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Child Nutrition Labeling for Nonmeat Products

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Nutrition and Technical Services Division
Food and Nutrition Service

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Introduction

This publication has been prepared for food manufacturers. It contains instructions on how to apply for and obtain approval of a label with a Child Nutrition (CN) statement. It also contains instructions for calculating the contribution that a nonmeat product makes toward meeting meal pattern requirements for the Child Nutrition Programs. A nonmeat product may contain cheese/cheese alternates, cooked dry beans or peas, eggs, peanut butter, protein fortified macaroni or any combination of these. These procedures supersede all other instructions, written or oral, which the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA) may have provided.

The procedures outlined in this manual apply to nonmeat products that are produced under Federal Inspection by the USDA or the U.S. Department of Commerce. Products which are produced under State inspection are not eligible for CN labels.

CN Label Application Materials

What to Submit

Submit the following information collated and stapled in the order listed below:

- FSIS MP Form 8822-1 - 6 copies (NOAA Form 89-819 with specifications for nonmeat products produced in a seafood plant)
- Product Label - 6 copies
- Alternate Food Product Information (i.e., protein fortified macaroni) - 1 copy
- Quality Control Programs - To FSIS only for products under FSIS cross utilization inspection

**FSIS MP Form
8822-1 or
Specifications
for USDC
Inspected
Products**

- Complete all portions of the form. Submit 6 copies.
- List all ingredients in descending order of predominance.
- Indicate the raw weight of the product portion.
- Indicate the actual cooking yield if a product or a portion is precooked.

- Include fill specifications per serving when a product consists of two or more major components. For example:

Cheese Pizza

Fill Specification

<u>Component</u>	<u>Weight (ounce)</u>
Crust	1.60
Cheese	2.00
Tomato Sauce	1.40
	<u>5.00-oz portion</u>

- For items produced in USDA inspected plants, indicate whether FSIS or AMS will do the inspection. If it is AMS, tell which commodity division.
- Submit the following information, when claiming bread credit for battered and/or breaded products:
 - a) Percentage breakdown of the whole-grain or enriched flour or meal contained in the batter/breader; and
 - b) Percentage breakdown of added water and any other liquid used in the batter/breader.

Product Label

- For sketch approval, submit a legible draft of the label as it will appear on the package. If the sketch is black and white, describe the colors that will appear on the final label. Submit 6 copies.
- For final approval, submit the label exactly as it will appear on the package. Submit 6 copies.

The following information must be printed on the label: (It is responsibility of the manufacturer to check with FDA to verify legality of the product name, ingredient listing, type of print and other FDA requirements. FNS may request a letter indicating FDA's label approval.)

- Product name
- Federal inspection legend
- Name and address of manufacturer or distributor
- Ingredient statement. Ingredients listed on the product label must match ingredients listed on the application form.
- CN label statement. This statement must be an integral part of the product label and must include:

- logo
- product identification number assigned by FNS
- statement of credit (see below)
- authorization statement
- approval date (month/year label is approved final by FNS. Every time a final label application is submitted, a new approval date will be assigned).

The statement of credit identifies the contribution of a specific portion of a nonmeat product toward the meat alternate, bread/bread alternate, and/or vegetable/fruit component of the meal pattern requirements. The following criteria apply:

- A product serving must provide a minimum of 0.50 ounce equivalent meat alternate. Ounce equivalents should be expressed as a decimal in increments of 0.25 ounce e.g., 0.50, 0.75, 1.00, etc., ounce equivalent meat alternate.
- In order to receive a bread/bread alternate credit, a product must provide a minimum of 1/4 serving. Larger servings must be expressed in increments of 1/4 serving bread/bread alternate.
- In order to receive a vegetable/fruit credit, a product must provide a minimum of 1/8-cup serving. Larger servings must be expressed as a fraction in increments of 1/8-cup servings (1/8, 1/4, 3/8, etc.).

The CN statement must accurately reflect the product. For example:

A product that contains only a meat alternate such as cheese and dry beans would state "provides _____ oz equivalent meat alternate."

**Alternate
Food Products
Information**

Cheese alternate products and enriched macaroni with fortified protein may be used to meet part of the meat alternate component. Attach 1 photo copy or facsimile of the label of each approved alternate food product that will be credited toward the meal pattern requirements. Write the manufacturer's name, product name, and identification number on all six copies of the application form.

