

Module 8: Meats/Meat Alternates Component



**National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12**

**Module 8: Meats/Meat Alternates Component**

**CONNECTICUT**  
Education

Connecticut State Department of Education  
Bureau of Child Nutrition Programs

School Year 2024-25

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1

**What's in a Meal Training 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
  - Part A – School Menus
  - Part B – Crediting Commercial Processed Products
- 7: Milk Component
- 8: Meats/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>

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2



**Topics**

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3

**Topics**

- Difference between MMA and protein
- Required daily and weekly servings
- Allowable MMA
- Offering MMA at breakfast
- Main dish requirement for lunch
- Crediting requirements
- Noncreditable MMA
- USDA's optional best practices for MMA
- Resources



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4




**Key Messages**

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5

**Key Messages About MMA**

- Lunch: Minimum daily and weekly ounce equivalents (oz eq)
  - Must be main dish or main dish and one other item
- Breakfast: Minimum daily and weekly oz eq of combined grains/MMA component



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6

### Key Messages About MMA

- 1 ounce does not always = 1 oz eq




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7

### Key Messages About MMA

- Commercial processed MMA products cannot credit without Child Nutrition (CN) label or product formulation statement (PFS)
- Use USDA's Food Buying Guide for Child Nutrition Program (FBG)



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8

### Difference Between MMA and Protein



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9

### Meats/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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10

### MMA Component Includes

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

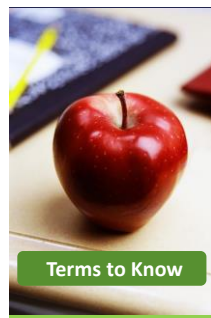


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11

### Protein

One of the key nutrients found in meats and meat alternates



Terms to Know

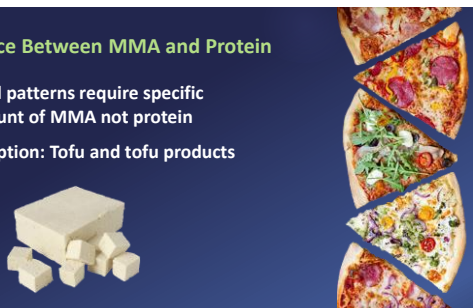
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12

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### Difference Between MMA and Protein

- Meal patterns require specific amount of MMA not protein
- Exception: Tofu and tofu products



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13



### Minimum Daily and Weekly Servings for Lunch

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14

### MMA Component of Lunch Meal Pattern

5-day week (oz eq)      7-day week (oz eq)

Grades	Daily	Weekly
K-5	1	8-10
6-8	1	9-10
9-12	2	10-12
K-8 option	1	9-10

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


May serve larger amounts if menu meets dietary specifications

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### More Information on Dietary Specifications

- Module 5: Dietary Specifications




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### Weekly MMA Maximums for Lunch

- Provide menu planning target to meet weekly dietary specifications
- Lunch menus that regularly include larger amounts might not comply




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17

### Weekly MMA Minimums at Lunch for Grades K-5, Grades 6-8, and Grades K-8 Option

- Minimum weekly oz eq = more than sum of daily oz eq
- Must offer more than minimum daily oz eq on some days



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18

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### Must Offer More Than Minimum Daily Oz Eq on Some Days for Grades K-5, 6-8, and K-8 Option

5-day lunch (oz eq)

1 oz eq daily = 5 oz eq weekly

Grades	Daily	Weekly
K-5	1	8-10
6-8	1	9-10
K-8 option	1	9-10

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19

### Offering Daily Minimum = Weekly Minimum for Grades 9-12

5-day week (oz eq)      7-day week (oz eq)

Grades	Daily	Weekly
9-12	2	10-12


Grades	Daily	Weekly
9-12	2	14-17

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20

### CSDE Webpage

#### Meal Patterns for Grades K-12 in School Nutrition Programs



<https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs/documents#LunchMealPatterns>

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21



### Minimum Daily and Weekly Servings for Breakfast

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22

### Grains/MMA Component of Breakfast Meal Pattern

5-day week (oz eq)      7-day week (oz eq)

