

Manager's Corner

School Meals Fruit Component Requirements

PROJECT COORDINATOR

Theresa Stretch, MS, RDN, CP-FS

EXECUTIVE DIRECTOR

Aleshia Hall-Campbell, PhD, MPH



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MARKETING

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Institute of Child Nutrition

The University of Mississippi

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PURPOSE

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

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 – 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 for managers to use in training their staff. Each lesson is roughly 15 minutes. *Manager's Corner: School Meals Fruit Component Requirements* provides a method for empowering managers to train their staff. This lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- an activity to strengthen or refresh the knowledge of the staff.

Lesson Overview—Questions

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

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.

Materials:

- **School Meals Fruit Component Requirement** mini-poster (located at www.theicn.org)
- **Materials provided in this document:**
 - **School Meals Fruit Component Scenario Worksheet**
 - **School Meals Fruit Component Scenario Worksheet Answer Key**

Instruction:

Ask the staff to answer the Questions for the Staff included in this training. Facilitate the activity. Reiterate the importance of meeting these requirements not only to meet USDA standards but to promote overall health of the students that eat school lunch and/or breakfast.

Questions for the Staff:

- **What is considered to be 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 half of the fruit or vegetable offerings may be in the form of juice over the entire week.
- **For which meals are fruits required to be served?**
Answer: Fruits are required to be served at both breakfast and lunch.

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

Answer: For breakfast, all grade groups should be offered one cup of fruit for breakfast daily, totaling five cups weekly.

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

Answer: For lunch, grades K-8 should be offered one-half cup of fruit daily, totaling two and one-half cups weekly. Grades 9-12 should be offered one cup of fruit daily, totaling five cups weekly.

- **What are some fruits we serve in school meals? Are there any questions about the fruits we serve?**

Answer: Some fruits that we serve are (include the fruits your district serves on the menu such as frozen peaches and strawberries). An example question might be, "Is it possible to get more of the frozen strawberries, the students really like them?"

Activity Instructions:

- Ask staff to complete the **School Meals Fruit Component Scenario Worksheet** using the above information and the **School Meals Fruit Component Requirement** handout. At the conclusion of the activity, review the **School Meals Fruit Component Scenario Worksheet 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	½ cup Kiwi	½ cup Tropical Fruit	½ cup Strawberries	½ cup Sliced Pears	¼ cup Blueberries
K-8	4 oz. Fruit Juice	4 oz. Fruit Juice	½ cup Fruit Salad	4 oz. Fruit Juice	4 oz. Fruit Juice
Lunch	½ cup Apples Slices	½ cup Banana	½ cup Orange Slices	½ cup Kiwi	½ cup Sunshine Salad
K-8	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	½ cup Kiwi	½ cup Tropical Fruit	½ cup Strawberries	½ cup Sliced Pears	¼ cup Blueberries
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Lunch	½ cup Apples Slices	½ cup Banana	½ cup Orange Slices	½ cup Kiwi	½ cup Sunshine Salad
K-8	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 are 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.

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