



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

Answer Key for Module 6 Worksheet: Reviewing Creditable Ingredients in a Product Formulation Statement

The product formulation statement (PFS) for a commercial processed product must provide specific information about the creditable ingredients. Each creditable ingredient listed on the PFS must match or have a similar description to:

- the ingredient listed on the product's label; and
- an entry in the U. S. Department of Agriculture's (USDA) *Food Buying Guide for Child Nutrition Programs* (FBG).

If the creditable ingredients are not an acceptable match, the school food authority (SFA) cannot accept the PFS as crediting documentation for the National School Lunch Program (NSLP) and School Breakfast Program (SBP) meal patterns. The SFA must request a revised PFS (and supporting documentation if needed) from the manufacturer. For guidance on the PFS forms and how to review a PFS, refer to the Connecticut State Department of Education's (CSDE) resource, *Using Product Formulation Statements in the School Nutrition Programs*.

Instructions: Review the FBG entries. In column C, enter the applicable FBG entry for the product's creditable ingredient. Compare column A with columns B and C to determine if the product meets the requirements below.

1. Does the creditable ingredient on the PFS (column A) match the ingredient listed on the product's label (column B)?
2. Does the creditable ingredient on the PFS (column A) match a description in the FBG (column C)?



Answer Key for Module 6 Worksheet: Reviewing the Creditable Ingredients in a Product Formulation Statement

Product 1: Meatballs		
Column A	Column B	Column C
Creditable ingredient on PFS	Ingredient on product label	FBG entry
Ground beef (no more than 30% fat)	Beef	Beef, Ground, fresh or frozen, no more than 30% fat
Review of creditable ingredient		
<p>1. Does the creditable ingredient on the PFS (column A) match the ingredient listed on the product's label (column B)? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>The ingredients statement does not indicate the specific type of beef or the percentage of fat.</p>		
<p>2. Does the creditable ingredient on the PFS (column A) match a description in the FBG (column C)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Matches FBG entry for "Beef, Ground, fresh or frozen, Market Style, no more than 30% fat."</p>		
<p>Is this PFS acceptable crediting documentation? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>To match the FBG description and PFS, the ingredient on the product label must indicate "ground beef, no more than 30% fat." For these meatballs to credit in school meals, the SFA must request a revised product label that provides this information.</p>		

Creditable ingredient on PFS (column A)

I. Meats

Fill out the chart below to determine the creditable amount of Meats.

DESCRIPTION OF CREDITABLE MEAT INGREDIENT PER FOOD BUYING GUIDE (FBG)	OUNCES PER RAW PORTION OF CREDITABLE MEAT INGREDIENT A	MULTIPLY	FBG YIELD ¹ B	CREDITABLE AMOUNT A x B
Ground beef, no more than 30% fat	3 ounces	x	0.70	2.1 ounces
		x		
		x		
C. Total Creditable Meats Amount⁵				2.1 ounces

¹ FBG yield = Additional Information column.

Ingredients statement (column B)

Ingredients: **beef**, water, breadcrumbs (wheat flour, salt, yeast seasoning [parmesan cheese [part skim cow's milk, cheese cultures, salt, enzymes]).

FBG entries for ground beef (column C)

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEEF, GROUND, fresh or frozen					
Beef, Ground, fresh or frozen <i>Market Style⁹, no more than 30% fat, (Like IMPS #136)</i>	Pound	11.20	1 oz cooked lean meat	9.00	1 lb AP = 0.70 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen ¹⁰ <i>no more than 26% fat, (Like IMPS #136)</i>	Pound	11.50	1 oz cooked lean meat	8.70	1 lb AP = 0.72 lb cooked, drained, lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.10	1 lb AP = 0.72 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen ¹⁰ <i>no more than 24% fat, (Like IMPS #136)</i>	Pound	11.60	1 oz cooked lean meat	8.70	1 lb AP = 0.73 lb cooked, drained, lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.90	1 lb AP = 0.73 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen ¹⁰ <i>no more than 20% fat, Includes USDA Foods, (Like IMPS #136)</i>	Pound	11.80	1 oz cooked lean meat	8.50	1 lb AP = 0.74 lb cooked, drained, lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.70	1 lb AP = 0.74 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen ¹⁰ <i>no more than 15% fat, (Like IMPS #136)</i>	Pound	12.00	1 oz cooked lean meat	8.40	1 lb AP = 0.75 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen ¹ <i>no more than 15% fat, (Like IMPS #136)</i>	Pound	8.00	1-1/2 oz cooked lean meat	12.50	1 lb AP = 0.75 lb cooked, drained, lean meat
Beef, Ground, fresh or frozen ¹⁰ <i>no more than 10% fat, (Like IMPS #136)</i>	Pound	12.10	1 oz cooked lean meat	8.30	1 lb AP = 0.76 lb cooked, drained, lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.40	1 lb AP = 0.76 lb cooked, drained, lean meat

