



Preschool Meal Pattern Training for the School Nutrition Programs

**Module 6:
Fruits Component and Vegetables Component**

Connecticut State Department of Education
Bureau of Child Nutrition Programs
School Year 2023-24
December 2023

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Preschool Meal Pattern Training Modules

1. Introduction to Training
2. Introduction to Preschool Meal Patterns
3. Meal Pattern Comparison of Preschool and Grades K-12
4. Milk Component
5. Meat/Meat Alternates Component
6. Fruits Component and Vegetables Component
7. Grains Component
8. Meal Service for Preschoolers

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/How-To>

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Module Topics

- Required servings of fruits and vegetables
- Daily juice limit
- Crediting requirements for fruits
- Crediting requirements for vegetables
- USDA's Best Practices for fruits and vegetables
- Resources



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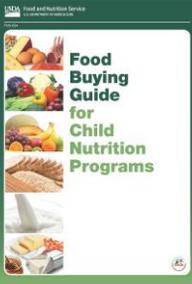
USDA's Food Buying Guide for Child Nutrition Programs (FBG)

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Use Food Buying Guide

- Provides food yields and crediting information
- Ensures correct crediting



<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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Fruits Component

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Required Servings of Fruits

Preschool Meal Pattern	Minimum Quantity	
	Ages 1-2	Ages 3-4
Breakfast	¼ cup	½ cup
Lunch	¼ cup	¼ cup
Snack *	½ cup	½ cup

* Not required but may be 1 of 2 snack components



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Overview of Crediting Requirements for Fruits



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Overview of Crediting Requirements for Fruits Component

- Credit based on volume (cups) served
 - Dried fruits = twice volume served
- Minimum creditable amount = ¼ cup
- May offer combination of various fruits to meet minimum serving




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Overview of Crediting Requirements for Fruits Component

- Credit based on volume (cups) served
 - Dried fruits = twice volume served
- Minimum creditable amount = ¼ cup
- May offer combination of various fruits to meet minimum serving

Same requirements as NSLP and SBP meal patterns for grades K-12



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Juice Limit



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Juice Limit

- Different from NSLP and SBP meal patterns for grades K-12
- No more than once per day



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Juice Limit Applies To

- All types of 100% juice (fruit, vegetable, combination)
 - Fresh, frozen, and made from concentrate
 - Frozen juice pops made from 100% juice
 - Pureed fruits and vegetables in smoothies
 - Juice from canned fruit served in 100% juice, unless drained



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Crediting Juice for Preschoolers in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Juice_SNP_preschool.pdf

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Crediting Considerations for Fruits



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Crediting Considerations for Fruits

- Fresh fruits
- Frozen fruits
- Canned fruits
- Pureed fruits and vegetables
- Smoothies
- Coconut



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Crediting Fresh Fruits

- 1 piece might not provide full serving

1 piece	Credits as
Apricot, medium (1½-inch diameter)	¼ cup
Kiwi, 33-39 count	¼ cup
Clementine, whole, peeled	¼ cup
Plum, Japanese or hybrid, size 60 and 65	¼ cup
Tangerine, 120 count	¼ cup

- Minimum serving = ½ cup for ages 3-4 at breakfast and ages 1-4 at snack



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Crediting Frozen Fruits

- Credit based on volume served
- Includes thawed liquid for some fruits – check FBG
- Limit added sugars



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Crediting Canned Fruits

- May be packed in juice, water, or light syrup
- May credit 100% juice from canned fruit but not water or syrup
- Juice credited as fruits component counts toward juice limit



½ cup canned fruit	Credits as ½ cup fruit?	Counts toward juice limit?
in juice	Yes	Yes
in water	No	No

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Crediting Dried Fruits

- Raisins
- Dates
- Dried apricots
- Dried cherries
- Dried cranberries
- Dried blueberries
- Prunes
- Mixed dried fruits



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Crediting Dried Fruits

- Credit as twice volume served

Serving size	Meal pattern contribution
¼ cup	½ cup

- Does not apply to amounts < ¼ cup (2 tablespoons)




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Crediting Pureed Fruits and Vegetables

- Must be recognizable (visible)

