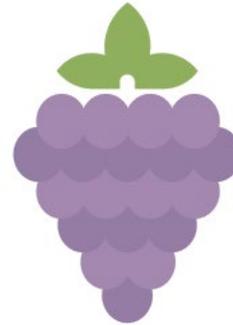
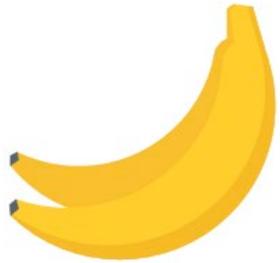
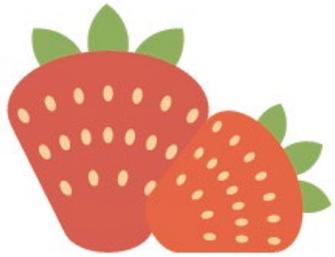




NATIONAL SCHOOL LUNCH PROGRAM



FRUIT COMPONENT



NSLP Fruit Component Overview

Grade Group	Minimum Serving Size
Kindergarten – 5 th grade	2 ½ cups weekly ½ cup daily
6 th – 8 th grade	2 ½ cups weekly ½ cup daily
9 th – 12 th grade	5 cups weekly 1 cup daily

Fruits are a required meal pattern component for the NSLP. The serving sizes listed above are required at a minimum. These serving sizes may be exceeded as long as calories, sodium, and saturated fat meet the average weekly requirements set by USDA.



NSLP Fruit Component

Types of Fruit

Fresh

Frozen

Canned

Dried

100%
Fruit Juice



NSLP Fruit Component

Crediting

General

- Fruits credit towards the meal pattern based on the volume served
 - Example: 1 cup of fresh berries credits as 1 cup of fruit
 - Example: ½ cup of 100% orange juice credits as ½ cup of fruit
- Refer to USDA's Food Buying Guide for examples of how to credit certain fruits
 - One 7 to 7 7/8 inch banana credits as ½ cup of fruit
- 1/8 cup of any fruit is the minimum serving size that may be creditable



NSLP Fruit Component

Crediting

Exceptions

- Dried fruit credits as twice the volume served
 - Example: 1/8 cup of raisins counts as 1/4 cup towards the meal pattern
 - Note: 1/16 cup (1 TBSP) of dried fruit cannot be offered to count as 1/8 cup because 1/16 cup is less than the minimum serving size of 1/8 cup that may be creditable
- No more than half of the total weekly fruit offered may be 100% fruit juice
 - Example: If 5 cups of fruit are offered throughout the week for the 9-12 grade group, no more than 2 1/2 cups may be juice



NSLP Fruit Component

Crediting

Products that do not contribute toward meal pattern requirements

- Snack-type foods made from fruits (e.g. fried banana chips, fruit drops, fruit strips)
- Freeze-dried fruits
- Jam, jelly, or other condiments
- Home-canned products (for food safety reasons)
- Coconut flour and coconut oil