


**Meeting the Child and Adult Care Food Program (CACFP)
Meal Patterns for Children**


Module 4: Meat/Meat Alternates Component



Connecticut State Department of Education
School Health, Nutrition and Family Services

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Bite Size Training Modules






- Module 1 Introduction and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component**
- Module 5 Fruits and Vegetables Components
- Module 6 Part A: Grains Component – Crediting
Part B: Grains Component – Whole Grain-rich
Part C: Grains Component – Ounce equivalents
- Module 7 Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

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Key Points About Meat/Meat Alternates


-  **Breakfast:** May substitute for entire grains component up to 3 times per week
-  **Lunch/supper:** Must be served in main dish, or main dish and one other item
-  1 ounce is not the same as 1 ounce of MMA
-  Use Food Buying Guide for Child Nutrition Program (FBG) to determine crediting information
-  Commercial processed MMA products cannot credit without a Child Nutrition (CN) label or product formulation statement (PFS)

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Reduce Choking Risk

- Consider age and developmental readiness
 - Nuts and seeds
 - Chunks or spoonfuls of nut/seed butters
 - Tough meat or large chunks of meat
 - Fish with bones
 - Large chunks of cheese, especially string cheese



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Preparation Techniques to Reduce Choking Risk

- Cut tube-shaped foods into short strips instead of round pieces
- Remove all bones before cooking or serving
- Grind up tough meats/poultry
- Chop peanuts, nuts, and seeds finely, or grind before adding to prepared foods
- Spread nut/seed butters thinly on other foods



<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents#ChokingPrevention>

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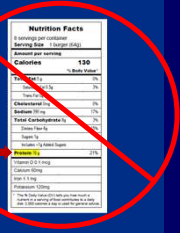
Terms to Know

- Meat/meat alternates
- Protein

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MMA versus Protein




- CACFP meal patterns require a specific amount of MMA, *not a specific amount of protein*
- Cannot use Nutrition Facts label or ingredients statement to determine MMA contribution

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Allowable MMA



- Fresh and frozen meats
- Processed meats
- Canned meats
- Meat alternates

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Required Servings for MMA Component


| Meal Patterns for Children | Minimum serving | | |
|----------------------------|-----------------|-----------|---------------------|
| | Ages 1-2 | Ages 3-5 | Ages 6-12 and 13-18 |
| Breakfast ¹ | 0 | 0 | 0 |
| Lunch/supper | 1 ounce | 1½ ounces | 2 ounces |
| Snack | ½ ounce | ½ ounce | 1 ounce |

¹ May substitute for entire grains component up to 3 times per week

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Substituting MMA for Grains at Breakfast







- May substitute for *entire* grains component up to 3 times per week
 - Regardless of number of days in week
- 1 ounce of MMA = 1 ounce equivalent (oz eq) of grains

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Examples of MMA Substitutions for Ages 3-5 at Breakfast

| MMA Substitution | Grains |
|---|---------|
| Cheese, ½ ounce  | ½ oz eq |
| Egg, ½ large  | ½ oz eq |
| Yogurt, ¼ cup  | ½ oz eq |
| Peanut butter, 1 tablespoon  | ½ oz eq |

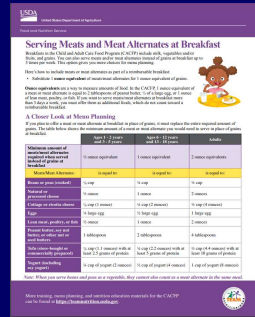
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USDA Webpage

Serving Meat and Meat Alternates at Breakfast

Handouts, training slides, and webinars in English and Spanish



<https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast-cacfp>

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Required Servings for MMA Component

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Main Dish Requirement for Lunch/Supper

- MMA component must be served in
 - a main dish **OR**
 - a main dish and only one other food item




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Examples: Main Dish Requirement

Lunch/supper meal pattern for ages 3-5

1½ ounces MMA



1½ ounces of tuna


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Examples: Main Dish Requirement