Additional information on FNS-approved alternate food products is available from the Nutrition and Technical Services Division, FNS.

Quality Control Program

A quality control program is submitted to FSIS only for products under FSIS cross utilization inspection.

The Meat and Poultry Inspection Program (MPI) approves acceptable plant quality control (QC) programs that can be effectively monitored by MPI inspectors. The QC program may be approved only after a label has received final approval.

Submit all QC programs to the inspector-in-charge for review. The inspector-in-charge will transmit the proposal to the Processed Products Inspection Division, Technical Services, FSIS, through the proper channels (circuit supervisor, area supervisor, regional office).

Additional information on inspection procedures is attached.

Samples(Upon Request Only)

FNS may request a sample of the product as part of the review process. If a sample is requested, final label approval may be delayed until the sample is received and reviewed. Label applications must be for products that have been made and tested in a pilot plant or on an assembly line.

Procedures for Submitting CN Labels**Where to Submit**

For products that will be inspected by AMS or FSIS, submit all label applications to:

U.S. Department of Agriculture
Food and Nutrition Service
Nutrition and Technical Services Division, Room 602
3101 Park Center Drive
Alexandria, Virginia 22302
Attn: Label Reviewer

Requests for information and answers to questions can be obtained by calling: (703) 756-3556.

For products under USDC inspection, submit all label applications to:

Approving Officer
National Seafood Quality and Inspection Laboratory
National Marine Fisheries Service
P.O. Drawer 1207
Pascagoula, Mississippi 39567

Requests for information and answers to questions can be obtained by calling: (601) 762-1892.

Procedures for Reviewing CN Labels

Queuing System

When FNS receives a label, the label is dated and placed in a queuing system. Each label is reviewed in turn based on the date received. Exceptions to the queuing system will not be granted except in extreme emergencies. The review time in FNS will be approximately 1 week; however, this may vary depending on the volume of labels. In addition, label approval for products that are exceptionally complex may take longer.

Once a label has been reviewed and approved by FNS, it is forwarded to the Agency responsible for inspection of that product. (See routing charts pgs. 12-14)

Identification Numbering System

FNS will use an automated data system to assign a 6-digit identification number to all labels. This system will help FNS keep track of label approvals and provide this information to regional, State, and local Child Nutrition Program staff. FNS will also use these data to notify the appropriate manufacturers when a new regulation requires them to resubmit labels. When a label is submitted in sketch, FNS assigns an identification number to it. Before a label is submitted final without prior sketch approval, the manufacturer must call FNS for an identification number before printing the label. A new identification number will be assigned, every time a final label application is received.

Label Applications Returned

Label applications that are incorrect, illegible, or lacking appropriate information will be returned to the applicant with notations of the errors. FNS will keep one copy of every label application submitted for review. Labels that are resubmitted for review will be placed in the queuing system based on the date of resubmittal.

Label Applications Resubmitted

Resubmit labels through FNS when there is a:

- newly assigned or revised establishment number.
- change in the plant name or address.
- change in the listing of ingredients.
- quality or nutritional claim.
- change in the product name.

Approve label changes at the plant level when:

- all features are proportionally enlarged or reduced.
- abbreviations are substituted for words i.e., lbs for pounds.
- wrappers are changed for holidays.
- directions for opening the container or package are changed.
- coupons are added/deleted.
- net weights are changed.
- recipes are added/deleted.
- punctuation changes are made.
- package open date is added/deleted.
- packaging materials are changed.
- distributor information is added.
- color changes are made.
- illustration changes are made.
- code numbers are changed. Whenever a product's code number is changed, send a copy of the new label to FNS.

Federal Inspection for Nonmeat Processed Products

Inspection for nonmeat processed products may be performed by a Food Safety and Inspection Service (FSIS) or U.S. Department of Commerce (USDC) inspector available at the plant, under a process of cross utilization. When FSIS inspects nonmeat products under cross utilization, it will perform the inspection in accordance with approved partial quality control procedures established (copy attached). When USDC inspects nonmeat products under cross utilization, USDC inspection guidelines (copy attached) will be followed. When FSIS is cross utilized to inspect nonmeat products, the PPB fee shall apply. All cross utilization will be subject to the availability of FSIS and USDC inspectors. In FSIS and USDC-inspected plants where cross utilization is not available, or in plants not under FSIS or USDC inspection, the following will apply:

- Agricultural Marketing Service (AMS) units, which provide grading and/or acceptance services to firms, are responsible for performing the inspection services associated with the CN Labeling Program. For firms which do not currently receive AMS grading and/or acceptance services on a regular basis, the Fruit and Vegetable Division (FVD) of AMS is responsible for assigning appropriate inspection personnel.