IMPS = [Institutional Meat Purchase Specifications](#), a set of standard meat specifications maintained by the USDA Agricultural Marketing Service (AMS).

Answer Key for Module 6 Worksheet: Reviewing the Creditable Ingredients in a Product Formulation Statement



Product 2: Vegetarian Chili		
Column A	Column B	Column C
Creditable ingredient on PFS	Ingredient on product label	FBG entry
Kidney beans	Kidney beans	None
Review of creditable ingredient		
3. Does the creditable ingredient on the PFS (column A) match the ingredient listed on the product's label (column B)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No		
4. Does the creditable ingredient on the PFS (column A) match a description in the FBG (column C)? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No The PFS does not indicate whether the kidney beans are dry, canned, or frozen.		
Is this PFS acceptable crediting documentation? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No		
To match the FBG description, the PFS must list the specific form of kidney beans that matches the FBG. For example, canned kidney beans match the description for "beans, kidney, dry, canned." For this vegetarian chili to credit in school meals, the SFA must request a revised PFS that provides this information.		

Creditable ingredient on PFS (column A)

II. Meat Alternates

Fill out the chart below to determine the creditable amount of Meat Alternates.

DESCRIPTION OF CREDITABLE MEAT ALTERNATE INGREDIENT PER FOOD BUYING GUIDE (FBG)	OUNCES PER RAW PORTION OF CREDITABLE MEAT ALTERNATE INGREDIENT D	MULTIPLY x	FBG YIELD ² E	DIVIDE ÷	PURCHASE UNIT IN OUNCES F	CREDITABLE AMOUNT ² (% cup servings) D x E ÷ F
Kidney beans	1.635 oz (1/4 cup)	x	9.77	÷	16	1
		x		÷		
		x		÷		
G. Total Creditable Meat Alternates Amount⁵						1

² FBG yield = Servings per Purchase Unit column.

Ingredients statement (column B)


Ingredients: water, kidney beans, onions, diced tomatoes, whey protein isolate, soy flour, tomato paste, canola oil, chili powder, salt, garlic, basil, sugar.

FBG entries for kidney beans (column C)

