

# 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

Chicken Nuggets		x	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 breadings/batters crediting, see the grains/breads section.
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**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  
*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?



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

**Size: 16 oz**  
**Upc: 4470000857**



## Creditable Foods Handbook

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

FRANKFURTERS, BOLOGNA <sup>24, 25</sup>					
<b>Bologna<sup>24, 25</sup></b>	Pound	16.0	1 oz serving	6.3	
<b>Frankfurters<sup>24, 25</sup></b> 8 per pound	Pound	8.00	2 oz frankfurter	12.5	

<sup>21</sup> 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.

<sup>22</sup> 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.

<sup>23</sup> Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer's documentation.

<sup>24</sup> 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.

<sup>25</sup> 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

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## 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?



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

**Size:** 16 oz  
**Upc:** 4470000857

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 <i>Food Buying Guide</i> . 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.
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## Is This Hot Dog Creditable?

<b>Frankfurters<sup>24, 25</sup></b> 10 per pound	Pound	10.0	1.6 oz frankfurter	10.0	
<b>Frankfurters<sup>24, 25</sup></b> 8 per pound	Pound	8.00	2 oz frankfurter	12.5	

- <sup>21</sup> 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.
- <sup>22</sup> 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.
- <sup>23</sup> Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer's documentation.
- <sup>24</sup> 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.
- <sup>25</sup> 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.



## Is This Hot Dog Creditable?

**INGREDIENTS: BEEF FRANK:** BEEF, WATER, CONTAINS 2% OR LESS OF: SORBITOL, MODIFIED CORN STARCH, SALT, POTASSIUM LACTATE, CORN SYRUP, PARTIALLY HYDROLYZED BEEF STOCK, SODIUM PHOSPHATES, FLAVORINGS, SODIUM DIACETATE, CITRIC ACID (VITAMIN C), SODIUM NITRITE, EXTRACTIVES OF PAPRIKA. **HOT DOG:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF: SALT, SODIUM PROPIONATE (PRESERVATIVE), YEAST NUTRIENTS (CALCIUM SULFATE, POTASSIUM CHLORIDE), CORN STARCH, DOUGH CONDITIONERS (MONOGLYCERIDES, DIMETHYL PEROXIDE), TRICALCIUM PHOSPHATE, DIAMMONIUM PHOSPHATE. **CONSTITUENT**

Nutrition Facts	
Amount / Serving	%DV*
<b>Total Fat</b> 17g	<b>28%</b>
Sat. Fat 7g	34%
Trans Fat 1g	
<b>Cholest.</b> 35mg	<b>11%</b>
<b>Sodium</b> 760mg	<b>32%</b>
Percent Daily Values (DV) are based on a diet of 2,000 calories a day.	

  

Amount / Serving	%DV*
<b>Total Carb.</b> 28g	
Fiber 1g	
Sugars 4g	
<b>Protein</b> 12g	
Vitamin A 0%	Vitamin C 4%
Calcium 8%	Iron 10%





## Turkey Ham (p. 1-63)

### TURKEY HAM, Fully cooked, chilled or frozen<sup>41</sup>

Turkey Ham, Fully cooked, chilled or frozen <sup>41</sup> Includes USDA Commodity	Pound	11.2	1.4 oz serving (1 oz cooked turkey)	9.0	1 lb AP = 0.70 lb cooked turkey
	Pound	7.46	2.1 oz serving (1-1/2 oz cooked turkey)	13.5	

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



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

Commodity	Weight	AP	Serving Size	AP per Serving
Ham, Fully Cooked, Chilled or Frozen	Pound	11.2	1.4 oz serving (1 oz cooked turkey)	9.0
	Pound	7.46	2.1 oz serving (1-1/2 oz cooked turkey)	13.5

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

Commodity	Weight	AP	Serving Size	AP per Serving
Ham, Fully Cooked, Chilled or Frozen	Pound	11.2	1.4 oz serving (1 oz cooked turkey)	9.0
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Commodity	Weight	AP	Serving Size	AP per Serving
Ham, Fully Cooked, Chilled or Frozen	Pound	11.2	1.4 oz serving (1 oz cooked turkey)	9.0
	Pound	7.46	2.1 oz serving (1-1/2 oz cooked turkey)	13.5



## Ham and Water Products

- <sup>32</sup> 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 1.
- <sup>33</sup> For products labeled "Ham and Water Products X% of weight is added ingredients" to be properly utilized in Child Nutrition Programs, you should either 1) purchase a CN labeled product or 2) take out the percent of added water/ingredients by multiplying the finished weight by the percent added ingredients and then subtracting that amount from the finished weight, divide by the manufacturers cooking yield to obtain the raw weight of the product and then multiply by the *Food Buying Guide* yield for the specific cut of pork used to process the product.



