Spring into Action

Labels and Specifications

Focus

• Commercial combination foods
  – Are they creditable?
  – Labels & how to read them
  – Documentation needed
• This afternoon on homemade combination foods
  – Standardized recipes
  – Documentation needed
Chicken Nuggets

Creditable?

Crediting Handbook

<table>
<thead>
<tr>
<th>Chicken Nuggets</th>
<th>x</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Only the edible chicken portion is creditable as a meat. Commercial chicken nuggets must have a (1) CN label or (2) Product Formulation Statement signed by an official of the manufacturer (not a sales person). See question 11 on page 31 of this document. For breading/batter crediting, see the grain/bread section.

11. Chicken nuggets, hot dog nuggets, and fish sticks are very popular in our center. How many nuggets or sticks should we serve to meet requirements?

These products vary in size and in the amount of meat and breading or batter used. Some States or sponsors may require the use of CN-labeled products for these foods. Check with your State agency in this regard. If a CN label is not required, obtain a Product Formulation Statement to determine the number of pieces per serving and document that portions meet requirements. This documentation should be maintained on file and is especially important when serving novelty shaped products.
Crediting Commercial Combination Food with Meats/Meat Alternates

• Step 1: Read the Front Label
• Step 2: Check the Creditable Foods list

\textit{if it says maybe or you can’t find it}

• Step 3: Check the Food Buying Guide
  – Does the name match exactly?
  – If yes, use FBG to determine yields but…
    • Read the footnotes
    • Read the ingredient label

Is This Bologna Creditable?

\textbf{Ingredients:} MECHANICALLY SEPARATED CHICKEN, PORK, WATER, CORN SYRUP, CONTAINS LESS THAN 2% OF SALT, SODIUM LACTATE, FLAVOR, SODIUM PHOSPHATES, AMMONIUM YEAST, SODIUM DIACETATE, SODIUM ERYTHORBATE (MADE FROM SUGAR), SODIUM NITRITE, DEXTROSE, EXTRACTIVES OF PAPRIKA, POTASSIUM PHOSPHATE, SUGAR, POTASSIUM CHLORIDE.

\textbf{Size:} 16 oz
\textbf{Upc:} 44700000857
Creditable Foods Handbook

Bologna | x | Creditable when free of byproducts, cereals, or extenders, and/or when the product is CN-labeled. Examples of binders/extenders are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. See page 1-36 of the Food Buying Guide.

Food Buying Guide

<table>
<thead>
<tr>
<th>FRANKFURTERS, BOLOGNA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bologna[^10]</td>
</tr>
<tr>
<td>Frankfurters[^14]</td>
</tr>
</tbody>
</table>

[^1]: For other sizes of eggs to use in place of large size eggs, multiply the number (or dozens or cases) of large eggs by a factor as follows: Extra large size, 0.87; medium size, 1.14; small size, 1.35.
[^2]: The Food and Drug Administration (FDA) has issued a warning for the consumption of raw shell eggs. Susceptible populations such as young children, pregnant women, the elderly, and those with compromised immune systems should avoid eating raw, undercooked, or unpasteurized fresh eggs to avoid foodborne illness.
[^3]: Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer's documentation.
[^4]: Includes meat and poultry products. Yields for Bologna, Frankfurters, Knockwurst, and Vienna Sausage are based on products that do not contain: 1) meat or poultry byproducts; 2) cereals; 3) binders; or 4) extenders.
[^5]: Due to increased number of illnesses associated with Listeria monocytogenes and the consumption of unheated hot dogs and luncheon meats, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat hot dogs or luncheon meats unless they are reheated until steaming hot.
Food Buying Guide

<table>
<thead>
<tr>
<th>FRANKFURTERS, BOLOGNA²²,²³</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bologna²²,²³</td>
<td>Pound</td>
<td>18.0</td>
<td>1 oz serving</td>
</tr>
<tr>
<td>Frankfurters²⁴,²⁵ 8 per pound</td>
<td>Pound</td>
<td>8.00</td>
<td>2 oz frankfurter</td>
</tr>
</tbody>
</table>

