

A background image of a school cafeteria with students. A boy in a red jacket is in the foreground, looking down at a food tray. Several girls are in the background, smiling and looking towards the camera. The image is overlaid with a dark blue semi-transparent layer.

MAINE DEPARTMENT
OF EDUCATION
Child Nutrition Programs

School Breakfast Program and National School Lunch Program Meal Pattern Requirements

Objectives

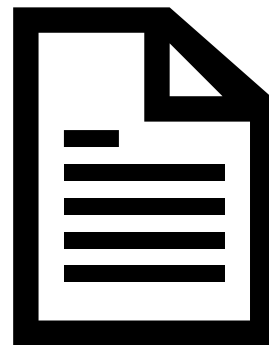
- Identify the meal components and serving size requirements for the NSLP & SBP
- Learn how to credit the meal components to ensure the meal pattern for each grade group is met
- Define nutrient standards in relation to the meal pattern requirements for the NSLP & SBP
- Learn how to plan a menu for the SBP/NSLP

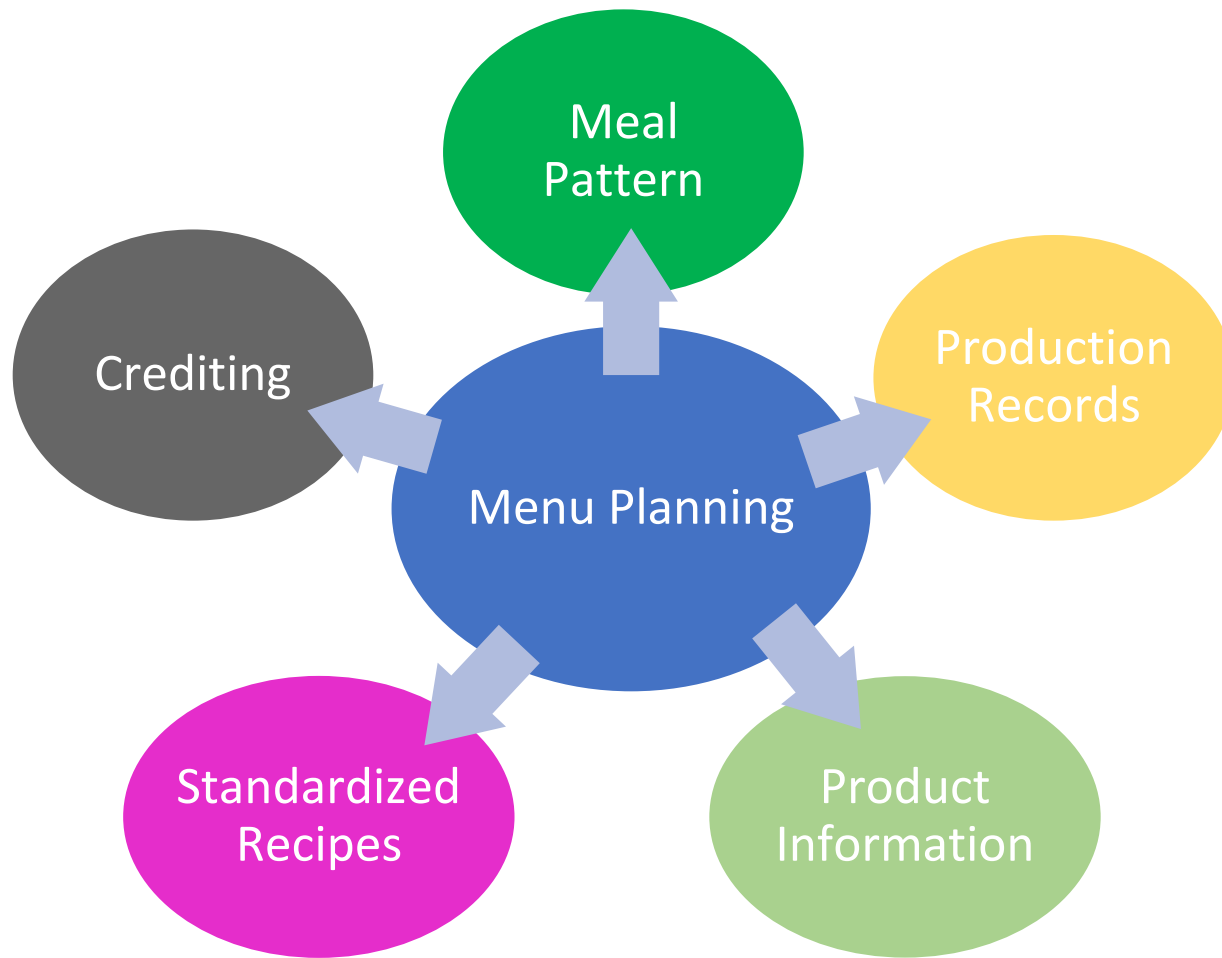
Key Terms

- **Food Based Menu Planning (FBMP):** Uses meal patterns and grade groups as a guide for planning meals based on food components.
- **Meal Component:** One of the five required food groups for reimbursable meals.
- **Reimbursable Meal:** A single meal unit that offers a student all the daily required meal components in the required amounts
- **Creditable Food:** a food that counts toward a meal component requirements
- **Crediting:** the process used to determine if a food item is creditable (counts as a meal component)

Handouts

- Key Terms & Definitions
- NSLP Meal Pattern & Quick Guide
- SBP Meal Pattern & Quick Guide
- Vegetable Subgroups
- Exhibit A Grain Chart





Food Based Menu Planning

Meal Components:

- Milk
- Fruits
- Vegetables
- Grains
- Meats/Meat Alternates



Dietary Specifications



CALORIC
RANGES



SODIUM
LIMITS



SATURATED
FAT LIMITS



ADDED
SUGAR LIMITS

Dietary Specifications: Caloric Ranges

- Based on a 5-Day Average

	K-5	6-8	9-12
Breakfast Average Calories	350-500 K-8 400-500	400-550	450-600
Lunch Average Calories	550-650 K-8 600-650	600-700	750-850

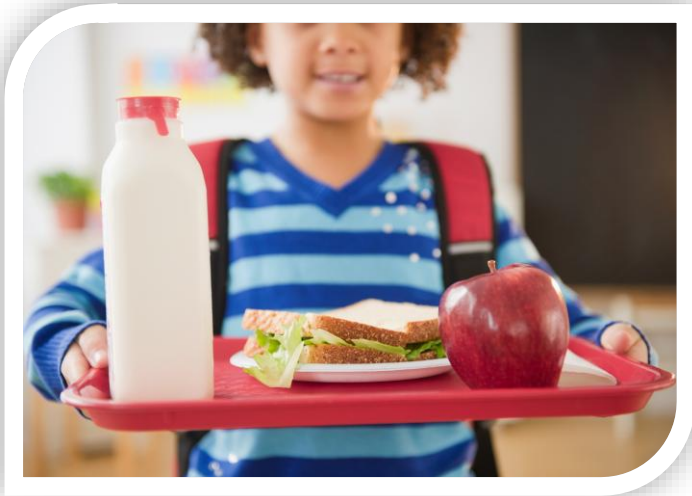
Dietary Specifications: Sodium

- Maximum allowable amount **when averaged for a 5-day week**
- Current limits are in place through SY 2027

	K-5	6-8	9-12
Breakfast	≤540 mg	≤600 mg	≤640 mg
Lunch	≤1110 mg	≤1225 mg	≤1280 mg

Dietary Specifications: Saturated Fat

Calories from saturated fat must not exceed **10%** of calories based on a 5-day average



Dietary Specifications: Added Sugars

- Limits added sugar, not naturally occurring
- Phased in approach:
 - Phase 1: July 1, 2025 – product specific limits on added sugar found in cereal, yogurt and flavored milk
 - Phase 2: July 1, 2027 – overall weekly limits on added sugars
 - <10% of weekly calories form added sugars



Dietary Specifications: Added Sugars

SY 27 product specific limits

Breakfast cereals may have no more than **6 grams** of added sugar per dry ounce

Yogurt may have no more than **12 grams** of added sugar per 6 ounces (2 grams of added sugars per ounce)

Flavored milk may have no more than **10 grams** of added sugars per 8 fluid ounces

Lunch Meal Pattern

- 5 Food Components
 - Fruit
 - Vegetables
 - Grains
 - Meat/Meat Alternates
 - Milk
- Grade groupings
- Different daily & weekly minimum serving sizes across grade groups

 United States Department of Agriculture			
National School Lunch Program Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	Amount of Food ¹ per Week		
	(minimum per day)		
Fruits (cups) ²	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups) ²	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green Subgroup ³	½	½	½
Red/Orange Subgroup ³	¾	¾	1 ¼
Beans, Peas, and Lentils Subgroup ³	½	½	½
Starchy Subgroup ³	½	½	½
Other Vegetables Subgroup ^{3,4}	½	½	¾
Additional Vegetables from Any Subgroup to Reach Total	1	1	1 ½
Grains (oz. eq.) ⁵	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.) ⁶	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) ⁷	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week ⁸			
Minimum-Maximum Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤1,110 mg	≤1,225 mg	≤1,280 mg
Sodium Limit: Must be implemented by July 1, 2027	≤935 mg	≤1,035 mg	≤1,080 mg

Breakfast Meal Pattern

- 3 Food Components
 - Fruit (Vegetable)
 - Grain and Meat/Meat Alternate
 - Fluid Milk
- Grade groupings
- Different daily & weekly minimum serving sizes across grade groups



United States Department of Agriculture

School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	Amount of Food ¹ per Week (minimum per day)		
Fruits (cups) ²	5 (1)	5 (1)	5 (1)
Vegetables (cups) ²	0	0	0
Dark Green Subgroup	0	0	0
Red/Orange Subgroup	0	0	0
Beans, Peas, and Lentils Subgroup	0	0	0
Starchy Subgroup	0	0	0
Other Vegetables Subgroup	0	0	0
Grains or Meats/Meat Alternates (oz. eq) ³	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cups) ⁴	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week⁵			
Minimum-Maximum Calories (kcal)	350-500	400-550	450-600
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤540 mg	≤600 mg	≤640 mg
Sodium Limit: Must be implemented by July 1, 2027	≤485 mg	≤535 mg	≤570 mg

Crediting

- USDA requires foods to meet minimum standards to count toward the meal pattern and a reimbursable meal
- Not all foods are created equal and from a nutrition perspective, count differently



What is Crediting?

