



Allowable vs. Unallowable Items

ALLOWABLE ITEMS	UNALLOWABLE ITEMS
<ul style="list-style-type: none"> • Whole or sliced fresh fruits and vegetables • Pre-sliced, pre-cut, FRESH produce • Condiments—lemons, limes, and/or chili powder can be used as a condiment to be served with vegetables • Vegetable dips—are allowed if they are low-fat yogurt-based, or other low-fat or non-fat dips • All dip serving sizes cannot exceed 1-2 tablespoons • Salsas are allowable, as a prepared item; however, they must be accompanied with nutrition education • Fresh coconut • Fresh vegetables that are <u>cooked</u>, must be limited to service once-a-week and <u>always</u> as part of a <u>nutrition education lesson</u> • Examples: Apples, Bananas, Apricots, Pineapple, Mango, Broccoli, Berries, Melons, Carrots, Grapes, Cucumbers, Kiwi, Kumquats, Mushrooms, Onions, Oranges, Peaches, Pears, Plums, Pomegranates, Radishes, Beets, Leafy greens, Kale, Spinach, Sweet Potato, Jicama, Ackee, Rambutan, Durian, Mangosteen, Cherimoya, Pepino, Papaya, Artichoke, Asparagus, Green Beans, Peppers, Okra, Squash 	<ul style="list-style-type: none"> • Processed or preserved fruits and vegetables (i.e., canned, frozen, vacuum-packed or dried) • Fruit leather or jellied fruit • Dips for fruit or cottage cheese • Fruit or vegetable juice • Smoothies • Grapples • Trail mixes or nuts • Fruit/vegetable pizza • Fruit that has been injected with flavorings • Carbonated fruit • Most non-food items, except those allowed under supplies and administrative/operational costs • Sending fruits and vegetables home • Serving fruits and vegetables outside the normal school hours • Popcorn • Candies or marshmallows

