

**Grades K-5**

**1 cup  
daily minimum**

**5 cups  
weekly**

- Pasteurized, 100% full-strength fruit juice may also be offered. No more than half of the weekly fruit offering may be in the form of juice.
- Dried fruit credits at twice the volume served (i.e. one quarter-cup of dried fruit counts as ½ cup of fruit).
- Reimbursable meals may no longer include snack-type fruit products such as fruit drops, leathers, and strips.
- All frozen fruit served in the School Breakfast Program contain no added sugar.\*
- **Vegetables may be substituted for fruits.**  
Starchy vegetables may only credit toward the meal pattern if 2 or more cups of non-starchy vegetables are being served for breakfast during the week.

For garnishes and recipe additions, 1/8 cup is the minimum amount that can be credited toward the Fruits component.

\* For current exemptions see USDA SP49-2013 frozen fruit products.

Adapted from: <http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf> and <http://www.fns.usda.gov/sites/default/files/SP49-2013os.pdf>