

# **MEAL PATTERNS AND OTHER REQUIREMENTS**

**MINIMUM MEAL REQUIREMENTS OF THE CHILD AND ADULT CARE FOOD PROGRAM**

<b>BREAKFAST</b>				<b>FOOTNOTES FOR ALL MEALS</b>
<b>Food Components</b>	<b>Children Aged 1-2 Years</b>	<b>Children Aged 3-5 Years</b>	<b>Children Aged 6-12 Years</b>	
<b>MILK<sup>1</sup></b> Milk, fluid	1/2 cup	3/4 cup	1 cup	<sup>1</sup> Fluid milk must be fat-free or lowfat milk, fat-free or lowfat lactose-reduced milk, fat-free or lowfat lactose-free milk, fat-free or lowfat buttermilk, or fat-free or lowfat acidified milk. Milk served must be pasteurized fluid milk that meets state and local standards and may be flavored or unflavored. <i>Whole milk and reduced-fat (2%) milk may not be served to participants over two years of age.</i> <sup>2</sup> Or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice. <sup>3</sup> Or an equivalent quantity of any combination of bread/bread alternate. Refer to Food and Nutrition Service (FNS) Instruction 783-1, Rev. 2, Exhibit A (Bread and Bread Alternate Requirements). <sup>4</sup> Either volume (cup) or weight (ounce), whichever is less. <sup>5</sup> Must include at least two kinds. <sup>6</sup> Full-strength vegetable or fruit juice may be counted to meet not more than 1/2 of this requirement. <sup>7</sup> Or an equivalent quantity of any combination of meat/meat alternate. <sup>8</sup> Cooked lean meat without bone. <sup>9</sup> May be used as the meat alternate or as part of vegetable/fruit component, but not as both components in the same meal. <sup>10</sup> Nuts and seeds are not recommended to be served to children aged 1 through 3 since they present a choking hazard. If served, they should be finely minced. <sup>11</sup> No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts and seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, one ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry, or fish. <sup>12</sup> Juice may not be served when milk is served as the only other component. <sup>13</sup> Applies to commercially prepared yogurt, lowfat yogurt, and nonfat yogurt. It does not apply to nonstandardized yogurt products, such as frozen yogurt, yogurt-flavored products, yogurt bars, yogurt-covered fruit or nuts. Commercial flavorings may be added, such as fruit, fruit juice, nuts, seeds, granola, etc., but they shall not be credited toward meeting the second food component requirement in the snack. <sup>14</sup> Includes such products as hard pretzels or chips made of whole-grain or enriched meal or flour.
<b>VEGETABLES AND/OR FRUITS<sup>2</sup></b> Vegetables or fruits <i>or</i> Full-strength juice	1/4 cup	1/2 cup	1/2 cup	
<b>BREAD/BREAD ALTERNATES<sup>3</sup></b> Enriched or whole-grain bread	1/2 serving	1/2 serving	1 serving	
Cornbread, biscuits, rolls, muffins, etc.	1/2 serving	1/2 serving	1 serving	
Cereal (cold, dry)	1/4 cup or 1/3 oz <sup>4</sup>	1/3 cup or 1/2 oz <sup>4</sup>	3/4 cup or 1 oz <sup>4</sup>	
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup	
Cooked cereal or cereal grains	1/4 cup	1/4 cup	1/2 cup	
<b>LUNCH/SUPPER</b>				
<b>Food Components</b>	<b>Children Aged 1-2 Years</b>	<b>Children Aged 3-5 Years</b>	<b>Children Aged 6-12 Years</b>	
<b>MILK<sup>1</sup></b> Milk, fluid	1/2 cup	3/4 cup	1 cup	
<b>VEGETABLES AND/OR FRUITS<sup>2,5</sup></b> Vegetables or fruits <i>or</i> Full-strength juice <sup>6</sup>	1/4 cup total from 2 sources	1/2 cup total from 2 sources	3/4 cup total from 2 sources	
<b>BREAD/BREAD ALTERNATES<sup>3</sup></b> Enriched or whole-grain bread	1/2 serving	1/2 serving	1 serving	
Cornbread, biscuits, rolls, muffins, etc.	1/2 serving	1/2 serving	1 serving	
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup	
Cooked cereal or cereal grains	1/4 cup	1/4 cup	1/2 cup	
Nonsweet snack products <sup>14</sup>	1/2 serving	1/2 serving	1 serving	
<b>MEAT AND MEAT ALTERNATES<sup>7</sup></b> Lean meat or poultry or fish <sup>8</sup>	1 oz	1 1/2 oz	2 oz	
Cheese	1 oz	1 1/2 oz	2 oz	
Eggs	1/2 egg (large)	3/4 egg (large)	1 egg (large)	
Cooked dry beans or peas <sup>9</sup>	1/4 cup	3/8 cup	1/2 cup	
Peanut butter, soybean butter, or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	
Peanuts, soybeans, or tree nuts or seeds <sup>10</sup>	1/2 oz = 50% <sup>11</sup>	3/4 oz = 50% <sup>11</sup>	1 oz = 50% <sup>11</sup>	
Yogurt, plain or flavored, unsweetened or sweetened <sup>13</sup>	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup	

**MINIMUM MEAL REQUIREMENTS OF THE CHILD AND ADULT CARE FOOD PROGRAM**  
(continued)

<b>SNACK (Choose 2 of the following components)</b>				<b>FOOTNOTES FOR ALL MEALS</b>
<b>Food Components</b>	<b>Children Aged 1-2 Years</b>	<b>Children Aged 3-5 Years</b>	<b>Children Aged 6-12 Years</b>	
<b>MILK<sup>1</sup></b> Milk, fluid	1/2 cup	1/2 cup	1 cup	<sup>1</sup> Fluid milk must be fat-free or lowfat milk, fat-free or lowfat lactose-reduced milk, fat-free or lowfat lactose-free milk, fat-free or lowfat buttermilk, or fat-free or lowfat acidified milk. Milk served must be pasteurized fluid milk that meets state and local standards and may be flavored or unflavored. <i>Whole milk and reduced-fat (2%) milk may not be served to participants over two years of age.</i> <sup>2</sup> Or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice. <sup>3</sup> Or an equivalent quantity of any combination of bread/bread alternate. Refer to Food and Nutrition Service (FNS) Instruction 783-1, Rev. 2, Exhibit A (Bread and Bread Alternate Requirements). <sup>4</sup> Either volume (cup) or weight (ounce), whichever is less. <sup>5</sup> Must include at least two kinds. <sup>6</sup> Full-strength vegetable or fruit juice may be counted to meet not more than 1/2 of this requirement. <sup>7</sup> Or an equivalent quantity of any combination of meat/meat alternate. <sup>8</sup> Cooked lean meat without bone. <sup>9</sup> May be used as the meat alternate or as part of vegetable/fruit component, but not as both components in the same meal. <sup>10</sup> Nuts and seeds are not recommended to be served to children aged 1 through 3 since they present a choking hazard. If served, they should be finely minced. <sup>11</sup> No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts and seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, one ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry, or fish. <sup>12</sup> Juice may not be served when milk is served as the only other component. <sup>13</sup> Applies to commercially prepared yogurt, lowfat yogurt, and nonfat yogurt. It does not apply to nonstandardized yogurt products, such as frozen yogurt, yogurt-flavored products, yogurt bars, yogurt-covered fruit or nuts. Commercial flavorings may be added, such as fruit, fruit juice, nuts, seeds, granola, etc., but they shall not be credited toward meeting the second food component requirement in the snack. <sup>14</sup> Includes such products as hard pretzels or chips made of whole-grain or enriched meal or flour.
<b>VEGETABLES AND/OR FRUITS<sup>2</sup></b> Vegetables or fruits <i>or</i> Full-strength juice <sup>12</sup>	1/2 cup	1/2 cup	3/4 cup	
<b>BREAD/BREAD ALTERNATES<sup>3</sup></b> Enriched or whole-grain bread	1/2 serving	1/2 serving	1 serving	
Cornbread, biscuits, rolls, muffins, etc.	1/2 serving	1/2 serving	1 serving	
Cereal (cold, dry)	1/4 cup or 1/3 oz <sup>4</sup>	1/3 cup or 1/2 oz <sup>4</sup>	3/4 cup or 1 oz <sup>4</sup>	
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup	
Cooked cereal or cereal grains	1/4 cup	1/4 cup	1/2 cup	
Nonsweet snack products <sup>14</sup>	1/2 serving	1/2 serving	1 serving	
<b>MEAT AND MEAT ALTERNATES<sup>7</sup></b> Lean meat or poultry or fish <sup>8</sup>	1/2 oz	1/2 oz	1 oz	
Cheese	1/2 oz	1/2 oz	1 oz	
Eggs	1/2 egg (large)	1/2 egg (large)	1/2 egg (large)	
Cooked dry beans or peas <sup>9</sup>	1/8 cup	1/8 cup	1/4 cup	
Peanut butter, soy nut butter, or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	
Peanuts, soy nuts, or tree nuts or seeds <sup>10</sup>	1/2 oz	1/2 oz	1 oz	
Yogurt, plain or flavored, unsweetened or sweetened <sup>13</sup>	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup	

