**Fresh Fruit**

Fruits!

**Menu Suggestions for FF&VP**

*Note: this list includes a wide variety of options, however, may not include all fresh fruit snack possibilities.*

**Apple**…*any variety (Gala, Gold/Red Del, Gr Smith, Jazz, Jonagold, McIntosh, Pink Lady, Rome, other)*

**Apricot**

**Avocado**

**Banana or Petite Banana**

**Blackberry**

**Blueberry**

**Cantaloupe**

**Carambola** **or Star Fruit**

**Cherry**…*any variety (Bing, Rainier), “fresh” not dried*

**Cherimoya**

**Clementine**

**Cranberry …***“fresh” not dried*

**Currant**…*”fresh” not dried*

**Date***…“fresh” not dried*

**Dragon Fruit**

**Grapefruit**…*any variety (Indian River, Pink, Pummelos, Rio Red, Ruby Red, White, other)*

**Grape**…*any variety (Black, Green, Red, seedless, with seeds, other)*

**Guava**

**Fig** *…“fresh” not dried*

**Honeydew**

USDA is an equal opportunity provider.

**Kiwi**

**Kumquat**

**Lemon & Lime**…*best if served with other fruit and only occasionally*

**Mango**

**Nectarine**

**Orange**…*any variety (Blood, Mandarins, Minneolas, Navels, Tangeloes, Satsumas, Valencias, other)*

**Papaya**

**Passion Fruit  
Peach**

**Pear**…*any variety (Asian, Bartlett, Bosc, Brown, D’Anjou, Red, other)*

**Persimmon**

**Pineapple**

**Plum**

**Pluot**…*also referred to as an “Aprium”*

**Pomegranate**

**Raspberry**…*any variety (Red, Golden, other)*

**Strawberry**

**Tangerine**

**Ugli Fruit**

**Watermelon**…*any variety (seedless, with seeds, “Personal” or “Bambino” Melon)*