



Preschool Meal Pattern Training for the School Nutrition Programs

**Module 5:
Meat/Meat Alternates Component**

Connecticut State Department of Education
Bureau of Child Nutrition Programs
School Year 2023-24

December 2023

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Preschool Meal Pattern Training Modules

1. Introduction to Training
2. Introduction to Preschool Meal Patterns
3. Meal Pattern Comparison of Preschool and Grades K-12
4. Milk Component
5. Meat/Meat Alternates Component
6. Fruits Component and Vegetables Component
7. Grains Component
8. Meal Service for Preschoolers

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/How-To>

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Module Topics

- Overview of meat/meat alternates (MMA) component
- Required servings
- Crediting requirements
- Resources



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Overview of MMA Component

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Overview of MMA Component

- **Breakfast: Optional**
 - May substitute for entire grains component up to 3 times per week
 - 1 ounce MMA = 1 ounce equivalent (oz eq) of grain
- **Lunch: Main dish or main dish and 1 food item**
- 1-ounce serving is not the same as 1 ounce of MMA
- Commercial processed MMA products cannot credit without Child Nutrition (CN) label or product formulation statement (PFS)

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Required Servings of MMA

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Required Servings of MMA

Preschool Meal Pattern	Minimum Quantity	
	Ages 1-2	Ages 3-4
Breakfast	0	0
Lunch	1 ounce	1½ ounces
Snack *	½ ounce	½ ounce

* Not required but may be 1 of 2 snack components



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What Equals 1 Ounce MMA



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What Equals 1 Ounce MMA

- Cooked edible portion without
 - Bone
 - Breading
 - Binders
 - Extenders
 - Other ingredients
- Minimum creditable amount = ¼ ounce



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What Equals 1 Ounce MMA

1 ounce = 1 ounce MMA
Cooked lean meat, poultry, or fish
Natural or process cheeses
Tempeh
Alternate protein products (APPs)
Nuts or seeds




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Other MMA Require Larger Serving

MMA	Lunches age 1-2	Lunches age 3-4	Snack all ages
	1 ounce MMA =	1½ ounces MMA =	½ ounce MMA =
Surimi	3 ounces	4.4 ounces	2 ounces
Tofu	2.2 ounces (½ cup)	3.3 ounces (¾ cup)	1.1 ounces (¼ cup)
Cottage or ricotta cheese	2 ounces (½ cup)	3 ounces (¾ cup)	1 ounce (¼ cup)
Egg, large	½	¾	½
Cooked dry beans or peas	¾ cup	¾ cup	¾ cup
Nut or seed butters	2 tablespoons	3 tablespoons	1 tablespoon
Yogurt or soy yogurt	4 ounces (½ cup)	6 ounces (¾ cup)	2 ounces (½ cup)



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USDA's Food Buying Guide for Child Nutrition Programs (FBG)

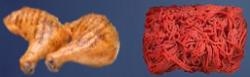
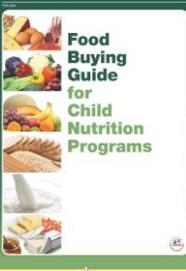


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Use Food Buying Guide

- Provides food yields and crediting information
- Ensures correct crediting

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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Required Servings of MMA Component for Preschoolers

Meal	Minimum Quantities	
	Ages 1-2	Ages 3-4
Breakfast	0	0
Lunch	1 ounce	1½ ounces
Snack *	½ ounce	½ ounce

* Not required but may be 1 of 2 snack components



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Crediting Considerations for MMA



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Crediting Considerations for MMA

- Commercial processed products *
- Cheeses *
- Legumes *
- Nuts and seeds and their butters *
- Yogurt and soy yogurt
- Tofu and tofu products *
- Tempeh *
- Surimi *
- Alternate protein products (APPs) *

* Same crediting as K-12 meal patterns

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Crediting Commercial Processed Products

- Do not credit based on weight



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Crediting Commercial Processed Products