**GRAINS/BREADS ALTERNATE REQUIREMENTS  
 FOR THE CHILD NUTRITION PROGRAMS<sup>1</sup>**

- Serving Size for 6- Through 12-Year-Old Children = 1 serving
- Serving Size for 1- Through 5-Year-Old Children = 1/2 serving
- Serving Size for Adults = 1 serving

<b>GROUP A</b>	<b>MINIMUM SERVING SIZE FOR GROUP A</b>
<ul style="list-style-type: none"> <li>• Bread-type coating</li> <li>• Breadsticks (hard)</li> <li>• Chow mein noodles</li> <li>• Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry)</li> </ul> <p><i>NOTE: Weights apply to bread in stuffing.</i></p>	1 serving = 20 gm or 0.7 oz 1/2 serving = 10 gm or 0.4 oz
<b>GROUP B</b>	<b>MINIMUM SERVING SIZE FOR GROUP B</b>
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter-type coating</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole-wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Crackers (graham crackers—all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, wheat, whole-wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole-wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)</li> <li>• Taco shells</li> </ul>	1 serving = 25 gm or 0.9 oz 1/2 serving = 13 gm or 0.5 oz
<b>GROUP C</b>	<b>MINIMUM SERVING SIZE FOR GROUP C</b>
<ul style="list-style-type: none"> <li>• Cookies<sup>2</sup> (plain)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies<sup>2</sup>, fruit turnovers<sup>3</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	1 serving = 31 gm or 1.1 oz 1/2 serving = 16 gm or 0.6 oz
<b>GROUP D</b>	<b>MINIMUM SERVING SIZE FOR GROUP D</b>
<ul style="list-style-type: none"> <li>• Doughnuts<sup>3</sup> (cake and yeast-raised, unfrosted)</li> <li>• Granola bars<sup>3</sup> (plain)</li> <li>• Muffins (all except corn)</li> <li>• Sweet roll<sup>3</sup> (unfrosted)</li> <li>• Toaster pastry<sup>3</sup> (unfrosted)</li> </ul>	1 serving = 50 gm or 1.8 oz 1/2 serving = 25 gm or 0.9 oz

<sup>1</sup> These foods must be whole-grain or enriched or made from enriched or whole-grain meal and/or flour, bran, and/or germ. Some of the foods, or their accompaniments, may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>2</sup> Snack only.

<sup>3</sup> Snack and breakfast only.

- Serving Size for 6- Through 12-Year-Old Children = 1 serving
- Serving Size for 1- Through 5-Year-Old Children = 1/2 serving
- Serving Size for Adults = 1 serving

<b>GROUP E</b>	<b>MINIMUM SERVING SIZE FOR GROUP E</b>
<ul style="list-style-type: none"> <li>• Cookies<sup>2</sup> (with nuts, raisins, chocolate pieces, fruit purees, and cream-filled sandwich)</li> <li>• Doughnuts<sup>3</sup> (cake and yeast-raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars<sup>3</sup></li> <li>• Granola bars<sup>3</sup> (with nuts, raisins, chocolate pieces, and/or fruit)</li> <li>• Sweet rolls<sup>3</sup> (frosted)</li> <li>• Toaster pastry<sup>3</sup> (frosted)</li> </ul>	1 serving = 63 gm or 2.2 oz 1/2 serving = 31 gm or 1.1 oz
<b>GROUP F</b>	<b>MINIMUM SERVING SIZE FOR GROUP F</b>
<ul style="list-style-type: none"> <li>• Cake<sup>2</sup> (plain, unfrosted)</li> <li>• Coffee cake<sup>3</sup></li> </ul>	1 serving = 75 gm or 2.7 oz 1/2 serving = 38 gm or 1.3 oz
<b>GROUP G</b>	<b>MINIMUM SERVING SIZE FOR GROUP G</b>
<ul style="list-style-type: none"> <li>• Brownies<sup>2</sup> (plain)</li> <li>• Cake<sup>2</sup> (all varieties, frosted)</li> </ul>	1 serving = 115 gm or 4.0 oz 1/2 serving = 58 gm or 2.0 oz
<b>GROUP H</b>	<b>MINIMUM SERVING SIZE FOR GROUP H</b>
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals<sup>5</sup> (cooked)</li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>	1 serving = 1/2 cup cooked (or 25 gm dry)
<b>GROUP I</b>	<b>MINIMUM SERVING SIZE FOR GROUP I</b>
<ul style="list-style-type: none"> <li>• Ready-to-eat breakfast cereal<sup>4,5</sup> (cold, dry)</li> </ul>	1 serving = 3/4 cup or 1.0 oz, whichever is less

<sup>2</sup> Snack only.

<sup>3</sup> Snack and breakfast only.

<sup>4</sup> Refer to the minimum meal pattern requirements for the appropriate serving size for cereals served to children aged one through five and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item, but may be served in meals other than breakfast.

<sup>5</sup> Cereals may be whole-grain, enriched, or fortified.

## **EXCEPTIONS FOR SPECIAL DIETARY NEEDS**

Documentation must be on file and available for individual participants who are unable, because of medical or other special dietary needs, to consume certain foods. Substitutions due to medical needs shall be supported by a statement from a recognized medical authority and should include recommended alternate foods. If a medical statement is not available, meals lacking the required components/quantities cannot be claimed for reimbursement.

The home must provide all required food components for the meals served in order to claim reimbursement. This includes any substitutions made to a meal served to a child with special dietary needs unless supported by the medical statement.

Homes may consider ethnic and religious preferences when requested by a household. Food substitutions may be made, if requested by parents/guardians. Food items substituted must be a creditable item from the same food component if the meal is claimed for reimbursement. Variations on an experimental or continuing basis in the food components must have written approval from USDA.

## MEDICAL STATEMENT

**Part I** (to be filled out by *institution or parent/guardian*)

Name of Student: John Doe, Jr. Age: \_\_\_\_\_

Name of Parent/Guardian: Mr./Mrs. John Doe, Sr. Telephone Number: \_\_\_\_\_

Name of Institution: \_\_\_\_\_

**Part II** (to be filled out by a *medical authority*)

Diagnosis (include description of the patient's medical or other special dietary needs that restrict the patient's diet):

*John Doe, Jr., has been diagnosed with celiac disease and is therefore disabled. The attached menu must be followed.*

List food(s) to be omitted from diet:

List food(s) that may be substituted (diet plan):

Additional information:

9/15/YYYY

Date

R. J. Hoffman, MD

Signature of Medical Authority

\_\_\_\_\_  
Telephone Number:

# EXAMPLE

## MILK SUBSTITUTION REQUEST

Child's Name: Jimmy Doe Age: 2

My child cannot consume milk for the following reason(s):

Cultural  
\_\_\_\_\_  
\_\_\_\_\_

Signature of Parent/Guardian: Mrs. John Doe

Date: 9/15/YYYY

<p><b>INSTITUTION APPROVAL:</b></p> <p>Signature: _____ Date: _____</p>
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### Nondairy Beverages

In the case of children who cannot consume fluid milk due to medical or other special dietary needs other than a disability, nondairy beverages may be served in lieu of fluid milk. Nondairy beverages must be nutritionally equivalent to milk and meet the Nutritional Standards found in cow's milk. Nondairy beverage nutrient requirements per cup include each of the following:

- Calcium 276 mg
- Protein 8 g
- Vitamin A 500 IU
- Vitamin D 100 IU
- Magnesium 24 mg
- Potassium 222 mg
- Phosphorus 349 mg
- Riboflavin 0.44 mg
- Vitamin B-12 1.1 mg

Parents or guardians may now request in writing nondairy milk substitutions as described above without providing a medical statement. As an example, if a parent has a child who follows a vegan diet, the parent can submit a written request to the child's caretaker asking that a milk substitution be served in lieu of cow's milk. The written request must identify the medical or other special dietary need that restricts the diet of the child. **Such substitutions are at the option and the expense of the facility.** The requirements related to milk or food substitutions for a participant who has a medical disability and who submits a medical statement signed by a licensed physician remain unchanged.

## **CREDITING FOODS IN THE CHILD AND ADULT CARE FOOD PROGRAM**

The goal of the Child and Adult Care Food Program (CACFP) is to improve the health and nutrition of the nation's children and adults while promoting the development of good eating habits and nutrition education.

This resource has been prepared to provide additional information on creditable foods in child care centers, outside-school-hours care centers, Head Start centers, family day care homes (FDCHs), and adult care centers.

