

4 — MEAL PATTERN COMPONENTS: MEAT AND MEAT ALTERNATES

USDA REQUIREMENTS

CACFP regulations require that all lunches and suppers contain a serving of meat or meat alternates as specified in the meal pattern. Meat or meat alternates may also be served as one of the two required components of a snack. When planning the meat/meat alternate component for CACFP menus, adult day care centers must ensure that the following requirements are met.

- Meat includes lean meat, poultry or fish. Meat alternates include alternate protein products, cheese, eggs, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chestnut and coconut) and yogurt. These foods must be served in a main dish, or in a main dish and one other item, to meet this requirement.
- To be counted toward any part of the meat/meat alternates requirement, a menu item must provide a minimum of ¼ ounce of cooked lean meat or equivalent. The rest of the required serving must be met by adding other meat or meat alternates.
- Amounts in the meat/meat alternates component refer to the edible portion, i.e., cooked, lean meat without bone, breading or other ingredients. All meat/meat alternates must contain the appropriate size edible portion. For example, tuna salad must contain 2 ounces of tuna *before* added ingredients such as mayonnaise, celery and seasonings.
- Nuts and seeds may fulfill all the meat/meat alternates requirement for snack, but no more than half (1 ounce) of the 2 ounces of meat/meat alternates required for lunch or supper. Nuts and seeds that may be used as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts.
- Legumes (cooked dry beans and peas such as baked beans, lentils, garbanzo beans, kidney beans and split peas) may be credited as either a vegetable/fruit or a meat/meat alternate, but not both in the same meal. Any recipe using legumes as the only source of meat/meat alternate must provide the minimum serving sizes, as indicated in the meal pattern.
- Yogurt may be used as a meat alternate. When planning yogurt as the meat/meat alternate component, the following criteria apply.
 - ▶ Yogurt is a good source of calcium, but contains no iron and is often sweetened, so it should not be a frequent choice at lunch or supper as a substitute for meat or poultry.
 - ▶ Eight ounces (weight) or 1 cup (volume) of yogurt equals 2 ounces of meat/meat alternate.
 - ▶ Homemade yogurt and frozen yogurt or other yogurt-flavored products (such as yogurt bars and yogurt-covered fruit or nuts) do not count as meat/meat alternates.
 - ▶ The fruit in yogurt, whether blended, mixed or on top, does not meet the vegetables/fruits component. Extra fruit that is added to the yogurt, such as fresh strawberries, canned peaches or banana slices, can count toward the vegetables/fruits component based on the amount served.
 - ▶ Drinkable or squeezable yogurt cannot be credited as a meat/meat alternate. The FDA’s definition and Standard of Identity for yogurt requires that yogurt be “coagulated.”

Yogurt is a nutrient-rich food but flavored yogurt is often high in added sugars. CACFP facilities can limit added sugars by serving only plain yogurt sweetened with mashed fruit. Alternatively, mix equal parts of plain yogurt with a sweetened yogurt that contains no more than 4 grams of sugars per ounce.

STATE NUTRITION RECOMMENDATIONS

In addition to the specified USDA requirements for meat/meat alternates, the CSDE strongly recommends that all meat and meat alternates served as part of CACFP meals and snacks meet the CSDE's recommended nutrition standards below. These standards provide the healthiest choices for CACFP participants by promoting whole or minimally processed nutrient-rich foods that are low in fat, added sugars and sodium.

NUTRITION STANDARDS FOR MEAT AND MEAT ALTERNATES

- A serving of meat or meat alternate contains:
 - ▶ no more than 35 percent of calories from fat, except for eggs, low-fat or reduced fat natural cheese, nuts, seeds and nut or seed butters without added fat
 - ▶ no chemically altered fat substitutes.
 - ▶ less than 10 percent of calories from saturated fat, except for eggs, low-fat or reduced fat natural cheese, nuts, seeds and nut or seed butters without added fat.
 - ▶ no more than 35 percent of calories from sugars and no artificial sweeteners, nonnutritive sweeteners or sugar alcohols. For yogurt, no more than 4 grams sugars per ounce.
 - ▶ less than 0.5 gram of trans fat and no hydrogenated or partially hydrogenated oils.
 - ▶ no more than 200 milligrams of sodium for meat and meat alternates served at snack and no more than 480 milligrams of sodium for meat and meat alternates served at meals including combination entrees.
- Serve lean meat; skinless poultry; fish; cooked dry beans or peas (legumes); nuts; seeds; nut or seed butters, such as peanut, almond, cashew and sunflower (without added fat, sugars or salt); eggs; low-fat yogurt; and low-fat, part-skim or reduced fat natural cheese, e.g., low-fat cheddar and part-skim mozzarella.
- Prepare meat and meat alternates with minimal or no added fat. If fat is used, choose polyunsaturated and monounsaturated fats. Do not serve any meat or meat alternates made with hydrogenated or partially hydrogenated oils.
- When meat or meat alternate entree items include bread or grains, choose whole grains most often (see *Nutrition Standards for Grains and Breads* in section 2).
- Limit condiments, such as margarine, butter, ketchup, mustard, mayonnaise, sauces and gravies. If served, provide low-fat or fat-free, low-sugar and low-sodium varieties separately from the food so participants can decide whether to add them. Use portion control measures as appropriate, such as preportioned servings or portion control (PC) packets.

For information on evaluating meats and meat alternates for compliance with the CSDE's recommended nutrition standards, see worksheet 7, *Evaluating Meats and Meat Alternates for Compliance with the Recommended Nutrition Standards for CACFP Adult Centers*. For yogurt, see worksheet 8, *Evaluating Yogurt for Compliance with the Recommended Nutrition Standards for CACFP Adult Centers*. These worksheets are available under *Forms and Handouts* in section 6.

NUTRITION INFORMATION FOR MEAT/MEAT ALTERNATES

Meat, fish, poultry and eggs are good sources of protein, iron, phosphorus, potassium, zinc, niacin, riboflavin, niacin, thiamin, and vitamins B₆ and B₁₂. They contain fat, saturated fat and cholesterol. Nuts and seeds (including peanut butter) are good sources of protein and dietary fiber, copper, magnesium, phosphorus, niacin and vitamin E. They also contain fat. Dry beans and peas are good sources of protein, starch and fiber, as well as iron, magnesium, phosphorus, potassium and folate. Cheese is a good source of protein, calcium, phosphorus, and vitamins A and B₁₂. Cheese also contains fat, saturated fat and cholesterol.

