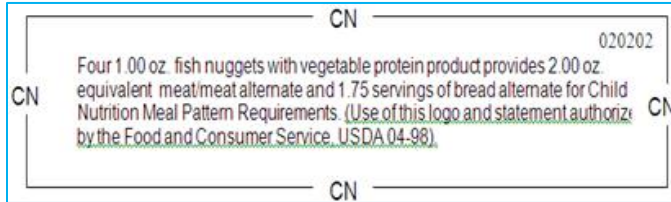# Store-Bought Combination Foods

Store-bought combination foods can only be credited to the CACFP Meal Pattern when the actual content (i.e. meat, bread, etc.) is known & documented.

Examples: Chicken nuggets, chicken patties, chicken tenders, pizza, ravioli, Salisbury steak, precooked meatballs, corn dogs, fish sticks, cheese sauce, etc.

Acceptable documentation

Child Nutrition (CN) Label

### Product Formulation Statement (PFS)

- ➢ Must be on file for all store-bought combination foods to make them creditable
- ➢ Product formulation statement may be on file in place of the CN label
- ➢ Not all store-bought combination food items will have a CN Label or PFS
- ➢ If CN Label or PFS is not on file, don't serve or claim the meal
- ➢ The Nutrition Facts Label found on the package is not sufficient information
- ➢ The CN label does not indicate the product is a healthier choice
- ➢ Each CN label is not the same for one type of item from different companies

Example on how to use a Child Nutrition Label
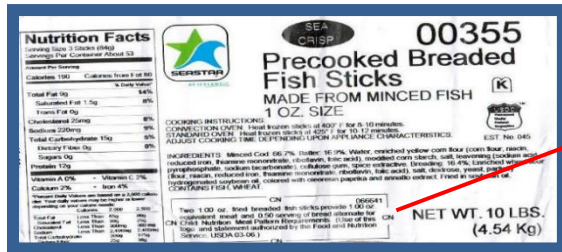
CN Label States:
2 fish sticks = 1 ounce meat/meat alternate and ½ serving grain

Note: 1 fish stick = 0.5 ounce M/MA and ¼ Gr/B

Step 1: Determine how much to serve to each participant in each age group to meet the CACFP Meal Pattern Requirements.

Equation: Number of items per the CN label / Ounces of M/A per the CN label x CACFP Meal Pattern Serving Size

Example for 3-5 year olds: 2 fish sticks / 1 ounce = 2 x 1.5 ounces = 3 fish sticks
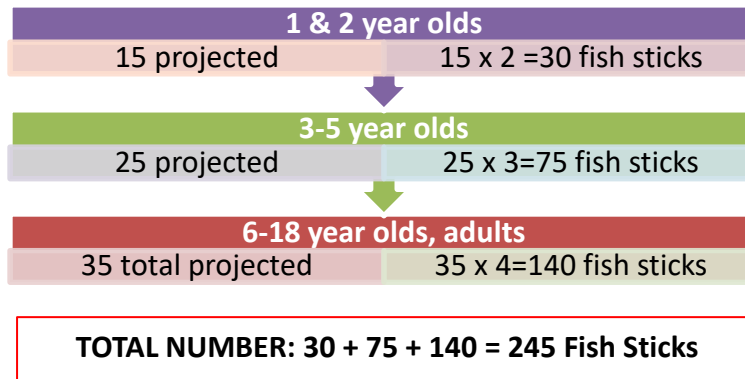
1-2 year olds	3-5 year olds	6-18 year olds, adults
• 1 oz m/ma • 2 fish sticks	• 1.5 oz m/ma • 3 fish sticks	• 2 oz m/ma • 4 fish sticks

(Over)

Step 2 (Amounts Required): Determine how many total fish sticks you need to prepare by multiplying the number of fish sticks required for each participant in each age group (from Step 1) by the projected number of participants for that meal service.

1 & 2 year olds	
15 projected	15 x 2 =30 fish sticks

3-5 year olds	
25 projected	25 x 3=75 fish sticks

6-18 year olds, adults	
35 total projected	35 x 4=140 fish sticks

TOTAL NUMBER: 30 + 75 + 140 = 245 Fish Sticks

Step 3 (Amounts to be Prepared): Determine how much you need to prepare based off the TOTAL NUMBER of fish sticks from Step 2. Use the nutrition facts label to determine:

a. Review Nutrition Facts label for the serving size and servings per bag.
   Example: 3 sticks per serving, 53 servings per bag
b. Determine how many are in each bag by taking the serving size x servings per bag.
   Example: 3 sticks per serving x 53 servings = 159 per bag
c. Take the total number of total number of fish sticks need for the meal service ÷ number of fish sticks in the bag.
   Example: 245 ÷ 159 = 1.54 or 2 bags

IMPORTANT: A CN label for one brand of a food item will be different for another brand. See the example below for another brand of fish sticks, which would require a larger number of fish sticks to be served to the children.

CN Label States:
3 fish sticks = ½ ounce meat/meat alternate and ½ serving grain

1-2 year olds: 1 ounce ÷ **0.5 (ounce meat/serving)** = 2 servings of fish sticks must be served
3-5 year olds: 1.5 ounce ÷ **0.5 (ounce meat/serving)** = 3 servings
6-18 year olds: 2 ounce ÷ **0.5 (ounce meat/serving)** = 4 servings

1-2 year olds: 3 fish sticks/serving x 2 servings = **6** fish sticks/child
3-5 year olds: 3 fish sticks/serving x 3 servings = **9** fish sticks/child
6-18 year olds: 3 fish sticks/serving x 4 servings = **12** fish sticks/child

In addition, they are getting 2-3 times more grain servings than what is required. Example, a 1-2 year old who is getting 6 fish sticks would be getting 2 servings of grain – when they only should be getting a ½ serving of grain.