



## MODULE 5: Resources

There are many resources available to assist sponsors participating in the SFSP. Some of these resources are on the following pages.

- Online Resources
- Outreach Materials
- SFSP Informational Flyer
- Accurate Meal Counting and Claiming
- Do's and Don'ts for Site Supervisors
- Food Product Thermometer Calibration
- Crediting Tip Sheets

# **Need program, menu, activity, or outreach ideas for your SFSP?**

## **Let us help you with your search!**

### **Start Here**

#### **Department of Health and Senior Services Summer Food Service Program (SFSP)**

<http://health.mo.gov/sfsp>

- Access to online claims filing.
- GIS map.
- Downloadable copies of Missouri SFSP forms.
- Link to information on other Missouri nutrition programs and activities.

#### **USDA – SUN Meals**

<https://www.fns.usda.gov/sfsp/summer-food-service-program>

USDA's main webpage for SFSP.

#### **USDA Summer Meals Webinars/Videos**

[https://www.fns.usda.gov/resources?f%5B0%5D=program%3A28&f%5B1%5D=resource\\_type%3A118](https://www.fns.usda.gov/resources?f%5B0%5D=program%3A28&f%5B1%5D=resource_type%3A118)

#### **USDA – Farm to Summer**

<https://www.fns.usda.gov/farmentoschool/farm-summer>

#### **Missouri Department of Agriculture – DOA**

<http://agriculture.mo.gov/>

Find your local Farmer's Market! In the Popular Services section, select "Find a Seller or Market" then select Farmer's Market Map.

#### **Team Nutrition – Summer Food, Summer Moves**

<https://www.fns.usda.gov/tn/summer-food-summer-moves>

Summer Food, Summer Moves is a fun, hands-on resource kit designed to get kids and families excited about healthy eating and physical activity during the summer months. The kit is designed for use by summer meal site operators.

#### **The US Government's official web portal for nutrition information**

<https://www.nutrition.gov/>

Provides easy online access to government information on food and human nutrition.

#### **Food and Nutrition Information Center (FNIC)**

<https://www.nal.usda.gov/fnic> Through USDA's National Agriculture Library, USDA program participants may borrow summer food service reference materials, videos, and training materials free of charge. The site has information on recipes, menu planning, and food safety. Sample nutrition education is also available.

#### **Institute of Child Nutrition (ICN)**

<https://theicn.org/> ICN site provides child nutrition resources, training, and standardized recipes.

**The University of Missouri Extension**

<https://extension.missouri.edu/topics/nutrition-and-health-education>

- Food preparation
- Food safety
- Health and wellness
- Nutrition

**My Plate**

<http://www.choosemyplate.gov>

MyPlate offers ideas and tips to help create a healthy eating style that meets the needs of every age group.

**Federal Food Safety Information**

<http://www.foodsafety.gov>

Gateway to food safety information provided by government agencies.

**No Kid Hungry Center For Best Practices**

<https://bestpractices.nokidhungry.org/programs/summer-meals>

This site offers sponsors many different resources including information regarding grants, promotion, and outreach materials, and shared best practices across the nation.

**Midwest Dairy Council**

<http://www.midwestdairy.com/>

Promotion - June Dairy Month, June Dairy Month Communications Toolkit.

# Outreach Materials

DHSS-CFNA has several different types of SFSP outreach materials available for your use!

These include:

- SFSP Informational Flyer- Food That's In When School is Out!
- Banners
- Yard Signs
- Window Clings



The SFSP Informational Flyer is available in this manual and at [www.health.mo.gov/sfsp](http://www.health.mo.gov/sfsp). Contact DHSS-CFNA at [SFSP@health.mo.gov](mailto:SFSP@health.mo.gov) to order banners, signs, and window clings.

# Summer Food Service Program

## Food That's In When School Is Out!

### What is the Summer Food Service Program (SFSP)?

- The SFSP is a nutrition program federally funded by the United States Department of Agriculture, Food and Nutrition Services (USDA, FNS) and administered by individual states. In Missouri, SFSP is administered through the Missouri Department of Health and Senior Services-Community Food and Nutrition Assistance (DHSS-CFNA).
- The SFSP provides nutritious meals to needy children ages 18 and under during the summer months when school lunch and breakfast programs are not operating or during time of emergency. The program also provides meals to individual's ages 18-21 who are determined by a state educational agency to be mentally or physically disabled, and who participate in a school program for mentally or physically disabled during the regular school year.
- SFSP sponsors receive financial and technical support to operate and administer the program.
- Meal sites can be approved as congregate sites or as rural non-congregate sites.

### What is a sponsor?

- A sponsor is an organization that contracts with DHSS to operate the SFSP.
- Sponsors accept full final administrative and financial responsibility for all sites under their jurisdiction. A site is the location where meals are served to participants.

### What types of organizations can sponsor the program?

- Schools, both public and private, who participate in the National School Lunch Program (NSLP).
- Units of local, municipal, county, tribal, or state government.
- National Youth Sports Programs (NYSP) and Upward Bound.
- Private nonprofit organizations.
- Public or private nonprofit camps.
- Public or private nonprofit universities or colleges.
- Hospitals, Federally Qualified Health Centers, and medical clinics.
- Local Public Health Agencies.

### What types of sites are approved for operation?

A site can be anywhere that is accessible to and accommodates children and has the necessary facilities to serve meals. Sites can be indoors or outdoors; for example, a school cafeteria, park, or church.

- Open Site – located in an area where at least half of the children are eligible for free or reduced-price meals through NSLP.
- Closed Enrolled Site – at least half of the enrolled participants at the site are eligible for free or reduced-price meals based on properly completed Income Eligibility Forms or located in an area where at least half of the children are eligible for free or reduced-price meals through NSLP.
- Residential Summer Camp – a camp that offers regularly scheduled food service as part of an organized program for enrolled participants.
- Migrant Feeding Site – food service sites that primarily serve children from migrant families, where regularly scheduled meal services are available.
- Conditional Non-Congregate Site - a rural site that qualifies for Program participation because it conducts a non-congregate meal service for eligible children in an area that does not meet the definition of "areas in which poor economic conditions exist" and is not a "camp."

### How are meals provided?

A sponsor may provide meals to children by:

- Preparing meals in a central kitchen or on site at each location; or
- Obtaining complete meals from a Food Service Management Company (vendor), which could be a public agency, a private nonprofit organization, a school district, or a commercial food service management company. Federal, state, and local procurement standards must be met.

### What must be served for meals to qualify?

- SFSP sponsors must follow the meal pattern requirements as outlined in the Summer Food Service Program Regulations, 7 CFR 225.16. All meals served in the SFSP must meet these requirements in order to receive reimbursement. The meal pattern establishes minimum portion sizes of various meal components that must be served to each child.
- The four meal components are: milk; vegetable, fruit, or juice; grains or bread; and meat or meat alternate.
  - Breakfast – milk; vegetable, fruit, or juice; grain or bread.
  - Lunch/Supper – milk; two different vegetables and/or fruits; meat or meat alternate; grain or bread.
  - Snack – choose two of the four meal components.

**Which meals can be served?**

- The type of site operated determines the number and type of meal services that can be approved.
- Sites may be approved for one or two meal service times; for example, lunch only, breakfast and lunch, or lunch and snack.
- Residential and nonresidential camps and sponsors of programs for children of migrant workers may be approved to serve either three meals or two meals and one snack.