The FVD is designated as the unit responsible for coordinating AMS activities relating to the CN Labeling program. For nonmeat products inspected by AMS, inspection procedures established by FVD (copy attached) will be followed. The fee charged shall be that of the commodity division performing the inspection. Billing will be made by the individual inspection service.

Inspection procedures applied in each of the above cases (FSIS, USDC, AMS) will be used to ensure compliance with the approved CN label product formulation.

The inspection mark used for nonmeat products will be a rectangular box which contains the statement "Inspected by the U.S. Department of Agriculture in Accordance with FNS Requirements". This will appear as follows:

INSPECTED BY THE U.S. DEPT. OF AGRICULTURE In Accordance With FNS Requirements

The above marking does not prohibit the use of additional inspection markings where appropriate.

Each shipping container shall be coded as to identify each lot from any other lot produced by the contractor. In addition, shipping containers shall bear a facsimile of the USDA or USDC identification stamp.

All lots shall be certified as to acceptance in accordance with the CN labeling program and applicable specifications. Certificates shall identify lots with codes and USDA or USDC identification stamp as shown on the case.

Plants that wish to be under Federal inspection by FSIS, AMS, or USDC must meet the minimum sanitation requirements established by the respective agencies.

How to Request Federal Inspection or Acceptance Service for Nonmeat Products

Cross Utilization (FSIS)

This inspection service may be used for nonmeat products produced in meat or poultry plants that are under the Federal Meat and Poultry Inspection Program. The following apply when requesting inspection of nonmeat products under cross utilization by FSIS:

- Before submitting your CN label applications for nonmeat products, submit the request for inspection to your Regional Director for Meat and Poultry Inspection through your circuit supervisor.
- The inspector in charge (IIC) at your plant will be notified as to the Regional Director's decision on the request.
- If the request is approved, obtain a letter of concurrence from your IIC stating that your request for inspection of nonmeat products under cross utilization by FSIS has been approved by the Regional Director. A copy of this letter must be attached to the CN label application for each product to which it applies.
- If the request is denied you must request inspection from AMS.

Cross Utilization (USDC)

This inspection service may be used for nonmeat products produced in fish establishments that are under Federal inspection by the National Marine Fisheries Service of USDC. The following applies when requesting inspection of nonmeat products under cross utilization by USDC:

- Submit the request to your USDC plant inspector along with the 89-819 form, product specifications, and labels for the nonmeat products. The plant inspector will forward the label applications to the Approving Officer at the National Seafood Quality and Inspection Laboratory.

AMS Acceptance Service

- 1) In plants that currently receive AMS grading and/or acceptance services on a regular basis, the AMS personnel responsible for performing this service may inspect the nonmeat products under the CN Labeling Program. The following applies when requesting this type of inspection:
 - Before submitting your CN label applications for nonmeat products, contact your inplant AMS inspector to request inspection for these products. He or she will direct your request to the appropriate person for approval.
 - Specify on all CN label applications for nonmeat products that the inspection will be performed by your inplant AMS inspector. Also specify the commodity division that he or she works under. This latter information is essential in order to allow for proper routing of the label applications.

2) Inspection of CN labeled nonmeat products by AMS is also available through the Fruit and Vegetable Division (FVD) of AMS. The following applies when requesting inspection through FVD:

- Before submitting your CN label applications for a nonmeat product, contact the Officer in Charge, Processed Products Branch, Fruit and Vegetable Division, AMS, U.S. Department of Agriculture at the field office nearest you (see page) to obtain information on inspection services and to discuss your inspection needs.
- Specify on your CN label applications for nonmeat products that the inspection will be performed by FVD of AMS.
- After receiving final CN label approval for nonmeat products, direct requests for inspection of the products to: Office in Charge, Processed Products Branch, Fruit and Vegetable Division, AMS, U.S. Department of Agriculture at the field office nearest you (see below). This request should be made well in advance of the scheduled production of the product.