Creditable foods are those foods that may be counted toward meeting the requirements for a reimbursable meal. Foods are determined to be creditable based on the following factors: (1) nutrient content, (2) customary function in a meal, (3) whether they meet regulations governing the Child Nutrition Programs (CNP) (on quantity requirements and/or by definition), (4) whether they meet the Food and Drug Administration's (FDA) Standards of Identity, (5) whether they meet the United States Department of Agriculture's (USDA's) standards for meat and meat products, and (6) agreement with administrative policy decisions on the crediting of particular foods.

Noncreditable or ***OTHER*** foods are those that are not creditable because they do not meet the above criteria. ***OTHER*** foods do not meet the requirements for any components in the meal patterns. Noncreditable foods may supply calories that help meet the energy needs of participants and may contribute additional protein, vitamins, and minerals. They can be used to supplement the required meal components to improve acceptability and to satisfy the children's and adults' appetites.

USDA reimburses child and adult care centers and FDCH sponsors participating in the CACFP for the meals served, not for individual foods. A meal is reimbursable if it contains those foods in the amounts outlined in the CACFP meal patterns. Therefore, a meal may be made up of both creditable foods and noncreditable foods.

### **FAMILY-STYLE MEAL SERVICE**

Family-style meal service means serving foods in bowls or dishes on the table. Children are encouraged to serve themselves or serve themselves with help from an adult.

Enough food must be placed on the table to provide the full required portion size for all the children at the table.

*Family-style meal service has some advantages . . .*

- **Family-style meals allow children to identify and be introduced to new foods, new tastes, and new menus.** Children are often unsure about new foods. Seeing new foods and watching others serve themselves gets them interested. They are more willing to try a small serving when they see other children trying new foods.
- **Children can choose the amount of food they want to have on their plates.** When foods are served family-style, children may choose to take a small portion of food, knowing that the food will still be available if they would like a second serving. Children feel more in control to judge their hunger and fullness throughout the meal, knowing that more food is within easy reach.
- **Children practice good table manners and new skills with their hands and fingers.** Serving themselves gives children time to practice skills like passing, pouring, and scooping foods. Taking turns, sharing, and politely turning down foods are all a part of the table manners children can learn by participating in family-style meal service.

# CHILD NUTRITION LABELS AND PRODUCT FORMULATION STATEMENTS

## Child Nutrition (CN) Labeling

1. Items that can be CN-labeled: Food products that contribute significantly to the meat/meat alternate component and are served in main dishes.
2. Yield data from the *Food-Buying Guide for Child Nutrition Programs* (FBG, Program Aid 1331) is used for calculating a CN-labeled product's contribution toward meal pattern requirements. (Using yields from the FBG will help ensure that various meat/meat alternate items, regardless of cooking methods used or the addition of other ingredients, will be nutritionally equivalent.)
3. CN-labeled product will have the following information printed on the principal display panel of the label:
  - Product name
  - Ingredient listing in descending order of predominance by weight for all ingredients
  - Inspection legend for the appropriate inspection
  - Establishment number (for meat, poultry, and seafood items only)
  - Manufacturer's or distributor's name and address
  - CN label statement
4. CN label statement must be an integral part of the product label and must include the following information:
  - CN logo, which is a distinctive border around the CN statement
  - A six-digit product identification number that will appear in the upper right-hand corner of the CN label statement
  - The statement of the product's contribution toward meal pattern requirements for the Child Nutrition Programs (CNP)
  - A statement specifying that the use of the logo and CN label statement is authorized by the Food and Nutrition Service (FNS)
  - The month and year the label was approved in final by the FNS
5. Advantage of using CN-labeled products: The product carries a United States Department of Agriculture (USDA) warranty. If a provider purchases such a product and *uses it according to directions*, the provider will not have an audit claim filed against him or her should state or federal reviewers find that the CN-labeled product does not actually meet the meal pattern requirements claimed on the label.
6. What a CN label does *NOT* do:
  - Guarantee that the *FULL* requirement will be met (the product's contribution toward meal pattern requirements is specified in the CN label statement)
  - Assure that a product is *good for children*
  - Assure that children will like the product
  - Suggest that products without a CN label are inferior (or that CN-labeled products are superior)
7. Institution responsibilities:
  - Assure that the product received meets specifications and has correct CN number (provide site managers with appropriate information; e.g., copy of label, dates product will be used)
  - Provide facilities with serving sizes/crediting information
8. Effective September 1, 2007, all CN numbers older than six months for which FNS has not received an application for review will expire. Once a CN number is expired/rescinded, the CN number may not be used in the CN labeling program.

## SAMPLE CN LABEL STATEMENT

	CN		000000
CN	Five 0.68-oz fully cooked, breaded chicken breast pattie chunks with rib meat provide 2.00 oz equivalent meat/meat alternate and 1 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-14.)		CN
	CN		

**NOTE: Providers must submit copies of CN-labeled products used to the sponsor with their required monthly documentation.**

### Product Formulation Statement

1. A product formulation is a statement prepared and certified by a manufacturer of a prepared product declaring appropriate ingredient and crediting information. If a company provides a product formulation statement, a provider may wish to use the product to meet USDA meal pattern requirements. However, USDA does not monitor product formulation statements for compliance with the product formulation or the CNP meal pattern requirements. The product formulation statement does not carry a USDA warranty, and should state or federal reviewers find that the product did not actually meet meal pattern requirements, an overclaim can be established. Signed product formulation statements could provide the provider legal recourse with the company should the product contribution be challenged or found to be in error.
2. Providers should not let their desire to offer children a commercially prepared product outweigh their need to obtain proper documentation for the product. If vendors understand that the provider will not purchase a product without proper documentation, they will be more accommodating in providing sufficient information.
3. Providers should be careful not to mistake vendor advertising literature for a product formulation statement. Advertising literature provided by a company may contain valuable information, but it may not be used to support the contribution that a product makes toward USDA meal pattern requirements.
4. A product formulation statement must satisfy the following **REQUIREMENTS**:
  - Be on the company's letterhead.
  - Company must use the USDA Food-Buying Guide to assist with the certification of the product.
  - Provide the product name, as written on the label, and provide other identifying information, such as product code number, portion size/weight, pack, case weight.
  - Contain a crediting statement; i.e., a declaration of the contribution of one portion of the cooked product toward meeting USDA meal pattern requirements. This may be combined with the certification statement.
  - Contain a certification statement. For example, the certification or crediting statement may read, "I certify that the above information is true and correct and that a 3.25-ounce serving of the above product [ready for serving] contains two ounces of cooked lean meat/meat alternate when prepared according to product directions."
  - Provide sufficient information for purchaser to determine the reasonableness of the crediting statement.
  - For meat/meat alternates, the following must also be included:
    - Variety and cut of meat (from the Food-Buying Guide) used in the product.
    - Total weight of uncooked product.
    - Percent of fat in raw meat.
    - Name and weight of other meat alternates used in product.
    - Information concerning APP, if applicable.
  - Be signed and dated by a legally authorized representative of the company.

5. Provider/sponsor responsibilities concerning product formulation statements:

- Prior to purchase, carefully review the product formulation statement to determine the reasonableness of information provided by the manufacturer.
- Use the reviewer checklist contained within this manual to assist in evaluating the certification and yield provided by the manufacturer statements.
- Ensure that proper documentation is maintained on each prepared product used to meet USDA meal pattern requirements.
- Assure that product received meets specifications and has correct code number. Provide SOs with appropriate information; e.g., copy of label, product formulation statement, dates product will be used, serving sizes, or crediting information.

## PRODUCT FORMULATION STATEMENT FOR MEAT/MEAT ALTERNATE AND ALTERNATE PROTEIN PRODUCT CALCULATIONS

Provide a copy of the label in addition to the following information on company letterhead signed by an official representative of the company.

Product Name: \_\_\_\_\_ Code Number: \_\_\_\_\_

Manufacturer: \_\_\_\_\_ Case/Pack/Count/Portion/Size: \_\_\_\_\_

### I. Meat/Meat Alternate (M/MA)

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate.

Description of Creditable Ingredients Per Food-Buying Guide	Ounces Per Raw Portion of Creditable Ingredient	Multiply	Food-Buying Guide Yield	Creditable Amount*
		X		
		X		
		X		
<b>A. Total Creditable Amount<sup>1</sup></b>				

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

### II. Alternate Protein Product (APP)

If the product contains APP, please fill out the chart below to determine the creditable amount of APP. If APP is used, you must provide documentation as described in Attachment A for each APP used.

Description of APP, Manufacturer's Name, and Code Number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
		X	%	÷ by 18	
		X	%	÷ by 18	
		X	%	÷ by 18	
<b>B. Total Creditable Amount<sup>1</sup></b>					
<b>C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest 1/4 oz)</b>					

\*Percent of protein As-Is is provided on the attached APP documentation.

\*\*18 is the percent of protein when fully hydrated.