- The process of determining how a food item contributes to the meal pattern

Example: If you want to offer a PB&J Sandwich

- How much peanut butter needs to be in the sandwich to count towards the ounce equivalent requirement of Meat/Meat Alternate?
 - How much does each slice of bread need to weigh to count towards the ounce equivalents of Grain?
-
- Important!!! Often, the creditable amount of grain and M/MA products will differ from serving size due to additional added ingredients

Tools to Credit Different Foods

- Food Buying Guide
- Nutrition Facts Label
- Exhibit A grain chart
- Child Nutrition (CN) label
- Product Formulation Statement (PFS)
- USDA food fact sheets

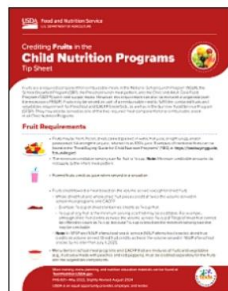
Food Buying Guide (FBG)

An interactive [USDA](#) tool for Child Nutrition Programs that helps determine how much food to purchase and how a food item contributes (credits) toward meal requirements.

Website & mobile app



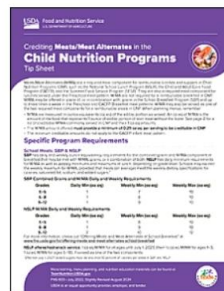
USDA Crediting Tip Sheets



[Fruits](#)



[Grains](#)



[Meats/Meat Alternates](#)



[Milk](#)



[Vegetables](#)

Fluid Milk Component



Fluid Milk Component: Breakfast & Lunch

Milk Component	Daily	Weekly
K-5, 6-8, 9-12	1 cup	5 cups

Fluid Milk Requirements

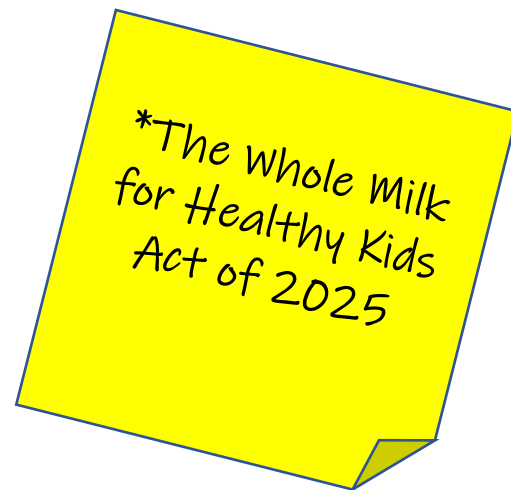
- Must be pasteurized & have vitamin A and D at levels specified by the FDA
- Two (2) different options must be offered at both breakfast & Lunch
 - At least 1 must always be unflavored
 - Lactose-reduced or lactose-free milk may be offered



Fluid Milk Requirements (cont'd)

4 levels of milk fat are allowed

- Fat-free (non-fat, skim)
- Low-fat (1%)
- Reduced-fat (2%)*
- Whole*



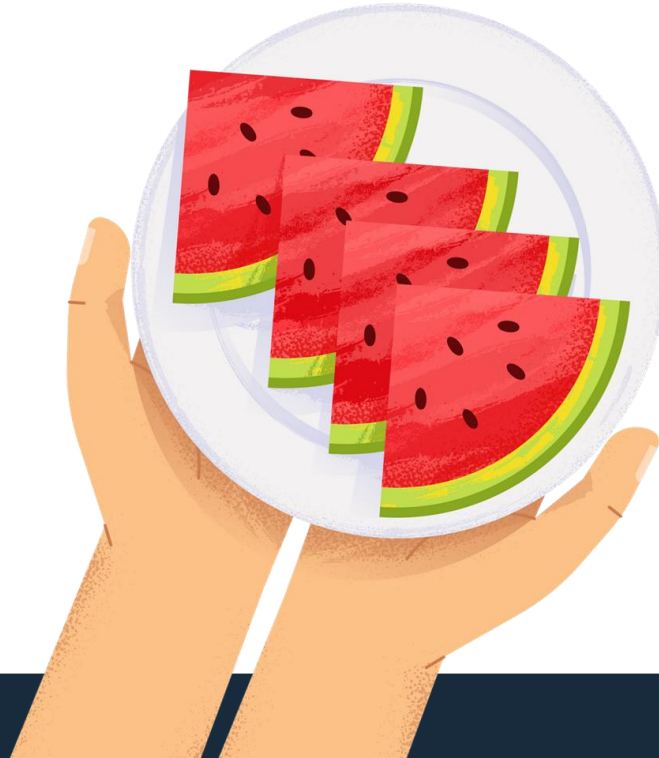
Flavored Milk and Added Sugar

Flavored milk can contain no more than 10 grams of added sugar per 8 fluid ounces

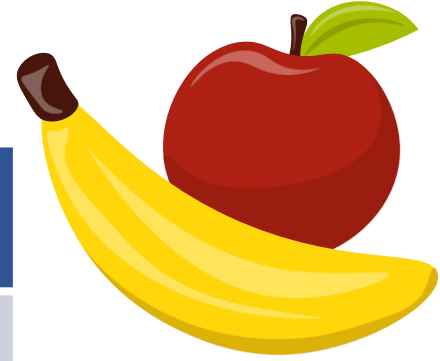
8 fl oz / 236 ml

Nutrition Facts	
1 servings per container	
Serving size	1 Carton (236ml)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 190mg	8%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 6g Added Sugars	12%
Protein 9g	
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*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 nutrition advice.	

Fruit Component

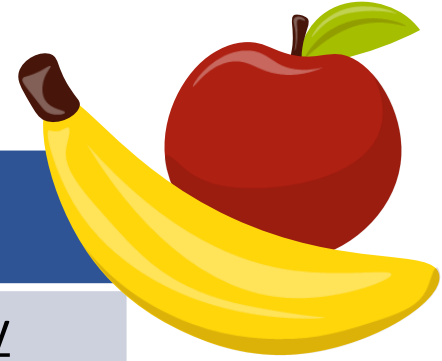


Fruit Component: Lunch



Fruit (cups)		
	<u>Daily</u>	<u>Weekly</u>
Grades K-5,6-8	½ cup	2 ½ cups
Grades 9-12	1 cup	5 cups

Fruit Component: Breakfast



Fruit (cups)		
	<u>Daily</u>	<u>Weekly</u>
Grades K-5, 6-8	1 cup	5 cups
Grades 9-12	1 cup	5 cups

Note the increased amount offered at breakfast for K-8!

Fruit Component



- Serving size is in cups (volume), not weight (ounces)
- May offer fresh, frozen w/o sugar, canned, dried, or 100% Juice
- Canned - in light syrup, 100% juice, or water
- Dried – credits as double the volume served
 - Serving $\frac{1}{4}$ cup dried fruits credits toward the meal pattern as $\frac{1}{2}$ cup fruit

Juice

- Must be pasteurized, 100% fruit juice
- Limited to half or less of the fruit choices offered for the week
- Juice does not credit toward the fruit component when used as an ingredient in another food or beverage with the exception of smoothies
- Pureed fruit credits as juice when served in a smoothie



Products that Do Not Credit

- Snack-type fruit products:
 - Fried banana chips
 - Fruit strips
 - Fruit gummies
- Freeze-dried fruit
- Jam, jelly, relish



Crediting Fruits of Different Sizes

- What is a half-cup serving?
 - Clementine
 - Kiwi
 - Apple
 - Orange



Food Buying Guide: Clementine

Meal Component	Fruits
Category	Fruit and Fruit Juice
Subcategory	CLEMENTINES
Food As Purchased (AP)	Clementines, fresh Whole
Purchase Unit	Pound
Servings per Purchase Unit, Edible Portion (EP)	6.00
Serving Size per Meal Contribution	1 whole, peeled clementine (about 3/8 cup fruit)
Purchase Units for 100 Servings	16.70
Additional Information	1 lb AP = 0.86 lb (about 2-1/4 cups) peeled clementine sections
Footnote	

Food Buying Guide: Apple

Meal Component	Fruits
Category	Fruit and Fruit Juice
Subcategory	APPLES
Food As Purchased (AP)	Apples, fresh 125-138 count Whole, Includes USDA Foods
Purchase Unit	Pound
Servings per Purchase Unit, Edible Portion (EP)	7.40
Serving Size per Meal Contribution ⓘ	1/2 cup raw, unpeeled fruit
Purchase Units for 100 Servings	13.60
Additional Information	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-serve or -cook raw, cored, unpeeled apples; 1/4 cup raw, unpeeled fruit = about 1/4 apple
Footnote	

Food Buying Guide: Oranges

Meal Component	Fruits
Category	Fruit and Fruit Juice
Subcategory	ORANGES
Food As Purchased (AP)	Oranges, fresh 138 count, Arizona or California, Whole
Purchase Unit	Pound
Servings per Purchase Unit, Edible Portion (EP)	3.40
Serving Size per Meal Contribution ⓘ	1/2 cup fruit and liquid (about 1 peeled orange)
Purchase Units for 100 Servings	29.60
Additional Information	
Footnote	

Fruit Component Activity: Lunch

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
K-5 & 6-8	½ cup Grapes	½ cup kiwi	½ cup orange slices	¼ cup raisins	½ cup apple slices
9-12	¼ cup applesauce ¼ cup fruit cocktail	½ cup peaches ½ cup orange wedges	½ cup strawberries ½ cup grapes	½ cup banana 4 oz Orange Juice	¼ cup raisins ½ cup apple slices

Review the fruit options offered for lunch.
Does the amount of fruit offered meet the fruit component criteria for lunch?



Fruit Component Activity: Lunch

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
K-5 & 6-8	½ cup Grapes Yes	½ cup kiwi Yes	½ cup orange slices Yes	¼ cup raisins Yes	½ cup apple slices Yes
9-12	¼ cup applesauce ¼ cup fruit cocktail No	½ cup peaches ½ cup orange wedges Yes	½ cup strawberries ½ cup grapes Yes	½ cup banana 4 oz Orange Juice Yes	¼ cup raisins ½ cup apple slices Yes

Review the fruit options offered for lunch.
Does the amount of fruit offered meet the fruit component criteria for lunch?

Fruit (and Vegetable)Component: School Breakfast Program

- Vegetables may be offered in place of fruit



Fruit Component Activity: Breakfast

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
K-12	$\frac{1}{2}$ cup kiwi $\frac{1}{2}$ cup 100% juice	$\frac{1}{4}$ cup raisins $\frac{1}{2}$ cup 100% juice	$\frac{1}{2}$ cup home fries $\frac{1}{2}$ cup 100% juice	$\frac{1}{2}$ cup 100% juice $\frac{1}{2}$ cup 100% juice	$\frac{1}{4}$ cup blueberries $\frac{1}{2}$ cup 100% juice

Review the fruit options offered for breakfast.
Does the amount of fruit offered meet the fruit component criteria for breakfast?



