

Module 8: Meat/Meat Alternates Component

1

What's in a Meal Modules

1: Introduction to Training	2: Introduction to School Meal Patterns	3: National School Lunch Program (NSLP) Meal Pattern	4: School Breakfast Program (SBP) Meal Pattern
5: Dietary Specifications	6: Meal Pattern Documentation	7: Milk Component	8: Meat/Meat Alternates Component
9: Fruits Component	10: Vegetables Component	11: Grains Component	12: Whole Grain-rich (WGR) Requirement
13: Grain Ounce Equivalents	14: Water Availability During Meal Service	15: Offer versus serve (OVS) in the NSLP	16: Offer versus serve (OVS) in the SBP

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

2

3

Module 8 Topics

- Difference between MMA and protein
- Required daily and weekly servings
- Offering MMA substitutions at breakfast
- Main dish requirement for lunch
- Crediting requirements
- Resources

4

Key Messages About MMA Component

Lunch

- Minimum daily and weekly ounce equivalents (oz eq)
- Must be main dish or main dish and one other item

5

Key Messages About MMA Component

Breakfast

- Optional
- May offer 1 oz eq MMA after offering 1 oz eq grains

6

Key Messages About MMA Component

All meals

- 1 ounce is not the same as 1 oz eq



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Key Messages About MMA Component

All meals

- Commercial processed MMA products cannot credit without Child Nutrition (CN) label or product formulation statement (PFS)




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Key Messages About MMA Component

All meals

- Use USDA's Food Buying Guide for Child Nutrition Program (FBG)





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WHAT'S IN A MEAL
Grades K-12

Difference Between MMA and Protein




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Meat/Meat Alternates

A food component of USDA's meal patterns for Child Nutrition Programs that includes animal and plant-based foods that are good sources of protein




Terms to Know

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MMA Component Includes

- Fresh and frozen meats
- Processed meats
- Canned meats
- Meat alternates



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Protein

One of the key nutrients found in meats and meat alternates

Terms to Know

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Difference Between MMA and Protein

Meal pattern component	
MMA	Yes
Protein	No *

* Except tofu and tofu products

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Daily and Weekly Lunch Meal Pattern Servings for MMA

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Lunch Meal Pattern

Grades	MMA Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-10	1	11-14
6-8	1	9-10	1	12½-14
9-12	2	10-12	2	14-17

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16

Lunch Meal Pattern

Grades	MMA Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-10	1	11-14
6-8	1	9-10	1	12½-14
9-12	2	10-12	2	14-17

Maximums provide menu planning target to meet weekly dietary specifications

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17

Lunch Meal Pattern

Grades	MMA Component (oz eq)			
	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-10	1	11-14
6-8	1	9-10	1	12½-14
9-12	2	10-12	2	14-17

Must offer > minimum daily amount on some days

1 oz eq daily = 5 oz eq

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18

Lunch Meal Pattern

MMA Component (oz eq)				
Grades	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-10	1	11-14
6-8	1	9-10	1	12½-14
9-12	2	10-12	2	14-17

Must offer > minimum daily amount on some days

1 oz eq daily = 5 oz eq

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19

Lunch Meal Pattern

MMA Component (oz eq)				
Grades	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-10	1	11-14
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9-12	2	10-12	2	14-17

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20

Lunch Meal Pattern

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	Daily	Weekly	Daily	Weekly
K-5	1	8-10	1	11-14
6-8	1	9-10	1	12½-14
9-12	2	10-12	2	14-17

Must offer > minimum daily amount on some days

1 oz eq daily = 5 oz eq

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21

Lunch Meal Pattern

MMA Component (oz eq)				
Grades	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-10	1	11-14
6-8	1	9-10	1	12½-14
9-12	2	10-12	2	14-17

5 days: 2 oz eq daily = 10 oz eq

7 days: 2 oz eq daily = 14 oz eq

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22

Lunch Meal Pattern

MMA Component (oz eq)				
Grades	5-day week		7-day week	
	Daily	Weekly	Daily	Weekly
K-5	1	8-10	1	11-14
6-8	1	9-10	1	12½-14
9-12	2	10-12	2	14-17


May serve larger amounts if weekly menu meets dietary specifications

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Lunch Meal Pattern: Grades K-8 Option

MMA Component (oz eq)			
5-day week		7-day week	
Daily	Weekly	Daily	Weekly
1	9-10	1	12½-14