**How is a sponsor reimbursed?**

- Reimbursement is based on claims for reimbursement that the sponsor submits to CFNA. The amount the sponsor is reimbursed is equal to the number of eligible meals served to children multiplied by the current reimbursement rates.

**Where are the SFSP reimbursement rates?**

- <https://mohealth.uservoice.com/knowledgebase/articles/1167319-what-are-the-meal-reimbursement-rates>

**What about recordkeeping?**

- Sponsors must keep full and accurate records of the number of meals served to children to support each claim for reimbursement.
- Sponsors must maintain records of allowable costs such as food, kitchen labor, nonfood supplies, administrative labor, office supplies, printing, advertising, and travel for site monitoring or training, in order to operation of nonprofit food service.
- Sponsors must maintain all of these records for three full federal fiscal years and the current federal fiscal year.
- These records must be made available upon request to federal and state administering agencies for audit and review purposes.

**What are a sponsor's administrative responsibility?**

Administrative responsibilities include but are not limited to the following:

- Complete training required by the state administering agency.
- Train all personnel involved in the sponsor's SFSP and keep records of all trainings conducted.
- Locate eligible sites.
- Hire, train, and supervise staff and volunteers.
- Monitor sites and ensure sites comply with civil rights requirements.
- Keep full and accurate records to substantiate the claim for reimbursement and to demonstrate a nonprofit food service, such as allowable costs and daily records of the number of meals received, prepared and served.
- Prepare and submit claims for reimbursement.

**What about monitoring the program?**

- Sponsors must provide personnel to monitor sites regularly and document the review.
- The sponsor's monitors must ensure that its sites operate according to program guidelines and requirements, communicate any problems to the sponsor, and ensure the correction of problems.

**Will the program be reviewed?**

- New sponsors will receive an administrative review by DHSS-CFNA and/or USDA that will include an administrative review at the sponsor's office and at least one meal service site. After the first year of operation, sponsors will be reviewed at least every three years.
- Sponsors must make SFSP records available for the administering agency review and must take any corrective actions required by the administering agency.
- Results of an administrative review may affect the amount of reimbursement the sponsor will receive.
- The review will involve an assessment of how the claim for reimbursement was prepared and a review of the supporting records maintained by the sponsor. Site operations will be assessed via an observation of the meal service operation and the recordkeeping of one or more sites.

**How do I apply?**

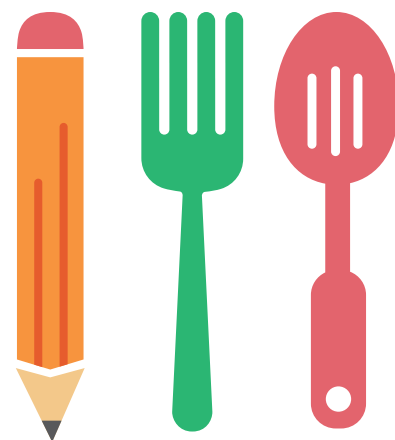
- Prospective new sponsors may find information regarding the application process at [www.health.mo.gov/sfsp](http://www.health.mo.gov/sfsp),
- If you do not have internet access, call toll free 888-435-1464 or RELAY MISSOURI for Hearing and Speech Impaired at 800-735-2966, or email [sfsp@health.mo.gov](mailto:sfsp@health.mo.gov) for application information.

The application must be reviewed and approved by DHSS-CFNA before the organization can begin reimbursable meal services.

**The sooner you submit the application, the better.**

This institution is an equal opportunity provider.

# ACCURATE MEAL COUNTING AND CLAIMING



## IN THE SUMMER FOOD SERVICE PROGRAM

**Ensure each meal claimed for reimbursement is served as a complete meal. A complete meal includes all of the required meal pattern components for the meal service type.**

### 1. Point of Service Meal Counts

Count meals at the point of service. This helps to make sure that the meal counts are accurate. At the end of each meal, record on the daily report form (provided by the sponsor) the number of complete breakfasts, lunches, snacks, or suppers you served as first meals and as second meals.

### 2. Recording Adult Meals

Ensure that ALL adult meals (program and non-program adult meals) are recorded separately and omitted from meal count totals that are submitted to the sponsor for reimbursement.

### 3. Meals Taken Off-site

Any full or partial meals taken off-site are not reimbursable and must be deducted from the meal counts submitted for reimbursement.

Based on sponsor policy, a fruit, vegetable, or grain component may be allowed to be taken off site. Item must come from child's own meal or a "share table."

### 4. Double Check Meal Counts

Communicate with another staff member to compare point of service meal counts after each meal service to ensure the proper number of meals are claimed for reimbursement.

### For sites operating offer vs. serve:

Site staff must ensure that all meals counted for reimbursement meet the required offer vs serve meal pattern components for the appropriate meal type.





# DO'S AND DON'TS

## FOR SITE SUPERVISORS



- Prepare or order only the number of meals needed.
- Count the meals as they are received.
- Check the meals to be sure you have received all the menu items and that none of the items are damaged or spoiled. Note any problems directly on the delivery receipt and sign the receipt.
- Clean the site before you serve the meal.
- Put up the approved "And Justice for All" poster in a visible location.
- Serve the meal only during the assigned time period.
- Prepare and serve the meal according to State and local health and safety standards.
- Serve the children in an organized manner at mealtimes.
- Count meals at point of service and record the number of complete meals once all components have been served.
- Count second meals separately if your sponsor allows seconds. Second meals must be served as complete units.
- Complete the daily records in a timely manner. Keep them in a safe place away from children, weather, and animals.
- If possible, organize site activities so that your staff and the children have interesting things to do when it is not mealtime. Boredom and idleness often result in changes in attendance by the children. When this happens, you and your site are at a disadvantage.
- Plan the staff members' time so they may sit with the children while they eat.
- Encourage the children to try new foods.
- Clean the site after the meal.
- Have fun!



- Serve second meals until all children at the site have been served one complete meal.
- Serve meals with missing components, unless your site is approved to serve "offer versus serve" (OVS) meals.
- Serve meals to parents or other adults from the community, unless allowed by your sponsor.
- Allow any part of the meal to be taken offsite, unless your sponsor allows a fruit, vegetable, or grain to be taken off site.
- Sign meal receipts until all meals are carefully counted and checked.
- Allow discrimination against any child because of race, color, national origin, sex, age, or disability.
- Forget to have each meal service supervised by a person trained in the operation of the program.
- Hesitate to contact your sponsor if you have concerns.





# Food Product Thermometer Calibration

A food product thermometer is a useful tool that is required for all food establishments and regulated child care providers.