Lunch/supper meal pattern for ages 3-5

1½ ounces MMA



1 ounce of tuna + ½ cup of split peas

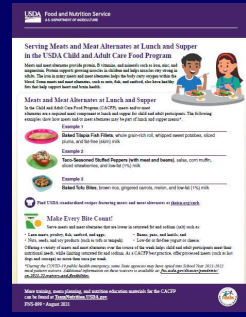
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USDA Webpage

Serving Meats and Meat Alternates at Lunch and Supper in the USDA Child and Adult Care Food Program

Requirements for MMA, choking prevention, food safety, and menu planning tips



<https://www.fns.usda.gov/tn/serving-meats-meat-alternates-lunch-supper-cacfp>

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Required Servings for MMA Component


| Meal Patterns for Children | Minimum serving | | |
|----------------------------|-----------------|-----------|---------------------|
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| Breakfast ¹ | 0 | 0 | 0 |
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¹ May substitute for entire grains component up to 3 times per week

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Serving Size Requirements



- Amount of food or recipe that provides 1 ounce of MMA depends on
 - type of food
 - added ingredients
- Minimum creditable amount = $\frac{1}{4}$ ounce

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1 ounce of MMA =

| | |
|--|--|
| 1 ounce <ul style="list-style-type: none"> Cooked lean meat, poultry, or fish Natural or process cheese Tempeh Alternate protein product (APP) Nuts or seeds | $\frac{1}{4}$ cup <ul style="list-style-type: none"> Yogurt or soy yogurt Cooked beans and peas (legumes) |
| 2 ounces <ul style="list-style-type: none"> Cottage or ricotta cheese Cheese food/spread Cheese substitute | 2.2 ounces ($\frac{1}{4}$ cup) <ul style="list-style-type: none"> Commercial tofu with \geq 5 grams of protein |
| 3 ounces <ul style="list-style-type: none"> Surimi | 2 tablespoons <ul style="list-style-type: none"> Nut or seed butters |
| | $\frac{1}{4}$ <ul style="list-style-type: none"> large egg |

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Serving Size = Edible Portion

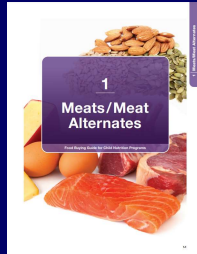


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Use the Food Buying Guide (FBG) for Child Nutrition Programs

- Determines amount of *uncooked product* needed to yield the *cooked amounts* needed for food production
- Ensures correct crediting



<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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Use the Food Buying Guide (FBG) for Child Nutrition Programs





<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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Crediting Requirements for MMA

- Commercial processed products
- Deli meats
- Dried meats
- Cheese
- Eggs
- Legumes
- Nut and seed butters
- Nuts and seeds
- Yogurt and soy yogurt
- Tofu
- Tempeh
- Surimi
- Alternate protein products



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Crediting Commercial Processed Products

- Do not credit based on weight

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Crediting Commercial Processed Products

1 ounce = 1 ounce MMA

1 ounce = ? MMA

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Crediting Commercial Processed Products

- Must have documentation for products that are processed or contain added ingredients

- Child Nutrition (CN) label
- Product formulation statement (PFS)

Commercial products without a CN label or PFS **do not** credit

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USDA CACFP Best Practices

Limit processed meats to no more than 1 serving per week

Serve only lean meats, nuts, and legumes

https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf

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CSDE Resource

Crediting Commercial MMA Products in the CACFP

Required documentation for crediting commercial MMA products

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Commercial_MMA_CACFP.pdf

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Crediting Deli Meats

- Bologna
- Chicken roll
- Ham
- Pastrami
- Roast beef
- Salami
- Turkey

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Crediting Deli Meats



- Read ingredients for deli meats and other processed MMA *before* purchasing
 - Added liquids*, e.g., water and broth
 - Binders or extenders*, e.g., carrageenan, modified food starch, whey, wheat gluten
- Know how to credit correctly

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Deli_CACFP.pdf

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Crediting Deli Meats

| Contains liquids/binders/ extenders | Credits based on | 1 ounce serving = 1 ounce of MMA |
|-------------------------------------|---------------------------------------|--|
| No (100% meat) | Weight (ounces) | Yes |
| Yes | Percentage of meat in product formula | No: Must document crediting with CN label or PFS |

