

Crediting Summary Charts for the Summer Food Service Program (SFSP) Meal Patterns

SFSP sponsors must be able to document the meal pattern contribution of foods and beverages served in SFSP meals and snacks. This document summarizes the crediting requirements and methods for the four food components of the U.S. Department of Agriculture's (USDA) SFSP meal patterns. [Chart 1](#) provides an overview of the crediting requirements for each component. [Charts 2 through 5](#) summarize the specific crediting considerations for each of the four meal pattern components (milk, meat/meat alternates, vegetables/fruits, and grains/breads).

Crediting Documentation

SFSP sponsors 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 SFSP menus comply with the crediting requirements of the [SFSP meal patterns](#).

- **Use the Food Buying Guide for Child Nutrition Programs (FBG):** The USDA's [FBG](#) determines food yields and crediting information, and the specific contribution of foods toward the meal pattern requirements. It 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:** SFSP sponsors must have a CN label or PFS to document the meal pattern contribution of all commercial processed foods. Commercial processed foods without this documentation cannot credit. For more information, refer to the Connecticut State Department of Education's (CSDE) resources, [Using Child Nutrition \(CN\) Labels in the Summer Food Service Program](#), [Using Product Formulation Statements in the Summer Food Service Program](#) and [Accepting Processed Product Documentation in the Summer Food Service Program](#). For guidance on how to review a PFS, refer to the USDA's [Tips for Evaluating a](#)

[Manufacturer's Product Formulation Statement](#) and [Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates](#). Additional resources are available in the "Crediting Commercial Processed Products" section of the CSDE's SFSP webpage. Training on the requirements for CN labels and PFS forms is available in Module 6: Meal Pattern Documentation of the CSDE's training program, [What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

- **Maintain recipes for foods made from scratch:** SFSP sponsors must have recipes (preferably 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 \(RAW\)](#) allows menu planners to search for creditable ingredients and calculate a recipe's meal pattern contribution. For more information, visit the "Crediting Foods Made from Scratch" section of the CSDE's SFSP webpage.

Remember to round down all crediting amounts for products and recipes to the nearest minimum creditable amount (refer to [chart 1](#)).

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Chart 1 – Overview of Crediting Requirements for the Meal Pattern Components

Criteria	Milk	Meat/Meat Alternates (MMA)	Vegetables/Fruits	Grains
Meal pattern measure	Volume: cups	Weight (ounces [oz]) for most foods; volume (cups) for some foods (e.g., legumes and peanut butter); and either weight or volume for some foods (e.g., yogurt and tofu)	Volume: cups	Servings: <ul style="list-style-type: none"> weight (groups A-G) volume (groups H-I)
Minimum creditable amount	Full serving: 1 cup	¼ oz	⅛ cup	¼ serving
Crediting methods: Round down all crediting amounts for products and recipes to the nearest minimum creditable amount	Credit based on allowable types of milk (refer to chart 2).	<p>MMA without added ingredients: Credit based on cooked weight, e.g., 1 ounce of cooked lean meat credits as 1 ounce of MMA. Use the FBG to determine the cooked yields or edible portions.</p> <p>Processed MMA with added ingredients: Credit based on the amount specified in the CN label, PFS, or FBG. Note: The manufacturer’s serving weight is not the same as the MMA contribution because processed foods contain non-MMA ingredients.</p>	Credit based on volume (cups) using the yields in the FBG.	<p>Method 1: Use the weight (groups A-G) or volume (groups H-I) in the USDA’s Exhibit A chart (refer to Servings for Grains/Breads in the Summer Food Service Program).</p> <p>Method 2: Determine the weight (grams) of the creditable grains per serving (refer to Calculation Methods for Grains/Bread Servings in the Summer Food Service Program).</p> <ul style="list-style-type: none"> Groups A-G: 1 serving = 14.75 grams of creditable grains Groups H: 1 serving = 25 grams of creditable grains
Documentation for unprocessed products	Not applicable	Use FBG to determine and document food yields and crediting information.	^c	Same
Documentation for processed products	Not applicable, except for milk in smoothies.	Must have CN label or PFS. CSDE webpage: Crediting Commercial Processed Products (“Documents/Forms” section of SFSP webpage)	Same	Same
Documentation for foods made from scratch	Not applicable, except for milk in smoothies.	Must have recipe (preferably standardized). CSDE webpage: Crediting Foods Made from Scratch (“Documents/Forms” section of SFSP webpage)	Same	Same

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How to Credit the Meal Pattern Components

Charts 2 through 5 summarize the specific crediting considerations for each of the four components and include links to resources and websites with additional information.

