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,	Spinach salad
Cabbage	chunked	Squash
Cantaloupe	Mushrooms	Star fruit
Carrot Sticks	Nectarines	Strawberries
Cauliflower floret	Onions	Sugar snap peas
Celery	Oranges	Sweet potato sticks –
Cherry tomatoes	Peaches	to be served fresh
Clementines	Pears	Tangerines
Cucumbers	Persimmons	Tangelos
Fruit trays	Pineapples	Tomatoes
Grape tomatoes	Pineapple pushups	Vegetable medley
Grapes	Plums	Vegetable Tray w/Dip
Grapefruit	Pluots	Watermelon

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.net/sites/default/files/handbook.pdf

Revised August 3, 2011