



MAINE DEPARTMENT
OF EDUCATION
Child Nutrition Programs

Crediting Meal Components

Definitions

- **Component**: a required food group that must be offered as part of the meal pattern for a reimbursable meal.
- **Food Item**: a specific food offered from a food component.
- **Creditable foods**: foods that may be counted toward meeting meal pattern requirements for a reimbursable meal.

What is “Crediting”?

- Determining the actual amount of a food component (ex. grain) in a food product (ex. muffin).



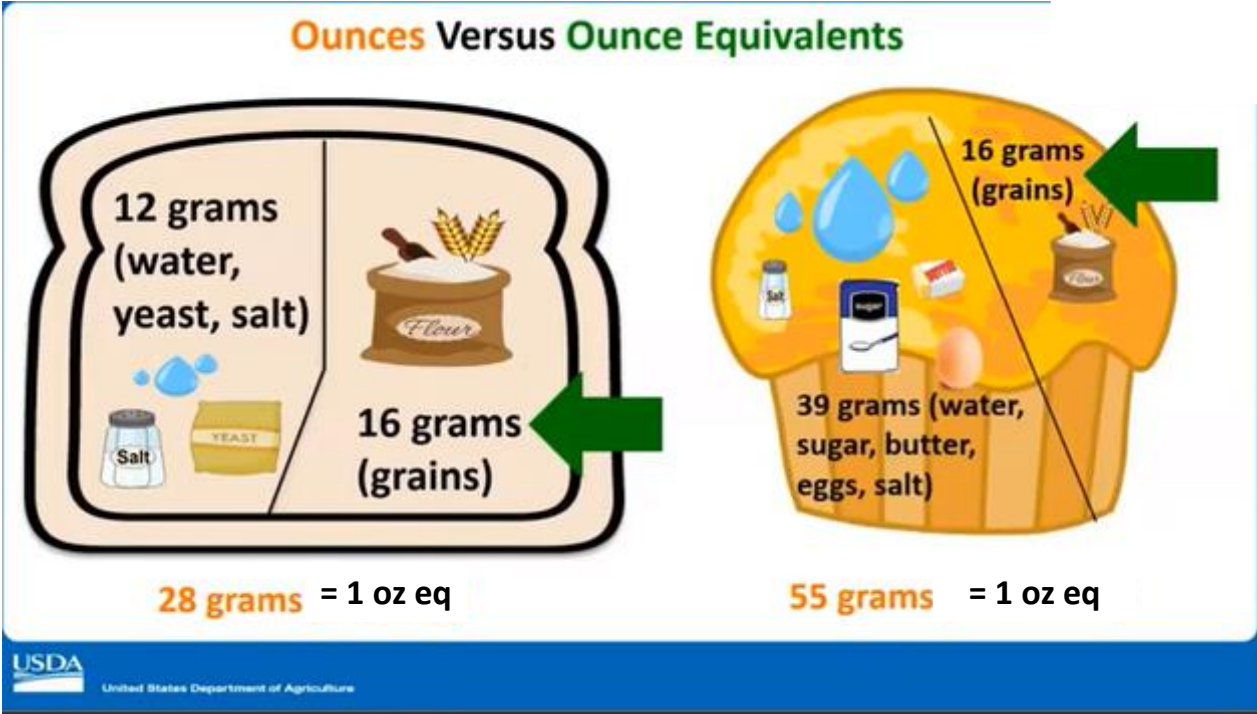
Crediting Grains and M/MA

Meal components ¹	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
Milk, fluid, cups ² Low-fat (1%) or fat-free milk, unflavored or flavored	1	5	1	5	1	5
Fruits, cups ³ Fruit juice: ≤ half of weekly fruits ⁴	½	2½	½	2½	1	5
Vegetables, cups ⁵ Vegetable juice: ≤ half of weekly vegetables ⁴	¾	3¾	¾	3¾	1	5
Dark green ⁶	0	½	0	½	0	½
Red/orange ⁷	0	¾	0	¾	0	1¼
Beans, peas, and lentils ⁸	0	½	0	½	0	½
Starchy ⁹	0	½	0	½	0	½
Other ¹⁰	0	½	0	½	0	¾
Additional vegetables to reach total ¹¹	0	1	0	1	0	1½
Grains, ounce equivalents (oz eq) ¹² Must be whole grain-rich (WGR) (≥ 80 percent) or enriched (≤ 20 percent) ¹³	1	8-9	1	8-10	2	10-12
Meats/meat alternates (MMA), oz eq ¹⁴	1	8-10	1	9-10	2	10-12

