



Start with Half a Cup

Fresh Fruit Portioning Guide For Schools

This reference was developed to assist schools in the proper portioning of fresh fruit in School Nutrition Programs.
All quantities are based on the USDA Food Buying Guide for School Meal Programs (updated March, 2016)

- How to use this resource:**
- 1.) Locate the fruit you plan to serve in the correct area.
 - 2.) Identify the correct variety of the product. For example, apple wedges vs. a whole apple
 - 3.) If weight is used to measure 1/2 cup, weigh out several portions to determine, visually, what the proper portion looks like in the serving container being used.
 - 4.) Once a strong visual representation of the correct portion has been determined, continue with portioning of produce for the meal service.

EXAMPLE: Apple Wedges
After prepping the apples (coring, cleaning, cutting into wedges), weigh out eight to ten 2 oz. portions, which is the amount indicated to equal a 1/2 cup serving. Portion the remaining servings using the first ten as a visual guide.

Quantity of FRESH Fruit to Equal 1/2 cup Serving				FRUIT (fresh, raw)
Item	Unit	Weight	Measure	Notes
Apples, 125-138 count	each		1/2 whole	1 apple = 1 cup
Apples, 100 count	each		1/2 whole	
Apples, fresh slices	pound	2 oz.		cored, wedged or cubed apple with peel
Apricots, whole 1 3/8" diameter	each		2 whole	
Bananas, 100/120/150 count	each		1 whole	
Bananas, slices/chunks, peeled	pound	3 oz.		
Blackberries	pound	2.7 oz.		
Blueberries	pound	2.7 oz.		
Cantaloupe, 18 count*	5" melon		1/5 of whole	wedge
Cantaloupe, 15 count*	5 3/4" melon		1/8 of whole	wedge
Cantaloupe, peeled, diced	pound	3 oz.		
Cherries, Sweet, whole	each		14 whole	
Clementines	each		1 1/2 whole	1 whole clementine = 3/8 cup
Grapefruit, 27-32 count	each		1/2 whole	
Grapefruit, sections	pound	4 oz.		
Grapes	each		about 14 large	with or without stem
Grapes, without stems	pound	3 oz.		cleaned and peeled
Honeydew Melon*	pound	3.3 oz.		
Kiwifruit, 33-39 count	each		1 1/2 kiwi	
Kiwifruit	pound	3 oz.		chunks or wedges, unpeeled
Mangoes	pound	3 oz.		ready to eat, cubed or sliced
Nectarines, size 56-64	each		1 whole	2 3/4 inch diameter = about 3/4 cup
Nectarines, size 88-96	each		1 whole	2 1/4 inch diameter = about 1/2 cup
Oranges, 113/125/138 count	each		1 whole	
Papaya	pound	2.5 oz.		peeled, ready to serve
Peaches, size 56/60/64/80	each		1 whole	sizes 84 & 88 do not provide a 1/2 cup of fruit
Peaches, size 84/88	each		1 1/2 whole	
Pears, 120/150 count	each		1 whole	
Pears, 100 count	each		1/2 whole	
Pineapple	pound	2.7 oz.		peeled, cored, ready-to-serve
Plums, Italian	pound	3.2 oz.		about 2-3 whole plums
Plums, size 45/50	each		1 whole	2" diameter
Starfruit (Carambola)	pound	2.3 oz.		sliced or chopped
Strawberries	pound	2.7 oz.		ready-to-serve
Tangerines, 120 count	each		1 whole	
Tangerines, 150 count	each		1 1/2 whole	1 whole tangerine = 3/8 cup fruit
Watermelon	pound	3.25 oz.		cubed, without rind



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Fresh Vegetable Portioning Guide For Schools

This reference was developed to assist schools in the proper portioning of fresh vegetables in School Nutrition Programs.
All quantities are based on the USDA Food Buying Guide for School Meal Programs (updated March, 2016)

How to use this resource:

- 1.) Locate the vegetable you plan to serve in the correct area.
- 2.) Identify the correct variety of the product. For example, cucumber sticks vs. diced.
- 3.) If weight is used to measure 1/2 cup, weigh out several portions to determine, visually, what the proper portion looks like in the serving container being used.
- 4.) Once a strong visual representation of the correct portion has been determined, continue with portioning of produce for the meal service.