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Examples of Products with Added Liquids, Binders, and Extenders

| Honey Ham | Roasted Turkey |
|--|--|
| Ham, <i>water</i> , honey, salt, contains 2% or less sugar, sodium phosphates, <i>carrageenan</i> , sodium propionate, sodium diacetate, sodium benzoate, sodium ascorbate, sodium nitrate | Turkey breast meat, <i>turkey broth</i> , contains 2% or less salt, sugar, <i>modified food starch</i> , corn syrup solids, sodium lactate, sodium phosphate, vinegar, flavoring |

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FBG Crediting of Deli Meats

| Product | 1 ounce of MMA = |
|--|------------------|
| Turkey ham, fully cooked | 1.4 ounces |
| Turkey ham, fully cooked, with 15% added ingredients | 1.7 ounces |
| Ham with natural juices, fully cooked | 1.12 ounces |
| Ham, water added, fully cooked | 1.22 ounces |

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Summary: Crediting Deli Meats

- Obtain CN label or PFS if product is not listed in FBG
- Cannot credit based on serving weight unless product does not contain liquids, binders, or extenders

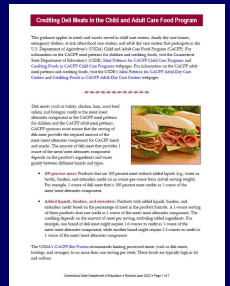
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CSDE Resource

Crediting Deli Meats in the CACFP

Required documentation and how to identify binders and extenders




https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Deli_CACFP.pdf

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Crediting Dried Meat




- Shelf-stable, dried, and semi-dried meat, poultry, and seafood
 - Beef jerky
 - Summer sausage
- Must have CN label or PFS
 - Not listed in FBG

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Crediting Dried Meat




- Evaluate product's PFS
 - Creditable meat ingredient must match ingredients statement on product's label
 - Creditable meat ingredient must have similar description to a food item in FBG
 - Creditable amount cannot exceed product weight

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Crediting Dried Meat



- PFS for dried meat products that contain *ground pork or beef* must include percent fat
 - ≤ 30% fat

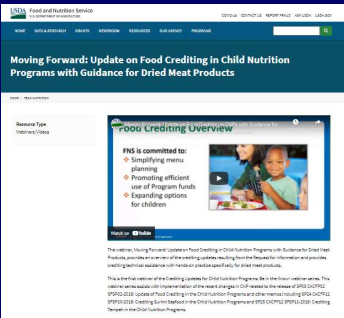
USDA Memo SP 21-19: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs: <https://www.fns.usda.gov/cn/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition>

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USDA Webinar

Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products




<https://www.fns.usda.gov/tn/moving-forward-update-food-crediting-dried-meat-products>

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Crediting Cheeses



- Natural cheeses, e.g., cheddar, mozzarella, Swiss
- Pasteurized blended cheeses, e.g., Colby Jack
- Process cheeses, e.g., American
- Cottage/ricotta cheese
- Cheese substitute, cheese food substitute, and cheese spread substitute

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Crediting Cheeses

| Type | 1 ounce MMA = |
|---|------------------|
| Natural cheeses and pasteurized blended cheeses | 1 ounce |
| Process cheeses | 1 ounce |
| Cottage cheese, ricotta cheese | 2 ounces = ¼ cup |
| Cheese substitute, cheese food substitute, and cheese spread substitute * | 2 ounces |

* Must meet FDA's Standards of Identity for substitute foods

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Crediting Cheeses

- Maintain documentation for foods that contain cheese

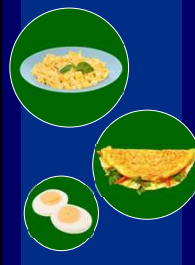


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Crediting Eggs

- ½ large egg = 1 ounce MMA
- Only *whole eggs* credit
 - Liquid egg substitutes are not whole eggs
 - Egg whites do not credit if served without yolks
- Maintain documentation for egg-based foods




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Crediting Legumes

- Black beans
- Edamame (soybeans)
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Navy beans
- Split peas
- White beans