Narrower weekly calorie range and stricter sodium limits

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CSDE Resource


Meal Patterns for Grades K-12 in School Nutrition Programs

Standard Grade Groups (K-5, 6-8, and 9-12)	Option for Breakfast
This table lists meal patterns that include the minimum required grain groups (K-5, 6-8, and 9-12).	This table lists meal patterns that include the minimum required meat/meat alternate group for the required grain groups for K-5 and 6-8. These meal patterns include a minimum required single meat or meat alternate group item.
Single Meat Alternates	
<ul style="list-style-type: none"> Friday Lunch (Grades K-5) Friday Lunch (Grades 6-8) Friday Lunch (Grades 9-12) 	<ul style="list-style-type: none"> Friday Lunch (Grades K-5 Option 1) Friday Lunch (Grades K-5 Option 2) Friday Lunch (Grades 6-8 Option 1) Friday Lunch (Grades 6-8 Option 2)
Single Meat Alternates	
<ul style="list-style-type: none"> Friday Lunch (All Grades) Friday Lunch (Grades K-5) Friday Lunch (Grades 6-8) Friday Lunch (Grades 9-12) 	<ul style="list-style-type: none"> Friday Lunch (Grades K-5 Option 1) Friday Lunch (Grades K-5 Option 2) Friday Lunch (Grades 6-8 Option 1) Friday Lunch (Grades 6-8 Option 2)
Single Meat Alternates	
<ul style="list-style-type: none"> Friday Lunch (All Grades) Friday Lunch (Grades K-5) Friday Lunch (Grades 6-8) Friday Lunch (Grades 9-12) 	<ul style="list-style-type: none"> Friday Lunch (Grades K-5 Option 1) Friday Lunch (Grades K-5 Option 2) Friday Lunch (Grades 6-8 Option 1) Friday Lunch (Grades 6-8 Option 2)

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

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MMA at Breakfast

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Breakfast Meal Pattern

- MMA not required
- Two options for crediting MMA




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Offering MMA at Breakfast


1

Offer MMA as creditable food



2

Offer MMA as extra food



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Substituting MMA for Grains at Breakfast


Requirement	Option 1: MMA as creditable food	Option 2: MMA as extra item
Must offer at least 1 oz eq of grains	Yes	Yes
Counts with grains toward weekly grains requirement	Yes	No
Counts as grain food item for offer versus serve (OVS)	Yes	No
Counts toward weekly dietary specifications	Yes	Yes

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29

USDA Resource

Offering Meats and Meat Alternates at School Breakfast



<https://www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast>

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Main Dish Requirement for Lunch

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MMA at Lunch Must be Served in


- Main dish OR
- Main dish and only one other food item

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Examples of Main Dish Requirement

Lunch for grades 9-12 = 2 oz eq MMA



4 tablespoons peanut butter = 2 oz eq


OR

2 tablespoons peanut butter = 1 oz eq

1 ounce cheese stick = 1 oz eq

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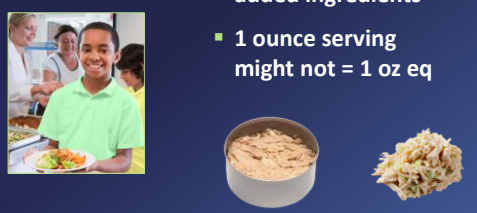
Serving Size for MMA Component

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Serving Size for MMA

- Refers to cooked amount without added ingredients
- 1 ounce serving might not = 1 oz eq



1 ounce = 1 oz eq


1 ounce = ?

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Serving Size for MMA

- Refers to cooked amount without added ingredients
- 1 ounce serving might not = 1 oz eq
- Minimum creditable amount = ¼ oz eq



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1 oz eq of MMA =


<p>1 ounce</p> <ul style="list-style-type: none"> • Cooked lean meat, poultry, or fish • Natural or process cheese • Tempeh • Alternate protein product (APP) • Nuts or seeds <p>2 ounces</p> <ul style="list-style-type: none"> • Cottage or ricotta cheese • Cheese food/spread • Cheese substitute <p>3 ounces</p> <ul style="list-style-type: none"> • Surimi 	<p>½ cup</p> <ul style="list-style-type: none"> • Yogurt or soy yogurt • Cooked beans and peas (legumes) <p>2.2 ounces (¼ cup)</p> <ul style="list-style-type: none"> • Commercial tofu with ≥ 5 grams of protein <p>2 tablespoons</p> <ul style="list-style-type: none"> • Nut or seed butters <p>½</p> <ul style="list-style-type: none"> • large egg
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Serving Size for MMA

- Must determine amount of uncooked product that yields cooked amounts needed for food production




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Serving Size for MMA

- Must determine amount of uncooked product that yields cooked amounts needed for food production
 - Use Food Buying Guide for Child Nutrition Programs (FBG)