- [Chart 2](#). Milk Component
- [Chart 3](#). Meat/Meat Alternates Component
- [Chart 4](#). Vegetables/Fruits Component
- [Chart 5](#). Grains/Breads Component

For detailed guidance on the meal patterns and crediting requirements, refer to the [SFSP Meal Patterns](#) and visit the “[Meal Patterns for the SFSP](#)” section of the CSDE’s SFSP webpage.

Noncreditable Foods

SFSP funds cannot be used to purchase noncreditable foods, except for condiments served with creditable foods. For additional guidance, refer to [USDA Memo SP 06-2012: Serving Additional Foods in the Summer Food Service Program](#) and the CSDE’s resource, [Noncreditable Foods in the Summer Food Service Program](#).

Crediting Resources

Crediting Commercial Processed Products (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/documents#CreditingCommercialProcessedProducts>

Crediting Foods in the SFSP (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/documents>

Crediting Foods Made from Scratch Products (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/documents#CreditingFoodsScratch>

Food Buying Guide for Child Nutrition Programs (USDA):

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

Meal Patterns for the SFSP (“How To” Section of CSDE’s SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/how-to#MealPatterns>

Noncreditable Foods in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/noncreditable_foods_sfsp.pdf

Chart 2 – How to Credit the Milk Component

The milk component includes only fluid milk. 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). For information on the meal pattern requirements for the milk component, refer the CSDE's resource, [Requirements for the Milk Component of the Summer Food Service Program Meal Patterns](#).

Best practices: Serve unflavored whole milk for age 1; unflavored low-fat or fat-free milk for ages 2-5; and unflavored or flavored low-fat or fat-free milk for ages 6 and older.

Noncreditable foods: Examples of foods that do not credit as the milk component include but are not limited to nondairy milk substitutes, such as soy milk, rice milk, almond milk, and cashew milk; milk that is cooked or baked in foods, such as cereals, puddings, and cream sauces; nutrition supplement beverages, such as Abbott's Pediasure; powdered milk beverages, such as Nestle's NIDO; and *only for SFSP sponsors that operate on the premises of public schools*, milk and nondairy milk substitutes that do not meet the state beverage requirements of Connecticut General Statute Section 10-221q. For additional guidance, refer to the CSDE's resource, [Noncreditable Foods in the Summer Food Service Program](#).



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Chart 2 Milk		
Food item	Crediting requirements	Crediting resources
Fluid milk	<ul style="list-style-type: none"> • The SFSP meal patterns require 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). • No restrictions for fat content or flavor. • Allowable types of milk include unflavored or flavored pasteurized whole milk, reduced-fat (2%) milk, low-fat (1%) milk, fat-free milk, buttermilk, lactose-reduced milk, and acidophilus milk. Best practice: Recommended types of milk include unflavored whole milk for age 1; unflavored low-fat or fat-free milk for ages 2-5; and unflavored or flavored low-fat or fat-free milk for ages 6 and older. • SFSP sponsors that operate on the premises of public schools: Must meet the state beverage requirements for milk (Section 10-221q of the Connecticut General Statutes). The state beverage statute requires that milk cannot contain artificial sweeteners and cannot exceed 4 grams of sugars per fluid ounce. 	<ul style="list-style-type: none"> • CSDE handout (applies only to SFSP sponsors that operate in public schools): Allowable Beverages for Connecticut Public Schools
Milk in fruit/vegetable smoothies	<ul style="list-style-type: none"> • 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 or snack must include additional milk to provide the full serving. 	<ul style="list-style-type: none"> • CSDE handout: Crediting Smoothies in the Summer Food Service Program

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Chart 2		Milk
Food item	Crediting requirements	Crediting resources
<p>Milk substitutes for children without a disability</p>	<ul style="list-style-type: none"> SFSP sponsors: Nondairy milk substitutes are not allowed. Examples include soy milk, almond milk, cashew milk, rice milk, oat milk. School food authorities (SFAs) operating the SFSP: May serve nondairy milk substitutes that meet the USDA's nutrition standards for fluid milk substitutes. Certain brands of soy and oat milk are the only nondairy milk products that currently meet the USDA's nutrition standards for fluid milk substitutes. Nondairy milk substitutes must also meet the state beverage requirements for nondairy milk substitutes (Section 10-221q of the Connecticut General Statutes). The state beverage statute requires that nondairy milk substitutes cannot contain artificial sweeteners and cannot exceed 4 grams of sugars per fluid ounce, 35 percent of calories from fat, and 10 percent of calories from saturated fat. Juice, water, and other beverages can never substitute for milk in meals or snacks for children without a disability. 	<ul style="list-style-type: none"> CSDE handout (only for SFSP sponsors that operate in public schools): Allowable Milk Substitutes for Children with Disabilities in School Nutrition Programs CSDE handout (only for SFSP sponsors that operate in public schools): Determining if Nondairy Beverages Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in School Nutrition Programs CSDE handout (only for SFSP sponsors that operate in public schools): Allowable Beverages for Connecticut Public Schools