BINDERS, EXTENDERS AND FILLERS

Luncheon meats, cold cuts and hot dogs must be all meat with no meat byproducts, “variety” meats, cereals, binders or extenders. Product labels must be reviewed to ensure that only all-meat products are served. Ingredients that are considered binders and extenders include the following:

cereal	starchy vegetable flour	dried milk
soy protein concentrate*	vegetable starch	soy flour*
isolated soy protein*	dry or dried whey	wheat gluten
sodium caseinate	whey protein concentrate*	tapioca dextrin

*Alternate protein products (see below)

ALTERNATE PROTEIN PRODUCTS AND VEGETABLE PROTEIN PRODUCTS

The USDA allows the use of alternate protein products (APP), such as vegetable burgers and other meatless entree items, to provide more flexibility in menu planning. APP include both vegetable protein sources (e.g., isolated soy protein, soy protein concentrate and soy flour) and nonvegetable-based protein sources (e.g., fruit puree, whey protein and casein). Processed food items, such as a vegetarian burger or patty, may contain APP, but the entire item cannot be considered an APP as it contains other ingredients such as seasonings or breading.

APP include vegetable protein products (VPP). The term VPP is commonly used to describe all alternate protein products. However, the term APP is used in USDA regulations since it is more technically correct, as not all APP are vegetable based.

USDA regulations specify that APP may be credited for part or all the meat/meat alternates requirement, if the following criteria are met:

1. The APP is processed so that some portion of the nonprotein constituents of the food is removed. (This refers to the manufacturing process for APP.) APP must be safe and suitable edible products produced from plant or animal sources.
2. The biological quality of the protein in the APP must be at least 80 percent that of casein (milk protein), determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS).
3. The APP contains at least 18 percent protein by weight when fully hydrated or formulated. “When hydrated or formulated” refers to a dry APP and the amount of water, fat, oil, colors, flavors or any other substances that have been added.

CACFP facilities cannot determine whether a product meets these criteria by reading the product’s label. The USDA Food Safety Inspection Service (FSIS) and FDA labeling laws require manufacturers to list product ingredients, but percentage labeling is voluntary. For example, a product may list whey protein concentrate and hydrolyzed soy protein in the ingredients but will not indicate the percentage of these protein ingredients by weight.

The CACFP facility is responsible for obtaining documentation from the manufacturer for any APP used to meet the requirements of the meat/meat alternates component.

Documentation of the above criteria can be provided by the manufacturer in a variety of forms, including product specification sheets, a signed letter from a company official attesting that the requirements were met or labels on products (if available). Products that are CN labeled (see section 1) will provide information on how APP foods may be credited toward the CACFP Meal Pattern for Adults.

CREDITING COMMERCIALLY PREPARED BREADED OR BATTERED MEAT PRODUCTS

If commercially prepared breaded or battered meat products (such as chicken nuggets, chicken patties, fish sticks or fish portions) are not CN labeled, then 50 percent of the total weight may be credited as a meat/meat alternate. For example:

- four 1-ounce fish sticks (4 ounces total) equals 2 ounces of meat;
- four 1-ounce chicken nuggets (4 ounces total) equals 2 ounces of meat; and
- one 4-ounce chicken patty equals 2 ounces of meat.

CREDITING COMMERCIAL CONVENIENCE FOODS

Commercial convenience products such as beef stew, burritos, pizza and ravioli may be credited toward the meat/meat alternates component if 1) the program uses CN labeled products (see section 1); or 2) a product analysis sheet signed by an official of the manufacturer (not a salesperson) is on file, stating the amount of cooked lean meat/meat alternate in the product per serving.

Without this documentation, meals containing commercially prepared products do not meet the CACFP meal pattern requirements. These meals will be disallowed unless the adult day care center provides proper documentation indicating that a sufficient amount of meat/meat alternates is contained in the product. CACFP facilities must be sure to obtain this information from the vendor or manufacturer *before* purchasing any commercially prepared foods.

CREDITING SHELF-STABLE DRIED MEAT SNACKS

Shelf-stable, dry or semi-dry meat snacks cannot be credited in any CACFP meals. These dried meat, poultry and seafood snacks have a variety of names because the USDA product formulation standards vary widely. Noncreditable meat snacks include, but are not limited to, the following products:

- smoked snack sticks made with beef and chicken;
- summer sausage;
- pepperoni sticks;
- meat, poultry or seafood jerky such as beef jerky, turkey jerky and salmon jerky; and
- meat or poultry nuggets (shelf-stable, nonbreaded, dried meat or poultry snack made similar to jerky) such as turkey nuggets.

These snack products do not meet the usual and customary function of the meat/meat alternate component as either an entree or side dish of a meal. It is important to note that dried meat, poultry or seafood snacks do not qualify for the USDA CN Labeling Program (see section 1) because they cannot contribute to the meat component. Therefore, fact sheets or company certified product formulation statements should not be accepted for these products.

While the above-mentioned snacks cannot be credited toward a reimbursable meal, there are some meat-stick type products that can be used in a reimbursable meal. The following are examples of meat stick products that may be creditable in the CACFP with authorized CN labels or a company certified product formulation statement:

- cooked, cured meat and/or poultry sausages excluding byproducts, cereals, binders or extenders such as bologna, frankfurters, knockwurst and Vienna sausage as listed in the Meat/Meat Alternates section of the *Food Buying Guide*;
- extended meat or poultry “pattie-like” products shaped into sticks that are usually breaded and either frozen or refrigerated; and
- dried pepperoni when used as a topping on a CN labeled pizza.

MEAT/MEAT ALTERNATE VERSUS PROTEIN

While the terms protein and meat/meat alternate are often used interchangeably, it is important to remember that the CACFP meal pattern requirements are for a specific amount of meat/meat alternate, not for a specific amount of protein. **The grams of protein on a product’s food label cannot be used as an indicator that a product meets the meat/meat alternate requirement.**

Protein is only one component of meat/meat alternates, comprising about 18 percent of the meat. Meat/meat alternates also contain other components such as water, fat, vitamins and minerals. Protein is also found in varying amounts in other foods, such as cereals, grains and many vegetables. Consequently, the grams of protein listed on a product’s food label do not indicate the ounces of meat/meat alternates contained in the product.

To be creditable as a meat/meat alternate in the CACFP, a food must be CN labeled or the CACFP facility must obtain product information (such as a product analysis sheet) from the vendor or manufacturer that indicates the amount of meat/meat alternates (total weight) contained in the product (see *Crediting Commercial Convenience Foods* on previous page). If a CACFP facility uses a commercial entree product without documenting that it contains a sufficient amount of meat/meat alternates, the meal may be out of compliance with the USDA requirements.