Fruit Component Activity: Breakfast

	Yes	Yes	Yes	Yes	No
Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
K-12	½ cup kiwi ½ cup 100% juice	¼ cup raisins ½ cup 100% juice	½ cup home fries ½ cup 100% juice	½ cup 100% juice ½ cup 100% juice	¼ cup blueberries ½ cup 100% juice

Review the fruit options offered for breakfast.
Does the amount of fruit offered meet the fruit component criteria for breakfast?



Vegetable Component



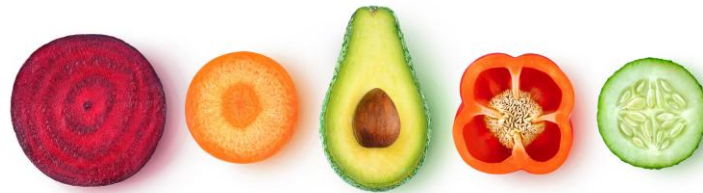
Vegetable Component: Lunch

Vegetables (cups)		
	<u>Daily</u>	<u>Weekly</u>
Grades K-5, 6-8	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups
Grades 9-12	1 cup	5 cups



Vegetable Component

- Serving size is in cups (volume), not weight (ounces)
- May offer fresh, frozen, canned, and 100% juice
- Weekly vegetable subgroup requirements
- Not required at breakfast



Raw Leafy Greens

- Raw leafy greens credit as half the volume served
 - 1 cup credits as $\frac{1}{2}$ cup
 - $\frac{1}{2}$ cup credits as $\frac{1}{4}$ cup
 - Includes:
 - Lettuce
 - Kale
 - Spinach



1 cup given



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

Vegetable Subgroups

At lunch, vegetable offerings must reflect a variety over a one-week period

- Dark green
- Red/orange
- Beans, peas, lentils
- Starchy
- Other vegetables

Vegetable Subgroups

Vegetables are nutritional powerhouses! Different vegetables provide different nutrients for good health. To make sure that students receive a variety of vegetables in school meals, the Meal Pattern requires menu planners to offer vegetables from five subgroups: dark green, red/orange, beans and peas, starchy, and other vegetables. The term "additional vegetable" refers to vegetables that help provide weekly totals of the requirement but do not credit toward a subgroup.

Dark Green Vegetables

- Bok choy
- Broccoli
- Collard greens*
- Dark green leafy lettuce*
- Kale*
- Mesclun*
- Mustard greens*
- Romaine lettuce*
- Spinach*
- Turnip greens*
- Watercress*

Red/Orange Vegetables

- Acorn squash
- Butternut squash
- Carrots
- Hubbard squash
- Pumpkin
- Red peppers
- Sweet potatoes
- Tomatoes
- Tomato juice

Other Vegetables

- Artichokes
- Asparagus
- Avocado
- Bean sprouts
- Beets
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Green bell peppers
- Iceberg (head) lettuce*
- Mixed vegetable juice
- Mushrooms
- Okra
- Onions
- Turnips
- Wax beans
- Zucchini

Starchy Vegetables

- Cassava
- Corn
- Fresh cowpeas, field peas, or black-eyed peas (not dry)
- Green bananas
- Green peas
- Green lima beans
- Potatoes
- Taro
- Water chestnuts

Beans and Peas (Legumes)

- Black beans
- Black-eyed peas (mature, dry)
- Edamame (immature soy beans)
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Navy beans
- Pinto beans
- Soy beans
- Split peas
- White beans

*Raw leafy greens (including iceberg lettuce) credit for half the volume; ½ cup credits as ¼ cup.

Weekly Vegetable Subgroup Amounts

Grades	K-8		9-12	
	Daily	Weekly	Daily	Weekly
<u>TOTAL VEGETABLE</u> (<i>cups</i>)	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups	1 cup	5 cups
<u>Vegetable Subgroups</u>	Minimum Weekly Amounts:			
<u>Dark Green</u>		$\frac{1}{2}$ cup		$\frac{1}{2}$ cup
<u>Red/Orange</u>		$\frac{3}{4}$ cup		1 $\frac{1}{4}$ cups
<u>Beans/Peas/Lentils</u>		$\frac{1}{2}$ cup		$\frac{1}{2}$ cup
<u>Starchy</u>		$\frac{1}{2}$ cup		$\frac{1}{2}$ cup
<u>Other</u>		$\frac{1}{2}$ cup		$\frac{3}{4}$ cup
<u>Subgroup Totals</u>		2 $\frac{3}{4}$ cups		3 $\frac{1}{2}$ cups
<u>Additional Vegetables to Reach Total</u>		1 cup		1 $\frac{1}{2}$ cups



**Which Subgroup Do
I Belong To?**

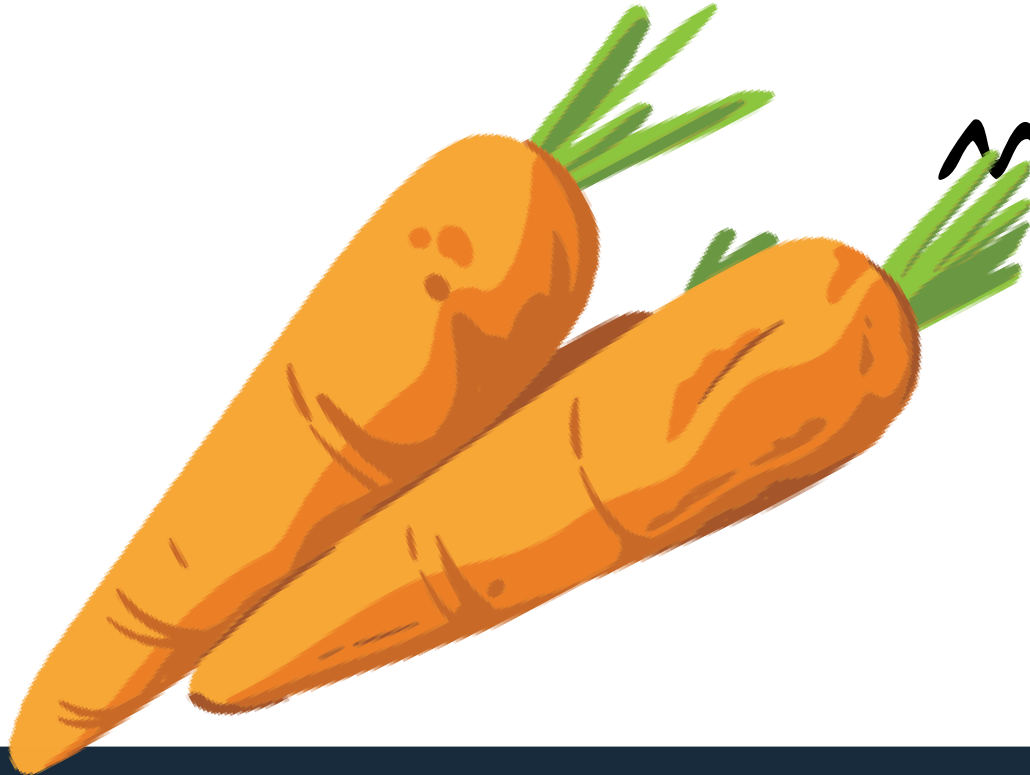
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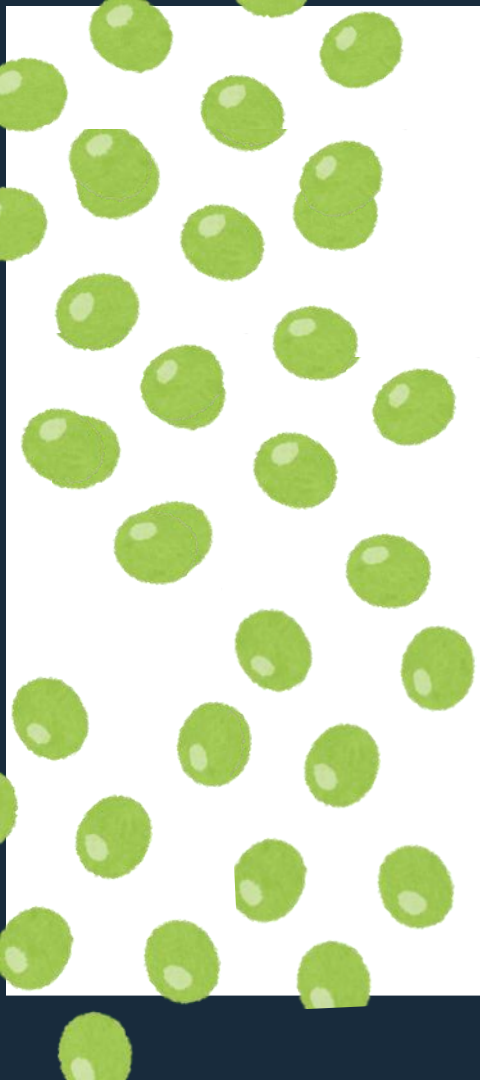
***Dark green***

**Which Subgroup Do  
I Belong To?**



***Red/orange***





# Which Subgroup Do I Belong To?

A thick, black, hand-drawn style wavy line that spans the width of the text above it, resembling a squiggle or a stylized underline.

***Starchy***



**Which Subgroup Do  
I Belong To?**

~~~~~

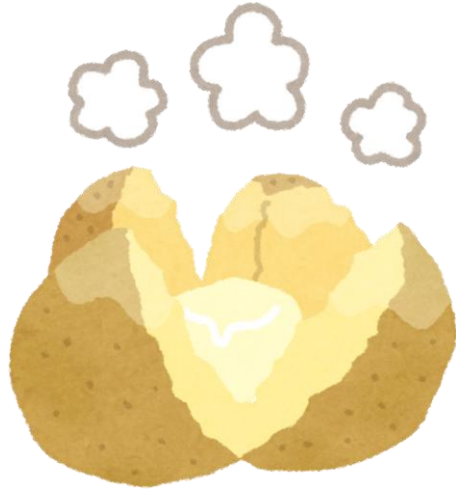
Dark Green

Which Subgroup Do I Belong To?



Beans, peas, lentils





Which Subgroup Do I Belong To?