Grades	Daily	Weekly
K-5	1	7-10
6-8	1	8-10
9-12	1	9-10


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

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23

### Daily Grains/MMA at Breakfast

- 1 oz eq of grains OR
- 1 oz eq MMA OR
- 1 oz eq combination



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24

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### Grains/MMA Component of Breakfast Meal Pattern

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


May serve larger amounts if menu meets dietary specifications

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25

### Weekly Maximums for Grains/MMA at Breakfast

- Provide menu planning target to meet weekly dietary specifications
- Breakfast menus that regularly include larger amounts might not comply




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26

### Weekly Minimums for Grains/MMA at Breakfast

- Minimum weekly oz eq = more than sum of daily 1 oz eq for all grades
- Must offer more than minimum daily 1 oz eq on some days



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27

### Breakfast Menus Must Offer More 1 Oz Eq on Some Days

5-day week (oz eq)

1 oz eq daily = 5 oz eq weekly


Grades	Daily	Weekly
K-5	1	7-10
6-8	1	8-10
9-12	1	9-10

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28

### Three Optional Grade Groups for Breakfast Meal Pattern

- Grades K-8
- Grades 6-12
- Grades K-12
- Same daily requirements for grains/MMA component
- Different weekly requirements
  - Narrower range for grains/MMA
  - Narrower weekly calorie range
  - Stricter sedum limits





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29

### More Information

- Module 2: Introduction to School Meal Patterns
- Module 4: School Breakfast Program Meal Pattern

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30



**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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31

**CSDE Webpage**

## Breakfast Meal Patterns for Grades K-12 in School Nutrition Programs

Breakfast Meal Patterns	
<p><b>Standard Breakfast (grades K-5, 6-8, 9-12)</b></p> <p>The standard breakfast pattern consists of the following meal components:</p> <p><b>1. Daily Meal Pattern:</b></p> <ul style="list-style-type: none"> <li>1. Any Breakfast Cereal 4.5 oz.</li> <li>2. Any Breakfast Cereal 4.5 oz.</li> <li>3. Any Breakfast Cereal 4.5 oz.</li> </ul> <p><b>2. Daily Meal Pattern:</b></p> <ul style="list-style-type: none"> <li>1. Any Breakfast 4.5 oz.</li> <li>2. Any Breakfast Cereal 4.5 oz.</li> <li>3. Any Breakfast Cereal 4.5 oz.</li> </ul> <p><b>3. Daily Meal Pattern:</b></p> <ul style="list-style-type: none"> <li>1. Any Breakfast 4.5 oz.</li> <li>2. Any Breakfast Cereal 4.5 oz.</li> <li>3. Any Breakfast Cereal 4.5 oz.</li> </ul>	<p><b>Options for Multiple Breakfast Events</b></p> <p>The breakfast meal pattern options listed in the table are only required when the school is offering breakfast to all students. Schools that do not offer breakfast to all students are not required to offer these meal patterns.</p> <p><b>4. Daily Meal Pattern Options:</b></p> <ul style="list-style-type: none"> <li>1. Any Breakfast 4.5 oz.</li> <li>2. Any Breakfast 4.5 oz.</li> <li>3. Any Breakfast 4.5 oz.</li> </ul> <p><b>5. Daily Meal Pattern Options:</b></p> <ul style="list-style-type: none"> <li>1. Any Breakfast 4.5 oz.</li> <li>2. Any Breakfast 4.5 oz.</li> <li>3. Any Breakfast 4.5 oz.</li> </ul>

<https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs/documents#BreakfastMealPatterns>

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32

## Main Dish Requirement for Lunch

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33

## MMA at Lunch Must Be Served in

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

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34

## Examples of Main Dish Requirement

Lunch for grades 9-12 = 2 oz eq MMA

2 ounces cheese = 2 oz eq

OR

2 tablespoons peanut butter = 1 oz eq

1 ounce cheese stick = 1 oz eq

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35

## Serving Size Requirements

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36

### Serving Size for MMA

- Refers to cooked amount of lean meat, lean poultry, or fish without added ingredients
  - Without bone
  - Without breading, binders, extenders, or any other ingredients

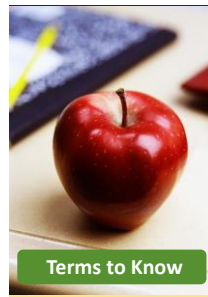


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37

### Lean Meats and Poultry

Contain less than 10 grams of fat, 4.5 grams or less of saturated fats, and less than 95 milligrams of cholesterol per 100 gram and per labeled serving size



**Terms to Know**

<https://www.dietaryguidelines.gov/>

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38

### 1 Ounce Serving Might Not = 1 oz eq



1 ounce = 1 oz eq      1 ounce = ?




