



Preschool Meal Pattern Training for the School Nutrition Programs

Module 5: Meat/Meat Alternates Component

Connecticut State Department of Education
Bureau of Child Nutrition Programs
School Year 2023-24

December 2023

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Preschool Meal Pattern Training Modules

1. Introduction to Training	5. Meat/Meat Alternates Component
2. Introduction to Preschool Meal Patterns	6. Fruits Component and Vegetables Component
3. Meal Pattern Comparison of Preschool and Grades K-12	7. Grains Component
4. Milk Component	8. Meal Service for Preschoolers


<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/How-To>

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Module Topics

- Overview of meat/meat alternates (MMA) component
- Required servings
- Crediting requirements
- Resources



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Overview of MMA Component

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Overview of MMA Component

<ul style="list-style-type: none">Breakfast: Optional<ul style="list-style-type: none">May substitute for entire grains component up to 3 times per week1 ounce MMA = 1 ounce equivalent (oz eq) of grainLunch: Main dish or main dish and 1 food item	<ul style="list-style-type: none">1-ounce serving is not the same as 1 ounce of MMACommercial processed MMA products cannot credit without Child Nutrition (CN) label or product formulation statement (PFS)
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Required Servings of MMA


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Required Servings of MMA

Preschool Meal Pattern	Minimum Quantity	
	Ages 1-2	Ages 3-4
Breakfast	0	0
Lunch	1 ounce	1½ ounces
Snack *	½ ounce	½ ounce


* Not required but may be 1 of 2 snack components



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What Equals 1 Ounce MMA




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What Equals 1 Ounce MMA

- Cooked edible portion without
 - Bone
 - Breading
 - Binders
 - Extenders
 - Other ingredients
- Minimum creditable amount = ¼ ounce





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What Equals 1 Ounce MMA

1 ounce = 1 ounce MMA
Cooked lean meat, poultry, or fish
Natural or process cheeses
Tempeh
Alternate protein products (APPs)
Nuts or seeds





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Other MMA Require Larger Serving

MMA	Lunches age 1-2	Lunches age 3-4	Snack all ages
	1 ounce MMA =	1½ ounces MMA =	½ ounce MMA =
Surimi	3 ounces	4.4 ounces	2 ounces
Tofu	2.2 ounces (½ cup)	3.3 ounces (¾ cup)	1.1 ounces (¼ cup)
Cottage or ricotta cheese	2 ounces (½ cup)	3 ounces (¾ cup)	1 ounce (¼ cup)
Egg, large	½	¾	½
Cooked dry beans or peas	¾ cup	¾ cup	¾ cup
Nut or seed butters	2 tablespoons	3 tablespoons	1 tablespoon
Yogurt or soy yogurt	4 ounces (½ cup)	6 ounces (¾ cup)	2 ounces (½ cup)



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USDA's Food Buying Guide for Child Nutrition Programs (FBG)


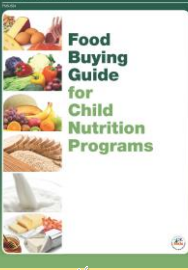


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Use Food Buying Guide

- Provides food yields and crediting information
- Ensures correct crediting

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


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Required Servings of MMA Component for Preschoolers

Meal	Minimum Quantities	
	Ages 1-2	Ages 3-4
Breakfast	0	0
Lunch	1 ounce	1½ ounces
Snack *	½ ounce	½ ounce


* Not required but may be 1 of 2 snack components



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Crediting Considerations for MMA



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Crediting Considerations for MMA

- Commercial processed products *
- Cheeses *
- Legumes *
- Nuts and seeds and their butters *
- Yogurt and soy yogurt
- Tofu and tofu products *
- Tempeh *
- Surimi *
- Alternate protein products (APPs) *

* Same crediting as K-12 meal patterns

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Crediting Commercial Processed Products

- Do not credit based on weight




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Crediting Commercial Processed Products

- Do not credit based on weight



1 ounce = 1 ounce MMA

1 ounce = ? MMA

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Crediting Commercial Processed Products