For more resources, visit the ["Milk Component for the SFSP"](#) section of CSDE's SFSP webpage

Chart 3 –How to Credit the Meat/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 and peas (legumes), and tempeh. For information on the meal pattern requirements for the MMA component, refer to the CSDE's resource, [Requirements for the Meat/Meat Alternates Component of the Summer Food Service Program Meal Patterns](#).

Note: The manufacturer's serving weight is **not** the same as the MMA contribution because processed foods contain non-MMA ingredients. SFSP sponsors must obtain a CN label or PFS for all commercial processed products (refer to "[Crediting Documentation](#)" in this document).

Best practices: Offer a variety of different protein foods throughout the week, such as lean meats, seafood, poultry, legumes (beans and peas), and nuts. Substitute legumes for all or a portion of meat in recipes. Limit processed meats and poultry (such as hot dogs, bologna, luncheon meat, pepperoni, and sausages) to no more than once per week. Choose low-fat or reduced-fat cheeses and yogurts.

Noncreditable foods: Examples of foods that do not credit as the MMA component include but are not limited to 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; and sour cream. For additional guidance, refer to the CSDE's resource, [Noncreditable Foods in the Summer Food Service Program](#)



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Chart 3 Meat/Meat Alternates		
Food item	1 ounce of MMA =	Additional crediting requirements and resources
Alternate protein products (APPs) , e.g., veggie burgers, meatless chicken nuggets, and soy hotdogs	<ul style="list-style-type: none"> ● 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 "Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this section). 	<ul style="list-style-type: none"> ● CSDE handout: Requirements for Alternate Protein Products in the Summer Food Service Program ● USDA handout: Questions and Answers on Alternate Protein Products
Cheeses , e.g., cheddar, mozzarella, provolone, American, and cottage cheese	<ul style="list-style-type: none"> ● 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 	<ul style="list-style-type: none"> ● 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 standardized) for foods made from scratch (refer to "Crediting Documentation" on page 1). ● Best practice: Choose low-fat or reduced-fat cheeses.
Commercial combination foods , e.g., pizza and chicken nuggets	<ul style="list-style-type: none"> ● Varies by product: Must have a CN label or PFS to document the amount of meat or meat alternate per serving (refer to "Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this section). 	<ul style="list-style-type: none"> ● CSDE handout: Crediting Commercial Meat/Meat Alternate Products in the Summer Food Service Program ● CSDE webpage: Crediting Commercial Processed Products ("Documents/Forms" section of SFSP webpage)

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Chart 3 Meat/Meat Alternates		
Food item	1 ounce of MMA =	Additional crediting requirements and resources
<p>Commercial meat, poultry, or fish products with added ingredients, e.g., hotdogs, deli meats, and sausages</p>	<ul style="list-style-type: none"> ● Varies by product: Must have a CN label or PFS to document the amount of meat or meat alternate per serving (refer to “Crediting Documentation” on page 1 and “Commercial meat, poultry, or fish products with added ingredients” in this section). 	<ul style="list-style-type: none"> ● Regular bacon does not credit. Some brands of turkey bacon might credit with the appropriate documentation from a CN label or PFS. ● Best practice: Limit processed meats (such as such as hot dogs, bologna, luncheon meat, pepperoni, and sausage) to no more than one serving per week. ● CSDE handout: Crediting Commercial Meat/Meat Alternate Products in the Summer Food Service Program ● CSDE handout: Using Child Nutrition (CN) Labels in the Summer Food Service Program ● CSDE handout: Using Product Formulation Statements in the Summer Food Service Program ● CSDE webpage: Crediting Commercial Processed Products (Documents/Forms section of SFSP webpage) ● CSDE training module: What’s in a Meal Module 6: Meal Pattern Documentation ● USDA handout: Reviewer’s Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates ● USDA handout: Tips for Evaluating a Manufacturer’s Product Formulation Statement
<p>Cooked lean meat, poultry, or fish, i.e., without bone, skin, or added ingredients</p>	<ul style="list-style-type: none"> ● 1 ounce: Refer to the FBG for cooked yields of meat, poultry, and fish. 	

