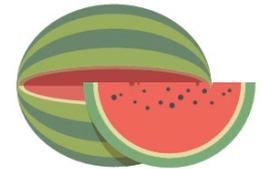
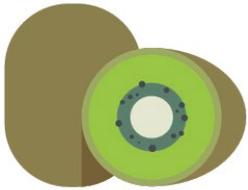




School Breakfast Program



FRUIT COMPONENT



SBP Fruit Component *Overview*

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

Fruits are a required meal pattern component for the SBP. 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.



SBP Fruit Component

Types of Fruit

Fresh

Frozen

Canned

Dried

100%
Fruit Juice



SBP Fruit Component

Vegetable Substitutes

Vegetables are not a required meal pattern component in the School Breakfast Program, but may be offered in place of all or part of the required fruits at breakfast

*National School
Lunch Program
Vegetable Subgroups*





SBP Fruit Component

Vegetable Substitutes

<p>Beans and Peas*</p> <ul style="list-style-type: none"> ▪ black beans ▪ black-eyed peas (mature, dry) ▪ garbanzo beans (chickpeas) ▪ great northern ▪ kidney beans ▪ lentils ▪ mung beans ▪ navy beans ▪ pink beans ▪ pinto beans ▪ red beans ▪ soy beans ▪ split peas ▪ white beans 	<p>Red & Orange Vegetables</p> <ul style="list-style-type: none"> ▪ acorn squash ▪ butternut squash ▪ carrots ▪ hubbard squash ▪ pimentos (cherry pepper) ▪ pumpkin ▪ red peppers ▪ sweet potatoes ▪ tomatoes ▪ tomato juice 	<p>Other Vegetables</p> <ul style="list-style-type: none"> ▪ artichokes ▪ asparagus ▪ avocado ▪ bamboo shoots ▪ bean sprouts ▪ beets ▪ breadfruit ▪ brussels sprouts ▪ cabbage ▪ cactus (nopales) ▪ cauliflower ▪ celery ▪ chayote (mirliton) ▪ cucumbers or pickles ▪ eggplant ▪ green beans ▪ green peppers ▪ iceberg (head) lettuce ▪ kohlrabi ▪ mushrooms ▪ okra ▪ olives ▪ onions ▪ pepperoncini ▪ radishes ▪ turnips ▪ wax beans ▪ zucchini
<p>Dark Green Vegetables</p> <ul style="list-style-type: none"> ▪ beet greens ▪ bok choy ▪ broccoli ▪ chicory ▪ collard greens ▪ dark green leafy lettuce ▪ endive or escarole ▪ grape leaves ▪ kale ▪ mesclun ▪ mustard greens ▪ parsley ▪ romaine lettuce ▪ spinach ▪ turnip greens ▪ watercress 	<p>Starchy Vegetables</p> <ul style="list-style-type: none"> ▪ cassava ▪ corn ▪ fresh cowpeas, field peas, or black-eyed peas (not dry) ▪ green bananas ▪ green peas ▪ green lima beans ▪ jicama ▪ malanga or yautia (tannia, tannier) ▪ parsnips ▪ plantains ▪ poi (undiluted) ▪ potatoes ▪ taro ▪ water chestnuts 	

<https://www.isbe.net/Documents/vegetable-subgroups.pdf>



SBP Fruit Component

Vegetable Substitutes

Vegetables are not a required meal pattern component in the School Breakfast Program, but may be offered in place of all or part of the required fruits at breakfast

Standard Guidance

- The first two cups per week of any such substitution must be from the *dark green, red/orange, legumes, and/or other* subgroup
- The starchy subgroup may only be served after at least two cups have been served from the subgroups listed above

School Year 2022-2023 Flexibility

- The Consolidated Appropriations Act of 2022 provides flexibility through the 2022-2023 school year
- Any vegetable subgroup may be substituted for fruit without including the vegetable subgroups in a certain order
- Starchy vegetables may be offered without offering any other subgroups first



