Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

This guidance applies to the U.S. Department of Agriculture's (USDA) meal patterns for grades K-12 and preschool (ages 1-5) in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Afterschool Snack Program (ASP) of the NSLP. The Seamless Summer Option (SSO) of the NSLP follows the NSLP, SBP, and ASP meal patterns.

For information on the meal patterns for the school nutrition programs, visit the Connecticut State Department of Education's (CSDE) Meal Patterns for Grades K-12 in School Nutrition Programs webpage, Meal Patterns for Preschoolers in School Nutrition Programs webpage, and the "Meal Patterns and Crediting" section of the ASP webpage. For information on the crediting requirements, visit the CSDE's Crediting Foods in School Nutrition Programs webpage and Crediting Documentation for the Child Nutrition Programs webpage.

Contents

Meeting the Meal Component Requirements 2
Required Crediting Documentation 2
Storing crediting documentation 3
Chart 1 – Overview of Meal Component Crediting Requirements 4
Milk Component 7
Chart 2 – Crediting Foods in the Milk Component 8
Meats/Meat Alternates (MMA) Component 16
Chart 3 – Crediting Foods in the MMA Component 17
Vegetables Component 29
Chart 4 – Crediting Foods in the Vegetables Component 29
Fruits Component 40
Chart 5 – Crediting Foods in the Fruits Component 40
Grains Component 46
Chart 6 – Crediting Foods in the Grains Component 47
Resources 59







Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Meeting the Meal Component Requirements

School food authorities (SFAs) must be able to verify the meal pattern contribution of all foods and beverages served in reimbursable meals and afterschool snacks. This document summarizes the crediting requirements and methods for the five meal components of the NSLP, SBP, and ASP meal patterns for grades K-12 and preschool, including the updates required by the USDA final rules, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans* and *Expanding Fluid Milk Options in Child Nutrition Programs*:

Chart 1 provides an overview of the crediting requirements for each meal component, including milk, meats/meat alternates (MMA), vegetables, fruits, and grains. Charts 2 through 6 summarize the specific crediting considerations for each meal component.

Required Crediting Documentation

SFAs must use appropriate crediting methods and maintain the applicable documentation for commercial products and foods made from scratch. Menu planners should follow the guidance below to ensure that school menus comply with the meal pattern crediting requirements.

- **Use the Food Buying Guide for Child Nutrition Programs (FBG):** The USDA's FBG determines food yields and crediting information, and indicates the specific contribution of foods toward the meal pattern requirements. The FBG indicates how many servings a specific quantity of food will provide, what quantity of raw product will provide the amount of ready-to-cook food in a recipe, and how much food to buy to provide a specific meal pattern contribution.

- **Obtain a Child Nutrition (CN) label or product formulation statement (PFS) for all commercial processed products:** SFAs must have a CN label or PFS to document the meal pattern contribution of all commercial processed foods that are not listed in the FBG. Commercial processed foods without this documentation do not credit. Some examples of commercial processed foods include combination foods (e.g., pizza, breaded chicken nuggets, cheese ravioli, and hummus); foods with added liquids, binders, and extenders, e.g., deli meats, hotdogs, and sausages; dried meat, poultry, and seafood products, e.g., jerky and summer sausages; foods that contain alternate protein products (APPs), e.g., soy flour, soy concentrate, soy isolate, whey protein concentrate, whey protein isolates, and casein; fruits and vegetables with added ingredients, e.g., breaded onion rings, hash brown patties, coleslaw, and dried soup mix; and whole grain-rich (WGR) or enriched grain products that contain noncreditable grains, e.g., oat fiber, corn fiber, wheat starch, corn starch, and modified food starch (including potato, legume, and other vegetable flours).

For more information on crediting documentation, refer to the CSDE's resources, *Using Child Nutrition (CN) Labels in the School Nutrition Programs, Using Product Formulation Statements in the School Nutrition Programs*, and *Accepting Processed Product Documentation in the School Nutrition Programs*, and USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: *Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements*. Additional resources are available on the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

For guidance on how to review a PFS, visit the USDA's Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement webpage. Training on the requirements for CN labels and PFS forms is available in Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*.

- **Maintain standardized recipes for foods made from scratch:** SFAs must have standardized recipes that document the crediting information for all foods made from scratch. Determine the recipe's meal pattern contribution per serving by: 1) using the FBG to determine the weight or volume of each creditable ingredient in the recipe; and 2) dividing the weight or volume of each creditable ingredient by the number of servings.

  The FBG's Recipe Analysis Workbook (RAW) for Standardized Recipes allows menu planners to search for creditable ingredients and calculate the recipe's meal pattern contribution. For information on standardized recipes, visit the "Standardized Recipes" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

When determining the meal pattern contribution of a creditable food or beverage, SFAs must round down all crediting amounts for commercial products and standardized recipes to the nearest minimum creditable amount. Chart 1 provides an overview of the crediting requirements for each meal component, including the meal pattern serving, the minimum creditable amount, crediting methods, and required crediting documentation.

Storing crediting documentation

SFAs must maintain all CN labels, PFS forms, standardized recipes, and other crediting documentation on file in accordance with the records retention requirements for the school nutrition programs. For more information, refer to the CSDE's resource, *Records Retention Requirements for the School Nutrition Programs*. This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the school nutrition programs.

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Chart 1 – Overview of Meal Component Crediting Requirements

Criteria	Milk	MMA	Grains	Vegetables	Fruits
Meal pattern serving	Volume: cups	Ounce equivalents (oz eq) **Weight (ounces)** for most foods, e.g., lean meats, fish, and poultry, cheese, nuts and seeds, tempeh, surimi, and APPs **Volume (cups)** for some foods, e.g., beans, peas, and lentils and nut/seed butters **Either weight or volume** for some foods, e.g., yogurt and tofu	Oz eq Weight for groups A-G Volume for groups H-I	Volume: cups	Volume: cups
Minimum creditable amount	Full serving: 1 cup Milk in smoothies: ¼ cup	¼ oz eq	¼ oz eq	⅛ cup	⅛ cup

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Criteria	Milk	MMA	Grains	Vegetables	Fruits
Crediting methods: Round down all crediting amounts for products and standardized recipes to the nearest minimum creditable amount	Credit based on allowable types of milk (refer to chart 2).	**MMA without added ingredients:** Credit based on cooked weight, e.g., 1 ounce of cooked lean meat credits as 1 oz eq of MMA. Use the FBG to determine the cooked yields or edible portions. **Processed MMA with added ingredients:** Credit based on CN label, PFS, or FBG. **Note:** The manufacturer's serving weight does not indicate the MMA contribution because processed foods contain non-MMA ingredients in addition to their MMA component.	**Method 1:** Use the weight (groups A-G) or volume (groups H-I) in the USDA's Exhibit A chart (refer to the CSDE's resource, Grain Ounce Equivalents Chart for the School Nutrition Programs. **Method 2:** Determine the weight (grams) of the creditable grains per serving (refer to the CSDE's resource, Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs): 1 oz eq = 16 grams of creditable grains (groups A-G) or 28 grams of creditable grains (group H).	Credit based on volume (cups) using the yields in the FBG. Credit raw leafy greens as half the volume served.	Credit based on volume (cups) using the yields in the FBG. Credit dried fruit credits as twice the volume served.

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Criteria	Milk	MMA	Grains	Vegetables	Fruits
Documentation for processed commercial products	Not applicable, except for milk in smoothies.	Must have CN label or PFS. For USDA Foods, use USDA Foods in Schools Product Information Sheets. CSDE webpage: Crediting Documentation for the Child Nutrition Programs	Same	Same	Same
Documentation for foods made from scratch	Not applicable, except for milk in smoothies.	Must have standardized recipe. CSDE webpage: Crediting Documentation for the Child Nutrition Programs	Same	Same	Same

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Milk Component

The milk component requires fluid milk as a beverage. Milk must be pasteurized, meet all state and local requirements, and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA). Milk must also meet the fat content and flavor restrictions for each age or grade group.

For information on the crediting requirements for the milk component, refer to the CSDE's resources, *Comparison of the Milk Component Requirements in the Meal Patterns for School Nutrition Programs,* and *Crediting Guide for the School Nutrition Programs,* and visit the "Milk" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

Training on the milk component for the meal patterns for grades K-12 is available in Module 9: Milk Component of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*. Training on the milk component for the preschool meal patterns is available in Module 4:Milk Component of the CSDE's *Preschool Meal Pattern Training for the School Nutrition Programs*.

Note: The information in this chart for the allowable types of milk is based on the current guidance in USDA Memo SP 01-2026: *Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program* and is subject to change. Additional guidance from the USDA may impact how the Whole Milk for Healthy Kids Act of 2025 applies to school nutrition programs other than the NSLP, including the SBP, SSO, ASP, and SMP. The CSDE will update this document as the USDA issues future guidance.