²² For other sizes of eggs to use in place of large size eggs, multiply the number (or dozens or cases) of large eggs by a factor as follows: Extra large size, 0.87; medium size, 1.14; small size, 1.35.
²³ The Food and Drug Administration (FDA) has issued a warning for the consumption of raw shell eggs. Susceptible populations such as young children, pregnant women, the elderly, and those with compromised immune systems should avoid eating raw, undercooked, or unpasteurized fresh eggs to avoid foodborne illness.
²⁴ Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer’s documentation.
²⁵ Includes meat and poultry products. Yields for Bologna, Frankfurters, Knockwurst, and Vienna Sausage are based on products that do not contain: 1) meat or poultry byproducts; 2) cereals, 3) binders, or 4) extenders.
²⁶ Due to increased number of illnesses associated with Listeria monocytogenes and the consumption of unheated hot dogs and luncheon meats, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems not to eat hot dogs or luncheon meats unless they are reheated until steaming hot.

Binders, Cereals & Extenders?

- Page 2-11 Handy Guide to Creditable Foods (footnote)
  * Examples include: starch, soy flour, soy protein isolate, isolated soy protein, dried milk, cereal, and by-products.
Is This Bologna Creditable?

Sugars, salt, flavorings, spices, additives and nutrients are OK

No binders or extenders in this product

Creditable

Not saying it’s recommended!

Is This Hot Dog Creditable?

Frankfurters or Hot Dogs | x

See entry for bologna and pages 1-36 and 1-37 of the Food Buying Guide. Only items that do not contain byproducts, cereals, or extenders are creditable. Remember to serve hot dogs in small pieces for those participants where choking is a potential hazard.
## Is This Hot Dog Creditable?

<table>
<thead>
<tr>
<th></th>
<th>Pound</th>
<th>1.6 oz frankfurter</th>
<th>10 oz frankfurter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frankfurters²⁶</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 per pound</td>
<td>10.0</td>
<td>16.0</td>
<td>100.0</td>
</tr>
<tr>
<td>8 per pound</td>
<td>8.00</td>
<td>2 oz frankfurter</td>
<td>12.5</td>
</tr>
</tbody>
</table>

²³ For other sizes of eggs to use in place of large size eggs, multiply the number (or dozens or cases) of large eggs by a factor as follows: Extra large size, 0.87; medium size, 1.14; small size, 1.35.

²⁴ The Food and Drug Administration (FDA) has issued a warning for the consumption of raw shell eggs. Susceptible populations such as young children, pregnant women, the elderly, and those with compromised immune systems should avoid eating raw, undercooked, or unprocessed fresh eggs to avoid foodborne illness.

²⁵ Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer's documentation.

²⁶ Includes meat and poultry products. Yields for Bologna, Franks, Hot Dogs, and Sausage are based on products that do not contain: 1) meat or poultry byproducts, 2) cereals, 3) binders, or 4) extenders.

Due to increased number of illnesses associated with Listeria monocytogenes and the consumption of unheated hot dogs and luncheon meats, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat hot dogs or luncheon meats unless they are reheated until steaming hot.

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USDAGovernment
United States Department of Agriculture
Food and Nutrition Service

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**Nutrition Facts**

- **Serving Size:** 1 Hot Dog in a bun (110g)
- **Calories:** 310
- **Calories from Fat:** 120
- **Total Fat:** 17g (26%)
- **Saturated Fat:** 3g (18%)
- **Trans Fat:** 1g
- **Cholesterol:** 35mg (11%)
- **Sodium:** 520mg (22%)
- **Total Carbohydrate:** 28g (9%)
- **Dietary Fiber:** 1g (4%)
- **Sugars:** 8g
- **Protein:** 12g
- **Vitamin A:** 0% 
- **Vitamin C:** 2% 
- **Calcium:** 8% 
- **Iron:** 10%
**Beef Frank: Not Creditable**

Lunch Meat?