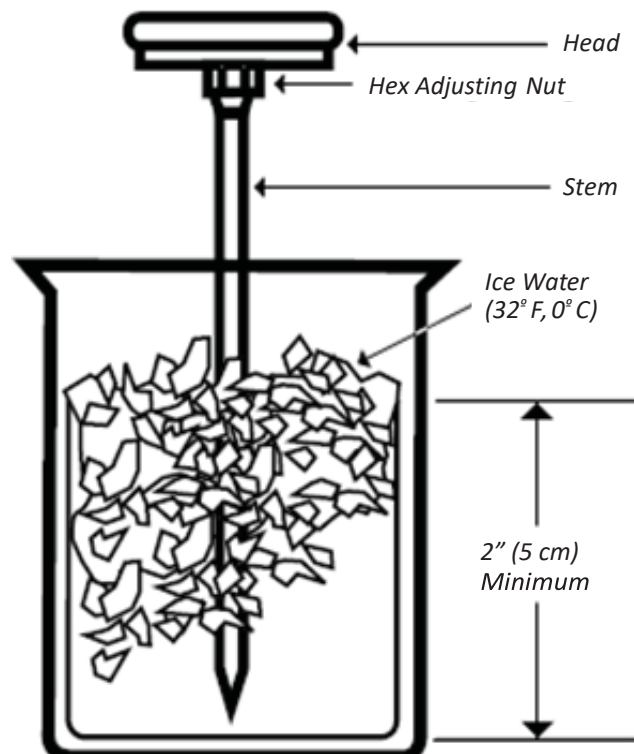
A typical analog food product thermometer is composed of a metal stem and head with a dial. The dial measures from 0-220° Fahrenheit in 2-degree increments to allow accurate measurements for cold-holding, hot-holding, cooking temperatures, hot water and ambient air.

When using a food product thermometer, allow adequate time for the thermometer to adjust to the right temperature, and remember to sanitize the stem between uses.

An important feature of any food product thermometer is that it can be calibrated. Thermometers should be calibrated before initial use, after being dropped and at regular intervals to ensure accuracy.

Most thermometers can be calibrated with the following method using ice water:

1. Fill an insulated cup with crushed ice and water.
2. Immerse the food thermometer stem a minimum of 2 inches into the mixture, touching neither the sides nor the bottom of the glass.
3. Wait 4-5 minutes to allow the temperature to stabilize. It may be necessary to add ice during this process to ensure the solution is maintained at 32° F.
4. Be sure to hold the stem of the instrument away from the bottom and sides of the container to avoid error.
5. If the thermometer is not accurate within +/- 2° F of 32° F, it must be adjusted accordingly.
6. Without removing the stem from the ice, hold the adjusting nut under the head of the thermometer with a suitable tool and turn the head so the dial reads 32° F.



[www.health.mo.gov/sfsp](http://www.health.mo.gov/sfsp) or [www.health.mo.gov/cacfp](http://www.health.mo.gov/cacfp)

# Crediting **Vegetables** in the **Child Nutrition Programs**

## Tip Sheet



Vegetables are a required component for reimbursable meals in the National School Lunch Program (NSLP) including the Preschool Lunch Meal Pattern, as well as the Child and Adult Care Food Program (CACFP) lunch and supper meals. Vegetables may be served as part of a reimbursable meal for the School Breakfast Program (SBP), and to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFSP). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

## Vegetable Requirements



- Vegetables must be fresh, frozen, canned, dried (including dried legumes), or 100% full-strength vegetable juice. Examples of creditable vegetables can be found in the *Food Buying Guide for Child Nutrition Programs (FBG)* at <https://foodbuyingguide.fns.usda.gov/>.



- Most vegetables credit as volume served; the minimum creditable serving size is  $\frac{1}{8}$  cup (exceptions are tomato paste, tomato puree, and raw leafy greens). **Note:** minimum creditable amounts do not apply to the infant meal pattern.
  - **Raw leafy greens** credit at half the volume served in Schools Meals Programs and CACFP (Example: In NLSP,  $\frac{1}{2}$  cup romaine lettuce contributes  $\frac{1}{4}$  cup toward the dark green vegetable subgroup). In SFSP and NSLP Afterschool Snack Service, raw leafy greens credit as volume served.
  - **Cooked leafy greens**, such as sautéed spinach, credit based on volume served.
  - **Tomato paste** and **tomato puree** can credit using the whole food equivalency (volume of tomatoes prior to pureeing) rather than on the actual volume served. All other vegetable purees credit based on the finished volume served.



- Beans and peas (legumes) may count toward the meats/meat alternates or vegetables component, but not as both in the same meal.



- In the School Meal Programs and CACFP, mixtures of fruits and vegetables (e.g., baked sweet potato with apples), must credit separately for the fruits and the vegetables components.



- Over the course of the week, schools must offer vegetables from specific vegetable subgroups.

More training, menu planning, and nutrition education materials can be found at [TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov).

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Vegetable Subgroup	Examples Include
<b>Dark Green</b>	bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress
<b>Red/Orange</b>	acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice, and sweet potatoes
<b>Beans/Peas (legumes)</b>	black beans, garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, soy beans, split peas, and white beans
<b>Starchy</b>	corn, cassava, hominy, green bananas, green peas, plantains, taro, water chestnuts, and white potatoes
<b>Other Vegetables</b>	all other fresh, frozen, and canned vegetables, cooked or raw, such as artichokes, asparagus, avocado, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, turnips, wax beans, and zucchini

## Vegetable Juice

- In School Meal Programs, no more than ½ of the total weekly vegetables offered may be full-strength, 100% vegetable juice and is measured separately at lunch and breakfast.
- In CACFP or Preschool Meal Patterns, full-strength, 100% vegetable juice may be used to meet the vegetables component no more than once per day, including snack. Full-strength, 100% vegetable juice may be used as one component of a snack when the other component is not a beverage.
- In SFSP, full strength 100% vegetable or fruit juice may be counted to meet not more than ½ of the vegetable or fruits requirement at lunch or supper.

**Note:** Juice limit is measured by Program. For example, if a school serves lunch to preschoolers under NSLP and a snack through CACFP, the school can serve juice at both lunch and snack.

## Vegetable Smoothies

- Pureed vegetables (fresh, frozen, or canned), when served in a smoothie, credit as juice, and as such are subject to the limitations regarding juice service.
- Pureed vegetable included in a smoothie may count as the entire fruits/vegetables component in the NSLP Afterschool Snack Service and at breakfast and snack in CACFP and SFSP. At snack, a smoothie containing juice and milk can credit as either juice or milk as long as there is a separate, second component served in addition to the smoothie.
- Dry beans and peas may credit toward the vegetables component as vegetable juice when served in a smoothie.
- Juice does not credit when used as an ingredient in another food or beverage product with the exception of smoothies.



# Newly Creditable Vegetables in Child Nutrition Programs

## Hominy

- Hominy may credit towards the vegetables component in a reimbursable meal or snack.
  - ¼ cup of canned, drained hominy or cooked, whole hominy (from dried hominy) credits as ¼ cup vegetable (starchy vegetable for NSLP and SBP).

## Pasta

- Pasta products made of one or more 100 percent vegetable flour(s) may credit toward the vegetables requirement in all Child Nutrition Programs. For example, ½ cup of pasta made of 100 percent vegetable flour(s) credits as ½ cup of vegetables.
- Pasta products made of flour(s) from one vegetable subgroup may credit toward the appropriate vegetable subgroup for school meals. Pasta made of legume flour (e.g., red lentil flour) may credit toward the legume vegetable subgroup or the meat alternates requirement.
- Pasta products made of a blend of 100 percent vegetable flours from multiple vegetable subgroups (e.g., lentils and cauliflower) may credit in two ways for school meals:

- 1 With a Product Formulation Statement (PFS) from the food manufacturer detailing the actual volume of each vegetable flour per serving, the pasta product may credit toward specific vegetable subgroups; or
- 2 If the actual volume of each vegetable flour is unknown, the pasta product may credit toward the additional vegetables to meet the overall weekly vegetables requirement.