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Chart 3 Meat/Meat Alternates		
Food item	1 ounce of MMA =	Additional crediting requirements and resources
<p>Deli meats, e.g., turkey, ham, roast beef, salami, and bologna</p>	<ul style="list-style-type: none"> • Varies by product: Must have a CN label or PFS to document the amount of meat per serving (refer to “Crediting Documentation” on page 1 and “Commercial meat, poultry, or fish products with added ingredients” in this section). • Many deli meats do not credit based on serving weight because they contain added binders, extenders, and liquids. Many deli meats require several ounces to credit as 1 ounce of MMA. 	<ul style="list-style-type: none"> • CSDE handout: Crediting Deli Meats in the Summer Food Service Program • CSDE training module: What’s in a Meal Module 6: Meal Pattern Documentation
<p>Dried meat, poultry, and seafood products, e.g., jerky and summer sausage</p>	<ul style="list-style-type: none"> • Varies by product: Must have a CN label or PFS to document the amount of meat per serving (refer to “Crediting Documentation” on page 1 and “Commercial meat, poultry, or fish products with added ingredients” in this section). 	<ul style="list-style-type: none"> • Must evaluate the product’s PFS to ensure it 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 ounce of the MMA component. • 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 Child Nutrition Programs, the fat content of ground beef or ground pork in dried meat products cannot exceed 30 percent. • 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 • USDA’s webinar: Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products • Refer to “Commercial meat, poultry, or fish products with added ingredients” in this section.

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Chart 3 Meat/Meat Alternates		
Food item	1 ounce of MMA =	Additional crediting requirements and resources
Eggs	<ul style="list-style-type: none"> ● ½ large 	<ul style="list-style-type: none"> ● 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 frittatas) require a CN label or PFS for commercial products and a recipe (preferably standardized) for foods made from scratch (refer to “Crediting Documentation” on page 1).
Foods made from scratch , e.g., pizza and macaroni and cheese	<ul style="list-style-type: none"> ● Varies by food: Must have a recipe (preferably standardized) to document the amount of meat or meat alternate per serving (refer to “Crediting Documentation” on page 1). 	<ul style="list-style-type: none"> ● CSDE webpage: Crediting Foods Made from Scratch (“Documents/Forms” section of SFSP webpage)
Hummus made with chickpeas (or other legumes) and tahini	<ul style="list-style-type: none"> ● Varies by product and recipe. The serving must contain at least ¼ ounce of MMA from the chickpeas/garbanzo beans (legumes) and tahini (sesame paste) combined. ● Commercial products require a CN label or PFS to document the amount of meat alternate per serving (refer to “Crediting Documentation” on page 1 and “Commercial meat, poultry, or fish products with added ingredients” in this section). ● Hummus made from scratch must have a recipe (preferably standardized) to document the amount of meat alternate per serving (refer to “Crediting Documentation” on page 1). 	<ul style="list-style-type: none"> ● A ¼-cup serving of legumes credits as 1 ounce of the MMA component. The minimum creditable amount is 1 tablespoon (¼ounce). ● Tahini credits the same as nut/seed butters. Two tablespoons of tahini credit as 1 ounce of the MMA component. The minimum creditable amount is ½ tablespoon (¼ounce). ● The legumes in hummus may credit as either MMA or vegetables but one serving cannot credit as both components in the same meal or snack or snack. Refer to chart 4 for information on crediting hummus as the vegetables/fruits component. ● CSDE handout: Crediting Legumes in the Summer Food Service Program