Crediting Grains: Ounce Equivalents (Oz Eq)

- ‘Ounce Equivalents’ is a standard unit of measure used to determine the amount of a food component (grain) in a serving of food (muffin)
- 1 ounce (unit of weight) = 28 grams
- **1 oz eq= 16 grams of grain**
- 1 ounce of a product by weight may or may not= 1 oz equivalent

Sliced Bread vs. Muffin



Tools for Crediting Grains

Pre-Made Item

- Exhibit A Grain Chart
- Nutrition Facts Label
- Product formulation statement/Child Nutrition (CN) label
- USDA Foods Information Sheets

Scratch-Made Item

- Recipe – calculate total amount of creditable grain
- Exhibit A Grain Chart

Crediting Grains: “Exhibit A” Chart

Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none">• Bread type coating• Bread sticks (hard)• Chew Mein noodles• Crackers (saltines and snack crackers)• Croutons• Pretzels (hard)• Stuffing (dry) Note: weights apply to bread in stuffing.	<ul style="list-style-type: none">• 1 oz eq = 22 gm or 0.8 oz• ¾ oz eq = 17 gm or 0.6 oz• ½ oz eq = 11 gm or 0.4 oz• ¼ oz eq = 6 gm or 0.2 oz

Step 1: find the product in a group on the left-hand side of the chart.

Step 2: look on the right-hand side to determine the minimum serving size required for that product.

Activity Using Exhibit A

Which of these is a 1-ounce equivalent?

.8 oz of Pretzels



2 oz Blueberry Muffin



½ cup cooked Rice



They all are!

Activity: Crediting Grains Using Exhibit A



Nutrition Facts

6 Servings Per Container

Serving Size 1 bagel (95g)

Amount per serving

Calories 270

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 450mg **20%**

Activity: Crediting Grains Using Exhibit A



Activity: Crediting Grains Using Exhibit A



Nutrition Facts	
1 Serving per container	
Serving size 1 Pouch (86g)	
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 35g	13%
Dietary Fiber 4g	13%
Total Sugars 11g	
Incl. 10g Added Sugars	20%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 3.6mg	20%

USDA's Online Exhibit A Grains Tool



WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

Food Items Search	Exhibit A Grains Tool	Download Food Buying Guide
FBG Calculator		Recipe Analysis Workbook (RAW)

foodbuyingguide.fns.usda.gov

Example: Blueberry Muffins

Program - Meal * NSLP - Lunch

Item Keywords: Muffin Search Clear Search

Choose Method * ○ Ounce Equivalent (oz eq) Grains (All Programs)
○ Grains/Breads Serving(s) (SFSP/NSLP Afterschool Snack Service)

Action	Item Name	Group	Grams per 1 oz eq	Ounces per 1 oz eq	Grams per 1 Bread Serving	Ounces per 1 Bread Serving
Add	English muffins	Group B	28 g	1 oz	25 g	0.9 oz
Add	Corn muffins	Group C	34 g	1.2 oz	31 g	1.1 oz
Add	Muffins (all, except corn)	Group D	55 g	2 oz	50 g	1.8 oz

