

School Food Success Recipe Crediting

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Agenda

- Introducing the California Food for California Kids[®] Network
- Nourishing Students, Nutrir a los estudiantes
- TK–K Recipe Crediting
- School District Highlights
- Resources
- Q + A
- Group Discussion
- Closing





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CALIFORNIA FOOD FOR CALIFORNIA KIDS®

146

SCHOOL DISTRICTS

37

COUNTIES



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ECOLITERACY

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Introducing Fruits and Vegetables to Early Learners

Nourishing
Students,
Nutrir a los
estudiantes



Nourishing Students, Nutrir a los estudiantes

Introducing Fruits and Vegetables to Early Learners

Connecting the classroom, cafeteria, and garden for our youngest learners and offering experiences that lead to a life-long love of California grown fruits and vegetables.

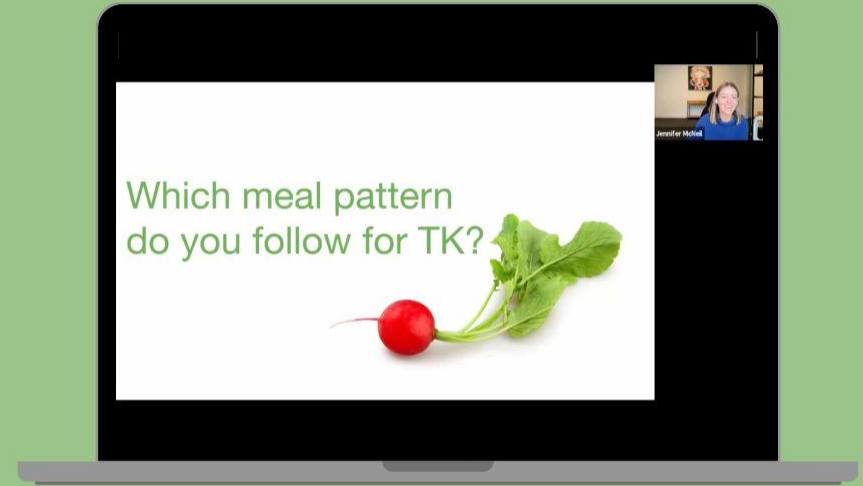
Resources:

- Simple, Student-Approved Recipes
- Virtual Menu Planning Sessions
- Bilingual Teaching Resources and Gardening Kits

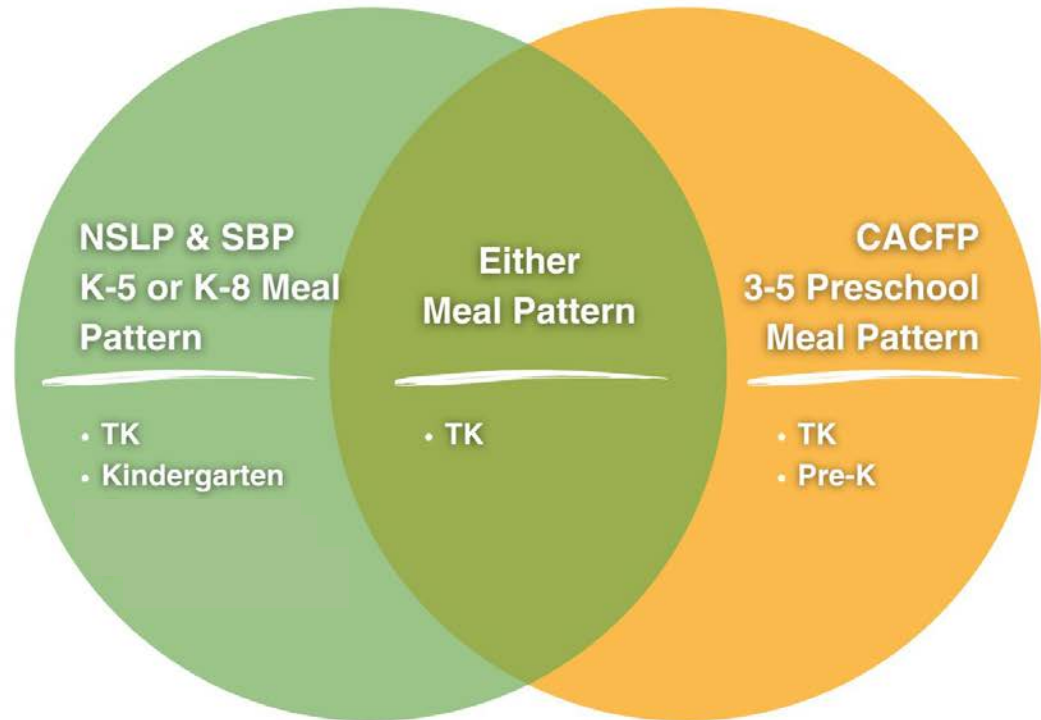


TK-K Recipe Crediting with LunchAssist

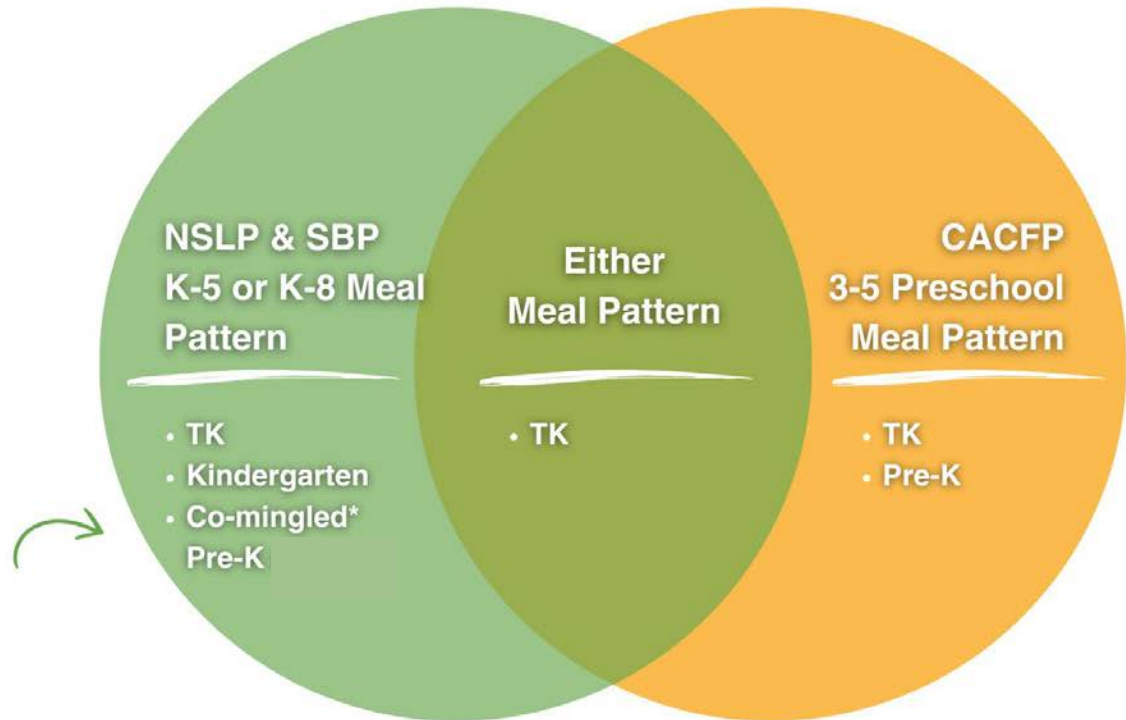
RECAP on TK + K Meal Pattern Requirements









Which meal pattern(s) can I follow?









Which meal pattern(s) can I follow?