~~~~~

***Starchy***



**Which Subgroup Do  
I Belong To?**

~~~~~

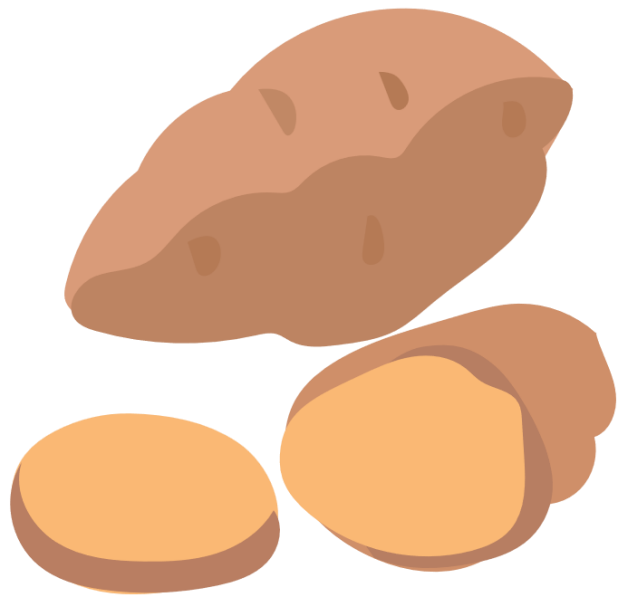
Beans, peas, lentils



**Which Subgroup Do
I Belong To?**



Dark green



**Which Subgroup Do
I Belong To?**

~~~~~

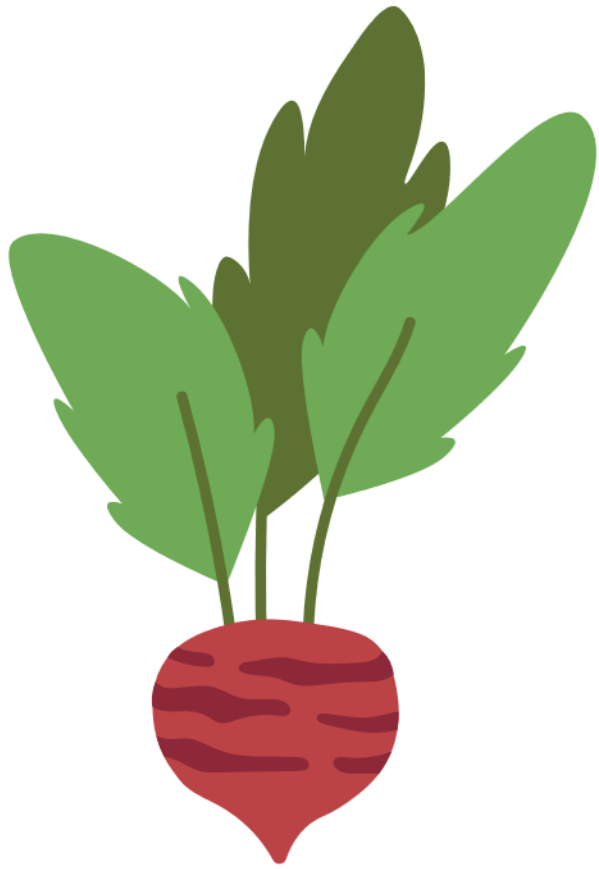
***Red/orange***



# Which Subgroup Do I Belong To?

~~~~~

Other



**Which Subgroup Do
I Belong To?**

~~~~~

***Other***

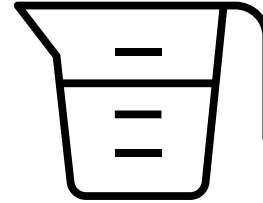
# Beans, Peas, Lentils

- Beans, peas, & lentils can credit towards the vegetable component **OR** the meat/meat alternate component...but never both at the same time.
- Suggestion:
  - Side dish credit as Vegetable
  - Entrée = credit as MMA



# Crediting Vegetables

- What is a half-cup serving?
  - Romaine lettuce
  - Cherry tomatoes
  - Carrot Sticks



# Food Buying Guide: Romaine Lettuce

|                                                 |                                                                                                       |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| Meal Component                                  | Vegetables                                                                                            |
| Category                                        | Dark Green Vegetables                                                                                 |
| Subcategory                                     | LETTUCE                                                                                               |
| Food As Purchased (AP)                          | <b>Lettuce, fresh</b><br>Romaine, Chopped, Ready-to-use                                               |
| Purchase Unit                                   | 2 lb Bag                                                                                              |
| Servings per Purchase Unit, Edible Portion (EP) | 43.00                                                                                                 |
| Serving Size per Meal Contribution ⓘ            | <input type="text" value="1/2"/> cup raw vegetables pieces (credits as 1/4 cup in NSLP/SBP and CACFP) |
| Purchase Units for 100 Servings                 | 2.40                                                                                                  |
| Additional Information                          | 2 lb AP = 2 lb (about 21-1/2 cups ready-to-serve lettuce)                                             |
| Footnote                                        |                                                                                                       |

# Food Buying Guide: Cherry Tomatoes

|                                                 |                                                                                 |
|-------------------------------------------------|---------------------------------------------------------------------------------|
| Meal Component                                  | Vegetables                                                                      |
| Category                                        | Red/Orange Vegetables                                                           |
| Subcategory                                     | TOMATOES                                                                        |
| Food As Purchased (AP)                          | <b>Tomatoes, fresh</b><br>Cherry, Whole with stem                               |
| Purchase Unit                                   | Pound                                                                           |
| Servings per Purchase Unit, Edible Portion (EP) | 6.05                                                                            |
| Serving Size per Meal Contribution ⓘ            | 1/2 ▾ cup whole vegetable (about 6 whole cherry tomatoes)                       |
| Purchase Units for 100 Servings                 | 16.60                                                                           |
| Additional Information                          | 1 lb AP = 0.99 lb (about 3 cups) stemmed, whole, ready-to-serve cherry tomatoes |
| Footnote                                        |                                                                                 |

# Food Buying Guide: Carrot Sticks

|                                                 |                                                                   |
|-------------------------------------------------|-------------------------------------------------------------------|
| Meal Component                                  | Vegetables                                                        |
| Category                                        | Red/Orange Vegetables                                             |
| Subcategory                                     | CARROTS                                                           |
| Food As Purchased (AP)                          | <b>Carrots, fresh</b><br>Without tops                             |
| Purchase Unit                                   | Pound                                                             |
| Servings per Purchase Unit, Edible Portion (EP) | 5.15                                                              |
| Serving Size per Meal Contribution ⓘ            | 1/2 cup raw vegetable strips (about 6 strips, 4 inch by 1/2 inch) |
| Purchase Units for 100 Servings                 | 19.60                                                             |
| Additional Information                          | 1 lb AP = 0.70 lb ready-to-cook, or serve raw carrot sticks       |
| Footnote                                        |                                                                   |

# Weight vs. Volume (space)

**Weight**

**$\neq$**

**Volume**

**4 oz**

**$=$**

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



# Crediting Vegetables Activity

- Carrots- weight vs. volume
- Raw leafy greens
  - Credit at half the volume



# Vegetable Component Activity: Lunch

|                 | Monday        | Tuesday        | Wednesday   | Thursday       | Friday        |
|-----------------|---------------|----------------|-------------|----------------|---------------|
| <b>K-5, 6-8</b> | ½ cup Carrots | ¼ cup tomatoes | ½ cup corn  | ½ cup lettuce  | ¼ cup peas    |
|                 | ½ cup Celery  | ½ Cucumber     |             | ¼ cup broccoli | ¼ cup carrots |
| <b>9-12</b>     | ½ cup Carrots | ½ cup tomatoes | ½ cup corn  | ½ cup lettuce  | ¼ cup peas    |
|                 | ½ cup Celery  | ½ Cucumber     | ½ cup beans | ½ cup broccoli | ½ cup Fries   |

Review the vegetable options offered for lunch.  
Does the amount offered meet the vegetable component criteria for lunch?

# Vegetable Component Activity: Lunch

|          | Monday                                      | Tuesday                                    | Wednesday                               | Thursday                                     | Friday                                   |
|----------|---------------------------------------------|--------------------------------------------|-----------------------------------------|----------------------------------------------|------------------------------------------|
| K-5, 6-8 | ½ cup Carrots<br><b>Yes</b><br>½ cup Celery | ¼ cup tomatoes<br><b>Yes</b><br>½ Cucumber | ½ cup corn<br><b>No</b>                 | ½ cup lettuce<br><b>No</b><br>¼ cup broccoli | ¼ cup peas<br><b>No</b><br>¼ cup carrots |
| 9-12     | ½ cup Carrots<br><b>Yes</b><br>½ cup Celery | ½ cup tomatoes<br><b>Yes</b><br>½ Cucumber | ½ cup corn<br><b>Yes</b><br>½ cup beans | ½ cup lettuce<br><b>No</b><br>½ cup broccoli | ¼ cup peas<br><b>No</b><br>½ cup Fries   |

Review the vegetable options offered for lunch.  
Does the amount offered meet the vegetable component criteria for lunch?

# Grain Component



# Grains Component

- Measured in “Ounce equivalents” (oz eq)
  - Grain items have different densities
  - Creates a standardized unit that reflects the actual amount of creditable grain in a food item
- 80% of the weekly grains offered must be “whole grain-rich”
- No more than 2 oz eq per week of grain-based desserts

# 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

# Grains Component: Lunch

| Grains (ounce equivalent) |              |               |
|---------------------------|--------------|---------------|
|                           | <u>Daily</u> | <u>Weekly</u> |
| Grades K-5                | 1 oz eq      | 8 oz eq       |
| Grades 6-8                | 1 oz eq      | 8 oz eq       |
| Grades 9-12               | 2 oz eq      | 10 oz eq      |

Tip:  
Plan 2 oz eq  
every day!

# Grains Component: Breakfast

| Grains (ounce equivalent) |              |               |
|---------------------------|--------------|---------------|
|                           | <u>Daily</u> | <u>Weekly</u> |
| Grades K-5                | 1 oz eq      | 7 oz eq       |
| Grades 6-8                | 1 oz eq      | 8 oz eq       |
| Grades 9-12               | 1 oz eq      | 9 oz eq       |

Tip:  
Plan 2 oz eq  
every day!

