer to FBG

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Knowledge Check: Crediting Fruits




Menu item 2:
½ cup of drained canned fruit

Credits as ½ cup of fruits component?

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Knowledge Check: Crediting Fruits



Menu item 2:
½ cup of drained canned fruit


Credits as ½ cup of fruits component? **Yes**

Refer to FBG

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Knowledge Check: Crediting Fruits




Menu item 3:
½ cup of canned fruit with juice

Credits as ½ cup of fruits component?

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Knowledge Check: Crediting Fruits



Menu item 3:
½ cup of canned
fruit with juice


Credits as ½ cup of
fruits component? **Yes**

Counts toward weekly juice limit

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Knowledge Check: Crediting Fruits




Menu item 4:
½ cup of canned fruit
in light syrup or water,
not drained

Credits as ½ cup of
fruits component?

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Knowledge Check: Crediting Fruits




Menu item 4:
½ cup of canned fruit
in light syrup or water,
not drained

Credits as ½ cup of
fruits component? **No**

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Knowledge Check: Crediting Fruits




Menu item 5:
½ cup of canned fruit
in heavy syrup

Credits as ½ cup of
fruits component?

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Knowledge Check: Crediting Fruits




Menu item 5:
½ cup of canned fruit
in heavy syrup

Credits as ½ cup of
fruits component? **No**

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Knowledge Check: Crediting Fruits




Menu item 6:
½ cup of dried fruit

Credits as ½ cup of
fruits component?

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Knowledge Check: Crediting Fruits



Menu item 6:
½ cup of dried fruit


Credits as ½ cup of fruits component? **No**

Dried fruits credit as twice the volume served

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Knowledge Check: Crediting Fruits




Menu item 7:
½ cup of thawed frozen fruit

Credits as ½ cup of fruits component?

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Knowledge Check: Crediting Fruits



Menu item 7:
½ cup of thawed frozen fruit


Credits as ½ cup of fruits component? **Yes**

Refer to FBG

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Knowledge Check: Crediting Fruits




Menu item 8:
½ cup of 100% fruit juice

Credits as ½ cup of fruits component?

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Knowledge Check: Crediting Fruits



Menu item 8:
½ cup of 100% fruit juice


Credits as ½ cup of fruits component? **Yes**

Counts toward weekly juice limit

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Knowledge Check: Crediting Fruits




Menu item 9:
½ cup of pureed fruit in a fruit smoothie

Credits as ½ cup of fruits component?

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Knowledge Check: Crediting Fruits




Menu item 9:
½ cup of pureed fruit
in a fruit smoothie

Credits as ½ cup of
fruits component? **Yes**

Counts toward weekly juice limit

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Resources for Fruits Component

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CSDE Resource

Start with Half a Cup Fresh Fruit Portioning Guide for Schools



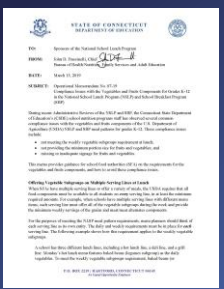
<https://portal.ct.gov/SDE/Nutrition/Menu-Planning#PortionGuideFreshFruit>

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CSDE Resource

Operational Memorandum No. 07-19: Compliance Issues with the Vegetables and Fruits Components for Grades K-12 in the NSLP and SBP



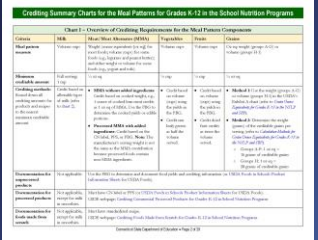
<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2019/OM07-19.pdf>

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CSDE Resource

Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Summary_Charts_SNP_Grades_K-12.pdf

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CSDE Webpage

Crediting Foods in School Nutrition Programs




<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#Fruits>

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CSDE Resource

Resources for the School Meal Patterns for Grades K-12



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources_School_Meal_Patterns_grades_K-12.pdf

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Questions?

Contact the school nutrition programs staff



<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countyassign.pdf>

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Thank you for participating in module 9!



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

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3. email: program.intake@usda.gov

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