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Chart 3 Meat/Meat Alternates		
Food item	1 ounce of MMA =	Additional crediting requirements and resources
Legumes (cooked beans and peas) , e.g., kidney beans, black beans, and chickpeas	<ul style="list-style-type: none"> ● ¼ cup of cooked legumes ● 1 ounce of roasted legumes, e.g., roasted chickpeas and roasted soybeans (soy nuts) 	<ul style="list-style-type: none"> ● The liquid served with legumes does not credit, such as the sauce in baked beans. ● Legumes may credit as either MMA or vegetables but one serving cannot credit as both components in the same meal or snack. Refer to chart 4 for information on crediting legumes as vegetables. ● Roasted or dried legumes (such as roasted soybeans or roasted chickpeas) credit as the MMA component the same as nuts and seeds. A 1-ounce serving of roasted or dried legumes credits as 1 ounce of the MMA component. ● CSDE handout: Crediting Legumes in the Summer Food Service Program
Pasta products made of 100 percent legume flour , e.g., chickpea flour pasta and lentil flour pasta	<ul style="list-style-type: none"> ● ¼ cup of cooked 100 percent legume flour pasta 	<ul style="list-style-type: none"> ● SFSP menus must offer an additional MMA with legume flour pasta, such as tofu, cheese, or meat. ● Pasta made of 100 percent legumes may credit as either MMA or vegetables but one serving cannot credit as both components in the same meal or snack. Refer to chart 4 for information on crediting legumes as vegetables.
Nut/seed butters , e.g., peanut butter, almond butter, sunflower seed butter, and soy nut butter	<ul style="list-style-type: none"> ● 2 tablespoons ● Note: Use tablespoons, not weight. Measuring 1 ounce by weight does not provide 1 ounce of MMA. The FBG indicates that 1.1 ounces of nut/seed butter credit as 1 ounce of MMA. 	<ul style="list-style-type: none"> ● Consider the appropriateness of the serving size for each age 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 ounces of MMA at lunch or supper. ● CSDE handout: Crediting Nuts and Seeds in the Summer Food Service Program
Nuts/seeds , e.g., almonds, peanuts, and sunflower seeds	<ul style="list-style-type: none"> ● 1 ounce 	<ul style="list-style-type: none"> ● Limit for lunch/supper: Nuts and seeds cannot credit for more than half (1 ounce) of the MMA requirement and must be combined with another MMA to meet the required 2-ounce serving. ● CSDE handout: Crediting Nuts and Seeds in the Summer Food Service Program

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Chart 3 Meat/Meat Alternates		
Food item	1 ounce of MMA =	Additional crediting requirements and resources
Surimi	<ul style="list-style-type: none"> ● 3 ounces 	<ul style="list-style-type: none"> ● Must have a PFS to credit a surimi product differently. Refer to “Commercial meat, poultry, or fish products with added ingredients” in this section.
Tempeh	<ul style="list-style-type: none"> ● 1 ounce 	<ul style="list-style-type: none"> ● Must have a PFS 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. ● USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs ● USDA webinar: Additional Meat/Meat Alternate Options for CNPs: Crediting Tempeh and Surimi
Tofu (commercial)	<ul style="list-style-type: none"> ● 1 ounce 	<ul style="list-style-type: none"> ● 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. ● CSDE handout: Crediting Tofu and Tofu Products in the National School Lunch Program and School Breakfast Program ● USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP

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Chart 3 Meat/Meat Alternates		
Food item	1 ounce of MMA =	Additional crediting requirements and resources
<p>Yogurt and soy yogurt, plain or flavored; sweetened or unsweetened; and with or without added fruit, either blended or on the bottom or top</p>	<ul style="list-style-type: none"> ● ½ cup or 4 ounces weight 	<ul style="list-style-type: none"> ● Yogurt mixed in smoothies credits as the MMA component. Crediting requires a recipe (preferably standardized) for foods made from scratch, and a PFS or CN label for commercial products. Refer to the CSDE’s Crediting Smoothies in the Summer Food Service Program. ● 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 component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait (refer to chart 4). ● Homemade yogurt does not credit. ● Commercial yogurt products do not credit. Examples include drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered fruits and nuts, and yogurt-flavored products. ● Best practice: Choose low-fat or reduced-fat yogurts. ● CSDE handout: Crediting Yogurt in the Summer Food Service Program ● USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP

For more resources, visit the [“Meat/Meat Alternates Component for the SFSP”](#) section of CSDE’s SFSP webpage

Chart 4 – How to Credit the Vegetables/Fruits Component

The vegetables/fruits component includes fresh vegetables and fruits; frozen vegetables and fruits; drained canned vegetables, canned fruit in juice, water, or light syrup; rehydrated dried vegetables; dried fruits; and pasteurized 100 percent full-strength juice (fruit, vegetable, or combination). For information on the meal pattern requirements for the vegetables/fruits component, refer to the CSDE's resource, [Requirements for the Vegetables/Fruits Component of the Summer Food Service Program Meal Pattern](#).

Best practices: Serve a variety of vegetables from the five vegetable subgroups (dark green, red/orange, beans and peas (legumes), starchy, and other). Serve a variety of fruits and choose whole fruits (fresh, frozen, or canned in 100% juice or water) more often than juice.

