

# Meat and Meat Alternates



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## Meat and Meat Alternates

- Meats, dairy products, eggs, legumes, nuts and seeds
- Minimum creditable serving is 0.25 oz. equivalent

### Meat Alternate Examples:



Nuts and  
Seeds














Yogurt



Legumes

# Food Chart Child Care Food Program

(For required serving amounts for infants up to age 1 year, refer to your handbooks or to program regulations.)

		AGE 1 and 2	AGE 3 through 5	AGE 6 through 12
<b>BREAKFAST</b>	 Fluid Milk	1/2 cup	3/4 cup	1 cup
	 Juice or Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
	 Bread or Bread Alternate	1/2 slice	1/2 slice	1 slice
<b>SNACK</b> (Supplement) <small>Select 2 out of 4 components</small>	 Fluid Milk	1/2 cup	1/2 cup	1 cup
	 Juice or Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup
	 Meat or Meat Alternate	1/2 ounce	1/2 ounce	1 ounce
	 Bread or Bread Alternate	1/2 slice	1/2 slice	1 slice
<b>LUNCH/ SUPPER</b>	 Fluid Milk	1/2 cup	3/4 cup	1 cup
	 Meat or Poultry or Fish or	1 ounce	1 1/2 ounce	2 ounces
	Cheese or	1 ounce	1 1/2 ounce	2 ounces
	Egg or	1	1	1
	Cooked Dry Beans and Peas or	1/4 cup	3/8 cup	1/2 cup
	Peanut Butter	2 tablespoons	3 tablespoons	4 tablespoons
	Peanuts, Soynuts, Seeds, etc.	1/2 oz. = 50%	3/4 oz. = 50%	1oz. = 50%
	 Vegetables and/or Fruits (2 or more)	1/4 cup total	1/2 cup total	3/4 cup total
	 Bread or Bread Alternate	1/2 slice	1/2 slice	1 slice

# Lunch & Supper Meat Requirements

## CACFP Lunch

- **Meat & Meat Alternate at least 1 ½ ounces**
  - Lean meat, poultry, fish, tofu, cheese
  - Large egg=3/4
  - Peanut or soy nut butters=3 tbsp.
  - Cooked dry beans or peas=3/8 cup

# Lunch and Supper Serving for PB (2oz)



# Lunch and Supper Serving for Grilled Cheese



# Choking Hazard for Children



## Choking Hazards

Upto age 4 years



Round fruits and vegetables  
(cut in quarters)



Hard, raw fruits and vegetables.  
(Cook to soften)



Uncooked, dried fruits



Popcorn



Whole Nuts



Spoonfuls of Nut Butter



Hot Dogs or other tube shaped  
meats (slice and cut in  
quarters)



Hard Candy



Hard Pretzels or Chips

# Extra Protein served with PB & Grilled Cheese



# CN Labels

These commercially prepared products are only creditable (and can only be claimed) if they have:

A CN label

**Tyson**

3252WLD0200 **8832** 9 2 8

UNCOOKED, ICE GLAZED  
**CHICKEN DRUMSTICKS-CN**  
IQF INDIVIDUALLY QUICK FROZEN  
96 PIECE TARGET

\*Minimally Processed, No Artificial Ingredients, No Preservatives  
\*\*FEDERAL REGULATIONS PROHIBIT THE USE OF ADDED HORMONES OR STEROIDS IN CHICKEN

One 3.5 oz. raw chicken drumstick provides 1.50 oz. equivalent meat for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02/07).

NET WT. 21.60 LBS

**STATE FAIR** BRAND **CORN DOGS**  
BATTER WRAPPED FRANKS ON A STICK  
MADE WITH PORK, BEEF

08481

**Nutrition Facts**  
Serving Size 1 piece (1.70g)  
Servings Per Container 48

Amount Per Serving		% Daily Value*
Calories 540		
Total Fat 17g		34%
Saturated Fat 6g		12%
Cholesterol 1mg		2%
Sodium 1040mg		42%
Total Carb 46g		13%
Dietary Fiber 2g		4%
Sugars 19g		
Protein 7g		
Vitamin A 0%		
Calcium 0%		
Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your individual needs.		
Total Fat	Less than 50g	50g
Sodium	Less than 200mg	200mg
Cholesterol	Less than 50mg	50mg
Sugars	Less than 10g	10g
Dietary Fiber	Less than 5g	5g