*In most cases, preschool meals must follow the CACFP 3-5 “preschool” meal pattern unless there are specific criteria for “co-mingled” meals met. [Read here for more details.](#)

	Preschool	Grades K 5
 Milk	<p>Minimum Serving Size: ✓ For 1–2 year olds: ½ cup (4 fl oz) required daily. ✓ For 3–5 year olds: ¾ cup (6 fl oz) required daily.</p> <p>Types: ✓ For 1 year olds: Unflavored whole milk only. ✓ For 2–5 year olds: Unflavored low-fat (1%) or fat-free (skim) milk only.*</p> <ul style="list-style-type: none"> • Not required to offer different options of fluid milk. 	<p>Minimum Serving Size: ✓ 1 cup (8 fl oz) required daily (5 cups required weekly).</p> <p>Types: ✓ Unflavored or flavored low-fat (1%) or fat-free (skim) milk. • Must offer at least two different options of fluid milk (e.g., low-fat and fat-free milk). • If offering flavored milk, must also offer unflavored milk. • By July 1, 2025, flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces.</p>
 Fruits	<p>Minimum Serving Size: ✓ For 1–2 year olds: ¼ cup of fruits, vegetables, or a combination of both required daily. ✓ For 3–5 year olds: ½ cup of fruits, vegetables, or a combination of both required daily. • May serve fruits, vegetables, or combination of both to meet the combined vegetables/fruits component.</p> <ul style="list-style-type: none"> • No vegetable subgroup requirements. • May serve 100% juice once per day. If juice is served at breakfast, it cannot be served at lunch. 	<p>Minimum Serving Size: ✓ 1 cup of fruit required daily (5 cups required weekly).</p> <ul style="list-style-type: none"> • Only fruits are required at breakfast. • Vegetables may replace fruits (see "Vegetables" below). • 100% juice can be offered to meet up to half the amount of fruit or vegetable offerings in a week (no daily limit).
 Vegetables		<p>Minimum Serving Size: ✓ Optional at breakfast.</p> <ul style="list-style-type: none"> • Vegetables may be offered in place of fruit. Schools must follow the following guidance when substituting vegetables for fruits. <ul style="list-style-type: none"> ➢ One day per week: schools may offer any vegetable. ➢ Two or more days per week: schools must offer at least 2 different vegetable subgroups Dark Green, Red/Orange, Beans, Peas, and Lentils, Starchy, and Other. • 100% juice can be offered to meet up to half the amount of fruit or vegetable offerings in a week (no daily limit).
 Grains	<p>Minimum Serving Size: ✓ For 1–2 and 3–5 year olds: ½ oz eq required daily.</p> <ul style="list-style-type: none"> • Daily: At least one of the grains offered per day must be whole grain-rich. • Enriched grains may be served at breakfast if whole grain-rich items are served at lunch. 	<p>Minimum Serving Size: ✓ 1 oz eq required daily of either grains, meats/meat alternates, or a combination of both (7–10 oz eq required weekly).</p> <ul style="list-style-type: none"> • Weekly: Of the grains offered each week, at least 80% must be whole grain-rich.
 Meats/Meat Alternates	<p>Minimum Serving Size: ✓ Optional at breakfast. ✓ For 1–2 and 3–5 year olds: Can serve ½ oz eq in place of grains up to three times per week.</p> <ul style="list-style-type: none"> • When substituting the meat/meat alternate at breakfast, it must be substituted for the entire grains component. May not count a combination of grains and meats/meat alternates toward the grains component. 	
 Grain Based Desserts	<ul style="list-style-type: none"> • May not credit toward the grains component. • Sweet crackers (e.g., graham and animal crackers) are allowable and count toward the grains component. 	<ul style="list-style-type: none"> • Can serve grain-based desserts denoted by superscript 4 or 5 in "Exhibit A: Grain Requirements for Child Nutrition Programs"*** at breakfast for some or all days in a week. • Examples of allowable grain-based desserts at breakfast include sweet crackers, doughnuts, cereal bars, sweet rolls, and toaster pastries. • Items listed in Exhibit A with a superscript 3, such as cookies, cake, dessert pies, and cobbler, do not contribute toward grain requirements at breakfast. • Must meet the weekly dietary specifications for calories, saturated fat, sodium, and added sugars (by July 1, 2027).

Differences Between Preschool & K-5 Meal Patterns at Breakfast

	Preschool	Grades K-5
 Milk	Minimum Serving Size: ✓ For 1–2 year olds: ½ cup (4 fl oz) required daily. ✓ For 3–5 year olds: ¾ cup (6 fl oz) required daily. Types: ✓ For 1 year olds: Unflavored whole milk only. ✓ For 2–5 year olds: Unflavored low-fat (1%) or fat-free (skim) milk only.* • Not required to offer different options of fluid milk.	Minimum Serving Size: ✓ 1 cup (8 fl oz) required daily (5 cups required weekly). Types: ✓ Unflavored or flavored low-fat (1%) or fat-free (skim) milk. • Must offer at least two different options of fluid milk (e.g., low-fat and fat-free milk). • If offering flavored milk, must also offer unflavored milk. • By July 1, 2025, flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces.
 Fruits	Minimum Serving Size: ✓ For 1–2 year olds: ½ cup required daily. ✓ For 3–5 year olds: ¾ cup required daily. • A second, different vegetable may be served in place of fruit. • May serve 100% juice once per day. If juice is served at breakfast, it cannot be served at lunch.	Minimum Serving Size: ✓ ½ cup required daily (2½ cups required weekly). • A second vegetable cannot be served in place of fruit. • 100% juice can be offered to meet up to half the amount of fruit or vegetable offerings in a week (no daily limit).
 Vegetables	Minimum Serving Size: ✓ For 1–2 year olds: ½ cup required daily. ✓ For 3–5 year olds: ¾ cup required daily. • No vegetable subgroup requirements. • A second, different vegetable may be served in place of fruit. • May serve 100% juice once per day. If juice is served at breakfast, it cannot be served at lunch.	Minimum Serving Size: ✓ ¾ cup required daily (3¾ cups required weekly). • Weekly vegetable subgroup requirements: • Dark Green: ½ cup • Red/Orange: ¾ cup • Beans, peas, and lentils: ½ cup • Starchy: ½ cup • Other: ½ cup • 100% juice can be offered to meet up to half the amount of fruit or vegetable offerings in a week (no daily limit).
 Grains	Minimum Serving Size: ✓ For 1–2 and 3–5 year olds: ½ oz eq required daily. • Daily: At least one of the grains offered per day must be whole grain-rich. • Enriched grains may be served at breakfast if whole grain-rich items are served at lunch.	Minimum Serving Size: ✓ 1 oz eq required daily (8–9 oz eq required weekly). • Weekly: At least 80% of the grains offered must be whole grain-rich.
 Meats/Meat Alternates	Minimum Serving Size: ✓ For 1–2 year olds: 1 oz eq required daily. ✓ For 3–5 year olds: 1½ oz eq required daily. • May not credit toward the grains component. • Sweet crackers (e.g., graham and animal crackers) are allowable and count toward the grains component (with no weekly limit).	Minimum Serving Size: ✓ 1 oz eq required daily (8–10 oz eq required weekly). • May credit up to 2 oz eq of grain-based desserts (denoted by superscript 3, 4 or 5 in "Exhibit A: Grain Requirements for Child Nutrition Programs") toward the grains component each week. • Sweet crackers count toward the weekly limit for crediting no more than 2 oz eq of grain-based desserts toward the grains component each week.
 Grain Based Desserts		

Differences Between Preschool & K-5 Meal Patterns at Lunch

USDA Crediting Rules

How to Credit:

To claim Federal reimbursement, we must serve meals & snacks that meet certain meal pattern requirements.



Image Credit: Brigaid

USDA Crediting Rules

How to Credit:

To claim Federal reimbursement, we must serve meals & snacks that meet certain meal pattern requirements.

Crediting is the process to specify how individual food items contribute to the Child Nutrition Programs' meal patterns. Several factors impact how food products can credit toward reimbursable meals, such as volume and weight.