Recognizable	Not recognizable
<ul style="list-style-type: none"> Applesauce Pureed sweet potatoes Pureed butternut squash Tomato sauce 	<ul style="list-style-type: none"> Applesauce or pureed sweet potatoes in muffins



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Crediting Pureed Fruits and Vegetables in Smoothies

- Credit as juice
 - Based on cups of puree in serving
 - Count toward juice limit
- Crediting documentation required (standardized recipe or PFS)



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Crediting Smoothies for Preschoolers in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Smoothies_SNP_preschool.pdf

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Crediting Coconut

Type	Crediting
Fresh and frozen *	Volume
Dried *	Twice volume
Coconut water labeled "100% juice"	Volume (counts toward juice limit)

* Consider calories and saturated fat

- Noncreditable
 - Coconut flour
 - Coconut oil
 - Coconut milk



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Crediting Considerations for Fruits

- ✓ Fresh fruits
- ✓ Frozen fruits
- ✓ Canned fruits
- ✓ Pureed fruits and vegetables
- ✓ Smoothies
- ✓ Coconut



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Noncreditable Fruits



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Examples of Noncreditable Fruits

- Banana chips
- Fruit snacks, e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, and yogurt-covered fruit snacks
- Home-canned products (for food safety reasons)
- Jams, jellies, and preserves
- Juice drinks that are not 100% juice, e.g., grape juice drink, orange juice drink, cranberry juice cocktail, and lemonade

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Fruits Component

- ✓ Crediting requirements
- ✓ Juice limit
- ✓ Crediting considerations for specific types of fruits
- ✓ Noncreditable fruits



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Vegetables Component



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Required Servings of Vegetables

Preschool Meal Pattern	Minimum Quantity	
	Ages 1-2	Ages 3-4
Breakfast	¼ cup	½ cup
Lunch	⅓ cup	¼ cup
Snack *	⅓ cup	⅓ cup

* Not required but may be 1 of 2 snack components



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Overview of Crediting Requirements for Vegetables



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Overview of Crediting Requirements for Vegetables

- Credit based on volume (cups) served
 - Raw leafy greens = half volume served
- Minimum creditable amount = ⅓ cup
- May offer combination of various vegetables to meet minimum serving




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Overview of Crediting Requirements for Vegetables

- Credit based on volume (cups) served
 - Raw leafy greens = half volume served
- Minimum creditable amount = ⅓ cup
- May offer combination of various vegetables to meet minimum serving
- Vegetables may substitute for fruits at any lunch

Same as NSLP and SBP meal patterns for grades K-12



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Crediting Considerations for Vegetables



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Crediting Considerations for Vegetables

- Raw leafy greens
- Canned vegetables
- Legumes
- Dried vegetables
- Soups



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Crediting Raw Leafy Greens

- Arugula
- Greens, e.g., beet, collard, mustard, turnip
- Kale
- Lettuce, e.g., iceberg, romaine, Boston, Bibb, red leaf, spring mix
- Spinach



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Crediting Raw Leafy Greens

- Credit as half volume served
 - ½ cup = ¼ cup of vegetables component
- Require ¼ cup to credit as ½ cup (minimum creditable amount)



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Crediting Canned Vegetables

- Credited serving cannot include packing liquid, such as water or sauce
 - Drained
 - Serving contains minimum amount of vegetables before added liquid
- Choose lower sodium varieties



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Crediting Legumes

- Mature dry beans and peas (harvesting process)
- Beans and peas cooked from dry, canned, or frozen



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Crediting Legumes

- One serving credits as MMA or vegetable but not both in same meal
- Liquid from canned legumes does not credit, e.g., sauce in baked beans
- 100% legume flour pasta credits based on volume (cups)
- Roasted legumes credit based on volume (cups)



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Crediting Legumes in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Legumes_SNP.pdf

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Crediting Dried Vegetables

- Examples: Dried potato flakes, dehydrated legumes, dried soup mix
- Credit based on rehydrated volume (cooked with added liquid)
- Require PFS unless listed in FBG
 - Must document amount of vegetables per serving in rehydrated volume
- Seasonings do not credit



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Crediting Soups

- Commercial soups
- Soups made from scratch



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Crediting Commercial Vegetable Soups