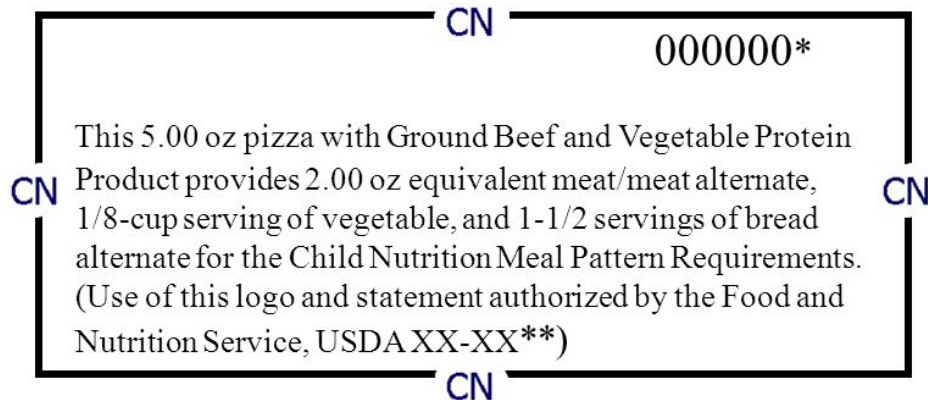
NET WT 12 LB (5.44 kg) **48 Count**

This 4 oz Corn Dog provides 2.0 oz equivalent meat and 2 servings bread alternate for Child Nutrition Meal Pattern Requirements.

1 corn dog/serv X  
48 serv/bag =  
48 corn dogs/bag

# CN Labels

## The CN Label Tells Us What We Cannot Determine for Ourselves



\*The six-digit CN identification number is assigned by the FNS, CND Headquarters office.

\*\*This date is written using numbers to reflect the month/year of final approval.

Are you serving processed or commercially prepared combination foods?



# CN Labels

Here are examples of what these (commercially prepared)

Pizza  
Hot Dogs  
Corn Dogs  
Chicken Nuggets  
Fish Sticks  
Burritos  
Pot Pies  
Lasagna



# CN Labels

## Commercially Prepared Meat Products

Commercially prepared meat products include:

**Hot Dogs**

**Lunchmeat** (turkey, chicken, beef, & pork)

**Bologna**

**Sausage**

The above products are not creditable (and cannot be claimed) unless they are free of byproducts, cereals, or extenders, and/or when the product is **CN-Labeled**.



## Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meat and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.

Here's how to include meat or meat alternates as part of a reimbursable breakfast meal:

- Substitute 1 ounce equivalent of meat/meat alternate for 1 serving of grains; or
- Substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains.



**Ounce equivalents** are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter, ½ of a large egg, or 1 ounce of lean meat, poultry, or fish. If you want to serve meat/meat alternates more than 3 days a week, you must offer them as additional foods, which do not count toward the reimbursable meal.

### A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 11	Ages 12 - 18
Minimum amount of meat/meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:		
Beans or peas (cooked)	¼ cup	½ cup	1 cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	¼ cup (1 ounce)	½ cup (2 ounces)	¾ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	¼ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¾ cup of yogurt (2 ounces)	¾ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

*Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.*

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# CN Labels



# Bacon, Sausage, Hot Dogs NOT Creditable



Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CACFP.

Turkey bacon, Canadian bacon, and some types of sausage are creditable only if the product has a **Child Nutrition label**. For more information on crediting foods in the CACFP, please see the *Crediting Handbook for the CACFP* and the *Food Buying Guide for Child Nutrition Programs* at [fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](https://fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)



# CN Labels

## Examples of binders/extenders are:

Starch

Cellulose

Nonfat dry milk

## Examples of byproducts are:

Glands

Hearts Other organ meats

The best way to tell if your product is 100% meat is to look at the label. You will be surprised.



