



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

Module 9 Worksheet: Meal Pattern Contribution of Fruits

Indicate if the planned serving credits as ½ cup of the fruits component in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) meal patterns for grades K-12. Explain why and indicate any crediting considerations.

Planned servings	Meets requirements?	Explanation and crediting considerations
Menu item 1: ½ cup of red grapes	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 2: ½ cup of drained canned fruit	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 3: ½ cup of canned fruit with juice	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 4: ½ cup of canned fruit in light syrup or water, not drained	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 5: ½ cup of canned fruit in heavy syrup	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 6: ½ cup of dried fruit	<input type="checkbox"/> Yes <input type="checkbox"/> No	

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Planned servings	Meets requirements?	Explanation and crediting considerations
Menu item 7: ½ cup of thawed frozen fruit	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 8: ½ cup of 100% fruit juice	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 9: ½ cup of pureed fruit in a fruit smoothie	<input type="checkbox"/> Yes <input type="checkbox"/> No	

For more information on the NSLP and SBP meal pattern requirements for the fruits component, visit the [Fruits Component for Grades K-12](#) section of the Connecticut State Department of Education's (CSDE) [Crediting Foods in School Nutrition Programs](#) webpage.

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The CSDE's *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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