SBP Fruit Component *Vegetable Substitutes*

Standard Guidance for Vegetable Substitutions

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Whole Grain Toast w/ Avocado (½ cup) Mandarin Oranges (½ cup) Choice of Milk</p>	<p>Breakfast Scramble w/ Eggs, Green Peppers (1/8 cup), Onion (1/8 cup), Spinach (1/8 cup), and Mushroom (1/8 cup) Diced Pears (½ cup) Choice of Milk</p>	<p>Whole Grain Waffles w/ Syrup 100% Tomato Juice (1 cup) Choice of Milk</p>	<p>Whole Grain Cereal Mixed Berries (½ cup) 100% Orange Juice (½ cup) Choice of Milk</p>	<p>Breakfast Pizza Apple Slices (½ cup) Breakfast Potatoes (½ cup) Choice of Milk</p>
<p>Fruit: ½ cup Vegetable: ½ cup <i>Other</i> Total: 1 cup</p>	<p>Fruit: ½ cup Vegetable: 3/8 cup <i>Other</i>, 1/8 cup <i>Dark Green</i> Total: 1 cup</p>	<p>Fruit: 0 cups Vegetable: 1 cup <i>Red/Orange</i> Total: 1 cup</p>	<p>Fruit: 1 cup Vegetable: 0 cups Total: 1 cup</p>	<p>Fruit: ½ cup Vegetable: ½ cup <i>Starchy</i> Total: 1 cup</p>



SBP Fruit Component Vegetable Substitutes

Standard Guidance for Vegetable Substitutions

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Whole Grain Toast w/ Avocado (½ cup) Mandarin Oranges (½ cup) Choice of Milk</p>	<p>Breakfast Scramble w/ Eggs, Green Peppers (1/8 cup), Onion (1/8 cup), Spinach (1/8 cup), and Mushroom (1/8 cup) Diced Pears (½ cup) Choice of Milk</p>	<p>Whole Grain Waffles w/ Syrup 100% Tomato Juice (1 cup) Choice of Milk</p>	<p>Whole Grain Cereal Mixed Berries (½ cup) 100% Orange Juice (½ cup) Choice of Milk</p>	<p>Breakfast Pizza Apple Slices (½ cup) Breakfast Potatoes (½ cup) Choice of Milk</p>
<p>Fruit: ½ cup Vegetable: ½ cup <i>Other</i> Total: 1 cup</p>	<p>Fruit: ½ cup Vegetable: 3/8 cup <i>Other</i>, 1/8 cup <i>Dark Green</i> Total: 1 cup</p>	<p>Fruit: 0 cups Vegetable: 1 cup <i>Red/Orange</i> Total: 1 cup</p>	<p>Fruit: 1 cup Vegetable: 0 cups Total: 1 cup</p>	<p>Fruit: ½ cup Vegetable: ½ cup <i>Starchy</i> Total: 1 cup</p>



SBP Fruit Component Vegetable Substitutes

Standard Guidance for Vegetable Substitutions

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Toast w/ Avocado (½ cup) Mandarin Oranges (½ cup) Choice of Milk	Breakfast Scramble w/ Eggs, Green Peppers (1/8 cup), Onion (1/8 cup), Spinach (1/8 cup), and Mushroom (1/8 cup) Diced Pears (½ cup) Choice of Milk	Whole Grain Waffles w/ Syrup 100% Tomato Juice (1 cup) Choice of Milk	Whole Grain Cereal Mixed Berries (½ cup) 100% Orange Juice (½ cup) Choice of Milk	Breakfast Pizza Apple Slices (½ cup) Breakfast Potatoes (½ cup) Choice of Milk
Fruit: ½ cup Vegetable: ½ cup <i>Other</i> Total: 1 cup	Fruit: ½ cup Vegetable: 3/8 cup <i>Other</i> , 1/8 cup <i>Dark Green</i> Total: 1 cup	Fruit: 0 cups Vegetable: 1 cup <i>Red/Orange</i> Total: 1 cup	Fruit: 1 cup Vegetable: 0 cups Total: 1 cup	Fruit: ½ cup Vegetable: ½ cup <i>Starchy</i> Total: 1 cup
½ cup <i>Other</i> + 3/8 cup <i>Other</i> + 1/8 cup <i>Dark Green</i> + 1 cup <i>Red/Orange</i> = 2 cups vegetables from <i>Other</i> , <i>Dark Green</i> , & <i>Red/Orange</i> subgroups				½ cup <i>Starchy</i>

In this example, 2 cups of vegetables from *Other*, *Dark Green*, & *Red/Orange* subgroups are served Monday – Thursday, prior to serving *Starchy* vegetables on Friday. This meets USDA’s standard guidance for vegetable substitutes in the SBP.



