



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

### Answer Key for Module 9 Worksheet: Crediting Fruits

Indicate if the planned serving credits as  $\frac{1}{2}$  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: $\frac{1}{2}$ cup of red grapes	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 2: $\frac{1}{2}$ cup of drained canned fruit	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 3: $\frac{1}{2}$ cup of canned fruit with juice	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 4: $\frac{1}{2}$ cup of canned fruit in water	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 5: $\frac{1}{2}$ cup of canned fruit in heavy syrup	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 6: $\frac{1}{2}$ cup of dried fruit	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 7: $\frac{1}{2}$ cup of thawed frozen fruit	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 8: $\frac{1}{2}$ cup of 100% fruit juice	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Menu item 9: $\frac{1}{2}$ cup of pureed fruit in a smoothie	<input type="checkbox"/> Yes <input type="checkbox"/> No	

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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.

The CSDE's *What's in a Meal* training program is a series of recorded modules that provide comprehensive guidance on complying with the U.S. Department of Agriculture's (USDA) 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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