



MAINE DEPARTMENT
OF EDUCATION
Child Nutrition Programs

Crediting Meal Components in NSLP and SBP

What is “Crediting”?

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



Crediting Grains

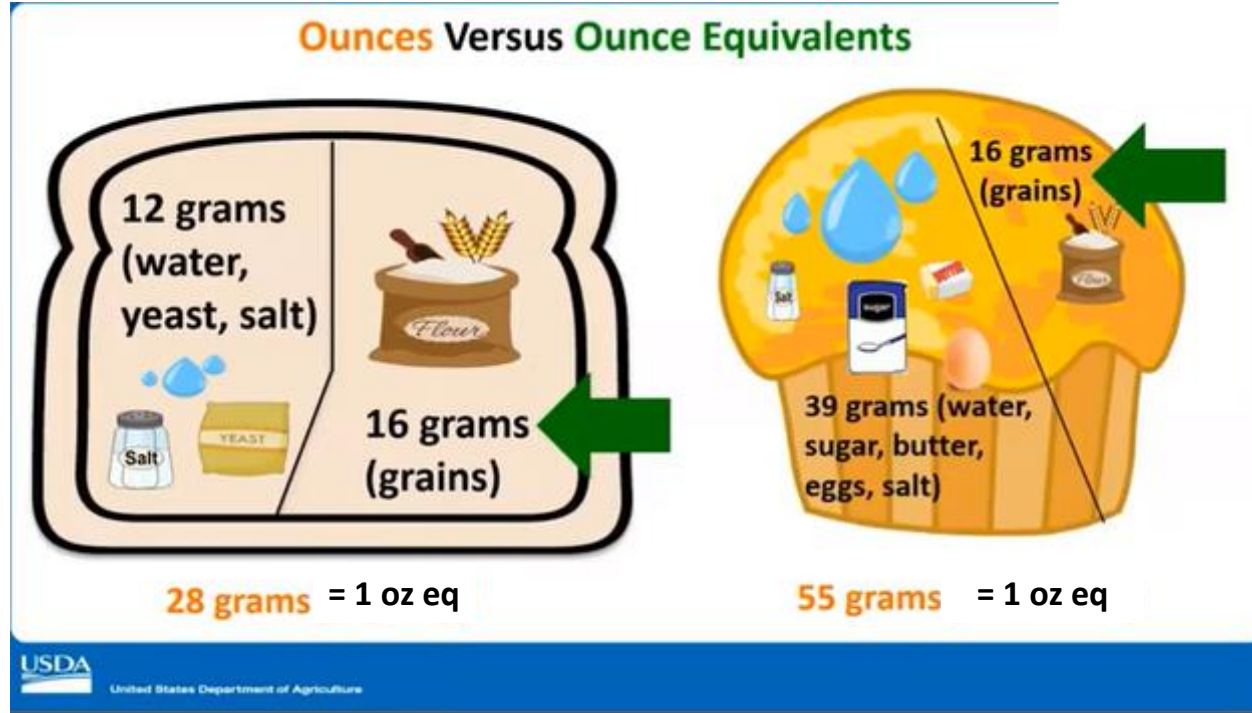
Credit based
on ounce
equivalents!

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



Rounding Rule of Crediting

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

ROUND DOWN



Four Ways To Determine How Grain Products Credit Toward the Meal Pattern Requirements

1 Exhibit A

Exhibit A: Grain Requirements For Child Nutrition Programs ^{1,2}		
Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red		
Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type croutal	1 oz eq = 22 gm or 0.8 oz	1 serving = 20 gm or 0.7 oz
Bread sticks (hard)	3/4 oz eq = 17 gm or 0.6 oz	3/4 serving = 15 gm or 0.5 oz
Chow Mein noodles	1/2 oz eq = 11 gm or 0.4 oz	1/2 serving = 10 gm or 0.4 oz
Savory Crackers (saltines and snack crackers)	1/4 oz eq = 6 gm or 0.2 oz	1/4 serving = 5 gm or 0.2 oz
Crackers		
Pretzels (hard)		
Stuffing (dry) Note: weights apply to bread in stuffing		

