

Answer Key for 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 checked="" type="checkbox"/> Yes <input type="checkbox"/> No	All fresh fruits credit based on the volume served. Refer to the USDA's Food Buying Guide for Child Nutrition Programs (FBG) for the specific yield and crediting information for different types of fresh fruits.
Menu item 2: $\frac{1}{2}$ 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: $\frac{1}{2}$ 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.
Menu item 4: $\frac{1}{2}$ cup of canned fruit in water	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Water does not credit as the fruits component. A $\frac{1}{2}$ -cup serving of canned fruit cannot include the water because the serving will contain less than $\frac{1}{2}$ cup of fruit.
Menu item 5: $\frac{1}{2}$ 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 meal patterns for the school nutrition programs. Canned fruit must be in juice, light syrup, or water.

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Planned serving	Credits as ½ cup?	Explanation and crediting considerations
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.
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 information for different types of frozen fruits.
Menu item 8: ½ cup of 100% fruit juice	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Fruit juice credits as the fruits component and counts toward the weekly juice limit for breakfast, lunch, and afterschool snack. The total cups of all juices (fruit, vegetable, and combination) served at breakfast over the week cannot exceed half of the total weekly cups of all fruits (including vegetable substitutions, if offered) served at breakfast. The total cups of all fruit juices served at lunch over the week cannot exceed half of the total weekly cups of the fruits component served at lunch. The total cups of all juices (fruit, vegetable, and combination) served at snack over the week cannot exceed half of the total weekly cups of all fruits and vegetables served at snack.
Menu item 9: ½ cup of pureed fruit in a smoothie	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Pureed fruits in smoothies credit as juice and count toward the weekly juice limit for breakfast, lunch, and afterschool snack.

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.

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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), 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](#).

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