AMS FIELD OFFICE

WESTERN REGION

721 19th Street
U.S. Custom House, Rm 357
Denver, CO 80202
303-837-3160

2202 Monterey St.
Suite 102
Fresno, CA 93721
209-487-5210
Honolulu, HI 96822
808-548-7148

State of Hawaii
Dept. of Agriculture
P.O. Box 22159
(1428 So. King St.)

300 No. Los Angeles St.
Room 1309
Los Angeles, CA 90012
213-688-3173

5635 Stratford Circle
Suite 11
Stockton, CA 95207
209-946-6301

1438 South First St.
San Jose, CA 95110
408-291-7467

530 North Redwood Road
Room 217
Salt Lake City, UT 84116
801-533-4133

32 North 3rd St.
Room 212
Yakima, WA 98901
509-575-5869

P.O. Box 5345
340 High St., N.E.
Salem, OR 97301
503-399-5761

EASTERN REGION

98 Third St., S.W.
Winter Haven, FL 33880
813-294-7416

1555 St. Joseph Ave.
East Point, GA 30344
404-763-7495

Room 2-1-58 Federal Ctr.
74 North Wash. Ave.
Battle Creek, MI 49017
616-962-6511 ext. 6348

U.S. Custom House
Room 1014
610 So. Canal St.
Chicago, Illinois 60607
312-353-6215

102 Maryland Avenue
Easton, MD 21601
301-822-3383

Room 209
35 East Mountain St.
Fayetteville, AR 72701
501-521-1438

252 - 7th Ave.
Federal Bldg., 5R
New York, NY 10001
212-620-3521

165 Lancaster St.
Portland, ME 04101
207-780-3243

No. 1 North 14th Street
Room 332
Richmond, VA 23219
804-786-2422

E. Fond du Lac St.
Route 2, Box 15
Ripon, WI 54971
414-748-2287

Genesee Valley
Regional Market
Room 110
900 Jefferson Road
Rochester, NY 14623
716-424-2096

57 West Timonium Road
Suite 107
Timonium Professional Bldg.
Timonium, MD 21093
301-252-2280

105 Fisher Ave.
Van Wert, OH 45891
419-238-4105

415 Gray Lane
Weslaco, TX 78596
512-968-2772

PUERTO RICO OFFICE

P.O. Box 9112
Santurce, PR 00908
809-783-4116

THE BRANCH ADMINISTRATIVE OFFICES ARE:

NATIONAL OFFICE

Processed Products Branch
Fruit and Vegetable Div., AMS
U.S. Department of Agriculture
Room 0717 South Building
Washington, D.C. 20250
202-447-4693