# Whole Grain Rich Requirement

- At least ? of all grains offered over the week must be whole grain-rich
- Up to ? of the grain items offered weekly can be made from enriched meal or flour
- Whole grain rich means the item is made from:
  - 100% whole grain ingredients (ex. Whole wheat flour); or
  - A blend of whole grain and enriched (ex. Half whole wheat flour & half enriched white flour)

| Monday           | Tuesday          | Wednesday        | Thursday         | Friday                |
|------------------|------------------|------------------|------------------|-----------------------|
| WRG<br>2 oz. eq. | WRG<br>2 oz. eq. | WRG<br>2 oz. eq. | WRG<br>2 oz. eq. | Enriched<br>2 oz. eq. |

# Whole Grain (WG) Ingredients

## Whole grain

- Whole grain (other grain)
- Whole wheat
- Stoneground whole (grain)
- Brown rice
- Oats, oatmeal
- Wheatberries
- Wild rice
- Quinoa
- Graham flour

## NOT whole grain

- Enriched flour
- Wheat flour
- Degerminated corn meal
- Bran
- Wheat germ
- Semolina

# Whole Grain Rich – Don't be fooled!

- Whole grain should be the primary grain ingredient by weight
  - First ingredient listed: whole grain ingredient, such as “whole grain” or “whole wheat” OR
  - First ingredient listed: “water”, then whole grain ingredient



# Grain-based Desserts

- A grain food that is typically considered a dessert or sweet treat
- Higher in added sugars such as toaster pastries, coffee cake, doughnuts, sweet rolls, pie crusts, cookies, cakes, etc.



# Grain-based Desserts

- NSLP - No more than 2 oz eq/week
- SBP - No limit on amount, only restricts the types that may be offered.
  - cookies, pies, cobbler, brownies, cake not allowed
- Identified on 'Exhibit A' (handout) with a superscript of 3, 4, or 5

# Grain Contribution Comes from Multiple Sources

- A grain product (roll)
- Combination item (pizza or the breading of a chicken tender)



# Planning Menus with Grains

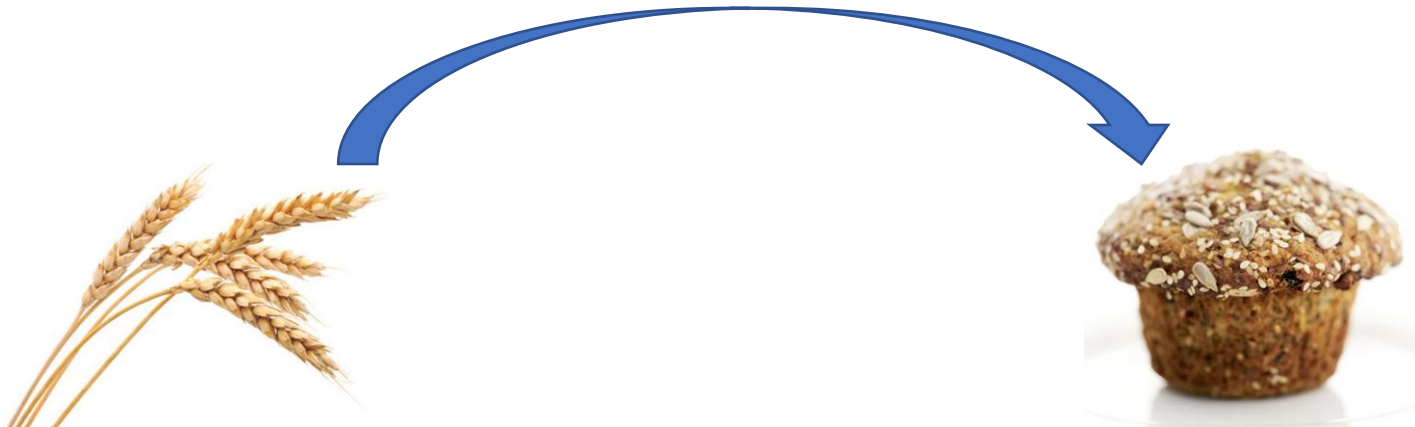
What is the  
meal  
contribution of  
the item?  
(oz eq)

Is the item  
whole grain rich?

Are both the  
daily AND weekly  
minimum amounts  
of grain oz eq being  
met?

# Crediting Grains

- Grain items contribute to the meal pattern by the weight of the creditable grains in the item
- Determining the actual amount of a food component (ex. grain) in a food product (ex. muffin).



# Crediting Grains

- There are different methods for crediting grains:
  1. FBG 'Exhibit A' grain chart
  2. Product Formulation Statement from manufacturer
  3. Calculate ounce equivalent per serving based on the weight of creditable grains (recipe)
  4. If a combination item with M/MA, a CN label

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

## 1 Exhibit A

| Exhibit A: Grain Requirements For Child Nutrition Programs <sup>1,2</sup> |                                      |                                  |
|---------------------------------------------------------------------------|--------------------------------------|----------------------------------|
| 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    |
| Whole Grain 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

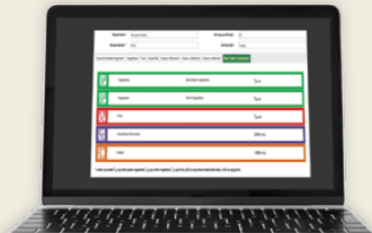
## 2 The Food Buying Guide



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

# Crediting Grains: Food Buying Guide

## Exhibit A

- Provides a general guideline for crediting prepared grain items.
- Categorizes grain items into groups by weight of the item

Group A – croutons, crackers, pretzels

Group B – Bread, bagels, tortillas

Group C – cornbread, pancakes, croissants, cookies

Group D – Donuts, cereal bars, sweet rolls

Group E – French toast, donuts, cereal bars, sweet rolls  
(frosted, w/ nuts, fruit, chips)

Group F – Cake, coffee cake

How many  
croutons  
should I put  
on a salad?

# Crediting Grains: Exhibit A

## Grain Chart

| Group A                                                 | Ounce Equivalent (oz eq) for Group A  | Minimum Serving Size for Group A        |
|---------------------------------------------------------|---------------------------------------|-----------------------------------------|
| Bread type coating                                      | 1 oz eq = 22 gm or 0.8 oz             | 1 serving = 20 gm or 0.7 oz             |
| Bread sticks (hard)                                     | $\frac{3}{4}$ oz eq = 17 gm or 0.6 oz | $\frac{3}{4}$ serving = 15 gm or 0.5 oz |
| Chow Mein noodles                                       | $\frac{1}{2}$ oz eq = 11 gm or 0.4 oz | $\frac{1}{2}$ serving = 10 gm or 0.4 oz |
| Savory Crackers (saltines and snack crackers)           | $\frac{1}{4}$ oz eq = 6 gm or 0.2 oz  | $\frac{1}{4}$ serving = 5 gm or 0.2 oz  |
| Croutons                                                |                                       |                                         |
| Pretzels (hard)                                         |                                       |                                         |
| Stuffing (dry) Note: weights apply to bread in stuffing |                                       |                                         |

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

**Step 2:** look under the Ounce Equivalent column for NSLP/SBP to determine the minimum serving size per Oz Eq for that product.

# Exhibit A Grain Chart

| Group A                                                 | Ounce Equivalent (oz eq) for Group A | Minimum Serving Size for Group A |
|---------------------------------------------------------|--------------------------------------|----------------------------------|
| Bread type coating                                      | 1 oz eq = 22 gm or 0.8 oz            | 1 serving = 20 gm or 0.7 oz      |
| Bread sticks (hard)                                     | ¾ oz eq = 17 gm or 0.6 oz            | ¾ serving = 15 gm or 0.5 oz      |
| Chow Mein noodles                                       | ½ oz eq = 11 gm or 0.4 oz            | ½ serving = 10 gm or 0.4 oz      |
| Savory Crackers (saltines and snack crackers)           | ¼ oz eq = 6 gm or 0.2 oz             | ¼ serving = 5 gm or 0.2 oz       |
| Croutons                                                |                                      |                                  |
| Pretzels (hard)                                         |                                      |                                  |
| Stuffing (dry) Note: weights apply to bread in stuffing |                                      |                                  |

| Group B                                                                     | Ounce Equivalent (oz eq) for Group B | Minimum Serving Size for Group B |
|-----------------------------------------------------------------------------|--------------------------------------|----------------------------------|
| Bagels                                                                      | 1 oz eq = 28 gm or 1.0 oz            | 1 serving = 25 gm or 0.9 oz      |
| Batter type coating                                                         | ¾ oz eq = 21 gm or 0.75 oz           | ¾ serving = 19 gm or 0.7 oz      |
| Biscuits                                                                    | ½ oz eq = 14 gm or 0.5 oz            | ½ serving = 13 gm or 0.5 oz      |
| Breads - all (for example sliced, French, Italian)                          | ¼ oz eq = 7 gm or 0.25               | ¼ serving = 6 gm or 0.2 oz       |
| Buns (hamburger and hot dog)                                                |                                      |                                  |
| Sweet Crackers <sup>5</sup> (graham crackers - all shapes, animal crackers) |                                      |                                  |
| Egg roll skins                                                              |                                      |                                  |
| English muffins                                                             |                                      |                                  |
| Pita bread                                                                  |                                      |                                  |
| Pizza crust                                                                 |                                      |                                  |
| Pretzels (soft)                                                             |                                      |                                  |
| Rolls                                                                       |                                      |                                  |
| Tortillas                                                                   |                                      |                                  |
| Tortilla chips                                                              |                                      |                                  |
| Taco shells                                                                 |                                      |                                  |

| Group C                                                | Ounce Equivalent (oz eq) for Group C | Minimum Serving Size for Group C |
|--------------------------------------------------------|--------------------------------------|----------------------------------|
| Cookies <sup>3</sup> (plain - includes vanilla wafers) | 1 oz eq = 34 gm or 1.2 oz            | 1 serving = 31 gm or 1.1 oz      |
| Cornbread                                              | ¾ oz eq = 26 gm or 0.9 oz            | ¾ serving = 23 gm or 0.8 oz      |