Nutrition Facts			
Serving Size: 1 piece (73 g)			
Servings Per Container: 10			
Amount Per Serving			
Calories 130		Calories from Fat 90	
		% Daily Value*	
Total Fat 11g		17%	
Saturated Fat 2.5g		13%	
Trans Fat 0g			
Cholesterol 25mg		8%	
Sodium 390mg		16%	
Total Carbohydrate 12g		8%	
Dietary Fiber 1g			
Sugars 1g			
Protein 10g			
Vitamin A 0%		• Vitamin C 0%	
Calcium 0%		• Iron 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2,000 2,500	
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

It is the responsibility of the CACFP facility to provide documentation that any commercially prepared combination convenience product (such as pizza, burritos or chicken nuggets) contains a sufficient amount of meat/meat alternates to meet the requirements of the CACFP Meal Pattern for Adults. For more information, see *Nutrition Policies and Guidance for Adult Day Care Centers: Meal Pattern Requirements*.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Acorns		X		Acorns have a low protein content.
Almond butter	X		See: <i>Peanut butter</i>	
Alternate protein products (APP)	*	*	Alternate protein products (APP) are creditable if they meet the requirements specified by the USDA. For more information, see <i>Alternate Protein Products (APP) and Vegetable Protein Products (VPP)</i> in section 4.	
American cheese (pasteurized process cheese)	⊗		A 1 ounce serving of process cheese is equivalent to 1 ounce of meat alternate. A 1 ounce serving of shredded cheese equals approximately ¼ cup. Refer to the <i>Food Buying Guide</i> . See: <i>Cheese, pasteurized process</i>	The CSDE recommends serving only low-fat natural cheese in the CACFP. American cheese is not 100 percent natural cheese.
Baco-bits		X		Baco-bits are low in protein and high in fat.
Bacon		X		Bacon is low in protein and high in fat. Since the meat is cured and/or smoked, it is also high in sodium.
Bacon, imitation	*	*	To be credited, a manufacturer must document that the product meets the following conditions: <ol style="list-style-type: none"> 1. The APP is processed so that some portion of the nonprotein constituents of the food is removed. 2. The biological quality of the protein in the APP must be at least 80 percent that of casein (milk protein), determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS). 3. The APP contains at least 18 percent protein by weight when fully hydrated or formulated. For more information, see <i>Alternate Protein Products (APP) and Vegetable Protein Products (VPP)</i> in section 4.	
Bacon, turkey	*	*	See: <i>Processed meat and poultry products</i>	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Baked beans, canned	X		Canned baked beans may be credited as either a vegetable/fruit or a meat/meat alternate, but not both in the same meal. A serving of baked beans must contain the minimum required amount of beans (e.g., ½ cup for lunch or supper), excluding sauce and other ingredients such as pork fat. A ½ cup serving of beans provides 2 ounces of meat/meat alternate.	
Beans, green or yellow, canned or fresh		X	Canned or fresh green or yellow beans are not legumes. They may be credited only as vegetables. <i>See: Beans (legumes), canned or dry</i>	
Beans (legumes), canned or dry	X		Cooked dry beans and peas (e.g., black, garbanzo or chickpeas, kidney, pinto) may be credited as a meat/meat alternate or as a vegetable/fruit, but not both in the same meal. Canned green or yellow beans and green peas may be credited only as vegetables. A ½ cup serving of beans provides 2 ounces of meat/meat alternate.	Beans and peas that can be credited as meat/meat alternate are good sources of protein, fiber and iron and are naturally low in fat.
Beef jerky		X	<i>See: Dried meat snacks, e.g., shelf-stable or semi-dry meat snacks</i>	
Bologna	* ⊗	*	<i>See: Processed meat and poultry products</i>	Bologna and other processed meats are commonly high in fat and sodium. Like all processed meats, bologna is lower in protein than fresh meat by weight.
Burritos, commercial	*	*	<i>See: Commercial convenience foods, fresh, canned, or frozen</i>	
Canadian bacon	X		One pound (16 ounces) will yield 11 1-ounce servings of cooked meat. Refer to the <i>USDA Food Buying Guide</i> .	Canadian bacon is high in sodium.
Canned pressed luncheon meat (Spam)	* ⊗	*	<i>See: Processed meat and poultry products</i>	Canned-pressed luncheon meat is usually high in fat and sodium.