Image Credit: Brigaid

Crediting

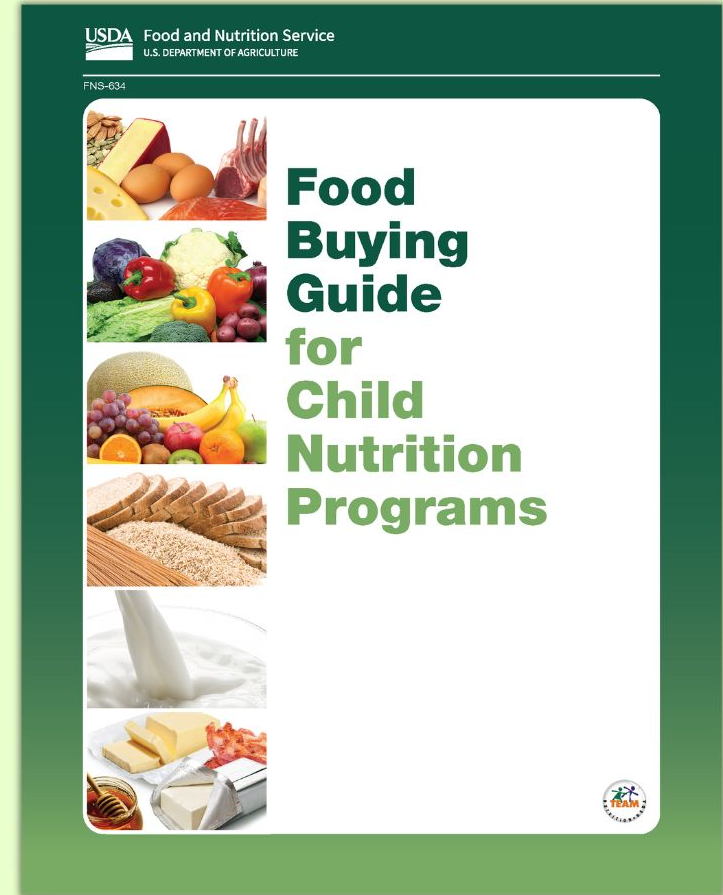
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How we **count** or
measure meal components



Crediting Resources

- ***Processed products:*** if not listed in the FBG, you must obtain a Child Nutrition (CN) label, Product Formulation Statement (PFS), or USDA Product Information Sheet. May use Exhibit A to credit grain products.
- ***Unprocessed products:*** use Food Buying Guide (FBG) or USDA Product Information Sheets



Crediting Resources

Child Nutrition (CN) Label - Statement on a product's box that clearly identifies meal pattern contribution according to the stated serving size. If the product has a CN label, a PFS is not necessary.

Product Formulation Statement (PFS) - Obtained from manufacturer, a signed statement demonstrating how the processed product contributes to meal pattern requirements.

not the same as product specification sheets, which cannot be used as crediting documentation

Exhibit A - Provides crediting for prepared grain items using the product's baked weight.

USDA Product Information Sheets - Nutrition facts information & meal pattern contribution for USDA Foods products.

Food Buying Guide for Child Nutrition Programs - Projects food purchases and provides yield & crediting information.



How do we credit the 5 Meal Components?



Fruit



Vegetables



**Meats/Meat
Alternates**



Grains



Milk

Volume vs. Weight



Volume

=

Measures how much
space something takes up



Weight

=

Measures the
heaviness

How do we credit the 5 Meal Components?



Fruit

By volume

Measured in
cups, usually
portioned in
1/2 cup
servings



Vegetables

By volume

Measured in
cups, usually
portioned in
1/2 cup
servings



Meats/Meat
Alternates



Grains



Milk

By volume

Measured in
fluid ounces

How do we credit the 5 Meal Components?



Fruit

By volume

Measured in cups, usually portioned in 1/2 cup servings



Vegetables

By volume

Measured in cups, usually portioned in 1/2 cup servings



Meats/Meat Alternates

By weight

Measured usually in ounce equivalents, with the exception of beans, peas & lentils (BPL). BPL are measured by volume and usually portioned in 1/2 cup servings



Grains

By weight

Measured in ounce equivalents

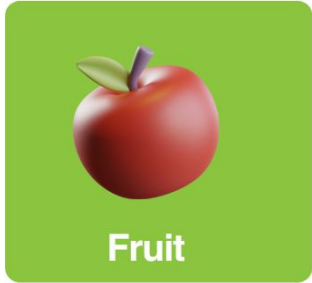


Milk

By volume

Measured in fluid ounces

How do we credit the 5 Meal Components?



Crediting **Fruits** in the **Child Nutrition Programs** Tip Sheet



Fruits are a required component for reimbursable meals in the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Preschool lunch meal pattern, and the Child and Adult Care Food Program (CACFP) lunch and supper meals. However, this requirement can also be met with a vegetable (with the exception of NSLP). Fruits may be served as part of a reimbursable meal to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFSF). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

Fruit Requirements



- Fruits may be fresh, frozen, dried, canned (packed in water, fruit juice, or light syrup), and/or pasteurized, full-strength fruit juice, referred to as 100% juice. Examples of creditable fruits can be found in the "Food Buying Guide for Child Nutrition Programs" (FBG) at <https://foodbuyingguide.fns.usda.gov/>.
- The minimum creditable serving size for fruit is $\frac{1}{2}$ cup. **Note:** Minimum creditable amounts do not apply to the infant meal pattern.



- Pureed fruits credit as juice when served in a smoothie.



- Fruits credit toward a meal based on the volume served (except for dried fruit).
 - Whole dried fruit and whole dried fruit pieces credit at twice the volume served in school meal programs and CACFP.
 - Example: $\frac{1}{2}$ cup of dried cranberries credits as $\frac{1}{4}$ cup fruit.
 - $\frac{1}{2}$ cup of any fruit is the minimum serving size that may be creditable. For example, although dried fruit credits as twice the volume served, $\frac{1}{2}$ cup (1 Tbsp) of dried fruit cannot be offered to count as $\frac{1}{2}$ cup, because $\frac{1}{2}$ cup is less than the minimum serving size that may be creditable.
- Note:** In SFSF and NSLP afterschool snack service (NSLP afterschool snacks), dried fruit credits as volume served. Dried fruit credits as twice the volume served in NSLP afterschool snacks by no later than July 1, 2025.



- Menu items in school meal programs and CACFP that are mixtures of fruits and vegetables (e.g., fruit salsa made with peaches and red peppers), must be credited separately for the fruits and the vegetables components.

More training, menu planning, and nutrition education materials can be found at TeamNutrition.USDA.gov.

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Crediting Fruit

Serving Fruit and Fruit Juice in Child Nutrition Programs

NSLP Afterschool Snack Service

- 100% fruit juice may count toward the entire fruits component.*
- Juice may not be served when milk is served as the only other component.

Summer Food Service Program

- Fruit or vegetable juice must be full-strength for breakfast and snacks.
- For lunch and supper, 100% vegetable or fruit juice may be counted to meet not more than ½ of the vegetables or fruits requirement.

CACFP – Infants

- Fruit and vegetable juices must not be served.
- A serving of fruit is required when the infant is developmentally ready to accept it.

CACFP – Children and Adults

- Pasteurized, 100% juice may only be used to meet the vegetables or fruits requirement at one meal per day, including snack.**
- At breakfast, either vegetables, fruits or portions of both may fulfill the combined vegetables and fruits requirement.
- At lunch and supper, a vegetable may be used to meet the entire fruits requirement.

School Meal Programs (NSLP and SBP)

- No more than ½ of the total weekly fruits offered may be met with 100% fruit juice.
- For breakfast, vegetables may be substituted for fruits. If vegetables are substituted 2 or more days a week, then at least two vegetable subgroups must be offered.

Preschool

- Pasteurized, 100% juice may only be used to meet the vegetables or fruits requirement at one meal per day, including snack.**
- At breakfast, either vegetables, fruits, or portions of both may fulfill the combined vegetables and fruits requirement.
- At lunch, a vegetable may be used to meet the entire fruits requirement if two different vegetables are served.

*Effective July 1, 2025, no more than ½ the total weekly fruits offered may be met with 100% fruit juice for NSLP afterschool snacks.

**Juice limit is measured by program. For example, if a school serves lunch to preschoolers under NSLP and a snack through CACFP, the school can serve juice at both lunch and snack, though it is best practice to serve no more than once daily.