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Chart 2 – Crediting Foods in the Milk Component

Milk	Crediting Requirements and Resources
Fluid milk requirements	The milk component requires fluid milk as a beverage. Milk does not credit when cooked or baked in foods, such as cereals, puddings, cream sauces, and other foods. Milk must be pasteurized, meet all state and local requirements, and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA). **Resources** Milk Component (CSDE's Crediting Foods in School Nutrition Programs webpage) USDA Memo SP 01-2025: Fluid Milk Requirements for School Meals

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Milk	Crediting Requirements and Resources
Allowable types of milk	The allowable types of fluid milk for each meal pattern are indicated below. In addition to regular milk, allowable milk also includes the following types of fluid milk that meet the required fat content and flavored milk restrictions for each meal pattern: lactose-free/reduced milk, acidified milk (e.g., acidified kefir milk and acidified acidophilus milk), cultured milk (e.g., cultured buttermilk, cultured kefir milk, and cultured acidophilus milk), and Ultra High Temperature (UHT) milk. • **NSLP, SBP, and ASP for Grades K-12:** Effective January 14, 2026, the Whole Milk for Healthy Kids Act of 2025 revised the NSLP meal patterns to allow unflavored and flavored whole and reduced fat (2%) milk, in addition to the previously allowed low-fat (1%) and fat-free milk. Effective June 8, 2026, the USDA final rule, *Expanding Fluid Milk Options in Child Nutrition Programs*, revises the SBP and ASP meal patterns to allow unflavored and flavored whole milk and reduced fat milk in addition to the previously allowed low-fat milk and fat-free milk. Flavored milk in reimbursable meals and afterschool snacks cannot exceed 10 grams of added sugars per 8 fluid ounces. Flavored milk sold as a competitive food in middle and high schools cannot exceed 15 grams of added sugars per 12 fluid ounces. • **NSLP, SBP, and ASP for Preschool:** The preschool meal patterns for age 1 require unflavored whole milk. Effective June 8, 2026, the preschool meal patterns for ages 2-5 allow unflavored whole and reduced-fat milk in addition to the previously allowed unflavored low-fat and fat-free milk. Flavored milk is not allowed in the preschool meal patterns. **Resources** Beverage Requirements (CSDE webpage) List 16: Milk (CSDE's List of Acceptable Foods and Beverages webpage) Milk Component (CSDE's Crediting Foods in School Nutrition Programs webpage) Offering Lactose-Free and Lactose-Reduced Milk in the School Nutrition Programs (CSDE) Nutrition Standards for Added Sugars: Flavored Milk Fact Sheet (Institute of Child Nutrition) USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs USDA Memo SP 01-2025: Fluid Milk Requirements for School Meals USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program Whole Milk for Healthy Kids Act of 2025

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Milk	Crediting Requirements and Resources
Whole milk	Whole milk is required in the preschool meal patterns for age 1 and must be unflavored. Effective January 14, 2026, whole milk is an allowable option (not required) for the NSLP meal patterns for grades K-12. Effective June 8, 2026, whole milk is an allowable option (not required) for the SBP and ASP meal patterns for grades K-12; the NSLP, SBP, and ASP preschool meal patterns for ages 2-5; and the SMP (refer to "Allowable types of milk" in this chart). Whole milk for ages 2-5 must be unflavored. Whole milk for grades K-12 may be unflavored or flavored. Flavored whole milk in reimbursable meals and afterschool snacks cannot exceed 10 grams of added sugars per 8 fluid ounces. Flavored whole milk sold as a competitive food in middle and high schools cannot exceed 15 grams of added sugars per 12 fluid ounces. **Resources** USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program Whole Milk for Healthy Kids Act of 2025
Reduced-fat (2%) milk	Effective January 14, 2026, reduced-fat milk is an allowable option (not required) for the NSLP meal patterns for grades K-12. Effective June 8, 2026, reduced-fat milk is an allowable option (not required) for the SBP and ASP meal patterns for grades K-12; the NSLP, SBP, and ASP preschool meal patterns for ages 2-5; and the SMP (refer to "Allowable types of milk" in this chart). Reduced-fat milk for age 2-5 must be unflavored. Reduced-fat milk for grades K-12 may be unflavored or flavored. Flavored reduced-fat milk in reimbursable meals and afterschool snacks cannot exceed 10 grams of added sugars per 8 fluid ounces. Flavored reduced-fat milk sold as a competitive food in middle and high schools cannot exceed 15 grams of added sugars per 12 fluid ounces. **Resources** USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program Whole Milk for Healthy Kids Act of 2025

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Milk	Crediting Requirements and Resources
Exclusion for fluid milk from NSLP and SBP weekly dietary specifications for grades K-12	Effective January 14, 2026, the Whole Milk for Healthy Kids Act of 2025 modifies the dietary specifications for the NSLP to exclude fluid milk from the weekly limit for saturated fat at lunch. Effective June 8, 2026, the USDA final rule, *Expanding Fluid Milk Options in Child Nutrition Programs*, extends this exclusion to the SBP and excludes fluid milk from the weekly limit for saturated fat at breakfast. This exclusion applies to all allowable types of fluid milk offered at lunch and breakfast. Schools may exclude the saturated fat from fluid milk when calculating the weekly average saturated fat requirement for breakfast and lunch. All other dietary specifications still apply to the entire reimbursable meal, including calories, sodium, and beginning July 1, 2027, added sugars. The contribution from fluid milk must be included in these calculations. **Resources** Dietary Specifications (CSDE's Meal Patterns for Grades K-12 in School Nutrition Program webpage) Guide to the Dietary Specifications for the National School Lunch Program and School Breakfast Program (CSDE) USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program Whole Milk for Healthy Kids Act of 2025

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Milk	Crediting Requirements and Resources
Additional state milk requirements for public schools	In addition to the USDA's requirements for fluid milk (refer to "Allowable types of milk" in this chart), all milk available for sale to students in public schools must comply with the state beverage requirements of C.G.S. Section 10-221q. Milk cannot contain more than 4 grams of total sugars per ounce and cannot contain artificial sweeteners. These requirements apply to milk sold as part of and separately from reimbursable meals and afterschool snacks. Products that meet the federal and state requirements for milk are included on the CSDE's List of Acceptable Foods and Beverages webpage **Resources** Allowable Beverages for Connecticut Public Schools (CSDE) Beverage Requirements (CSDE webpage) List 16: Milk (CSDE's List of Acceptable Foods and Beverages webpage)
Milk in fruit/vegetable smoothies	The minimum creditable amount of milk in a smoothie is ¼ cup. If a smoothie contains less than the full serving of milk, the meal must include additional milk to provide the full serving. **Note:** This crediting applies only to milk in smoothies. The minimum creditable amount of the milk component is the full 1-cup serving. When offering smoothies with milk for grades K-12, SFAs must still offer a variety of milk (refer to "Fluid milk" in this section). **Resources** Crediting Smoothies in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Milk	Crediting Requirements and Resources
Optional fluid milk substitutes (nondairy beverages) for non-disability reasons	SFAs may choose to offer one or more fluid milk substitutes (nondairy beverages) to all children whose dietary needs do not constitute a disability. Fluid milk substitutes are plant-based beverages like fortified soy milk that are intended to replace cow's milk. Fluid milk substitutes must meet the USDA's nutrition standards for fluid milk substitutes (7 CFR 210.10(d)(2)(ii)). Only certain brands of fluid milk substitutes meet these standards. **Note:** Juice, water, or other beverages cannot substitute for milk in meals or afterschool snacks for non-disability reasons. **Additional requirements for public schools only:** In addition to the USDA's requirements, nondairy beverages available for sale to students in public schools must also meet the beverage requirements of C.G.S. Section 10-221q. Nondairy milk substitutes cannot contain artificial sweeteners and cannot exceed 4 grams of sugar per fluid ounce, 35 percent of calories from fat, or 10 percent of calories from saturated fat. These requirements apply to nondairy beverages sold as part of and separately from reimbursable meals and afterschool snacks. Products that meet the federal and state requirements for nondairy milk substitutes are included on the CSDE's List of Acceptable Foods and Beverages webpage **Resources** Allowable Beverages for Connecticut Public Schools (CSDE) Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs (CSDE) Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the School Nutrition Programs (CSDE) List 17: Dairy Alternative Beverages (CSDE's List of Acceptable Foods and Beverages webpage) Milk Substitutes (CSDE's Special Diets in School Nutrition Programs webpage) USDA Memo SP 01-2025: Fluid Milk Requirements for School Meals USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Milk	Crediting Requirements and Resources
Preschool meal patterns only: Iron-fortified infant formula for ages 12-13 months	Preschool meals and afterschool snacks that contain an allowable iron-fortified infant formula are reimbursable for a one-month transition period, when children ages 12 to 13 months are weaning from infant formula to whole cow's milk. Iron-fortified infant formula does not meet the fluid milk requirement of the preschool meal patterns for any other age group. **Resources** Feeding Infants in the Child and Adult Care Food Program (USDA) USDA Memo 01-2023: Creditability of Infant Formulas Imported Through the Food and Drug Administration's 2022 Infant Enforcement Discretion Policy in the Child and Adult Care Food Program USDA Memo CACFP 02-2018: Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program: Questions and Answers
Preschool meal patterns only: Breastmilk	Breastmilk is allowed as the milk component in the preschool meal patterns for children of any age. Meals and afterschool snacks are reimbursable when a parent provides expressed breastmilk, or a mother breastfeeds her child on site. **Resources** Feeding Infants in the Child and Adult Care Food Program (USDA) USDA Memo CACFP 02-2018: Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program: Questions and Answers