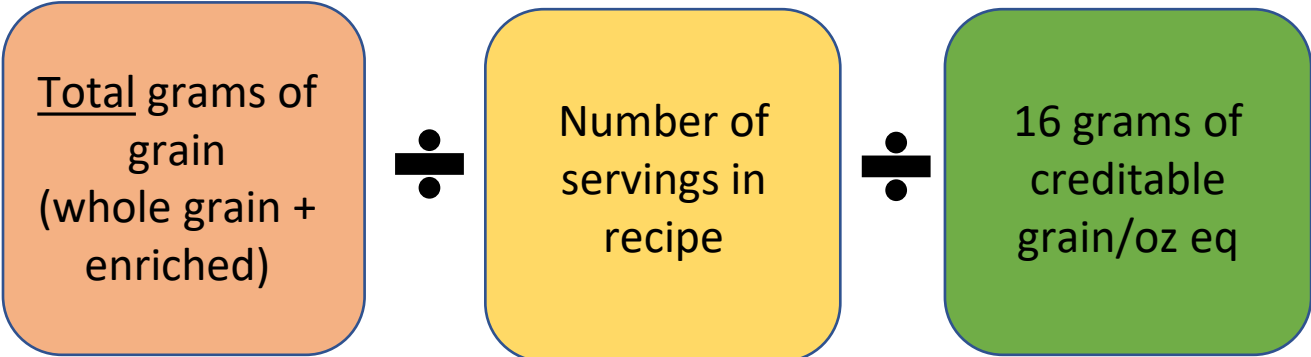
Grains Contribution | Amount to Serve | Amount to Serve by Age Group/Grade Group

Description of Food Item per Exhibit A	Serving Size (as provided on Product Label) ① Decimal Equivalents of Commonly Used Fractions	Measurement Unit	⑧ Grains Contribution
X Muffins (all, except corn)	⑤ <input type="text" value="2"/>	⑥ oz	1.00 oz eq grains

Grains Contribution: 2 oz of Muffins (all, except corn) provide 1.00 oz eq grains

Crediting Grains: Scratch-Made Items

Convert grams of grain in recipe...  to grain oz eq/serving



Crediting Grains: Scratch-Made Items

How does 1 muffin credit?

120 grams of flour = 1 cup

Total Grams of Grain: 2 ½ cups of flour =
300 grams

Total Grams of Grain / # of servings / 16
grams

$300 / 12 / 16 = 1.5 \text{ oz eq}$

INGREDIENTS

Yield: 12 muffins

½ cup melted unsalted butter, more for greasing tins

2½ cups whole wheat flour, preferably pastry flour

¾ to 1 cup sugar, depending on sweetness of fruit

2 teaspoons baking powder

¼ teaspoon baking soda

¼ teaspoon salt

1 cup mashed or puréed banana, sweet potato, apple, zucchini, cooked or canned pumpkin, or other fruits or vegetables

1 egg, beaten

½ cup buttermilk

Want An Easier Way? Use A Scale!



Rounding Rule of Crediting

- Always round down to the nearest quarter (0.25) ounce

ROUND DOWN



Crediting M/MA: Ounce Equivalents

- **Lean, whole muscle meat** = credits oz for oz
 - Boneless chicken
 - Beef or pork roast
- **Bone-in meats** = only credit edible portion
 - Chicken drumsticks
 - Pork chops

Ex. 1 (3.7oz) drumstick w/ bone & skin = 1.5 oz cooked meat
- **Ground meats** = use Food Buying Guide for crediting
 - Beef, pork, chicken, turkey
 - 1 lb of 85% ground beef= 0.75 lb cooked meat

Ounce Equivalents - M/MA

2 oz



2 oz



2 oz eq



Tools for Crediting M/MA

UNPROCESSED ITEMS

- Refer to the Food Buying Guide
 - If not in FBG does not credit!

PROCESSED ITEMS

- CN label or a manufacturer's product formulation statement
- USDA Foods Information Sheets
- Refer to the Food Buying Guide

Ounce Equivalents – M/MA



1 ounce equivalent

1 ounce cheese

2 Tbsp nut butter

1.6 oz deli turkey

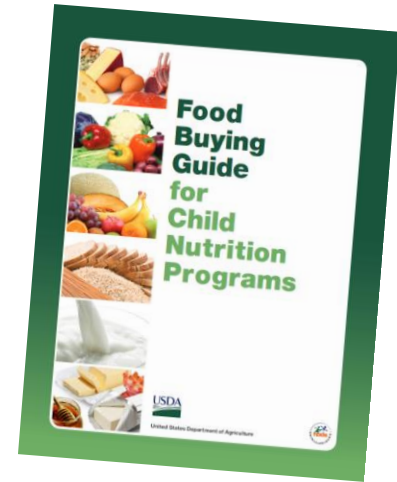
1.2 oz deli ham

4 oz yogurt



Crediting Resources

- ✓ Exhibit A Grain Chart
- ✓ Food Buying Guide
- ✓ Child Nutrition Labels
- ✓ Product Formulation Statement
- ✓ USDA Foods Information Sheets