- Do not credit based on weight



1 ounce = 1 ounce MMA

1 ounce = ? MMA

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Crediting Commercial Processed Products

- Do not credit based on weight
- Documentation required

Commercial products without CN label or PFS cannot credit

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CSDE Resource

Child Nutrition (CN) Labeling Program

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ CN_Labeling_Program.pdf

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CSDE Resource

Using Product Formulation Statements in the School Nutrition Programs

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product_Formulation_Statements.pdf

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Meal Pattern Training for School Nutrition Programs

Module 6: Meal Pattern Documentation

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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CSDE Resource

Crediting Commercial Meat/Meat Alternate Products in the National School Lunch Program and School Breakfast Program

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/ Crediting/Credit_Commercial_MMA_SNP.pdf

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CSDE Resource

Crediting Deli Meats in the National School Lunch Program and School Breakfast Program

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Deli_SNP.pdf

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Crediting Cheeses

- Credit as meat alternates



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Crediting Cheeses

Type	1 ounce MMA =
Natural cheeses, e.g., Colby, Monterey Jack, and Swiss	1 ounce
Process cheeses, e.g., American	1 ounce
Cottage cheese and ricotta cheese	2 ounces = ½ cup
Cheese substitutes, cheese food substitutes, and cheese spread substitutes *	2 ounces

* Must meet FDA's Standards of Identity for substitute foods

<https://www.ecfr.gov/current/title-21/section-133.10>



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Crediting Cheeses

- Must maintain crediting documentation for foods containing cheese
 - **Commercial products:** CN label or PFS
 - **Foods made from scratch:** Standardized recipe



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Crediting Legumes

- 1 serving credits as MMA or vegetable but not both in same meal
- Liquid from canned legumes does not credit, e.g., sauce in baked beans



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Crediting 100% Legume Flour Pasta

- Credits as MMA if offered with another MMA
 - ¼ cup cooked = 1 ounce MMA



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Crediting Roasted Legumes

- Credit as MMA based on weight
 - 1 ounce = 1 ounce MMA
- Limit for lunch: ≤ 50% MMA
- Consider children's ages and developmental readiness



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Crediting Legumes in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Legumes.pdf

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Crediting Nuts and Seeds

- Almonds
- Brazil nuts
- Cashews
- Filberts
- Macadamia nuts
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Soy nuts
- Sunflower seeds
- Walnuts

Consider developmental readiness



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Crediting Nuts and Seeds

- 1 ounce = 1 ounce MMA
- Limit for lunch: ≤ 50% MMA

Lunch for ages 3-4 = 1½ ounces MMA	
Nuts/seeds	¾ ounce
Another MMA	¾ ounce

- Snack: Credit as entire MMA



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Crediting Nut and Seed Butters

- Credit based on volume (tablespoons)
 - 2 tablespoons = 1 ounce MMA
 - FBG: 2 tablespoons = 1.1 ounce by weight



https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section1_MeatsAndMeatAlternatesYieldTable.pdf

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Crediting Nut and Seed Butters

- Consider appropriateness of serving for each age group

Ages 3-4



= 1½ ounces MMA



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Crediting Nuts and Seeds in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Nuts_Seeds.pdf

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Crediting Yogurt and Soy Yogurt

- Different crediting from K-12 meal patterns
- Sugar limit: ≤ 23 grams sugars per 6 ounces (≤ 3.83 grams/ounce)



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Noncreditable Yogurt Products

- Drinkable or squeezable yogurt
- Frozen yogurt
- Homemade yogurt
- Yogurt-flavored products, e.g., yogurt bars, yogurt-covered fruits and nuts



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Crediting Yogurt for Preschoolers in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Yogurt_SNP_preschool.pdf

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Crediting Tofu and Tofu Products

1. Commercially prepared
2. Easily recognized as meat substitute
3. ≥ 5 grams of protein per 2.2-ounce serving



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Crediting Tofu and Tofu Products in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Tofu_SNP.pdf