SBP Fruit Component

Vegetable Substitutes

School Year 22-23 Flexibility for Vegetable Substitutions

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain French Toast Sticks w/ Syrup Breakfast Potatoes (½ cup) Banana (½ cup) Choice of Milk	Breakfast Sandwich w/ Egg & Cheese Red Grapes (½ cup) 100% Apple Juice (½ cup) Choice of Milk	Omelet w/ Spinach (1/8 cup) & Tomato (1/8 cup) Raisins (¼ cup) 100% Orange Juice (½ cup) Choice of Milk	Whole Grain Pancakes & Sausage On a Stick Fruit Cocktail (½ cup) Orange Slices (½ cup) Choice of Milk	Whole Grain Muffin Avocado Slices (½ cup) Pineapple Chunks (½ cup) Choice of Milk
Fruit: ½ cup Vegetable: ½ cup <i>Starchy</i> Total: 1 cup	Fruit: 1 cup Vegetable: 0 cups Total: 1 cup	Fruit: ¾ cup Vegetable: 1/8 cup <i>Dark Green</i> , 1/8 cup <i>Red/Orange</i> Total: 1 cup	Fruit: 1 cup Vegetable: 0 cups Total: 1 cup	Fruit: ½ cup Vegetable: ½ cup <i>Other</i> Total: 1 cup



SBP Fruit Component Vegetable Substitutes

School Year 22-23 Flexibility for Vegetable Substitutions

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain French Toast Sticks w/ Syrup Breakfast Potatoes (½ cup) Banana (½ cup) Choice of Milk	Breakfast Sandwich w/ Egg & Cheese Red Grapes (½ cup) 100% Apple Juice (½ cup) Choice of Milk	Omelet w/ Spinach (1/8 cup) & Tomato (1/8 cup) Raisins (¼ cup) 100% Orange Juice (½ cup) Choice of Milk	Whole Grain Pancakes & Sausage On a Stick Fruit Cocktail (½ cup) Orange Slices (½ cup) Choice of Milk	Whole Grain Muffin Avocado Slices (½ cup) Pineapple Chunks (½ cup) Choice of Milk
Fruit: ½ cup Vegetable: ½ cup <i>Starchy</i> Total: 1 cup	Fruit: 1 cup Vegetable: 0 cups Total: 1 cup	Fruit: ¾ cup Vegetable: 1/8 cup <i>Dark Green, 1/8 cup Red/Orange</i> Total: 1 cup	Fruit: 1 cup Vegetable: 0 cups Total: 1 cup	Fruit: ½ cup Vegetable: ½ cup <i>Other</i> Total: 1 cup



SBP Fruit Component Vegetable Substitutes

School Year 22-23 Flexibility for Vegetable Substitutions

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain French Toast Sticks w/ Syrup Breakfast Potatoes (½ cup) Banana (½ cup) Choice of Milk	Breakfast Sandwich w/ Egg & Cheese Red Grapes (½ cup) 100% Apple Juice (½ cup) Choice of Milk	Omelet w/ Spinach (1/8 cup) & Tomato (1/8 cup) Raisins (¼ cup) 100% Orange Juice (½ cup) Choice of Milk	Whole Grain Pancakes & Sausage On a Stick Fruit Cocktail (½ cup) Orange Slices (½ cup) Choice of Milk	Whole Grain Muffin Avocado Slices (½ cup) Pineapple Chunks (½ cup) Choice of Milk
Fruit: ½ cup Vegetable: ½ cup <i>Starchy</i> Total: 1 cup	Fruit: 1 cup Vegetable: 0 cups Total: 1 cup	Fruit: ¾ cup Vegetable: 1/8 cup <i>Dark Green</i> , 1/8 cup <i>Red/Orange</i> Total: 1 cup	Fruit: 1 cup Vegetable: 0 cups Total: 1 cup	Fruit: ½ cup Vegetable: ½ cup <i>Other</i> Total: 1 cup
½ cup <i>Starchy</i>	1/8 cup <i>Dark Green</i> + 1/8 cup <i>Red/Orange</i> + ½ cup <i>Other</i> = ¾ cup vegetables from <i>Dark Green</i> , <i>Red/Orange</i> , & <i>Other</i> subgroups			

In this example, ½ cup of *Starchy* vegetables are served on Monday, prior to serving vegetables from *Dark Green*, *Red/Orange*, & *Other* subgroups during the remainder of the week. This is allowable under the flexibility for vegetable substitutes in the SBP available during School Year 2022-2023.



SBP 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



SBP 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 in the SBP for any grade group, no more than 2 1/2 cups may be juice



SBP 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