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Milk	Crediting Requirements and Resources
Noncreditable foods	The examples below are foods that do not credit as the milk component. • **Age 1 (preschool meal pattern):** Unflavored or flavored reduced-fat (2%) milk, low-fat (1%) milk, and fat-free milk • **Ages 2-5 (preschool meal pattern):** Flavored milk • **Grades K-12 in NSLP, SBP, ASP, and SMP:** Flavored milk that exceeds the limit for added sugars (refer to "Allowable types of milk" in this chart). • **For public schools only:** Milk and nondairy milk substitutes that do not meet the state beverage requirements of Connecticut General Statute Section 10-221q (refer to "Fluid milk requirements" in this section) • **For children without disabilities**, nondairy milk substitutes that do not meet the USDA's nutrition standards for fluid milk substitutes, e.g., rice milk, almond milk, and cashew milk (refer to "Milk substitutes for non-disability reasons" in this section) • Milk reconstituted from dry milk powder (section 7 CFR 210.10(d)(3)(ii) of the NSLP regulations allows reconstituted milk only with approval from the state agency when there is a continuing emergency that prevents fluid milk from being available) • Milk that is cooked or baked in prepared foods, such as cereals, puddings, and cream sauces • Foods made from milk, e.g., cheese, yogurt, and ice cream • Nutrition supplement beverages, e.g., Abbott's Pediasure • Powdered milk beverages, e.g., Nestle's NIDO **Resources** Noncreditable Foods in the Meal Patterns for the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Meats/Meat Alternates (MMA) Component

The MMA component includes fresh and frozen meats (e.g., lean beef, pork, poultry, fish, and shellfish), processed meats (e.g., chicken nuggets, deli meats, and fish sticks), canned meats (e.g., chicken, tuna, and salmon), and meat alternates such as eggs, cheese, yogurt, nuts and seeds and their butters, beans, peas, and lentils, tofu, and tempeh.

For information on the crediting requirements for the MMA component, refer to the CSDE's *Crediting Guide for the School Nutrition Programs* and visit the "Meats and Meat Alternates" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

Training on the MMA component for the meal patterns for grades K-12 is available in Module 10: Meats/Meat Alternates Component of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*. Training on the MMA component for the preschool meal patterns is available in Module 5: Meats/Meat Alternates Component of the CSDE's *Preschool Meal Pattern Training for the School Nutrition Programs*.

> The manufacturer's serving weight is not the same as the MMA contribution. A 1-ounce serving does not equal 1 oz eq of MMA, because processed foods (such as combination foods, deli meats, hot dogs, and sausages) contain non-MMA ingredients in addition to their MMA component. SFAs must obtain a CN label or PFS for all commercial processed products that are not listed in the FBG (refer to "Required Crediting Documentation" in this document).

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Chart 3 – Crediting Foods in the MMA Component

MMA	1 oz eq of MMA =	Crediting Requirements and Resources
Alternate protein products (APPs), e.g., veggie burgers, meatless chicken nuggets, and soy hotdogs	1 ounce of APP: Must have a CN label or PFS from the manufacturer with supporting documentation on company letterhead that the APP ingredient meets the USDA's requirements (refer to "Required Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this chart).	**Resources** Alternate Protein Products (USDA webpage) Requirements for Alternate Protein Products in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

MMA	1 oz eq of MMA =	Crediting Requirements and Resources
Beans, peas, and lentils, e.g., kidney beans, black beans, and chickpeas	¼ cup of cooked beans, peas, and lentils 1 ounce of roasted beans, peas, and lentils, e.g., roasted chickpeas and roasted soybeans (soy nuts)	The liquid served with beans, peas, and lentils does not credit, such as the sauce in baked beans. For example, to credit as 1 ounce of the MMA component, a serving of baked beans must contain ¼ cup of beans, excluding the sauce. Beans, peas, and lentils may credit as either the MMA component or vegetables component but one serving cannot credit as both components in the same meal or afterschool snack. Refer to "Beans, peas, and lentils" in chart 4 for information on crediting beans, peas, and lentils as vegetables. Roasted or dried beans, peas, and lentils (such as roasted soybeans or roasted chickpeas) credit the same as nuts and seeds. A 1-ounce serving of roasted or dried beans, peas, or lentils credits as 1 oz eq of the MMA component. **Resources** Crediting Beans, Peas, and Lentils in the School Nutrition Programs (CSDE)
Cheeses, e.g., cheddar, mozzarella, provolone, American, and cottage cheese	1 ounce of natural cheese and pasteurized process cheese, e.g., American ¼ cup of cottage or ricotta cheese 2 ounces of cheese substitute, cheese food substitute, and cheese spread substitute	Cream cheese does not credit. Foods that contain cheese (such as pizza and macaroni and cheese) require a CN label or PFS for commercial products and a recipe (preferably a standardized recipe) for foods made from scratch (refer to "Required Crediting Documentation" on page 2).

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

MMA	1 oz eq of MMA =	Crediting Requirements and Resources
Commercial combination foods, e.g., pizza and chicken nuggets	Varies by commercial product: Must have a CN label or PFS to document the oz eq of MMA per serving (refer to "Required Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this chart).	**Resources** Accepting Processed Product Documentation in the School Nutrition Programs (CSDE) Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs (CSDE) Crediting Documentation for the Child Nutrition Programs (CSDE webpage)
Commercial meat, poultry, or fish products with added ingredients, e.g., hotdogs, deli meats, and sausages	Varies by commercial product: Must have a CN label or PFS to document the oz eq of MMA per serving (refer to "Required Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this chart).	Regular bacon does not credit. Some brands of turkey bacon might credit with the appropriate documentation from a CN label or PFS. **Resources** Accepting Processed Product Documentation in the School Nutrition Programs (CSDE) Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA webpage) Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs (CSDE) Crediting Documentation for the Child Nutrition Programs (CSDE webpage) Using Child Nutrition (CN) Labels in the School Nutrition Programs (CSDE) Using Product Formulation Statements in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

MMA	1 oz eq of MMA =	Crediting Requirements and Resources
Cooked lean meat, poultry, or fish, i.e., without bone, skin, or added ingredients	1 ounce: Refer to the FBG for cooked yields of meat, poultry, and fish.	The USDA defines lean meat and poultry as meat and poultry that contains less than 10 grams of fat, no more than 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per 100 grams and per labeled serving size, based on the USDA's definitions for food label use. Examples include 95 percent lean cooked ground beef, beef top round steak or roast, beef tenderloin, pork top loin chop or roast, pork tenderloin, ham or turkey deli slices, skinless chicken breast, and skinless turkey breast.
Deli meats, e.g., turkey, ham, roast beef, salami, and bologna	Varies by commercial product: Must have a CN label or PFS to document the oz eq of MMA per serving (refer to "Required Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this chart).	Many deli meats contain added binders, extenders, and liquids, and do not credit based on serving weight. Some deli meats require several ounces to credit as 1 oz eq of MMA. **Preschool meal patterns:** The USDA's CACFP Best Practices recommend limiting processed meats to no more than one serving per week. **Resources** Accepting Processed Product Documentation in the School Nutrition Programs (CSDE) Crediting Deli Meats in the School Nutrition Programs (CSDE) USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

MMA	1 oz eq of MMA =	Crediting Requirements and Resources
Dried meat, poultry, and seafood products, e.g., jerky and summer sausage	Varies by commercial product: Must have a CN label or PFS to document the oz eq of MMA per serving (refer to "Required Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this chart).	Must evaluate the PFS to ensure the product meets the following USDA crediting principles: 1) The creditable meat ingredient must match, or have a similar description to, the ingredient listed on the product's label; 2) the creditable meat ingredient must have a similar description to a food item in the FBG; and 3) the creditable amount cannot exceed the finished weight of the product. For example, a 1-ounce serving of beef jerky cannot credit for more than 1 oz eq of MMA. Ground pork and beef ingredients must include the percent fat because the fat content has a direct correlation to the cooking yield. To credit in the Child Nutrition Programs, the fat content of ground beef or ground pork in dried meat products cannot exceed 30 percent. **Resources** Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products (USDA webinar) USDA Memo SP 21-2019, CACFP 08-2019, and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs
Eggs	½ large	Only whole eggs credit. Liquid egg substitutes are not whole eggs and do not credit. Egg whites served alone do not credit. Foods that contain eggs (such as quiche or frittata) require a CN label or PFS for commercial products and a recipe (preferably a standardized recipe) for foods made from scratch (refer to "Required Crediting Documentation" on page 2).

