

Fruit Type	1/2 Cup Portion Ready to Eat	Carbs (g)
Apple, Whole, 125 ct*	2 7/8 inch size, 5.12 oz	22
138 ct*	2 3/4 inch size, 4.63 oz	19
163 ct*	2.5 inch size, 3.93 oz	16
Apple Slices*	2 oz bag = 1/2 cup	8
Applesauce, Unsweetened*	4.5 oz, fruit cup or 1/2 cup scoop	14
Apricots, Fresh	Must offer 2 apricots for 1/2 cup, 1 3/8" or larger	8
Apricots, Frozen, Sliced, Lt Syrup*	4.5 oz fruit cup or 1/2 cup scoop	32
Banana	≥ 7" length	27
Cantaloupe, Diced, Pared	3.34 oz	7
Clementine, Fresh	Must offer 2, 1 clementine = 3/8 cup	18 for 2
Cranberries	1/4 cup dried, 1.16 oz	28
Fruit Mix, Dried*	1/4 cup dried, 1.23 oz	27
Grapes	14 large or 2.74 oz	14
Honeydew, Diced, Pared	3.27 oz	8
Kiwi, Diced, Pared	Must offer 1.5 whole kiwi for 1/2 cup	13
Mixed Fruit, Canned, Extra Lt Syrup*	4.5 oz	17
Mixed Berry Cup, Frozen*	4 oz	20
Nectarine, Fresh, 117 ct	3.63 oz	8
Orange, Fresh, 138 ct*	4.7 oz	14
100% Orange Juice*	4 oz	15
Peaches, Diced, Ex Lt Syrup, Canned*	4.4 oz	14
Peaches, Diced, Frozen Fruit Cup*	4.4 oz	21
Peach, Fresh, 117 ct	3.56 oz	8
Pear, Fresh, 150 ct	4.8 oz	21
Pears, Diced or Sliced, Ex Lt Syrup*	4.6 oz	16
Pineapple, Fresh	3 sticks, sized 1/2" by 3"	22
Plum, Fresh	3.22 oz, 2" diameter	9
Raisins	1.33 oz box, 1/4 cup	29
Raspberries, Fresh	2.6 oz	9
Strawberry Cup, Frozen *	4.5 oz	21
Strawberries, Fresh	2.7 oz	7
Tangerine, Large	150ct = 1/2c, 120ct=3/8c	*FBG error
Watermelon, Pared	1/2" diced, no rind, 3.3 oz	6

* Asterisk includes USDA Commodity Fruit

FRUIT

Half-Cup Portion Size Requirements & Carb Counts



Breakfast, Grades K-12

Minimum 1 cup fruit offered,
usually as two 1/2 cup portions

Lunch, Grades K-8

Minimum 1/2 cup fruit
offered

Lunch, Grades 9-12

Minimum 1 cup fruit offered,
usually as two 1/2 cup portions

We Reduce Added Sugars

Proud to serve only pure
100% juice

No more than half of fruit
offered is in the form of juice

We do not offer canned fruit
in heavy syrup

1/4 cup dried fruit
is equivalent to 1/2 cup fruit

1/2 Cup Serving Sizes are minimum
amounts derived from the USDA
Food Buying Guide & Fact Sheets

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