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Cheese, cottage	X		See: <i>Cottage cheese</i>	
Cheese, cream		X	Cream cheese is an "other" food.	
Cheese food	⊗		See: <i>Cheese, pasteurized process cheese food</i>	
Cheese, imitation		X	Products labeled "imitation cheese" or "cheese product" are not creditable.	Imitation cheeses are often made from imitation milks or other nondairy components. They do not meet the FDA Standard of Identity for cheese and are not nutritionally equivalent to natural cheese.
Cheese, natural, e.g., brick, cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta, brie	X		A 1 ounce serving of natural cheese is equivalent to 1 ounce of meat alternate. A 1 ounce serving of shredded cheese equals approximately ¼ cup. Refer to the USDA <i>Food Buying Guide</i> .	Natural cheese is produced directly from milk. Some cheeses are high in fat and cholesterol. Choose low-fat varieties. Cheese is a good source of protein, calcium, vitamin A and vitamin D.
Cheese, Neufchatel		X	See: <i>Cheese, cream</i>	
Cheese, parmesan	X		Six tablespoons equal 1 ounce of meat alternate. If served as a garnish (e.g., on top of spaghetti), the cheese is not creditable because the serving size is too small.	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Cheese, pasteurized process cheese, e.g., pasteurized process American cheese, pasteurized process Swiss cheese, pasteurized process cheddar cheese	⊗		A 1 ounce serving of process cheese is equivalent to 1 ounce of meat alternate. Process cheese is made by mixing two or more cheeses and optional ingredients such as acidifying agents (vinegar, lactic acid, citric acid, acetic acid and phosphoric acid), milkfat (from cream, anhydrous milkfat or dehydrated cream), water, salt, artificial coloring and spices or flavoring. Prepackaged slices and cuts may also contain mold inhibitors (sorbic acid, potassium sorbate, sodium sorbate) and anti-sticking agents. See: <i>American cheese</i>	Process cheeses are generally high in fat and sodium. Choose low-fat and low-sodium varieties. The CSDE recommends serving only low-fat natural cheese in the CACFP.
Cheese, pasteurized process cheese food	⊗		A 2 ounce serving of process cheese food is equivalent to a 1 ounce serving of meat alternate. Process cheese food can contain all the ingredients allowed in process cheese and can also contain milk, skim milk, buttermilk and cheese whey.	Process cheese foods are higher in moisture content and lower in protein and fat content than natural cheeses. Process cheese foods are often high in sodium. Look for lower sodium varieties. The CSDE recommends serving only low-fat natural cheese in the CACFP.
Cheese, pasteurized process cheese product		X	The term "cheese product" is a specific category name. Cheese products do not meet the FDA Standard of Identity for process cheese and are not nutritionally equivalent to natural cheese.	
Cheese, pasteurized process cheese spread, e.g., Cheez Whiz, Velveeta	⊗		A 2 ounce serving of process cheese spread is equivalent to a 1 ounce serving of meat alternate. Process cheese spread can contain all of the ingredients allowed in process cheese food and can also contain food gums, sweeteners and nisin (an antimicrobial agent).	Process cheese spreads are higher in moisture content and lower in protein and fat content than natural cheeses. Process cheese spreads are often high in sodium. Look for lower sodium varieties. The CSDE recommends serving only low-fat natural cheese in the CACFP.
Cheese, pimento	X		A 2 ounce serving of pimento cheese is equivalent to 1 ounce of meat alternate.	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Cheese, powdered		X	Powdered cheese does not have a Standard of Identity.	
Cheese products		X	See: <i>Cheese, pasteurized process cheese product</i>	
Cheese, ricotta	X		A ¼ cup (4 tablespoons) serving of ricotta cheese is equivalent to 1 ounce of meat alternate. A ⅔ cup (6 tablespoons) serving of cottage cheese is equivalent to 1 ½ ounces of meat alternate. A ½ cup (8 tablespoons) serving of cottage cheese is equivalent to 2 ounces of meat alternate.	Per ounce, ricotta cheese has less protein and a greater moisture content than natural cheeses.
Cheese, Romano	X		See: <i>Cheese, parmesan</i>	
Cheese sauce, canned or bagged		X	Canned cheese sauce does not have a Standard of Identity.	
Cheese sauce in macaroni and cheese mixes		X	See: <i>Macaroni and cheese mix, commercial</i>	
Cheese substitutes, including reduced fat, lite or nonfat	X		Cheese substitutes are credited the same as cheese. A 1 ounce serving is equivalent to 1 ounce of meat alternate.	The CSDE recommends serving only low-fat natural cheese.
Cheese soup		X	Cheese soup does not have a Standard of Identity.	
Cheese spread (pasteurized process cheese spread)	⊗		See: <i>Cheese, pasteurized process cheese spread</i>	
Chestnuts		X	Chestnuts are very low in protein.	
Chickpeas (garbanzo beans)	X		See: <i>Beans (legumes), canned or dry</i>	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Chicken nuggets, commercial	* ⊗	*	Only the chicken portion of the product is creditable. If breaded meat products are not CN labeled, then 50 percent of the total weight may be credited as meat/meat alternate. For example, four 1-ounce chicken nuggets equal 2 ounces of meat/meat alternate.	Processed products may be high in fat and sodium. Read labels.
Chicken patties, commercial	* ⊗	*	See: <i>Chicken nuggets, commercial</i>	
Chitterlings		X	Chitterlings have a low protein content and are high in fat.	
Coconuts		X	Coconut cannot be credited as a meat/meat alternate or a vegetable/fruit.	Coconut is very low in protein.
Cold cuts, e.g., salami, bologna, turkey, ham	*	*	Cold cuts must be all meat with no meat byproducts, "variety" meats, cereals, binders or extenders. CACFP facilities must review product labels to ensure that only all-meat products are served. For more information, see the USDA's <i>Food Buying Guide</i> . See: <i>Processed meat and poultry products</i> .	
Commercial convenience foods, fresh, canned or frozen, e.g., beef stew, burritos, chili, pizza, pot pies, ravioli, macaroni and cheese, stuffed cabbage	* ⊗	*	Commercial products may only be credited toward the meat/meat alternate component if 1) a CACFP facility receives meals from a school district or a food service management company that uses CN labeled products (see section 1); or 2) a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the <i>amount of cooked lean meat/meat alternate in the product per serving</i> is on file.	Commercial processed convenience foods are usually higher in fat and sodium than products made from scratch. Read labels.
Corn dogs	⊗		The frankfurter can be credited as a meat/meat alternate if it meets the criteria for frankfurters. See: <i>Processed meat and poultry products</i> . See: <i>Batter-type coatings</i> in the Grains/Breads section for additional crediting information.	Corn dogs are high in fat.

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Cottage cheese	X		<p>A ¼ cup (4 tablespoons) serving of cottage cheese is equivalent to 1 ounce of meat alternate.</p> <p>A ⅔ cup (6 tablespoons) serving of cottage cheese is equivalent to 1 ½ ounces of meat alternate.</p> <p>A ½ cup (8 tablespoons) serving of cottage cheese is equivalent to 2 ounces of meat alternate.</p>	Cottage cheese contains less protein per ounce than natural cheese, therefore the required serving size is greater.
Crab, imitation		X	See: <i>Imitation seafood</i>	
Cream cheese		X	See: <i>Cheese, cream</i>	
Deviled eggs	⊗		<p>Cooked eggs may be credited based on the amount of eggs before added ingredients such as mayonnaise and seasoning.</p> <p>See: <i>Eggs, whole</i></p>	
Dried meat snacks, e.g., shelf-stable or semi-dry meat snacks		X	<p>Shelf-stable, dry or semi-dry meat, poultry and seafood snacks cannot be credited in any CACFP meals. Noncreditable meat snacks include, but are not limited to:</p> <ul style="list-style-type: none"> • smoked snack sticks made with beef and chicken; • summer sausage; • pepperoni sticks; • meat, poultry or seafood jerky such as beef jerky, turkey jerky and salmon jerky; and • meat or poultry nuggets (shelf-stable, nonbreaded, dried meat or poultry snack made similar to jerky) such as turkey nuggets. <p>These snack products do not meet the usual and customary function of the meat/meat alternate component as either an entree or side dish of a meal. For more information, see <i>Crediting Shelf-Stable Dried Meat Snacks</i>.</p>	
Dried meat or poultry nuggets		X	<p>These products are shelf-stable, nonbreaded, dried meat or poultry snack made similar to jerky, such as turkey nuggets.</p> <p>See: <i>Dried meat snacks, e.g., shelf-stable or semi-dry meat snacks</i></p>	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Drinkable or squeezable yogurt products and smoothies, e.g., "Go-Gurt" or Stonyfield smoothies		X	See: <i>Yogurt, drinkable</i>	
Edamame (fresh soy beans)		X	Edamame is a vegetable not a meat/meat alternate. It is credited in the vegetables/fruits component of the CACFP Meal Pattern for Adults. For crediting information, see <i>Edamame (fresh soy beans)</i> in the Vegetables/Fruits section. For crediting information for cooked dry soy beans, see <i>Soy beans, dry or canned</i> .	
Egg substitute		X	Egg substitutes do not have a Standard of Identity.	
Egg whites		X	Egg whites alone are not creditable.	
Egg yolks		X	Egg yolks alone are not creditable.	
Eggs, powdered	X		Only powdered whole eggs are creditable, based on the equivalent amount for one egg. Read product labels.	
Eggs, whole	X		Cooked whole eggs may be credited, including fresh, powdered whole and frozen eggs. One large egg meets the requirement for 2 ounces of meat/meat alternate and ½ egg meets the requirement for 1 ounce or less of meat/meat alternate. Eggs cannot be credited when part of a custard or pudding made from scratch.	Eggs are a good source of protein and contain a significant amount of cholesterol.
Fat back		X	See: <i>Salt pork</i>	
Fish	X			Fish is a good source of protein and iron. Many varieties of fish are lower in fat than other types of meat. Choose healthy preparation techniques such as broiling or baking instead of frying.