Food Buying Guide

- Meal pattern contribution/crediting
- Amount of food to purchase or prepare
- FBG calculator
 - <https://foodbuyingguide.fns.usda.gov>
- RAW- Recipe Analysis Workbook

Raw vs. Cooked Weight

Section 1 - Meats/Meat Alternates					
1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
BEEF, GROUND, fresh or frozen					
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

How much M/MA does a 2.5 oz beef patty credit as?

1.75 oz M/MA

Crediting Commercially Produced Foods

- Need information from the manufacturer:
 - Child Nutrition (CN) Labels
 - Product Formulation Statements
 - Chicken burger/nuggets
 - Meatballs
 - Fish sticks
 - Corn dog
 - Pizza
 - Veggie Burger
 - Ravioli/lasagna



Crediting Commercially Produced Foods

- Possible creditable ingredients:
 - Cheese
 - Meat
 - Noodles
 - Tomato Sauce
- Amounts per serving?
- Serving size?



Child Nutrition (CN) Labels

- Product has been evaluated to determine its contribution toward the meal pattern
- For main dish M/MA and grain products
- Voluntary

Sample CN Logo:

The diagram shows a rectangular box with a double-line border. Inside the box, the text reads: "One 5.00 oz. Pizza with Ground Beef and Textured Vegetable Protein provides 2.00 oz. equivalent meat/meat meat alternate, ½ cup vegetable and 1 ½ servings of bread alternate for The Child Nutrition Meal Pattern Requirements. (Use of this logo And statement authorized by the Food and Nutrition Service, USDA XX-XX**.)". The text is centered. Above the text, the letters "CN" are followed by a horizontal line. Below the text, the letters "CN" are preceded by a horizontal line. To the right of the text, "XXXXXX*" is written. To the left of the text, "CN" is written vertically. To the right of the text, "CN" is written vertically. Below the box, there are two footnotes: "* CN identification number" and "** Month and Year of original approval".

One 5.00 oz. Pizza with Ground Beef and Textured Vegetable Protein provides 2.00 oz. equivalent meat/meat meat alternate, ½ cup vegetable and 1 ½ servings of bread alternate for The Child Nutrition Meal Pattern Requirements. (Use of this logo And statement authorized by the Food and Nutrition Service, USDA XX-XX**.)

* CN identification number
** Month and Year of original approval

CN Label Example



Feeding America's Children



AdvancePierre Foods, Inc.
9990 Princeton Glendale RD.
Cincinnati, OH 45246
www.advancepierre.com

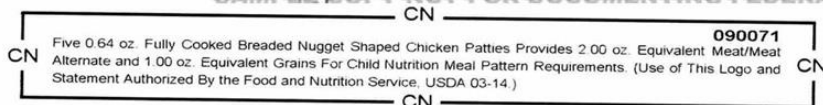
MEI-1491-V7A

Chicken Nuggets Breaded Nugget Shaped Chicken Patties Made with White Breast and Rib Meat

INGREDIENTS: Chicken Breast with Rib Meat, Water, Isolated Soy, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color), (May Contain Soy Lecithin)], Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color)], Salt, Potassium and Sodium Phosphates, Chicken Broth. Bread: Whole Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Potatoes (Potatoes, Mono and Diglycerides, Dextrose, Yeast, Sugar, Salt), Soybean Oil (Processing Aid). Batter: Water, [Whole Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potato Flour, Salt, Modified Corn Starch, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Chicken Flavor (Contains Maltodextrin, Salt, Natural Flavors), Hydrolyzed Corn Protein, Onion Powder, Garlic Powder, Yeast Extract, Chicken Broth, Spice]. Set in Vegetable Oil.

CONTAINS: Wheat, Soy

SAMPLE COPY NOT FOR DOCUMENTING FEDERAL MEAL REQUIREMENTS



Keep Frozen

Fully Cooked

Net Wt. 10 Lbs.

