



Summer Meals
Annual Sponsor Training

Crediting Foods in the Summer
Food Service Program (SFSP)
Meal Patterns

Part 3: Meats/Meat Alternates
Component




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Bureau of Child Nutrition Programs

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Summer Meals Recorded Training Modules

- Part of CSDE’s required annual training for Summer Meals sponsors
- Reflects current requirements of the SFSP regulations




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Crediting Foods in the SFSP Meal Patterns: 5 Modules

- Part 1: Introduction to Crediting Foods
- Part 2: Milk Component
- Part 3: Meats/Meats Alternate Component
- Part 4: Grains/Breads Component
- Part 5: Vegetables/Fruits Component



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Summer Meals Recorded Training Modules



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




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This Module Applies Only To

- Summer Meals sites that follow SFSP meal patterns




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This Module Does Not Apply To

- School food authority (SFA) sponsors of SFSP that choose to follow school meal patterns
 - National School Lunch Program (NSLP)
 - School Breakfast Program (SBP)
 - Afterschool Snack Program (ASP)
- Seamless Summer Option (SSO) of NSLP




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CSDE Webpage

Meal Pattern Training for School Nutrition Programs

- What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12



<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

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Topics

- Allowable meats and meat alternates (MMA)
- Serving size requirements
- Crediting requirements
- Noncreditable MMA
- USDA's best practices for MMA
- Resources



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Allowable MMA

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MMA Component

- Lean meat, poultry, and fish
- Eggs
- Cheese
- Yogurt and soy yogurt
- Nuts and seeds
- Nut and seed butters
- Beans, peas, and lentils
- Tofu and tofu products
- Tempeh
- Surimi
- Alternate protein products (APPs)
- Commercial processed products

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Serving Size Requirements

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MMA Serving =

- Edible portion of cooked lean meat, poultry, or fish **without**
 - Bone
 - Breading
 - Binders, fillers, and liquids
 - Other ingredients




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Required Serving for 1 Ounce MMA


- Depends on type of MMA and added ingredients
- For many foods, 1 ounce does not provide 1 ounce MMA




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Crediting Example for Tuna Fish



1 ounce =
1 ounce MMA



1 ounce = ?




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Minimum Creditable Amount

- ¼ ounce




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How Much = 1 Ounce MMA

- Different types of MMA require different amounts to credit as 1 ounce MMA
- Measured by weight or volume, depending on type of MMA




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1 Ounce Serving = 1 Ounce MMA

- Cooked lean meat, poultry, and fish
- Natural and process cheeses
- Tempeh
- APPs
- Nuts and seeds



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1 Ounce MMA =

- 2 ounces
 - Cottage or ricotta cheese
 - Cheese food/spread
 - Cheese substitute
- 3 ounces
 - Surimi
- ½ cup or 4 ounces
 - Yogurt or soy yogurt


- ¾ cup
 - Cooked beans, peas, and lentils
- 2.2 ounces (¾ cup)
 - Commercial tofu with ≥ 5 grams of protein
- 2 tablespoons
 - Nut and seed butters
- Each
 - ½ large egg

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Determining Amount for 1 Ounce MMA

- Use cooked yield
- Account for cooking losses
 - Use Food Buying Guide for Child Nutrition Programs (FBG)





<https://www.fns.usda.gov/tbfbg/food-buying-guide-for-child-nutrition-programs>
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Use Food Buying Guide

- Provides food yields and crediting information
- Ensures correct crediting of MMA





<https://www.fns.usda.gov/tbfbg/food-buying-guide>
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More Information About FBG


- CSDE Summer Meals Annual Sponsor Training
 - Crediting Documentation for Summer Meals




<https://www.fns.usda.gov/tbfbg/food-buying-guide>
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Crediting Requirements for MMA





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How to Credit


Commercial processed products	Nut and seed butters
Deli meats	Yogurt and soy yogurt
Dried meats, poultry, and seafood	Tofu and tofu products
Cheeses	Tempeh
Eggs	Surimi
Beans, peas, and lentils	APPs
Nuts and seeds	

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Crediting Commercial Processed Products





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Commercial Processed Products

- Commercially prepared foods and beverages with added ingredients
 - Include many different types of MMA products

Terms to Know


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Examples of Processed MMA Products

- Combination entrees, e.g., pizza, breaded chicken nuggets, and cheese ravioli
- Hummus and other bean dips
- Deli meats, hot dogs, and sausages
- Dried meat, poultry, and seafood products, e.g., jerky and summer sausages
- Yogurt and fruit smoothies