## Ham and Water Products

Ham, 10% water added.  
Start with 5# ham  
 $5 \times .10 = .5$  lb of water  
 $5 - .5 = 4.5$  lb of ham



## Ham and Water Products (p.1-49)

PORK, MILD CURED, Fully Cooked, chilled or frozen <sup>32</sup> (continued)					
Pork, Mild Cured, Fully Cooked, chilled or frozen	Pound	13.1	1.22 oz ham water added (provides 1 oz cooked lean meat)	7.7	1 lb AP – 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
<b>Ham</b> Water added <sup>32</sup> Smoked Rolled Fully cooked (Like IMPS #505 Style C) USDA Commodity	Pound	8.74	1.83 oz ham water added (provides 1-1/2 oz cooked lean meat)	11.5	

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



## Other Pork Products

Pepperoni		x	Only CN-labeled pepperoni may be credited. This product is high in sodium and fat and should be used sparingly.
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Canadian Bacon or Mild Cured Pork	x		1 lb. (16 oz.) will yield eleven 1-oz. servings of cooked, lean meat. See page 1-47 of the <i>Food Buying Guide</i> , CN Label, or product formulation statement for crediting information.
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PORK, MILD CURED, Ready-to-cook, chilled or frozen <sup>32</sup>					
Pork, Mild Cured, Ready-to-cook, chilled or frozen	Pound	11.0	1 oz cooked lean meat	9.1	1 lb AP – 0.69 lb cooked lean meat
<b>Canadian bacon<sup>32</sup></b>	Pound	7.36	1-1/2 oz cooked lean meat	13.6	

<sup>32</sup> 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 1.



## Sausage

Sausage		x	Items labeled "fresh pork sausage" or "fresh Italian sausage" may be credited as shown on page 1-45 of the <i>Food Buying Guide</i> . 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).
Meat Sticks (summer sausage)		x	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).



## Salami

Salami		x	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.
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## Breaded Fish

Fish Sticks or Portions	x		Only the edible fish portion credits toward the meat/meat alternate requirement. See pages 1-52 to 1-54 of the <i>Food Buying Guide</i> . For breading/batter crediting, see the grains/breads section.
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## Fish Portions (1-53)

### Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
<b>Seafood, FISH PORTIONS, frozen<sup>34, 37</sup> (continued)</b>					
Seafood, frozen					
<b>Fish Portions<sup>34</sup></b>					
<b>Raw breaded (75 percent fish)<sup>37</sup></b> (Not from minced fish)					
4 oz portion	Pound	4.00	1 portion (about 2.3 oz cooked fish)	25.0	1 lb AP – 0.58 lb cooked fish
3 oz portion	Pound	5.33	1 portion (about 1.7 oz cooked fish)	18.8	1 lb AP – 0.58 lb cooked fish
2 oz portion	Pound	8.00	1 portion (about 1.2 oz cooked fish)	12.5	1 lb AP – 0.58 lb cooked fish

<sup>34</sup>The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.

<sup>37</sup>Fish Portions, Frozen, Raw, Breaded is based on the NOAA's Fishery Products Inspection Manual 25 Part II Chapter 4, section 05 which specifies the product must contain a minimum of 75 percent fish.





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## Fish Sticks (1-54)

Seafood, frozen <b>Fish Sticks<sup>34</sup></b> Fried breaded (60 percent fish) <sup>38</sup> (Not from minced fish) 1 oz stick	Pound	16.0	1 stick (about 0.5 oz cooked fish)	6.3	1 lb AP – 0.49 lb cooked fish
	Pound	8.00	2 sticks (about 1.0 oz cooked fish)	12.5	
	Pound	5.33	3 sticks (about 1.5 oz cooked fish)	18.8	
	Pound	4.00	4 sticks (about 2.0 oz cooked fish)	25.0	
Seafood, frozen <b>Fish Sticks<sup>34</sup></b> Raw breaded (72 percent fish) (Not from minced fish) 1 oz stick	Pound	16.0	1 stick (about 0.6 oz cooked fish)	6.3	1 lb AP – 0.56 lb cooked fish
	Pound	8.00	2 sticks (about 1.1 oz cooked fish)	12.5	
	Pound	5.33	3 sticks (about 1.7 oz cooked fish)	18.8	
	Pound	4.00	4 sticks (about 2.2 oz cooked fish)	25.0	

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# Breaded Fish



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# Fish Sticks

**Ingredients**

64.2% (ALASKA POLLOCK) 35.8% BATTER & BREADING : ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), 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, MALTODEXTRIN, DRIED ONION, ONION POWDER, SUGAR, DRIED YEAST, NATURAL AND ARTIFICIAL FLAVORS, SOYBEAN OIL, DRIED WHEY, DEXTROSE, CITRIC ACID, COCONUT OIL, CORN SYRUP SOLIDS, GUM ARABIC, PAPRIKA EXTRACT (COLOR), DIPOTASSIUM PHOSPHATE, LACTIC ACID, MONO AND DIGLYCERIDES, SODIUM CASEINATE. PARFRIED IN SOYBEAN AND/OR CANOLA OIL.  
 CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK

Dietary Fiber	1g	4%
Sugar	0g	
Protein	14g	
Vitamin A	2%	Vitamin C 2%
Calcium	2%	Iron 4%
Omega 3	mg	

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## 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!