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

MMA	1 oz eq of MMA =	Crediting Requirements and Resources
Foods made from scratch, e.g., pizza and macaroni and cheese	Varies by food: Must have a standardized recipe to document the oz eq of MMA per serving.	**Resources** Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Programs webpage) USDA Recipe Standardization Guide for School Nutrition Programs (Institute of Child Nutrition)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

MMA	1 oz eq of MMA =	Crediting Requirements and Resources
Hummus or bean dip made with beans, peas, and lentils) and tahini (or other nut/seed butters)	Varies by commercial product and standardized recipe. The serving must contain at least ¼ oz eq of MMA combined from the beans, peas, and lentils and tahini (sesame paste) or other nut/seed butters. Commercial products require a CN label or PFS to document the oz eq of MMA per serving (refer to "Required Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this chart). Hummus and bean dips made from scratch must have a standardized recipe to document the oz eq of MMA per serving (refer to "Required Crediting Documentation" on page 2).	Bean dip is a spread made from ground pulses (beans, peas, and/or lentils) with one or more of the following optional ingredients: ground nut/seed butter (such as tahini [ground sesame] or peanut butter; vegetable oil (such as olive oil, canola oil, soybean oil); seasoning (such as salt, citric acid); vegetables and juice for flavor (such as olives, roasted peppers, garlic, lemon juice); and for manufactured bean dip, ingredients necessary as preservatives and/or to maintain freshness. • A ¼-cup serving of beans, peas, or lentils credits as 1 oz eq of MMA. The minimum creditable amount is 1 tablespoon (¼ oz eq). • Two tablespoons of tahini or other nut/seed butters credit as 1 oz eq of MMA. The minimum creditable amount is ½ tablespoon (¼ ounce). • The beans, peas, or lentils in hummus or bean dips may credit as either the MMA component or vegetables component but one serving cannot credit as both components in the same meal or afterschool snack. Refer to "Hummus or bean dip made with beans, peas, or lentils and tahini (or other nut/seed butters)" in chart 4 for information on crediting hummus as the vegetables component. **Vegetable subgroups for grades K-12 at lunch:** Beans, peas, and lentils offered as MMA at lunch may also count toward the weekly beans, peas, and lentils vegetable subgroup requirement. **Resources** Crediting Beans, Peas, and Lentils in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

MMA	1 oz eq of MMA =	Crediting Requirements and Resources
Nut/seed butters, e.g., peanut butter, almond butter, sunflower seed butter, and soy nut butter	2 tablespoons The meal patterns require volume (tablespoons) not weight (ounces). Measuring 1 ounce by weight does not provide 1 oz eq of MMA. The FBG indicates that 1.1 ounces of nut/seed butter credits as 1 oz eq of MMA.	Consider if the serving size is appropriate for each age or grade group. It may be unreasonable to provide the full serving of a nut or seed butter in one menu item. For example, a peanut butter sandwich must contain 4 tablespoons of peanut butter to credit as 2 oz eq of MMA for grades K-12 at lunch. The CSDE recommends providing a smaller portion of peanut butter and supplementing it with another MMA to provide the full serving. Reduced-fat peanut butter must meet the Food and Drug Administration's (FDA) standard of identity for peanut butter (21 CFR 164.150), which requires that products contain at least 90 percent peanuts. **Resources** Crediting Nuts and Seeds in the School Nutrition Programs (CSDE)
Nuts/seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, pumpkin seeds, soy nuts, and sunflower seeds	1 ounce	Acorns, chestnuts, and coconuts do not credit. **Resources** Crediting Nuts and Seeds in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

MMA	1 oz eq of MMA =	Crediting Requirements and Resources
Pasta products made of 100 percent bean, pea, and lentil flour, e.g., chickpea flour pasta and lentil flour pasta	¼ cup of cooked 100 percent bean, pea, and lentil flour pasta	School menus must offer an additional MMA with bean, pea, and lentil flour pasta. Examples include tofu, cheese, or meat. Pasta made of 100 percent beans, peas, or lentils may credit as either the MMA component or vegetables component but one serving cannot credit as both components in the same meal or afterschool snack. Refer to "Pasta products made of 100 percent vegetable flours" in chart 4 for information on crediting beans, peas, and lentils as vegetables. USDA Memo SP 26-2019, CACFP 13-2019, and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs
Surimi	3 ounces	A PFS is required to credit a surimi product differently (refer to "Commercial meat, poultry, or fish products with added ingredients" in this section).
Tempeh	1 ounce	A PFS is required if the product's ingredients contain anything other than soybeans (or other legumes), water, tempeh culture, vinegar, seasonings, and herbs (refer to "Commercial meat, poultry, or fish products with added ingredients" in this section). **Resources** USDA Memo SP 25-2019, CACFP 12-2019, and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs Additional Meat/Meat Alternate Options for CNPs: Crediting Tempeh and Surimi (USDA webinar)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

MMA	1 oz eq of MMA =	Crediting Requirements and Resources
Tofu (commercial)	1 ounce	Products must meet three crediting criteria: 1) Must be commercially prepared; 2) must be easily recognized as meat substitutes, such as tofu burgers and tofu sausages; and 3) must contain 5 grams of protein in 2.2 ounces. **Resources** Crediting Tofu and Tofu Products in the School Nutrition Programs (CSDE) USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meals Programs, Child and Adult Care Food Program, and Summer Food Service Program

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

MMA	1 oz eq of MMA =	Crediting Requirements and Resources
Yogurt and soy yogurt, plain or flavored; sweetened or unsweetened; and with or without added fruit, either blended or on the bottom or top	½ cup or 4 ounces weight	Cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce). Yogurt and soy yogurt mixed in smoothies credits as the MMA component if it meets the limit for added sugars. Crediting requires a standardized recipe for foods made from scratch and a PFS or CN label for commercial products. Fruits in commercially prepared yogurt (either blended or on the bottom or top) do not credit toward the fruits component. Menu planners may credit fruits offered as a separate meal component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait (refer to "Fresh fruits" in chart 5). Noncreditable yogurt products include homemade yogurt and commercial yogurt products like drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered fruits and nuts, and yogurt-flavored products. **Resources** Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program (USDA) Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program (USDA) Crediting Smoothies in the School Nutrition Programs (CSDE) Crediting Yogurt in the School Nutrition Programs (CSDE) Nutrition Standards for Added Sugars: Yogurt Fact Sheet (Institute of Child Nutrition) USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meals Programs, Child and Adult Care Food Program, and Summer Food Service Program Worksheet for Crediting Yogurt in the Child and Adult Care Food Program (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

MMA	1 oz eq of MMA =	Crediting Requirements and Resources
Noncreditable foods	Not applicable.	The examples below are foods that cannot credit as the MMA component. • Bacon • Commercial canned soups (e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice) • Cream cheese • Drinkable yogurt • Egg whites • Frozen yogurt • Imitation cheese • Products made with tofu that are not easily recognized as meat substitutes or that contain less than 5 grams of protein in 2.2 ounces • Salt pork • Scrapple • Sour cream • Yogurt that exceeds 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce) • Yogurt products, e.g., drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered breakfast bars, and yogurt-covered fruits and nuts • **Resources** Noncreditable Foods in the Meal Patterns for the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Vegetables Component

The vegetables component includes fresh, frozen, and canned vegetables; rehydrated dried vegetables; and pasteurized 100 percent full-strength vegetable juices. For information on the crediting requirements for the vegetables component, refer to the CSDE's *Crediting Guide for the School Nutrition Programs* and visit the "Vegetables" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

Training on the vegetables component for the meal patterns for grades K-12 is available in Module 12: Vegetables Component of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*. Training on the vegetables component for the preschool meal patterns is available in Module 6: Vegetables Component of the CSDE's *Preschool Meal Pattern Training for the School Nutrition Programs*.

