

What's for Breakfast?

Meeting the Meal Pattern Requirements for the School Breakfast Program



**Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education**



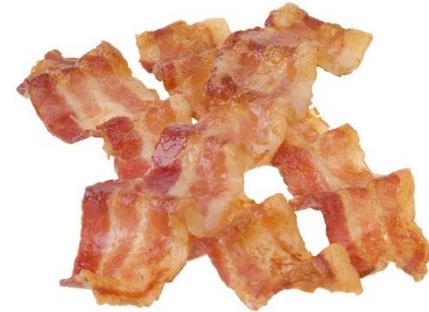
Noncreditable Foods



<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/noncreditablefoodssnp.pdf>

Noncreditable Foods

- **CANNOT CREDIT** toward meal pattern
- **LIMIT** frequency and amount
 - ▶ Often contain little nutritional value
- Must count toward weekly **DIETARY SPECIFICATIONS** (nutrition standards)



Noncreditable FRUITS*

■ Snack-type foods made from fruits

- ▶ dried banana chips
- ▶ fruit snacks, e.g., fruit drops, roll-ups, wrinkles, twists and yogurt-covered fruit snacks
- ▶ 100% fruit strips



■ Jam or jelly

■ Home-canned products (for food safety reasons)

■ Juice drinks that are not 100 percent juice, e.g., grape juice drink, orange juice drink, cranberry juice cocktail, lemonade



* This list is not all inclusive

Noncreditable VEGETABLES *

- **Snack-type foods made from vegetables, such as potato chips or popcorn**
- **Pickle relish**
- **Tomato catsup and chili sauce**
- **Home-canned products (for food safety reasons)**
- **Dehydrated vegetables used for seasoning**



*** This list is not all inclusive**

Noncreditable MEAT/MEAT ALTERNATES *

■ Shelf-stable, **DRY OR SEMI-DRY** meat snacks

- ▶ Smoked snack sticks made with beef and chicken
- ▶ Summer sausage
- ▶ Pepperoni sticks
- ▶ Meat, poultry or seafood jerky
- ▶ Meat or poultry nuggets (similar to jerky)

■ Bacon



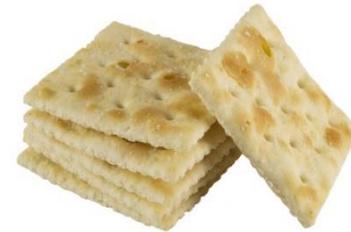
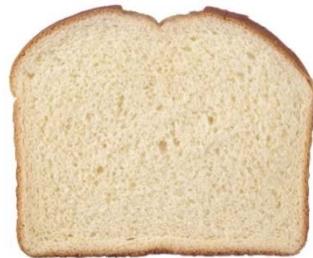
■ Cream Cheese



* This list is not all inclusive

Noncreditable GRAINS

- **Products that are not whole grain-rich**
- **Products that are only enriched**
- **Products that contain more than 3.99 grams of noncreditable grains for groups A-G or 6.99 grams for groups H and I**



Noncreditable Foods

NONCREDITABLE FOODS

in the U.S. Department of Agriculture (USDA) School Nutrition Programs

Noncreditable foods are those foods and beverages that cannot count toward the USDA meal patterns for school nutrition programs. Schools and institutions may serve noncreditable foods in addition to the meal components to add variety, help improve acceptability in the meal and satisfy appetites. Some examples include maple syrup on pancakes, salad dressing on salad and condiments such as ketchup or mustard on sandwiches and other entrees.

The Connecticut State Department of Education (CSDE) encourages schools to limit noncreditable foods in school menus. These foods often contain little nutritional value and are high in fat, sugars and sodium. Menu planners should read labels, be aware of the ingredients in foods and limit the frequency and amount of less nutritious choices.

Noncreditable foods that are offered as part of reimbursable meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must be counted toward the weekly dietary specifications. The dietary specifications are the USDA's nutrition requirements for meals in the NSLP and SBP. They include weekly calorie ranges and limits for saturated fat and sodium. They also require all foods to contain zero grams of trans fat per serving. If noncreditable foods are served, they must contain zero trans fat and their inclusion cannot cause the menu to exceed the average weekly limits for calories, saturated fat and sodium.

The chart below lists some examples of noncreditable foods. This list does not include all possible noncreditable foods.

