

Fresh Fruit and Vegetable Program Allowable Items

Apples	Grapples	Pomegranates
Apple slices	Honeydew melons	Potatoes
Apricots	Kiwi	Radishes
Banana	Kumquats	Salad, Garden
Blackberries	Lemons	Salad, Caesar
Blueberries	Mangoes	Satsumas
Broccoli floret	Mixed fruit, fresh, chunked	Spinach salad
Cabbage	Mushrooms	Squash
Cantaloupe	Nectarines	Star fruit
Carrot Sticks	Onions	Strawberries
Cauliflower floret	Oranges	Sugar snap peas
Celery	Peaches	Sweet potato sticks – to be served fresh
Cherry tomatoes	Pears	Tangerines
Clementines	Persimmons	Tangelos
Cucumbers	Pineapples	Tomatoes
Fruit trays	Pineapple pushups	Vegetable medley
Grape tomatoes	Plums	Vegetable Tray w/Dip
Grapes	Pluots	Watermelon
Grapefruit		

Other

Dips may be served with vegetables only. All dips should be yogurt-based or low-fat. The amount served should be kept to a minimum and be a standard portion size (1 or 2 tablespoons).

Fresh vegetables (not canned, frozen or dried) that are cooked must be limited to once per week and must always accompany a nutrition education lesson.

Fresh Fruit and Vegetable Program Unallowable Items

- Fruits and vegetable served outside the normal school hours
- Sending home bags of fruit or vegetables
- Processed or preserved fruits and vegetables (i.e., canned, frozen, vacuum packed or dried)
- Dip for fruit
- Fruit leather
- Jellied fruit
- Trail mix or rail mixes or fruit mixtures with candy
- Nuts of any kind, soy nuts or seeds of any kind such as sunflower
- Cottage cheese or peanut butter
- Fruit or vegetable pizza or other fruit desserts such as fruit tarts or pies
- Smoothies
- Most non-food items, except those allowed under administrative/operational costs
- Full-strength/ purchased freshly squeezed fruit or vegetable juices
- Dried fruit bars or T-bars of dried fruit

- Dried vegetables of any kind
- Candies or marshmallows
- Popcorn

Check the Fresh Fruit and Vegetable Program Handbook for Schools for more additional guidance on allowable items to claim for reimbursement.

<https://fns-prod.azureedge.us/sites/default/files/resource-files/handbook.pdf>