
⁵ May be credited as either the meat or the vegetable in any one meal or snack, but not both.

⁶ Nuts and seeds may provide no more than 50 percent of the meat/meat alternate requirement.

⁷ Tofu must contain at least five grams of protein per 2.2 ounces (1/4 cup). Noncommercial tofu and soy products are not creditable (e.g. homemade tofu). Tofu must be recognizable in the dish such as in stir fries, omelets and miso soup. Tofu is not creditable when blended into drinks and smoothies or other dishes where it is not recognizable. If tofu is an ingredient in processed tofu products, a Child Nutrition (CN) label or product formulation statement from the manufacturer is necessary to credit the product.

⁸ The biological quality of the protein in the alternate protein product (APP) must be at least 80 percent that of casein and contain at least 18 percent protein by weight when fully hydrated or formulated. Manufacturers supplying an alternate protein product must provide documentation that the product meets this criteria.

⁹ Commercially-prepared convenience foods and processed meats supported by a CN label or product formulation statement indicating how the product credits toward meal pattern requirements are creditable as stated.

¹⁰ Wild game is only creditable if it is inspected and approved by the appropriate State or Federal agency.

¹¹ Cereals must be whole grain-rich, enriched, or fortified. Breakfast cereals must contain no more than six grams of sugar per dry ounce (no more than 21.2 grams of sugar per 100 grams of dry cereal).

¹² Nixtamalization is a process where corn is treated with an alkaline solution such as lime to make nutrients more bioavailable. Corn products undergoing this process are considered whole grain-rich and are creditable. Ingredients labeled as hominy grits, corn masa, and masa harina have undergone nixtamalization and are considered whole grain-rich. However, cornmeal and corn flour ingredients require additional information if they do not indicate they are whole or enriched corn to credit. If a product made with corn includes the FDA approved whole grain health claim on its packaging the corn product is whole grain-rich or if the ingredients state the corn is treated with lime (ground corn with trace of lime) it is considered whole grain-rich and creditable. Crediting is determined by weight as listed in *Exhibit A: Grain Requirements for Child Nutrition Programs* (1 oz eq. = 28 grams or 1.0 oz.), or by grams of creditable grain per portion.

¹³ Menu items that are mixtures, for example, fruit cocktail or mixed vegetables, only count as one fruit or one vegetable serving.

¹⁴ Only 100 percent full strength juice may be used to meet the vegetable or fruit requirement. Full strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day. Full strength fruit and vegetable juice blends may not credit as both the vegetable and fruit components at a meal or snack. Juice and milk may not be served as the two components at snack, except in adult care programs.

¹⁵ Creditable if each serving contains at least 1/8 cup fruit and/or 100 percent fruit juice.

¹⁶ Non-creditable unless supported by a CN label or product formulation statement that indicates how the product credits towards meal pattern requirements in USDA Child Nutrition Programs.