## Products That Do Not Contribute Toward Meal Pattern Requirements

- ✗ Snack-type foods made from vegetables, such as potato chips
- ✗ Home-canned products (for food safety reasons)
- ✗ Condiments such as pickle relish, jam, jelly, tomato catsup, or chili sauce (tomato paste is creditable)
- ✗ Freeze-dried vegetables
- ✗ Dehydrated vegetables used for seasoning





## Test Your Skills!

Fill in the blank.

1. \_\_\_\_ cup is the minimum creditable amount for any single vegetable.  
☐ A.  $\frac{1}{2}$  cup   ☐ B.  $\frac{1}{4}$  cup   ☐ C.  $\frac{1}{8}$  cup
2. For school meals, sweet potatoes belong to the \_\_\_\_\_ subgroup.  
☐ A. Starchy vegetable   ☐ B. Red/Orange vegetable   ☐ C. Other vegetable
3. Raw, leafy salad greens credit at \_\_\_\_\_ the volume served in school meals and CACFP.  
☐ A. full   ☐ B. half   ☐ C. quarter
4. Cooked leafy greens like sautéed spinach, credit at \_\_\_\_\_ served.  
☐ A. volume   ☐ B. double the volume   ☐ C. half the volume
5. Dehydrated vegetables used as seasoning \_\_\_\_\_ creditable.  
☐ A. are   ☐ B. are not
6. The combination of \_\_\_\_\_ makes a one-cup vegetable serving of fresh tomato, spinach, and bean salad.  
☐ A.  $\frac{1}{4}$  cup fresh tomatoes, 1 cup fresh spinach, and  $\frac{1}{4}$  cup drained garbanzo beans  
☐ B.  $\frac{1}{4}$  cup fresh tomatoes, 2 cups fresh spinach, and  $\frac{1}{4}$  cup drained garbanzo beans  
☐ C.  $\frac{1}{4}$  cup fresh tomatoes,  $1\frac{1}{4}$  cups fresh spinach, and  $\frac{1}{8}$  cup drained garbanzo beans  
☐ D. Both A and C



# Does It Credit?

You are serving Kale and Sweet Potato Soup as one of the lunch menu items for high school. The manufacturer provided the following Product Formulation Statement (PFS). You need to review the documentation to make sure the vegetables credit as stated. Use the PFS and the Food Buying Guide (FBG) information below to answer the questions.

**Product Name:** Kale and Sweet Potato Soup

**Product Code:** 987

**Serving Size:** 1 cup (8.20 oz)

**Date:** 7/21/2020

## Vegetables

Description of Creditable Ingredients per FBG	Vegetable Subgroup	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Purchase Unit (C)	Creditable Amount (A x B / C)
Kale, fresh, <i>Untrimmed</i> , cooked, drained vegetable	Dark Green Vegetables	2.80 oz	11.80	16.00 oz	<b>2.0650 1/4 cups</b>
Sweet Potatoes, frozen, <i>Center cuts, approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i> , cooked vegetable	Red/Orange Vegetables	3.50 oz	9.70	16.00 oz	<b>2.1218 1/4 cups</b>
<b>Total Cups Dark Green Vegetables:</b>	<b>0.5163 cups</b>	<b>Total Cups Red/Orange Vegetables:</b>			<b>0.5305 cups</b>

## Meal Pattern Contribution Statement

I certify that the above information is true and correct and that a **1 cup (8.20 oz)** ounce serving of the above product (ready for serving) provides **1/2** cup(s) of Dark Green vegetables, **1/2** cup(s) of Red/Orange vegetables when prepared according to directions.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Title

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Phone Number

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Kale, fresh <i>Untrimmed</i>	Pound	11.80	1/4 cup cooked, drained vegetable	8.50	1 lb AP = 0.67 lb ready-to-cook
Sweet Potatoes, frozen <i>Center cuts, approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i>	Pound	9.70	1/4 cup cooked vegetable	10.40	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potatoes

## True or False:

1. The manufacturer correctly calculated the vegetable credit for this product.

☐ True ☐ False

2. The students do not need any additional vegetables for a reimbursable meal because this product meets the entire vegetables component.

☐ True ☐ False





# Answers

1. \_\_\_\_\_ cup is the minimum creditable amount for any single vegetable.

**C:  $\frac{1}{8}$  cup**

2. For school meals, sweet potatoes belong to the \_\_\_\_\_ subgroup.

**B: Red/Orange vegetable**

3. Raw, leafy salad greens credit at \_\_\_\_\_ the volume served in school meals and CACFP.

**B: half**

4. Cooked leafy greens like sautéed spinach, credit by \_\_\_\_\_ as served.

**A: volume**

5. Dehydrated vegetables used as seasoning \_\_\_\_\_ creditable.

**B: are not**

6. The combination of \_\_\_\_\_ makes a one-cup vegetable serving of fresh tomato, spinach, and bean salad.

**D: Both A and C**

**Both A and C are correct.** Remember, raw leafy greens credit at half the volume served!

**A** is correct because  $\frac{1}{4}$  cup fresh tomatoes plus 1 cup fresh spinach (which credits as  $\frac{1}{2}$  cup) plus  $\frac{1}{4}$  cup of drained garbanzo beans equals 1 cup serving of vegetables.  
( $\frac{1}{4}$  cup +  $\frac{1}{2}$  cup +  $\frac{1}{4}$  cup = 1 cup)

**C** is correct because  $\frac{1}{4}$  cup fresh tomatoes plus  $1\frac{1}{4}$  cups fresh spinach (which credits as  $\frac{5}{8}$  cup) plus  $\frac{1}{8}$  cup drained garbanzo beans equals 1 cup serving of vegetables.  
( $\frac{1}{4}$  cup +  $\frac{5}{8}$  cup +  $\frac{1}{8}$  cup = 1 cup)



# Does it Credit?

1. The manufacturer correctly calculated the vegetable credit for this product.

**Product Name:** Kale and Sweet Potato Soup  
**Serving Size:** 1 cup (8.20 oz)

**Product Code:** 987  
**Date:** 7/21/2020

**Vegetables**

Description of Creditable Ingredients per FBG	Vegetable Subgroup	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Purchase Unit (C)	Creditable Amount (A x B / C)
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Sweet Potatoes, frozen, <i>Center cuts, approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i> , cooked vegetable	Red/Orange Vegetables	3.50 oz	9.70	16.00 oz	<b>2.1218</b> 1/4 cups
<b>Total Cups Dark Green Vegetables:</b>	<b>0.5163 cups</b>	<b>Total Cups Red/Orange Vegetables:</b>	<b>0.5305 cups</b>		

**Meal Pattern Contribution Statement**  
 I certify that the above information is true and correct and that a **1 cup (8.20 oz)** ounce serving of the above product (ready for serving) provides **1/2 cup(s)** of Dark Green vegetables, **1/2 cup(s)** of Red/Orange vegetables when prepared according to directions.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Kale, fresh <i>Untrimmed</i>	Pound	11.80	1/4 cup cooked, drained vegetable	8.50	1 lb AP = 0.67 lb ready-to-cook
Sweet Potatoes, frozen <i>Center cuts, approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i>	Pound	9.70	1/4 cup cooked vegetable	10.40	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potatoes

**True:** To calculate the contribution of the creditable ingredients for the soup, information from the FBG is entered into the PFS. Multiply the amount of Kale in column A (2.8 ounces per serving) by the FBG Yield in column B (11.80), which is the number of quarter-cup Servings per Purchase Unit. Since the FBG lists the purchase unit as pounds, the PFS must divide by 16.00 ounces (column C) as there are 16 ounces in one pound.

