

## Complying with Healthy Food Certification (HFC)

### Module 3 Worksheet: Is it an Entree?



Under the Connecticut Nutrition Standards (CNS), entrees include the three categories of main dish food items below.

1. A combination food that contains a meat or meat alternate (MMA) and a whole grain-rich (WGR) food., e.g., breakfast egg sandwich on whole-wheat English muffin, turkey wrap on whole-wheat tortilla, pizza with WGR crust, hamburger on whole-grain bun and bean burrito with whole-corn tortilla.
2. A combination food that contains a MMA and a vegetable or fruit (VF). Some examples include beef or chicken vegetable stir-fry; baked potato with chili; chef's salad; and a fruit and cheese platter.
3. A MMA alone, such as sausage patty, hard-boiled egg, and grilled chicken, excluding foods in the snacks category (yogurt, cheese, nuts and seeds, nut and seed butters, and meat snacks such as jerky).

Indicate if each food item below meets the CNS entree definition.

Food item	Meets CNS definition?	Why or why not?
Cheese pizza with WGR crust	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	
Low-fat cheese stick	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	

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WGR pancakes	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	
Three-bean vegetarian chili	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	
Child Nutrition (CN) labeled vegetable egg roll (whole-grain wrapper)	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	
Breaded chicken breast on enriched bun	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	
Chicken nuggets with whole-grain breading	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	
Low-fat yogurt	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	

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Food item	Meets CNS definition?	Why or why not?
Yogurt and fruit parfait	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	
Nuts and seeds	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	

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The Connecticut State Department of Education's (CSDE) *Complying with Healthy Food Certification* training program consists of six recorded modules that provide guidance on how to meet the HFC requirements under Section 10-215f of the Connecticut General Statutes and the related state laws for competitive foods in schools. This training program is intended for the district's HFC contact person and individuals who coordinate sales of competitive foods to students on school premises. To access the training modules, visit the "[Related Resources](#)" section of the CSDE's HFC webpage.

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

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