Chart 4 – Crediting Foods in the Vegetables Component

Vegetables	Credit Based On	Crediting Requirements and Resources
Beans, peas, and lentils, e.g., kidney beans, black beans, and chickpeas	Served volume: Includes cooked beans, peas, and lentils and roasted beans, peas, and lentils (e.g., roasted chickpeas and soy nuts)	Refer to the FBG for yields. The liquid served with beans, peas, and lentils does not credit, such as the sauce in baked beans. For example, to credit as ½ cup of the vegetables component, a serving of canned baked beans must contain ½ cup of beans, excluding the sauce. Beans, peas, and lentils may credit as either the vegetables component or MMA component but one serving cannot credit as both components in the same meal or afterschool snack. Refer to "Beans, peas, and lentils" in chart 3 for information on crediting beans, peas, and lentils as MMA. **Vegetable subgroups for grades K-12 at lunch:** Beans, peas, and lentils offered as MMA at lunch may also count toward the weekly beans, peas, and lentils vegetable subgroup requirement. **Resources** Crediting Beans, Peas, and Lentils in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Vegetables	Credit Based On	Crediting Requirements and Resources
Canned vegetables, e.g., corn, peas, and kidney beans	Served volume and vegetable subgroup, e.g., ½ cup = ½ cup of the vegetables component	Must be drained. The packing liquid does not credit, e.g., water in canned corn or sauce in baked beans. Refer to the FBG for yields.
Commercial products containing vegetables, e.g., hummus, vegetable pizza, vegetable egg rolls, breaded onion rings, and soups	Varies by commercial product: Must have a CN label or PFS to document the cups of vegetables per serving (refer to "Required Crediting Documentation" on page 2). **Note**: CN labels are available only for main dish commercial products that contain at least ½ oz eq of the MMA component, but they typically also indicate the contribution of other meal components that are part of these products, such as vegetables, fruits, and grains.	**Resources** Accepting Processed Product Documentation in the School Nutrition Programs (CSDE) Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA webpage) Crediting Documentation for the Child Nutrition Programs (CSDE webpage) Using Child Nutrition (CN) Labels in the School Nutrition Programs (CSDE) Using Product Formulation Statements in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Vegetables	Credit Based On	Crediting Requirements and Resources
Commercial vegetable soups, e.g., vegetable soups (such as minestrone and tomato) and soups made with beans, peas, and lentils (such as split pea, lentil, and black bean)	Yields in FBG: **Vegetable soup:** 1 cup = ¼ cup of "additional" vegetables **Bean, pea, and lentil soup:** 1 cup = ½ cup of the vegetables component (beans, peas and lentils subgroup)	Only certain types of vegetable soups credit (refer to the FBG). Cream vegetable soups do not credit. Examples include cream of broccoli, cream of mushroom, and cream of celery. Must have a PFS to credit a commercial soup differently from the FBG yields. Refer to "Commercial products containing vegetables" in this section. **Resources** Crediting Soups in the School Nutrition Programs (CSDE)
Dried vegetables, e.g., potato flakes and dried soup mix	Varies by commercial product: Must have a PFS to document the rehydrated volume of vegetables per serving (refer to "Required Crediting Documentation" on page 2).	Credits based on the rehydrated volume (cups) of each vegetable subgroup. Dehydrated vegetables used for seasoning do not credit, such as dried parsley and onion flakes.
Fresh vegetables, e.g., broccoli, carrots, and spinach	Served volume (except raw leafy greens such as lettuce, kale, and spinach) and vegetable subgroup. Raw leafy greens: Credit as half the volume served, e.g., ½ cup = ¼ cup of the vegetables component (refer to "Leafy greens" in this section).	Refer to the FBG for yields.

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Vegetables	Credit Based On	Crediting Requirements and Resources
Frozen vegetables, e.g., corn, peas, and green beans	Served volume and vegetable subgroup.	Refer to the FBG for yields.
Hominy, drained canned or cooked whole hominy from dried hominy	Served volume, e.g., ½ cup = ½ cup of the vegetables component (starchy subgroup)	Hominy grits credit as the grains component (refer to "Hominy grits" in chart 6). **Resources** USDA memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs:

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Vegetables	Credit Based On	Crediting Requirements and Resources
Hummus or bean dip made with beans, peas, or lentils and tahini (or other nut/seed butters)	Varies by commercial product and standardized recipe. The serving must contain at least ⅛ cup of beans, peas, or lentils to credit toward the vegetables component. Commercial products require a CN label or PFS to document the cups of beans, peas, and lentils per serving (refer to "Required Crediting Documentation" on page 2). Hummus and bean dips made from scratch must have a standardized recipe to document the cups of beans, peas, and lentils per serving (refer to "Required Crediting Documentation" on page 2).	Bean dip is a spread made from ground pulses (beans, peas, and/or lentils) with one or more of the following optional ingredients: ground nut/seed butter (such as tahini [ground sesame] or peanut butter; vegetable oil (such as olive oil, canola oil, soybean oil); seasoning (such as salt, citric acid); vegetables and juice for flavor (such as olives, roasted peppers, garlic, lemon juice); and for manufactured bean dip, ingredients necessary as preservatives and/or to maintain freshness. Hummus and bean dips credits as the vegetables component (beans, peas, and lentils subgroup) based on the amount of beans, peas, and lentils per serving. For example, hummus that contains ¼ cup of chickpeas per serving credits as ¼ cup of the beans, peas, and lentils subgroup. The minimum creditable amount is ⅛ cup. The beans, peas, or lentils in hummus and bean dips may credit as either the MMA component or vegetables/fruits component but one serving cannot credit as both components in the same meal or snack. Refer to "Hummus or bean dip made with beans, peas, or lentils and tahini (or other nut/seed butters)" in chart 3 for information on crediting hummus and bean dips as the MMA component. **Resources** Crediting Beans, Peas, and Lentils in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Vegetables	Credit Based On	Crediting Requirements and Resources
Leafy greens, e.g., kale, greens (e.g., beet, collard, mustard, and turnip), spinach, arugula, and lettuce such as iceberg, romaine, Boston, Bibb, red leaf, and spring mix	**Raw leafy greens:** half the volume served, e.g., ½ cup = ¼ cup of the vegetables component **Cooked, roasted, or dried leafy greens (such as cooked spinach and roasted kale):** served volume, e.g., ½ cup = ½ cup of the vegetables component	Refer to the FBG for yields. **Resources** Vegetable Subgroups in the National School Lunch Program (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Vegetables	Credit Based On	Crediting Requirements and Resources
Mixed vegetables, e.g., three-bean salad and peas and carrots	Served volume and vegetable subgroup. • **Same subgroup:** Combinations from the same subgroup credit toward that vegetable subgroup. For example, a mixture of carrots and sweet potatoes credits as red/orange vegetables because both are from the red/orange subgroup. • **Different subgroups:** Combinations that contain at least ⅛ cup each of different subgroups credit toward the appropriate subgroups. For example, a mixture of ¼ cup of carrots (red/orange) and ¼ cup of corn and peas (starchy) credits as ¼ cup of red/orange vegetables and ¼ cup of starchy vegetables. • **Unknown quantities:** If quantities of the different vegetables are unknown, the mixture credits as "additional" vegetables.	Refer to the FBG for yields. To credit as different subgroups, commercial products require a PFS that documents the amount of each type of vegetable in the mixture (refer to "Commercial products containing vegetables" in this section). **Resources** Vegetable Subgroups in the National School Lunch Program (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Vegetables	Credit Based On	Crediting Requirements and Resources
Mixtures of vegetables and fruits, e.g., carrot-raisin salad	Served volume and vegetable subgroup. May credit toward both the vegetables component and fruits component if the serving contains at least ⅛ cup of recognizable vegetables and at least ⅛ cup of recognizable fruits.	Refer to the FBG for yields. To credit as both the vegetables component and fruits component, commercial products require a PFS to document the cups of each type of vegetable and fruit in the mixture (refer to "Commercial products containing vegetables" in this section). Foods made from scratch require a standardized recipe (refer to "Required Crediting Documentation" on page 2).
Pasta products made of 100 percent vegetable flours, e.g., chickpea flour pasta and lentil flour pasta	Served volume and vegetable subgroup: ½ cup of pasta made of 100 percent vegetable flour credits as ½ cup of the vegetables component.	Pasta products made of 100 percent vegetable flour may credit as either the vegetables component or MMA component but one serving cannot credit as both components in the same meal or afterschool snack. Refer to "Pasta products made of 100 percent vegetable flours" in chart 3 for information on crediting 100 percent bean, pea, and lentil flour pasta products as MMA. Pasta products made of vegetable flour with other non-vegetable ingredients require a PFS detailing the volume of vegetable flour per serving (refer to "Commercial products containing vegetables" in this section).