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


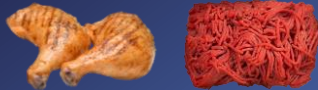
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Food Buying Guide

- 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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Crediting Requirements for MMA

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How to Credit

<ul style="list-style-type: none"> ▪ Commercial processed products ▪ Deli meats ▪ Dried meats ▪ Cheeses ▪ Eggs ▪ Legumes ▪ Nuts and seeds ▪ Nut and seed butters 	<ul style="list-style-type: none"> ▪ Yogurt and soy yogurt ▪ Tofu and tofu products ▪ Tempeh ▪ Surimi ▪ Alternate protein products (APPs)
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Crediting Commercial Processed Products

- Do not credit based on weight

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Crediting Commercial Processed Products

1 ounce = 1 oz eq MMA

1 ounce = ? MMA

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Crediting Commercial Processed Products

Documentation Required

CN label PFS

Commercial products without CN label or PFS do not credit

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CSDE Resource

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

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

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Crediting Deli Meats

- Required amount for 1 oz eq depends on ingredients
- Read ingredients before purchasing
 - Added liquids
 - Binders and extenders

Know how to credit correctly

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Liquids, Binders and Extenders

Product contains	Credits based on	
No liquids, binders, extenders (100% meat)	Weight (ounces)	1 ounce serving = 1 oz eq MMA
Liquids, binders, extenders	Percentage of meat in product formula	1 ounce serving = ? oz eq MMA

Requires CN label or PFS

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48



Examples of Products with Added Liquids, Binders, and Extenders

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Honey Ham

Ham, **water**, honey, salt, contains 2% or less sugar, sodium phosphates, **carrageenan**, sodium propionate, sodium diacetate, sodium benzoate, sodium ascorbate, sodium nitrate

Roasted Turkey

Turkey breast meat, **turkey broth**, contains 2% or less salt, sugar, **modified food starch**, corn syrup solids, sodium lactate, sodium phosphate, vinegar, flavoring

Requires CN label or PFS

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FBG Crediting of Deli Meats

Deli Meat Product	1 oz eq of MMA =
Turkey ham, fully cooked	1.4 ounces
Turkey ham, fully cooked, with 15% added ingredients	1.7 ounces
Ham with natural juices, fully cooked	1.12 ounces
Ham, water added, fully cooked	1.22 ounces

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51

Develop Standardized Recipes for Menu Items with Deli Meats

- Indicate contribution to MMA component based on specific weight of specific brand
- Round up weight of deli meat to nearest ¼ ounce

1.2 ounces

➤

1.25 ounces

1.6 ounces

➤

1.75 ounces

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Develop Standardized Recipes for Menu Items with Deli Meats

- If SFA makes same food item using different brands of deli meats, include specific weight of each brand

1 oz eq MMA per PFS

- ABC brand = 2 ounces
- XYZ brand = 2½ ounces

Recipe includes required weight for each brand

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Summary: Crediting Deli Meats


- Obtain CN label or PFS if product not listed in FBG
- Cannot credit based on serving weight unless product does not contain liquids, binders, or extenders

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54

CSDE Resource

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

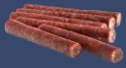


https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Deli_SNP.pdf

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Crediting Dried Meat



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

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56

Crediting Dried Meat

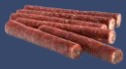


- Not listed in FBG
- Require CN label or PFS to credit
- Evaluate product's PFS for compliance with USDA crediting requirements

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57

Crediting Dried Meat



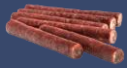
Three Requirements

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

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Crediting Dried Meat



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



Type	1 oz eq 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 = ¼ cup
Cheese substitute, cheese food substitute, and cheese spread substitute *	2 ounce

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

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Crediting Cheeses



Foods Containing Cheese


- Must maintain documentation



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Crediting Eggs




- Credit as meat alternates
- 1 oz eq MMA = ½ large egg
- Only whole eggs credit
 - Cannot credit egg whites without yolks
 - Cannot credit liquid egg substitutes
- Maintain documentation for egg-based foods

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64

Crediting Legumes




- Legumes = mature dry beans and peas (harvesting process)
- Beans and peas cooked from dry, canned, or frozen

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Crediting Legumes



Examples of Legumes





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

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Crediting Legumes

- Immature or fresh beans and peas are not legumes







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Crediting Legumes



- One serving may credit as MMA or vegetable but not both in same meal




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68

Crediting Legumes

Lunch Menu	
Menu item	Component
Chili (kidney beans) 	MMA
Salad with chickpeas 	Vegetables
Whole-grain roll	Grains
Orange slices	Fruits
Low-fat or fat-free milk	Milk