\*\*\*Creditable amount of APP equals ounces of dry APP multiplied by the percent of protein as-is divided by 18.

<sup>1</sup> Total Creditable Amount must be rounded **DOWN** to the nearest 0.25 oz (1.49 would round down to 1.25 oz meat equivalent). Do **NOT** round up. If you are crediting both M/MA and APP, you do not need to round down in Box A until after you have added the creditable APP amount from Box B.

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

Total creditable amount of product (per portion): \_\_\_\_\_

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

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

I further certify that any APP used in the product conforms to the Food and Nutrition Service (FNS) Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation (Attachment A).

Signature: \_\_\_\_\_ Title: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_ Phone Number: \_\_\_\_\_

## ATTACHMENT A

**Company Name:** \_\_\_\_\_

**APP Product:** \_\_\_\_\_

- A. \_\_\_\_\_ certifies that \_\_\_\_\_ meets all requirements for APP intended for use in foods manufactured for Child Nutrition Programs as described in Appendix A of 7 CFR 210, 220, 225, and 226.
- B. \_\_\_\_\_ certifies that \_\_\_\_\_ has been processed so that some portion of the nonprotein constituents have been removed by fractionating. This product is produced from \_\_\_\_\_ .
- C. The Protein Digestibility Corrected Amino Acid Score (PDCAAS) for \_\_\_\_\_ is \_\_\_\_\_. It was calculated by multiplying the lowest uncorrected amino acid score by true protein digestibility as described in the Protein Quality Evaluation Report from the Joint Expert Consultation of the Food and Agriculture Organization/World Health Organization of the United Nations, presented December 4-8, 1989, in Rome, Italy. The PDCAAS is required to be greater than 0.8 (80 percent of casein).
- D. The protein level of \_\_\_\_\_ is at least 18 percent by weight when fully hydrated at a ratio of \_\_\_\_\_ parts water to one part product.
- E. The protein level of \_\_\_\_\_ is certified to be at least \_\_\_\_\_ on an as-is basis for the as-purchased product. *Note: Protein is often provided on a moisture-free basis (MFB), which is not the information Food and Nutrition Service (FNS) requires.*

All of the above information is required for APP.

## Reviewer Checklist for Evaluating Manufacturer-Completed Product Formulation Statements for Meat/Meat Alternate (M/MA) Products and Alternate Protein Product Products

<b>Circle Y or N</b>	<b>Steps for Evaluation Page 1</b>
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### GENERAL INFORMATION

<b>Y</b>	<b>N</b>	<p>A copy of the product label is attached.</p> <p>The label should have the product name, ingredients statement, net weight, manufacturer/distributor name and address, and for meat/poultry products, an inspection legend. The Nutrition Facts panel is voluntary for institutional product labels unless a nutrition or health claim is made.</p>
<b>Y</b>	<b>N</b>	Product Name is provided and matches the name on the product label.
<b>Y</b>	<b>N</b>	Product Code Number is provided and matches the code number on the product label.
<b>Y</b>	<b>N</b>	Manufacturer name is provided.
<b>Y</b>	<b>N</b>	Case/pack/count/portion/size are included as applicable.

### MEAT/MEAT ALTERNATE

<b>Y</b>	<b>N</b>	<p>I have my copy of the Food-Buying Guide for Child Nutrition Programs (FBG), and it has the written in corrections as noted in the Pen and Ink Changes document provided by FNS.</p> <p style="text-align: center;">Available at &lt;<a href="http://teammnutrition.usda.gov/Resources/foodbuyingguide.html">http://teammnutrition.usda.gov/Resources/foodbuyingguide.html</a>&gt;</p>
<b>Y</b>	<b>N</b>	<p>The food items in Section 1. Meat/Meat Alternate match a description in Column 1 (Food As Purchased) of the FBG.</p> <p>Example: <i>Beans, Kidney, dry</i> matches a description in Column 1 of the FBG, but <i>Kidney Beans</i> does not match a description in Column 1 of the FBG (you do not know if the kidney beans are dry, canned, or frozen).</p>
<b>Y</b>	<b>N</b>	<p>The description does not match Column 1, but it does match a description in Column 4 (Serving Size Per Meal Contribution) or Column 6 (Additional Information) of the FBG.</p> <p>If the answer is <i>Y</i>, then you will need to convert the yield data from Column 6.</p>

Circle Y or N	<b>Steps for Evaluation</b> <b>Page 2</b>
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**MEAT/MEAT ALTERNATE continued**

Y	N	<p>The FBG Yield (servings per purchase unit) provided aligns with the correct description in Column 1, the description of how the food is served in Column 4, and the correct unit for the serving size in Column 4 to provide answers in units of 1 ounce. For meat/poultry, use the percent yield in Column 6.</p> <p>Example 1: A burrito is being evaluated. <i>Kidney beans, dry, canned, whole (pages 1 through 7, FBG)</i> matches a description in Column 1, the product is served heated which matches a description as served in Column 4; therefore, the FBG yield that should be used is 38.9 1/4-cups heated beans for 108 oz No. 10 can (38.9/108). The yield for drained beans (which is unheated) should not be used. For dry beans/legumes/peas/lentils, keep in mind that 1/4 cup cooked, drained beans/legumes/peas/lentils is equivalent to 1.0 oz meat alternate.</p> <p>Example 2: A sandwich is being evaluated. <i>Peanut butter (pages 1 through 40, FBG)</i> matches a description in Column 1, and 2 Tbsp (1 oz meat alternate) matches the unit we want our answer in. For this example, there are three acceptable yield ratios: (1) 97.5 1-oz servings per 108 oz, (2) 28.8 1-oz servings per 28 oz, or (3) 14.4 1-oz servings per 16 oz. When purchase units are 1 lb, always use 16 oz in the yield ratio. Do not use the yield ratios for 3 Tbsp peanut butter, since this will put the answer in units of 1 1/2 oz.</p> <p>Example 3: A chicken patty is being evaluated. <i>Chicken, boneless, raw (pages 1 through 31, FBG)</i> matches a description in Column 1, cooked matches a description in Column 4. The yield in Column 6 is 70 percent (you will multiply using the decimal form which is 0.70).</p>
Y	N	The answer provided in the Creditable Amount column for each separate ingredient has been verified using a calculator, and the answer was not rounded up.
Y	N	The total creditable amount for the meat/meat alternate section, Total A, is correct, and the answer was not rounded up.
Y	N	<p>All of the creditable ingredients listed on the form match ingredients listed in the ingredients statement on the product label.</p> <p>Example: It is not acceptable for the documentation to list <i>ground beef (not more than 30 percent fat)</i> if the label only lists <i>beef</i>. This means that the manufacturer does not have to actually use ground beef (not more than 30 percent fat), but can use any type of beef. <i>Beef</i> is not creditable since there is no one single FBG yield that can cover all beef items. Because the correct description is not on the label, the product cannot be accepted with the documentation.</p>

<b>Circle Y or N</b>	<b>Steps for Evaluation Page 3</b>
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**ALTERNATE PROTEIN PRODUCT (APP)**

<b>Y</b>	<b>N</b>	<p>The APPs listed are single ingredients such as soy flour, soy protein concentrate, soy protein isolate, whey protein concentrate, and nonfat dry milk.</p> <p>Examples of ingredients that do not meet the APP requirements are: wheat proteins, tofu, surimi, soy burgers, soy crumbles.</p>
<b>Y</b>	<b>N</b>	<p>The product itself is an entrée item or an integral part of an entrée item.</p> <p>Example: entrée items <b>ARE</b> sandwich patties, meat fillings or crumbles, pizzas, burritos, etc. Entrée items are <b>NOT</b> drinks, smoothies, desserts, muffins, cakes, protein bars, bread, chips, etc.</p>
		<b>Documentation (Refer to Attachment A)</b>
<b>Y</b>	<b>N</b>	<p>The APP documentation is on letterhead of the manufacturer that actually makes the APP.</p> <p>Documentation should not be accepted on distributor letterhead or from the food company making your purchased product (except in the rare case that the food company making the finished product actually manufactures the APP itself).</p>
<b>Y</b>	<b>N</b>	<p>a. The documentation states that the APP meets requirements found in 7 CFR Parts 210, 220, 225, and 226.</p>
<b>Y</b>	<b>N</b>	<p>b. The documentation indicates that nonprotein constituents have been removed.</p>
<b>Y</b>	<b>N</b>	<p>c. The PDCAAS (Protein Corrected Amino Acid Score) is provided, and the score is greater than 0.80 (80).</p> <p>The PDCAAS score should be provided in decimal form (i.e., 0.92), but sometimes the PDCAAS is reported as a whole number (i.e., 92) instead. If the PDCAAS is less than 0.8 (80), then the product does not meet the protein quality requirements and cannot be used for credit even if the percent as-is protein is greater than 18 percent.</p>
<b>Y</b>	<b>N</b>	<p>d. The hydration ratio is provided in the documentation and was calculated correctly (percent protein as-is divided by 18) minus 1 part dry APP = parts water).</p> <p>Example: if the percent as-is protein is 64.8, the calculation is as follows: <math>[(64.8 \div 18) - 1 \text{ part dry APP}] = 2.6 \text{ parts water to hydrate the product down to 18 percent protein. The ratio of dry APP:water for this example will be 1:2.6.}</math></p>
<b>Y</b>	<b>N</b>	<p>e. The percent protein is provided on an as-is basis and is greater than 18 percent.</p> <p>If the documentation states MFB or moisture-free basis—you cannot use this protein value. The as-is protein value must be used in calculating the meat alternate credit for APP.</p>