Example: 11 grams or 0.4 ounces of whole grain-rich crackers provides 0.5 oz eq grains

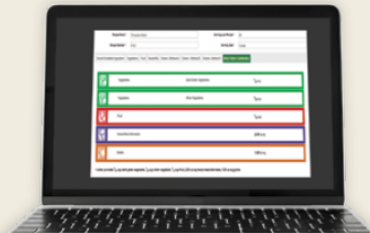
2 The Food Buying Guide



1 1/2 cups of popcorn provides 0.5 oz eq grains

POPCORN			
Popcorn, popped	Pound	45.50	3/4 cup popped provides 1/4 oz equivalent grains
	Pound	22.75	1-1/2 cup popped provides 1/2 oz equivalent grains
	Pound	11.38	3 cup popped provides 1 oz equivalent grains

3 The Recipe Analysis Workbook (RAW)



4 Manufacturer's Documentation Child Nutrition (CN) Label

Chicken Breast Nugget

Ingredient Statement: Chicken breaded with whole wheat flour, canola oil, dried onion flakes, garlic powder, paprika.

CN XXXXXX

Each 3.00 oz. serving of Chicken Breast Nuggets (twelve 0.25 oz. pieces) provides 2.00 oz. equivalent meat and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. Use of this logo and statement authorized by the Food and Nutrition Service, USDA mm/yy.

CN Grains Contribution

Net Wt.: 33.3 pounds

4

Manufacturer's Documentation (continued)**Product Formulation Statement (PFS)**

A PFS is a certified document that may be used to demonstrate how a manufacturer's product contributes to the meal pattern requirements. A PFS may be provided for processed products that do not have a CN label. Program operators are responsible for ensuring menu items meet meal pattern requirements; therefore, they should review and verify the crediting statement on a manufacturer's PFS prior to purchasing the product.

For more information, see: <https://www.fns.usda.gov/cn/labeling/food-manufacturersindustry>.

Crediting Statement from a PFS for Dinner Rolls (for NSLP)

Total weight (per portion) of product as purchased 2.25

Total contribution of product (per portion) 2.00 oz eq

I certify that the above information is true and correct and that a 2.25 ounce portion of this product (ready for serving) provides 2.00 oz eq grains. I further certify that non-creditable grains **are not** above 0.24 oz eq per portion. Products with more than 0.24 oz eq or 3.99g for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.

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
- Weigh and check 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$\frac{3}{4}$ oz eq = 17 gm or 0.6 oz$\frac{1}{2}$ oz eq = 11 gm or 0.4 oz$\frac{1}{4}$ 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.

Table Activity: Crediting Grains

- Review Nutrition Facts Labels for grain items:
 - Cereal
 - Hamburger bun
 - Bagel
 - Tortilla
- Determine ounce equivalents using Exhibit A grain chart
 - Hint: 28 grams= 1 ounce

Answers

- Cereal- **2 oz equiv.**
 - $56 \text{ grams} / 28 = 2 \text{ oz}$ (Group I)
- Hamburger bun- **1.75 oz equiv.**
 - $53 \text{ grams} / 28 = 1.89$. Round down to 1.75 oz (Group B)
- Bagel- **4 oz equiv.**
 - $113 \text{ grams} / 28 = 4.03$ (Group B)
- Tortilla- **2 oz equiv.** (for two tortillas)
 - $57 \text{ grams} / 28 = 2.03$ (Group B)