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39

### How Much = 1 Oz Eq?

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



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40

### 1 ounce = 1 oz eq MMA

- Cooked lean meat, lean poultry, and fish
- Natural and process cheeses
- Tempeh
- Alternate protein products (APP)
- Nuts and seeds



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41

### 1 Oz Eq MMA =

<ul style="list-style-type: none"> <li><b>2 ounces</b> <ul style="list-style-type: none"> <li>Cottage or ricotta cheese</li> <li>Cheese food/spread</li> <li>Cheese substitute</li> </ul> </li> <li><b>3 ounces</b> <ul style="list-style-type: none"> <li>Surimi</li> </ul> </li> <li><b>½ cup or 4 ounces</b> <ul style="list-style-type: none"> <li>Yogurt or soy yogurt</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li><b>¼ cup</b> <ul style="list-style-type: none"> <li>Cooked beans, peas, and lentils</li> </ul> </li> <li><b>2.2 ounces (¾ cup)</b> <ul style="list-style-type: none"> <li>Commercial tofu with ≥ 5 grams of protein</li> </ul> </li> <li><b>2 tablespoons</b> <ul style="list-style-type: none"> <li>Nut and seed butters</li> </ul> </li> <li><b>Each</b> <ul style="list-style-type: none"> <li>½ large egg</li> </ul> </li> </ul>
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42

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### Determining Required Amount of MMA for 1 Oz Eq

- Use cooked yield
- Account for cooking losses
- 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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43

### Food Buying Guide

- Provides food yields and crediting information
- Ensures correct crediting




1  
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44

### More information About FBG


- Module 6: Meal Pattern Documentation, Part A – School Menus



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45

### Crediting Requirements for MMA



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46

### How to Credit

- Commercial processed products
- Deli meats
- Dried meats
- Cheeses
- Eggs
- Beans, peas, and lentils
- 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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47

### Crediting Commercial Processed Products



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48





**Commercial Processed Products**

Commercially prepared foods and beverages with added ingredients

- Includes many different types of MMA products

**Terms to Know**

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49

**Examples of Processed MMA Products**

- Pizza, 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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50

**Commercial Processed Products Do Not Credit Based on Serving Weight**



1 ounce = 1 oz eq MMA      1 ounce = ? MMA

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51

**Crediting Commercial Processed Foods**

- Must have CN label or PFS
- Commercial products without CN label or PFS cannot credit
- Must review prior to purchasing and serving




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52

**More Information About CN Labels and PFS**

- Module 6: Meal Pattern Documentation, Part B – Crediting Commercial Processed Products




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53

**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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54

**CSDE Resource**

**Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs**



[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_commercial\\_mma\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_commercial_mma_snp.pdf)

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55



**Crediting Deli Meats**

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56

**Examples of Deli Meats**

- Turkey
- Ham
- Roast beef
- Salami
- Bologna




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57

**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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58

**Liquids, Binders and Extenders**

Product contains	Credits based on	Crediting Example
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 <ul style="list-style-type: none"> <li>▪ Requires CN label or PFS</li> </ul>

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59

**Sample Products with Added Liquids, Binders, Extenders**

<p><b>Honey Ham</b></p> <p>Ham, <b>water</b>, honey, salt, contains 2% or less sugar, sodium phosphates, <b>carrageenan</b>, sodium propionate, sodium diacetate, sodium benzoate, sodium ascorbate, sodium nitrate</p>	<p><b>Roasted Turkey</b></p> <p>Turkey breast meat, <b>turkey broth</b>, contains 2% or less salt, sugar, <b>modified food starch</b>, corn syrup solids, sodium lactate, sodium phosphate, vinegar, flavoring</p>
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**CN label or PFS Required**

