



## Manager's Corner

# School Meals Fruit Component Requirements

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### **VISION**

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### **MISSION**

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

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## Professional Standards

### MENU PLANNING – 1100

**Employee will be able to effectively and efficiently plan and prepare standardized recipes, cycle menus, and meals, including the use of USDA foods, to meet all Federal school nutrition program requirements, including the proper meal components.**

1110 – Nutrition Requirements

Plan menus that meet USDA nutrition requirements for reimbursable meals, including calculating meal components.

## Introduction

*Manager's Corner: School Meals Fruit Component Requirements* is designed to empower managers to use in training their staff. Each lesson is roughly 15 minutes.

This lesson plan contains:

- Learning objective
- Statement explaining the importance of the topic
- List of materials
- Instructions on how to present the information
- Questions to ask staff
- An activity to strengthen or refresh the knowledge of the staff

## Lesson Overview

### Instructions for lesson:

- Review the lesson objective and background information.
- Review why it is important.
- Ask staff the questions.
- Facilitate the activity outlined.
- Provide time for staff to ask questions.

**Objective:** Identify the fruit component requirements for a reimbursable school lunch and breakfast.

**Background information:** Fruits are a required component for schools to serve a reimbursable meal. For lunch, grades K-8 should be offered  $\frac{1}{2}$  cup of fruit daily, totaling  $2\frac{1}{2}$  cups weekly. Grades 9-12 should be offered 1 cup of fruit daily, totaling 5 cups weekly. For breakfast, all grade groups should be offered 1 cup of fruit daily, totaling 5 cups weekly. Pasteurized, full-strength (100%) fruit juice offered in either liquid or frozen form may be credited for reimbursable school breakfast and lunch. However, no more than  $\frac{1}{2}$  of the fruit or vegetable offerings may be in the form of juice over the entire week.

**Why it is important:** It is important to correctly identify and understand the fruit group requirements in order to meet daily and weekly standards for a reimbursable meal.

## Questions for Staff

- **What is considered a fruit component?**

**Answer:** Whole fruit or pasteurized 100% fruit juice is included as a fruit component. Healthy eating patterns include fruits, especially whole fruits. Fruits may be fresh, frozen, dried, or canned in light syrup, water, or fruit juice.

- **Is fruit juice creditable for reimbursable school breakfast or lunch?**

**Answer:** Yes. Pasteurized, full-strength (100%) fruit juice offered in either liquid or frozen form may be credited for reimbursable school breakfast and lunch. However, no more than  $\frac{1}{2}$  of the fruit or vegetable offerings may be in the form of juice over the entire week.

- **What are the minimum daily and weekly fruit component requirements for breakfast?**

**Answer:** For breakfast, all grade groups should be offered 1 cup of fruit daily, totaling 5 cups weekly.

- **What are the minimum daily and weekly fruit component requirements for lunch?**

**Answer:** For lunch, grades K-8 should be offered ½ cup of fruit daily, totaling 2 ½ cups weekly. Grades 9-12 should be offered 1 cup of fruit daily, totaling 5 cups weekly.

- **What are some fruits we serve in school meals?**

**Answer:** Include the fruits your district serves on the menu such as fresh apples, bananas, frozen peaches, canned pears, and strawberries.

**Please note:** The answers provided are only examples and are not an inclusive list of possible responses.

## Activity: School Meals Fruit Component Requirements

### Activity materials included in this document:

- **School Meals Fruit Component Scenario**
- **School Meals Fruit Component Scenario Answer Key**

### Materials provided by the school nutrition operation:

- Copies of handouts
- Writing utensils
- **ICN Meal Plan Mini Posters Fruit Requirements** (located at <https://theicn.org/icn-resources/>). Select Meal Pattern Mini-Posters and choose the mini-poster from the listing.

### Activity Instructions:

- Print the handouts and/or worksheets
- Post the ICN mini-poster **ICN Meal Plan Mini Posters Fruit Requirements**.
- Ask staff to complete the **School Meals Fruit Component Scenario** using information from the **ICN Meal Plan Mini Posters Fruit Requirements** mini-poster.
- At the conclusion of the activity, review the **School Meals Fruit Component Scenario Answer Key**.



## School Meals Fruit Component Scenario Worksheet

**Instructions:** Review the breakfast and lunch menu, and identify if the fruit offered meets the fruit component criteria for a reimbursable breakfast and lunch meal for grades K-8. Answer the corresponding questions.

### Breakfast and Lunch Menu

School Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast K-8	½ cup Kiwi	½ cup Tropical Fruit	½ cup Strawberries	½ cup Sliced Pears	¼ cup Blueberries
	4 oz Fruit Juice	4 oz Fruit Juice	½ cup Fruit Salad	4 oz Fruit Juice	4 oz Fruit Juice
Lunch K-8	½ cup Apple Slices	½ cup Banana	½ cup Orange Slices	½ cup Kiwi	½ cup Sunshine Salad
	½ cup Red Grapes	½ cup Fresh Peach	½ cup Baked Cinnamon Apples	½ cup Pear Salad	½ cup Strawberries and White Grapes

**Note:** For breakfast and lunch, students may select both fruit options.

**Does this menu meet the fruit requirements for breakfast?**

**Does this menu meet the fruit requirements for lunch?**

## School Meals Fruit Component Scenario Worksheet Answer Key

**Instructions:** Review the breakfast and lunch menu and identify if the fruit offered meets the fruit component criteria for a reimbursable breakfast and lunch meal for grades K-8. Answer the corresponding questions.

### Breakfast and Lunch Menu

School Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast K-8	½ cup Kiwi	½ cup Tropical Fruit	½ cup Strawberries	½ cup Sliced Pears	¼ cup Blueberries
	4 oz Fruit Juice	4 oz Fruit Juice	½ cup Fruit Salad	4 oz Fruit Juice	4 oz Fruit Juice
Lunch K-8	½ cup Apple Slices	½ cup Banana	½ cup Orange Slices	½ cup Kiwi	½ cup Sunshine Salad
	½ cup Red Grapes	½ cup Fresh Peach	½ cup Baked Cinnamon Apples	½ cup Pear Salad	½ cup Strawberries and White Grapes

**Note:** For breakfast and lunch, students may select both fruit options.

#### **Does this menu meet the fruit requirements for breakfast?**

No. At least 1 cup of fruit must be offered in reimbursable breakfasts for all grade groups. Only ¼ cup of blueberries is offered on Friday, and this does not meet the criteria for the breakfast fruit component.

#### **Does this menu meet the fruit requirements for lunch?**

Yes. The daily minimum fruit requirements for grades K-8 is ½ cup. Menu planners may allow students to select more than the minimum daily-required serving for this component if the weekly dietary specifications, including calories, are not exceeded.

## References

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