33-506-0



00880760802294

Product Formulation Statement

- Request when purchasing a processed product without a CN label
- Demonstrates how a processed product contributes toward the meal pattern requirements
- Signed document from the manufacturer

ADVANCEPIERRE OFFICE
1000 Main Street
Orlando, FL 32801
Phone: 407-241-1111
Fax: 407-241-1111

AdvancePierre Foods

**PRODUCT ANALYSIS FORM FOR NON-CN PRODUCTS
PRODUCT FORMULATION STATEMENT FOR MEAT/MEAT ALTERNATE (M/MA) AND BREAD/BREAD ALTERNATE (B/BA)**

Product Name: Fully Cooked Mini Breaded Chicken Breast Fillet with Rib Meat with Buns Code No. 30715
 Manufacturer: AdvancePierre Foods, Inc.
 Case/Pack/Count/Portion Size: Not Wt 11.25 Lbs. / Bulk Packed / 72/1.5 oz. Fillets & 72/1 oz. Buns

I. Meat/Meat Alternate
 The chart below shows the creditable amount of Meat/Meat Alternate determination.

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredients	Multiply	Food Buying Guide Yield	Creditable Amount*
Chicken Breast with Rib Meat	1.018	x	70%	0.713
		x		
		x		
A. Total Creditable Amount¹				0.713

*Creditable Amount – Multiply ounces per raw portion of creditable ingredient by the Food Buying Guide yield.

II. Alternate Protein Product (APP)
 If the product contains APP, the chart below to determine the creditable amount of APP is filled out. If APP is used, documentation as described in Attachment A of the sample statement for each APP used is provided.

Description of APP, Manufacturer's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-is ²	Divide by 18 ³	Creditable Amount APP ⁴
		x		= by 18	
		x		= by 18	
B. Total Creditable Amount¹					
C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest 1/4 oz)¹					0.50

¹Percent of Protein As-is is provided on the attached APP documentation.
²18 is the percent of protein when fully hydrated.
³Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.
⁴Total Creditable Amount must be rounded DOWN to the nearest 0.25oz (1.43 would round down to 1.25 or most equivalent). Do NOT round up. If you are also crediting APP, you do not need to round down in box A until after you have added the creditable APP amount from box B.

III. Bread/Bread Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredients	% of Enrichment	Formula ¹	Creditable Amount ²
Bread	0.290	75%	x 28.35 = 16	0.340
Roller	0.243	4%	x 28.35 = 16	0.140
Mini bun	1.00	N/A	1 serving = 35g/ 1 oz.	1.00
D. Total Creditable Amount for Bread/Bread Alternate¹				1.25

¹Ounces x percent of ingredient x percent of enrichment x 28.35 gm credit per serving = 16 grams per bread/bread alternate serving.
²Total Creditable Amount must be rounded DOWN to the nearest 1/4 serving. Do NOT round up.

Total weight (per portion) of product as purchased: **1.50 oz. fillet plus 1.00 oz. bun**

I certify that the above information is true and correct and that a 2.50-ounce serving of the above product (ready for serving) contains 0.50 ounces of equivalent meat and 1-1/4 servings of bread/bread alternate when prepared according to directions.

(Reminder: Total creditable amount cannot count for more than the total weight of product)

I further certify that any APP used in this product conforms to Food and Nutrition Service regulations (7 CFR Parts 210, 220, 225 or 226 Appendix A).

Lena Seckman
Lena Seckman
Labeling Coordinator

January 14, 2014
Date



I. Meat/Meat Alternate

The chart below shows the creditable amount of Meat/Meat Alternate determination.

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount*
Chicken Breast with Rib Meat	1.018	x	70%	0.743
		x		
		x		
A. Total Creditable Amount¹				0.743

*Creditable Amount – Multiply ounces per raw portion of creditable ingredient by the Food Buying Guide yield.

I certify that the above information is true and correct and that a 2.50 - ounce serving of the above product (ready for serving) contains 0.50 ounces of equivalent meat and 1-1/4 servings of bread/bread alternate when prepared according to directions.

