

**Vibrant Futures**  
**Child and Adult Care Food Program**  
**www.vibrantfuturesmi.org**



**FRUITS**

**A - B**

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- apple cider
- apple pears
- apples
- apricots
- bananas
- batatas
- bitter orange
- black currants
- blackberries
- blood orange
- blueberries
- boysenberries
- breadfruit

**C - D**

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- cactus pears
- cantaloups
- cape gooseberries (physalis)
- carambola - star fruit
- casaba
- charantais melon
- cherimoya
- cherries
- citron
- clementines
- coconuts
- cranberries
- crenshaw

- dates
- dragon fruit (red pitaya)
- durian

**E - G**

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- feijoa
- figs
- galia melon
- gaya melon
- gooseberries
- grapefruit
- grapes
- grapes-black juice
- grapes-mixed juice
- grapes-white juice
- guava

**H - L**

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- hami melon
- homelyfruit
- honeydews
- jackfruit
- juan canary melon
- jujube
- k-early citrus
- kiwano
- kiwifruit
- korean melon

- kumquats
- lee citrus
- lemons
- limequat
- limes
- loganberries
- longan
- loquat
- lychee

- prunes
- pummelo
- quenapas
- quince
- raisins
- rambutan
- raspberries
- red currants
- royal mandarin

## M - O

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- mamey sapote
- mangoes
- mangosteen
- mayan melon
- melogold
- meyer lemon
- mombin (jocote)
- nectarberries
- nectarines
- olallie berries
- orange flesh melon
- oranges
- oro blanco
- ortanique
- osceola citrus

## S - Z

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- santa claus melon
- sapote
- satsuma
- sharlyn melon
- sour orange citrus
- spanish melon
- sprite melon
- strawberries
- sweet lime
- tamarillo
- tangelos
- tangerines
- tayberries
- tejocote (mexican hawthorn)
- temples

## P - R

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- page citrus
- papaya
- passion fruit
- peaches
- pears
- pepino
- persian melon
- persimmons
- piel de sapo melon
- pineapples
- plantains
- plums
- pomegranates

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