Noncreditable foods: Examples of foods that do not credit as vegetables include but are not limited to 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; and snack-type foods made from vegetables, such as potato chips. Examples of foods that do not credit as fruits include but are not limited to 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; and juice drinks that are not 100 percent juice such as grape juice drink, orange juice drink, pineapple-grapefruit drink, cranberry juice cocktail, and lemonade. For additional guidance, refer to the CSDE's resource, [Noncreditable Foods in the Summer Food Service Program](#).



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Chart 4		
Food item	Vegetables/Fruits	Additional crediting requirements and resources
Pureed vegetables , e.g., sweet potatoes, tomato sauce, and butternut squash	<ul style="list-style-type: none"> Served volume, e.g., ½ cup = ½ cup of the vegetables/fruits component 	<ul style="list-style-type: none"> 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/fruits 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 “Smoothies made of fruits/vegetables/juice” in this chart).
Smoothies made of fruits/vegetables/juice	<ul style="list-style-type: none"> Pureed fruits and vegetables in smoothies credit only as juice and must meet the same requirements as juice (refer to “Juice, pasteurized full-strength (fruit, vegetable, or combination)” in this chart). Crediting is based on the volume (cups) of pureed fruits and vegetables per serving. Commercial smoothies require a PFS (or CN label, if available) to credit (refer to “Crediting Documentation” on page 1). Commercial smoothies cannot contain dietary or herbal supplements. 	<ul style="list-style-type: none"> Commercial smoothies require a PFS (or CN label, if available) to credit. Commercial smoothies cannot contain dietary or herbal supplements. Refer to “Commercial products containing vegetables/fruits” in this section. CSDE handout: Crediting Smoothies in the Summer Food Service Program CSDE training module: What’s in a Meal Module 6: Meal Pattern Documentation

For more resources, visit the [“Vegetables/Fruits Component for the SFSP”](#) section of CSDE’s SFSP webpage

Chart 5 – How to Credit the Grains/Breads Component

The grains/breads component includes 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); pasta; and grain-based desserts (e.g., cookies, brownies, cakes, and granola bars). For information on the meal pattern requirements for the grains/breads component, refer to the CSDE's resource, [Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns](#).

- **Crediting requirements:** Grain products and recipes must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran), and germ (such as wheat germ). Bran and germ credit the same as enriched grains. For guidance on creditable grains, refer to the CSDE's resources, [Crediting Whole Grains in the Summer Food Service Program](#), [Crediting Enriched Grains in the Summer Food Service Program](#), and [Crediting Breakfast Cereals in the Summer Food Service Program](#).
- **Servings:** The servings of creditable commercial grain products and recipes must be determined using one of the two allowable methods: 1) the required weight (groups A-E) or volume (groups H-I) in the USDA's *Exhibit A: Grain Requirements for Child Nutrition Programs* (refer to the CSDE's resources, [Servings for Grains/Breads in the Summer Food Service Program](#) and [How to Use the Grains/Breads Servings Chart for the Summer Food Service Program](#)); or 2) the creditable grains per serving (refer to the CSDE's [Calculation Methods for Grains/Breads Servings in the Summer Food Service Program](#) and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program](#)).

Best practices: Provide at least two servings of whole grains per day. Serve breakfast cereals with the lowest amount of sugar per serving.

Noncreditable foods: Examples of foods that do not credit as the grains/breads component include but are not limited to commercial products that do not contain a creditable grain as the first ingredient; breakfast cereals (RTE and cooked) that are not whole grain, enriched, or fortified; and recipes that are not made with creditable grains. For additional guidance, refer to the CSDE's resource, [Noncreditable Foods in the Summer Food Service Program](#).



Crediting Summary Charts for the Summer Food Service Program (SFSP) Meal Patterns