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

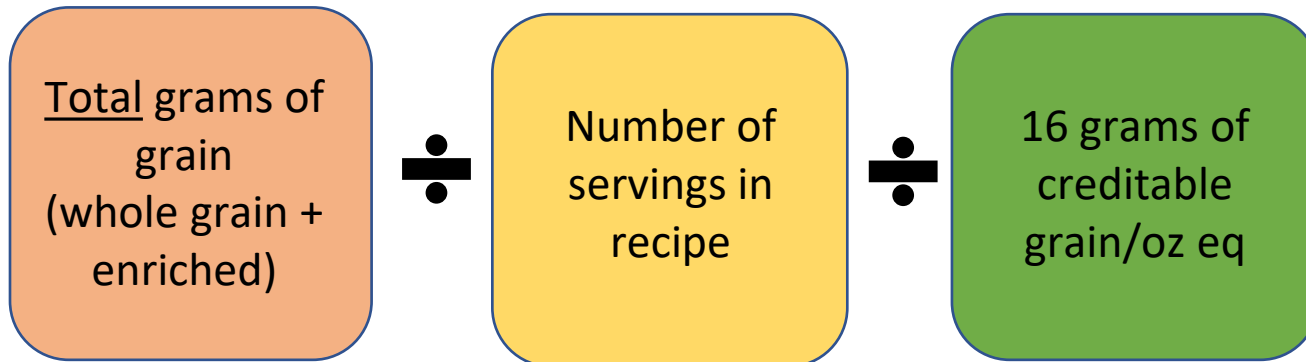
Grains Contribution Amount to Serve Amount to Serve by Age Group/Grade Group

Description of Food Item per Exhibit A	Serving Size (as provided on Product Label) Decimal Equivalents of Commonly Used Fractions	Measurement Unit	Grains Contribution
X Muffins (all, except corn)	2	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



Want An Easier Way?

Weigh cooked item on a scale! Compare to Exhibit A



Crediting Meat/Meat Alternates

Credit based
on ounce
equivalents!

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 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 (Food Buying Guide)

- **Ground meats** = use Food Buying Guide for crediting

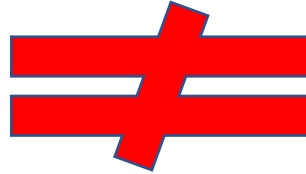
- Beef, pork, chicken, turkey
- 1 lb of 85% ground beef= 0.75 lb cooked meat

Processed vs. Whole Muscle

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

Common Creditable M/MA's



1 ounce equivalent

1 ounce cheese

2 Tbsp nut butter

1.6 oz deli turkey

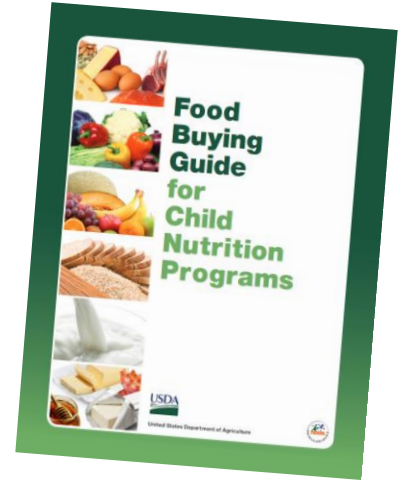
1.2 oz deli ham

4 oz yogurt



Crediting Resources

- ✓ Food Buying Guide (FBG)
- ✓ Child Nutrition (CN) Labels
- ✓ Product Formulation Statement (PFS)
- ✓ 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

FBG: 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 raw beef patty credit as?

