Start with Half a Cup

Fresh Fruit Portioning Guide For Schools

This reference was developed to assist schools in the proper portioning of fresh fruits in School Nutrition Programs.

All quanities are based on the USDA Food Buying Guide for School Meal Programs (updated Oct 2012 and Jan 2013)

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 equals 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	*Dried: 9 halves equal 1/4 c, which credits as 1/2 cup*
Bananas, 100/120/150 count	each		1	*Dried: .8 oz (23 gms) equal 1/4 c, which credits as 1/2 cup*
Bananas, slices/chunks	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, 15/18 count*	pound	2.75 oz.		**cleaned and peeled*
Cherries, Sweet, whole	each		14 whole	
Clementines	each		1 whole	
Grapefruit, 27-32 count	each		1/2 whole	
Grapefruit, sections*	pound	3.6 oz.		**peeled with membrane*
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		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, equals about 3/4 cup*
Nectarines, size 88-96	each		2 whole	*2 1/4 inch diameter, equals about 1/2 cup*
Oranges, 113/125/138 count	each		1 whole	
Papaya*	pound	2.5 oz.		**peeled, ready to serve*
Peaches, size 52/60/64/80	each		1 whole	***sizes 84 &88 do not provide a 1/2 cup of fruit*
Pears, 120/150 count	each		1 whole	
Pears, 100 count	each		1/2 whole	
Pineapple	pound	2.7 oz.		*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		2 whole	*1 whole tangerine = 3/8 cup fruit*
Watermelon	pound	3.25 oz.		*cubed, without rind*

Food Buying Guide: http://www.fns.usda.gov/tn/food-buying-guide-school-meal-program