Chart 5 Grains/Breads		
Food item	Crediting requirements	1 serving =
<p>Breakfast cereals: cold RTE in group I, e.g., flaked cereals, round cereals, puffed cereals, and granola</p>	<ul style="list-style-type: none"> ● The first ingredient must be a creditable grain or the cereal must be fortified. ● CSDE handout: Crediting Breakfast Cereals in the Summer Food Service Program ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program 	<ul style="list-style-type: none"> ● $\frac{3}{4}$ cup or 1 ounce, whichever is less ● CSDE handout: Servings for Grains/Breads in the Summer Food Service Program. ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program
<p>Breakfast cereals: cooked hot in group H, e.g., oatmeal, cream of wheat, and farina</p>	<ul style="list-style-type: none"> ● The first ingredient must be a creditable grain or the cereal must be fortified. ● CSDE handout: Crediting Breakfast Cereals in the Summer Food Service Program ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program 	<ul style="list-style-type: none"> ● $\frac{1}{2}$ cup cooked or 1 ounce (28 grams) dry, whichever is less ● CSDE handout: Calculation Methods for Grains/Breads Servings in the Summer Food Service Program ● CSDE handout: Servings for Grains/Breads in the Summer Food Service Program. ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program
<p>Cereal grains in group H, e.g., pasta, cooked breakfast cereals, and other cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat</p>	<ul style="list-style-type: none"> ● The first ingredient (excluding water) must be a creditable grain. ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program 	<ul style="list-style-type: none"> ● $\frac{1}{2}$ cup cooked or 25 grams dry ● CSDE handout: Calculation Methods for Grains/Breads Servings in the Summer Food Service Program ● CSDE handout: Servings for Grains/Breads in the Summer Food Service Program. ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program

Crediting Summary Charts for the Summer Food Service Program (SFSP) Meal Patterns

Chart 5 Grains/Breads		
Food item	Crediting requirements	1 serving =
<p>Commercial products: grain foods 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)</p>	<ul style="list-style-type: none"> ● The first ingredient (excluding water) must be a creditable grain. ● CSDE handout: Crediting Enriched Grains in the Summer Food Service Program, ● CSDE handout: Crediting Whole Grains in the Summer Food Service Program ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program 	<ul style="list-style-type: none"> ● Varies by product. Use method 1 (USDA’s Exhibit A chart, CSDE handout: Servings for Grains/Breads in the Summer Food Service Program), following the instructions in the CSDE’s resource, How to Use the Grains/Breads Servings Chart for the Summer Food Service Program. ● Use method 2 (creditable grains per serving) and obtain a PFS if any of the following apply: 1) a creditable grain is not the first ingredient, but the product contains more than one creditable grain; 2) a combination food that contains a grain portion is not CN labeled; 3) the manufacturer claims that a commercial grain product can provide the required creditable grains using a serving that is less than the amount in the USDA’s Exhibit A chart; and 4) the product is not listed the USDA’s Exhibit A chart. Refer to the CSDE’s resources, When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program and Calculation Methods for Grains/Breads Servings in the Summer Food Service Program.

Crediting Summary Charts for the Summer Food Service Program (SFSP) Meal Patterns

Chart 5 Grains/Breads		
Food item	Crediting requirements	1 serving =
<p>Commercial products: combination foods that contain a grain portion from groups A-I, e.g., pizza, breaded chicken nuggets, and macaroni and cheese</p>	<ul style="list-style-type: none"> ● Ingredients listed together: First grain ingredient must be a creditable grain. ● Grain portion listed separately: First ingredient in the grain portion must be a creditable grain. ● CSDE handout: Crediting Enriched Grains in the Summer Food Service Program, ● CSDE handout: Crediting Whole Grains in the Summer Food Service Program ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program 	<ul style="list-style-type: none"> ● Varies by product: Must have a CN label or PFS to document the creditable grains per serving. Note: CN labels are available only for main dish commercial products that contribute to the meat/meat alternates component. However, CN labels typically indicate the contribution of other meal components that are part of these products, e.g., vegetables, fruits, and grains. ● CSDE handout: Using Child Nutrition (CN) Labels in the Summer Food Service Program ● CSDE handout: Using Product Formulation Statements in the Summer Food Service Program ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program ● CSDE training module: What's in a Meal Module 6: Meal Pattern Documentation ● CSDE webpage: Crediting Commercial Processed Products (Documents/Forms section of SFSP webpage) ● USDA handout: Tips for Evaluating a Manufacturer's Product Formulation Statement

Crediting Summary Charts for the Summer Food Service Program (SFSP) Meal Patterns