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Crediting Legumes

- Serving may credit as MMA or vegetable but *not both* in same meal




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Crediting Legumes

| Menu item | Component |
|----------------------|------------|
| Chili (kidney beans) | MMA |
| Salad with chickpeas | Vegetables |
| Whole-grain roll | Grains |
| Orange slices | Fruits |
| Low-fat milk | Milk |

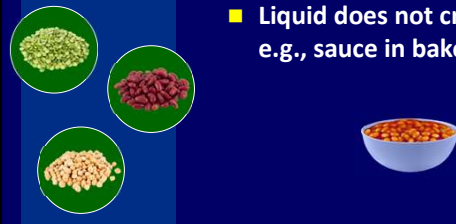


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Crediting Legumes

- ¼ cup of cooked legumes = 1 ounce MMA
 - Minimum creditable amount = ¼ cup (2 tablespoons)
- Liquid does not credit, e.g., sauce in baked beans




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Crediting Roasted Legumes

- Roasted chickpeas
- Roasted soybeans (soy nuts)




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Crediting Roasted Legumes

- Credit as MMA or vegetable, but not both in same meal
- 1 ounce = 1 ounce MMA
- Lunch/supper:** No more than *half* of MMA
- Use discretion with individually wrapped snack-type legumes



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Crediting 100% Legume Flour Pasta

Ingredients: Red lentil flour

Ingredients: Chickpea flour




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Crediting 100% Legume Flour Pasta

- Credits as MMA if offered with another MMA
- ¼ cup cooked = 1 ounce MMA



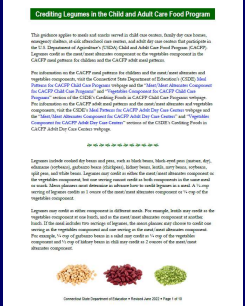
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CSDE Resource

Crediting Legumes in the CACFP

Crediting legumes as vegetables and MMA and how to credit legumes in recipes




https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Legumes_CACFP.pdf

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Crediting Nuts and Seeds

- Almonds
- Brazil nuts
- Cashews
- Filberts
- Macadamia nuts
- Peanuts
- Pecans
- Walnuts
- Pine nuts
- Pistachios
- Pumpkin seeds
- Soy nuts
- Sunflower seeds



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Crediting Nuts and Seeds

- 1 ounce = 1 ounce MMA
- Lunch/supper: No more than *half* of MMA

| | |
|------------------------------------|---------|
| Lunch for ages 3-5 = 1½ ounces MMA | |
| Nuts/seeds | ¾ ounce |
| Another MMA | ¾ ounce |

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Crediting Nut and Seed Butters

- Almond butter
- Cashew butter
- Peanut butter
- Sesame seed butter
- Soy nut butter
- Sunflower seed butter

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Crediting Nut and Seed Butters

- 2 tablespoons = 1 ounce MMA
- 2 tablespoons = 1.1 ounces, not 1 ounce

| 1. Food as Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meat Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
|---|----------------------|-----------------------------------|--|------------------------------------|-----------------------------------|
| PEANUT BUTTER and OTHER NUT or SEED BUTTERS | | | | | |
| Almond butter, Cashew nut butter, Peanut butter, Pistachio nut butter, Sesame seed butter, Soy nut butter, Sunflower seed butter, Tahini (Sesame seed butter) and Sunflower seed butter | 16.1 Oz Jar (150.1g) | 97.50 | 2 tablespoons (30ml) nut butter granules 1 oz meat alternate | 1.10 | 2 Tablespoons = 1.1 oz nut butter |

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section1_MeatsAndMeatAlternatesYieldTable.pdf

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Crediting Nut and Seed Butters

- Consider appropriateness of serving size for each age group

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Crediting Nut and Seed Butters

Lunch/supper for ages 6-12

2 ounces MMA = 4 tablespoons peanut butter

2 tablespoons of peanut butter = 1 ounce MMA

½ cup of yogurt = 1 ounce MMA

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CSDE Resource

Crediting Nuts and Seeds in the CACFP

Crediting guidance for nuts, seeds, and nut/seed butters

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Nuts_Seeds_CACFP.pdf

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Crediting Yogurt

- Yogurt and soy yogurt
 - Plain
 - Flavored
 - With added fruit, blended or on the bottom