(Reminder: Total creditable amount cannot count for more than the total weight of product)

I further certify that any APP used in this product conforms to Food and Nutrition Service regulations (7CFR Parts 210, 220, 225 or 226 Appendix A).

Lena Seckman

Lena Seckman
Labeling Coordinator

January 14, 2014

Date

Creditable Amount APP**

0.50

¹Total Creditable Amount must be rounded **down** to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do **not** round up. If you are also crediting APP, you do not need to round down in box A until after you have added the creditable APP amount from box B.

III. Bread/Bread Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	% of Enrichment	Formula ¹	Creditable Amount ²
Breader	0.256	75%	$x 28.35 \div 16$	0.340
Batter	0.048	47%	$x 28.35 \div 16$	0.040
Mini Bun	1.00	N/A	1 serving = 28g / 1 oz.	1.00
D. Total Creditable Amount for Bread/Bread Alternate²				1.25

¹Ounces x percent of Ingredient x percent of Enrichment x 28.35 gm credit per serving \div 16 grams per bread/bread alternate serving.

²Total Creditable Amount must be rounded **down** to the nearest 1/4 serving. Do **not** round up.



United States Department of Agriculture



USDA Foods in Schools

110851 - Alaska Pollock Fish Sticks

Category: **Meat/Meat Alternate**



Product Description

- This item is uncooked, oven-ready, single frozen Alaska Pollock fish sticks made from deep skinned fillet, with a whole grain-rich breading. This product is delivered frozen in cases containing four 10-pound packages or eight 5-pound packages.

Crediting/Yield

- One case of Alaska Pollock fish sticks provides about 320 2-ounce portions.
- CN Crediting: 2 ounces of Alaska Pollock fish sticks credit as 1 ounce equivalent meat/meat alternate and 1/2 ounce equivalent grain. Please use the CN label or product formulation statement to confirm crediting information.

Nutrition Facts

Serving size: 2 ounces (57g)/1 MMA whole grain-rich breaded fish sticks

Amount Per Serving

Calories 105

Total Fat 5g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 20mg

Sodium 200mg

Total Carbohydrate 11g

Dietary Fiber 0g

Sugars 0g

Protein 6g

Source: USDA Foods Vendor Labels

Crediting School-made Combination Foods

- Combination foods – contain more than one component
 - i.e. cheeseburger



Crediting School-made Combination Foods

- What kind/how much ground beef?
- How much cheese are you putting on each burger?
- What does the bun weigh?
- How much of each vegetable are you putting on each burger?



Crediting School-made Combination Foods

- The combined amount of meat and cheese on each burger = amount to credit toward the M/MA component
- M/MA minimum serving size/day – 1 oz eq k-8 and 2 oz eq 9-12



Crediting School-made Combination Foods: Sandwiches

- Burger patty:
 - Pre-cooked: CN label/PFS
 - Raw burger: Food Buying Guide
 - 1 lb of 85% ground beef= 0.75 lb cooked meat
 - 3 oz raw portion = 2.25 oz eq MMA
- Cheese:
 - Hard cheeses credit ounce for ounce
 - Look at serving size on nutrition facts label
 - ½ ounce slice - .5 oz eq MMA
- Burger Bun
 - Refer to label and Exhibit A Grain Chart



Crediting Fruits and Vegetables

Meal components ¹	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
Milk, fluid, cups ² Low-fat (1%) or fat-free milk, unflavored or flavored	1	5	1	5	1	5
Fruits, cups ³ Fruit juice: ≤ half of weekly fruits ⁴	½	2½	½	2½	1	5
Vegetables, cups ⁵ Vegetable juice: ≤ half of weekly vegetables ⁴	¾	3¾	¾	3¾	1	5
Dark green ⁶	0	½	0	½	0	½
Red/orange ⁷	0	¾	0	¾	0	1¼
Beans, peas, and lentils ⁸	0	½	0	½	0	½
Starchy ⁹	0	½	0	½	0	½
Other ¹⁰	0	½	0	½	0	¾
Additional vegetables to reach total ¹¹	0	1	0	1	0	1½
Grains, ounce equivalents (oz eq) ¹² Must be whole grain-rich (WGR) (≥ 80 percent) or enriched (≤ 20 percent) ¹³	1	8-9	1	8-10	2	10-12
Meats/meat alternates (MMA), oz eq ¹⁴	1	8-10	1	9-10	2	10-12