- Bologna
- Turkey Ham
- Ham

Only luncheon meats that are listed in the Food Buying Guide or have a CN label are creditable.
### Turkey Ham (p. 1-63)

<table>
<thead>
<tr>
<th></th>
<th>1/4 oz serving (1 oz cooked turkey)</th>
<th>0.0</th>
<th>1 lb AP = 0.70 lb cooked turkey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey Ham, Fully cooked, chilled or frozen</td>
<td>11.2</td>
<td>13.5</td>
<td></td>
</tr>
<tr>
<td>Pound</td>
<td>7.46</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Includes USDA Commodity</td>
<td>2.1 oz serving (1-1/2 oz cooked turkey)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*41 Turkey ham is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 381.171.*

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### Ham (pp. 1-48 thru 1-50)

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Ham and Water Products

Ham, 10% water added.
Start with 5# ham
5 x .10 = .5 lb of water
5-.5 = 4.5 lb of ham
Ham and Water Products (p.1-49)

4.5 lb x 8.74 = 39.33, 1.5 oz servings from the 5# ham

Other Pork Products

Pepperoni

Canadian Bacon or Mild Cured Pork

PORK, MILD CURED, Ready-to-cook, chilled or frozen

3) Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the "As Purchased" description in Column 3.
### Sausage

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Status</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage</td>
<td>x</td>
<td>Items labeled “fresh pork sausage” or “fresh Italian sausage” may be credited as shown on page 1-45 of the Food Buying Guide. Other sausage products must have a (1) CN label or (2) Product Formulation Statement signed by an official of the manufacturer (not a sales person).</td>
</tr>
<tr>
<td>Meat Sticks (summer sausage)</td>
<td>x</td>
<td>Typically, these products are high in fat and are not creditable. Meat sticks in a jar that are made for toddlers are similar to Vienna sausage and must have a (1) CN label or (2) Product Formulation Statement signed by an official of the manufacturer (not a sales person).</td>
</tr>
</tbody>
</table>

### Salami

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Status</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salami</td>
<td>x</td>
<td>Must have a (1) CN label or (2) Product Formulation Statement signed by an official of the manufacturer (not a sales person). This product is high in sodium and fat.</td>
</tr>
</tbody>
</table>
Nutrition and Wellness Tips for Young Children:
Provider Handbook for the
Child and Adult Care Food Program

Breaded Fish

Only the edible fish portion credits toward the meat/meat alternate requirement. See pages 1-52 to 1-54 of the Food Buying Guide. For breading/batter crediting, see the grains/breads section.

Fish Portions (1-53)

Section 1—Meat/Meat Alternates

<table>
<thead>
<tr>
<th>Food As</th>
<th>Purchase, AP</th>
<th>Purchase</th>
<th>Servings per Purchase Unit, OP</th>
<th>Serving Size per Meal Contribution</th>
<th>Purchase Units for 100 Servings</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seafood, Fish Portions, Frozen</td>
<td>52 percent</td>
<td>1.00</td>
<td>1 portion (about 2.3 oz or cooked fish)</td>
<td>25.0</td>
<td>1 lb AP = 0.58 lb cooked fish</td>
<td></td>
</tr>
<tr>
<td>4 oz portion</td>
<td>Pound</td>
<td>4.00</td>
<td>1 portion (about 2 oz or cooked fish)</td>
<td>18.8</td>
<td>1 lb AP = 0.58 lb cooked fish</td>
<td></td>
</tr>
<tr>
<td>3 oz portion</td>
<td>Pound</td>
<td>5.33</td>
<td>1 portion (about 1.7 oz or cooked fish)</td>
<td>15.5</td>
<td>1 lb AP = 0.58 lb cooked fish</td>
<td></td>
</tr>
<tr>
<td>2 oz portion</td>
<td>Pound</td>
<td>8.00</td>
<td>1 portion (about 1.2 oz or cooked fish)</td>
<td>12.5</td>
<td>1 lb AP = 0.58 lb cooked fish</td>
<td></td>
</tr>
</tbody>
</table>