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Fish, noncommercial (recreationally caught)		X	For food safety reasons, recreationally caught fish should not be served.	
Fish filets, breaded or battered, commercial	* ⊗	*	Only the fish portion of the product is creditable. If breaded fish products are not CN labeled, then 50 percent of the total weight may be credited as meat/meat alternate. For example, a 4-ounce breaded fish portion equals 2 ounces of meat/meat alternate.	Processed products may be high in fat and sodium. Read labels.
Fish sticks or nuggets, commercial	* ⊗	*	Only the fish portion of the product is creditable. If breaded fish products are not CN labeled, then 50 percent of the total weight may be credited as meat/meat alternate. For example, three 1-ounce fish sticks equal 1 ½ ounces of meat/meat alternate.	Processed products may be high in fat and sodium. Read labels.
Frankfurters, imitation	*	*	To be credited, a manufacturer must document that the product meets the following conditions: <ol style="list-style-type: none"> 1. The APP is processed so that some portion of the nonprotein constituents of the food is removed. 2. The biological quality of the protein in the APP must be at least 80 percent that of casein (milk protein), determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS). 3. The APP contains at least 18 percent protein by weight when fully hydrated or formulated. For more information, see <i>Alternate Protein Products (APP) and Vegetable Protein Products (VPP)</i> in section 4.	
Frankfurters, meat and poultry	* ⊗	*	See: <i>Processed meat and poultry products</i>	Up to 80 percent of the calories in frankfurters may be from fat. They are also high in sodium and may be high in cholesterol.