# Not Creditable

## Hillshire Farm's Tuscan Style Herb Turkey Breast—

Ingredients: Turkey Breast, Turkey Broth, Modified Corn Starch, and 2% or less: Salt, Carrageenan, Natural Flavor, Sodium Phosphate, Yeast extract, Sodium Nitrite, Sodium Propionate, Coated with Tomato Powder, Paprika, Spices, Onion Powder, Garlic Powder, Extract of Paprika, Citric Acid.



# Not Creditable

Oscar Mayer's Lean Beef Franks—Ingredients: Beef, Water, Corn Syrup, Contains less than 2% of Modified Corn Starch, Dextrose, Salt, Potassium Phosphate, Flavor, Sodium Propionate, Sodium Diacetate, Sodium Benzoate, Ascorbic Acid (Vitamin C), Extractives of Paprika, Sodium Nitrite.



- 1 tbsp.
- ¼ tbsp.
- 2 tbsp.**
- ½ tbsp.

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
<b>Meat/Meat Alternate</b>	<b>is equal to:</b>	<b>is equal to:</b>	<b>is equal to:</b>
Beans or peas (cooked)	⅛ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
<b>Minimum amount of meat/ meat alternates required when served</b>	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
<b>Meat/Meat Alternate</b>	<b>is equal to:</b>	<b>is equal to:</b>	<b>is equal to:</b>
Beans or peas (cooked)	⅛ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

## Mix It Up at Breakfast



You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.



Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CACFP.



Turkey bacon, Canadian bacon product has a Child Nutrition label signed by the manufacturer. Please see the *Crediting Nutrition Programs* at <http://www.fns.gov>.

**For Adult Day Care Only:** You can serve once per day when yogurt is not served. Yogurt to adults as a meat alternate at breakfast.

# Mix It Up at Breakfast



You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.

1. Your adult day care center is open 4 days per week. You want to serve meat alternates in place of grains at breakfast. What is the minimum requirement?

2. Your child care home is open 7 days per week. You want to serve meat alternates in place of grains at breakfast. What is the minimum requirement?

3. You want to serve yogurt at breakfast in place of a grain, what's the minimum requirement?

Answer Key:

1. You may serve meat and meat alternates in place of grains up to 5 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 5 times per week, no matter how many days per week they are open.
2. You may serve meat and meat alternates in place of grains up to 3 times per week. All centers and day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 5 times per week, no matter how many days per week they are open.
3. If serving yogurt in place of a grain at breakfast, you must serve at least 2 ounces (½ cup) of yogurt to the 3-5 year olds to meet the meal pattern requirements.

# Meat and Meat Alternates at Breakfast

<b>Example</b>	<b>Example 1</b>	<b>Example 2</b>	<b>Example 3</b>
<b>Milk</b>	Low-Fat (1%) Milk	Fat-Free (Skim) Milk	Low-Fat (1%) Milk
<b>Vegetable/ Fruit</b>	Mixed Berries	Melon Cubes	Orange Slices
<b>Meat/Meat Alternate</b>	Low-Fat Cottage Cheese	Low-Sodium Ham (CN Lable)	Scrambled Eggs

# Combined Meat and Meat Alternates

<b>Example</b>	<b>Example 1</b>	<b>Example 2</b>	<b>Example 3</b>
<b>Milk</b>	Low-Fat (1%) Milk	Fat-Free (Skim) Milk	Low-Fat (1%) Milk
<b>Vegetable/ Fruit</b>	Mixed Berries	Melon Cubes	Orange Slices
<b>Meat/Meat Alternate</b>	Low-Fat Cottage Cheese with Chopped Nuts or Seeds	Ham and Cheese Roll-ups	Scrambled Eggs with Cheese

# Meat/Meat Alternates Combined with Other Components

Example	Example 1	Example 2	Example 3
<b>Milk</b>	Low-Fat (1%) Milk	Fat-Free (Skim) Milk	Low-Fat (1%) Milk
<b>Vegetable/Fruit and Meat/Meat Alternate</b>	Apple Slices Spread with Peanut Butter	Fruit Parfait (made with fruit, yogurt, and optional chopped nuts or seeds)	Spinach Egg Bake

# No Deep Frying Foods



# Limit the serving of processed foods



# Questions?