Fruit Juice Crediting Reminders:

- Pasteurized, full-strength 100% juice only
- No more than half of the total fruit or vegetable weekly requirements can come from juice

Preschool Meals

**Juice can credit
as a fruit or vegetable
only 1x each day**



Crediting Fruit in Smoothies:

- Pureed fruit served in a smoothie credits as juice
- Pureed fruits and vegetables in smoothies count toward the weekly juice limit



How do we credit the 5 Meal Components?



Crediting **Vegetables** in the **Child Nutrition Programs** Tip Sheet



Vegetables are a required component for reimbursable meals in the National School Lunch Program (NSLP) including the Preschool lunch meal pattern, as well as the Child and Adult Care Food Program (CACFP) lunch and supper meals. Vegetables may be served as part of a reimbursable meal for the School Breakfast Program (SBP), and to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFS). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

Vegetable Requirements



- Vegetables must be fresh, frozen, canned, dried (including beans, peas, and lentils), or full-strength vegetable juice, referred to as 100% juice. Examples of creditable vegetables can be found in the "Food Buying Guide for Child Nutrition Programs" (FBG) at <https://foodbuyingguide.fns.usda.gov/>.



- Most vegetables credit as volume served; the minimum creditable serving size is ¼ cup (exceptions are tomato paste, tomato puree, and raw leafy greens). **Note:** Minimum creditable amounts do not apply to the infant meal pattern.
- **Raw leafy greens** credit at half the volume served in Schools Meals Programs and CACFP (Example: In NSLP, ½ cup romaine lettuce contributes ¼ cup toward the dark green vegetable subgroup). In SFS and NSLP afterschool snack service (until July 1, 2025), raw leafy greens credit as volume served.
- **Cooked leafy greens**, such as sautéed spinach, credit based on volume served.
- **Tomato paste** and **tomato puree** can credit using the whole food equivalency (volume of tomatoes prior to pureeing) rather than on the actual volume served. All other vegetable purees credit based on the finished volume served.



- Beans, peas, and lentils may count toward the meats/meat alternates or vegetables component, but not as both in the same meal. Schools have the option to count beans, peas, and lentils offered as a meat alternate at lunch toward the weekly beans, peas, and lentils vegetable subgroup requirement.



- In the school meal programs and CACFP, mixtures of fruits and vegetables (e.g., baked sweet potato with apples), must credit separately for the fruits and the vegetables components.



- Over the course of the week, schools must offer specific amounts for each grade group of the five vegetable subgroups.

More training, menu planning, and nutrition education materials can be found at TeamNutrition.USDA.gov.

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Crediting Vegetables

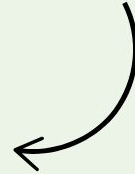
Fresh Spinach vs. Cooked Spinach

1 pound
fresh spinach



10 cups

1 pound
cooked spinach



1 cup

Same Weight, ***Different*** Volume

7 Foods That Do **Not** Credit as Veggies

1. Certain condiments like pickle relish or ketchup
2. Homemade canned foods
3. Dehydrated vegetables used as a seasoning
4. Snack-type foods like chips
5. Unpasteurized juice
6. Juice as an added ingredient*
7. Vegetables served in less than 1/8 cup portion

***Except in smoothies**



How do we credit the 5 Meal Components?



Crediting **Meats/Meat Alternates** in the **Child Nutrition Programs** Tip Sheet



Meats/Meat Alternates (M/MA) are a required meal component for reimbursable lunches and suppers in Child Nutrition Programs (CNP), such as the National School Lunch Program (NSLP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSFP). They are also a required meal component for lunches served under the Preschool meal pattern. M/MA are not required for a reimbursable breakfast in CNP. M/MA may be offered in place of, or in combination with, grains in the School Breakfast Program (SBP) and up to three times a week in the Preschool and CACFP Breakfast meal patterns. M/MA may also be served as one of the two required meal components for a reimbursable snack in CNP. When planning menus, remember:

- M/MA are measured in ounce equivalents (oz eq) of the edible portion as served. An oz eq of M/MA is the amount of the food that represents 1 ounce of edible portion of lean meat without the bone. See page 2 for a list of creditable M/MA commonly served in CNP and their 1 oz eq amounts.
- The M/MA amount offered **must provide a minimum of 0.25 oz eq per serving to be creditable in CNP.**
- The minimum creditable amounts do not apply to the CACFP infant meal pattern.

Specific Program Requirements

School Meals: SBP & NSLP

SBP has daily and weekly ounce equivalency requirements for the combined grains and M/MA component at breakfast that may be met with M/MA, grains, or a combination of both. **NSLP** has daily minimum requirements for M/MA as well as weekly minimums and maximums at lunch, depending on grade level. Schools may exceed the weekly maximum for M/MA, provided that meals (on average) meet the weekly dietary specifications for calories, saturated fat, sodium, and added sugars.*

SBP Combined Grains and M/MA Daily and Weekly Requirements

Grades	Daily Min (oz eq)	Weekly Min (oz eq)	Weekly Max (oz eq)
K-5	1	7	10
6-8	1	8	10
9-12	1	9	10

NSLP M/MA Daily and Weekly Requirements

Grades	Daily Min (oz eq)	Weekly Min (oz eq)	Weekly Max (oz eq)
K-5	1	8	10
6-8	1	9	10
9-12	2	10	12

For more information, check out "Offering Meats and Meat Alternates at School Breakfast" at www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast.

NSLP afterschool snack service: 1 oz eq M/MA for all ages until July 1, 2025 (then ½ oz eq M/MA for ages 1-5, 1 oz eq M/MA for ages 6-18), if served as one of the two components.

*Effective July 1, 2027, added sugars must be less than 10 percent of calories per week in SBP and NSLP.

More training, menu planning, and nutrition education materials can be found at TeamNutrition.USDA.gov.

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Crediting Meats/Meat Alternates

Common 1 Oz Eq of Meats/Meat Alternates



Image Credit: Perdue

**1 oz cooked lean meat,
poultry, or seafood**



**1/4 cup cooked
beans, peas, & lentils**



**4 oz yogurt
or soy yogurt**



1 oz tempeh



2.2 oz tofu



1/2 large egg



1 oz cheese



**1/4 cup cooked
pasta or noodles**



**1 oz nuts
& seeds**



**2 Tbsp nut &
seed butters**



made from 100%
bean/legume flour

Raw Chicken vs. Cooked Chicken

1 pound
(16 ounces)
raw chicken



Cooking process



3/4 pound
(12 ounces)
cooked chicken

***Different* weights due to fat and water loss from cooking**

Dry Beans vs. Cooked Beans



***Different* weights due to water absorption during cooking**

Preschool Meals

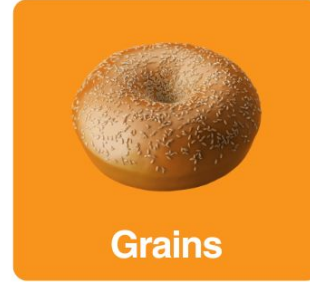
Yogurt must contain ≤ 12 grams of added sugars per 6 ounces (≤ 2 grams of added sugar per ounce)



School Breakfast

No longer required to offer 1.0-oz. grain equivalent daily for breakfast

How do we credit the 5 Meal Components?



Crediting **Grains** in the **Child Nutrition Programs**

Tip Sheet

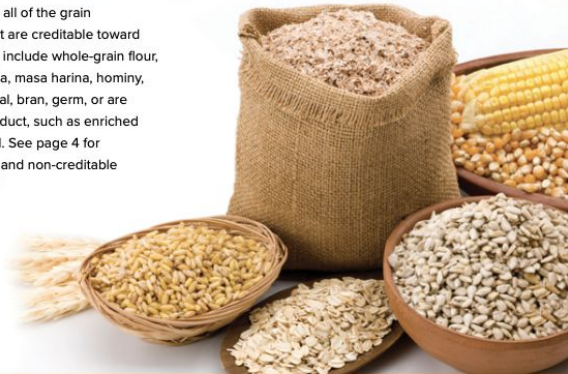
Part 1: Creditable Grains in Child Nutrition Programs



Grain products made with creditable grains are a required component of reimbursable meals offered in Child Nutrition Programs (CNP), such as the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Preschool meal pattern, the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). Items made with creditable grains may also be offered as part of a reimbursable snack in Preschool, CACFP, SFSP, and NSLP afterschool snack service (NSLP afterschool snacks). This tip sheet identifies creditable grains in CNP that meet meal pattern requirements.

