Meat/Meat Alternate
Guide to crediting in Child Nutrition Programs

COLORADO
Department of Education

Background

There are two ways in which you can determine crediting information for meat/meat alternates (M/MA) in Child Nutrition Programs.

1. Use the Food Buying Guide
2. Use manufacturer's documentation of the product (i.e. CN label, signed product formulation statement, or USDA Foods Fact Sheet).

Many M/MA do not credit as 1 oz. of product equals 1 oz. M/MA. This is because many factors can affect yield, including processing, cooking method and time and the form in which you serve the food (e.g. mashed potatoes, fried potatoes, baked potatoes). The minimum creditable serving size for M/MA is 0.25 oz.

Food Buying Guide

The Food Buying Guide (FBG) is designed to help school food authorities (SFAs) purchase the correct amount of food and determine the specific contribution different food items make toward the meal pattern requirements. The yield information provided in the FBG represents average yields based on research conducted by the USDA. For foods with a standard of identity (e.g. specific cuts of meat, fruits, vegetables, etc.) you can use the FBG to determine crediting information. The calculation below shows how to use the FBG to determine M/MA component contributions.

Calculation:

1. Quantity of ingredient as purchased	Multiply: #1 x #2 = #3	2. Servings per purchase unit (column 3 in FBG)	3. Meat/Meat alternate (oz. equivalents)
_____	**X**	_____	= _____
		4. Portions per recipe	÷ _____
		5. M/MA oz. eq. per portion	= _____

Example – Beef, ground, fresh or frozen no more than 20% fat:

1. Quantity of ingredient as purchased	Multiply: #1 x #2 = #3	2. Servings per purchase unit (column 3 in FBG)	3. Meat/Meat alternate (oz. equivalents)
10 lbs.	**X**	11.80	= 118
		4. Portions per recipe	÷ 50
		5. M/MA oz. eq. per portion	= 2.36 Round down to 2.25 oz.

Food Buying Guide Quick Reference

- Nut butters: 2 TBSP = 1 oz. equivalent
- Beans: ¼ cup = 1 oz. equivalent
- Yogurt: ½ cup = 1 oz. equivalent
- Egg: 1 large = 2 oz. equivalent

Manufacturer's Documentation

If the item is processed (contains breading, fillers, etc.) and is not listed in the Food Buying Guide, a CN label, USDA Food Fact Sheet or a signed product formulation statement must be on file to document compliance with meal pattern requirements. See *Acceptable Product Documentation for Meal Pattern Requirements* for detailed information on allowable documentation. The calculation below shows how to use manufacturer's documentation to determine M/MA component contributions.

Calculation

1. Total creditable amount of product (per portion in oz.)	2. Total weight (per portion) as purchased (in oz.)	3. Divide: #1 ÷ #2 = #3	4. Quantity of ingredient as purchased in recipe (in oz.)	5. Meat/Meat alternate (oz. equivalents) Multiply: #3 x #4 = #5
_____	÷ _____	= _____	x _____	= _____
6. Portions per recipe				÷ _____
7. M/MA oz. eq. per portion				= _____

Example – USDA Chicken, Fajita Strips, Full Cooked, Frozen

1. Total creditable amount of product (per portion in oz.)	2. Total weight (per portion) as purchased (in oz.)	3. Divide: #1 ÷ #2 = #3	4. Quantity of ingredient as purchased in recipe (in oz.)	5. Meat/Meat alternate (oz. equivalents) Multiply: #3 x #4 = #5
1.0	÷ 1.8	= 0.556	x 90 oz.	= 50.04
6. Portions per recipe				÷ 50
7. M/MA oz. eq. per portion				= 1.0 oz.

Resources

- CDE School Nutrition Unit: http://www.cde.state.co.us/nutrition/nutrimenuplanning
- Meat/meat alternate product formulation statement: http://www.cde.state.co.us/nutrition/osnmenuplanningproductformulationformma
- USDA Foods Fact Sheets: http://www.fns.usda.gov/fdd/nslp-usda-foods-fact-sheets
- Food Buying Guide: http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs
- USDA Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements: http://www.fns.usda.gov/sites/default/files/TA_07-2010_os.pdf
- USDA CN Labeling Program: http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program