## Let's check the calculations:

### Kale



2.80 ounces of Kale x 11.8 for FBG Yield (Servings per Purchase Unit) ÷ 16 ounces per pound = 2.0650 quarter-cup servings.



To obtain the number of cups of Kale, divide the result by 4, as there are 4 quarter-cups in one cup: 2.0650 quarter cups ÷ 4 = 0.5163 cup, which rounds down to 0.5 or 1/2 cup vegetable.

Since Kale belongs to the dark green vegetable subgroup, it provides **1/2 cup of dark green vegetable**.



## Does it Credit? (continued)

### Sweet Potato



3.50 ounces of Sweet Potato x 9.70 for FBG Yield (Servings per Purchase Unit)  
÷ 16 ounces per pound = 2.1218 quarter-cup servings



To obtain the number of cups of Sweet Potato, divide the result by 4 to obtain number of cups: 2.1218 quarter-cups ÷ 4 = 0.5305 cup, which rounds down to 0.5 cup of vegetable.

Since Sweet Potato belongs to the red/orange subgroup, it provides **½ cup of red/orange vegetable**.

This product provides  
**1 cup of total vegetables:**

½ cup Kale + ½ cup Sweet  
Potato = 1 cup vegetable



2. The students do not need any additional vegetables for a reimbursable meal because this product meets the entire vegetables component.

**True:** 1 cup vegetable is the minimum amount a school must offer to meet the daily vegetables requirement for grades 9–12, and a serving of the Kale and Sweet Potato Soup provides 1 cup of total vegetable. Under Offer versus Serve, students must select ½ cup of fruit or vegetable, plus two additional meal components for the meal to be reimbursable.



# Crediting **Fruits** in the **Child Nutrition Programs** Tip Sheet



Fruits are a required component for reimbursable meals in the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Preschool Lunch Meal Pattern, and the Child and Adult Care Food Program (CACFP) lunch and supper meals. However, this requirement can also be met with a vegetable (with the exception of NSLP). Fruits may be served as part of a reimbursable meal to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFSP). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

## Fruit Requirements



- Fruits may be fresh, frozen, dried, canned (packed in water, fruit juice, or light syrup), and/or pasteurized, full-strength (100%) fruit juice. Examples of creditable fruits can be found in the *Food Buying Guide for Child Nutrition Programs (FBG)* at <https://foodbuyingguide.fns.usda.gov/>.
- The minimum creditable serving size for fruit is  $\frac{1}{8}$  cup. **Note:** minimum creditable amounts do not apply to the infant meal pattern.



- Pureed fruits credit as juice when served in a smoothie.



- Fruits credit towards a meal based on the volume served (except for dried fruit).
  - Whole dried fruit and whole dried fruit pieces credit at twice the volume served in School Meal Programs and CACFP.
    - Example:  $\frac{1}{8}$  cup of dried cranberries credits as  $\frac{1}{4}$  cup fruit.
    - $\frac{1}{8}$  cup of any fruit is the minimum serving size that may be creditable. For example, although dried fruit credits as twice the volume served,  $\frac{1}{16}$  cup (1 Tbsp) of dried fruit cannot be offered to count as  $\frac{1}{8}$  cup, because  $\frac{1}{16}$  cup is less than the minimum serving size that may be creditable.
  - Note:** In SFSP and NSLP Afterschool Snack Service, dried fruit credits as volume served.



- Menu items in School Meal Programs and CACFP that are mixtures of fruits and vegetables (e.g., fruit salsa made with peaches and red pepper), must be credited separately for the fruits and the vegetables components.

## Coconut Credits in Child Nutrition Programs

- Coconut (fresh or frozen) credits as a fruit based on the volume served.
- Like other dried fruit, dried coconut credits at twice the volume served in School Meal Programs and CACFP.
- Coconut water, **labeled as 100% juice**, credits as fruit juice per volume served. **Note:** This is not “coconut milk,” which is not creditable.

## Products that Do Not Contribute Toward the Meal Pattern Requirements

- ✗ Snack-type foods made from fruits (for example: fried banana chips, fruit drops, fruit strips)
- ✗ Freeze-dried fruits
- ✗ Pickle relish, jam, jelly, or other condiments
- ✗ Home-canned products (for food safety reasons)
- ✗ Coconut flour and coconut oil

## Fruit Juice

- Pasteurized, full strength (100%) fruit juice (in either liquid or frozen form) may be used to meet the fruits requirement of reimbursable meals or snacks.
- Juice concentrates can be used only when reconstituted to full-strength, 100% juice, and can be served either as liquid or frozen juice.
- Juice may be used as one component of a snack when the other component **is not** a beverage (e.g., fluid milk).
- Juice does not credit when used as an ingredient in another food or beverage product, with the exception of smoothies.



# Serving Fruit and Fruit Juice in Child Nutrition Programs

### NSLP Afterschool Snack Service

- Full-strength 100% vegetable or fruit juice may count toward the entire vegetables or fruits component.
- Juice may not be served when milk is served as the only other component.

### Summer Food Service Program

- Fruit or vegetable juice must be full-strength for breakfast and snacks.
- For lunch and supper, full-strength 100% vegetable or fruit juice may be counted to meet not more than ½ of the vegetables or fruits requirement.

### CACFP – Infants

- Fruit and vegetable juices must not be served.
- A serving of fruit is required when the infant is developmentally ready to accept it.

### CACFP – Children and Adults

- Pasteurized, full-strength 100% juice may only be used to meet the vegetables or fruits requirement at one meal per day, including snack.\*
- At breakfast, either vegetables, fruits or portions of both may fulfill the combined vegetables and fruits component.
- At lunch and supper, a vegetable may be used to meet the entire fruits requirement.

### School Meal Programs (NSLP and SBP)

- No more than ½ of the total weekly fruits offered may be met with full-strength 100% fruit juice.
- For breakfast, vegetables may be substituted for fruits.

### Preschool

- Pasteurized, full-strength 100% juice may only be used to meet the vegetables or fruits requirement at one meal, including snack, per day.\*
- At breakfast, either vegetables, fruits, or portions of both may fulfill the combined vegetables and fruits component.
- At lunch, a vegetable may be used to meet the entire fruits requirement.

\*Juice limit is measured by program. For example, if a school serves lunch to preschoolers under NSLP and a snack through CACFP, the school can serve juice at both lunch and snack.



## Test Your Skills!

### True or False

Select the correct answer.

