

CREDITING VEGETABLES AND FRUITS

1/2 of a cup vegetable or fruit counts as 1/2 cup vegetable or fruit.

The portion of vegetable or fruit is credited by the portion being served. Example: 1/2 cup cooked carrots is 1/2 cup vegetable and 1/2 cup uncooked carrots (served uncooked) is 1/2 cup vegetable.

EXCEPT:

- **Leafy Greens:** Need to serve double (1 cup serving of leafy greens i.e. lettuce, fresh spinach, etc. credits as ½ cup)
- **Dried Fruits:** Only need to serve half (¼ cup serving of dried fruit i.e. raisins, dried cranberries credits as ½ cup)

Vegetable	Helpful Serving Sizes
Carrot Sticks	4 sticks = 1/4 cup (1 stick is 4 inches long and 1/2 inch wide)
Celery Sticks	3 sticks = 1/4 cup (1 stick is 4 inches long and 3/4 inch wide)
Cucumber Sticks	3 sticks = 1/4 cup (1 stick is 3 inches long and 3/4 inch wide)
Cherry Tomatoes	5 halves = 1/4 cup; 3 whole = 1/4 cup

JUICE:

- Limited to one time per day as listed on the menu (cannot be served to two different shifts of children)
- Must be 100% fruit or vegetable juice, full strength (not diluted)
- Individual 4 oz fruit cups count as 3/8 cup. If packed in juice will credit as a juice serving
- Not creditable for infants

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