<b>Circle Y or N</b>	<b>Steps for Evaluation Page 4</b>
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**ALTERNATE PROTEIN PRODUCT (APP) continued**

Y	N	APP documentation meeting all of the above requirements is provided for each separate APP listed on the product analysis form.
		<b>Check the Calculation for Each APP Ingredient Used</b>
Y	N	The whole number percent protein (not the decimal form of the percent) is used in the calculation.  Example: If the percent as-is protein is 64.8 percent, use 64.8 in the calculation, not 0.648.
Y	N	The answer for each separate APP calculation is correct and was not rounded up.
Y	N	The amount of credit from APP, Total B, is correct and was not rounded up.
		<b>TOTAL CREDITABLE AMOUNT</b>
Y	N	The sum of Total A (meat/meat alternate) plus Total B (APP credit) is correct and was not rounded up.
Y	N	The total weight per portion of the product is provided and matches portion information provided on the label.
Y	N	The total credit is rounded down to the nearest 0.25 ounce.
Y	N	The Total Creditable Amount is not greater than the total weight of the portion of the product. (The credit may be equal to or less than the portion weight served.)  When using APP with high concentrations of protein, sometimes the calculation provides an answer that is greater than the weight of the product served; in this case, you must reduce the credit so that it is equal or less than the weight of the product served.  Example: if a soy burger uses soy isolate and whey protein concentrate and the weight of the heated burger weighs 1.75 oz, but the calculations show a total of 2.3 oz meat alternate, you can only count a maximum of 1.75 oz meat alternate for the burger because that is the weight of the meat alternate food being served.
		<b>AUTHORIZATION INFORMATION</b>
Y	N	The phone number was called, and the number is valid for the company that manufactures the food product purchased; it is the correct contact number for the name of the person who signed the documentation.  Ask for clarifications if needed.
Y	N	Overall—the product formulation statement is acceptable without further information.  <i>Do not accept products that do not have acceptable documentation.</i>

# EXAMPLE PRODUCT FORMULATION STATEMENT

## I. Meat/Meat Alternate (M/MA)

Description of Creditable Ingredients Per Food-Buying Guide	Ounces Per Raw Portion of Creditable Ingredient	Multiply	Food-Buying Guide Yield	Creditable Amount*
Beans, black (turtle), dry, canned, whole	1.0 oz	X	27.8/110	0.252
Beans, black (turtle), dry, canned, whole, drained (Column 6 conversion)	1.0 oz	X	27.8/62.0	0.44
Beans, kidney, dry, whole	1.0 oz	X	24.8/16	1.55
Beef, ground (not more than 18% fat), raw	1.0 oz	X	0.74	0.74
Beef brisket, without bone, practically free of fat, raw	1.0 oz	X	0.69	0.69
Cheese, Mozzarella	1.0 oz	X	16/16	1.0
Cheese, cottage	1.0 oz	X	8/16	0.5
Chicken, boneless, fresh	1.0 oz	X	0.70	0.7
Chicken, drumstick with bone, fresh, skin on	2.0 oz	X	0.49	.098
Egg, frozen whole, pasteurized, liquid	1.0 oz	X	18/16	1.125
Egg, whole, dried	0.25 oz	X	64/16	1.0
Fish, fillet, fresh	1.0 oz	X	0.70	0.7
Ham, water added	1.0 oz	X	0.82	0.82
Nuts, almonds	1.0 oz	X	16/16	1.0
Peanut butter	1.0 oz	X	14.4/16	0.9
Pork, ground (not more than 30% fat)	1.0 oz	X	0.70	0.7
Tuna, chunk-style, water-packed	1.0 oz	X	51.2/66.5	0.769
Tuna, chunk-style, drained (Column 6 conversion)	1.0 oz	X	51.2/51.2	1.0
Turkey, cooked diced, light and dark meat in natural proportions (no skin, wing meat, neck meat, giblets, or kidneys)	1.0 oz	X	16/16	1.0
Turkey ham, fully cooked	1.0 oz	X	0.70	0.7
Turkey ham, 15% water added	1.0 oz	X	0.59	0.59
Yogurt, plain	1.0 oz	X	8/32	0.25

\*Creditable amount—multiply ounces per raw portion of creditable ingredient by the Food-Buying Guide yield.

## II. Alternate Protein Product (APP)

**Products containing APP must also provide the documentation described in Attachment A.**

Description of APP, Manufacturer's Name, and Code Number	Ounces Per Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
Soy flour, ABComp 1234	0.25 oz	X	52.0*	÷ by 18	0.72
Soy protein concentrate, ABComp 45	0.25 oz	X	64.8*	÷ by 18	0.9
Soy protein isolate, XYComp 333	0.25 oz	X	85.0*	÷ by 18	1.18
Whey protein concentrate, Dairy 3	0.25 oz	X	45.0*	÷ by 18	0.625
Nonfat dry milk, Dairy 789	0.25 oz	X	21.0*	÷ by 18	0.29

\*Percent of protein As-Is is provided on the attached APP documentation.

\*\*18 is the percent of protein when fully hydrated.

\*\*\*Creditable amount of APP equals ounces of dry APP multiplied by the percent of protein as-is divided by 18.

**EXAMPLE**  
**Soy Company X**  
**Soy Protein Concentrate**  
**Product Y**

Documentation for Company X Products Used as Alternate Protein Products (APP) for Child Nutrition Programs:

- A. Company X certifies that Product Y meets all requirements for APP intended for use in foods manufactured for Child Nutrition Programs as described in Appendix A of 7 CFR 210, 220, 225, and 226.
- B. Company X certifies that Product Y has been processed so that some portion of the nonprotein constituents have been removed by fractionating. This product is produced from soybeans by removing the majority of the soybean oil and some of the other nonprotein constituents.
- C. The Protein Digestibility Corrected Amino Acid Score (PDCAAS) for Product Y is 0.99. It was calculated by multiplying the lowest uncorrected amino acid score by true protein digestibility as described in the Protein Quality Evaluation Report from the Joint Expert Consultation of the Food and Agriculture Organization/World Health Organization of the United Nations, presented December 4-8, 1989, in Rome, Italy. The PDCAAS is required to be greater than 0.8 (80 percent of casein).
- D. The protein level of Product Y is at least 18 percent by weight when fully hydrated at a ratio of 2.43 parts water to one part product.
- E. The protein level of Product Y is certified to be at least 61.8 percent on an *As-Is* basis for the As-Purchased product. ***Note: Protein is often provided on a moisture-free basis (MFB), which is not the information Food and Nutrition Service (FNS) requires.***

All of the above information is required for APP and must be presented for approval.

***Note: It is also helpful to have the ingredients statement for Product Y. For example, if the product is uncolored and unflavored, the ingredients statement might be soy protein concentrate or if the product is colored and textured, the ingredients statement might be textured vegetable protein (soy flour, caramel color).***

(Place information on company letterhead with signature of a legally authorized representative of the company.)

**PRODUCT FORMULATION STATEMENT  
FOR PREPARED GRAINS/BREADS**

Product Name: \_\_\_\_\_ Code Number: \_\_\_\_\_

Case/Pack/Count/Portion/Size: \_\_\_\_\_

Total Weight (Grams or Ounces) of One Ready-to-Eat Serving of Product: \_\_\_\_\_

List the exact types and weights of each enriched and/or whole-grain meal, flour, bran, or germ per product serving:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I certify that the above information is true and correct and that one \_\_\_\_\_ (specify serving weight) ready-to-eat serving of the specified product contains \_\_\_\_\_ serving(s) of Grains/Breads\* for the USDA Child Nutrition Programs.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
TITLE

\_\_\_\_\_  
PRINTED NAME

\_\_\_\_\_  
DATE

\_\_\_\_\_  
TELEPHONE NUMBER

\*For crediting as a Grains/Breads component, FNS Child Nutrition Programs require (1) all grains/breads items must be enriched or whole grain, made from enriched or whole-grain flour. If using a cereal, it must be whole grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour; (2) the exact or minimum amount of creditable grains must be documented to assure that 14.75 grams of creditable grains equals one grains/breads serving. Grains/breads may be credited in 1/4-serving increments. See FNS Instruction 783-1, Rev. 2, to equal 1 serving Grains/Breads or FNS Food-Buying Guide, revised November 2001.