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60

### FBG Crediting for Some Deli Meats

Deli Meat Product	1 oz eq 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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61

### Develop Standardized Recipes for Menu Items with Deli Meats

- Indicate MMA based on specific weight of specific brand
- Round up weight of deli meat to nearest ¼ ounce
  - List 1.2 ounces as 1.25 ounces
  - List 1.6 ounces as 1.75 ounces




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62

### Turkey Sandwich Example

- High school makes turkey sandwich using ABC brand or XYZ brand turkey breast
- Manager uses each brand's PFS to determine weight for 1 oz eq MMA
  - ABC brand = 2 ounces per oz eq
  - XYZ brand = 2½ ounces per oz eq

School's standardized recipe includes required weight of each brand




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63

### 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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64

### CSDE Resource

#### Crediting Deli Meats in the School Nutrition Programs



[https://portal.ct.gov/-/media/sde/nutrition/nsp/crediting/credit\\_deli\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsp/crediting/credit_deli_snp.pdf)

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65

### Crediting Dried Meat Products



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66

### Examples of Dried Meat Products

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




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67

### Crediting Dried Meat 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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68

### Three Crediting Requirements for Dried Meats

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



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69

### Dried Meat Products with Ground Pork or Beef

- PFS must include percent fat
  - ≤ 30% fat




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70

### 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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71

### 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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72



### Crediting Cheeses

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73

### Crediting Cheeses

- Credit as meat alternates




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74

### Crediting Amounts for Cheeses

1 ounce = 1 oz eq MMA

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




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75

### Crediting Amounts for Cheeses

2 ounces or ¼ cup = 1 oz eq MMA

- Cottage cheese and ricotta cheese



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76

### Crediting Amounts for Cheeses

2 ounces = 1 oz eq MMA

- Cheese substitute, cheese food substitute, and cheese spread substitute \*

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



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77

### Foods Containing Cheese

- Must maintain documentation



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78





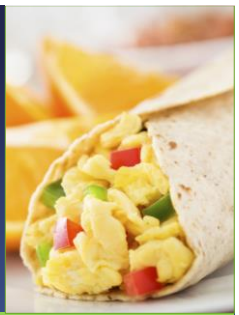
### Crediting Eggs

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79

### Crediting Eggs

- Credit as meat alternates
- ½ large egg = 1 oz eq MMA
- 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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80




### Crediting Beans, Peas, and Lentils

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81

### Beans, Peas, and Lentils = Pulses

- Dried edible seeds of legumes (plants that include pods)




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82

### 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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83

### Beans, Peas, and Lentils Do Not Include

- Immature or fresh beans and peas
  - Green beans
  - Wax beans
  - Snap peas
  - Fresh lima beans


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84

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### Crediting Considerations for Beans, Peas, and Lentils

- One serving may credit as MMA or vegetables but not both in same meal
- May credit as either vegetables or MMA in different meals
- If two servings, may credit one as MMA and one as vegetables




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85

### Crediting Example for Lunch

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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86

### More Information About Crediting Beans, Peas, and Lentils as Vegetables

- Module 10: Vegetables Component




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87

### Crediting Amounts for Beans, Peas, and Lentils

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





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88

### Crediting Roasted Beans, Peas, and Lentils

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





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89

### Crediting Roasted Beans, Peas, and Lentils

- Credit based on weight instead of volume
  - 1 ounce = 1 oz eq MMA
- Use discretion with individually wrapped snack-type products
- Identify meal component on menus



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90




### Crediting Pasta Products Made of 100% Bean, Pea, and Lentil Flours

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91

### Crediting Pasta Products Made of 100% Bean, Pea, and Lentil Flours

- May choose to credit as MMA if offered with another MMA
- Example: Chickpea pasta with meat sauce
- ¼ cup cooked = 1 oz eq MMA



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92

### Crediting Pasta Products Made of 100% Bean, Pea, and Lentil Flours

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

**100% bean/pea/lentil flour**




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93

### CSDE Resource


#### Crediting Beans, Peas, and Lentils in the School Nutrition Programs



[https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit\\_beans\\_peas\\_lentils\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/credit_beans_peas_lentils_snp.pdf)

