



# Meat/Meat Alternate Component

This handout covers information about the new meat/meat alternate (M/MA) requirements for children 1 year and older and adult participants in the Adult Care Program. A separate handout on the new infant meal pattern requirements will be distributed. The term *Program* refers to all facility types: group child care centers, family day care homes, afterschool programs, emergency shelters and adult care centers.



## New Requirements Effective October 1, 2017

- Tofu credits as a meat alternate
- Yogurt must contain no more than 23 grams of sugar per 6 ounces
- Soy yogurt may be served as a meat alternate
- Deep-fat frying and submerging foods in hot oil or other fat must not be used to prepare meals on-site
- M/MA may be served in place of the entire grains component at breakfast a maximum of three times per week

### What can you start doing now?

All new M/MA requirements may be implemented now.



### Tofu

Tofu is only creditable for children ages 1 and older, and adults in adult care centers. It cannot be served to infants as part of a reimbursable meal. Tofu can be served in a variety of ways such as in stir fries or omelets.



Creditable	Not Creditable
Commercially prepared tofu	Non-commercial tofu
Firm, Extra Firm, Silken, or Soft	Soy products
Tofu products (links, sausages) with a Child Nutrition (CN) label or PFS from the manufacturer	Tofu noodles
	Tofu incorporated into drinks, such as smoothies, or other dishes to add texture (i.e. in baked desserts)

#### Crediting Commercially Prepared Creditable Tofu

- 2.2 oz. (1/4 cup) of tofu, containing at least 5 g of protein = **1.0 oz. M/MA**
  - Request a CN label or Product Formulation Statement (PFS) when needed (i.e. sausage links made with tofu)
  - For more information, refer to USDA Policy Memo [CACFP 21-2016](#) and the CACFP New Meal Pattern [website](#)
- For tofu recipes, refer to our CACFP New Meal Pattern [website](#)

### Yogurt

Yogurt must contain no more than 23 grams of sugar per 6 ounces, or 3.83 grams of sugar per ounce. Use either of the two methods below to determine if the amount of sugar in the yogurt is no more than the sugar limit. **Tip:** If the serving size says “one container,” check the front of the package to see how many ounces are in the container.

#### Method 1 – Yogurt Sugar Limits per Serving Size Chart

1. Identify the serving size: 6 oz
2. Find the amount of sugars: 19 g
3. Find the serving size and compare to the **Yogurt Sugar Limits Chart (below)**: 19 g is below 23 g for 6 oz

Yogurt Sugar Limits per Serving Size	
Serving Size	Sugar Limits
2.25 ounce	8 grams
3.5 ounce	13 grams
4 ounce	15 grams
5.3 ounce	20 grams
6 ounce	23 grams
8 ounce	30 grams

This yogurt is **creditable**

Nutrition Facts	
Serving Size 6 oz Container	
Amount Per Serving	
<b>Calories 90</b>	
	% Daily Values*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat -1g	
<b>Cholesterol</b> 6mg	2%
<b>Potassium</b> 140mg	4%
<b>Sodium</b> 65mg	3%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 2g	8%
<b>Sugars</b> 19g	
<b>Protein</b> 12g	24%

#### Method 2 – Sugar Grams per Ounce

The sugar limit per ounce is **3.83 grams**

1. Identify the serving size: 4.5 oz
2. Find the amount of sugars: 16 g
3. Calculate the number of sugar grams per ounce.

#### Sugar grams ÷ Serving Size

For this example:

$$16 \text{ g} \div 4.5 \text{ oz.} = 3.55$$

$$3.55 < 3.83$$

If the number is less than 3.83, the yogurt is creditable.

This yogurt is **creditable**

Nutrition Facts	
Serving Size 4.5 oz	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 140</b>	Calories from Fat 18
	% Daily Values*
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 90mg	4%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 0g	0%
<b>Sugars</b> 16g	
<b>Protein</b> 8g	16%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Soy Yogurt

Soy yogurt is a dairy free option and credits the same as regular yogurt. 4 ounces (1/2 cup) = **1 ounce M/MA**. The sugar limits required for regular yogurt apply to soy yogurt. Soy yogurt cannot be served to infants as part of a reimbursable meal.