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Crediting Yogurt

- Sugar limit:** ≤ 23 grams of sugars per 6 ounces (≤ 3.83 grams/ounce)
- ½ cup volume or 4 ounces weight = 1 ounce MMA**



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Does this yogurt meet the sugar limit?

| Nutrition Facts | |
|---|---------------------|
| Serving Size 1.4oz Container (113g) Servings Per Package 4 | |
| Amount Per Serving | % Daily Value |
| Calories 90 | Calories from Fat 0 |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 40mg | 2% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 13g | |
| Protein 10g | 20% |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 10% | Iron 0% |

Fruit Yogurt

| | | |
|---|---------------------------------|------|
| A | Sugars (grams) | 13 |
| B | Serving size (ounces) | 4 |
| C | Grams per ounce (Divide A by B) | 3.25 |
| D | ≤ 3.83 grams/ounce? | Yes |



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Noncreditable Yogurt Products

- Drinkable or squeezable yogurt
- Frozen yogurt
- Homemade yogurt
- Yogurt bars
- Yogurt-covered fruits and nuts
- Yogurt-flavored products



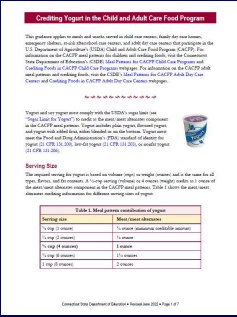
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CSDE Resource

Crediting Yogurt in the CACFP

- Serving size
- Sugar limit
- Yogurt in smoothies
- Noncreditable yogurt products



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Yogurt_CACFP.pdf

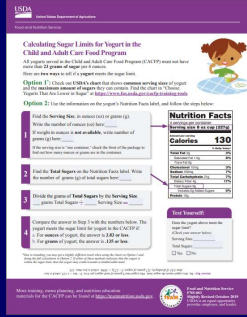
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USDA Resource

Calculating Sugar Limits for Yogurt in the CACFP

How to determine if yogurt meets the CACFP sugar limit (English and Spanish)



<https://www.fns.usda.gov/tn/calculating-sugar-limits-yogurt-cacfp>

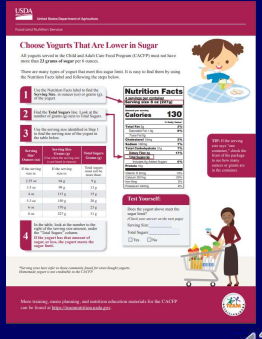
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USDA Webpage

Choose Yogurts that are Lower in Sugar

Handouts, training slides, and webinars in English and Spanish




<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar>

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Crediting Tofu



- 2.2-ounce serving by weight (¼ cup volume) = 1 ounce MMA
- Three crediting requirements
 1. Commercially prepared
 2. *Easily recognized* as meat substitutes, e.g., tofu burgers and tofu sausages
 3. Contain ≥ 5 grams of protein

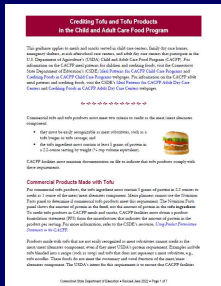
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CSDE Resource

Crediting Tofu and Tofu Products in the CACFP

- Crediting requirements for tofu
- Steps for determining if product meets protein requirements



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Tofu_CACFP.pdf

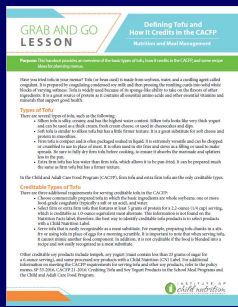
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Institute of Child Nutrition (ICN) Resource

Grab and Go Lesson: Defining Tofu and How It Credits in the CACFP

- Types of tofu
- Crediting requirements
- Recipe ideas




<https://theicn.org/resources/1538/nutrition-and-meal-management/120776/benefits-for-using-standardized-recipes-in-the-cacfp.pdf>

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Crediting Tempeh




- 1 ounce = 1 ounce MMA
 - Applies only to products with the following ingredients: *soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs*
- To credit products with other ingredients, must have CN label or PFS