1. School meals can offer up to half the weekly fruits as 100% juice.  
☐ True ☐ False
2. The minimum creditable serving size for fruit is ¼ cup.  
☐ True ☐ False
3. Mixed fruit and vegetable menu items must credit separately as a fruit and a vegetable and each component must contain a minimum of ⅓ cup for School Meal Programs and CACFP.  
☐ True ☐ False
4. Organic fried banana chips are creditable.  
☐ True ☐ False
5. A smoothie that contains 8 fluid ounces of fat-free milk, ½ cup blueberry puree, and 4 oz low-fat yogurt can credit as ½ cup 100% fruit juice.  
☐ True ☐ False
6. Students can take ½ cup of apricots to meet the minimum fruits requirement for a reimbursable lunch meal.  
☐ True ☐ False

## How Much?

You've decided to add peaches to the salad bar. You're using 20-pound bags of frozen peaches. According to the *Food Buying Guide for Child Nutrition Programs (FBG)*, one 20-pound bag of sliced frozen peaches provides 147.40 quarter-cup servings of thawed frozen peaches with the liquid. Use the FBG entry below to answer the questions.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
<b>Peaches, frozen</b> <i>Sliced, Sweetened or Unsweetened, Includes USDA Foods</i>	20 lb Bag	147.40	1/4 cup thawed, fruit and liquid	0.68	20-lb Bag = about 36-7/8 cups thawed peaches and liquid

1. How many half-cup servings will one 20-pound bag of thawed peaches with the liquid provide? \_\_\_\_\_
2. If you want to serve 110 quarter-cup servings of peaches, thawed with fruit and liquid, how many pounds of frozen peaches will you need? \_\_\_\_\_





1. School meals can offer up to half the weekly fruits as 100% juice.  
**True:** Up to half of the fruits offered at school can be in the form of 100% juice.
2. The minimum creditable serving size for fruit is  $\frac{1}{4}$  cup.  
**False:** The minimum creditable serving size for fruit is  $\frac{1}{8}$  cup.
3. Mixed fruit and vegetable menu items must credit separately as a fruit and a vegetable and each component must contain a minimum of  $\frac{1}{8}$  cup for School Meal Programs and CACFP.  
**True:** For both School Meal Programs and CACFP, fruits and vegetables present in the same dish must credit separately for the fruits or vegetables component and contain a minimum of  $\frac{1}{8}$  cup fruit or  $\frac{1}{8}$  cup vegetable.
4. Organic fried banana chips are creditable.  
**False:** Snack-type foods made from fruits, such as fried banana chips do not contribute to the meal pattern requirements.
5. A smoothie that contains 8 fluid ounces of fat-free milk,  $\frac{1}{2}$  cup blueberry puree, and 4 oz low-fat yogurt can credit as  $\frac{1}{2}$  cup 100% fruit juice.  
**True:** Fruit served in a smoothie credits based on the pureed volume, in its thawed state, if frozen. The pureed fruit in a smoothie credits as 100% fruit juice.
6. Students can take  $\frac{1}{2}$  cup of apricots to meet the minimum fruits requirement for a reimbursable lunch meal.  
**True:** In order for a lunch to be reimbursable, the daily minimum amount of fruit offered must be  $\frac{1}{2}$  cup for students in Kindergarten through 8th grade and 1 cup for students in grades 9 through 12. Under Offer versus Serve, students must take  $\frac{1}{2}$  cup of fruit or vegetable plus two other meal components at lunch in order for the meal to be considered reimbursable.

## How Much?

You've decided to add peaches to the salad bar. You're using 20-pound bags of frozen peaches. According to the Food Buying Guide for Child Nutrition Programs (FBG), one 20-pound bag of sliced frozen peaches provides 147.40 quarter-cup servings of thawed frozen peaches with the liquid.

1. How many half-cup servings will one 20-pound bag of thawed peaches with the liquid provide?

### 73 half-cup servings

One 20-pound bag of frozen peaches provides 147.40 quarter-cup servings thawed fruit with liquid. We know that 2 quarter-cup servings equal 1 half-cup serving ( $\frac{1}{4}$  cup +  $\frac{1}{4}$  cup =  $\frac{1}{2}$  cup). Therefore, if we divide the number of quarter cups by 2, we will get the number of half-cup servings:

**147.40 quarter-cup servings  $\div$  2 = 73.7 half-cup servings, which rounds down to 73 half-cup servings.**

2. If you want to serve 110 quarter-cup servings of peaches, thawed with fruit and liquid, how many pounds of frozen peaches will you need? **15 pounds**

If there are 147.40 quarter-cup servings in a 20-pound bag, then the desired number of quarter-cup servings must be divided by 147.40 to calculate the portion of the (20-pound) bag that will be needed:

**110 quarter-cup servings  $\div$  147.40 quarter-cup servings = 0.7463 of a 20-pound bag.**

Then, calculate the weight of the needed portion of the 20-pound bag:

**0.7463 x 20 pounds = 14.93 pounds, which rounds up to 15 pounds**

# Crediting **Meats/Meat Alternates** in the **Child Nutrition Programs**

## Tip Sheet



Meats/Meat Alternates (M/MAs) are a required meal component for reimbursable lunches and suppers in Child Nutrition Programs (CNPs), such as the National School Lunch Program (NSLP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). They are also a required meal component for lunches served under the Preschool Meal Pattern. M/MAs are not required for a reimbursable breakfast in CNPs, but may be offered in place of grains, with certain limitations, in the School Breakfast Program (SBP), the Preschool Breakfast Meal Pattern, and the CACFP. M/MAs may also be served as one of the two required meal components for a reimbursable snack in CNPs. When planning menus, remember:

- M/MAs are measured in ounce equivalents (oz eq). An oz eq of M/MA is the amount of the food that represents 1 ounce of edible portion of lean meat without the bone. See page 2 for a list of creditable M/MAs commonly served in CNPs and their 1 oz eq amounts.
- The M/MA amount offered **must provide a minimum of 0.25 oz eq per serving to be creditable in CNPs.**
- The minimum creditable amounts do not apply to the CACFP infant meal pattern.

## Specific Program Requirements

### School Meals: NSLP & SBP

**NSLP** has daily minimum requirements for M/MAs as well as weekly minimums and maximums at lunch, depending on grade level. Schools may exceed the weekly maximum for M/MAs, provided that meals (on average) meet the weekly dietary specifications for calories, saturated fat, sodium, and *trans* fat.

#### NSLP M/MA Daily and Weekly Requirements

Grades	Daily Min (oz eq)	Weekly Min (oz eq)	Weekly Max (oz eq)
<b>K-5</b>	1	8	10
<b>6-8</b>	1	9	10
<b>9-12</b>	2	10	12

**SBP** does not have a required M/MA meal component. However, schools can choose to offer them to meet the weekly required amount of grains, after the minimum daily 1 oz eq grains is met.

For more information, check out *Offering Meats and Meat Alternates at School Breakfast* at [www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast](http://www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast).

**NSLP Afterschool Snack Service:** 1 oz eq M/MA for all ages.



# Specific Program Requirements (continued)

## CACFP & Preschool Meals

CACFP has minimum M/MA requirements for children and adults that vary by meal/snack and age.

Preschool meals, served through NSLP and SBP, follow the same meal pattern as CACFP.

## M/MA Minimum Requirements (oz eq)

Age (years)	Breakfast* (when served in place of grains)	Lunch & Supper	Snack** (when served)
1-2	½	1	½
3-5	½	1 ½	½
6-12	1	2	1
13-18	1	2	1
Adult	2	2	1

**SFSP:** For all ages, 2 oz eq M/MA at lunch and supper; 1 oz eq, if offered, at snack; No requirement at breakfast.

For more information, check out *Serving Meats and Meat Alternates at Breakfast* at

[www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast-cacfp](http://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast-cacfp)

\*M/MA is not required at breakfast but may be served in place of grains **up to 3 times per week** to meet part or all of the grains requirement. 1 oz eq of M/MA replaces 1 oz eq of grains.

\*\*M/MA is not required at snack but may be served as one of two required meal components.



## What To Serve and How Much?

Below are common meats and meat alternates with the amount needed to provide 1 oz eq M/MA.