Examples of Noncreditable Foods *			
<ul style="list-style-type: none"> • bacon • bacon bits • beanitos chips • bran, e.g., oat bran • bread products that are not whole grain-rich • butter • candy ** • candy-coated popcorn • caramel popcorn • chocolate drinks, e.g., Yoo-Hoo ** • coffee (regular, decaffeinated, iced) ** • condiments, e.g., ketchup, mustard, relish, barbecue sauce, chili sauce, mayonnaise • cranberry cocktail drink ** • cream, half and half • cream cheese 	<ul style="list-style-type: none"> • cream soups, canned, e.g., cream of mushroom, cream of celery, cream of broccoli • dried meat or poultry snacks, e.g., jerky or nuggets • eggnog ** • egg whites • frozen yogurt • fruit drink, fruit beverage, powdered fruit drink mix ** • fruit punch (if not 100 percent juice) ** • fruit snacks, e.g., fruit roll-ups, winkies, twists • fruit leathers (100% fruit) • gelatin, flavored or sugar free • ghem, e.g., wheat germ • honey • hot chocolate ** • ice cream 	<ul style="list-style-type: none"> • ice milk • iced coffee ** • iced tea ** • jam, jelly • jerky, e.g., meat, poultry or fish • lemonade ** • limeade ** • maple syrup • margarine • marshmallows • mayonnaise • mustard • nectar drinks ** • pepperoni sticks • popcorn • popcorn cakes • popsicles (not 100% juice) • potato chips 	<ul style="list-style-type: none"> • pudding • pudding pops • salad dressings • sherbet • smoked snack sticks made with beef and chicken • soda, regular and sugar free ** • soups, canned, e.g., beef barley, beef noodle, turkey or chicken rice • sour cream • storable fruit • summer sausage • syrup • tea, regular, herbal, iced ** • white rice

* Snack foods sold a la carte must meet the USDA Smart Snacks nutrition standards or the Connecticut Nutrition Standards, depending on whether the district participates in **Healthy Food Certification** under Section 10-215f of the Connecticut General Statutes.

** These competitive foods and beverages cannot be sold the USDA school nutrition programs due to federal or state requirements. For more information, see *Competitive Foods in School Nutrition Programs*.

Connecticut State Department of Education • Revised August 2014 • Page 1 of 2

NONCREDITABLE FOODS, continued

Resources

Child Nutrition (CN) Labeling:

http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/CN_labeling.pdf

Competitive Foods (CSDE Web Page):

<http://www.sde.ct.gov/sde/cwp/view.asp?a=26268&q=333772>

Competitive Foods in School Nutrition Programs:

<http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/CompetitiveFoods.pdf>

Connecticut Nutrition Standards (CSDE Web Page):

<http://www.sde.ct.gov/sde/cwp/view.asp?a=26268&q=320754>

Crediting Foods (CSDE Web Page):

<http://www.sde.ct.gov/sde/cwp/view.asp?a=26268&q=333796>

Food Buying Guide for Child Nutrition Programs:

<http://www.fns.usda.gov/tn/cesources/foodbuyingguide.html>

Healthy Food Certification (CSDE Web Page):

<http://www.sde.ct.gov/sde/cwp/view.asp?a=26268&q=322420>

Meal Patterns (CSDE Web Page):

<http://www.sde.ct.gov/sde/cwp/view.asp?a=26268&q=333770>

Menu Planning (CSDE Web Page): <http://www.sde.ct.gov/sde/cwp/view.asp?a=26268&q=333780>

Menu Planning Guide for School Meals: <http://www.sde.ct.gov/sde/cwp/view.asp?a=26268&q=334320>

Product Formulation Statements:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/PFS.pdf>

Smart Snacks Nutrition Standards (CSDE Web Page):

<http://www.sde.ct.gov/sde/cwp/view.asp?a=26268&q=335400>



For more information, see the Connecticut State Department of Education's (CSDE) *Menu Planning Guide for School Meals and Meal Patterns* and *Crediting Foods* Web pages or contact the school nutrition programs staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

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Connecticut State Department of Education • Revised August 2014 • Page 2 of 2

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Photograph Acknowledgments

- **USDA**
Slide 1
- **© iStock.com**
Slides 2-7

Noncreditable Foods is the fifth section of the *What's for Breakfast* presentation available from the CSDE School Breakfast Program Web site

1. Meal Pattern Overview
2. Milk Component
3. Fruits Component (with Vegetable Substitutions)
4. Grains Component
 - Meat/Meat Alternate Substitutions
 - Grains Resources
5. Noncreditable Foods
6. Dietary Specifications (Nutrition Standards)
7. Offer versus Serve (OVS)
8. Meal or No Meal: Breakfast Edition
9. Menu Planning Resources

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320662>