1.75 oz M/MA

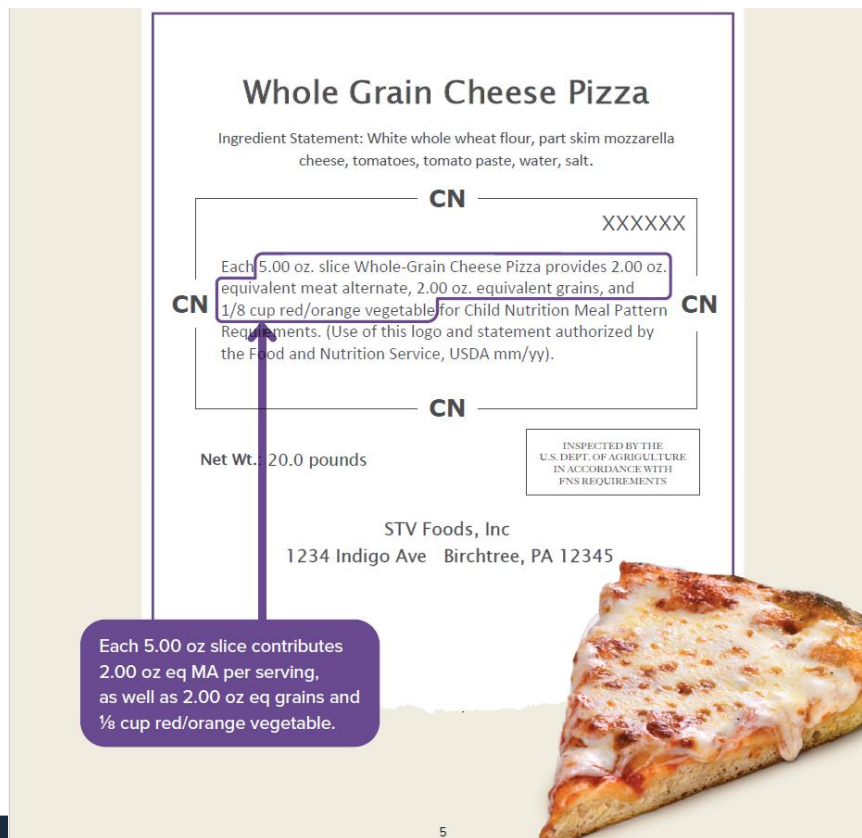
Crediting Commercially Produced Foods

- 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



Child Nutrition (CN) Labels

- Distinctive look- do not confuse with Nutrition Facts Labels!
- Voluntary (not required by USDA)
- MMA and MMA/Grain products



Child Nutrition (CN) Label Verification Report


CN #	Est #	Product Description	Serving Size	CN Crediting	Valid Until	Company Name
025745	420	GOURMET SCRAMBLED EGG SYSTEM FROZEN EGG PRODUCT	One lb. (16.00 oz.) Egg Mix	14.03 oz. Equivalent Meat Alternate	2/22/2026	MICHAEL FOODS EGG PRODUCTS COMPANY
035058	420	GFS FROZEN WHOLE EGGS	One lb. (16.00 oz.) Eggs	18.00 oz. Equivalent Meat Alternate	8/8/2027	MICHAEL FOODS EGG PRODUCTS COMPANY
035919	2132	FULLY COOKED FLAME BROILED BEEF PATTIES WITH ONION	Each 2.60 oz. Patty	2.00 oz. Equivalent Meat/Meat Alternate	6/27/2027	ADVANCE PIERRE FOODS, INC.
041437	P551	JUMBO TURKEY FRANKS W/ NATURAL SMOKE FLAVORING	Each 2.00 oz. Frank	2.00 oz. Equivalent Meat	12/16/2029	JENNIE-O TURKEY STORE SALES, LLC
041438	P551	TURKEY FRANKS	Each One 1.60 oz. Frank	1.50 oz. Equivalent Meat	12/16/2029	JENNIE-O TURKEY STORE SALES, LLC
042916	P8782	REDUCED FAT FRANKS	Each 2.00 oz. Frank	2.00 oz. Equivalent Meat	7/18/2027	BERKS PACKING CO. INC.
044672	2132	FULLY COOKED FLAMEBROILED BEEF PATTIES WITH ONION	Each 1.10 oz. Patty	0.75 oz. Equivalent Meat/Meat Alternate	2/14/2027	ADVANCE PIERRE FOODS, INC.
048909	17634	COOKED FROZEN SCRAMBLED EGG SQUARES	One 1.00 oz. Egg Square	1.00 oz. Equivalent Meat Alternate	5/31/2027	M.G. WALDBAUM COMPANY
051061	2132	FULLY COOKED PORK SAUSAGE PATTIES	Each 1.20 oz. Patty	1.00 oz. Equivalent Meat	5/9/2027	ADVANCE PIERRE FOODS, INC.
051069	2132	FULLY COOKED BEEF PATTIES	Each 1.25 oz. Patty	1.00 oz. Equivalent Meat/Meat Alternate	2/22/2027	ADVANCE PIERRE FOODS, INC.
051072	2132	FULLY COOKED PORK SAUSAGE PATTIES	Each 1.20 oz. Patty	1.00 oz. Equivalent Meat	5/9/2027	ADVANCE PIERRE FOODS, INC.
052035	6911	PATUXENT HOT DOGS MADE WITH BEEF, PORK & TURKEY	One 2.00 oz. Weiner	2.00 oz. Equivalent Meat	11/15/2026	THE HILLSHIRE BRANDS COMPANY
055022	17D	PATUXANT FARMS HOTDOGS BEEF FRANKS	One 2.00 oz. Frankfurter	2.00 oz. Equivalent Meat	5/2/2027	SMITHFIELD FOODS
055157	P2132	FLAME BROILED CUTLET SHAPED CHICKEN BREAST PATTIES WITH RIB MEAT	Each 2.80 oz. Patty	2.00 oz. Equivalent Meat	6/27/2027	ADVANCE PIERRE FOODS, INC.
055768	P5636	DICED REDUCED FAT PEPPERONI W/TURKEY BEEF	One lb. (16.00 oz.) Pepperoni	16.00 oz. Equivalent Meat/Meat Alternate	5/31/2027	SMITHFIELD PACKAGED MEATS CORP
056219	P261	TURKEY FRANKS	One 2.00 oz. Franks	2.00 oz. Equivalent Meat	10/13/2025	THE HILLSHIRE BRANDS COMPANY
056278	P1215	PRE-COOKED SCRAMBLED EGGS	Each 1.00 oz. (By Weight) Egg	1.00 oz. Equivalent Meat Alternate	3/21/2027	CARGILL KITCHEN SOLUTIONS, INC
056575	1917	SLOPPY JOE BBQ SAUCE WITH PORK	Each 3.44 oz. Sloppy Joe	2.00 oz. Equivalent Meat/Meat Alternate and 1/8 Cup Red/Orange Vegetable	6/20/2028	JTM PROVISIONS COMPANY

