



Fruits Component

Minimum Requirements for Schools

BREAKFAST

Grades	Daily	Weekly
K-5	1 cup	5 cups
6-8	1 cup	5 cups
9-12	1 cup	5 cups

LUNCH

Grades	Daily	Weekly
K-5	½ cup	2 ½ cups
6-8	½ cup	2 ½ cups
9-12	1 cup	5 cups

- Types of fruit include fresh, frozen, canned (in 100% fruit juice), dried, and juice.
- Minimum creditable serving is ⅓ cup.
- ¼ cup of dried fruit counts as ½ cup of fruit.
- No more than half of the fruit or vegetable offerings may be in the form of juice.
- All juice must be 100% full strength.

Note: At breakfast, vegetables may be substituted for fruits, but the first 2 cups per week of any such substitution must be from the dark green, red/orange, beans/peas (legumes), or other vegetables subgroups.



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