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
French toast made with egg, made from scratch		X	French toast does not contain a sufficient quantity of egg to be creditable as a meat/meat alternate component. For information on crediting the bread, see the Grains/Breads section.	
Frozen yogurt		X	See: <i>Yogurt products</i>	
Game, commercial, e.g., buffalo, goat, ostrich, venison (deer)	X		To be credited in the CACFP, all game meat must be purchased from a USDA-approved establishment. For more information, see the <i>Food Buying Guide</i> .	
Game, wild, e.g., venison (deer), squirrel, rabbit, moose		X	For health and safety reasons, these meats are not creditable in the CACFP unless they are inspected and approved by the appropriate federal, state or local agency.	
Garbanzo beans (chickpeas)	X		See: <i>Beans (legumes), canned or dry</i>	
Go-Gurt		X	Go-Gurt is a squeezable yogurt, and cannot be credited as a meat/meat alternate. FDA's definition and Standard of Identity for yogurt requires that yogurt be "coagulated."	
Hamhocks		X		Hamhocks are high in fat and low in protein by weight.
Home-slaughtered meat		X	To be credited, home-raised animals must be slaughtered at a USDA facility that has a USDA inspector on duty. Poultry is subject to state inspection.	
Hot dogs	* ⊗	*	See: <i>Processed meat and poultry products</i>	
Hot dogs, imitation	*	*	See: <i>Frankfurters, imitation</i>	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Hummus (garbanzo beans and tahini spread), commercial	*	*	<p>Both garbanzo beans and tahini (sesame paste) are creditable as a meat/meat alternate. A serving of hummus must contain enough garbanzo beans and/or tahini to equal the minimum required serving size.</p> <p>Commercial hummus may only be credited toward the meat/meat alternate component if 1) the item is CN labeled (see section 1); or 2) a product analysis sheet signed by an official of the manufacturer (not a salesperson) is on file, stating the <i>amount of meat/meat alternate in the product per serving</i>.</p> <p>CACFP facilities are responsible for maintaining documentation that indicates that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used.</p> <p>See <i>hummus</i> in the Vegetables/Fruits section for information on crediting hummus as a vegetable/fruit.</p>	
Hummus (garbanzo beans and tahini spread), made from scratch	*	*	<p>Both garbanzo beans and tahini (sesame paste) are creditable as a meat/meat alternate. A serving of hummus must contain enough garbanzo beans and/or tahini to equal the minimum required serving size.</p> <p>The CACFP facility must evaluate the meat/meat alternate ingredients in the hummus recipe and be able to document that the recipe provides a sufficient amount of meat/meat alternate per serving. For lunch or supper, ½ cup garbanzo beans or 4 tablespoons tahini equals 2 ounces meat/meat alternate.</p> <p>Garbanzo beans can also be credited as a vegetable/fruit instead of a meat/meat alternate. See <i>hummus</i> in the Vegetables/Fruits section for information on crediting hummus as a vegetable/fruit.</p>	
Imitation cheese		X	See: <i>Cheese, imitation</i>	
Imitation seafood		X	<p>The nutritional value of imitation seafood is not equivalent to fish.</p> <p>See: <i>Surimi</i></p>	
Jerky, e.g., beef jerky, turkey jerky and salmon jerky		X	See: <i>Dried meat snacks, e.g., shelf-stable or semi-dry meat snacks</i>	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Kidney	⊗			
Kidney beans	X		See: <i>Beans (legumes), canned or dry</i>	
Kielbasa	* ⊗	*	Kielbasa made from meat or poultry can be credited based on the actual weight of the served portion if it does not contain meat or poultry byproducts, cereals, binders or extenders. <i>See: Processed meat and poultry products</i>	
Knockwurst	* ⊗	*	Knockwurst made from meat or poultry can be credited based on the actual weight of the served portion if it does not contain meat or poultry byproducts, cereals, binders or extenders. <i>See: Processed meat and poultry products</i>	
Legumes	X		See: <i>Beans (legumes), canned or dry</i>	
Liver	⊗			Liver is a concentrated source of many nutrients, but is high in fat and cholesterol.
Liverwurst	* ⊗	*	See: <i>Processed meat and poultry products</i>	Liverwurst is high in fat and cholesterol.
Luncheon meats	*	*	See: <i>Cold cuts</i>	
Macaroni and cheese, frozen commercial	* ⊗	*	See: <i>Commercial convenience foods, fresh, canned, or frozen</i> See <i>Macaroni, all shapes</i> in the Grains/Breads section for information on crediting the macaroni.	Processed products may be high in fat and sodium. Read labels.
Macaroni and cheese mix, commercial		X	The powdered cheese or cheese sauce in commercial macaroni and cheese mixes cannot be credited toward the meat/meat alternate requirement. See <i>Macaroni, all shapes</i> in the Grains/Breads section for information on crediting the macaroni.	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Macaroni and cheese, made from scratch	X		The cheese in macaroni and cheese may be credited based on the amount of cheese in each serving, as documented by the recipe used. For more information, see <i>Crediting Dishes Made from Scratch</i> in section 1. See <i>Macaroni, all shapes</i> in the Grains/Breads section for information on crediting the macaroni.	Macaroni and cheese may be high in fat and sodium.
Meat sauce, commercial	*	*	See: <i>Commercial convenience foods, fresh, canned or frozen</i>	
Meat sauce, made from scratch	X		The meat in sauce made from scratch may be credited based on the amount of cooked meat in each serving, as documented by the recipe. For more information, see <i>Crediting Dishes Made from Scratch</i> in section 1.	
Nachos topped with real cheese	⊗		Nachos topped with real cheese may be creditable as a meat/meat alternate, if they contain the appropriate amount of cheese (not <i>cheese sauce</i>) per serving, as documented by the recipe used. See: <i>Cheese, natural</i> and <i>Cheese sauce, canned or bagged</i> See <i>chips, tortilla</i> in the Grains/Breads section, for information on crediting the tortilla chips.	Nachos may be high in fat and sodium. The CCCNS recommends serving only low-fat natural cheese.
Nachos topped with cheese sauce	* ⊗	*	Nachos topped with cheese sauce may be creditable as a meat/meat alternate, if: <ul style="list-style-type: none"> the standardized recipe for a cheese sauce made from scratch contains the appropriate amount of cheese per serving; or a purchased product made from real cheese is used, as documented by the CN label or product analysis sheet. See: <i>Cheese sauce, canned or bagged</i> See <i>chips, tortilla</i> in the Grains/Breads section, for information on crediting the tortilla chips.	Nachos may be high in fat and salt. The CCCNS recommends serving only low-fat natural cheese.
Neufchatel cheese		X	See: <i>Cheese, Neufchatel</i> or <i>Cheese, cream</i>	
Nutella		X	Nutella is a spread made from hazlenuts, milk and cocoa. It is not a nut butter.	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Nuts, such as almonds, Brazil nuts, cashews, filberts (hazelnuts), pecans, walnuts (English), pine nuts (pinyons), pistachios, macadamia nuts	X		Nuts may be credited as a serving of meat alternate for snack, but only one-half serving (50 percent) of meat alternate at lunch or supper.	Nuts are good sources of protein. Nuts do not contain cholesterol, as they are of plant origin. However, they are high in fat and low in iron.
Nut or seed butters, such as almond butter, cashew butter, sesame paste (Tahini), sunflower seed butter	X		See: <i>Peanut butter</i>	
Nut or seed meal or flour		X	Nut or seed meal or flour cannot be credited unless it meets the requirements for alternate protein products. See <i>Alternate Protein Products (APP) and Vegetable Protein Products (VPP)</i> in section 4.	
Octopus	X		Octopus is credited the same as squid: 1 pound as purchased equals 0.67 pounds (10.7 ounces) cooked squid (see the <i>Food Buying Guide</i>): 1 pound frozen squid equals 10.7 ounces cooked fish 1 pound rings equals 10.71 ounces cooked fish	
Oxtail	X		Oxtail is a bony, gelatinous meat that is often stewed, braised or used as a stock base for soup. One pound as purchased equals 0.31 pound (5 ounces) cooked, defatted, boned lean meat (see the <i>Food Buying Guide</i>).	
Pasta products with meat, commercial	*	*	See: <i>Commercial convenience foods, fresh, canned, or frozen</i>	
Pasta products with meat, made from scratch	X		Pasta products with meat may be credited based on the amount of cooked meat in each serving, as documented by the recipe. See: <i>Pasta, all shapes</i> in the Grains/Breads Section.	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Peanut butter	X		For lunch or supper, peanut butter should be served in combination with another meat/meat alternate since the required serving size of 4 tablespoons may be too large. For example, a peanut butter (2 tablespoons) and jelly sandwich served with 1 ounce of cheese. Four tablespoons of peanut butter equals 2 ounces of meat alternate.	Chose brands with minimal added fat and sugar.
Peanut butter, reduced fat	X		To be creditable, reduced-fat peanut butter must contain at least 90 percent peanuts, as specified by the FDA's Standard of Identity for peanut butter. The other 10 percent can be "safe and suitable seasoning and stabilizing ingredients." Reduced-fat peanut butter meets the Standard of Identity for peanut butter and is credited the same as regular peanut butter. Two tablespoons of peanut butter equal 1 ounce of meat alternate.	Check label to make sure that product is not a peanut butter spread (see <i>peanut butter spreads, reduced fat</i>).
Peanut butter spreads, reduced fat		X	Peanut butter spreads claiming "reduced fat" do not meet the 90 percent peanut requirement specified by the FDA's Standard of Identity for peanut butter. They cannot be credited as a meat/meat alternate. For example, <i>Skippy Reduced Fat Peanut Butter Spread</i> , <i>Peter Pan Reduced Fat Peanut Butter Spread</i> and <i>Jif Reduced Fat Peanut Butter Spread</i> contain 60 percent peanuts.	When considering reduced fat peanut butter, read labels carefully, looking for the term "spread" as well as the percentage of peanuts.
Peas, green, canned or fresh		X	Canned or fresh green peas are not creditable as a meat/meat alternate. Only split peas (dried or canned) can be credited as a meat/meat alternate. Green peas may only be credited as vegetables.	
Peas (split), dry or canned	X		See: <i>Beans (legumes), dry or canned</i>	
Pepperoni, dried	* ⊗	*	Dried pepperoni is creditable only when used as a topping on a CN labeled pizza. See: <i>Dried meat snacks, e.g., shelf-stable or semi-dry meat snacks</i>	Pepperoni is high in fat and sodium.
Pepperoni sticks		X	See: <i>Dried meat snacks, e.g., shelf-stable or semi-dry meat snacks</i>	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Pig's feet		X	Pig's feet do not contain sufficient meat.	Pig's feet are high in fat.
Pig neck bones		X	Pig neck bones do not contain sufficient meat.	Pig neck bones are high in fat.
Pig tails		X	Pig tails do not contain sufficient meat.	Pig tails are high in fat.
Pimento cheese	X		See: <i>Cheese, pimento</i>	
Pinto beans	X		See: <i>Beans (legumes), canned or dry</i>	
Pizza, commercial	* ⊗	*	See: <i>Commercial convenience foods, fresh, canned, or frozen</i>	
Pizza, made from scratch	X		Pizza made from scratch may be credited based on the amount of meat/meat alternate in each serving. See: <i>Pizza crust</i> in the Grains/Breads section.	
Polish sausage	* ⊗	*	See: <i>Kielbasa</i>	
Potpies, commercial	* ⊗	*	See: <i>Commercial convenience foods, fresh, canned, or frozen</i>	The crust and sauce may both be high in fat.
Potpies, made from scratch	* ⊗	*	Potpies made from scratch may be credited based on the amount of meat/meat alternate in each serving as documented by the recipe used. See: <i>Pie crust</i> in the Grains/Breads section.	The crust and sauce may both be high in fat.
Potted meat	* ⊗	*	See: <i>Processed meat and poultry products</i>	Potted meat is high in sodium.
Powdered cheese in macaroni and cheese mixes		X	See: <i>Macaroni and cheese mix, commercial</i>	
Pressed meat products	* ⊗	*	See: <i>Processed meat and poultry products</i>	Pressed meat products are high in sodium.
Process cheese food	⊗		See: <i>Cheese, pasteurized process cheese food</i>	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Process cheese spread	⊗		See: <i>Cheese, pasteurized process cheese spread</i>	
Processed meat and poultry products	* ⊗	*	Processed meat and poultry products without meat or poultry byproducts, cereals, binders or extenders may be fully credited based on weight. With exception of products containing APP in accordance with the USDA regulations, processed meat and poultry products with meat or poultry byproducts, cereals, binders or extenders cannot be credited in the CACFP. For information on crediting meats with alternate protein products (APP) as an extender, see <i>Alternate Protein Products (APP) and Vegetable Protein Products (VPP)</i> . Products with a CN label may also be credited.	Processed products may be high in fat and sodium. Read labels.
Quiche, commercial	* ⊗	*	See: <i>Commercial convenience foods, fresh, canned, or frozen</i>	
Quiche, made from scratch	⊗		The eggs, meat or cheese in quiche may be credited based on the amount of meat/meat alternate in each serving, as documented by the recipe used. See: <i>Pie crust</i> in the Grains/Breads section.	Quiche may be high in fat and sodium depending on the recipe used.
Ravioli, commercial	*	*	See: <i>Commercial convenience foods, fresh, canned, or frozen</i>	
Ricotta cheese	X		See: <i>Cheese, ricotta</i>	
Salt pork		X	Salt pork is not creditable due to its high fat and low protein content.	
Sausage	* ⊗	*	See: <i>Processed meat and poultry products</i>	
Scrapple		X	Scrapple does not contain a sufficient amount of meat to be credited.	
Seeds, such as pumpkin and squash seeds, sesame seeds and sunflower seeds	X		Seeds may be credited as a serving of meat alternate for snack, but only one-half serving (50 percent) of meat alternate at lunch or supper.	Seeds are good sources of protein. Seeds do not contain cholesterol, as they are of plant origin. However, they are high in fat and low in iron.

