

MILK

Units = Cups

Overview

- Only fat free (unflavored and flavored) and **low-fat (1%)** milk may be offered as part of the reimbursable meal.
- Must offer a variety (at least two different choices) of fat content and/or flavor of milk at lunch and breakfast.

FRUITS

Units= Cups

Overview

- Creditable fruits include fresh, frozen, canned in light syrup, water or fruit juice, or dried. (A serving of canned fruit may include the juice in which the fruit is packed).
- Frozen fruit with added sugar is allowed temporarily through school year 2014-15. Effective July 1, 2015, frozen fruit cannot contain added sugars.
- All fruits credit based on volume. The only exception is dried fruit which credits as twice the volume served (e.g., $\frac{1}{4}$ cup of dried fruit counts as $\frac{1}{2}$ cup of fruit).
- Only 100% juice is creditable, and no more than half of the fruit requirement may be juice.
- To be counted toward the fruits component, a menu item must provide a **minimum of 1/8 cup** of fruit.

VEGETABLES

Units = Cups

Overview

- Creditable vegetables include fresh, frozen and canned (A serving of cooked vegetables must be drained.).
- Legumes (cooked dry beans and peas) credit as either a vegetable or a meat/meat alternate, but not both in the same meal.
- All vegetables credit based on volume. The only exception is raw leafy greens which credit as half the volume served (e.g., 1 cup of leafy greens credits as $\frac{1}{2}$ cup of vegetables).
- Only 100% juice is creditable, and no more than half of the vegetable requirement may be juice.
- Weekly menu must include all 5 subgroups in their minimum weekly required amount.
- To be counted toward the vegetables component, a menu item must provide a **minimum of 1/8 cup** of vegetable.

GRAINS

Units = ounce equivalent (oz./eq.)

Overview

- Creditable grains include enriched or *whole grain rich grain items.
*Whole grain-rich products contain at least 50 percent whole grains and any other grain ingredients are enriched.
- To credit toward the grain:
 - (1) The entire grain product (with other baking ingredients e.g. the entire granola bar with chocolate chips)
 - (2) Only the grain of a grain product (without other baking ingredients e.g. flour and oats of granola bar without chocolate chips, salts...)
- For school year 2013-14, at least half of the grains offered at lunch and breakfast must be **whole grain-rich**. Effective July 1, 2014, all grains must be whole grain-rich.
- No more than a total of 2.0 oz/eq of grain based desserts per week are allowed.
- To be counted toward the grains component, a menu item must provide a **minimum of 0.25 ounce equivalent** of grains.

MEAT/MEAT ALTERNATES

Units = ounce equivalent (oz./eq.)

Overview

- Creditable meat/meat alternate includes cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone, breading or other ingredients, nuts, seeds, dairy (other than fluid milk).
- Legumes credit as either a meat/meat alternate or a vegetable, but not both in the same meal.
- To credit toward the meat/meat alternate:
 - (1) For a processed product, must obtain labeling that shows contribution (e.g. CN Label, PFS)
 - (2) USDA Foods – USDA Foods Fact Sheet
 - (3) Food Buying Guide: A 1-ounce equivalent of meat/meat alternate equals:
 - 1 ounce of lean meat, poultry or fish;
 - 1 ounce of cheese (low-fat recommended);
 - ¼ cup of cooked beans and peas (legumes), e.g., kidney beans, chick peas (garbanzo beans), lentils and split peas;
 - ½ large egg;
 - 2 tablespoons of nut or seed butters, e.g., peanut butter, almond butter, cashew butter and sunflower seed butter;
 - 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, soy nuts and walnuts;
 - ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein;
 - ½ cup of yogurt or soy yogurt; and
 - 1 ounce of APP.
- To be counted toward the meat/meat alternates component, a menu item must provide a **minimum of ¼ ounce equivalent** of meat/meat alternates.