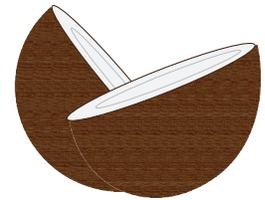


# Additional Creditable Foods

## COCONUT

- Fresh, frozen, or dried coconut is creditable as a fruit by volume.
- Dried coconut credits as twice the volume served. *Unsweetened dried coconut is preferable due to less added sugars* (ex. ¼ cup dried coconut credits as ½ cup of fruit).
- At least ⅛ cup must be served. Additional fruit should be served to meet the minimum serving sizes.
- Coconut water labeled as 100% juice credits as juice by volume and counts towards the juice limit of once per day.

**Coconut flour and coconut oil are not creditable.**



## CORN PRODUCTS

*Corn Masa, Masa Harina, Nixtamalized Corn Flour/Cornmeal*

- Corn Masa and Masa Harina are creditable as Whole Grain-Rich (WGR) grains.
- Cornmeal, corn flour and corn products\* treated with slaked lime through a process called *Nixtamalization* are creditable as WGR grains.

*\*Corn products must be made from whole grain corn, be treated with slaked lime (nixtamalized), or be enriched to be creditable in Child Nutrition Programs.*

**Nixtamalizaion: a process in which corn is soaked in an alkaline slaked lime solution that helps release nutrients. When corn undergoes this process it is considered WGR in Child Nutrition Programs.**

To check if corn has been nixtamalized, refer to the following phrases found on an ingredient list:

- Treated with lime
- Ground corn treated with lime
- Ground corn with trace of lime
- Calcium hydroxide

**Slaked lime and lime (citrus fruit) flavor are not the same.**

CREDITABLE	NON-CREDITABLE
Ingredients: Corn, Water, Corn Oil, Trace of Lime, Salt.	Ingredients: Corn, Vegetable Oil (Corn, Canola, And/Or Sunflower Oil), and Salt.
<i>Why?</i> The corn is treated with slaked lime since the ingredients list includes the phrase "trace of lime"	<i>Why?</i> The corn is not enriched with vitamins, does not state that it is "whole corn", or state that it is treated with slaked lime.

# POPCORN

- Savory popcorn is creditable.
- Fresh, plain popcorn should be served.
- Due to the large volume of popcorn it is best to serve popcorn with another WGR grain to meet the full minimum serving size.

Popped Popcorn Serving Size	Weight	Credits As...
¾ cup	0.25 ounces	¼ ounce equivalent of whole grains
1½ cups	0.5 ounces	½ ounce equivalent of whole grains
3 cups	1 ounce	1 ounce equivalent of whole grains

**Caramel corn, kettle corn, chocolate drizzle, sweet popcorn balls, and other sweetened varieties of popcorn are considered grain-based desserts and are not creditable.**

## Sample Snacks

Grain Component	Second Snack Component
Popcorn and WGR crackers	Cheese
Popcorn and Whole wheat toast	Peanut butter*
Popcorn and WGR tortillas	Cheese
Popcorn and WGR cereal (trail mix)	Baby carrots

\*This food is a choking hazard for children under 4 years of age.

# SURIMI SEAFOOD

Surimi Seafood Products are creditable as a meat alternate. Surimi Seafood is normally made with Pollock, a white fish, and can be formed into many shapes such as sticks, flakes, or chunks. It is a ready-to-eat food often found in foods such as seafood salads, combination dishes, and California rolls.

Surimi Seafood Serving Size	Credits As...
1 ounce	0.25 ounce equivalent meat/meat alternate
3 ounces	1.0 ounce equivalent meat/meat alternate
4.4 ounce	1.5 ounce equivalent meat/meat alternate



## HOMINY

Hominy credits towards the **vegetable** or **grain** component depending on how it is served in a reimbursable meal or snack,

Type of Hominy	Serving Size	Credits As...
Canned, drained hominy or cooked, whole hominy (from dried hominy)	¼ cup	¼ cup vegetable
Hominy grits	½ cup cooked or 1 ounce dry hominy grits	1 ounce equivalent WGR grains

## TEMPEH

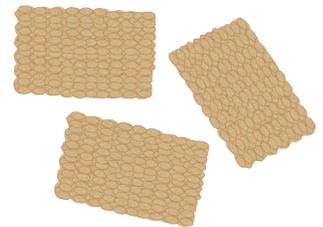
Plain, regular Tempeh (made of soybeans or other legumes) credits as a meat/meat alternate (similar to how cheese credits). Tempeh is a traditional fermented soybean product rich in plant-based protein. It is a great meat/meat alternate for children with vegetarian or vegan diets.