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Vegetables	Credit Based On	Crediting Requirements and Resources
Pureed vegetables, e.g., sweet potatoes, tomato sauce, and butternut squash	Served volume and vegetable subgroup.	Must be recognizable (visible), e.g., tomato sauce, split pea soup, mashed potatoes, mashed sweet potatoes, and pureed butternut squash. Pureed vegetables do not credit as the vegetables component when they are not recognizable unless the food also provides at least ⅛ cup of a visible creditable vegetable. For example, a serving of macaroni and cheese that contains ⅛ cup of diced butternut squash (visible) and ⅛ cup of pureed carrots (not visible) credits as ¼ cup of the red/orange vegetables subgroup. Pureed vegetables in smoothies credit only as juice (refer to "Vegetable juice, pasteurized full-strength" in this section). **Resources** Crediting Smoothies in the School Nutrition Programs (CSDE) Vegetable Subgroups in the National School Lunch Program (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Vegetables	Credit Based On	Crediting Requirements and Resources
Vegetable juices, pasteurized full-strength, e.g., tomato juice and mixed vegetable juice	Served volume and vegetable subgroup. • **Same subgroup:** Blends from the same subgroup credit toward that vegetable subgroup. For example, a full-strength carrot/tomato vegetable juice blend credits toward the red/orange subgroup because both vegetables are from the red/orange vegetable subgroup. • **Different subgroups:** Blends containing vegetables from more than one subgroup contribute to the "other" vegetable subgroup. For example, a full-strength vegetable juice blend containing carrots (red/orange), spinach (dark green), tomato (red/orange), and watercress (dark green) credits toward the "other" subgroup.	**Juice blends:** Fruit and vegetable juice blends credit based on the first ingredient. If the first ingredient is fruit juice or fruit puree, the product credits as the fruits component. If the first ingredient is a vegetable juice or vegetable puree, the product credits as the vegetables component. **Juice limit for grades K-12:** At breakfast, fruit juice together with vegetable juice cannot exceed half of the weekly fruits (including vegetable substitutions). At lunch, vegetable juice cannot exceed half of the weekly vegetables. At snack, fruit juice together with vegetable juice cannot exceed half of the weekly fruits and vegetables. The juice limit includes all sources of juice, e.g., 100 percent juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. **Juice limit for preschool:** Juice credits as either the vegetables component or fruits component at only one preschool meal or snack per day. The juice limit includes all sources of juice, e.g., 100 percent juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. **Resources** Crediting Juices in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Vegetables	Credit Based On	Crediting Requirements and Resources
Noncreditable foods	Not applicable.	The examples below are foods that cannot credit as the vegetables component. • Chili sauce • Dehydrated vegetables used for seasoning • Cream vegetable soups, e.g., cream of broccoli and cream of mushroom • Home-canned products (for food safety reasons) • Ketchup • Pickle relish Snack-type foods made from vegetables, such as potato chips and corn chips **Resources** Noncreditable Foods in the Meal Patterns for the School Nutrition Programs (CSDE)

.

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Fruits Component

The fruits component includes fresh, frozen, and dried fruits; canned fruits in juice, water, or light syrup; and pasteurized 100 percent full-strength fruit juices. For information on the crediting requirements for the fruits component, refer to the CSDE's *Crediting Guide for the School Nutrition Programs* and visit the "Fruits" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

Training on the fruits component for the meal patterns for grades K-12 is available in Module 11: Fruits Component of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*. Training on the fruits component for the preschool meal patterns is available in Module 7: Fruits Component of the CSDE's *Preschool Meal Pattern Training for the School Nutrition Programs*.

Chart 5 – Crediting Foods in the Fruits Component

Fruits	Credit Based On	Crediting Requirements and Resources
Canned fruits in juice, water, or syrup, e.g., canned peaches and pineapple tidbits	Served volume, e.g., ½ cup = ½ cup of the fruits component	The serving may include the 100 percent juice in which the fruit is packed but cannot include water or syrup. The juice in canned fruit may count toward the fruits component. For example, ½ cup of canned peaches in juice credits as ½ cup of the fruits component. Juice in canned fruit does not count toward the weekly juice limit. Refer to the FBG for yields. **Resources** Crediting Juices in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Fruits	Credit Based On	Crediting Requirements and Resources
Coconut	**Fresh and frozen coconut:** Served volume, e.g., ½ cup = ½ cup of the fruits component **Dried coconut:** Twice the volume served, e.g., ¼ cup = ½ cup of the fruits component **Coconut water labeled as 100 percent juice** (credits as juice): Served volume, e.g., ½ cup = ½ cup of the fruits component	Coconut flour, coconut oil, and coconut milk do not credit. SFAs must count coconut water with all other juices toward the weekly juice limit (refer to "Juice limit" under "Fruit juices, pasteurized full-strength" in this section). **Resources** USDA memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs:
Commercial products containing fruits, e.g., fruit turnover, trail mix with dried fruit, and fruit smoothies	Varies by commercial product: Must have a CN label or PFS to document the cups of vegetables per serving (refer to "Required Crediting Documentation" on page 2). **Note**: CN labels are available only for main dish commercial products that contain at least ½ oz eq of MMA, but typically also indicate the contribution of other meal components that are part of these products, such as vegetables, fruits, and grains.	**Resources** Accepting Processed Product Documentation in the School Nutrition Programs (CSDE) Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA webpage) Crediting Documentation for the Child Nutrition Programs (CSDE webpage) Using Child Nutrition (CN) Labels in the School Nutrition Programs (CSDE) Using Product Formulation Statements in the School Nutrition Programs (CSDE)
Dried fruits, e.g., raisins, apricots, and cherries	Twice the volume served, e.g., ¼ cup = ½ cup of the fruits component	Dried banana chips, and fruit snacks (e.g., fruit roll-ups and yogurt-covered fruit snacks) do not credit.

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Fruits	Credit Based On	Crediting Requirements and Resources
Fresh fruits, e.g., apples, bananas, and pears	Served volume	Refer to the FBG for yields. Depending on the size, one piece of fresh fruit might not provide the full serving of the fruits component. For example, one clementine credits as ⅜ cup of the fruits component. Check the FBG to ensure proper crediting.
Frozen fruits, e.g., frozen berries and melon	Served volume	For some frozen fruits (like frozen sliced strawberries and frozen apricots), the serving includes the juice or liquid that accumulates during thawing. For other frozen fruits (like frozen berry blends, frozen sweet cherries, and frozen mangoes), the serving is for the thawed, drained fruit. Check the FBG for the specific serving and crediting requirements for different types of frozen fruits.

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Fruits	Credit Based On	Crediting Requirements and Resources
Fruit juices, pasteurized full-strength, e.g., apple juice, orange juice, and grape juice	Served volume	**Juice blends:** Fruit and vegetable juice blends credit based on the first ingredient. If the first ingredient is fruit juice or fruit puree, the product credits as the fruits component. If the first ingredient is a vegetable juice or vegetable puree, the product credits as the vegetables component. **Juice limit for grades K-12:** At breakfast, fruit juice together with vegetable juice cannot exceed half of the weekly fruits (including vegetable substitutions). At lunch, fruit juice cannot exceed half of the weekly fruits. At snack, fruit juice together with vegetable juice cannot exceed half of the weekly fruits and vegetables. The juice limit includes all sources of juice, e.g., 100 percent juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. **Juice limit for preschool:** Juice credits as either the vegetables component or fruits component at only one preschool meal or snack per day. The juice limit includes all sources of juice, e.g., 100 percent juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. **Resources** Crediting Juices in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Fruits	Credit Based On	Crediting Requirements and Resources
Pureed fruits, e.g., applesauce	Served volume	Must be recognizable (visible), e.g., applesauce. Pureed fruits do not credit as the fruits component when they are not recognizable, e.g., applesauce or prune puree in muffins. Pureed vegetables and fruits in smoothies credit only as juice (refer to "Smoothies made of fruits/vegetables/juices" in this chart).
Smoothies made of fruits/ vegetables/juices	Pureed fruits and vegetables in smoothies credit only as juice and must meet the same requirements as juice (refer to "Fruit juices, pasteurized full-strength" in this chart). Crediting is based on the volume (cups) of pureed fruits and vegetables per serving.	Commercial smoothies cannot contain dietary or herbal supplements. Commercial smoothies require a PFS to credit. Refer to "Commercial products containing fruits" in this section. Smoothies made from scratch require a standardized recipe to credit (refer to "Required Crediting Documentation" on page 2). **Resources** Crediting Smoothies in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Fruits	Credit Based On	Crediting Requirements and Resources
Noncreditable foods	Not applicable.	The examples below are foods that cannot credit as the fruits component. • Banana chips • Dried coconut • Fruit snacks (e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, yogurt-covered fruit snacks) • Home-canned products (for food safety reasons) • Jams, jellies, and preserves Juice drinks that are not 100 percent juice such as grape juice drink, orange juice drink, pineapple-grapefruit drink, cranberry juice cocktail, and lemonade **Resources** Noncreditable Foods in the Meal Patterns for the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Grains Component

The grains component includes whole grain-rich (WGR) and enriched breads and bread products (e.g., biscuits, bagels, rolls, tortillas, and muffins), snack products (e.g., crackers, animal crackers, graham crackers, hard pretzels, tortilla chips, and popcorn); cereal grains (e.g., buckwheat, brown rice, bulgur, and quinoa); ready-to-eat (RTE) breakfast cereals; cooked breakfast cereals (e.g., oatmeal); bread products used as an ingredient in another menu item such as combination foods (e.g., breading on fish or poultry and pizza crust in pizza); and pasta.

