



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

Answer Key for Module 9 Worksheet: Crediting Canned Fruits

The National School Lunch Program (NSLP) and School Breakfast Program (SBP) meal patterns require a weekly limit for juice. For each type of canned fruit listed below, check “Yes” or “No” to indicate if the ½-cup serving credits as ½ cup of fruits component and if it counts toward juice limit.

Menu item	Credits as ½ cup of fruits component?	Counts toward juice limit?	Explanation
½ cup of canned fruit in 100 percent juice	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	A serving of canned fruit may include the juice. If the menu planner credits the juice from canned fruit toward the fruits component, it also counts toward the weekly juice limit.
½ cup of canned fruit in water	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Water does not credit toward the fruits component or the juice limit. To credit as ½ cup of the fruits component, the serving must contain ½ cup of canned fruit, not including the water.
½ cup of canned fruit in light syrup	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Syrup does not credit toward the fruits component or the juice limit. To credit as ½ cup of the fruits component, the serving must contain ½ cup of canned fruit, not including the syrup.
½ cup of drained canned fruit	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	A serving of canned fruit may be drained. Since the juice is drained, the canned fruit does not count toward the weekly juice limit.

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The Connecticut State Department of Education's (CSDE) *What's in a Meal* training program is a series of recorded modules that provide comprehensive guidance on complying with the meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP. To access the training modules, visit the CSDE's [Meal Pattern Training for School Nutrition Programs](#).

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Office of the Assistant Secretary for Civil Rights
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