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94




### Crediting Nuts and Seeds

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95

### Crediting Nuts and Seeds

- Credit as meat alternates




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96

**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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97

**Crediting Amounts for Nuts and Seeds**

- 1 ounce = 1 oz eq MMA



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98

**Crediting Nut and Seed Butters**



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99

**Crediting Nut and Seed Butters**

- Credit as meat alternates



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100

**Creditable Nut and Seed Butters**

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



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**Crediting Amounts for Nut and Seed Butters**

- 2 tablespoons = 1 oz eq MMA




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102



### Crediting Amounts for Nut and Seed Butters

- 2 tablespoons = 1.1 ounces not 1 ounce

Section 1 - Meats/Meat Alternates							
1. Food As Purchased - Unit	2. Purchase Unit	3. Servings per Unit	4. Serving Size per Unit - oz	5. Purchase Unit - oz	6. Additional Information		
<b>PEANUT BUTTER AND OTHER NUT AND SEED BUTTERS</b>							
Almond butter	1/2 cup	10	1.5 oz	15.00			
Cashew butter	1/2 cup	10	1.5 oz	15.00			
Coconut butter	1/2 cup	10	1.5 oz	15.00			
Flaxseed butter	1/2 cup	10	1.5 oz	15.00			
Macadamia nut butter	1/2 cup	10	1.5 oz	15.00			
Peanut butter	1/2 cup	10	1.5 oz	15.00			
Soybean butter	1/2 cup	10	1.5 oz	15.00			
Sunflower seed butter	1/2 cup	10	1.5 oz	15.00			
Tahini	1/2 cup	10	1.5 oz	15.00			
Walnut butter	1/2 cup	10	1.5 oz	15.00			

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section1\\_MeatsAndMeatAlternatesYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section1_MeatsAndMeatAlternatesYieldTable.pdf)

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103

### Serving Size Considerations for Nut and Seed Butters

- Appropriateness of serving size for each grade group
- Might be unreasonable to provide full serving in one menu item
  - Recommend smaller serving supplemented with another MMA

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104

### Crediting Example for Peanut Butter Sandwich


Lunch meal pattern for grades 9-12

2 oz eq MMA = 4 tablespoons of peanut butter

Option 1



2 tablespoons of peanut butter = 1 oz eq MMA



1/2 cup of yogurt = 1 oz eq MMA

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105

### Crediting Example for Peanut Butter Sandwich

Lunch meal pattern for grades 9-12

2 oz eq MMA = 4 tablespoons of peanut butter

Option 2




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106

### CSDE Resource

#### Crediting Nuts and Seeds in the School Nutrition Programs




[https://portal.ct.gov/-/media/sde/nutrition/nsp/crediting/credit\\_nuts\\_seeds\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsp/crediting/credit_nuts_seeds_snp.pdf)

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107

### Crediting Yogurt and Soy Yogurt




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108



### Crediting Yogurt and Soy Yogurt

- Commercial products credit as meat alternates
- Must meet FDA standard of identity
- ½ cup or 4 ounces = 1 oz eq MMA




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109

### Crediting Yogurt and Soy Yogurt

- Same crediting for all types and varieties




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110

### Crediting Yogurt and Soy Yogurt

- 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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111

### Noncreditable Yogurt Products

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




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112

### Final Rule Change to Yogurt Crediting for School Year 2025-26

**New added sugars limit**

- No more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce)




<https://www.fns.usda.gov/cn/fr-042524>

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113

### CSDE Resource

#### Crediting Yogurt for Grades K-12 in the School Nutrition Programs



[https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/credit\\_yogurt\\_snp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/credit_yogurt_snp_grades_k-12.pdf)

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114




### Crediting Tofu and Tofu Products

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115

### Crediting Tofu and Tofu Products

- Credits as meat alternate
- 2.2-ounces (¼ cup) = 1 oz eq MMA




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116

### Three Crediting Requirements for Tofu

1. Commercially prepared
2. Easily recognized as meat substitutes, e.g., tofu burgers and tofu sausages
3. Contain ≥ 5 grams of protein



Not easily recognized


- Tofu noodles
- Tofu blended into other foods

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117

### CSDE Resource

#### Crediting Tofu and Tofu Products in the School Nutrition Programs



[https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/credit\\_tofu\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/credit_tofu_snp.pdf)