### Common Creditable Meats\* (oz eq)

- Beef
  - Canadian bacon
  - Chicken
  - Duck
  - Fish
  - Game meat\*\* (bison, venison (deer))
  - Ham (fresh)
  - Lamb
  - Pork (fresh or mildly cured)
  - Pork sausage
  - Shellfish
  - Turkey
- 1 oz cooked lean meat = 1 oz eq**

- Bologna
  - Frankfurter/hot dog
  - Knockwurst
  - Vienna sausage
- 1 oz serving = 1 oz eq**

- Surimi seafood
    - Surimi seafood is pasteurized, ready-to-eat, restructured seafood usually made from pollock (fish).
- 1.0 oz = 0.25 oz eq**  
**3.0 oz = 1.0 oz eq**  
**4.4 oz = 1.5 oz eq**

\*Not an exhaustive list

\*\*Only creditable if inspected and approved by an appropriate State, local, or Federal agency, or when served as traditional food on Indian Reservations or schools/institutions operated by Indian Tribes/Tribal organizations.

## Common Creditable Meat Alternates\* (oz eq)



### Bean soup (Ready-to-Serve)

- Check the *Food Buying Guide* (FBG) for specific items that are creditable. Some commercially prepared products, such as bean soup, are listed in the FBG.\*\*

½ cup = 1 oz eq



### Cheese

- Natural and processed cheese and cheese substitutes such as:
  - American, Cheddar, Mozzarella, Provolone, Swiss, Feta, Brie, Parmesan, Romano
- Cottage cheese, Ricotta cheese
- Cheese food, cheese food substitutes, cheese spread

1 oz = 1 oz eq

2 oz (or ¼ cup) = 1 oz eq

2 oz = 1 oz eq



### Eggs, whole (fresh, frozen, dried)

½ large egg = 1 oz eq



### Legumes (beans, peas, lentil), cooked

- Dry beans & peas may credit as a meat alternate or vegetable, but not as both for the same item at the same meal.

¼ cup = 1 oz eq



### Nuts & seeds

- Cannot be used to meet more than 50 percent of M/MA requirement at lunch or supper



Serve with caution to children under age 4 and older adult participants in the CACFP. See: <https://www.fns.usda.gov/tn/reducing-risk-choking-young-children-mealtimes>

1 oz = 1 oz eq



### Pasta or noodles made from 100 percent bean/legume flour

- To credit as a MA, it must be served with an additional visible M/MA of at least 0.25 oz eq per serving. For example, 0.25 oz eq cheese sprinkled over the pasta.
- It can also credit as a vegetable, but not as both a vegetable and MA in the same meal.

¼ cup cooked = 1 oz eq



### Peanut butter & other nut or seed butters

2 tablespoons = 1 oz eq



### Tempeh (commercially prepared)

- Crediting applies to tempeh with ingredients limited to soybeans, other legumes, water, or tempeh culture, but may also contain vinegar, seasonings, and herbs.
- Documentation needed for other formulations.\*\*

1 oz = 1 oz eq



### Tofu (commercially prepared)

- 1 oz eq serving must contain at least 5 grams of protein; typically found in firm or extra firm tofu.

2.2 oz or ¼ cup = 1 oz eq



### Yogurt or soy yogurt (commercially prepared): plain or flavored, unsweetened or sweetened

- Yogurt served in CACFP and Preschool must contain no more than 23 grams of total sugars per 6 ounces of yogurt.
- Yogurt is the only creditable M/MA allowed in a smoothie. Smoothies can be prepared in-house or commercially (documentation required).
- Probiotic drinks, drinkable yogurt, or yogurt drinks are not creditable.

½ cup (4 oz) = 1 oz eq



## Foods Not Creditable as Meats/Meat Alternates

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- ✗ Canned, pressed luncheon meat (potted/deviled)
- ✗ Ceviche or home pickled fish; Sushi (raw seafood and Sashimi)
- ✗ Cream Cheese/Neufchatel Cheese
- ✗ Egg yolks only; egg white only; liquid egg substitutes
- ✗ “Imitation” Cheese & Cheese “products”
- ✗ Liquid “yogurt” and commercial yogurt products such as frozen yogurt, yogurt bars, probiotic drinks, drinkable yogurt, or yogurt drinks
- ✗ Nut flour
- ✗ Peanut butter “spreads” (a mixture of peanut butter and other ingredients)
- ✗ Pig’s feet and ham hocks
- ✗ Pork bacon and imitation bacon products/salt pork/scrapple
- ✗ Powdered cheese (such as in boxed macaroni and cheese)
- ✗ Tofu, silken or soft, added to smoothies or baked into desserts for texture/nutrition enhancement

## Items That May Be Creditable With Proper Documentation

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Some food items containing M/MA may not be listed in the *Food Buying Guide for Child Nutrition Programs* (FBG); however, they still may be creditable with proper documentation, such as a Child Nutrition (CN) label or Product Formulation Statement (PFS). Examples of these foods are:

- ✓ Combination foods, such as pizza, corn dogs, chicken nuggets, and meat sauce
- ✓ Dried meat, poultry, and seafood
- ✓ Luncheon meat that is not listed in the FBG
- ✓ Turkey bacon/sausage that is not listed in the FBG
- ✓ Pepperoni
- ✓ Hummus

Note: Foods listed in the FBG are creditable in CNPs. A limited number of combination foods are listed in the FBG (e.g., *beef stew, chili, fish sticks*), so check the FBG first!



## Example CN Label – Whole Grain Pizza

The CN Labeling Program is a voluntary Federal labeling program for CNPs. A CN label identifies the contribution of a product toward the meal pattern requirements. Main dishes that contribute at least 0.50 oz eq per serving to the M/MA meal component are eligible for a CN label. For more information visit: <https://www.fns.usda.gov/cn/labeling-program>.

When food items with a CN label are served according to directions, the label is sufficient documentation and provides a warranty against audit claims.

### Whole Grain Cheese Pizza

Ingredient Statement: White whole wheat flour, part skim mozzarella cheese, tomatoes, tomato paste, water, salt.

CN

XXXXXX

Each 5.00 oz. slice Whole Grain Cheese Pizza provides 2.00 oz. equivalent meat alternate, 2.00 oz. equivalent grains, and 1/8 cup red/orange vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA mm/yy).

CN

CN

Net Wt.: 20.0 pounds

INSPECTED BY THE  
U.S. DEPT. OF AGRICULTURE  
IN ACCORDANCE WITH  
FNS REQUIREMENTS


STV Foods, Inc  
1234 Indigo Ave   Birchtree, PA 12345

Each 5.00 oz slice contributes 2.00 oz eq MA per serving, as well as 2.00 oz eq grains and 1/8 cup red/orange vegetable.



# Example PFS – Honey Lime Chopped Chicken

When a CN label is not available, Program operators may request that the manufacturer provide a PFS to show how the creditable ingredients in the product contribute toward the meal pattern requirements for M/MA, fruits, vegetables (including subgroups), and grains.