<https://www.fns.usda.gov/cn/labeling/authorized-labels-manufacturers>

Product Formulation Statement (PFS)

Example PFS – Honey Lime Chopped Chicken

When a CN label is not available, Program operators may request that the manufacturer provide a PFS to show how the creditable ingredients in the product contribute toward the meal pattern requirements for M/MA, fruits, vegetables (including subgroups), and grains.

 USDA does not approve Product Formulation Statements. Program operators are responsible for verifying and keeping records of the PFS. Always evaluate the PFS using the USDA's PFS Tip Sheet before adding it to your menu. (<https://www.fns.usda.gov/cn/labeling/tips-evaluating-pfs>)



Product Name: Honey Lime Chopped Chicken		Product Code: X345	
Serving Size: 2 oz		Date: 9/22/2021	

Meat				
Description of Creditable Ingredients per PFG	Ounces per Raw Portion of Creditable Ingredient (A)	PFG Yield (B)		Creditable Amount (A x B)
Chicken Parts, fresh or frozen, Thighs, With bones, With bone, With skin (about 2.7 oz each), cooked poultry without skin		3.84 oz	0.33 lb	1.2672 oz
Total Meat Creditable Amount:				1.2672 oz

Fruit				
Description of Creditable Ingredients per PFG	Ounces per Raw Portion of Creditable Ingredient (A)	PFG Yield (B)	Purchase Unit (C)	Creditable Amount (A x B / C)
Juices, canned, Single strength (100%, fruit juice such as apple, grape, peach, pineapple, orange, lemon, lime, orange, pineapple, prune, sorghum), fruit juice	0.16 oz	48.00	96.00 oz	0.0008 oz cups
Total Creditable Fruit Amount:				0.0008 cups

Meal Pattern Contribution Statement

I certify that the above information is true and correct and that 2 oz portion serving of the above product (ready for serving) provides 1.25 ounces of equivalent meat/meat alternate when prepared according to directions.

2 oz of Honey Lime Chicken provides 1.25 oz eq of Meat.



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 Fruits and Vegetables

Credit based on
volume!