Tempeh Serving Size	Credits As...
1 ounce	1 ounce equivalent meat/meat alternate

**This crediting information is for Tempeh made with soybeans (or other legumes), water, tempeh culture (also know as rhizopus oligoporous culture), vinegar, seasonings, and herbs.**

Tempeh made with other ingredients such as brown rice, seeds, barley, nuts, or vegetables requires a Child Nutrition Label (CN Label) or Product Formulation Statement (PFS) to be creditable.

CREDITABLE	CREDITABLE WITH PRODUCT FORMULATION STATEMENT (PFS)
<p>Ingredients: Water, Soybeans, Apple Cider Vinegar, Starter Culture (rhizopus oligosporous).</p> <p>Why? This Tempeh is made out of the specified ingredients and does not contain any other ingredients like brown rice or nuts that would require a PFS.</p>	<p>Ingredients: Cultured Organic Soy Beans, Water, Organic Brown Rice.</p> <p>Why? Since this Tempeh contains brown rice it requires a PFS to document the meal pattern contribution.</p>



## DRIED MEAT PRODUCTS

Shelf-stable, dried, and semi-dried meat, poultry and seafood products such as beef jerky and summer sausage are now credible as meat. The two acceptable forms of documentation are:

- Product Formulation Statement (PFS) from the manufacturer
- Child Nutrition Label (CN Label)

# PASTA PRODUCTS MADE OF VEGETABLE FLOURS

- 100% vegetable flour pastas credit as a vegetable.
- 100% legume pasta may credit as a vegetable OR meat/meat alternate, but not both at the same meal.
- Spiral cut vegetables credit as a vegetable based on volume.
- When crediting vegetable flour pastas or legume flour pastas as a vegetable, menu labeling and/or signage must be used to indicate that it counts as a vegetable and not a grain.

**Grain-based pastas with added vegetable flour for color are not creditable as a vegetable under this guidance.**

Type of Vegetable Flour Pasta	Serving Size	Credits As...
100% Vegetable flour pastas	½ cup cooked pasta	½ cup vegetable
100% Legume flour pastas	½ cup cooked pasta	½ cup vegetable <u>OR</u> 2 ounces equivalent of meat alternate when served with additional meat/meat alternate (ex. tofu, meat, egg, or cheese)
Made of vegetable flour and other non-vegetable ingredients	Product Formulation Statement (PFS) required to credit as the vegetable component.	

## Sample Ingredient lists for Pastas Made with Vegetable Flour

CREDITABLE AS A VEGETABLE	CREDITABLE AS A MEAT ALTERNATIVE	<u>NOT CREDITABLE</u> AS A VEGETABLE OR MEAT ALTERNATIVE
<p>Ingredients: Green Lentil, Kale, Spinach, Broccoli.</p> <p>Why? Since this pasta is made out of 100% vegetables it can credit as a vegetable. It cannot credit as a meat alternative since it is <b>not</b> 100% legume.</p>	<p>Ingredients: Red Lentils.</p> <p>Why? This pasta is 100% red lentils, so it can credit as a meat alternative when served with additional meat/meat alternatives like tofu, meat, egg, or cheese.</p>	<p>Ingredients: Enriched Semolina (Wheat) Flour, Tomato Powder (for color).</p> <p>Why? This pasta is wheat based and only uses vegetable powder for color. It cannot be claimed as a vegetable or meat alternate but can credit as a grain.</p>

### What are legumes?

Legumes are a type of vegetable grown for their edible seeds. Beans and peas fall into the legume category and can credit as vegetables or meat alternatives in Child Nutrition Programs.

#### Common Legumes:

- Black Beans
- Chickpeas/ Garbanzo Peas
- Green Lentils
- Red Lentils
- Soybeans/Edamame
- Mung Beans

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