What Is a Creditable Grain?

Creditable grains represent all of the grain ingredients in a product that are creditable toward the grains component; they include whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or are included in an enriched product, such as enriched bread or in a fortified cereal. See page 4 for a list of common creditable and non-creditable grain ingredients.



More training, menu planning, and nutrition education materials can be found at TeamNutrition.USDA.gov.

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Crediting Grains

Preschool Meals

At least 1 whole grain must be served each day



Image Credit: USDA

Preschool Meals

Breakfast cereals must contain ≤ 6 grams of added sugars per dry ounce



School Lunch
At least 80% of weekly grains offered must be whole-grain rich



Color Key: Footnote 5 = Blue, Footnote 2 or 4 = Red

Color Key: Footnote 5 = Blue, Footnote 2 or 4 = Red

1 cup	Demonstration eq. for Group 1	Minimum Serving Size for Group 1
	1 eq = 69 gm or 2.4 oz 1/4 eq = 16 gm or 0.6 oz 1/2 eq = 34 gm or 1.2 oz 3/4 eq = 51 gm or 1.8 oz	1 serving = 69 gm or 2.4 oz 1/4 serving = 17 gm or 0.6 oz 1/2 serving = 34 gm or 1.2 oz 3/4 serving = 51 gm or 1.8 oz
	Demonstration eq. for Group 2	Minimum Serving Size for Group 2
	1 eq = 82 gm or 2.9 oz 1/4 eq = 20 gm or 0.7 oz 1/2 eq = 41 gm or 1.4 oz 3/4 eq = 61 gm or 2.1 oz	1 serving = 75 gm or 2.7 oz 1/4 serving = 19 gm or 0.7 oz 1/2 serving = 38 gm or 1.4 oz 3/4 serving = 58 gm or 2.1 oz
1 cup	Demonstration eq. for Group 3	Minimum Serving Size for Group 3
	1 eq = 125 gm or 4.4 oz 1/4 eq = 31 gm or 1.1 oz 1/2 eq = 63 gm or 2.2 oz 3/4 eq = 94 gm or 3.3 oz	1 serving = 115 gm or 4.1 oz 1/4 serving = 29 gm or 1.0 oz 1/2 serving = 58 gm or 2.0 oz 3/4 serving = 87 gm or 3.1 oz
	Demonstration eq. for Group 4	Minimum Serving Size for Group 4
	1 eq = 1 cup cooked or 1 ounce (28 gm) dry	1 serving = 1 cup cooked or 1 cup (28 gm) dry
1 cup	Demonstration eq. for Group 5	Minimum Serving Size for Group 5
	1 eq = 1 cup or 1 ounce for flakes and rounds 1 eq = 1 cup or 1 ounce for puffed cereal 1 eq = 1 cup or 1 ounce for granola	1 serving = 1 cup or 1 oz, whichever is less

In the NSLP, SBF (grades K-12), and NSLP afterschool snacks effective July 1, 2020, at least 50 percent of the weekly grains offered must meet the whole grain grain criteria and the remaining grain items offered must be made from whole-grain flour, whole-grain meal, corn meal, masa harina, hominy, enriched flour, enriched meal, bran, or be an enriched product, such as enriched bread, or a fortified cake. Please note: State agencies have the discretion to set wider requirements than the minimum nutrition standards for school meals. For additional guidance, please contact your State agency. For all other Child Nutrition Programs, grains must be made from whole grain flour, whole-grain meal, corn meal, masa harina, hominy, enriched flour, enriched meal, bran, or be an enriched product, such as enriched bread, or a fortified cake. Under the CACFP child and adult meal patterns and in the NSLP/SBF preschool meals, at least one grain serving per day is required.

F. For the NSLP, SBP (grades K-12), NSLP after-school snacks, and CACFP, and NSLP/SBP infant and preschool meals grain quantities are determined using ounce equivalents (e.g., SBP may determine grain quantities using grains/breads servings). Some of the following grain items may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

² Allowed in NSLP (up to 2.0 oz) or grain-based dessert per week in grades K-12 as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP afterschool snacks (effective July 1, 2020), or NSLP/SFSP infant and preschool meals as specified in §§226.20(a)(2) and 210.10.

² Adjusted for NSLP (up to 2.0 kg) and grain-based dessert per week for all ages (K-12) as specified in §2.12.10. May occur toward the grain component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grain component in the CACFP. NSLP after-school snacks (effective July 1, 2023), or NSLP/SBP infant and preschool meals as specified in §§109.10(a)(6) and 215.10.

¹ Answer in NCLP (up to 2.5) or a grant-based dossier per week in grades K-12 as specified in §111.12. May count toward the grant component in the SBP (grades K-12), NCLP after school snacks, CACFP, NCLP/SBP infant and preschool meals, and SPSP.

10 per week in grades K-12) as specified in §210.10 and at snack service in SFSP.
 (b) For the grain component in CACFP, NSLP after-school snacks (effective July 1, 2025),
 \$1 in §§226.20(a)(4) and §210.10.

10¢ per week for grades K-12) as specified in §210.10. May count toward the grains equivalent meals in SFSP. Considered a grain-based dessert and cannot count toward the meals effective July 1, 2020, or NSLP/SFSP infant and preschool meals as specified in:

ing size for supplements served to children aged 1 through 5 in the MSLP; breakfast is 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally in meals other than breakfast.

(iv) NDLF-afferected snacks must contain no more than 8 grams of added sugars per

and NSLP/SBP infant and preschool meals must contain no more than 6 grams of S. Breakfast cereals served in the CACFP must contain no more than 6 grams of total

**Check out the
Exhibit A
Grains Tool
to determine
grain requirements for
your meal program 🍞**



How do we credit the 5 Meal Components?



Crediting **Fluid Milk** in the **Child Nutrition Programs** Tip Sheet



Fluid milk is a required component for reimbursable meals in Child Nutrition Programs (CNP) such as the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). Fluid milk must be offered at each breakfast, lunch, or supper meal service. Program operators have the option to serve fluid milk as one of the two components of a snack served in the SFSP, CACFP, and in the NSLP afterschool snack service (NSLP afterschool snacks).

What Is Milk?

- **Fluid milk** refers to pasteurized fat-free (skim) milk; low-fat (1%) milk; reduced-fat (2%) milk; whole milk; lactose-free milk; lactose-reduced milk; cultured milk, such as cultured buttermilk, cultured kefir milk, and cultured acidophilus milk; acidified milk, such as acidified kefir milk and acidified acidophilus milk; and Ultra High Temperature (UHT) milk; all of which meet State and local standards for such milk.
- **Milk substitutes** must be nutritionally equivalent to milk and provide specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12.



More training, menu planning, and nutrition education materials can be found at TeamNutrition.USDA.gov.

FNS 934 • January 2023, Slightly Revised August 2024

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Crediting Milk

Milk Types Allowed by Program

A serving of milk must be at least ¼ cup (or 2 fl oz) in order to credit toward the milk requirement.

Age (Grade)	Milk Type	
12–23 months		Unflavored: Whole
2–5 years		Unflavored: Low-fat (1%)/Fat-free (skim)

Milk Transition for Infants and Preschoolers

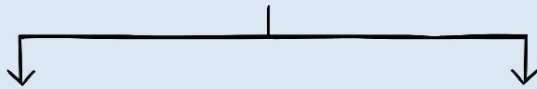
- Iron-fortified formula may be served to children between the ages of 12 months and 13 months to help with the transition to whole milk.
- Breastmilk may be used to meet the fluid milk component in the CACFP meal pattern.
- Unflavored whole milk and reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free milk or low-fat (1%) milk.