Chart 5 Grains/Breads		
Food item	Crediting requirements	1 serving =
<p>Foods made from scratch: grain foods in groups A-G, e.g., breads, rolls, muffins, waffles, pancakes, and grain-based desserts (e.g., cookies, cake, granola bars, and pastries)</p>	<ul style="list-style-type: none"> ● Must be made with creditable grains. SFSP sponsors must have a recipe (preferably standardized) to document the amount of creditable grains per serving (refer to “Crediting Documentation” on page 1). ● CSDE handout: Crediting Enriched Grains in the Summer Food Service Program, ● CSDE handout: Crediting Whole Grains in the Summer Food Service Program ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program 	<ul style="list-style-type: none"> ● Varies by recipe. ● If serving weight is known: Use method 1 (USDA’s Exhibit A chart, CSDE handout: Servings for Grains/Breads in the Summer Food Service Program), following the instructions in the CSDE’s Servings for Grains/Breads in the Summer Food Service Program), following the instructions in the CSDE’s resource, How to Use the Grains/Breads Servings Chart for the Summer Food Service Program. Note: To use the grains/breads servings chart for foods made from scratch, SFSP sponsors must know the serving weight. If the recipe does not provide this information, SFSP sponsors must either determine the average serving weight by weighing several portions (refer to the CSDE’s Yield Study Data Form for Child Nutrition Programs) or use method 2 (creditable grains) below. ● If serving weight is not known: Obtain a PFS and use method 2 (creditable grains per serving). Refer to the CSDE’s Calculation Methods for Grains/Breads Servings for Grades K-12 in the Afterschool Snack Program. ● CSDE webpage: “Standardized Recipes” section of CSDE’s SFSP webpage

Crediting Summary Charts for the Summer Food Service Program (SFSP) Meal Patterns

Chart 5 Grains/Breads		
Food item	Crediting requirements	1 serving =
<p>Foods made from scratch: combination foods that contain a grain portion from groups A-I, e.g., pizza, breaded chicken nuggets, and macaroni and cheese</p>	<ul style="list-style-type: none"> ● The grain portion of the recipe must be made with creditable grains. SFSP sponsors must have a recipe (preferably standardized) to document the amount of creditable grains per serving (refer to “Crediting Documentation” on page 1). ● CSDE handout: Crediting Enriched Grains in the Summer Food Service Program, ● CSDE handout: Crediting Whole Grains in the Summer Food Service Program ● CSDE handout: When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program 	<ul style="list-style-type: none"> ● Varies by recipe. ● If serving weight (groups A-G) or volume (group H-I) of grain portion is known: Use method 1 (USDA’s Exhibit A chart, CSDE handout: Servings for Grains/Breads in the Summer Food Service Program), following the instructions in the CSDE’s How to Use the Grains/Breads Servings Chart for the Summer Food Service Program. ● If serving weight (groups A-G) or volume (group H-I) of grain portion is not known: Obtain a PFS and use method 2 (creditable grains per serving). Refer to the CSDE’s Calculation Methods for Grains/Breads Servings in the Summer Food Service Program. ● CSDE webpage: “Standardized Recipes” section of CSDE’s SFSP webpage

Crediting Summary Charts for the Summer Food Service Program (SFSP) Meal Patterns

Chart 5 Grains/Breads		
Food item	Crediting requirements	1 serving =
<p>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</p>	<ul style="list-style-type: none"> ● Must be made with creditable grains. Allowable grain-based desserts are in groups C-G and are indicated in red in the CSDE’s Servings for Grains/Breads in the Summer Food Service Program. ● Cannot credit at lunch or supper. Allowed only at snack and breakfast. ● Sweet crackers (e.g., animal crackers and graham crackers) credit at all meals and snacks. ● Breakfast and Snack: Grain-based desserts in blue (footnote 2) are allowed at breakfast and snack. Examples include coffee cakes, cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, and fruit turnovers. ● Snack: Grain-based desserts in red (footnote 3) are allowed only at snack. Examples include cookies, cakes, cupcakes, plain brownies, and piecrusts in sweet pies like apple, coconut, blueberry, and pecan. ● Best practice: Limit to no more than twice per week, between all meals and snacks served in the SFSP. Most grain-based desserts are high in fat, added sugars, and sodium. 	<ul style="list-style-type: none"> ● Varies by product or 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
<p>Hominy grits</p>	<ul style="list-style-type: none"> ● Dried hominy credits as a whole grain. w ● USDA Memo SP 22-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs ● Refer to chart 4 for information on crediting canned or cooked whole hominy as the vegetables/fruits component. 	<ul style="list-style-type: none"> ● ½ cup cooked or 1 ounce (28 grams) dry

For more resources, visit the “[Grains/Breads Component for the SFSP](#)” section of CSDE’s SFSP webpage.

Crediting Summary Charts for the Summer Food Service Program (SFSP) Meal Patterns

For more information, visit the [Meal Patterns for the SFSP](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage or contact the [Summer Meals 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/SFSP/CreditingSFSP/Crediting_Summary_Charts_SFSP.pdf.

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