WESTERN REGIONAL OFFICE

111 West St. John St.
Suite 416
San Jose, CA 95113
408-275-7253

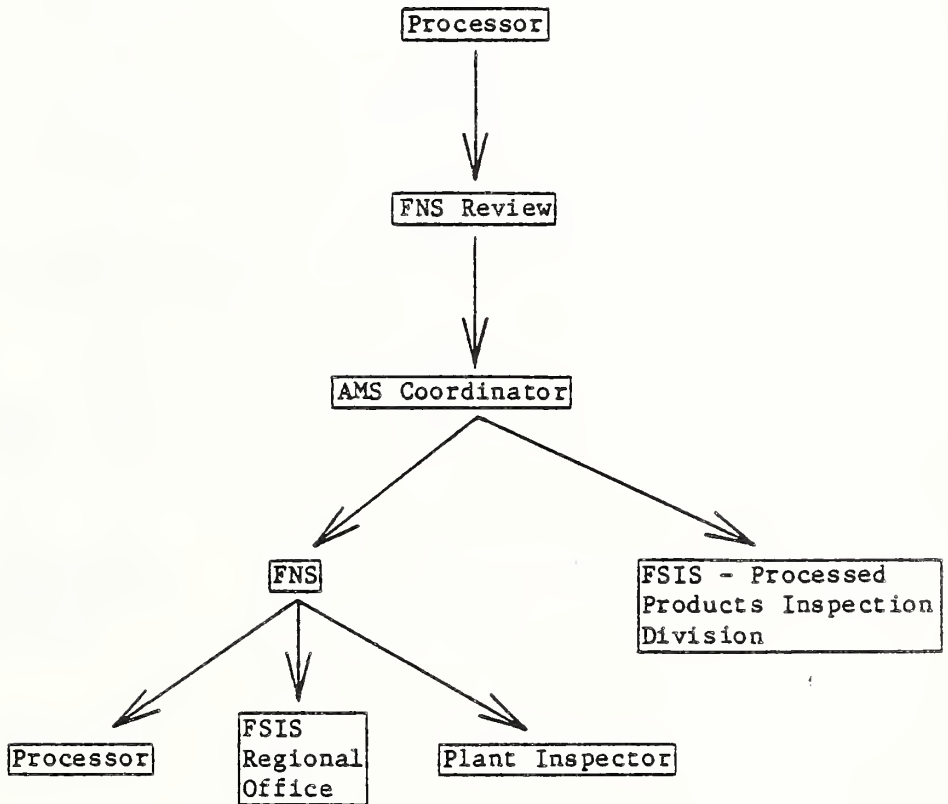
EASTERN REGIONAL OFFICE

330 Georgetown Square
Suite 104
Wood Dale, IL 60191
312-353-6217

Label Routing Process

FSIS Cross Utilization Inspection

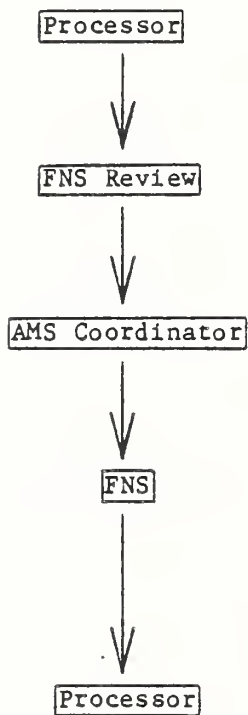
Sketch and Final Labels



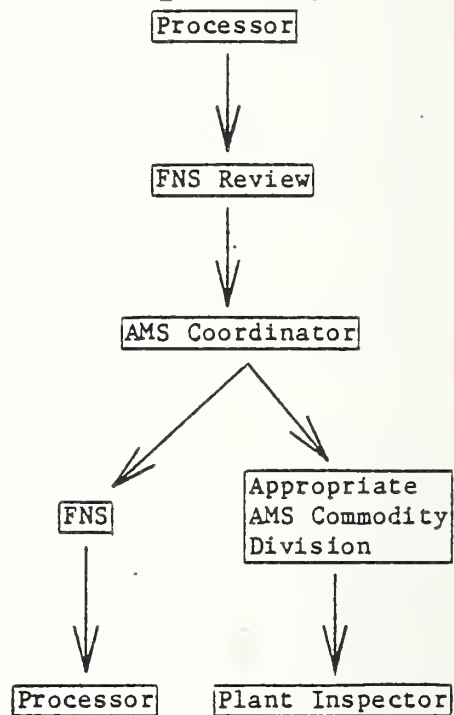
Label Routing Process

AMS In-Plant Inspection

Sketch Label



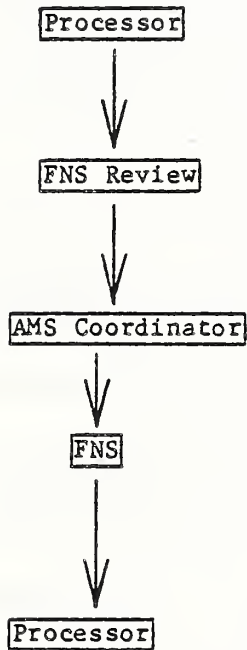
Final Label



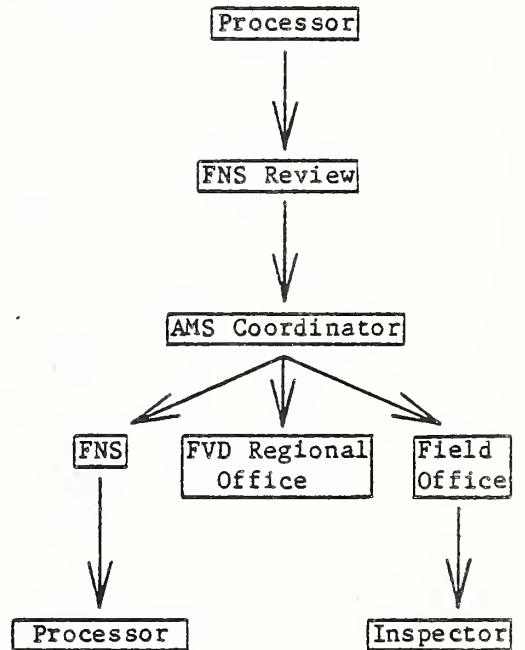
Label Routing Process

AMS - FVD Inspection

Sketch Label



Final Label



Procedures for Determining Equivalent Meat Alternates

The unit of measure for the meat alternate component is "oz equivalents." To be CN labeled, a serving of a product must provide a minimum of 0.50-ounce equivalent meat alternate. Any of the following can contribute to the meat alternate component of the child nutrition meal pattern requirements: cheese, eggs, cooked dry beans or peas, peanut butter, cottage cheese, or any combination of these. Cheese alternate products and enriched macaroni with fortified protein when made and used according to USDA regulations may also be used to meet part of the meat alternate component. Additional information on the use of alternate food products is available from the Nutrition and Technical Services Division, FNS.

Vegetable protein products may not be used to meet part of the meat alternate requirement when prepared in combination with nonmeat products.

There are four general steps used in determining the total ounces of equivalent meat alternate in a serving of a product:

Step 1: Determine which allowable meat alternates are used in the product being labeled.

Step 2: Calculate the ounce equivalent meat alternate in each category. (Procedures for determining this are on the following pages.)

Step 3: Total the ounce equivalent meat alternate calculated under each category.

Step 4: Round down to the nearest 0.25-ounce equivalent meat alternate.

Calculating the Contribution of Dry Beans or Peas

1. Multiply the raw serving size¹ by the percent dry beans or peas in the raw formula.

¹For cooked products, determine the ounce raw serving by dividing the following:

$$\text{oz cooked serving} \div \frac{\text{manufacturer's actual}}{\text{cooking yield}} = \text{oz raw serving}$$