EXAMPLE: Red Bell Pepper Strips:

After prepping the peppers (coring, cleaning, cutting into strips), weigh out eight to ten 1.75 oz. portions, which is the amount indicated to equal a 1/2 cup serving.

Quantity of FRESH Vegetables to Equal 1/2 cup Serving

VEGETABLES (fresh, raw)

Item	Subgroup	Unit	Weight	Measure	Notes
Asparagus	Other	pound	3.5 oz.		
Avocado, diced	Other	pound	2.6 oz.		ready-to-serve, peeled
Avocado, mashed	Other	pound	4.2 oz.		ready-to-serve, peeled
Beans, Green, whole	Other	pound	1.5 oz.		trimmed, whole
Beans, Green, cut	Other	pound	2 oz.		trimmed, cut
Broccoli, florets	Dark Green	pound	1.1 oz.		florets trimmed, ready-to-use
Cabbage, Green chopped	Other	pound	1.6 oz.		
Cabbage, Green shredded	Other	pound	1.0 oz.		
Carrots, sticks	Red/Orange	pound/sticks	2.2 oz.	about 6 sticks	sticks 4 in. x 1/2 in.
Carrots, shredded	Red/Orange	pound	1.6 oz.		ready-to-use
Carrots, sliced	Red/Orange	pound	2.5 oz.		ready-to-use
Carrots, baby	Red/Orange	pound	2.5 oz.		ready-to-use
Cauliflower, florets	Other	pound	1.75 oz.		florets trimmed, ready-to-use
Celery	Other	pound/sticks	2.2 oz.	about 6 sticks	sticks 4 in. x 1/2 in.
Cucumber, diced, unpeeled	Other	pound	2.8 oz.		
Cucumber, sliced, unpeeled	Other	pound	2.5 oz.		
Cucumber, sticks, unpeeled	Other	pound/sticks	2.7 oz.	about 6 sticks	sticks 3" x 3/4"
Cucumber, sticks, peeled	Other	pound/sticks	2.6 oz.	about 6 sticks	sticks 3" x 3/4"
Jicama	Starchy	pound	2.4 oz.		peeled, ready-to-use
Kale, trimmed without stem*	Dark Green	pound	1.3 oz.	1 cup	
Kohlrabi, chunks or sticks	Other	pound	2.6 oz.		
Lettuce, Romaine*	Dark Green	pound	1.3 oz.	1 cup	
Lettuce, Dark Green Leafy*	Dark Green	pound	2 oz.	1 cup	
Lettuce, Iceberg, chopped	Other	pound	2.3 oz.		
Lettuce, Iceberg, shredded	Other	pound	2.2 oz.		
Peppers, Bell strips	Various	pound	1.75 oz.		ready-to-use
Peppers, Cherry	Red/Orange	pound/each	2 oz.	about 6 whole	whole with stem
Radishes	Other	pound/each	2.4 oz.		
Spinach*	Dark Green	pound	2.5 oz.	1 cup	ready-to-use, trimmed
Squash, Summer, sliced	Other	pound	2.3 oz.		
Squash, Summer, sticks	Other	pound/sticks	2.5 oz.	about 6 sticks	sticks 3 in. x 1/2 in.
Tomatoes, Cherry	Red/Orange	pound/each	2.6 oz.	about 6 whole	
Tomatoes, Round, diced	Red/Orange	pound	3.7 oz.		diced
Tomatoes, Round, wedges	Red/Orange	pound	3 oz.		half-inch wedges
Tomatoes, Sm-Med, slices	Red/Orange	pound	3.3 oz.	about 10 slices	1/8" thick slices of 2.25" tomato
Tomatoes, Large, slices	Red/Orange	pound	3.2 oz.	about 8 slices	1/8" thick slices of 2.5-2.75 " tomato
Turnip, sticks	Other	pound	2.5 oz.		
Turnip, diced or cubed	Other	pound	2.3 oz.		

*Leafy Greens: portion indicated credits as 1/2 cup. Leafy greens credit at half the volume. 1 cup greens credits as 1/2 cup vegetable.

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

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