

CREDITABLE AND NON-CREDITABLE FOODS

When planning meals, be sure that the foods used to meet meal pattern requirements are creditable. While the foods below do not count toward meeting the meal pattern requirements, they can be served in addition to the required components of a reimbursable meal. Any of these foods served should be included in the menu production records.

COMMERCIALLY PREPARED MAIN DISHES

These foods do not count toward the meal pattern unless they have a CN label:

- Canned or Frozen Cheese Sauce
- Canned Ravioli
- Frozen Entrees such as Lasagna, Stuffed Shells, etc.
- Frozen Pizza

CANNED SOUPS



Canned soups count toward the meal pattern requirements only under certain conditions:

- Vegetable-based soups, such as tomato, vegetarian vegetable, vegetable beef, etc. count toward the Vegetable/Fruit component
- A one-cup serving of vegetable-based soup is equivalent to $\frac{1}{4}$ cup of the Vegetable/Fruit component.
- None of the meat or poultry-based soups (such as chicken noodle, beef barley, etc.) count toward the Meat/Meat Alternate component.

CANNED AND FROZEN JUICES

For fruit and vegetable juices to count toward the Vegetable/Fruit component, be sure it is 100 percent juice or it has a CN label telling you how the juice can be credited. If you buy a fruit “nectar,” “drink,” “cocktail,” or “-ade” you are not buying full strength, 100 percent juice.

Cider **MUST** be pasteurized.

OTHER FOODS

These foods do not count toward meal pattern requirements. They may, however, be offered as part of a meal.

- Bacon
- Bacon Bits
- Butter/Margarine
- Chili Sauce
- Coconut
- Cranberry Sauce
- Cream
- Cream Cheese
- Frozen Yogurt
- Ice Cream
- Ice Cream Cones
- Jams, Jellies
- Jell-O
- Ketchup
- Mayonnaise
- Pepperoni
- Pickles
- Popcorn
- Popsicles
- Potato Chips
- Puddings (canned or prepared from mix)
- Relish
- Salad Dressings
- Taco Sauce
- Tofu

NOTE: Commercially prepared plain or flavored yogurt is now creditable as a meat alternate for the Food Based Meal Pattern.

4 oz. (1/2 cup) = 1 oz. Meat/Meat Alternate

REMEMBER THAT...

- **Potatoes** are a **vegetable** (not a Grains/Bread item)
- **Rice** is a **Grains/Bread** item (not a vegetable)