52The fish portions and fish sticks provided in this guide are made using comminuted fish fillet block (labeled as fish) which provides 0.75 lb cooked fish from 1 lb frozen fish block, whereas comminuted minced fish (labeled as mince fish) provides 0.75 lb cooked fish from 1 lb frozen minced fish block.
53Fish Portions, Frozen, Raw, Breaded is based on the NOAA/Fishery Products Inspection Manual 21 Part III Chapter 4, section 95 which specifies the product must contain a minimum of 75 percent fish.
## Fish Sticks (1-54)

| Seafood, wild 
Fish Sticks® 
Wild caught 
(90 percent fish) 
Not from mixed 
stock | Pound | Serving Size | Cal/Unit | Calories/Portion | Portion Size |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>16.0</td>
<td>1 stick (about 0.5 oz cooked fish)</td>
<td>4.3</td>
<td>1 lb</td>
<td>0.49 lb cooked fish</td>
</tr>
<tr>
<td></td>
<td>8.00</td>
<td>2 sticks (about 1.0 oz cooked fish)</td>
<td>12.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5.33</td>
<td>3 sticks (about 1.5 oz cooked fish)</td>
<td>18.8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4.00</td>
<td>4 sticks (about 2.0 oz cooked fish)</td>
<td>25.0</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Seafood, wild 
Fish Sticks® 
Wild caught 
(75 percent fish) 
Not from mixed 
stock | Pound | Serving Size | Cal/Unit | Calories/Portion | Portion Size |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>16.0</td>
<td>1 stick (about 0.5 oz cooked fish)</td>
<td>4.3</td>
<td>1 lb</td>
<td>0.56 lb cooked fish</td>
</tr>
<tr>
<td></td>
<td>8.00</td>
<td>2 sticks (about 1.1 oz cooked fish)</td>
<td>12.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5.33</td>
<td>3 sticks (about 1.7 oz cooked fish)</td>
<td>18.8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4.00</td>
<td>4 sticks (about 2.2 oz cooked fish)</td>
<td>25.0</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Breaded Fish

Fish Sticks

Ingredients
64.2% (ALASKA POLLOCK) 35.8% BATTER & BREADING: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folacin), WATER, MODIFIED CORN STARCH, TORTILLA PIECES (CORN, VEGETABLE OIL [CORN, SOYBEAN, AND/OR SUNFLOWER OIL]), CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, YELLOW CORN FLOUR (PROCESSED WITH LIME), SALT, DRIED GARLIC, GARLIC POWDER, AUTOLYZED YEAST EXTRACT, SPICES, GREEN JALAPENO PEPPER, MALTOSEXYLITOL, DRIED ONION, ONION POWDER, SUGAR, DRIED YEAST, NATURAL AND ARTIFICIAL FLAVORS, SOYBEAN OIL, DRIED WHOLEMEAL, DEXTROSE, CITRIC ACID, COCONUT OIL, CORN SYRUP SOLIDS, (SUN ARABIC, PAPRIKA EXTRACT [COLOR], DIPOTASSIUM PHOSPHATE, LACTIC ACID, MONO AND DIGLYCERIDES, SODIUM CASEINATE, PAPRIKA IN SOYBEAN AND/OR CANOLA OIL.

CONTAINS: FISH (ALASKA POLLOCK), WHEAT, MILK.

Dietary Fiber 1g

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td>1%</td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
</tr>
<tr>
<td>Omega 3 (mg)</td>
<td></td>
</tr>
</tbody>
</table>

United States Department of Agriculture
Food and Nutrition Service
Documentation

• Keep a file
  – CN labels
  – Product specifications
• We will request on reviews

The Bottom Line

• Difficult to get in regular grocery stores
• Don’t serve if you don’t have documentation
• Serve fewer processed entrees
  – no more than one time per week
• More scratch cooking!