Weight vs. Volume

Weight

≠

Measure

4 oz

=

> $\frac{3}{4}$ cup



Raw Leafy Greens

- Credit half the volume served



1 cup given



½ cup vegetable

Dried Fruits

- Credit double the volume served



$\frac{1}{4}$ cup given



$\frac{1}{2}$ cup fruit

Non-Creditable Foods

Do not count as a meal component:

- Cream Cheese, sour cream, ice cream
- Pudding
- Bacon, Salami
- Potato chips
- Condiments



Crediting Tools/Trainings

- Basic Culinary Math- Institute of Child Nutrition
 - Converting measurements, recipe scaling, calculating food costs
- Standardized recipe resources- includes crediting information
 - Child Nutrition Recipe Box (USDA recipes)
 - Culinary Classroom recipes
 - Healthy School Recipes

Standardized Recipe Resources



[Celebrate](#) [Recipes](#) [About](#) [Login](#)

Home > Recipes for Schools



Recipes for Schools

- These recipes provide school nutrition program operators with delicious new dishes that meet school meal pattern requirements.
- These recipes are standardized to provide updated crediting information, including the vegetable subgroups.
- **These recipes yield 50 or 100 servings.**

[Scroll down](#) to browse through our recipes for schools



Sweet Potato & Turkey Nachos State (Illinois)
Child Nutrition Agency Developed Recipe

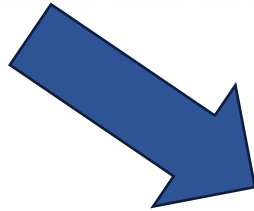
Culinary Classroom



If you have questions regarding the Culinary Classroom, please contact a member of the [Child Nutrition staff](#).

Recipes, Tips & Ideas from the Culinary Classroom

Looking for some new recipe ideas? Want to make things in your kitchen more efficient?
Check out the [videos and recipes](#) that come straight from the Child Nutrition Culinary Classroom



Harvest of the Month & Local Foods

To view the the culinary demonstrations associated with many of these recipes, visit the [Child Nutrition Culinary Classroom-Harvest of the Month](#) YouTube playlist or the [Child Nutrition Culinary Classroom-Local Foods](#) YouTube playlist.

January - Potatoes

[Cheddar Cheese Potato Breakfast](#)

[Cheesy Potato Ham Soup](#)

[Pops Roasted Potatoes](#)

[Potato Salad](#)

February - Root Vegetables

[Carrot Quinoa Muffins](#)

[Carrot Raisin Salad](#)

[Roasted Root Vegetable Hash](#)

March - Protein

[Buffalo Tofu](#)

[Crunchy Baked Fish with Aioli Dipping Sauce](#)

[Fish Po Boy](#)

[Tofu Lo Mein](#)

[Tofu Tikka Masala](#)

National School Lunch & Breakfast Programs

Recipe links with (NSLP & CACFP) mean they credit for both programs

To view the the culinary demonstrations associated with many of these recipes, visit the [Child Nutrition Culinary Classroom-National School Lunch Program](#) YouTube playlist.

[Apple Maple Bread](#)

[BBQ Pulled Pork Two Ways](#)

[Beef and Broccoli Bowl](#)

[Berry Smoothie Bowl](#)

[Big Mac Salads \(NSLP & CACFP\)](#)

[Black Bean Burrito Bowl](#)

[Breakfast Burrito](#)

[Breakfast Sushi](#)

[Broccoli Salad](#)

[Buckwheat Oat Muffins](#)

[Buffalo Cauliflower](#)

[Buffalo Chicken Dip](#)

[Cheddar Broccoli Soup \(NSLP & CACFP\)](#)



Use the filters below to narrow your search



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Have a great recipe you'd like to share with districts across the country? Submit your recipe and



USDA STANDARDIZED RECIPES

BBQ Ranch Dressing

May 21, 2022



USDA STANDARDIZED RECIPES

Homemade Granola

May 19, 2022



CULINARY INSTITUTE OF CHILD NUTRITION, USDA STANDARDIZED RECIPES

Southwest-Style Cornbread





Questions



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[@MaineDepartmentofEducation1](https://www.facebook.com/MaineDepartmentofEducation1)