Preschool meals: 1 type of unflavored milk
School meals: offer at least 2 types of milk

Preschool Meals

Cow's Milk

Lactose-free Milk



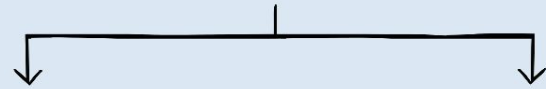
Low-fat (1%) Milk
Unflavored

Nonfat (Skim)
Unflavored

School Meals (tK-12)

Cow's Milk

Lactose-free Milk



Low-fat (1%) Milk
Unflavored or Flavored

Nonfat (Skim)
Unflavored or Flavored

Recipe Analysis Workbook | USDA

 An official website of the United States government [Here's how you know](#) 



USDA Food Buying Guide for Child Nutrition Programs
U.S. DEPARTMENT OF AGRICULTURE

HOME PAGE ▾ MEAL COMPONENTS ▾ FOOD ITEMS ▾ TOOLS ▾ APPENDICES ▾ HELP ▾ WELCOME JENNIFER MCNEIL ▾

Edit Recipe Analysis Workbook (RAW)

▸ Instructions

Asterisks (*) denote required information.

① Recipe Name *	<input type="text" value="Zesty Corn & Bean Salad"/>	Servings per Recipe *	<input type="text" value="150"/>
Recipe Number	<input type="text" value="2025.02.24"/>	Serving Size *	<input type="text" value="6 oz Spoodle"/>
Folder	<input type="text" value="Not Selected"/> ▾	<input type="button" value="Add Folder"/>	

Select Creditable Ingredient	Recipe Notes	Vegetables	Fruits	Meats/MA	Grains - Method A	Grains - Method B	Grains - Method C	Meal Pattern Contribution
------------------------------	--------------	------------	--------	----------	-------------------	-------------------	-------------------	----------------------------------

Zesty Corn & Bean Salad

Recipe Courtesy of Riverside Unified School District

Recipe for 150 Servings:

- Black Beans, 1 #10 can
- Garbanzo Beans, 6 #10 cans
- Corn, 2 #10 cans
- Tomato, 0.5 #10 cans
- Cilantro, 2 cups
- Italian Dressing, 4 cups
- Garlic Powder, ¼ cup
- Garlic Salt, 1 Tbsp

Crediting: One six ounce spoodle provide $\frac{5}{8}$ cup of vegetable ($\frac{1}{2}$ c BPL, $\frac{1}{8}$ c SV)



Recipe Analysis Workbook | USDA

Edit Recipe Analysis Workbook (RAW)

Instructions

Asterisks (*) denote required information.

1 Recipe Name * Zesty Corn & Bean Salad

Servings per Recipe * 150

Recipe Number 2025.02.24

Serving Size * 6 oz Spoodle

Folder Not Selected

Add Folder

Select Creditable Ingredient Recipe Notes Vegetables Fruits Meats/MA Grains - Method A Grains - Method B Grains - Method C Meal Pattern Contribution

Use the following tabs to select ingredients from the FBG. Use Grains - Method A tab to select ingredients from Exhibit A and use Grains - Method C tab to input ingredients for Grains Based on Grams of Creditable Grains. (For further guidance see 'Instructions' section above).

2 Search Food Ingredients

Program - Meal Select Program

Keywords:

Meal Component: All Meal Components

Category: All Categories

Search Reset Display Favorites

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
Vegetables Beans, Black (turtle beans), dry, canned Whole, includes USDA Foods (Low sodium)	No. 10 Can (109 oz)	40.00	1/4 cup unheated, drained vegetable	Remove
Vegetables Beans, Garbanzo or Chickpeas, dry, canned Whole, includes USDA Foods	No. 300 Can (15 oz)	6.70	1/4 cup drained, unheated vegetable	Remove
Vegetables Cilantro, fresh Coriander	Pound	73.00	1/4 cup trimmed chopped vegetable (credits as 1/8 cup in NSLP/ISBP and CACFP)	Remove
Vegetables Corn, canned Whole kernel, Vacuum packed	No. 10 Can (75 oz)	36.80	1/4 cup drained vegetable	Remove
Vegetables Tomatoes, canned Diced, includes USDA Foods	No. 2-1/2 Can (28 oz)	8.91	1/4 cup drained vegetable	Remove

Recipe Analysis Workbook | USDA

Edit Recipe Analysis Workbook (RAW)

Instructions

Asterisks (*) denote required information.

1 Recipe Name * Zesty Corn & Bean Salad Servings per Recipe * 150

Recipe Number 2025.02.24 Serving Size * 6 oz Spoodle

Folder Not Selected Add Folder

Select Creditable Ingredient Recipe Notes Vegetables Fruits Meats/MA Grains - Method A Grains - Method B Grains - Method C Meal Pattern Contribution

Use this tab to select ingredients from the FBG. Use Grains - Method A tab to select ingredients from Exhibit A and use Grains - Method C tab to input ingredients for Grains Based on Grams of Creditable Grains.
(For further guidance see 'Instructions' section above).

Food Ingredients Selected for Recipe

2 Search Food Ingredients

Program - Meal
Select Program

Keywords:

Meal Component:
All Meal Components

Category:
All Categories

Search Reset Display Favorites

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
Vegetables Beans, Black (turtle beans), dry, canned Whole, includes USDA Foods (Low sodium)	No. 10 Can (109 oz)	40.00	1/4 cup unheated, drained vegetable	Remove
Vegetables Beans, Garbanzo or Chickpeas, dry, canned Whole, includes USDA Foods	No. 300 Can (15 oz)	6.70	1/4 cup drained, unheated vegetable	Remove
Vegetables Cilantro, fresh Coriander	Pound	73.00	1/4 cup trimmed chopped vegetable (credits as 1/8 cup in NSLP/ISBP and CACFP)	Remove
Vegetables Corn, canned Whole kernel, Vacuum packed	No. 10 Can (75 oz)	36.80	1/4 cup drained vegetable	Remove
Vegetables Tomatoes, canned Diced, includes USDA Foods	No. 2-1/2 Can (28 oz)	8.91	1/4 cup drained vegetable	Remove

Recipe Analysis Workbook | USDA

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Instructions

Asterisks (*) denote required information.

1 Recipe Name * Zesty Corn & Bean Salad

Servings per Recipe * 150

Recipe Number 2025.02.24

Serving Size * 6 oz Spoodle

Folder Not Selected

Add Folder

Select Creditable IngredientRecipe NotesVegetablesFruitsMeats/MAGrains - Method AGrains - Method BGrains - Method CMeal Pattern Contribution

Use this tab to select ingredients from the FBG. Use Grains - Method A tab to select ingredients from Exhibit A and use Grains - Method C tab to input ingredients for Grains Based on Grams of Creditable Grains. (For further guidance see 'Instructions' section above).

2 Search Food Ingredients

Program - Meal

Select Program

Keywords:

Meal Component:

All Meal Components

Category:

All Categories

SearchResetDisplay Favorites

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
Vegetables Beans, Black (turtle beans), dry, canned Whole, includes USDA Foods (Low sodium)	No. 10 Can (109 oz)	43.00	1/4 cup unheated, drained vegetable	Remove
Vegetables Beans, Garbanzo or Chickpeas, dry, canned Whole, includes USDA Foods	No. 300 Can (15 oz)	6.70	1/4 cup drained, unheated vegetable	Remove
Vegetables Cilantro, fresh Coriander	Pound	73.00	1/4 cup trimmed chopped vegetable (credits as 1/8 cup in NSLP/ISBP and CACFP)	Remove
Vegetables Corn, canned Whole kernel, Vacuum packed	No. 10 Can (75 oz)	36.80	1/4 cup drained vegetable	Remove
Vegetables Tomatoes, canned Diced, includes USDA Foods	No. 2-1/2 Can (28 oz)	8.91	1/4 cup drained vegetable	Remove

Recipe Analysis Workbook | USDA

Edit Recipe Analysis Workbook (RAW)

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Asterisks (*) denote required information.