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Crediting Legumes

- 1 oz eq MMA = ¼ cup cooked legumes
- Minimum creditable amount = ⅙ cup (2 tablespoons)
- Liquid from canned legumes does not credit, e.g., sauce in baked beans




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70

Crediting Legumes

Roasted Legumes

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




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71

Crediting Legumes

Roasted Legumes


- One serving may credit as MMA or vegetable but not both in same meal



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72

Crediting Legumes




Roasted Legumes

- Credit based on weight
 - 1 oz eq MMA = 1 ounce
 - Minimum creditable amount = ¼ ounce
- Limit for lunch: ≤ 50% MMA
- Use discretion with individually wrapped snack-type legumes

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73

Crediting 100% Legume Flour Pasta



Ingredients:

Chickpea flour

Ingredients:

Red lentil flour

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74

Crediting 100% Legume Flour Pasta



- Credits as MMA if offered with another MMA
- 1 oz eq MMA = ¼ cup cooked




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75

CSDE Resource

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




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

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76

Crediting Nuts and Seeds




- Credit as meat alternates
 - Almonds
 - Brazil nuts
 - Cashews
 - Filberts
 - Macadamia nuts
 - Peanuts
 - Pine nuts
 - Pistachios
 - Pumpkin seeds
 - Soy nuts
 - Sunflower seeds

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77

Crediting Nuts and Seeds




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

Lunch for grades 9-12 = 2 oz eq MMA	
Nuts/seeds	1 ounce (1 oz eq)
Another MMA	1 oz eq

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Crediting Nut and Seed Butters





- Credit as meat alternates
 - Almond butter
 - Cashew butter
 - Peanut butter
 - Sesame seed butter
 - Soy nut butter
 - Sunflower seed butter

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Crediting Nut and Seed Butters

- 1 oz eq of MMA = 2 tablespoons of nut/seed butter

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Crediting Nut and Seed Butters



- 2 tablespoons = 1.1 ounces, not 1 ounce

1. Food as Purchased	2. Purchase Unit	3. Serving Size	4. Serving Size per 100g	5. Purchase Unit Weight	6. Additional Information
Almond Butter, Creamy	16 oz jar	2 Tbsp	2.00	16.00	2 Tbsp = about 1.1 oz nut/seed butter
Cashew Butter, Creamy	16 oz jar	2 Tbsp	2.00	16.00	2 Tbsp = about 1.1 oz nut/seed butter
Peanut Butter, Creamy	16 oz jar	2 Tbsp	2.00	16.00	2 Tbsp = about 1.1 oz nut/seed butter
Sesame Seed Butter, Creamy	16 oz jar	2 Tbsp	2.00	16.00	2 Tbsp = about 1.1 oz nut/seed butter
Soy Nut Butter, Creamy	16 oz jar	2 Tbsp	2.00	16.00	2 Tbsp = about 1.1 oz nut/seed butter
Sunflower Seed Butter, Creamy	16 oz jar	2 Tbsp	2.00	16.00	2 Tbsp = about 1.1 oz nut/seed butter

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 size for each grade group
- May be unreasonable to provide full serving of nut/seed butter in one menu item




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Crediting Nut and Seed Butters

Lunch for grades 9-12

2 oz eq MMA = 4 tablespoons peanut butter

2 tablespoons of peanut butter = 1 oz eq MMA

1/2 cup of yogurt = 1 oz eq MMA



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83

Crediting Nut and Seed Butters

Lunch for grades 9-12

2 oz eq MMA = 4 tablespoons peanut butter





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84

CSDE Resource

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_SNP.pdf

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85

Crediting Yogurt and Soy Yogurt



- Commercial products credit as meat alternates
- 1 oz eq = ½ cup volume or 4 ounces weight
- Same crediting for all types and varieties
 - Plain or flavored
 - Sweetened or unsweetened
 - Any fat content
 - Added fruit (blended or on bottom)

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86

Crediting Yogurt and Soy Yogurt



Noncreditable Yogurt Products

- Drinkable or squeezable yogurt
- Frozen yogurt
- Homemade yogurt
- Yogurt-flavored products
 - Yogurt bars
 - Yogurt bars




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87

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Crediting Yogurt for Grades K-12 in the National School Lunch Program and School Breakfast Program




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Yogurt_SNP_grades_K-12.pdf

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88

Crediting Tofu and Tofu Products




- Credits as meat alternate
- 1 oz eq of MMA = 2.2-ounce serving by weight (¾ cup volume)