**PRODUCT FORMULATION STATEMENT  
FOR PREPARED FRUIT/VEGETABLE**

Product Name: \_\_\_\_\_ Code Number: \_\_\_\_\_

Case/Pack/Count/Portion/Size: \_\_\_\_\_

Volume and Weight of One Serving of Product: \_\_\_\_\_

- Weight of Total Product Per Batch: \_\_\_\_\_
- Number of Portions/Servings Per Batch: \_\_\_\_\_

I certify that the above information is true and correct and that one \_\_\_\_\_ serving (specify serving volume/weight) of the above product (ready to eat) contains \_\_\_\_\_ servings of fruit/vegetable\*\* for the Child Nutrition Programs.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
TITLE

\_\_\_\_\_  
PRINTED NAME

\_\_\_\_\_  
DATE

\_\_\_\_\_  
TELEPHONE NUMBER

\* CNP requires 14.75 grams of whole-grain or enriched flour or meal, bran or germ, or an equivalent amount of cereal as provided in FNS Instruction 783-1, Rev. 2, to equal 1 serving Grains/Breads. Grains/Breads may be credited in 1/4-serving increments.

\*\*CNP requires a minimum of 1/8 cup fruit/vegetable to equal 1 serving fruit/vegetable.

# EXAMPLE

## PRODUCT FORMULATION STATEMENT FOR MEAT/MEAT ALTERNATE AND ALTERNATE PROTEIN PRODUCT CALCULATIONS

**JOJO'S GOOD TIME TREATS, INC.**  
 2211 Savory Taco Drive  
 Flower Shop, Texas 75000  
 1-800-555-9999

Provide a copy of the label in addition to the following information on company letterhead signed by an official representative of the company.

Product Name: Treat Time Combination Burrito® Code Number: 123456

Manufacturer: Treat Time Case/Pack/Count/Portion/Size: 72 Ct/6.61 OZ

### I. Meat/Meat Alternate (M/MA)

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate.

Description of Creditable Ingredients Per Food-Buying Guide	Ounces Per Raw Portion of Creditable Ingredient	Multiply	Food-Buying Guide Yield	Creditable Amount*
Beef, ground, frozen, 30% fat	1.25 OZ	X	.70	.875 OZ
Beans, pinto, dry, Canned	1 OZ	X	1	1.00 OZ
Cheese, Cheddar, natural	.19 OZ	X	1	.19 OZ
<b>A. Total Creditable Amount<sup>1</sup></b>				<b>2.065 OZ</b>

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

### II. Alternate Protein Product (APP)

If the product contains APP, please fill out the chart below to determine the creditable amount of APP. If APP is used, you must provide documentation as described in Attachment A for each APP used.

Description of APP, Manufacturer's Name, and Code Number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
		X	%	÷ by 18	
		X	%	÷ by 18	
		X	%	÷ by 18	
<b>B. Total Creditable Amount<sup>1</sup></b>					
<b>C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest 1/4 oz)</b>					

\*Percent of protein As-Is is provided on the attached APP documentation.

\*\*18 is the percent of protein when fully hydrated.

\*\*\*Creditable amount of APP equals ounces of dry APP multiplied by the percent of protein as-is divided by 18.

<sup>1</sup> Total Creditable Amount must be rounded **DOWN** to the nearest 0.25 oz (1.49 would round down to 1.25 oz meat equivalent). Do **NOT** round up. If you are crediting both M/MA and APP, you do not need to round down in Box A until after you have added the creditable APP amount from Box B.

Total weight (per portion) of product as purchased: 6.61 OZ

Total creditable amount of product (per portion): 2.065 OZ

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

I certify that the above information is true and correct and that a 6.61-ounce serving of the above product (ready for serving) contains 2 ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service (FNS) Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation (Attachment A).

Signature: Happy Empanada Title: Regulatory Compliance Manager

Printed Name: Happy Empanada Date: 6/23/YYYY Phone Number: (999) 555-5555

# EXAMPLE

## PRODUCT FORMULATION STATEMENT FOR PREPARED GRAINS/BREADS

JOJO'S GOOD TIME TREATS, INC.  
2211 Savory Taco Drive  
Flower Shop, Texas 75000  
1-800-555-9999

Product Name: Treat Time Combination Burrito® Code Number: 123456

Case/Pack/Count/Portion/Size: 72 Ct/6.61 OZ

Total Weight (Grams or Ounces) of One Ready-to-Eat Serving of Product: 1.2 OZ

List the exact types and weights of each enriched and/or whole-grain meal, flour, bran, or germ per product serving:  
Enriched wheat flour tortilla (1.2 OZ)—made from enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin), water, vegetable shortening (partially hydrogenated soybean and/or cottonseed oils).  
Contains 2 percent or less of: leavening (baking soda, sodium aluminum sulfate, cornstarch, monocalcium phosphate, and/or sodium acid pyrophosphate), salt, dough conditioners (fumaric acid, sodium metabisulfate), calcium propionate, and sorbic acid (preservatives).

I certify that the above information is true and correct and that one 6.61 OZ (specify serving weight) ready-to-eat serving of the specified product contains 1 serving(s) of Grains/Breads\* for the USDA Child Nutrition Programs.

Happy Empanada Regulatory Compliance Manager  
SIGNATURE TITLE

Happy Empanada 6/23/YYYY 999-555-5555  
PRINTED NAME DATE TELEPHONE NUMBER

\*For crediting as a Grains/Breads component, FNS Child Nutrition Programs require (1) all grains/breads items must be enriched or whole grain, made from enriched or whole-grain flour. If using a cereal, it must be whole grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour; (2) the exact or minimum amount of creditable grains must be documented to assure that 14.75 grams of creditable grains equals one grains/breads serving. Grains/breads may be credited in 1/4-serving increments. See FNS Instruction 783-1, Rev. 2, to equal 1 serving Grains/Breads or FNS Food-Buying Guide, revised November 2001.

## PRODUCT FORMULATION STATEMENT FOR PREPARED FRUIT/VEGETABLE

Product Name: \_\_\_\_\_ Code Number: \_\_\_\_\_

Case/Pack/Count/Portion/Size: \_\_\_\_\_

Volume and Weight of One Serving of Product: \_\_\_\_\_

- Weight of Total Product Per Batch: \_\_\_\_\_
- Number of Portions/Servings Per Batch: \_\_\_\_\_

I certify that the above information is true and correct and that one \_\_\_\_\_ serving (specify serving volume/weight) of the above product (ready to eat) contains \_\_\_\_\_ servings of fruit/vegetable\*\* for the Child Nutrition Programs.

\_\_\_\_\_  
SIGNATURE TITLE

\_\_\_\_\_  
PRINTED NAME DATE TELEPHONE NUMBER

\*CNP requires 14.75 grams of whole-grain or enriched flour or meal, bran or germ, or an equivalent amount of cereal as provided in FNS Instruction 783-1, Rev. 2, to equal 1 serving Grains/Breads. Grains/Breads may be credited in 1/4-serving increments.

\*\*CNP requires a minimum of 1/8 cup fruit/vegetable to equal 1 serving fruit/vegetable.

## CYCLE MENU

A cycle menu is a set of planned menus that are repeated in the same order for a period of time. The menu is different every day during the cycle. A cycle menu offers variety and is flexible to allow for substitutions. It is the master plan of meal planning. Advantages include the following:

- Helps in serving a variety of food because you can see all weeks of the cycle at one time. If you are repeating one food item too often, you can realize it on paper.
- Helps in identifying nonperishable food items that can be purchased in bigger quantities or at special prices, resulting in lower food cost.
- Helps in anticipating orders to avoid being out of menu ingredients.
- Helps in managing labor by dovetailing activities.
- Helps in meeting meal pattern requirements because recipes become standardized.

Adjust cycle menu as follows:

- Replace foods not available.
- Observe birthdays and other special occasions.
- Introduce new foods and try new recipes.
- Take advantage of seasonal foods or best buys.
- Use leftovers wisely.
- Reflect food acceptability.

## WEEKLY MENU PLANNER SAMPLE CYCLE MENU

MENU NUMBER	BREAKFAST	LUNCH	SNACK
1	Cereal Fresh strawberries and bananas Milk, 1%	Toasted cheese sandwich Celery w/peanut butter Orange gelatin w/carrots Fresh pineapple Milk, 1%	Cinnamon roll Milk, 1%
2	Buttered toast Apple juice Milk, 1%	Chicken pot pie* Peas and carrots Fruit cup Yeast biscuits Milk, 1%	Oatmeal cookies Orange juice
3	Biscuits Grapefruit juice Milk, 1%	Spaghetti with meat sauce Green beans Garlic bread Stewed apples Milk, 1%	Cheese toast Water
4	French toast Fresh blackberries Milk, 1%	Pinto beans Glazed carrots Fresh fruit Mexican cornbread Milk, 1%	Cherry muffin Orange juice
5	Whole-wheat pancakes Sliced peaches Milk, 1%	Tacos Tossed salad Peaches Spanish rice Milk, 1%	Kolache Milk, 1%

\*If commercially prepared, a CN label or product formulation statement must be maintained.