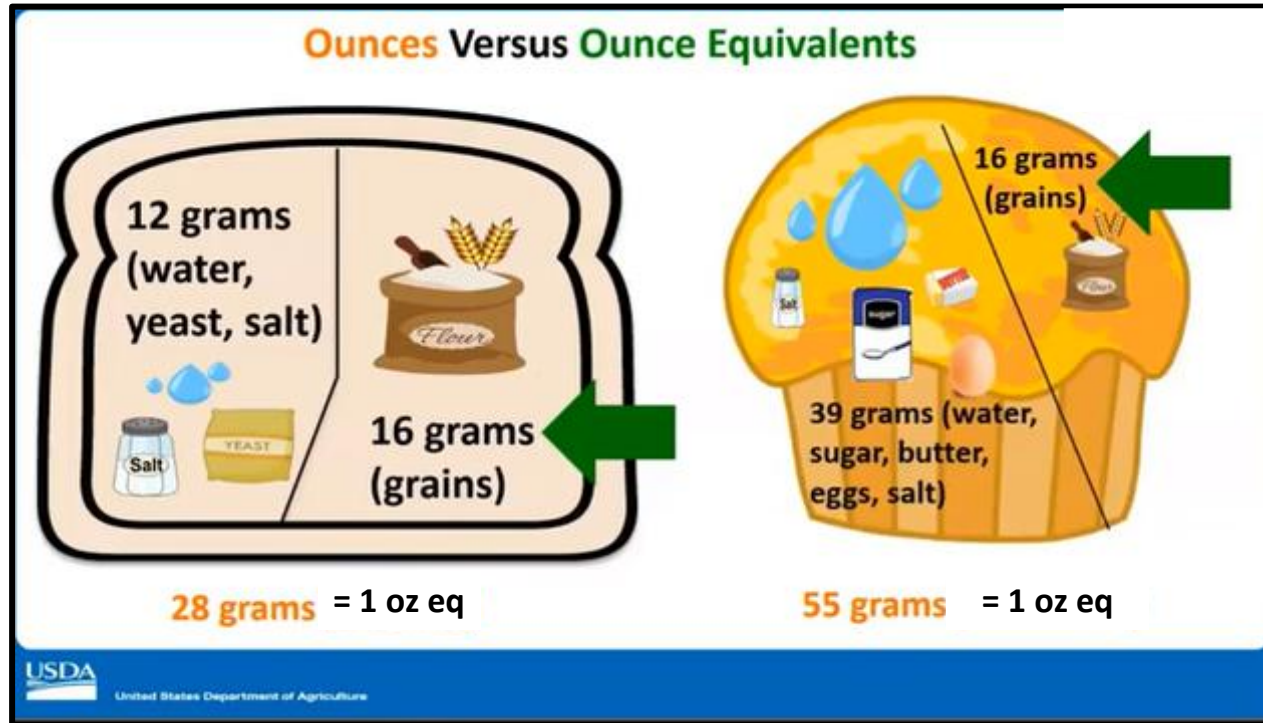
| Group E                                                                                                  | Ounce Equivalent (oz eq) for Group E | Minimum Serving Size for Group E |
|----------------------------------------------------------------------------------------------------------|--------------------------------------|----------------------------------|
| Cereal bars, breakfast bars, granola bars <sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces) | 1 oz eq = 69 gm or 2.4 oz            | 1 serving = 63 gm or 2.2 oz      |
| Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)                          | ¾ oz eq = 52 gm or 1.8 oz            | ¾ serving = 47 gm or 1.7 oz      |
| Doughnuts <sup>4</sup> (cake and yeast raised, frosted or glazed)                                        | ½ oz eq = 35 gm or 1.2 oz            | ½ serving = 31 gm or 1.1 oz      |
| French toast                                                                                             | ¼ oz eq = 18 gm or 0.6 oz            | ¼ serving = 16 gm or 0.6 oz      |
| Sweet rolls <sup>4</sup> (frosted)                                                                       |                                      |                                  |
| Toaster pastry <sup>4</sup> (frosted)                                                                    |                                      |                                  |

| Group F                              | Ounce Equivalent (oz eq) for Group F | Minimum Serving Size for Group F |
|--------------------------------------|--------------------------------------|----------------------------------|
| Cake <sup>3</sup> (plain, unfrosted) | 1 oz eq = 82 gm or 2.9 oz            | 1 serving = 75 gm or 2.7 oz      |
| Coffee cake <sup>4</sup>             | ¾ oz eq = 62 gm or 2.2 oz            | ¾ serving = 56 gm or 2 oz ½      |
|                                      | ½ oz eq = 41 gm or 1.5 oz            | ½ serving = 38 gm or 1.3 oz ¼    |
|                                      | ¼ oz eq = 21 gm or 0.7 oz            | ¼ serving = 19 gm or 0.7 oz      |

| Group G                                    | Ounce Equivalent (oz eq) for Group G | Minimum Serving Size for Group G |
|--------------------------------------------|--------------------------------------|----------------------------------|
| Brownies <sup>3</sup> (plain)              | 1 oz eq = 125 gm or 4.4 oz           | 1 serving = 115 gm or 4 oz       |
| Cake <sup>3</sup> (all varieties, frosted) | ¾ oz eq = 94 gm or 3.3 oz            | ¾ serving = 86 gm or 3 oz        |
|                                            | ½ oz eq = 63 gm or 2.2 oz            | ½ serving = 58 gm or 2 oz        |
|                                            | ¼ oz eq = 32 gm or 1.1 oz            | ¼ serving = 29 gm or 1 oz        |

| Group H                                   | Ounce Equivalent (oz eq) for Group H | Minimum Serving Size for Group H |
|-------------------------------------------|--------------------------------------|----------------------------------|
| Cereal Grains (barley, quinoa, etc.)      | 1 oz eq = ½ cup cooked               | 1 serving = ½ cup cooked         |
| Breakfast cereals (cooked) <sup>6,7</sup> | or 1 ounce (28 gm) dry               | or 25 gm dry                     |
| Bulgur or cracked wheat                   |                                      |                                  |
| Macaroni (all shapes)                     |                                      |                                  |
| Noodles (all varieties)                   |                                      |                                  |
| Pasta (all shapes)                        |                                      |                                  |
| Ravioli (noodle only)                     |                                      |                                  |
| Rice                                      |                                      |                                  |

# Exhibit A: Sliced Bread (Group B) vs Muffin (Group D)



# Rounding Rule of Crediting

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

ROUND DOWN



# USDA's FBG 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 | <b>Exhibit A Grains Tool</b> | Download Food Buying Guide     |
| FBG Calculator    |                              | Recipe Analysis Workbook (RAW) |

[foodbuyingguide.fns.usda.gov](http://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 |
|------------------|----------------------------|---------|-------------------|--------------------|---------------------------|----------------------------|
| <span>Add</span> | English muffins            | Group B | 28 g              | 1 oz               | 25 g                      | 0.9 oz                     |
| <span>Add</span> | Corn muffins               | Group C | 34 g              | 1.2 oz             | 31 g                      | 1.1 oz                     |
| <span>Add</span> | 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) <span><a href="#">Decimal Equivalents of Commonly Used Fractions</a></span> | Measurement Unit | Grains Contribution |
|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------|---------------------|
| <span>X</span> Muffins (all, except corn) | <span>2</span>                                                                                                          | <span>oz</span>  | 1.00 oz eq grains   |

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

United States Department of Agriculture

Food and Nutrition Service

**Product Formulation Statement for Documenting Grains  
in Child Nutrition Programs**

*(Crediting Standards Based on Grams of Creditable Grains (ounce equivalents))*

Child Nutrition (CN) Program Operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. CN Program Operators have the option to choose the crediting method that best fits their specific needs for menu planning.

Product Name: \_\_\_\_\_ Code No.: \_\_\_\_\_

Manufacturer: \_\_\_\_\_ Serving Size: \_\_\_\_\_  
(few dough weight may be used to calculate creditable grain)

I. Does the product meet the Whole Grain-Rich Criteria? Yes \_\_\_\_\_ No \_\_\_\_\_

II. Does the product contain non-creditable grains? Yes \_\_\_\_\_ No \_\_\_\_\_ How many \_\_\_\_\_  
(Products with more than 0.24 ounce (oz.) equivalent (eq.) or 3.99 grams (g) for Groups A-G,  
of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Exhibit A: Grain Requirements for Child Nutrition Programs in the USDA Food Guide Pyramid to determine if your product meets the minimum grain requirements for Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). If you are unable to determine the amount of grain component based on creditable grain per serving, you may apply to calculate servings of grain component based on creditable grain per ounce (g) of product. Indicate the amount of creditable grain per oz., eq., Group H uses the standard of 28g creditable grain per 100g (oz.) of product (by volume or weight.)

Indicate to which Exhibit A (Group A-I) the Product belongs:

| DESCRIPTION OF CREDITABLE GRAIN INGREDIENTS | GRAM STANDARD OF CREDITABLE GRAIN PER OZ. EQUIVALENT (16g or 28g) <sup>1</sup> | CREDITABLE AMOUNT |
|---------------------------------------------|--------------------------------------------------------------------------------|-------------------|
| A                                           | B                                                                              | A ÷ B             |
|                                             |                                                                                |                   |
|                                             |                                                                                |                   |
|                                             |                                                                                |                   |
|                                             |                                                                                |                   |
|                                             |                                                                                |                   |
|                                             |                                                                                |                   |
|                                             |                                                                                |                   |
|                                             | Total                                                                          |                   |
|                                             | Total Creditable Amount <sup>2</sup>                                           |                   |

<sup>1</sup> Creditable grains vary by CN Program. See the FIBG for specific Program requirements.

<sup>2</sup> Serving size X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

<sup>3</sup> Standard grams of creditable grains from the corresponding Group in Exhibit A.

<sup>4</sup> Total Creditable Amount must be rounded down to the nearest quarter (0.25) or, eq. Do not round up.

Total weight (per portion) of product as purchased: \_\_\_\_\_

Total contribution of product (per portion) \_\_\_\_\_ oz., eq.

I certify that the above information is true and correct and that a \_\_\_\_\_ ounce portion of this product [ready for serving] provides \_\_\_\_\_ 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 may not credit towards the grain requirements for school meals.