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Seafood salad	*	*	Seafood salad made with real fish or shellfish (e.g., crab, lobster) can be credited based on the amount of meat/meat alternate in each serving before added ingredients. For example, at lunch or supper, seafood salad must contain 2 ounces of seafood before added ingredients such as mayonnaise, celery and seasonings. Seafood salad made with imitation seafood (e.g., surimi) is not creditable as a meat/meat alternate. See: <i>Surimi</i> .	
Sesame paste (Tahini)	X		Sesame paste is credited the same as peanut butter. See: <i>Peanut butter</i>	
Shellfish	X		Only the edible portion of shellfish is creditable. The shellfish must be fully cooked.	
Smoked snack sticks, made with beef or chicken		X	See: <i>Dried meat snacks, e.g., shelf-stable or semi-dry meat snacks</i>	
Soups, made from scratch	*	*	Soups made from scratch may contribute toward the meat/meat alternate component if a minimum of ¼ ounce meat/meat alternate per serving is provided, as documented by the recipe. If the amount of meat contained in the soup does not meet the full serving of meat/meat alternate, an additional source of meat/meat alternate must be provided to meet the minimum required amount.	
Soups, commercial (bean, lentil or split pea only)	X		Three-fourths cup of bean, lentil or split pea soup may be credited as 1 ½ ounces meat alternate. One-half cup of bean, lentil or split pea soup may be credited as 1 ounce meat alternate.	Commercial soups are often high in sodium. Read labels.
Soups, commercial, other than bean, lentil or pea		X	These soups contain insufficient quantities of meat.	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Soy beans, dry or canned	X		<p>A ¼ cup serving of dry or canned soy beans provides 1 ounce of meat/meat alternate.</p> <p>Cooked or canned dry soy beans may be credited as a meat/meat alternate or as a vegetable/fruit, but not both in the same meal.</p> <p>See: <i>Soy beans, dry or canned</i> in the Vegetables/Fruits section for additional crediting information.</p>	Fresh soy beans are only creditable as the vegetables/fruits component.
Soy burgers or other soy products	*	*	<p>Alternate protein products (APP), such as 100 percent soy products, are creditable if they meet the requirements specified by the USDA. For more information, see <i>Alternate Protein Products (APP) and Vegetable Protein Products (VPP)</i> in section 4.</p> <p>APP that are CN labeled (see section 1) meet requirements.</p>	
Soy butter	X		<p>Soy butter is credited the same as peanut butter. Two tablespoons equals 1 ounce of meat alternate.</p> <p>See: <i>Peanut butter</i></p>	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Soy cheese	*	*	<p>For soy cheese to be credited as a meat alternate, it must meet the USDA requirements for alternate protein products. Soy cheese does not have a Standard of Identity and can vary from manufacturer to manufacturer. To be credited, a manufacturer must document that the product meets the following conditions:</p> <ol style="list-style-type: none"> 1. The APP is processed so that some portion of the non-protein constituents of the food is removed. 2. The biological quality of the protein in the APP must be at least 80 percent that of casein (milk protein), determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS). 3. The APP contains at least 18 percent protein by weight when fully hydrated or formulated. <p>For more information, see <i>Alternate Protein Products (APP) and Vegetable Protein Products (VPP)</i> in section 4. If it meets USDA requirements, 1 ounce of soy cheese can be credited for 1 ounce of meat alternate</p> <p>If the product is CN labeled (see section 1), it can be credited as indicated on the label.</p>	
Soy milk		X	Soy milk does not meet the requirements of an alternate protein product (APP). In addition, a beverage is not considered a meat/meat alternate.	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Soy yogurt	*	*	<p>For soy yogurt to be credited as a meat alternate, it must meet the USDA requirements for alternate protein products. Soy yogurt does not have a Standard of Identity and can vary from manufacturer to manufacturer. To be credited, a manufacturer must document that the product meets the following conditions:</p> <ol style="list-style-type: none"> 1. The APP is processed so that some portion of the non-protein constituents of the food is removed. 2. The biological quality of the protein in the APP must be at least 80 percent that of casein (milk protein), determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS). 3. The APP contains at least 18 percent protein by weight when fully hydrated or formulated. <p>For more information, see <i>Alternate Protein Products (APP) and Vegetable Protein Products (VPP)</i> in section 4.</p>	
Spam	* ⊗	*	See: <i>Canned, pressed luncheon meat</i>	
Split peas, dry or canned	X		See: <i>Beans (legumes), dry or canned</i>	
Stuffed cabbage, commercial	X		<p>See: <i>Commercial convenience foods, fresh, canned or frozen</i></p> <p>For information on crediting the cabbage, see the Vegetables/Fruits section.</p>	
Stuffed cabbage, made from scratch	X		<p>The meat in stuffed cabbage made from scratch may be credited based on the amount of cooked meat in each serving, as documented by the recipe. For more information, see <i>Crediting Dishes Made from Scratch</i> in section 1.</p> <p>For information on crediting the cabbage, see the Vegetables/Fruits section.</p>	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Stuffed peppers, commercial	X		See: <i>Commercial convenience foods, fresh, canned or frozen</i> For information on crediting the peppers, see the Vegetables/Fruits section.	
Stuffed peppers, made from scratch	X		The meat in stuffed peppers made from scratch may be credited based on the amount of cooked meat in each serving, as documented by the recipe. For more information, see <i>Crediting Dishes Made from Scratch</i> in section 1. For information on crediting the peppers, see the Vegetables/Fruits section.	
Summer sausage		X	See: <i>Dried meat snacks, e.g., shelf-stable or semi-dry meat snacks</i>	
Sunflower seed butter	X		For lunch or supper, sunflower seed butter should be served in combination with another meat/meat alternate since the required serving size of 4 tablespoons may be too large. For example, a sunflower seed butter (2 tablespoons) sandwich served with 1 ounce cheese. Four tablespoons sunflower seed butter equals 2 ounces of meat alternate.	Sunflower seed butter is a spread made from sunflower seeds. It is similar to peanut butter in taste and texture. It is a good source of protein and is low in saturated fat.
Sunflower seeds	X		See: <i>Seeds, such as pumpkin and squash seeds, sesame seeds and sunflower seeds</i>	
Surimi		X	Surimi is processed product made from minced fish meat (usually pollack), which has been washed and mixed with other ingredients such as sugar, sorbitol and flavorings. Surimi may be processed into a variety of imitation fish products or other food items. The nutritional value of imitation seafood is not equivalent to fish.	
Tahini (sesame paste)	X		Tahini is credited the same as peanut butter. See: <i>Peanut butter</i>	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Tempeh	*	*	<p>Tempeh is fermented soybean. Tempeh does not have a Standard of Identity and can vary among manufacturers. To be credited, a manufacturer must document that the product meets the following conditions:</p> <ol style="list-style-type: none"> 1. The APP is processed so that some portion of the non-protein constituents of the food is removed. 2. The biological quality of the protein in the APP must be at least 80 percent that of casein (milk protein), determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS). 3. The APP contains at least 18 percent protein by weight when fully hydrated or formulated. <p>For more information, see <i>Alternate Protein Products (APP) and Vegetable Protein Products (VPP)</i> in section 4.</p>	
Tofu	*	*	<p>Tofu is soybean curd. Tofu does not have a Standard of Identity and can vary among manufacturers. To be credited, a manufacturer must document that the product meets the following conditions:</p> <ol style="list-style-type: none"> 1. The APP is processed so that some portion of the non-protein constituents of the food is removed. 2. The biological quality of the protein in the APP must be at least 80 percent that of casein (milk protein), determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS). 3. The APP contains at least 18 percent protein by weight when fully hydrated or formulated. <p>For more information, see <i>Alternate Protein Products (APP) and Vegetable Protein Products (VPP)</i> in section 4.</p>	
Tripe	⊗			Tripe has low quality protein.