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118



### Crediting Tempeh

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119



### Tempeh

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

Terms to Know


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120

### Crediting Tempeh

- Credits as meat alternate
- 1 ounce = 1 oz eq MIMA
- 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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121

### Crediting Tempeh with Other Creditable Ingredients

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

Must have CN label or PFS




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122

### 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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123

### Crediting Surimi Seafood



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124

### Surimi Seafood

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

Terms to Know



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125

### Crediting Surimi Seafood

- Amount of fish varies depending on manufacturer and product




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126

### Oz Eq Contribution of Surimi Seafood

Amount	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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127

### 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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128

### 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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129

### Crediting Alternate Protein Products (APPs)




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130

### Alternate Protein Products (APPs)

Food ingredients used alone or in combination with meat, poultry, or seafood




**Terms to Know**

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131

### How APPs are Used

- Entrees with a visible meat or meat alternate
  - Beef patties
  - Beef crumbles
  - Pizza topping
  - Tuna salad



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132

### How APPs are Used

- Other commercial products
  - Veggie burgers
  - Soy hotdogs
  - Meatless chicken nuggets or patties




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133

### Examples of APPs

- Soy flour
- Soy concentrate
- Soy isolate
- Whey protein concentrate
- Whey protein isolate
- Casein



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134

### Specific Crediting Criteria for Commercial Products with APPs

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



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135

### Allowable Documentation for APPs

- CN label
- PFS with supporting documentation from manufacturer



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136

### Crediting Amounts for APPs

- 1 ounce = 1 oz eq MMA

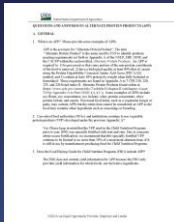


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137

### USDA Resource

#### Questions and Answers on Alternate Protein Products



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

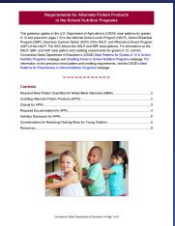
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138



**CSDE Resource**

**Requirements for Alternate Protein Products in the School Nutrition Programs**



[https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/app\\_requirements\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/app_requirements_snp.pdf)

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139

**How to Credit MMA**

- Commercial processed products
- Deli meats
- Dried meats
- Cheeses
- Eggs
- Beans, Peas, and Lentils
- 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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140



**Noncreditable MMA**

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141

**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
- Salt pork
- Scrappe
- Sour cream
- Tofu products not easily recognized as meat substitutes
- Tofu with < 5 grams of protein in 2.2-ounce serving
- Yogurt products, e.g., drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered breakfast bars, and yogurt-covered fruits and nuts

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142

**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/nsip/crediting/noncreditable\\_foods\\_snp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/noncreditable_foods_snp_grades_k-12.pdf)

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143



**USDA's Optional Best Practices for MMA**

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144

**Optional 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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145

**Resources**




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146

**CSDE Resource**

**Accepting Processed Product Documentation in the School Nutrition Programs**




[https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/accepting\\_processed\\_product\\_documentation\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/accepting_processed_product_documentation_snp.pdf)

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147

**CSDE Resource**

**Using Child Nutrition (CN) Labels in the School Nutrition Programs**



[https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/cn\\_labels\\_snp.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/cn_labels_snp.pdf)

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148

**CSDE Resource**

**Using Product Formulation Statements in the School Nutrition Programs**




[https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/product\\_formulation\\_statements.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/product_formulation_statements.pdf)

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149

**CSDE Resource**

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



[https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/crediting\\_summary\\_charts\\_snp\\_grades\\_k-12.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsip/crediting/crediting_summary_charts_snp_grades_k-12.pdf)

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150

Module 8: Meats/Meat Alternates Component

**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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151

**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](https://portal.ct.gov/-/media/sde/nutrition/nslp/mealpattern/resources_school_meal_patterns_grades_k-12.pdf)

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152

### Questions?

- Contact CSDE's school nutrition programs staff

<https://portal.ct.gov/-/media/sde/nutrition/cnstaff/counttyassign.pdf>

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153

Thanks for participating!

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

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154

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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) 255-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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155

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156