Do not credit based on serving weight or volume




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Crediting Example for Unprocessed versus Processed



1 ounce = **1 oz eq MMA**




1 ounce = **? MMA**

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Crediting Commercial Processed MMA Products

- Require specific documentation
 - Child Nutrition (CN) label
 - Product formulation statement (PFS)
- Commercial processed products without CN label or PFS do not credit unless listed in FBG
- Sponsors must review PFS prior to purchasing and serving




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More Information About Commercial Processed Products

- CSDE Summer Meals Annual Sponsor Training
 - Crediting Documentation for Summer Meals




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

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USDA Resource

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements



<https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation>

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CSDE Resource

Crediting Commercial Meat/Meat Alternate Products in the Summer Food Service Program



https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_commercial_mma_sfsp.pdf

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Crediting Deli Meats




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Deli Meats with Added Liquids, Binders, Extenders

- 1 ounce serving does not credit as 1 ounce of MMA
 - Credit based on percentage of meat not serving weight
 - Often require several ounces
 - Require CN label or PFS unless listed in FBG




Cannot credit without documentation

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CSDE Resource

Crediting Deli Meats in the Summer Food Service Program



https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_deli_sfsp.pdf

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Crediting Dried Meat, Poultry, and Seafood Products




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Examples of Dried Meat, Poultry, and Seafood Products

- Shelf-stable, dried, and semi-dried meat, poultry, and seafood
 - Beef jerky
 - Turkey jerky
 - Summer sausage




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Crediting Dried Meat, Poultry, and Seafood Products

- Not listed in FBG
- Require CN label or PFS to credit
- Must evaluate PFS for compliance with USDA crediting requirements




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Three Crediting Requirements

- Creditable meat/poultry/seafood ingredient must match ingredients statement on product's label
- Creditable meat/poultry/seafood ingredient must have similar description to a food item in FBG
- Creditable amount cannot exceed product weight




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Dried Meat Products with Ground Pork or Beef

- PFS must include percent fat
 - ≤ 30% fat




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USDA Resource

USDA Memo SP 21-2019:
Crediting Shelf-Stable,
Dried and Semi-Dried
Meats, Poultry, and
Seafood Products in the
Child Nutrition Programs




<https://www.fns.usda.gov/cn/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition>

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USDA Resource

Webinar:
Moving Forward: Update
on Food Crediting in Child
Nutrition Programs with
Guidance for Dried Meat
Products




<https://www.fns.usda.gov/tn/moving-forward-update-food-crediting-dried-meat-products>

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Crediting Cheeses




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1 Ounce = 1 Ounce MMA

- Natural cheeses, e.g., Colby, Monterey Jack, and Swiss
- Process cheeses, e.g., American




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2 Ounces or ¼ Cup = 1 Ounce MMA

- Cottage cheese
- Ricotta cheese




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2 ounces = 1 ounce MMA

- Cheese substitute
- Cheese food substitute,
- Cheese spread substitute

Must meet Food and Drug Administration's (FDA) Standards of Identity for substitute foods



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Required Documentation for Foods Containing Cheese

Commercial products

- CN label or PFS


Foods made from scratch

- Recipe



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Crediting Eggs

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Serving Size for Eggs

- ½ large egg = 1 ounce MMA




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Only Whole Eggs Credit

- Cannot credit egg whites without yolks
- Cannot credit liquid egg substitutes



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Required Documentation for Foods Containing Eggs

Commercial products

- CN label or PFS


Foods made from scratch

- Recipe




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Crediting Beans, Peas, and Lentils




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Examples of Beans, Peas, and Lentils

- Black beans
- Edamame (soybeans)
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Navy beans
- Split peas
- White beans




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Serving Size for Beans, Peas, and Lentils

- $\frac{1}{4}$ cup cooked = 1 ounce MMA
- Liquid from canned beans, peas, and lentils does not credit, e.g., sauce in baked beans




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Crediting Example for Baked Beans in Sauce

- Does not credit as 1 ounce MMA
- To credit as 1 ounce, serving must contain $\frac{1}{4}$ cup of beans **before** added ingredients




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Menu Planning Considerations for Beans, Peas, and Lentils

- 1 serving credits as either MMA or vegetables/fruits but not both in same meal or snack
- If 2 different servings
 - 1 serving may credit as MMA
 - 1 serving may credit as vegetable