 USDA does not approve Product Formulation Statements. Program operators are responsible for verifying and keeping records of the PFS. Always evaluate the PFS using the [USDA's PFS Tip Sheet](https://www.fns.usda.gov/sites/default/files/resource-files/manufacturerPFSstipsheet.pdf) before adding it to your menu. (<https://www.fns.usda.gov/sites/default/files/resource-files/manufacturerPFSstipsheet.pdf>)



**Product Name:** Honey Lime Chopped Chicken  
**Serving Size:** 2 oz

**Product Code:** X345  
**Date:** 9/22/2021

## Meat

Description of Creditable Ingredients per FBG	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Creditable Amount (A x B)
Chicken Parts, fresh or frozen, Thighs, With backs, With bone, With skin, (about 8.7 oz each), cooked poultry without skin	3.84 oz	0.33 lb	1.2672 oz
Total Meat Creditable Amount:			1.2672 oz

## Fruit


Description of Creditable Ingredients per FBG	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Purchase Unit (C)	Creditable Amount (A x B / C)
Juices, canned, Single strength (100% fruit juice such as apple, grape, grapefruit, grapefruit- orange, lemon, lime, orange, pineapple, prune, tangerine), fruit juice	0.16 oz	48.00	96.00 oz	0.0800 1/4 cups
Total Creditable Fruit Amount:				0.0200 cups


## Meal Pattern Contribution Statement

I certify that the above information is true and correct and that a **2 oz** ounce serving of the above product (ready for serving) provides **1.25** ounces of equivalent meat/meat alternate when prepared according to directions.

2 oz of Honey Lime Chicken provides 1.25 oz eq of Meat.

## Other Special Considerations

 **Enriched Macaroni Products with Fortified Protein:** May be used in school meals and SFSP to meet part of the M/MA requirement or the grains requirement, but not as both in the same meal. If used to meet the M/MA requirement, 1 ounce (28.35 grams) of dry product may meet up to half of the M/MA requirement when served with 1 ounce cooked meat, poultry, fish, or cheese. More details can be found in 7 CFR Part 210 Appendix A (I)(1)(2) (<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210#Appendix-A-to-Part-210>) and 7 CFR 225.16(e)(3) ([https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-225#p-225.16\(e\)\(3\)](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-225#p-225.16(e)(3)))

 Products formulated with **Alternate Protein Product (APP)** may credit toward all or part of the M/MA requirement. Examples of APPs include soy flours, soy concentrates, soy isolates, whey protein concentrate, whey protein isolate and casein. Products containing APPs must be documented with a CN label or a PFS. Details for completing this documentation can be found at <https://www.fns.usda.gov/cn/labeling/food-manufacturersindustry>



## Test Your Knowledge

1. A family day care home is low on inventory and has the following to serve for the children's lunch. Which of these choices could be served to fulfill the M/MA requirement for a CACFP lunch? (Select one)

- ☐ Smoothie made with silken tofu
- ☐ Grilled cheese sandwich
- ☐ Venison that was donated by a parent
- ☐ Egg white omelet
- ☐ A mixture of almonds and sesame seeds

2. High school students have been requesting more food in their breakfast menus. The cafeteria manager decides to add ½ cup yogurt to a menu that has mixed fruits (1 cup), pancakes (1 oz eq grains), and milk (1 cup). Can the yogurt be part of a reimbursable breakfast in the SBP?

- ☐ Yes
- ☐ No

Chart 1A: School Breakfast Program (SBP)

Meal Components	Grades K - 5	Grades 6 - 8	Grades 9 - 12
Amount of Food <sup>1</sup> Per Week (Minimum per day)			
Fruits (cups) <sup>2,3</sup>	5 (1)	5 (1)	5 (1)
Vegetables (cups) <sup>2,3</sup>	0	0	0
Grains (oz eq) <sup>4</sup>	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) <sup>5</sup>	0	0	0
Fluid Milk (cups) <sup>6</sup>	5 (1)	5 (1)	5 (1)

3. A SFSP operator has found a turkey luncheon meat that has received high acceptability ratings from program participants, and the operator has an opportunity to purchase it in bulk for a good price. However, this product is not listed in the FBG. What should the Program operator do **prior** to purchasing the product to determine how the product contributes to the meal pattern requirements? (Select all that apply.)

- ☐ Go ahead and use it, since the children enjoy it and will consume this meal.
- ☐ Ask the manufacturer to provide a PFS for the product. Evaluate the PFS using USDA's PFS Tip Sheet.
- ☐ Do not use it. If it's not in the FBG, it cannot be creditable.
- ☐ Check the CN labeling website (<https://www.fns.usda.gov/cn/labeling-program>) to determine if this product has a CN label.





# Answers

1. A family day care home is low on inventory and has the following to serve for the children's lunch. Which of these could be served to fulfill the M/MA requirement for a CACFP lunch? (Select one)

- ☐ Smoothie made with silken tofu

**No: Tofu in smoothies are not creditable**

- ☐ Venison that was donated by a parent

**No: All game meat must have proper inspection/approval by an appropriate State, local or Federal agency, or when served as traditional food on Indian Reservations or schools/institutions operated by Indian/Tribal organizations.**

- ☐ A mixture of almonds and sesame seeds

**No: Nuts & seeds can only meet up to half of the M/MA requirement. Additional M/MA would need to be served to meet the entire requirement.**

- ☒ Grilled cheese sandwich

**Yes: This is creditable**

- ☐ Egg white omelet

**No: Egg whites are not creditable, only whole eggs.**

2. High school students have been requesting more food in their breakfast menus. The cafeteria manager decides to add ½ cup yogurt to a menu that has mixed fruits (1 cup), pancakes (1 oz eq grains), and milk (1 cup). Can the yogurt be part of a reimbursable breakfast in the SBP?

- ☒ **Yes: A M/MA is not a requirement in SBP,**

**but 1 oz eq of M/MA may be substituted for 1 oz eq grains after the daily grains requirement is met. The 1 oz eq daily grains requirement is met by the pancakes, so the ½ cup yogurt can be served and contribute toward the weekly grains requirement of 9-10 oz eq.**

- ☐ No

Chart 1A: School Breakfast Program (SBP)

Meal Components	Grades K - 5	Grades 6 - 8	Grades 9 - 12
<b>Amount of Food<sup>1</sup> Per Week (Minimum per day)</b>			
Fruits (cups) <sup>2,3</sup>	5 (1)	5 (1)	5 (1)
Vegetables (cups) <sup>2,3</sup>	0	0	0
Grains (oz eq) <sup>4</sup>	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) <sup>5</sup>	0	0	0
Fluid Milk (cups) <sup>6</sup>	5 (1)	5 (1)	5 (1)

3. A SFSP operator has found a turkey luncheon meat that has received high acceptability ratings from program participants, and the operator has an opportunity to purchase it in bulk for a good price. However, this product is not listed in the FBG. What should the Program operator do **prior** to purchasing the product to determine how the product contributes to the meal pattern requirements? (Select all that apply.)

- ☐ Go ahead and use it, since the children enjoy it and will consume this meal.

- ☐ Do not use it. If it's not in the FBG it cannot be creditable.

- ☒ **Check the CN labeling website (<https://www.fns.usda.gov/cn/labeling-program>) to determine if this product has a CN label.**

- ☒ **Ask the manufacturer to provide a PFS for the product. Evaluate the PFS using USDA's PFS Tip Sheet.**

It is important to make sure the product being served is creditable. First check the FBG. However, if the product is not listed in the FBG, it still may be creditable. In this case, check the CN labeling website to determine if the product has a CN label. If it does, you can use the product. If it doesn't have a CN label, ask the manufacturer for a PFS that shows how the product credits toward CNPs. Please see the [Tip Sheet for Accepting Processed Product Documentation](https://www.fns.usda.gov/sites/default/files/resource-files/cnl_tipsheet-processedproduct.pdf) ([https://www.fns.usda.gov/sites/default/files/resource-files/cnl\\_tipsheet-processedproduct.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/cnl_tipsheet-processedproduct.pdf)) for more information on how a product not listed in the FBG can contribute toward a reimbursable meal.