



Fruit - Apple	National School Lunch Program
100% Fruit Juices	1/2 cup (4oz) = 1 fruit component
Applesauce Unsweetened Sweetened	1/2 cup (4.5oz) = 1 fruit component 1/2 cup (4.5oz) = 1 fruit component
Dehydrated (dried) Fruit	1/4 cup of dehydrated fruit = 1/2 cup fruit contribution