



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

**Answer Key for 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 checked="" type="checkbox"/> Yes <input type="checkbox"/> No	All fresh fruits credit based on the volume served. Refer to the USDA's <i>Food Buying Guide for Child Nutrition Programs (FBG)</i> for the specific yield and crediting information for different types of fresh fruits.
Menu item 2: ½ cup of drained canned fruit	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Drained canned fruits credit based on the volume served. Refer to the FBG for the specific yield and crediting information for different types of canned fruits.
Menu item 3: ½ cup of canned fruit with juice	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	A serving of canned fruit may include the 100 percent juice in which the fruit is packed. The juice from canned fruit counts toward the weekly juice limit. The total amount (cups) of all fruit juice offered to students over the week cannot exceed half of the total amount (cups) of the fruits component offered to students over the week.
Menu item 4: ½ cup of canned fruit in light syrup or water, not drained	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Light syrup and water do not credit as the fruits component. A ½-cup serving of canned fruit cannot include the packing syrup or water because the serving will contain less than ½ cup of fruit.
Menu item 5: ½ cup of canned fruit in heavy syrup	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Canned fruit in heavy syrup does not credit toward the NSLP and SBP meal patterns. Canned fruit must be in juice, water, or light syrup.
Menu item 6: ½ cup of dried fruit	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Dried fruits credit as twice the volume served. A ½-cup serving credits as 1 cup of the fruits component.

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Planned servings	Meets requirements?	Explanation and crediting considerations
Menu item 7: ½ cup of thawed frozen fruit	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Thawed frozen fruits credit based on the volume served. The serving includes the thawed liquid for some frozen fruits but not others. Consult the FBG for the specific yield and crediting for different types of frozen fruits.
Menu item 8: ½ cup of 100% fruit juice	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Juice counts toward the weekly juice limit. The total amount (cups) of all fruit juice served over the week cannot exceed half of the total amount (cups) of the fruits component served over the week.
Menu item 9: ½ cup of pureed fruit in a fruit smoothie	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Pureed fruits in smoothies credit as juice and count toward the weekly juice limit. The total amount (cups) of all fruit juice served over the week cannot exceed half of the total amount (cups) of the fruits component served over the week.

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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