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Crediting Surimi



| Amount | MMA contribution * |
|------------|-------------------------------------|
| 1 ounce | ¼ ounce (minimum creditable amount) |
| 2 ounces | ½ ounce |
| 3 ounces | 1 ounce |
| 4.4 ounces | 1½ ounces |
| 6 ounces | 2 ounces |

* Must have CN label or PFS to credit differently

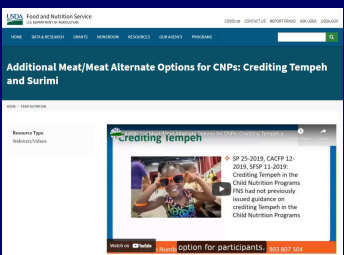
USDA Memo SP 24-2019: Crediting Surimi Seafood in the Child Nutrition Programs: <https://www.fns.usda.gov/cn/crediting-surimi-seafood-child-nutrition-programs>

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USDA Webinar

**Additional MMA Options for CNPs:
Crediting Tempeh and Surimi**




<https://www.fns.usda.gov/tn/additional-meat-meat-alternate-tempeh-and-surimi>

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Crediting APPs

| | Examples of APPs | Examples of products made with APPs |
|--|---|---|
|  | <ul style="list-style-type: none"> • Soy flours and concentrates • Whey protein concentrate • Casein | <ul style="list-style-type: none"> • Veggie burgers • Meatless chicken nuggets and patties • Soy hotdogs |

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Crediting APPs



- Commercial products made with APPs must meet specific USDA criteria (Appendix A of CACFP regulations)
- Must obtain documentation from manufacturer
 - CN label
 - PFS
 - Signed letter from company official

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-226#Appendix-A-to-Part-226>

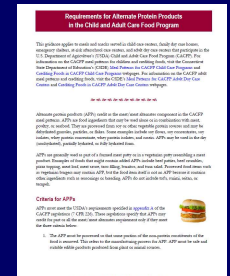
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CSDE Resource

Requirements for Alternate Protein Products in the CACFP

USDA criteria and documentation requirements



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/APP_Requirements_CACFP.pdf

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Examples of Noncreditable Foods: MMA Component *

- Bacon
- Commercial canned soups, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice
- Cream cheese
- Egg whites
- Imitation cheese
- Sour cream
- Tofu products not easily recognized as meat substitutes
- Tofu with <5 grams of protein in 2.2-ounce serving by weight
- Yogurt or soy yogurt with > 3.83 grams of sugars per ounce
- Yogurt products, such as drinkable or squeezable yogurt, frozen yogurt, yogurt bars, and yogurt-covered fruits and nuts

* This list is not all-inclusive

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More Resources



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CSDE Resource

Crediting Summary Charts for the CACFP Meal Patterns for Children

- Overview chart on crediting requirements
- Charts that summarize crediting requirements and methods for each component

| Component | Milk | Meat/Meat Alternates (MMA) | Vegetables | Fruits | Grains |
|----------------------|---------------------|------------------------------|--------------------------|---------------|----------------------|
| Meat/Meat Alternates | 1/2 cup liquid milk | 1/2 ounce meat or equivalent | 1/2 cup cooked vegetable | 1/2 cup fruit | 1/2 cup cooked grain |
| Vegetables | 1/2 cup liquid milk | 1/2 ounce meat or equivalent | 1/2 cup cooked vegetable | 1/2 cup fruit | 1/2 cup cooked grain |
| Fruits | 1/2 cup liquid milk | 1/2 ounce meat or equivalent | 1/2 cup cooked vegetable | 1/2 cup fruit | 1/2 cup cooked grain |
| Grains | 1/2 cup liquid milk | 1/2 ounce meat or equivalent | 1/2 cup cooked vegetable | 1/2 cup fruit | 1/2 cup cooked grain |

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_CACFP.pdf

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CSDE Webpage

Crediting Foods in CACFP Child Care Programs

MMA Component for CACFP Child Care Programs

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#MMA>

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Thank you for participating in Bite Size!

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9999, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- fax: (833) 256-1665 or (202) 690-7442; or
- email: program.intake@usda.gov

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