Activity: Crediting Grains Using Exhibit A



Nutrition Facts		Chocolate Chip
Serving size 1 bar		(24g)
Amount per serving		
Calories		100
		% Daily Value*
Total Fat	4g	5%
Saturated Fat	1g	6%
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	1.5g	
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	17g	6%
Dietary Fiber	3g	10%
Total Sugars	5g	
Includes Added Sugars	5g	10%
Sugar Alcohol	0g	
Protein	1g	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general		
Vitamin D	0mcg	0%
Calcium	110mg	8%
Iron	0.6mg	2%
Potassium	50mg	0%

Crediting School-made Combination

Fo

Rice (Group H) <i>Brown, Long grain, Regular, Dry</i>	Pound	17.50	1/4 cup cooked	5.80	1 lb dry = about 2-1/2 cups dry brown rice; 1 lb dry = about 4-3/8 cups cooked; 1 cup dry = about 1-3/4 cups cooked
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1 cup dry rice = @ 1 ¾ cups cooked rice

Charlie's Chicken Curry Casserole 6 (3/4 c) servings

- 1c Brown rice, long-grain, dry
- 1 Tbsp Canola oil
- 3/4 c Low-sodium chicken broth
- ¾ c Fresh celery, diced
- 1c Fresh onions, diced
- 1 ¼ c Fresh carrots, shredded
- 1 ½ tsp Curry powder
- 1 tsp Garlic powder
- ½ tsp Ground black pepper
- ¾ tsp Salt
- 12 oz Cooked boneless chicken, diced

Crediting School-made Combination Foods: Casseroles

Lean meats credit ounce
for ounce



12 oz diced chicken=
12 oz M

Charlie's Chicken Curry Casserole

6 (3/4 c) servings

- 1c Brown rice, long-grain, dry
- 1 Tbsp Canola oil
- 3/4 c Low-sodium chicken broth
- 3/4 c Fresh celery, diced
- 1c Fresh onions, diced
- 1 1/4 c Fresh carrots, shredded
- 1 1/2 tsp Curry powder
- 1 tsp Garlic powder
- 1/2 tsp Ground black pepper
- 3/4 tsp Salt
- 12 oz Cooked boneless chicken, diced

Crediting School-made Combination Foods: Casseroles

Totals:



Rice/Grain:

1.75 c / 6 servings = .29 - .25 cups

Chicken/M/MA:

12 oz M/MA / 6 servings = 2 oz eq

MMA per serving

Crediting per serving:

½ serving grains

2 oz M/MA

Charlie's Chicken Curry Casserole

6 (3/4 c) servings

1c	Brown rice, long-grain, dry
1 Tbsp	Canola oil
3/4 c	Low-sodium chicken broth
¾ c	Fresh celery, diced
1c	Fresh onions, diced
1 ¼ c	Fresh carrots, shredded
1 ½ tsp	Curry powder
1 tsp	Garlic powder
½ tsp	Ground black pepper
¾ tsp	Salt
12 oz	Cooked boneless chicken, diced

Creating School-Made Combination Foods: Sandwiches

How much bread per sandwich?

How much MMA? (nut butter, deli meat, cheese)

Bread:

- Use nutrition facts label and Exhibit A Grain Chart

PB & J:

- 2 Tbsp nut/seed butter = 1 oz eq MA
- Jelly/jam is not creditable

Deli Meat

- 100% meat = ounce for ounce
- With fillers = Food Buying Guide, PFS, USDA Food
- Ex. 1.6 oz deli turkey = 1 oz eq



How Does This Sandwich Credit?

Does this meet the daily Requirements k-8?

Does this meet the daily requirements 9-12?

If offered every day, does this meet the weekly requirements k-8?

If offered every day, does this meet the weekly requirements 9-12?

PB & J

(Makes 1 sandwich)

2 slices WW bread (1 oz ea)

2 TBSP Peanut or other nut/seed butter

1 TBSP Jelly

2 oz eq Grain

1 MMA