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89

Crediting Tofu and Tofu Products



Crediting Requirements


- Commercially prepared
- Easily recognized as meat substitutes
- Contain ≥ 5 grams of protein

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90

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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 oz eq of MMA = 1 ounce of tempeh
- Applies only to products with specific ingredients

Soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs

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92

Crediting Tempeh



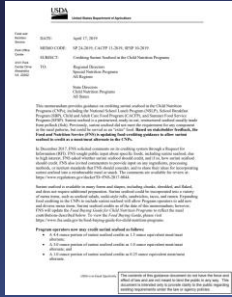
- If tempeh product contains other ingredients, must have CN label or PFS

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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




- Credits as meat alternate
- Amount of fish varies depending on manufacturer and product

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Crediting Surimi Seafood



Amount of surimi	MMA contribution *
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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96

USDA Resource

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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97

USDA Resource

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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98

Crediting Alternate Protein Products (APPs)




- APPs = food ingredients used alone or in combination with meat, poultry, or seafood
 - Soy flour
 - Soy concentrates
 - Soy isolates
 - Whey protein concentrate
 - Whey protein isolate
 - Casein

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99

Crediting Alternate Protein Products (APPs)




- Commercial products made with APPs must meet specific USDA criteria
 - Appendix A of NSLP and SBP regulations

[https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210#p-Appendix-A-to-Part-210\(I\),\(A\),\(1.\)](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210#p-Appendix-A-to-Part-210(I),(A),(1.))

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100

Crediting Alternate Protein Products (APPs)



- Commercial products made with APPs must meet specific USDA criteria
 - Appendix A of NSLP and SBP regulations


Must obtain documentation from manufacturer

[https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210#p-Appendix-A-to-Part-210\(I\),\(A\),\(1.\)](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210#p-Appendix-A-to-Part-210(I),(A),(1.))

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101

Crediting Alternate Protein Products (APPs)



Allowable Documentation


- CN label
- PFS with supporting documentation

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102

USDA Resource

Questions and Answers on Alternate Protein Products



<https://fns-prod.azureedge.us/sites/default/files/resource-files/APP-QAs-IndustryUpdated102022.pdf>

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103

CSDE Resource

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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104

How to Credit

- Commercial processed products
- Deli meats
- Dried meats
- Cheeses
- Eggs
- Legumes
- Nuts and seeds
- Nut and seed butters
- Yogurt and soy yogurt
- Tofu and tofu products
- Tempeh
- Surimi
- Alternate protein products (APPs)




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105

WHAT'S IN A MEAL
Grades K-12

Noncreditable MMA



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106

Examples of Noncreditable MMA


- Bacon (pork)
- Commercial canned soups, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice
- Cream cheese
- Egg whites without yolks
- Liquid egg substitutes
- Imitation cheese
- Sour cream
- Tofu products not easily recognized as meat substitutes
- Tofu that contains less than 5 grams of protein in 2.2-ounce serving by weight
- Yogurt products, such as drinkable or squeezable yogurt, frozen yogurt, yogurt bars, and yogurt-covered fruits and nuts

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107

CSDE Resource

Noncreditable Foods for Grades K-12 in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_grades_K-12.pdf

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108

Resources for Meat/Meat Alternates Component

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109

CSDE Resource

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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110

CSDE Resource

Child Nutrition (CN) Labeling Program

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

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111

CSDE Resource

Using Product Formulation Statements in the School Nutrition Programs

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

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112

CSDE Resource

Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs

Criteria	MHA	Meat/Meat Alternates (MMA)	Vegetables	Grains	Other
Meal Pattern	Required for all meal patterns	Required for all meal patterns	Required for all meal patterns	Required for all meal patterns	Required for all meal patterns
Minimum Crediting Amount	1 oz. dry weight	1 oz. dry weight	1/2 cup cooked	1/2 cup cooked	1/2 cup cooked
Minimum Crediting Amount (MMA)	1 oz. dry weight	1 oz. dry weight	1/2 cup cooked	1/2 cup cooked	1/2 cup cooked
Minimum Crediting Amount (MMA)	1 oz. dry weight	1 oz. dry weight	1/2 cup cooked	1/2 cup cooked	1/2 cup cooked

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Summary_Charts_SNP_Grades_K-12.pdf

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113

CSDE Webpage

Crediting Foods in School Nutrition Programs


<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#MMA>

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114

CSDE Resource

Resources for the School Meal Patterns for Grades K-12



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources_School_Meal_Patterns_grades_K-12.pdf

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115

Questions?

Contact the school nutrition programs staff



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

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116

Thank you for participating in module 8!



<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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117

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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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118

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119