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CSDE Resource


Crediting Beans, Peas, and Lentils in the Summer Food Service Program




https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_beans_peas_lentils_sfsp.pdf

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Crediting Roasted Beans, Peas, and Lentils




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Examples of Roasted Beans, Peas, and Lentils

- Roasted chickpeas
- Roasted lentils
- Roasted soybeans (soy nuts)




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Serving Size for Roasted Beans, Peas, and Lentils

- Credit based on weight instead of volume
 - 1 ounce = 1 ounce MMA




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Crediting Hummus and Bean Dips




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Hummus and Bean Dips Credit Based on Ingredients

- Credit based on amount per serving
 - Cooked beans, peas, or lentils
 - Tahini (sesame paste) or other ground nut/seed butters




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Hummus and Bean Dips Credit Based on Ingredients

1 ounce MMA =

- **¼ cup** cooked beans, peas, and lentils
- **2 tablespoons** tahini or other ground nut/seed butters



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Required Documentation for Hummus and Bean Dips

Commercial products

- CN label or PFS


Foods made from scratch

- Recipe



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Crediting 100% Bean, Pea, or Lentil Flour Pasta Products

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Crediting 100% Bean, Pea, or Lentil Flour Pasta

- Must be offered with another MMA
- **Example:** Chickpea pasta with meat sauce





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Serving Size for 100% Bean, Pea, or Lentil Flour Pasta

- **¼ cup cooked** = 1 ounce MMA






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Crediting Examples for Bean, Pea, or Lentil Flour Pasta

- Example 1: Red Lentil Pasta
Ingredients: Red lentil flour
- Example 2: Chickpea flour Pasta
Ingredients: Chickpea flour




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Crediting Examples for Bean, Pea, or Lentil Flour Pasta

- Example 1: Red Lentil Pasta
Ingredients: Red lentil flour
- Example 2: Chickpea flour Pasta
Ingredients: Chickpea flour

100% lentil or chickpea flour




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USDA Resource

USDA Memo SP 26-2019, CACFP 13-2019, and SFSP 12-2019:
Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs





<https://www.fns.usda.gov/cn/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

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Crediting Yogurt and Soy Yogurt




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Serving Size for Yogurt and Soy Yogurt

- ½ cup or 4 ounces = 1 ounce MMA




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Same Crediting for All Types and Varieties of Yogurt

- Plain or flavored
- Sweetened or unsweetened
- Any fat content
- Added fruit (blended or on bottom)




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Crediting Yogurt in Smoothies

- May credit as MMA




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Required Documentation for Smoothies

- Must indicate amount of yogurt per serving
 - CN label or PFS for commercial products
 - Recipe for foods made from scratch



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Examples of Noncreditable Yogurt Products

- Drinkable/squeezable yogurt
- Frozen yogurt
- Homemade yogurt
 - Yogurt bars
 - Yogurt-covered cereal bars
 - Yogurt-covered fruits and nuts




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Crediting Yogurt in the Summer Food Service Program




https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_yogurt_sfsp.pdf

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Crediting Smoothies in the Summer Food Service Program




https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_smoothies_sfsp.pdf

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Crediting Nuts and Seeds





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Serving Size for Nuts and Seeds

- 1 ounce = 1 ounce MMA
- May credit as full MMA at any meal or snack






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Examples of Creditable Nuts and Seeds

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



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Crediting Nut and Seed Butters




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Examples of Creditable Nut and Seed Butters

- Almond butter
- Cashew butter
- Peanut butter
- Sesame seed butter
- Soy nut butter
- Sunflower seed butter





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Serving Size for Nut/Seed Butters

- 2 tablespoons = 1 ounce MMA







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Serving Size for Nut/Seed Butters at Lunch/Supper

- 4 tablespoons = 2 ounces MMA






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Serving Size for Nut/Seed Butters at Lunch/Supper


4 tablespoons = 2 ounces MMA



2 tablespoons peanut butter = 1 ounce MMA



½ cup of yogurt = 1 ounce MMA





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Serving Size for Nut/Seed Butters at Lunch/Supper

4 tablespoons = 2 ounces MMA






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Crediting Nuts and Seeds in the Summer Food Service Program



https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_nuts_seeds_sfsp.pdf

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Crediting Tofu and Tofu Products



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Crediting Requirements for Tofu and Tofu Products