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Veal patties, commercial	* ⊗	*	Only the meat portion of the product is creditable. If breaded meat products are not CN labeled, then 50 percent of the total weight may be credited as meat/meat alternate. For example, a 3 ounce veal patty equals 1 ½ ounces of meat/meat alternate.	Processed products may be high in fat and sodium. Read labels.
Vegetable Protein Products (VPP)	*	*	Vegetable Protein Products (VPP) are creditable if they meet the requirements specified by USDA. For more information, see <i>Alternate Protein Products (APP) and Vegetable Protein Products (VPP)</i> in section 4.	
Vienna sausage	* ⊗	*	Vienna sausage made from meat or poultry can be credited based on the actual weight of the served portion if it does not contain meat or poultry byproducts, cereals, binders or extenders. <i>See: Processed meat and poultry products</i>	
Yogurt, drinkable or squeezable yogurt products and smoothies, e.g., "Go-Gurt" or Stonyfield smoothies		X	Yogurt is defined as commercially prepared coagulated milk products obtained by the fermentation of specific bacteria, that meet milk fat or milk solid requirements and to which flavoring foods or ingredients may be added. These products are covered by the Food and Drug Administration's Definition and Standard of Identity for yogurt, low-fat yogurt and nonfat yogurt. Because the definition requires that yogurt be "coagulated," drinkable yogurt does not meet the definition and cannot be credited as a meat/meat alternate.	
Yogurt, frozen		X	<i>See: Yogurt products</i>	
Yogurt, made from scratch		X	Only commercially prepared yogurt is creditable.	
Yogurt, plain or sweetened and flavored	X		Four ounces of yogurt are credited as 1 ounce of meat/meat alternate. The CSDE does not recommend serving yogurt with artificial or nonnutritive sweeteners in the CACFP. These yogurts are often labeled "light." For more information on artificial or nonnutritive sweeteners, see the Glossary.	Yogurt is a good source of calcium and phosphorus. Some yogurts are high in added sugars. Read labels and choose varieties that are lower in sugars. The CSDE recommends no more than 4 grams of sugars per ounce.

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Yogurt products (frozen yogurt, yogurt bars, yogurt coating on fruit or nuts)		X		
Yogurt smoothie drinks		X	See: <i>Yogurt, drinkable or squeezable yogurt products and smoothies</i>	

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 132.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.