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEANS, KIDNEY					
Beans, Kidney, dry Whole	Pound	16.50	3/8 cup cooked beans	6.10	1 lb dry = about 2-1/2 cups dry beans
	Pound	24.80	1/4 cup cooked beans	4.10	1 lb dry = about 2-1/2 cups dry beans
Beans, Kidney, dry, canned Whole, Includes USDA Foods	No. 10 Can (108 oz)	38.90	1/4 cup heated, drained beans	2.60	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
	No. 10 Can (108 oz)	25.90	3/8 cup heated, drained beans	3.90	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
	No. 10 Can (108 oz)	44.00	1/4 cup drained, unheated beans	2.30	1 No. 10 can = about 72 oz (11 cups) drained, unheated beans
	No. 10 Can (108 oz)	28.90	3/8 cup drained beans	3.50	1 No. 10 can = about 71.0 oz (10-3/4 cups) drained, unheated beans
	No. 2-1/2 Can (30 oz)	11.60	1/4 cup heated, drained beans	8.70	
	No. 2-1/2 Can (30 oz)	7.73	3/8 cup heated, drained beans	13.00	
	No. 2-1/2 Can (30 oz)	12.60	1/4 cup drained beans	8.00	
	No. 2-1/2 Can (30 oz)	8.40	3/8 cup drained beans	12.00	
	No. 300 Can (15-1/2 oz)	5.61	1/4 cup heated, drained beans	17.90	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans
	No. 300 Can (15-1/2 oz)	3.74	3/8 cup heated, drained beans	26.80	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans
No. 300 Can (15-1/2 oz)	5.88	1/4 cup drained	17.10	1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans	
Beans, Kidney, dry, canned Whole, Includes USDA Foods	Pound	9.77	1/4 cup unheated, drained beans	10.30	
Beans, Kidney, Dark Red, frozen Whole, IQF	Pound	11.00	1/4 cup heated, drained beans	9.10	1 lb AP = 2-3/4 cups heated, drained beans
	Pound	7.33	3/8 cup heated, drained beans	13.70	1 lb AP = 2-3/4 cups heated, drained beans
Beans, Kidney, White, frozen Whole, IQF	Pound	10.00	1/4 cup heated, drained beans	10.00	1 lb AP = 2-1/2 cups heated, drained beans
	Pound	6.65	3/8 cup heated, drained beans	15.10	1 lb AP = 2-1/2 cups heated, drained beans

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Product 3: Breaded Chicken Nuggets 		
Column A	Column B	Column C
Creditable ingredient on PFS	Ingredient on product label	FBG entry
Boneless chicken without skin	Chicken meat	Chicken, boneless, fresh or frozen, tenders, tenderloins, boneless chicken breast pieces without skin.”
Review of creditable ingredient		
5. Does the creditable ingredient on the PFS (column A) match the ingredient listed on the product’s label (column B)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Boneless chicken without skin is similar to chicken meat.		
6. Does the creditable ingredient on the PFS (column A) match a description in the FBG (column C)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Matches FBG entry for “Chicken, boneless, fresh or frozen, Tenders, Tenderloins, boneless chicken breast pieces without skin.”		
Is this PFS acceptable crediting documentation? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No The creditable ingredient on the PFS is similar to the ingredient on the product label and matches a description in the FBG.		

Ingredients statement (column B)

Ingredients: **chicken meat**, salt, onion powder, garlic powder, whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, salt, yellow corn flour, onion powder, natural extractives of paprika.

FBG entries for boneless chicken (column C)

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
CHICKEN, BONELESS, fresh or frozen					
Chicken, Boneless, fresh or frozen <i>With skin in natural proportions</i>	Pound	11.20	1 oz cooked poultry with skin	9.00	1 lb AP = 0.70 lb cooked chicken meat with skin
	Pound	7.46	1-1/2 oz cooked poultry with skin	13.50	1 lb AP = 0.70 lb cooked chicken meat with skin
Chicken, Boneless, fresh or frozen, Tenders <i>Tenderloins, (boneless chicken breast pieces without skin)</i>	Pound	11.60	1 oz cooked poultry	8.70	1 lb AP = 0.73 lb cooked chicken meat
	Pound	7.78	1-1/2 oz cooked poultry	12.90	1 lb AP = 0.73 lb cooked chicken meat



Creditable ingredient on PFS (column A)

I. Meats

Fill out the chart below to determine the creditable amount of Meats.

DESCRIPTION OF CREDITABLE MEAT INGREDIENT PER FOOD BUYING GUIDE (FBG)	OUNCES PER RAW PORTION OF CREDITABLE MEAT INGREDIENT A	MULTIPLY	FBG YIELD ¹ B	CREDITABLE AMOUNT A x B
Boneless chicken without skin	2.88 ounces	x	0.73	2.1 ounces
		x		
		x		
C. Total Creditable Meats Amount¹				2.1 ounces

¹ FBG yield = Additional Information column.

Answer Key for Module 6 Worksheet: Reviewing the Creditable Ingredients in a Product Formulation Statement

The CSDE's *What's in a Meal* training program is a series of recorded modules that provide comprehensive guidance on complying with the meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP. To access the training modules, visit the CSDE's [Meal Pattern Training for School Nutrition Programs](#) webpage.

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