**WEEKLY MENU PLANNER  
SAMPLE CYCLE MENU**

<b>MENU NUMBER</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>
6	Danish roll Sliced peaches Milk, 1%	Pork chops Baked sweet potatoes Corn Wheat rolls Milk, 1%	Peanut butter cookies Orange juice
7	Toast Orange wedges Milk, 1%	Salisbury steak* Broccoli w/cheese sauce* Pear halves Bread Milk, 1%	Graham crackers Milk, 1%
8	Biscuits Apricots Milk, 1%	Chicken nuggets* Green beans Mashed potatoes Hot rolls Milk, 1%	Cheese & fruit kabobs Water
9	Waffles Orange juice Milk, 1%	Turkey w/cornbread dressing English peas Pumpkin squares Milk, 1%	Almond-oatmeal bars Milk, 1%
10	Cold cereal Fresh bananas Milk, 1%	Cheeseburger* on bun Crinkle fries Lettuce Tomato Pickle spear Milk, 1%	Cherry bars Milk, 1%

\*If commercially prepared, a CN label or product formulation statement must be maintained.

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**SAMPLE CYCLE MENU**

<b>MENU NUMBER</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>
11	English muffin Orange juice Milk, 1%	BBQ beef sandwich* Green beans Carrot sticks Milk, 1%	Sugar cookie Milk, 1%
12	Toasted oat cereal Apple juice Milk, 1%	Lasagna* Green salad w/tomato Pear halves Milk, 1%	Crackers Cheese Orange juice
13	Toast Potato cakes Milk, 1%	Meat loaf Mashed potatoes Purple plums Rolls Milk, 1%	Banana bread Milk, 1%
14	Rice Orange slices Milk, 1%	Chicken strips* Mixed veggies Applesauce Cornbread Milk, 1%	Cinnamon toast Grape juice
15	Bran muffins Mixed fruit Milk, 1%	Hot dog on bun Oven fries Cole slaw Bread Milk, 1%	Peanut butter sandwich Milk, 1%

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**SAMPLE CYCLE MENU**

MENU NUMBER	BREAKFAST	LUNCH	SNACK
16	Oatmeal Toast Orange juice Milk, 1%	Hamburger pizza* Peas and carrot coins Apple wedges Milk, 1%	Sugar cookies Milk, 1%
17	Waffles Grapes Milk, 1%	Vegetable beef soup* Cheese and crackers Peaches Milk, 1%	Dry cereal mix Orange juice
18	Blueberry muffin Pineapple juice Milk, 1%	Pig in a Blanket Potato rounds w/cheese Spinach Milk, 1%	Stewed cinnamon apples Milk, 1%
19	English muffin Cantaloupe Milk, 1%	Fish nuggets Coleslaw Okra Hush puppies Milk	Snack pizza* (cheese) Grape juice
20	Biscuits Sliced peaches (fresh) Milk, 1%	Spaghetti w/meat sauce* Tossed green salad Pears Milk, 1%	Oatmeal-raisin cookies Milk, 1%

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<b>MENU NUMBER</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>
21	Cereal Orange juice Milk, 1%	Cheese macaroni* w/franks Broccoli Gelatin w/fruit Milk, 1%	Chocolate chip cookies Milk, 1%
22	Cinnamon toast Pineapple tidbits Milk, 1%	Oven-fried chicken Mashed potatoes Green beans Rolls Milk, 1%	Applesauce muffins Mixed juices
23	Corn flakes Orange juice Milk, 1%	Hamburger on bun Potato salad Baked beans Milk, 1%	Soft pretzels Cheese sauce* Water
24	Cinnamon roll Cantaloupe Milk, 1%	Turkey tetrazzini Mixed vegetables Watermelon, cubed Milk, 1%	Peanut butter and crackers Orange juice
25	Biscuits w/gravy Blackberries Milk, 1%	Corn chip chili pie* Corn Spinach salad Milk, 1%	Graham crackers Apple juice

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**WEEKLY MENU PLANNER**  
**SAMPLE CYCLE MENU**

<b>MENU NUMBER</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>
26	Breakfast scones Fresh peaches Milk, 1%	Ham and cheese sandwich Mixed fresh veggies w/dip Oven fries Milk, 1%	Snickerdoodle cookies Milk, 1%
27	Pancakes Fresh strawberries Milk, 1%	Goulash* Green salad Purple plums Milk, 1%	Graham crackers Grapefruit juice
28	Toast Bananas Milk, 1%	Turkey pot pie* Broccoli Sliced peaches Milk, 1%	Cinnamon rolls Milk, 1%
29	Orange juice Biscuit Milk, 1%	Pinto beans Spinach Apple wedges Cornbread muffins Milk, 1%	Cereal mix Grape juice
30	Danish roll Honeydew melon Milk, 1%	Chicken w/noodles* Cheese stick Carrot sticks Fruit cup Milk, 1%	Cinnamon biscuits Milk, 1%

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## WHAT FOODS ARE GOOD SOURCES OF VITAMIN A, VITAMIN C, CALCIUM, AND IRON?

Children need many different nutrients to grow and be healthy. That is why it is important to include a variety of foods in the meals and snacks you serve.

This is a list of foods that are good sources of four key nutrients: vitamin A, vitamin C, calcium, and iron. A good food source contributes at least 10 percent of the Recommended Daily Allowance (RDA) for a particular nutrient.

### Here is how to read the charts:

Foods and serving sizes are listed in the first two columns. The third column shows what percentage of the RDA a serving provides, as follows:

**Symbol:**

*For children aged 1 to 3 years old, one serving contains:*

■	GOOD	. . . 10 to 24 percent of RDA
■ ■	BETTER	. . . 25 to 39 percent of RDA
■ ■ ■	BEST	. . . 40 percent or more of RDA



## Foods That Contain Vitamin A

Food	Serving Size	% of RDA
<i>Meat/Meat Alternates</i>		
Liver (beef, pork, chicken, or turkey), braised	1 1/2 oz	■ ■ ■
<i>Meat/Meat Alternates—Fish/Seafood</i>		
Mackerel, canned	1 1/2 oz	■
<i>Fruits</i>		
Apricots		
Canned, juice pack	2 halves	■
Dried, cooked, unsweetened	1/4 cup	■ ■
Dried, uncooked	5 halves	■
Avocado	1/4 cup	■
Cantaloupe	1/4 cup, diced	■ ■
Cherries, red sour, fresh	1/4 cup, pitted	■
Mandarin orange sections	1/4 cup	■
Mango, raw	1/4 medium	■ ■ ■
Melon balls (cantaloupe and honeydew)	1/4 cup	■
Nectarine	1/2 medium	■
Papaya	1/4 cup	■
Plums, canned, juice pack	1/4 cup	■
Prunes, dried, cooked	1/4 cup	■
Watermelon	1 cup	■
<i>Vegetables</i>		
Beet greens, cooked	1/4 cup	■ ■ ■
Bok choy, cooked	1/4 cup	■ ■ ■
Broccoli, cooked	1/4 cup	■
Carrots, raw or cooked	1/4 cup	■ ■ ■
Chicory greens, raw	1/4 cup	■
Collards, cooked	1/4 cup	■
Dandelion greens, cooked	1/4 cup	■ ■ ■
Escarole, cooked	1/4 cup	■
Kale, cooked	1/4 cup	■ ■ ■
Mustard greens, cooked	1/4 cup	■
Peas and carrots, cooked	1/4 cup	■ ■ ■
Peppers, sweet red, raw	1/2 small	■ ■ ■
Plantain, cooked	1/2 medium	■
Pumpkin, cooked	1/4 cup	■
Romaine lettuce	1/4 cup	■
Spinach, cooked	1/4 cup	■ ■ ■
Squash, winter (acorn, butternut, etc.)	1/4 cup	■ ■ ■
Sweet potato	1/2 medium	■ ■ ■
Swiss chard, cooked	1/4 cup	■
Tomato (juice, paste, or puree)	1/4 cup	■
Turnip greens, cooked	1/4 cup	■ ■ ■
<i>Milk</i>		
Milk, lowfat or skim	1/2 cup	■