1 Recipe Name * Zesty Corn & Bean Salad

Servings per Recipe * 150

Recipe Number 2025.02.24

Serving Size * 6 oz Spoodle

Folder Not Selected

Add Folder

Select Creditable Ingredient

Recipe Notes

Vegetables

Fruits

Meats/MA

Grains - Method A

Grains - Method B

Grains - Method C

Meal Pattern Contribution

Use this tab to select ingredients from the FBG. Use Grains - Method A tab to select ingredients from Exhibit A and use Grains - Method C tab to input ingredients for Grains Based on Grams of Creditable Grains. (For further guidance see 'Instructions' section above).

2 Search Food Ingredients

Program - Meal
Select Program

Keywords:

Meal Component:
All Meal Components

Category:
All Categories

Search

Reset

Display Favorites

Food Ingredients Selected for Recipe

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
Vegetables Beans, Black (turtle beans), dry, canned Whole, includes USDA Foods (Low sodium)	No. 10 Can (109 oz)	40.00	1/4 cup unheated, drained vegetable	<div>Remove</div>
Vegetables Beans, Garbanzo or Chickpeas, dry, canned Whole, includes USDA Foods	No. 300 Can (15 oz)	6.70	1/4 cup drained, unheated vegetable	<div>Remove</div>
Vegetables Cilantro, fresh Coriander	Pound	73.00	1/4 cup trimmed chopped vegetable (credits as 1/8 cup in NSLP/ISBP and CACFP)	<div>Remove</div>
Vegetables Corn, canned Whole kernel, Vacuum packed	No. 10 Can (75 oz)	36.80	1/4 cup drained vegetable	<div>Remove</div>
Vegetables Tomatoes, canned Diced, includes USDA Foods	No. 2-1/2 Can (28 oz)	8.91	1/4 cup drained vegetable	<div>Remove</div>

Recipe Analysis Workbook | USDA

Edit Recipe Analysis Workbook (RAW)

Instructions

Asterisks (*) denote required information.

1 Recipe Name * Zesty Corn & Bean Salad Servings per Recipe * 150

Recipe Number 2025.02.24 Serving Size * 6 oz Spoodle

Folder Not Selected Add Folder

Select Creditable Ingredient Recipe Notes Vegetables Fruits Meats/MA Grains - Method A Grains - Method B Grains - Method C Meal Pattern Contribution

Use this tab to select ingredients from the FBG. Use Grains - Method A tab to select ingredients from Exhibit A and use Grains - Method C tab to input ingredients for Grains Based on Grams of Creditable Grains. (For further guidance see 'Instructions' section above).

Food Ingredients Selected for Recipe

2 Search Food Ingredients

Program - Meal
Select Program

Keywords:

Meal Component:
All Meal Components

Category:
All Categories

Search Reset Display Favorites

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
Vegetables Beans, Black (Turtle beans), dry, canned <small>Meat, includes USDA Foods (see source)</small>	No. 10 Can (109 oz)	40.00	1/4 cup unheated, drained vegetable	Remove
Vegetables Beans, Garbanzo or Chickpeas, dry, canned <small>Whole, includes USDA Foods</small>	No. 300 Can (15 oz)	6.70	1/4 cup drained, unheated vegetable	Remove
Vegetables Cilantro, fresh Coriander	Pound	73.00	1/4 cup trimmed chopped vegetable (credits as 1/8 cup in NSLP/ISBP and CACFP)	Remove
Vegetables Corn, canned Whole kernel, Vacuum packed	No. 10 Can (75 oz)	36.80	1/4 cup drained vegetable	Remove
Vegetables Tomatoes, canned Diced, includes USDA Foods	No. 2-1/2 Can (28 oz)	8.91	1/4 cup drained vegetable	Remove

Recipe Analysis Workbook | USDA

Edit Recipe Analysis Workbook (RAW)

• Instructions

Asterisks (*) denote required information.

① **Recipe Name *** Zesty Corn & Bean Salad **Servings per Recipe *** 150

Recipe Number 2025.02.24 **Serving Size *** 6 oz Spoodle

Folder Not Selected

Select Creditable Ingredient **Recipe Notes** **Vegetables** Fruits Meats/MA Grains - Method A Grains - Method B Grains - Method C Meal Pattern Contribution

Beans, Peas, and Lentils

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution ①	Additional Information	④ Quantity of Ingredient ②	⑤ Preparation Yield (if applicable) ③	⑥ Calculated Quantity to Purchase
Beans, Black (Turtle beans), dry, canned <small>White. Includes USDA Foods (Low sodium)</small>	No. 10 Can (109 oz)	40.00	1/4 cup unheated, drained vegetable	1 No. 10 can = about 73 oz (10 cups) unheated, drained beans	1.0000	0.0000	1.0000
Beans, Garbanzo or Chickpeas, dry, canned <small>White. Includes USDA Foods</small>	No. 300 Can (15 oz)	6.70	1/4 cup drained, unheated vegetable	1 No. 300 can = about 9.6 oz (1-2/3 cups) drained, unheated beans	43.6000	0.0000	43.6000

Dark Green Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution ①	Additional Information	④ Quantity of Ingredient ②	⑤ Preparation Yield (if applicable) ③	⑥ Calculated Quantity to Purchase
Cilantro, fresh <small>Coriander</small>	Pound	73.00	1/4 cup trimmed chopped vegetable (credits as 1/8 cup in NSLP/ISBP and CACFP)	1 lb AP = 0.84 lb (about 18-1/4 cups) trimmed, chopped, ready-to-serve cilantro	0.1100	0.0000	0.1100

Red/Orange Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution ①	Additional Information	④ Quantity of Ingredient ②	⑤ Preparation Yield (if applicable) ③	⑥ Calculated Quantity to Purchase
Tomatoes, canned <small>Drained. Includes USDA Foods</small>	No. 2-1/2 Can (28 oz)	8.91	1/4 cup drained vegetable	1 No. 2-1/2 can = about 18.5 oz drained, unheated tomatoes	1.9500	0.0000	1.9500

Starchy Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution ①	Additional Information	④ Quantity of Ingredient ②	⑤ Preparation Yield (if applicable) ③	⑥ Calculated Quantity to Purchase
Corn, canned <small>White kernel. Vacuum packed</small>	No. 10 Can (75 oz)	36.80	1/4 cup drained vegetable	1 No. 10 can = about 63.0 oz (9 cups) drained, unheated corn	2.0000	0.0000	2.0000

Recipe Analysis Workbook | USDA

Edit Recipe Analysis Workbook (RAW)

Instructions

Asterisks (*) denote required information.

1 Recipe Name * Zesty Corn & Bean Salad Servings per Recipe * 150

Recipe Number 2025.02.24 Serving Size * 6 oz Spoodle

Folder Not Selected Add Folder

Select Creditable Ingredient Recipe Notes **Vegetables** Fruits Meats/MA Grains - Method A Grains - Method B Grains - Method C Meal Pattern Contribution

Beans, Peas, and Lentils

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution ①	Additional Information	④ Quantity of Ingredient ②	⑤ Preparation Yield (if applicable) ③	⑥ Calculated Quantity to Purchase
Beans, Black (Turtle beans), dry, canned Whole. Includes USDA Foods (Low sodium)	No. 10 Can (109 oz)	40.00	1/4 cup unheated, drained vegetable	1 No. 10 can = about 73 oz (10 cups) unheated, drained beans	1.0000	0.0000	1.0000
Beans, Garbanzo or Chickpeas, dry, canned Whole. Includes USDA Foods	No. 300 Can (15 oz)	6.70	1/4 cup drained, unheated vegetable	1 No. 300 can = about 9.6 oz (1 1/3 cups) drained, unheated beans	43.6000	0.0000	43.6000