- Do not credit based on weight
- Documentation required

Commercial products without CN label or PFS cannot credit

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Child Nutrition (CN) Labeling Program

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Using Product Formulation Statements in the School Nutrition Programs

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Meal Pattern Training for School Nutrition Programs

Module 6: Meal Pattern Documentation

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Crediting Commercial Meat/Meat Alternate Products in the National School Lunch Program and School Breakfast Program

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Crediting Deli Meats in the National School Lunch Program and School Breakfast Program

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Crediting Cheeses

- Credit as meat alternates



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Crediting Cheeses

Type	1 ounce MMA =
Natural cheeses, e.g., Colby, Monterey Jack, and Swiss	1 ounce
Process cheeses, e.g., American	1 ounce
Cottage cheese and ricotta cheese	2 ounces = ½ cup
Cheese substitutes, cheese food substitutes, and cheese spread substitutes *	2 ounces

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

<https://www.ecfr.gov/current/title-21/section-133.10>



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Crediting Cheeses

- Must maintain crediting documentation for foods containing cheese
 - **Commercial products:** CN label or PFS
 - **Foods made from scratch:** Standardized recipe




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Crediting Legumes

- 1 serving credits as MMA or vegetable but not both in same meal
- Liquid from canned legumes does not credit, e.g., sauce in baked beans



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Crediting 100% Legume Flour Pasta

- Credits as MMA if offered with another MMA
 - ½ cup cooked = 1 ounce MMA




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Crediting Roasted Legumes

- Credit as MMA based on weight
 - 1 ounce = 1 ounce MMA
- Limit for lunch: ≤ 50% MMA
- Consider children's ages and developmental readiness




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Crediting Legumes in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Legumes.pdf

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Crediting Nuts and Seeds

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

Consider developmental readiness



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Crediting Nuts and Seeds

- 1 ounce = 1 ounce MMA
- Limit for lunch: ≤ 50% MMA

Lunch for ages 3-4 = 1½ ounces MMA	
Nuts/seeds	¾ ounce
Another MMA	¾ ounce

- Snack: Credit as entire MMA




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Crediting Nut and Seed Butters

- Credit based on volume (tablespoons)
 - 2 tablespoons = 1 ounce MMA
 - FBG: 2 tablespoons = 1.1 ounce by weight



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


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Crediting Nut and Seed Butters

- Consider appropriateness of serving for each age group

Ages 3-4



= 1½ ounces MMA




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Crediting Nuts and Seeds in the National School Lunch Program and School Breakfast Program




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Nuts_Seeds.pdf

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Crediting Yogurt and Soy Yogurt

- Different crediting from K-12 meal patterns
- Sugar limit: ≤ 23 grams sugars per 6 ounces (≤ 3.83 grams/ounce)



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Noncreditable Yogurt Products

- Drinkable or squeezable yogurt
- Frozen yogurt
- Homemade yogurt
- Yogurt-flavored products, e.g., yogurt bars, yogurt-covered fruits and nuts




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Crediting Yogurt for Preschoolers in the National School Lunch Program and School Breakfast Program




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Yogurt_SNP_preschool.pdf

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Crediting Tofu and Tofu Products

1. Commercially prepared
2. Easily recognized as meat substitute
3. ≥ 5 grams of protein per 2.2-ounce serving




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Crediting Tofu and Tofu Products in the National School Lunch Program and School Breakfast Program




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Tofu_SNP.pdf

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Crediting Tempeh

- Credits as meat alternate
- 1 ounce of tempeh = 1 ounce MMA if contains
 - Soybeans (or other legumes)
 - Water
 - Tempeh culture
 - Vinegar, seasonings, and herbs
- Other ingredients require CN label or PFS