Signature \_\_\_\_\_

Title \_\_\_\_\_

# Crediting Grains Activity

- Review Nutrition Facts & ingredients for grain items:
  - Tortilla, flour
  - Honey wheat bread
  - Crackers
  - Pancake bites

Step 1: Determine if whole grain rich or not

Step 2: Find group on Exhibit A grain chart

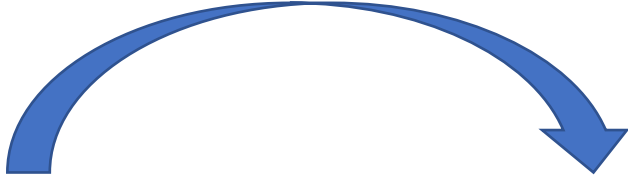
Step 3: Determine ounce equivalents

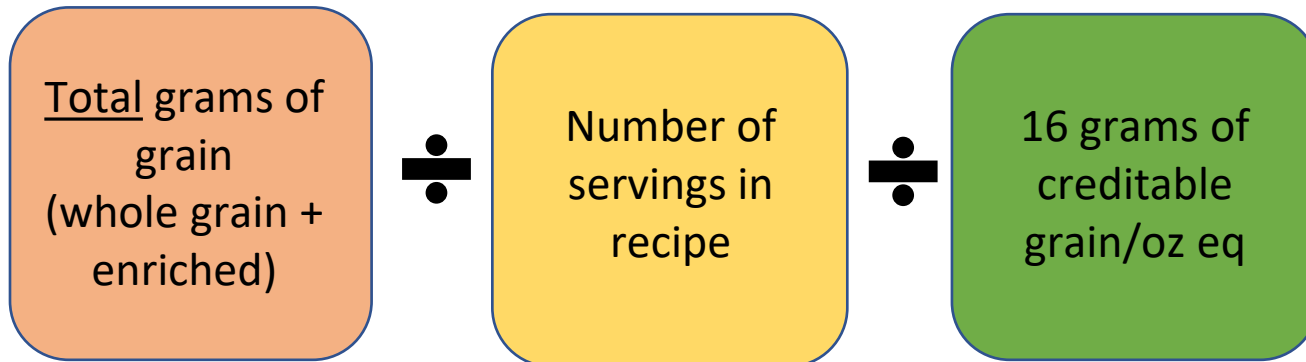
- Hint: 28 grams= 1 ounce



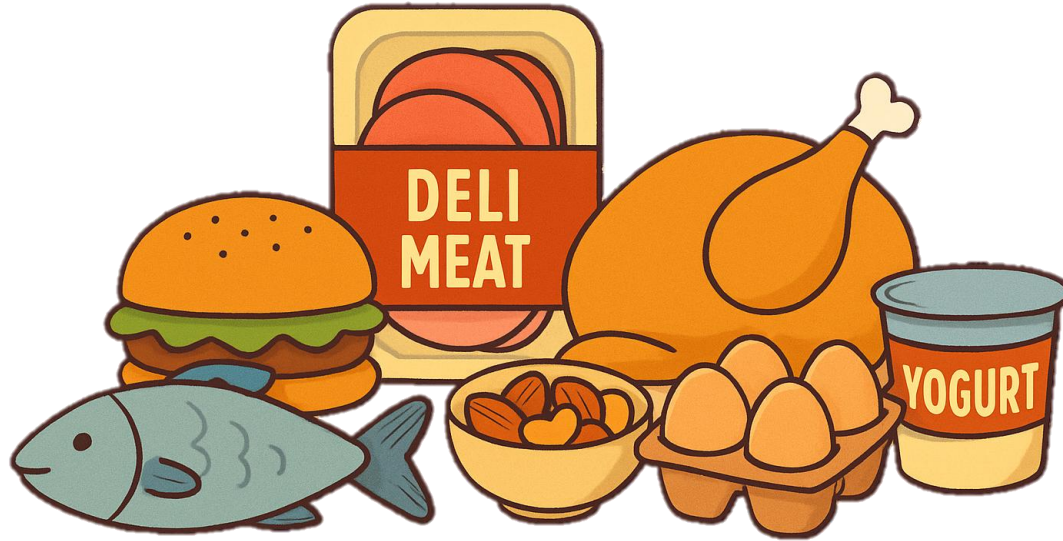
| Product           | WGR or Not? | Group-Exhibit A | Ounce Equivalents                                                                                          |
|-------------------|-------------|-----------------|------------------------------------------------------------------------------------------------------------|
| Tortilla, flour   | No          | Group B         | <b>2 oz eq.</b><br>Two tortillas= 57 grams<br>$57 \text{ g}/28 = 2.03 \text{ oz}$<br>1 oz= 1 oz eq.        |
| Honey Wheat Bread | No          | Group B         | <b>1 oz eq</b><br>1 oz= 1 oz eq                                                                            |
| Crackers          | Yes         | Group A         | <b>1 oz eq</b><br>$23 \text{ grams}/28 = 0.8 \text{ oz}$<br>0.8 oz= 1 oz eq                                |
| Pancake bites     | Yes         | Group D         | <b>0.75 oz eq.</b><br><br>$43 \text{ grams}/55 \text{ grams} = 0.78 \text{ oz}$<br>Rounded down to 0.75 oz |

# Crediting Grains: Scratch-Made Items

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



# Meat/Meat Alternate Component



# Planning Menus with Meat/Meat Alternates

What MMA do I want to offer?

How does the MMA items credit toward the MMA component?

Are both the daily AND weekly minimum amounts of grain oz eq being met?

# Meats/Meat Alternates Component

- Measured in ounce equivalents (oz eq)
  - Amount of the food that represents 1 ounce of edible portion of lean meat without the bone
- Includes:
  - Fresh & frozen meats
  - Processed meats
  - Canned meats
  - Meat alternates



# **Meat/Meat Alternates Component:** **Lunch**

| <b>M/MA (ounce equivalent)</b> |              |               |
|--------------------------------|--------------|---------------|
|                                | <u>Daily</u> | <u>Weekly</u> |
| <b>Grades K-5</b>              | 1 oz eq      | 8 oz eq       |
| <b>Grades 6-8</b>              | 1 oz eq      | 9 oz eq       |
| <b>Grades 9-12</b>             | 2 oz eq      | 10 oz eq      |

# **Meat/Meat Alternate Component:** **Breakfast**

- Not a required component to be offered at breakfast
- If offered, counts toward the Grain/MMA component\*

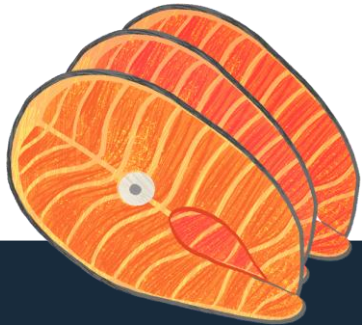


\*effective SY25

# Meat/Meat Alternate (MMA) Component



- Meat Sources: Beef, poultry, pork & fish
- Meat Alternate Sources: eggs, yogurt, cheese, legumes, tofu, nut butters
  - Yogurt may have no more than 12 grams of added sugar per 6 ounces
- Beans/legumes may count as either M/MA or vegetable



# 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

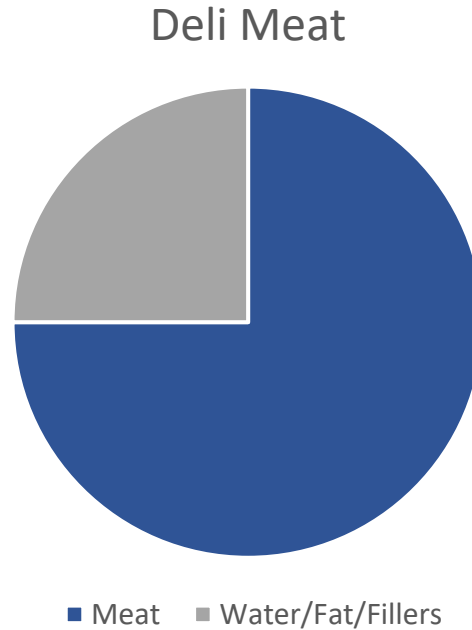
Ex. 1 (3.7oz) drumstick w/ bone & skin = 1.5 oz cooked meat  
(Food Buying Guide)

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

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

# Crediting M/MA: Ounce Equivalents

Meat/meat alternates contribute to the meal pattern by the weight of the credible meat/meat alternative in the product



Tip:  
Deli meats do  
not credit oz for  
oz!

# Crediting M/MA: Ounce Equivalents

2 oz



2 oz



2 oz eq



# Crediting Common M/MAs

| Amount                               | Ounce Equivalent (oz. eq.) |
|--------------------------------------|----------------------------|
| 1 ounce boneless meat, poultry, fish | 1 oz eq                    |
| 2.2 oz or ¼ cup tofu*                | 1 oz eq                    |
| 2 Tbsp peanut butter                 | 1 oz eq                    |
| 1 large egg                          | 2 oz eq                    |
| 1 ounce cheese                       | 1 oz eq                    |
| ¼ cup shredded cheese                | 1 oz eq                    |
| ½ cup cooked beans                   | 1 oz eq                    |
| ½ cup (4 oz) yogurt                  | 1 oz eq                    |
| 1.6 oz deli turkey                   | 1 oz eq                    |
| 1.2 oz deli ham                      | 1 oz eq                    |



\* Tofu must contain 5 gm protein per 1 ounce

# Crediting M/MA Activity

- Peanut butter and jelly sandwich
  - 4 Tbsp PB= 2 oz M/MA
  - What does 4 Tbsp PB look like?
- Turkey sandwich- difference in thickness
  - Weighing 3 slices on a scale



# How to Determine How Much MMA in a Product

- ✓ Food Buying Guide (FBG)
- ✓ Documentation from manufacturer:
  - Child Nutrition (CN) Labels
  - Product Formulation Statement (PFS)
- ✓ USDA Foods Information Sheets (for 'brown box' items)