Dark Green Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution ①	Additional Information	④ Quantity of Ingredient ②	⑤ Preparation Yield (if applicable) ③	⑥ Calculated Quantity to Purchase
Cilantro, fresh Coriander	Pound	73.00	1/4 cup trimmed chopped vegetable (credits as 1/8 cup in NSLP/ISBP and CACFP)	1 lb AP = 0.84 lb (about 18-14 cups) trimmed, chopped, ready-to-serve cilantro	0.1100	0.0000	0.1100

Red/Orange Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution ①	Additional Information	④ Quantity of Ingredient ②	⑤ Preparation Yield (if applicable) ③	⑥ Calculated Quantity to Purchase
Tomatoes, canned Diced. Includes USDA Foods	No. 2-1/2 Can (28 oz)	8.91	1/4 cup drained vegetable	1 No. 2-1/2 can = about 18.5 oz drained, unheated tomatoes	1.9500	0.0000	1.9500

Starchy Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution ①	Additional Information	④ Quantity of Ingredient ②	⑤ Preparation Yield (if applicable) ③	⑥ Calculated Quantity to Purchase
Corn, canned Whole kernel, Vacuum packed	No. 10 Can (75 oz)	36.80	1/4 cup drained vegetable	1 No. 10 can = about 63 oz (9 cups) drained, unheated corn	2.0000	0.0000	2.0000

Recipe Analysis Workbook | USDA

Edit Recipe Analysis Workbook (RAW)

Instructions

Asterisks (*) denote required information.

1 Recipe Name * Zesty Corn & Bean Salad

Servings per Recipe * 150

Recipe Number 2025.02.24

Serving Size * 6 oz Spoodle

Folder Not Selected

Add Folder

Select Creditable Ingredient

Recipe Notes

Vegetables

Fruits


Meats/MA

Grains - Method A

Grains - Method B


Grains - Method C

Meal Pattern Contribution

Vegetables


Dark Green Vegetables

0 cup

Vegetables

Red/Orange Vegetables

0 cup

Vegetables

Starchy Vegetables

0 cup

6 oz Spoodle provides $\frac{1}{8}$ cup total vegetable ($\frac{1}{8}$ cup additional vegetable , $\frac{1}{2}$ cup legume vegetable)

Please note that:

¹ For School Meals Only: Any quantity remaining after the credit has been determined for each vegetable subgroup is combined to ensure the maximum credit for the vegetables. If this combined quantity provides a minimum of $\frac{1}{8}$ cup, it is credited towards the Additional Vegetables. If the RAW contains no Starchy vegetables, then the program operator may instead choose to manually credit the remaining Additional Vegetables towards the Other Vegetables subgroup.

NOTE: Total creditable amount cannot exceed the serving size of the product.

Recipe Analysis Workbook | USDA

Edit Recipe Analysis Workbook (RAW)

Instructions

Asterisks (*) denote required information.

1 Recipe Name * Zesty Corn & Bean Salad

Servings per Recipe * 150

Recipe Number 2025.02.24

Serving Size * 6 oz Spoodle

Folder Not Selected

Add Folder

Select Creditable Ingredient

Recipe Notes

Vegetables

Fruits


Meats/MA

Grains - Method A

Grains - Method B


Grains - Method C

Meal Pattern Contribution

Vegetables


Dark Green Vegetables

0 cup

Vegetables

Red/Orange Vegetables

0 cup

Vegetables

Starchy Vegetables

0 cup

6 oz Spoodle provides $\frac{1}{8}$ cup total vegetable ($\frac{1}{8}$ cup additional vegetable , $\frac{1}{2}$ cup legume vegetable)

Please Note:

¹ For School Meals Only: Any quantity remaining after the credit has been determined for each vegetable subgroup is combined to ensure the maximum credit for the vegetables. If this combined quantity provides a minimum of 1/8 cup, it is credited towards the Additional Vegetables. If the RAW contains no Starchy vegetables, then the program operator may instead choose to manually credit the remaining Additional Vegetables towards the Other Vegetables subgroup.

NOTE: Total creditable amount cannot exceed the serving size of the product.

Recipe Analysis Workbook | USDA

Recipe Analysis Workbook (RAW)

Recipe Analysis Workbook (RAW)

Create Recipe Analysis Workbook

The following is a list of Recipe Analysis Workbooks you have created. You can narrow the set of entries displayed by entering one or more keywords for Recipe name or Recipe number. You can re-sort the table entries by Recipe name, Recipe number or Date/Time Created by clicking on the corresponding table header.

Folder	Recipe Name	Recipe Number	Created On	Updated On	Actions
<input type="text"/>	<input type="text"/>	<input type="text"/>			
	Chef's Guide		10/19/2021 01:55	03/23/2022 23:33	Edit Copy Delete PDF Export Email
	Filipino Cucumber Salad	8	03/09/2022 06:28	03/23/2022 23:22	Edit Copy Delete PDF Export Email
	Smoothie, Strawberry Banana w/Sweetened Berries		08/25/2022 07:35	08/25/2022 10:43	Edit Copy Delete PDF Export Email
	Walnut Lentil "Chorizo" Taco Filling (Lentils Credited as M/MA)		06/20/2023 20:21	06/26/2023 15:47	Edit Copy Delete PDF Export Email
	Walnut Lentil "Chorizo" Taco Filling (Lentils Credited as Veg)		06/20/2023 20:21	06/26/2023 15:44	Edit Copy Delete PDF Export Email
	Zesty Corn & Bean Salad	N/A	02/25/2025 23:39	02/25/2025 23:44	Edit Copy Delete PDF Export Email

Recipe Resources | our favs

- [plant forward recipes students love](#)
center for ecoliteracy
- [california culinary center recipes](#)
ca department of education
- [recipe flipbook](#)
pisanick partners
- [the lunch box](#)
chef ann foundation

School District Highlights

Fallbrook Unified School District



Riverside Unified School District



Turlock Unified School District



Highlighting Your District

Time for a Poll!

Resources

Join the California Food for California Kids Network

California Food for California Kids is an initiative of the Center for Ecoliteracy that builds the capacity and commitment of public school districts to provide all students with fresh, locally-grown school meals and develop connections between the cafeteria, classroom, and garden.



Center for Ecoliteracy Resources

PUBLICATIONS

Nourishing Students

California Food for California Kids Celebration Resources

Plant-Forward School Meal Resources

VIRTUAL EVENTS

UPDATE: Menu Planning Support Session #3: Wed, May 21 @ 2:00 p.m. PT

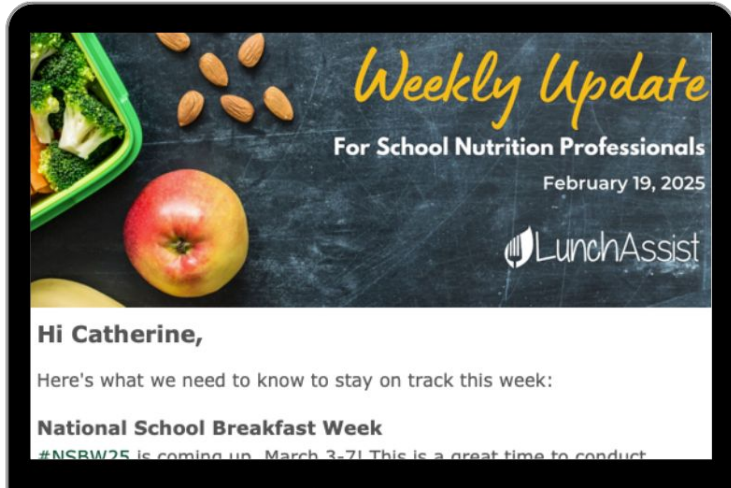
School Food Success: TK–K Meal Patterns Event Recording

School Food Innovator Series Archive

Partner Organization Resources

LunchAssist Weekly Update Newsletter

LunchAssist “The Lunch Break” Webinar Series



Stay up-to-date on School Nutrition news, policy updates, events, and get free resources into your inbox each week.

Group Discussion

Thank you!



@center_for_ecoliteracy



@center-for-ecoliteracy



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School Food Success Recipe Crediting

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