## Adult Care Programs Only

Adult Care programs may serve 6 ounces (3/4 cup) of yogurt in place of 8 ounces of fluid milk once a day when yogurt is not served as a M/MA at the same meal.



## Deep-Fat Frying

Submerging foods in hot oil or other fat may not be used as a cooking method to prepare meals on-site.

Find yummy, no-fry recipes that offer a fresh, healthy spin on your favorite flavors at USDA's What's Cooking [website](#).

### Methods for Healthy Cooking

- *Roast/Bake*: Cooking food, usually at high heat, in the oven
- *Sauté, pan-fry or stir-fry*: Cooking foods by stirring them with a bit of oil in a pan
- *Steaming*: Cook food on a rack in a covered pan over steaming water

To learn more about shopping, cooking, and menu planning for child care, check out the Institute of Child Nutrition's (ICN) [Culinary Videos for Child Care](#)

## Serving M/MA at Breakfast

A meat/meat alternate may be served in place of the entire grains component at breakfast a maximum of three times per week. See the chart below for M/MA ideas you can serve at breakfast and the required minimum serving size of the foods for each age group. The column for adults are for those participating in the Adult Day Care programs.

	Ages 1- 2 years and 3-5 years	Ages 6-12 years and 13-18 years	Adults
<b>Minimum amount of M/MA required at breakfast</b>	½ ounce equivalent	1 ounce equivalent	2 ounce equivalent
<b>Beans</b>	1/8 cup	1/4 cup	1/2 cup
<b>Cheese</b>	1/2 ounce	1 ounce	2 ounces
<b>Cottage or ricotta cheese</b>	1 oz. (1/8 cup)	2 oz. (1/4 cup)	4 oz. (1/2 cup)
<b>Eggs</b>	1/4 large egg	1/2 large egg	1 large egg
<b>Lean meat, poultry or fish</b>	1/2 oz.	1 oz.	2 oz.
<b>Nut butters</b>	1 Tablespoon	2 Tablespoons	4 Tablespoons
<b>Tofu, firm/extra firm (store-bought/commercially prepared)</b>	1.1 oz. (1/8 cup)	2.2 oz. (1/4 cup)	4.4 oz. (1/2 cup)
<b>Yogurt (regular and soy)</b>	2 oz. (1/4 cup)	4 oz. (1/2 cup)	8 oz. (1 cup)

Find the Community Nutrition Team here:

<https://www.facebook.com/WisDPICommunityNutrition/>

[https://twitter.com/WisDPI\\_CNT](https://twitter.com/WisDPI_CNT)

## Claiming Meals

Review breakfast menus to ensure only a maximum of 3 breakfasts each week have a M/MA replacing the grain component. If more than 3 breakfasts within a week have a M/MA replacing the grain component, the additional breakfasts exceeding 3 per week cannot be claimed.

### Sample Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Skim milk Scrambled eggs Kiwi	Skim milk Oatmeal Berries	Skim milk Cottage cheese Pineapple	Skim milk Cheerios® Banana	Skim milk Yogurt Oranges
Skim milk Pancakes Applesauce	Skim milk Bean burrito Apples	Skim milk WG Toast Strawberries	Skim milk String cheese Grapes	Skim milk Egg bake Mandarin oranges
Skim milk Tofu scramble Avocado	Skim milk Bran muffin Cantaloupe	Skim milk Hard-boiled eggs Blueberries	Skim milk Banana bread Orange wedges	Skim milk Peanut butter Apple slices
Skim milk Kix® Mixed fruit	Skim milk Fresh pork sausage Peaches	Skim milk WG English muffins Honeydew melon	Skim milk Scrambled eggs with Red peppers	Skim milk Cheese slices Tomatoes



### PROCESSED MEATS

#### NOT REIMBURSABLE:

- Bacon, imitation bacon products and salt pork

#### REIMBURSABLE:

- Items labeled 'fresh pork sausage' or 'fresh Italian sausage' may be credited (see [page 1-45](#) of the Food Buying Guide)
- Turkey bacon and sausage products must have a CN label or PFS



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