- Based on FBG yields
- Only certain types credit

Vegetable soups 1 cup = ¼ cup vegetables	Legume soups 1 cup = ½ cup vegetables
<ul style="list-style-type: none"> ▪ Minestrone ▪ Tomato ▪ Tomato with other basic components, e.g., rice ▪ Vegetable (only vegetables) ▪ Vegetable with meat or poultry 	<ul style="list-style-type: none"> ▪ Lentil ▪ Pea, e.g., split pea ▪ Bean, e.g., black bean, navy bean, and mixed bean



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Serving Size Considerations for Commercial Soups

- Container size should be larger than planned portion of soup
- Appropriateness of serving size




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Noncreditable Commercial Soups

- Beef barley soup
- Chicken or turkey noodle soup
- Chicken or turkey rice soup
- Cream vegetable soups, e.g., cream of broccoli, cream of mushroom, and cream of celery



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Crediting Soups Made from Scratch

- Credit based on volume documented in standardized recipe
- $\geq \frac{1}{4}$ cup of vegetables per serving



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Crediting Considerations for Vegetables

- ✓ Raw leafy greens
- ✓ Canned vegetables
- ✓ Legumes
- ✓ Dried vegetables
- ✓ Soups



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Noncreditable Vegetables

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Examples of Noncreditable Vegetables

- Condiments, e.g., chili sauce, ketchup, pickle relish
- Commercial cream vegetable soups, e.g., cream of broccoli, cream of mushroom, cream of celery
- Dehydrated vegetables used for seasoning
- Home-canned products (for food safety reasons)
- Snack-type foods made from vegetables, e.g., potato chips, corn chips

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Noncreditable Foods for Preschoolers in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_preschool.pdf

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USDA's Best Practices for Vegetables and Fruits

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USDA's Best Practices for Vegetables and Fruits

- Make at least one of the two required snack components a vegetable or fruit
- Serve a variety of fruits and choose whole fruits (fresh, frozen, canned, and dried) more often than juice
- Provide at least one serving of each vegetable subgroup each week



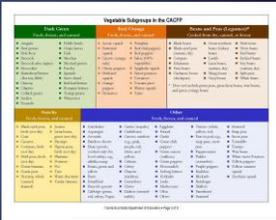
https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf

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Vegetable Subgroups in the Child and Adult Care Food Program



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Vegetable_Subgroups_CACFP.pdf

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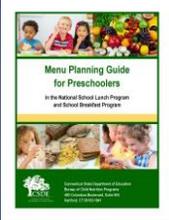
Resources for Fruits Component and Vegetable Component

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Menu Planning Guide for Preschoolers in the National School Lunch Program and School Breakfast Program



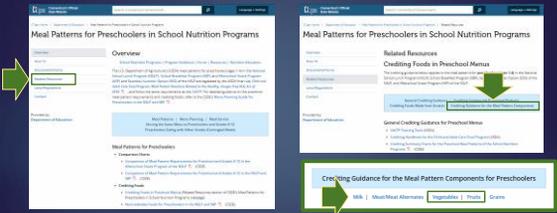
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Menu_Planning_Guide_Preschool.pdf

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CSDE Webpage

Meal Patterns for Preschoolers in School Nutrition Programs



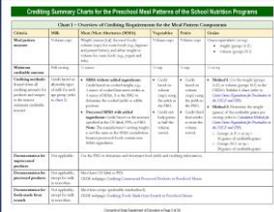
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources>

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Crediting Summary Charts for the Preschool Meal Patterns of the School Nutrition Programs



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Summary_Charts_SNP_Preschool.pdf

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**Start with Half a Cup
 Portioning Guide for
 Schools**

- Fruits
- Vegetables



<https://portal.ct.gov/SDE/Nutrition/Menu-Planning#PortionGuideFreshFruit>
<https://portal.ct.gov/SDE/Nutrition/Menu-Planning#PortionGuideFreshVegetables>

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**Resources for the
 Preschool Meal
 Patterns**



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf

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Questions?

Contact the school
 nutrition programs
 staff

<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countassign.pdf>

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**Thank you for
 participating!**

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs>

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 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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