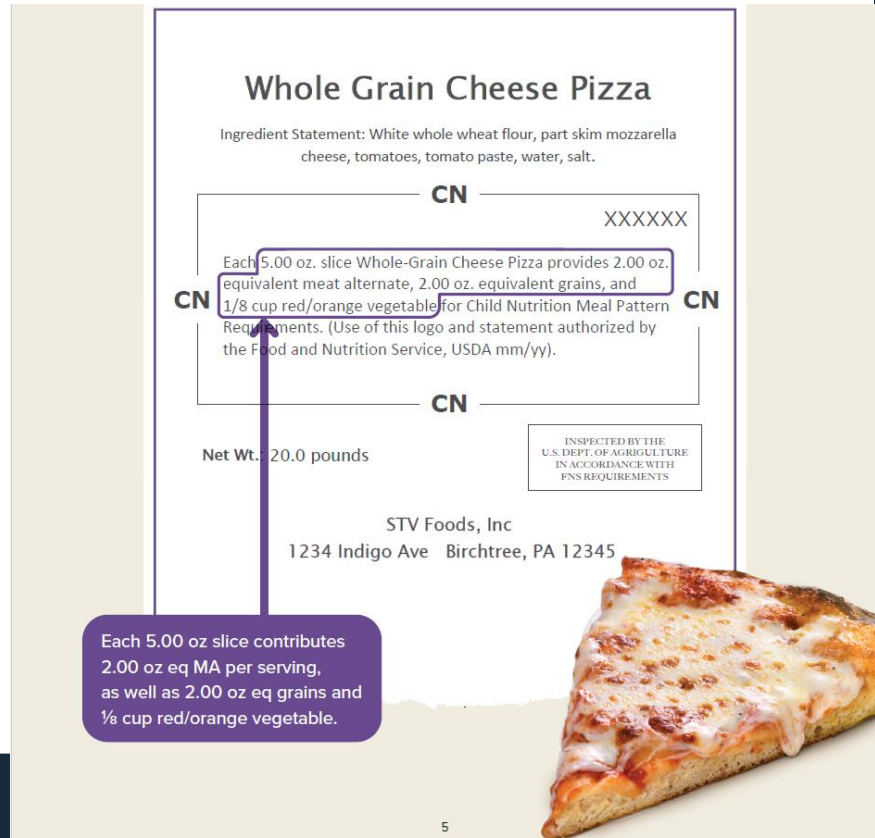
# Using the FBG: Ground Beef

## Compare Items

| Meal Component        | Category / Subcategory                                  | Food As Purchased, AP                                                                                                                                   | Purchase Unit | Servings per Purchase Unit, EP | Serving Size per Meal Contribution | Additional Information                       | Remove from Compare    | Add to Favorites    |
|-----------------------|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|--------------------------------|------------------------------------|----------------------------------------------|------------------------|---------------------|
| Meats/Meat Alternates | Beef and Beef Products<br>BEEF, GROUND, fresh or frozen | <a href="#">Beef, Ground, fresh or frozen<sup>9,10</sup></a><br>no more than 20% fat, Includes USDA Foods, (Like IMPS #136)<br><a href="#">Footnote</a> | Pound         | 11.80                          | 1 oz cooked lean meat              | 1 lb AP = 0.74 lb cooked, drained, lean meat | <a href="#">Remove</a> | <a href="#">Add</a> |
| Meats/Meat Alternates | Beef and Beef Products<br>BEEF, GROUND, fresh or frozen | <a href="#">Beef, Ground, fresh or frozen<sup>9,10</sup></a><br>no more than 10% fat, (Like IMPS #136)<br><a href="#">Footnote</a>                      | Pound         | 12.10                          | 1 oz cooked lean meat              | 1 lb AP = 0.76 lb cooked, drained, lean meat | <a href="#">Remove</a> | <a href="#">Add</a> |

# Child Nutrition (CN) Labels

- Voluntary program for manufacturers (not required by USDA)
- Provides documentation of how the product contributes to the meal pattern
- Distinctive look- do not confuse with Nutrition Facts Labels!
- MMA and MMA/Grain products only





54409

**FULLY COOKED, WHOLE GRAIN BREADED  
POPCORN SHAPED CHICKEN PATTIES**

**INGREDIENTS:** Chicken, Water, Textured Soy Protein, Soy Protein, Seasoning (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Salt, Corn Starch, Chicken Broth, Onion Powder, Garlic Powder, Natural Flavor, Sodium Bicarbonate, Spices [Including Celery Seed]), Chicken Protein Solution (Water, Chicken Protein), Water, Contains Less than 2% of: Isolated Oat Product, Salt. **BREADED WITH:** Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Wheat Gluten, Salt, Rice Starch, Chicken Protein Solution (Water, Chicken Protein), Yellow Corn Flour, Contains Less than 2% of: Leavening (Cream of Tartar, Sodium Bicarbonate), Corn Starch, Extractives of Paprika, Spices (Including Celery Seed), Onion Powder, Garlic Powder, Dextrose, Sodium Bicarbonate, Yeast, Yeast Extract, Ascorbic Acid, Cellulose Gum, Breeding Set in Vegetable Oil.

**CONTAINS: WHEAT and SOY**

**Recommended Heating Instructions:** (Do not thaw. Prepare from frozen.) Place frozen product in single layer on sheet pan. For Best Results: Do NOT use parchment paper. Appliances may vary. **Targeted temperature is 165°F** ; **Convection Oven** - 100% Fan Speed: Bake at 400° for 6-9 minutes ; **Combi Oven** - Convection Mode - 100% Fan Speed with 100% Steam: Bake at 400° for 6-9 minutes ; **Conventional Oven:** Bake at 400° for 8-11 minutes ; **Suggested Holding Times:** Hold at 150° for 1.5-2 hours.

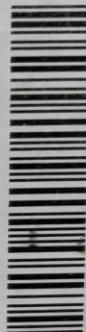
**NET WT. 20 LBS  
KEEP FROZEN**

**100484**  
Ten 0.30 oz. Fully Cooked Whole Grain Breaded Popcorn Shaped Chicken Patties provides 2.00 oz equivalent meat/meat alternate 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 10/23).



240916A

DISTRIBUTED BY: RICH CHICKS, LLC | 4276 N. TRACY BLVD. | TRACY, CA 95304



10854781002015

# Which of these products may have a CN label?

- a) Sausage links
- b) Bagged apple slices
- c) Cereal bowl
- d) Cheese filled breadstick

# Which of these products may have a CN label?

- a) Sausage links
- b) Bagged apple slices
- c) Cereal bowl
- d) Cheese filled breadstick

# Crediting Commercially Produced Foods

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





### 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)



RICH PRODUCTS CORPORATION  
WORLD HEADQUARTERS: 1350 NIAGARA STREET, BUFFALO, NY 14213  
MAILING ADDRESS: ONE ROBERT RICH WAY, P.O. BOX 245, BUFFALO, NY 14240 (716) 878-8000 WWW.RICH.COM

## Product Formulation Statement for Documenting Grains in Child Nutrition Programs

(Crediting Standards Based on Grams of Creditable Grains (ounce equivalent))

Child Nutrition (CN) Program Operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. CN Program Operators have the option to choose the crediting method that best fits their specific needs for menu planning.

Product Name: WHOLE GRAIN FRENCH TOAST BITE Code No.: 08061

Manufacturer: Rich Products Serving Size: 6 BITEs (86 g)  
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X No   

II. Does the product contain non-creditable grains: Yes X No    How many grams: 0.51 g  
(Products with more than 0.24 ounce (oz.) equivalent (eq.) or 3.99 grams (g) for Groups A-G or 6.99g for Groups H and I of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Exhibit A: Grain Requirements for Child Nutrition Programs in the FBG to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I ( RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16g creditable grain per oz. eq.; Group H uses the standard of 28g creditable grain per oz. eq.; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the Product Belongs: E

| DESCRIPTION OF CREDITABLE GRAIN INGREDIENT* | GRAMS OF CREDITABLE GRAIN INGREDIENT PER PORTION <sup>1</sup> | GRAM STANDARD OF CREDITABLE GRAIN PER OZ. EQUIVALENT (16g or 28g) <sup>2</sup> | CREDITABLE AMOUNT |
|---------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------|
|                                             | A                                                             | B                                                                              | A ÷ B             |
| Whole Grain Flour                           | 20.07 g                                                       | 16 g                                                                           | 1.25              |
| Enriched Wheat Flour                        | 12.58 g                                                       | 16 g                                                                           | 0.79              |
|                                             |                                                               | Total                                                                          | 2.04              |
|                                             |                                                               | Total Creditable Amount <sup>3</sup>                                           | 2.0               |

\* Creditable grains vary by CN Program. See the FBG for specific Program requirements.

<sup>1</sup> (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

<sup>2</sup> Standard grams of creditable grains from the corresponding Group in Exhibit A.

<sup>3</sup> Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz. eq. Do not round up.

Total weight (per portion) of product as purchased 86.75 g (3.06 oz.)

Total contribution of product (per portion) 2.0 oz. eq.

I certify that the above information is true and correct and that a 3.06 ounce portion of this product (ready for serving) provides 2.0 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 may not credit towards the grain requirements for school meals.

Signature Tracey Michel Title Senior Regulatory Specialist  
Printed Name Tracey Michel Date 3/5/2025 Phone Number 716-878-8419



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

# Non-Creditable “Extra” Foods

- Do not count as a food component
  - Contribute to the average calorie & sodium weekly requirements
- 
- Imitation Cheese
  - Cream Cheese, sour cream, ice cream
  - Pudding
  - Bacon, Salami
  - Potato chips
  - Condiments



Tip:  
If not in FBG,  
likely does not  
credit!

# Important!

- The product you serve must be the same as the one you are crediting
  - Turkey vs. beef meatball
- Not all foods are created (and credited) equal



# Scenario #1

- You want to determine the crediting for a new blueberry muffin you saw at a recent food show. What information do you need?
- A. Nutrition facts label (weight of product)
- B. CN label
- C. Ingredients statement (to determine whole grain)
- D. Both nutrition facts label and ingredients statement



# Scenario #2

- To credit a pre-made pizza, which of the following tools would be used to determine the M/MA crediting?
- A. Nutrition facts label
- B. Exhibit A grain chart
- C. CN label
- D. Food Buying Guide



# Scenario #3

- If you are crediting a recipe for beef and cheese tacos, what information is needed to determine meat/meat alternate crediting?
- A. Amount of raw ground beef and % fat
- **B. Amount of raw ground beef and % fat, and cheese**
- C. CN label
- D. None of the above



# Scenario #3 cont.

- Which resource would you use to determine the beef crediting in the recipe?
- A. CN label
- B. Nutrition Facts Label
- C. Exhibit A grain chart
- **D. Food Buying Guide**





# 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                                                                                                                               |       |                |
| <b>Calories</b>                                                                                                                                  |       | <b>100</b>     |
|                                                                                                                                                  |       | % Daily Value* |
| <b>Total Fat</b>                                                                                                                                 | 4g    | 5%             |
| Saturated Fat                                                                                                                                    | 1g    | 6%             |
| Trans Fat                                                                                                                                        | 0g    |                |
| Polyunsaturated Fat                                                                                                                              | 1g    |                |
| Monounsaturated Fat                                                                                                                              | 1.5g  |                |
| <b>Cholesterol</b>                                                                                                                               | 0mg   | 0%             |
| <b>Sodium</b>                                                                                                                                    | 75mg  | 3%             |
| <b>Total Carbohydrate</b>                                                                                                                        | 17g   | 6%             |
| Dietary Fiber                                                                                                                                    | 3g    | 10%            |
| Total Sugars                                                                                                                                     | 5g    |                |
| Includes Added Sugars                                                                                                                            | 5g    | 10%            |
| Sugar Alcohol                                                                                                                                    | 0g    |                |
| <b>Protein</b>                                                                                                                                   | 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)<br>Brown, Long grain,<br>Regular, Dry | Pound | 17.50 | 1/4 cup cooked | 5.80 | 1 lb dry = about 2-1/2 cups dry<br>brown rice; 1 lb dry = about 4-<br>3/8 cups cooked; 1 cup dry =<br>about 1-3/4 cups cooked |
|------------------------------------------------------|-------|-------|----------------|------|-------------------------------------------------------------------------------------------------------------------------------|

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,<br>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 |

# Crediting 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**