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Crediting Tempeh

- Credits as meat alternate
- 1 ounce of tempeh = 1 ounce MMA if contains
 - Soybeans (or other legumes)
 - Water
 - Tempeh culture
 - Vinegar, seasonings, and herbs
- Other ingredients require CN label or PFS



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USDA Resource

**USDA Memo SP 25-2019:
 Crediting Tempeh in the Child
 Nutrition Programs**



<https://www.fns.usda.gov/cn/crediting-tempeh-child-nutrition-programs>

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Crediting Surimi Seafood

- Amount of fish varies depending on manufacturer and product

Amount of surimi	MMA *
1 ounce	¼ oz eq (minimum creditable amount)
2 ounces	½ oz eq
3 ounces	1 oz eq
4.4 ounces	1½ oz eq
6 ounces	2 oz eq

* Must have CN label or PFS to credit differently



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USDA Resource

**USDA Memo SP 24-2019:
 Crediting Surimi Seafood in
 the Child Nutrition Programs**



<https://www.fns.usda.gov/cn/crediting-surimi-seafood-child-nutrition-programs>

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USDA Resource

**Webinar: Additional
 Meat/Meat Alternate
 Options for CNPs:
 Crediting Tempeh
 and Surimi**



<https://www.fns.usda.gov/tn/additional-meat-meat-alternate-tempeh-and-surimi>

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**Crediting Alternate Protein
 Products (APPs)**

- Must meet USDA's requirements (appendix A of NSLP and SBP regulations)
- Required documentation
 - CN label
 - PFS with supporting documentation that APP ingredient meets USDA's requirements



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**Requirements for
 Alternate Protein
 Products in the
 National School Lunch
 Program and School
 Breakfast Program**



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/APP_Requirements_SNP.pdf

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Crediting Considerations for MMA

- ✓ Commercial processed products
- ✓ Cheeses
- ✓ Legumes
- ✓ Nuts and seeds and their butters
- ✓ Yogurt and soy yogurt
- ✓ Tofu and tofu products
- ✓ Tempeh
- ✓ Surimi
- ✓ Alternate Protein Products (APPs)

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Noncreditable MMA



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Examples of Noncreditable MMA

- Bacon (pork)
- Commercial canned soups, e.g., beef barley, beef noodle, turkey or chicken noodle/rice
- Cream cheese
- Egg whites without yolks
- Liquid egg substitutes
- Imitation cheese
- Sour cream
- Tofu products not easily recognized as meat substitutes
- Tofu with < 5 grams of protein per 2.2-ounce serving
- Yogurt with < 6 grams sugars per ounce
- Yogurt products, e.g., drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered fruits/nuts
- Commercial processed food products without CN label or PFS

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Noncreditable Foods for Preschoolers in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Noncreditable_Foods_SNP_preschool.pdf

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USDA's Best Practices for MMA



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USDA's Best Practices for MMA

- Serve only lean meats, nuts, and legumes
- Limit processed meats to no more than one serving per week
- Serve only natural cheeses and choose low-fat or reduced fat-cheeses



https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf

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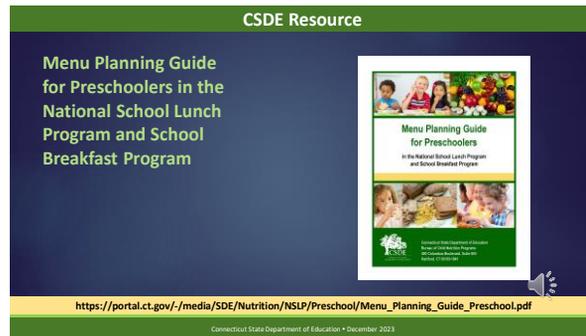
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Resources for MMA Component

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Menu Planning Guide for Preschoolers in the National School Lunch Program and School Breakfast Program