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

1/8 cup minimum
creditable serving

Raw Leafy Greens

- Credit half the volume served



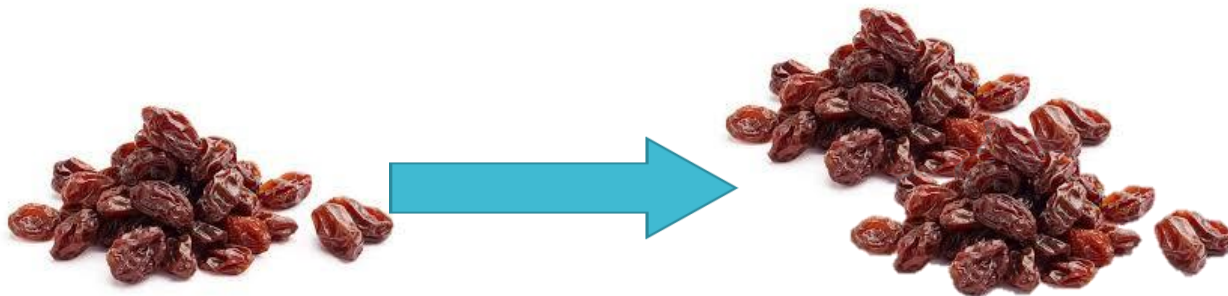
1 cup given



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

Dried Fruits

- Credit double the volume served



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

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

Weight vs. Volume

Weight

≠

Measure

4 oz

=

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





Test Your Skills!

Fill in the blank.

1. ____ cup is the minimum creditable amount for any single vegetable.
☐ A. $\frac{1}{2}$ cup ☐ B. $\frac{1}{4}$ cup ☐ C. $\frac{1}{8}$ cup
2. For school meals, sweet potatoes belong to the _____ subgroup.
☐ A. Starchy vegetable ☐ B. Red/Orange vegetable ☒ C. Other vegetable
3. Raw, leafy salad greens credit at _____ the volume served in school meals and CACFP.
☐ A. full ☐ B. half ☐ C. quarter
4. Cooked leafy greens like sautéed spinach, credit at _____ served.
☐ A. volume ☐ B. double the volume ☐ C. half the volume

Putting it all together

- Deconstructed cheeseburger

Questions to ask:

- What kind/how much ground beef? Pre-cooked or raw?
- 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?

Which crediting tools will you use for each component?

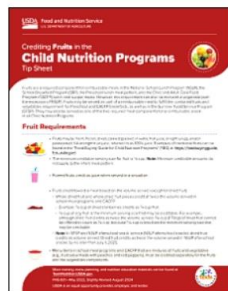


Putting it all together

- Deconstructed cheeseburger
- Burger patty:
 - Pre-cooked: CN label/PFS
 - Raw burger: Food Buying Guide
 - i.e. 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 - 0.5 oz eq MMA (USDA foods American cheese)
- Hamburger Bun
 - Refer to label and Exhibit A Grain Chart



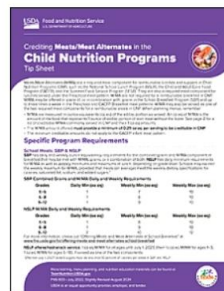
USDA Crediting Tip Sheets



[Fruits](#)



[Grains](#)



[Meats/Meat Alternates](#)



[Milk](#)



[Vegetables](#)

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

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[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

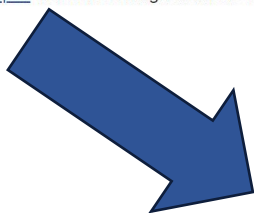
Culinary Classroom



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 \(NSLP & CACFP\)](#)

Source: USDA Standardized Recipes

Use the filters below to narrow your search

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May 21, 2022



Homemade Granola

May 19, 2022



Southwest-Style
Cornbread





Questions



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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



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

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

Fc

Rice (Group H) Brown, Long grain, Regular, Dry	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

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





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 ¹
Chicken Breast with Rib Meat	1.018	x	70%	0.743
		x		
		x		
A. Total Creditable Amount ¹				0.743

¹Creditable 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
Labeling Coordinator

January 14, 2014

Date

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
Bread	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 Alternate ²				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 $\frac{1}{4}$ serving. Do **not** round up.