The meal patterns require minimum serving of WGR foods.

- **Meal patterns for grades K-12:** At least 80 percent of the grains offered at breakfast, lunch, and snack must be WGR. Grains that are not WGR must be enriched and cannot exceed 20 percent of the grains offered each week. For guidance on the WGR criteria and how to identify WGR foods, refer to the CSDE's *Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12*. For information on meeting the weekly WGR requirement, refer to the CSDE's resource, *Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the School Nutrition Programs*.

- **Preschool meal patterns:** At least one serving per day must be WGR. The USDA's CACFP best practices recommend at least two WGR serving per day. Grains that are not WGR must be enriched. For guidance on the preschool WGR criteria and how to identify WGR foods, refer to the CSDE's *Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program*.

> Foods that meet the WGR criteria for the NSLP and SBP meal patterns for grades K-12 will also meet the preschool WGR criteria.

For information on the crediting requirements for the grains component, refer to the CSDE's *Comparison of the Grains Component Requirements in the Meal Patterns for School Nutrition Programs* and the CSDE's *Crediting Guide for the School Nutrition Programs* and visit the "Grains" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

Training on the grains component for the meal patterns for grades K-12 is available in modules 13-15 of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*. Training on the grains component for the preschool meal patterns is available in Module 8: Grains Component of the CSDE's *Preschool Meal Pattern Training for the School Nutrition Programs*.

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Chart 6 – Crediting Foods in the Grains Component

Grains	1 oz eq of grains =	Crediting Requirements and Resources
Cold RTE breakfast cereals (group I), e.g., flaked cereals, round cereals, puffed cereals, and granola	1 cup of flaked or round cereal 1¼ cups of puffed cereal ¼ cup of granola	**Meal Patterns for Grades K-12** Crediting criteria: 1) Must be WGR, enriched, or fortified; 2) noncreditable grains cannot exceed 6.99 grams per portion; and 3) added sugars cannot exceed 6 grams per dry ounce. WGR criteria: 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; 2) noncreditable grains cannot exceed 6.99 grams per portion; and 3) added sugars cannot exceed 6 grams per dry ounce. **Preschool Meal Patterns** Crediting criteria: 1) Must be WGR, enriched, or fortified; and 2) added sugars cannot exceed 6 grams per dry ounce. WGR criteria: 1) The first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) added sugars cannot exceed 6 grams per dry ounce. **Resources** Crediting Breakfast Cereals in the School Nutrition Programs (CSDE) Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE) Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards (CSDE) Nutrition Standards for Added Sugars: Breakfast Cereals Fact Sheet (Institute of Child Nutrition) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE) Worksheet for Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program (CSDE)

Cooked hot breakfast cereals (group H), e.g., oatmeal, cream of wheat, and farina	½ cup cooked or 1 ounce (28 grams) dry	**Meal Patterns for Grades K-12** Crediting criteria: 1) Must be WGR, enriched, or fortified; 2) Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards (CSDE) cannot exceed 6.99 grams per portion; and 3) added sugars cannot exceed 6 grams per dry ounce. WGR criteria: 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; 2) noncreditable grains cannot exceed 6.99 grams per portion; and 3) added sugars cannot exceed 6 grams per dry ounce. **Preschool Meal Patterns** Crediting criteria: 1) Must be WGR, enriched, or fortified; and 2) added sugars cannot exceed 6 grams per dry ounce. WGR criteria: 1) The first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) added sugars cannot exceed 6 grams per dry ounce. **Resources** Crediting Breakfast Cereals in the School Nutrition Programs (CSDE) Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE) Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards (CSDE) Nutrition Standards for Added Sugars: Breakfast Cereals Fact Sheet (Institute of Child Nutrition) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE) Worksheet for Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Grains	1 oz eq of grains =	Crediting Requirements and Resources
Cereal grains (group H), e.g., pasta, and other cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat	½ cup cooked or 1 ounce (28 grams) dry	**Meal Patterns for Grades K-12** Crediting criteria: 1) Must be WGR or enriched; and 2) noncreditable grains cannot exceed 6.99 grams per portion. WGR criteria: 1) Whole grains are the primary ingredient by weight; 2) any remaining grains are enriched; and 3) noncreditable grains cannot exceed 6.99 grams per portion. **Preschool Meal Patterns** Crediting criteria: Must be WGR or enriched. WGR criteria: 1) Whole grains are the primary ingredient by weight; and 2) any remaining grains are enriched. **Resources** Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE) Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards (CSDE) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Grains	1 oz eq of grains =	Crediting Requirements and Resources
Commercial products in groups A-G, e.g., crackers, breads, rolls, taco shells, muffins, waffles, pancakes, and grain-based desserts (e.g., cookies, cake, sweet crackers like animal crackers and graham crackers, granola bars, cereal bars, and pastries)	Varies by commercial product	**Meal Patterns for Grades K-12** Crediting criteria: 1) Must be WGR or enriched; and 2) noncreditable grains cannot exceed 3.99 grams per portion. Grain-based desserts (groups C-G) do not credit in the ASP meal pattern for grades K-12 (refer to "Grain-based desserts" in this section). WGR criteria: 1) Whole grains are the primary ingredient by weight; 2) any remaining grains are enriched; and 3) noncreditable grains cannot exceed 3.99 grams per portion. Grain-based desserts (groups C-G) do not credit in the ASP meal pattern for grades K-12 (refer to "Grain-based desserts" in this section). **Preschool Meal Patterns** Crediting criteria: Must be WGR or enriched. Grain-based desserts do not credit (refer to "Grain-based desserts" in this section). WGR criteria: 1) Whole grains are the primary ingredient by weight; and 2) any remaining grains are enriched. Grain-based desserts do not credit (refer to "Grain-based desserts" in this section). **Resources** Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs (CSDE) Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE) Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards (CSDE) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Grains	1 oz eq of grains =	Crediting Requirements and Resources
Commercial combination foods that contain a grain portion from groups A-I, e.g., pizza, breaded chicken nuggets, and macaroni and cheese	Varies by commercial product	**Meal Patterns for Grades K-12** Crediting criteria: 1) The grain portion must be WGR or enriched; and 2) noncreditable grains cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H-I. WGR criteria: 1) Whole grains are the primary ingredient by weight in the grain portion; 2) any remaining grains in the grain portion are enriched; and 3) noncreditable grains in the grain portion cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for groups H-I. Grain-based desserts (groups C-G) do not credit in the ASP meal pattern for grades K-12 (refer to "Grain-based desserts" in this section). **Preschool Meal Patterns** Crediting criteria: Must be WGR or enriched. WGR criteria: 1) Whole grains are the primary ingredient by weight in the grain portion; and 2) any remaining grains in the grain portion are enriched. Grain-based desserts (groups C-G) do not credit (refer to "Grain-based desserts" in this section). **Resources** Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs (CSDE) Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE) Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards (CSDE) When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Grains	1 oz eq of grains =	Crediting Requirements and Resources
Foods made from scratch in groups A-G, e.g., breads, rolls, muffins, waffles, pancakes, and grain-based desserts (e.g., cookies, cake, granola bars, and pastries)	Varies by standardized recipe SFAs must have a standardized recipe to document the grams of creditable grains per serving (refer to "Required Crediting Documentation" on page 2).	**Meal Patterns for Grades K-12** Crediting criteria: 1) Must be WGR or enriched; and 2) noncreditable grains cannot exceed 3.99 grams per portion. Grain-based desserts (groups C-G) do not credit in the ASP meal pattern for grades K-12 (refer to "Grain-based desserts" in this section). WGR criteria: The combined weight or volume of all whole grains in the standardized recipe must be equal to or more than the weight or volume of all other creditable grains; and 2) noncreditable grains cannot exceed 3.99 grams per portion. **Preschool Meal Patterns** Crediting criteria: Must be WGR or enriched. Grain-based desserts (groups C-G) do not credit (refer to "Grain-based desserts" in this section). WGR criteria: The weight or volume of all whole grains in the standardized recipe must be equal to or more than the weight or volume of all other creditable grains. **If serving weight is known:** Use method 1, USDA's Exhibit A chart (refer to "Serving Requirements" in the "Grains" section of the CSDE's Crediting Foods in School Nutrition Programs webpage for the applicable oz eq chart for each school nutrition program). **Note:** To use the oz eq chart for foods made from scratch, SFAs must know the serving weight. I**f serving weight is not known:** Determine the average serving weight by weighing several portions then use method 1, or use method 2 (creditable grains per serving) and obtain a PFS.