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Menu_Planning_Guide_Preschool.pdf

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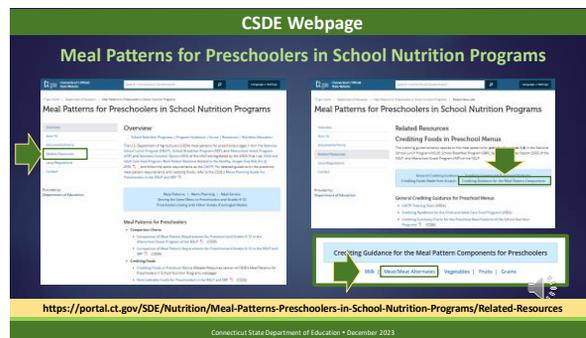
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Accepting Processed Product Documentation in the National School Lunch Program and School Breakfast Program

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Accepting_Processed_Product_Documentation_SNP.pdf

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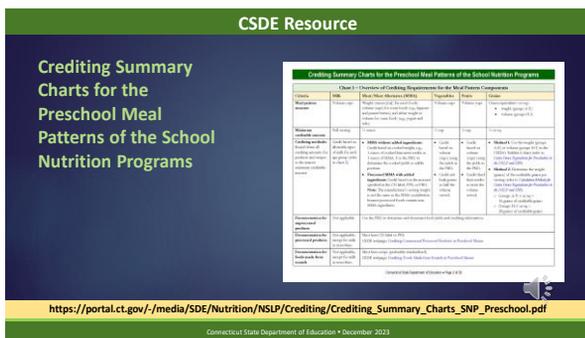
CSDE Webpage

Meal Patterns for Preschoolers in School Nutrition Programs

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources>

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CSDE Resource

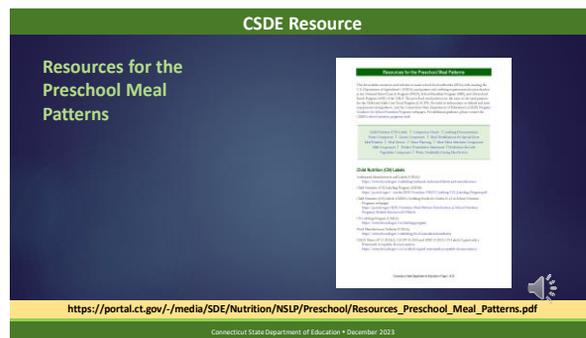
Crediting Summary Charts for the Preschool Meal Patterns of the School Nutrition Programs

Category	Item	Quantity	Notes
Meat/Meat Alternates	Meat/Meat Alternates	1.00	Must be cooked, tender, and moist.
	Meat/Meat Alternates	0.50	Must be cooked, tender, and moist.
	Meat/Meat Alternates	0.25	Must be cooked, tender, and moist.
	Meat/Meat Alternates	0.125	Must be cooked, tender, and moist.
Vegetables	Vegetables	1.00	Must be cooked, tender, and moist.
	Vegetables	0.50	Must be cooked, tender, and moist.
	Vegetables	0.25	Must be cooked, tender, and moist.
	Vegetables	0.125	Must be cooked, tender, and moist.
Grains	Grains	1.00	Must be cooked, tender, and moist.
	Grains	0.50	Must be cooked, tender, and moist.
	Grains	0.25	Must be cooked, tender, and moist.
	Grains	0.125	Must be cooked, tender, and moist.
Dairy	Dairy	1.00	Must be cooked, tender, and moist.
	Dairy	0.50	Must be cooked, tender, and moist.
	Dairy	0.25	Must be cooked, tender, and moist.
	Dairy	0.125	Must be cooked, tender, and moist.

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Summary_Charts_SNP_Preschool.pdf

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Resources for the Preschool Meal Patterns

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf

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Questions?

Contact the school nutrition programs staff

<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countyassign.pdf>

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Thank you for participating!

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs>

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