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USDA Resource

**USDA Memo SP 25-2019:
Crediting Tempeh in the Child
Nutrition Programs**



<https://www.fns.usda.gov/cn/crediting-tempeh-child-nutrition-programs>

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Crediting Surimi Seafood

- Amount of fish varies depending on manufacturer and product

Amount of surimi	MMA *
1 ounce	¼ oz eq (minimum creditable amount)
2 ounces	½ oz eq
3 ounces	1 oz eq
4.4 ounces	1½ oz eq
6 ounces	2 oz eq

* Must have CN label or PFS to credit differently




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**USDA Memo SP 24-2019:
Crediting Surimi Seafood in
the Child Nutrition Programs**




<https://www.fns.usda.gov/cn/crediting-surimi-seafood-child-nutrition-programs>

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USDA Resource

**Webinar: Additional
Meat/Meat Alternate
Options for CNPs:
Crediting Tempeh
and Surimi**




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

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**Crediting Alternate Protein
Products (APPs)**

- Must meet USDA's requirements (appendix A of NSLP and SBP regulations)
- Required documentation
 - CN label
 - PFS with supporting documentation that APP ingredient meets USDA's requirements




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**Requirements for
Alternate Protein
Products in the
National School Lunch
Program and School
Breakfast Program**



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/APP_Requirements_SNP.pdf

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Crediting Considerations for MMA

- ✓ Commercial processed products
- ✓ Cheeses
- ✓ Legumes
- ✓ Nuts and seeds and their butters
- ✓ Yogurt and soy yogurt
- ✓ Tofu and tofu products
- ✓ Tempeh
- ✓ Surimi
- ✓ Alternate Protein Products (APPs)

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Noncreditable MMA

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Examples of Noncreditable MMA

- Bacon (pork)
- Commercial canned soups, e.g., beef barley, beef noodle, turkey or chicken noodle/rice
- Cream cheese
- Egg whites without yolks
- Liquid egg substitutes
- Imitation cheese
- Sour cream
- Tofu products not easily recognized as meat substitutes
- Tofu with < 5 grams of protein per 2.2-ounce serving
- Yogurt with < 6 grams sugars per ounce
- Yogurt products, e.g., drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered fruits/nuts
- Commercial processed food products without CN label or PFS


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Noncreditable Foods for Preschoolers in the National School Lunch Program and School Breakfast Program




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_preschool.pdf

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USDA's Best Practices for MMA


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USDA's Best Practices for MMA

- Serve only lean meats, nuts, and legumes
- Limit processed meats to no more than one serving per week
- Serve only natural cheeses and choose low-fat or reduced fat-cheeses



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

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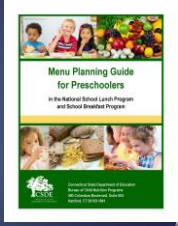
Resources for MMA Component

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Menu Planning Guide for Preschoolers in the National School Lunch Program and School Breakfast Program




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Menu_Planning_Guide_Preschool.pdf

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Accepting Processed Product Documentation in the National School Lunch Program and School Breakfast Program



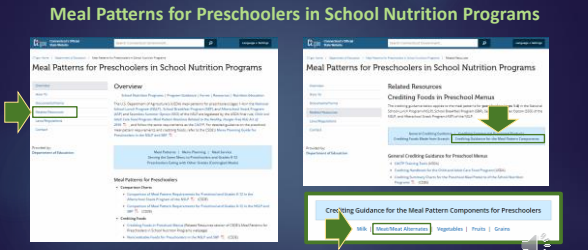
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Accepting_Processed_Product_Documentation_SNP.pdf

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CSDE Webpage

Meal Patterns for Preschoolers in School Nutrition Programs



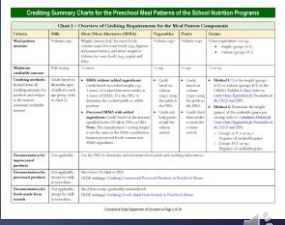
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources>

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




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Summary_Charts_SNP_Preschool.pdf

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Resources for the Preschool Meal Patterns



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf

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Questions?

Contact the school nutrition programs staff

<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countyassign.pdf>

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Thank you for participating!

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs>

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