

**Complying with Healthy Food Certification (HFC)**  
**Answer Key for 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.

Source	Meets CNS definition?	Why or why not?
<b>Cheese pizza with WGR crust</b>	<input checked="" 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	Pizza is a combination food that contains MMA from the cheese and grains from the WGR crust.
<b>Low-fat cheese stick</b>	<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 checked="" type="checkbox"/> No: Not an entree	Cheese sticks are in the snacks category because they are not a main dish. The CNS entree definition excludes foods that are in the snacks category.

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<b>WGR pancakes</b>	<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 checked="" type="checkbox"/> No: Not an entree	Foods do not contain MMA do not meet the CNS entree definition. Pancakes and similar foods like waffles and French toast are in the snacks category.
<b>Three-bean vegetarian chili</b>	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input checked="" type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	The chili is a combination food that contains MMA from the beans and VF from the tomato sauce.
<b>Child Nutrition (CN) labeled vegetable egg roll with whole-grain wrapper</b>	<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 checked="" type="checkbox"/> No: Not an entree	The egg roll is a combination food that contains vegetables and a whole-grain egg roll wrapper, but no MMA. Foods that contain only vegetables and grains do not meet the CNS entree definition. Foods must always contain MMA to meet the CNS entree definition.
<b>Chicken vegetable stir-fry</b>	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input checked="" type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	The chicken vegetable stir-fry is a combination food that contains VF from the vegetables and MMA from the chicken.
<b>Breaded chicken breast on enriched bun</b>	<input checked="" 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 nuggets are a combination food that contain WGR breading and MMA from the chicken.

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<b>Chicken nuggets with whole-grain breading</b>	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input checked="" type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	Breaded chicken nuggets are a combination food that contain WGR breading and MMA from the chicken.
<b>Low-fat yogurt</b>	<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 checked="" type="checkbox"/> No: Not an entree	Yogurt is in the snacks category because it is not a main dish. The CNS entree definition excludes foods that are in the snacks category.
<b>Yogurt and fruit parfait</b>	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input checked="" type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	The yogurt and fruit parfait is a combination food that contains VF from the fruit and MMA from the yogurt.
<b>Yogurt and strawberry smoothie</b>	<input type="checkbox"/> Yes: Combination food of MMA and WGR food <input checked="" type="checkbox"/> Yes: Combination food of MMA and VF <input type="checkbox"/> Yes: MMA alone <input type="checkbox"/> No: Not an entree	The yogurt and strawberry smoothie is a combination food that contains VF from the strawberries and MMA from the yogurt.
<b>Nuts and seeds</b>	<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 checked="" type="checkbox"/> No: Not an entree	Nuts and seeds are in the snacks category because they are not a main dish. The CNS entree definition excludes foods that are in the snacks category.

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The CSDE's *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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