

## What's in a Meal Module 11 Worksheet: Crediting Fruits in the School Nutrition Programs

Indicate if the planned serving credits as  $\frac{1}{2}$  cup of the fruits component in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Afterschool Snack Program (ASP) meal patterns for grades K-12. Explain why and indicate any crediting considerations.

**Note:** The minimum daily serving of the fruits component at breakfast (which may include vegetable substitutions) is 1 cup for grades K-12. The minimum daily serving of the fruits component at lunch is  $\frac{1}{2}$  cup for grades K-5 and 6-8 and 1 cup for grades 9-12. The minimum serving of the fruits component in the ASP meal pattern is  $\frac{3}{4}$  cup for grades K-12.

Planned serving	Credits as $\frac{1}{2}$ cup?	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	

## What's in a Meal Module 11 Worksheet: Crediting Fruits in the School Nutrition Programs

Planned serving	Credits as ½ cup?	Explanation and crediting considerations
Menu item 6: ½ cup of dried fruit	<input type="checkbox"/> Yes <input type="checkbox"/> No	
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 smoothie	<input type="checkbox"/> Yes <input type="checkbox"/> No	

For more information on the crediting requirements for the fruits component in the NSLP, SBP, and ASP meal patterns, visit the [“Fruits”](#) section of the Connecticut State Department of Education’s (CSDE) [Crediting Foods in School Nutrition Programs](#) webpage.

## What's in a Meal Module 11 Worksheet: Crediting Fruits in the School Nutrition Programs

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), Afterschool Snack Program (ASP) of the NSLP, and Seamless Summer Option (SSO) of the NSLP. To access the training modules, visit the CSDE's [Meal Pattern Training for School Nutrition Programs](#).

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email [louis.todisco@ct.gov](mailto:louis.todisco@ct.gov).