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Grains	1 oz eq of grains =	Crediting Requirements and Resources
Foods made from scratch in groups A-G continued		**Resources** Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs (CSDE) Crediting Enriched Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE) How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs (CSDE) Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards (CSDE) USDA Recipe Standardization Guide for School Nutrition Programs (Institute of Child Nutrition) Yield Study Data Form for the Child Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Grains	1 oz eq of grains =	Crediting Requirements and Resources
Combination foods made from scratch that contain a grain portion from groups A-I, e.g., pizza, breaded chicken nuggets, and macaroni and cheese	Varies by standardized recipe SFAs must have a standardized recipe to document the grams of creditable grains per serving (refer to "Required Crediting Documentation" on page 2).	**Meal Patterns for Grades K-12** Crediting criteria: 1) The grain portion must be WGR or enriched; and 2) noncreditable grains cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H-I. WGR criteria: 1) The weight or volume of all whole grains in the grain portion must be equal to or more than the weight or volume of all other creditable grains in the grain portion; and 2) noncreditable grains in the grain portion cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H-I. **Preschool Meal Patterns** Crediting criteria: The grain portion must be WGR or enriched. WGR criteria: The weight or volume of all whole grains in the grain portion must be equal to or more than the weight or volume of all other creditable grains in the grain portion. **If serving weight is known:** Use method 1, USDA's Exhibit A chart (refer to "Serving Requirements" in the "Grains" section of the CSDE's Crediting Foods in School Nutrition Programs webpage for the applicable oz eq chart for each school nutrition program). **Note:** To use the oz eq chart for foods made from scratch, SFAs must know the serving weight. **If serving weight is not known:** Determine the average serving weight by weighing several portions (refer to the CSDE's resource, Yield Study Data Form for the Child Nutrition Programs) then use method 1, or use method 2 (creditable grains per serving) and obtain a PFS. Refer to the CSDE's resource, Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs.

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Grains	1 oz eq of grains =	Crediting Requirements and Resources
Combination foods made from scratch that contain a grain portion from groups A-I, continued		**Resources** Calculation Methods for Grain Ounce Equivalents in the School Nutrition Programs (CSDE) Crediting Enriched Grains in the School Nutrition Programs (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE) Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE) Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards (CSDE) USDA Recipe Standardization Guide for School Nutrition Programs (Institute of Child Nutrition) Yield Study Data Form for the Child Nutrition Programs (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Grains	1 oz eq of grains =	Crediting Requirements and Resources
Grain-based desserts in groups C-G, e.g., plain brownies, cookies, sweet crackers (such as animal crackers, and graham crackers), cakes, cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, and toaster pastries	Varies by commercial product or standardized recipe. For commercial products, refer to "Commercial products in groups A-G)" in this chart. For foods made from scratch, refer to "Foods made from scratch in groups A-G" in this chart.	**Crediting criteria for the NSLP and SBP meal patterns for grades K-12:** 1) Must be WGR or enriched; and 2) noncreditable grains cannot exceed 3.99 grams per portion. The CSDE's oz eq chart, Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12, indicates allowable grain-based in blue (allowed at breakfast and lunch) or red (allowed only at lunch). **Crediting criteria for ASP meal pattern for grades K-12:** Not applicable: Grain-based desserts do not credit, except for sweet crackers like graham crackers and animal crackers. The CSDE recommends limiting sweet crackers to no more than twice per week at snack. **Crediting criteria for the preschool meal patterns:** Not applicable: Grain-based desserts do not credit, except for sweet crackers like graham crackers and animal crackers. The CSDE recommends limiting sweet crackers to no more than twice per week between all meals and snacks served to preschoolers. **WGR criteria:** Varies by commercial product and standardized recipe. For commercial products, refer to "Commercial products in groups A-G)" in this chart. For foods made from scratch, refer to "Foods made from scratch in groups A-G" in this chart. **Resources** Crediting Enriched Grains in the School Nutrition Programs (CSDE) Crediting Grain-based Desserts in the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE) Crediting Whole Grains in the School Nutrition Programs (CSDE) Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards (CSDE)

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Grains	1 oz eq of grains =	Crediting Requirements and Resources
Hominy grits	½ cup cooked or 1 ounce (28 grams) dry	Dried hominy credits as a whole grain. **WGR criteria:** Varies by commercial product or standardized recipe. For commercial products, refer to "Commercial products: grain foods in groups A-G)" in this chart. For foods made from scratch, refer to "Foods made from scratch: grain foods in groups A-G" in this chart. Refer to "Hominy, drained canned or cooked whole hominy from dried hominy" in chart 5 for information on crediting canned or cooked whole hominy as the vegetables component. **Resources** USDA memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs:

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Grains	1 oz eq of grains =	Crediting Requirements and Resources
Noncreditable foods	Not applicable	The examples below are foods that cannot credit as the grains component. • Breakfast cereals (ready-to-eat and cooked) that are not whole grain, whole grain-rich, enriched, or fortified • Breakfast cereals (ready-to-eat and cooked) that contain more than 6.99 grams of per portion *(applies only to the NSLP, SBP, and ASP meal patterns for grades K-12)* • Breakfast cereals (ready-to-eat and cooked) that contain more than 6 grams of added sugars per dry ounce • Commercial grain products that are not WGR or enriched • Commercial products and foods made from scratch in groups A-G of Exhibit A that contain more than 3.99 grams of noncreditable grains per portion 5 *(applies only to the NSLP, SBP, and ASP meal patterns for grades K-12)* • Commercial products and foods made from scratch in groups H-I of Exhibit A that contain more than 6.99 grams of noncreditable grains per portion 5 *(applies only to the NSLP, SBP, and ASP meal patterns for grades K-12)* • Standardized recipes that are not WGR or enriched **Resources** Noncreditable Foods in the Meal Patterns for the School Nutrition Programs (CSDE)

.

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

Resources

Accepting Processed Product Documentation in the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/accepting_processed_product_documentation_snp.pdf

Crediting Documentation for the Child Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs

Crediting Foods in School Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs

Crediting Guide for the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/mpg/guide_crediting_snp.pdf

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fna.usda.gov/tn/fbg

Meal Pattern and Crediting Resources for the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/meal_pattern/resources_school_meal_ patterns_snp.pdf

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs

Noncreditable Foods in the Meal Patterns for the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_foods_snp.pdf

Noncreditable Grains for the School Nutrition Programs and the Connecticut Nutrition Standards (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/noncreditable_grains_snp.pdf

Preschool Meal Pattern Training for the School Nutrition Programs (CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/meal-patterns-preschoolers-in-school-nutrition-programs/preschool-meal-pattern-training

Records Retention Requirements for the School Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/records_retention_snp.pdf

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs (91 FR 25073):
https://www.fna.usda.gov/cn/fr-050826

USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans (89 FR 31962):
https://www.fna.usda.gov/cn/fr-042524

USDA Memo SP 01-2026: Whole Milk for Healthy Kids Act of 2025 – Implementation Requirements for the National School Lunch Program:
https://www.fna.usda.gov/nslp/wmfhka-implementation

What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE's Meal Pattern Training for School Nutrition Programs webpage):

Whole Milk for Healthy Kids Act of 2025:
https://www.congress.gov/bill/119th-congress/senate-bill/222/text

USDA Foods in Schools Product Information Sheets (USDA):
https://www.fna.usda.gov/usda-fis/product-information-sheets

For more information, visit the CSDE's Crediting Foods in School Nutrition Programs webpage or contact the school nutrition programs staff at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.This document is available at https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/crediting_summary_ charts_snp.pdf.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.

Crediting Summary Charts for the Meal Patterns for the School Nutrition Programs

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

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/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, 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:

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

This institution is an equal opportunity provider.

CONNECTICUT
Education