1. Commercially prepared

2. Easily recognized as meat substitutes, e.g., tofu burgers and tofu sausages

3. Contain ≥ 5 grams of protein in 2.2 ounce serving = 1 ounce of MMA




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Crediting Tofu and Tofu Products in the Summer Food Service Program



https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_tofu_sfsp.pdf

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Crediting Tempeh

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Tempeh

A highly nutritious fermented soybean cake that is traditionally made from whole soybeans


Terms to Know

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Serving Size for Tempeh

- 1 ounce = 1 ounce MMA
- Applies only to products with specific ingredients
 - Soybeans (or other legumes)
 - Water
 - Tempeh culture
 - For some varieties, vinegar, seasonings, and herbs




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Crediting Tempeh with Other Creditable Ingredients

- Brown rice
- Sunflower seeds
- Sesame seeds
- Flax seeds
- Vegetables




Must have 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

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Surimi Seafood

A pasteurized, ready-to-eat, restructured seafood product that is usually made from pollock


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Crediting Surimi Seafood

- Amount of fish varies depending on manufacturer and product




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MMA Contribution of Surimi Seafood

Amount	MMA contribution *
1 ounce	¼ ounce (minimum creditable amount)
2 ounces	½ ounce
3 ounces	1 ounce
4.4 ounces	1½ ounces
6 ounces	2 ounces

* 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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Webinar: Additional MMA
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)

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APPs Must Meet Specific USDA criteria

- Appendix A of SFSP regulations




<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-225#Appendix-A-to-Part-225>

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Required Crediting Documentation for APP Products

- CN label
- PFS with supporting documentation from manufacturer




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Serving Size for APPs

- 1 ounce = 1 ounce MMA




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Questions and Answers on Alternate Protein Products



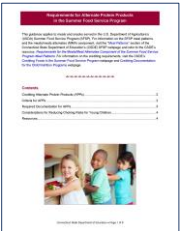
<https://www.fns.usda.gov/cn/labeling/qas-app>

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Requirements for Alternate Protein Products in the Summer Food Service Program



https://portal.ct.gov/-/media/sde/nutrition/nsfp/crediting/app_requirements_snp.pdf

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Noncredible MMA



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Examples of Noncredible MMA




- Bacon made from pork
- Commercial canned soups (e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice)
- Cream cheese, sour cream
- Egg whites without yolks
- Liquid egg substitutes
- Yogurt products, e.g., drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered breakfast bars, and yogurt-covered fruits and nuts
- Imitation cheese
- Salt pork, scrapple

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Noncredible Foods in the Summer Food Service Program



https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/noncredible_foods_sfsp.pdf

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USDA’s Best Practices for MMA

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USDA’s Recommended Best Practices for MMA

- Serve a variety of lean protein foods
- Limit servings of processed meats and poultry
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses



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Resources

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Requirements for the Meats/Meat Alternates Component of the Summer Food Service Program Meal Patterns



https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/component_mma_sfsp.pdf

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USDA Resource

Crediting Meats/Meat Alternates in the Child Nutrition Programs Tip Sheet



<https://fns-prod.azureedge.us/sites/default/files/resource-files/tn-crediting-MMA.pdf>

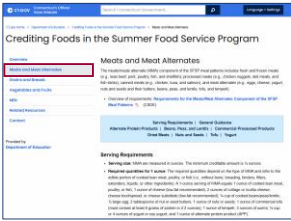
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Crediting Foods in the Summer Food Service Program

- Meats and Meat Alternates section



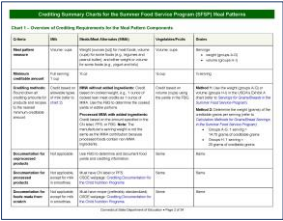
<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program>

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



https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/crediting_summary_charts_sfsp.pdf


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Crediting Documentation for the Child Nutrition Programs

- Child Nutrition labels
- Product formulation statements
- Nutrition information
- Accepting product documentation
- Standardized recipes
- Food Buying Guide for Child Nutrition Programs



<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

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Resources for the Summer Food Service Program Meal Patterns



https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpattern/resources_sfsp_meal_patterns.pdf

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Questions? Contact CSDE's Summer Meals Staff

https://portal.ct.gov/-/media/sde/nutrition/cnstaff/county_assign_summer_meals.pdf

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Thanks for participating!

More guidance and resources



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

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

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CSDE Nondiscrimination Statement

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.

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