## Foods That Contain Vitamin C

Food	Serving Size	% of RDA
<i>Meat/Meat Alternates</i>		
Liver (beef or pork), braised	1 1/2 oz	■ ■
Liver (chicken)	1/4 cup	■
<i>Meat/Meat Alternates—Fish/Seafood</i>		
Clams, steamed or canned	1 1/2 oz	■
Mussels, steamed or poached	1 1/2 oz	■
<i>Fruits</i>		
Apple, raw	1/2 medium	■
Banana	1/2 medium	■
Blackberries, raw	1/4 cup	■ ■
Blueberries, raw	1/4 cup	■
Cantaloupe	1/4 cup	■ ■ ■
Grapefruit	1/4 medium	■ ■ ■
Grapefruit juice	1/2 cup	■ ■ ■
Grapefruit-orange juice	1/2 cup	■ ■ ■
Grapefruit and orange sections	1/4 cup	■ ■ ■
Guava, raw	1/4 cup	■ ■ ■
Honeydew	1/2 cup	■ ■
Kiwi	1/2 medium	■
Kumquat	1 fruit	■ ■ ■
Mandarin orange sections	1/4 cup	■ ■ ■
Mango	1/4 medium	■ ■ ■
Nectarine	1/2 medium	■
Orange	1/2 medium	■ ■ ■
Orange juice	3/8 cup	■ ■ ■
Papaya	1/4 cup	■ ■
Peach		
Frozen	1/4 cup	■ ■ ■
Fresh, raw	1/2 medium	■
Pear	1/2 medium	■
Pineapple, fresh or canned	1/4 cup	■
Pineapple juice, canned	3/8 cup	■ ■
Pineapple-grapefruit juice	3/8 cup	■ ■ ■
Pineapple-orange juice	3/8 cup	■ ■ ■
Plum, raw	1/2 medium	■
Raspberries	1/4 cup	■ ■
Strawberries	1/4 cup	■ ■ ■
Tangelo	1/2 medium	■ ■ ■
Tangerine	1/2 medium	■ ■ ■
Tangerine juice	1/2 cup	■ ■ ■
Watermelon	1/2 cup	■ ■

## Foods That Contain Vitamin C (continued)

Food	Serving Size	% of RDA
<i>Vegetables</i>		
Asparagus, cooked	1/4 cup	■ ■ ■
Beans, green or yellow, cooked	1/4 cup	■
Beans, lima, cooked	1/4 cup	■
Bean sprouts, raw or cooked	1/4 cup	■
Bok choy, cooked	1/4 cup	■ ■
Broccoli, raw or cooked	1/4 cup	■ ■ ■
Brussels sprouts, cooked	1/4 cup	■ ■ ■
Cabbage, green, raw or cooked	1/4 cup	■ ■
Cabbage, red, raw or cooked	1/4 cup	■ ■ ■
Cauliflower, raw or cooked	1/4 cup	■ ■ ■
Chard, cooked	1/4 cup	■
Chili peppers, cooked	1/4 cup	■ ■ ■
Chicory, raw	1/2 cup	■
Chinese cabbage, cooked	1/4 cup	■ ■ ■
Collards, cooked	1/4 cup	■
Dandelion greens, raw	1/4 cup	■
Escarole, raw	1/2 cup	■
Kale, cooked	1/4 cup	■ ■ ■
Kohlrabi, cooked	1/4 cup	■ ■ ■
Mustard greens, cooked	1/4 cup	■ ■
Okra, cooked	1/4 cup	■
Onion, medium, raw	1/2 medium	■
Parsnips, cooked	1/4 cup	■
Peas, cooked	1/4 cup	■
Peppers, green and red, raw/cooked	1/4 cup	■ ■ ■
Plantain, green or ripe, boiled	1/2 medium	■ ■ ■
Poke greens, cooked	1/4 cup	■ ■ ■
Potato, baked or boiled	1/2 medium	■ ■
Radishes, raw	3 large	■
Romaine lettuce, raw	1/2 cup	■
Rutabaga, cooked	1/4 cup	■ ■
Snowpeas, raw or cooked	1/4 cup	■ ■ ■
Spinach, cooked	1/4 cup	■
Squash, summer or winter, raw/cooked	1/4 cup	■
Sweet potato, baked, boiled, canned	1/2 medium	■ ■ ■
Tomato	1/2 medium	■ ■
Tomato juice	3/8 cup	■ ■ ■
Tomato-vegetable juice	3/8 cup	■ ■ ■
Turnip greens with turnips, cooked	1/4 cup	■
Turnips, cooked	1/4 cup	■
Watercress, raw	1/4 cup	■

To help the body take in more iron, include a good source of vitamin C with meals, especially if the meal does not include meat, fish, or poultry.

## Foods That Contain Calcium

Food	Serving Size	% of RDA
<b><i>Meat Alternates—Fish</i></b>		
Mackerel, canned	1 1/2 oz	■
Salmon, canned with bones	1 1/2 oz	■
Sardines, canned with bones	1 each	■
<b><i>Meat Alternates—Cheese</i></b>		
Cottage cheese, lowfat	1/2 cup	■
Natural cheese—blue, brick, Camembert, feta, Gouda, Monterey jack, mozzarella, Muenster, provolone, and Roquefort	1/2 oz	■
Natural cheese—Gruyere, Swiss, Parmesan, and Romano	1/2 oz	■ ■
Processed cheese—Cheddar or Swiss	3/4 oz	■ ■
Ricotta cheese	1/4 cup	■ ■
Yogurt—flavored or with fruit, or plain	4 oz	■ ■
<b><i>Meat Alternates—Nuts</i></b>		
Almonds, unblanched, dry-roasted	1 oz	■
<b><i>Vegetables</i></b>		
Spinach, cooked	1/4 cup	■
<b><i>Grains/Breads</i></b>		
Pancakes, plain, fruit, buckwheat, or whole-wheat	4 in	■ ■
Waffles, bran, cornmeal, and/or fruit	4-in square	■
Waffles, plain	4-in square	■
<b><i>Milk</i></b>		
Fat-free or lowfat milk	1/2 cup	■ ■
Fat-free or lowfat lactose-reduced milk	1/2 cup	■ ■
Fat-free or lowfat lactose-free milk	1/2 cup	■ ■
Fat-free or lowfat buttermilk	1/2 cup	■ ■
Fat-free or lowfat acidified milk	1/2 cup	■ ■



## Foods That Contain Iron

Food	Serving Size	% of RDA
<i>Meat/Meat Alternates</i>		
Beef brisket	1 1/2 oz	■
Beef, ground, extra lean, broiled	1 1/2 oz	■
Beef liver	1 1/2 oz	■ ■
Beef, pot roast, braised	1 1/2 oz	■
Beef, rib roast, roasted	1 1/2 oz	■
Beef, shortribs, braised	1 1/2 oz	■
Beef, steak, broiled	1 1/2 oz	■
Beef, stew meat, simmered	1 1/2 oz	■
Calf liver	1 1/2 oz	■
Chicken or turkey liver	1 1/2 oz	■ ■
Liverwurst	1 oz	■
Pork liver	1 1/2 oz	■ ■ ■
Tongue, braised	1 1/2 oz	■
Turkey, dark meat, roasted, no skin	1 1/2 oz	■
<i>Meat/Meat Alternates—Eggs</i>		
Large egg	1	■
<i>Meat/Meat Alternates—Fish/Seafood</i>		
Clams, steamed or canned	1 1/2 oz	■ ■ ■
Mackerel, canned	1 1/2 oz	■
Mussels, steamed	1 1/2 oz	■
Oysters, steamed or canned	1 1/2 oz	■ ■
Shrimp, broiled or canned	1 1/2 oz	■
Trout, baked or broiled	1 1/2 oz	■
<i>Meat Alternates—Dry Beans, Peas, and Lentils</i>		
Black-eyed peas (cowpeas)	1/4 cup	■
Chickpeas (garbanzo beans)	1/4 cup	■
Kidney beans	1/4 cup	■
Lentils	1/4 cup	■
Pinto beans	1/4 cup	■
Soybeans	1/4 cup	■ ■
White beans	1/4 cup	■
<i>Meat Alternates—Nuts and Seeds</i>		
Pine nuts (pignolias)	1 Tbsp	■
Pumpkin or squash seeds, roasted	1 Tbsp	■ ■
<i>Fruits</i>		
Prunes, dry, cooked	1/4 cup	■
Raisins, seedless	1/4 cup	■

## Foods That Contain Iron (continued)

Food	Serving Size	% of RDA
<i>Vegetables</i>		
Beans, lima, cooked	1/4 cup	■
Beans, black, cooked	1/4 cup	■
Black-eyed peas, cooked	1/4 cup	■
Chard, cooked	1/4 cup	■
Spinach, cooked	1/4 cup	■
<i>Grains/Breads</i>		
Bagel, plain, pumpernickel, or whole-wheat	1/2 medium	■
Cereals, ready-to-eat, enriched	1/2 oz	■ ■
Muffin, bran	1/2 medium	■
Noodles, cooked	1/2 cup	■
Oatmeal, instant, enriched	1/3 cup	■ ■
Pita bread, plain or whole-wheat	1/2 medium	■
Pretzel, soft	1/2	■
Rice, white, regular, cooked	1/3 cup	■

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