oz raw serving size x % dry beans = oz dry beans/serving

2. Convert the ounce dry beans/serving to pound dry beans/serving by dividing by 16 ounces/pound:

oz dry beans ÷ 16 oz/lb = lb dry beans/serving

3. Multiply the pound dry beans/ serving by the number of 1/4-cup servings per purchase unit (one pound as purchased = 24.90 1/4-cup servings cooked dried pinto beans - interpolated from the FBG). One-fourth cup cooked dry beans = 1.00 oz equivalent meat alternate.

lb dry beans/	x	1/4 cup servings/	=	1/4 cup serving cooked
serving		lb		dry beans/serving or
				oz equivalent meat
				alternate/serving

NOTE: Cooked dried beans or peas may be counted as a meat alternate or vegetable but not as both components in the same product.

Calculating the Contribution of Cheese/Cheese Alternates

1. Multiply the raw serving size by the percent of cheese (or cheese + cheese alternate) to determine the ounce of cheese per serving:

oz raw x % cheese = oz cheese/serving or oz equivalent
serving meat alternate/serving

NOTE: Cheese and FNS-approved cheese alternate products are calculated based on a 100 percent yield. Cottage cheese, ricotta cheese, and cheese foods are calculated based on a 50 percent yield.

NOTE: Additional information on the use of cheese alternate products in the Child Nutrition Programs, is available from the Nutrition and Technical Services Division, FNS.

Calculating the Contribution of Dried Whole Eggs

1. Multiply the serving size by the percent of dried whole eggs in the formula to obtain the ounces of available dried whole eggs:

oz raw serving x % dried whole eggs = oz dried whole
eggs/serving

2. Convert ounce dried whole eggs/servings to pound dried whole eggs/serving by dividing by 16 ounces/pound:

oz dried whole eggs/serving ÷ 16 oz/lb = lb dried whole
eggs/serving

3. Multiply the pound dried whole eggs/serving by the servings per pound as found in the FBG (one pound dried whole eggs = 32 large eggs or 64 ounce equivalent meat):

lb dried whole eggs/serving x 64 = oz equivalent meat
alternate/serving

Calculating the Contribution of Frozen Whole Eggs

1. Multiply the serving size by the percent of frozen whole eggs in the formula to obtain the ounce available frozen whole eggs:

oz raw serving x % frozen whole eggs = oz frozen whole
eggs/serving

2. Convert ounce frozen whole eggs/serving to pound frozen whole eggs/serving by dividing by 16 ounces/pound:

oz frozen whole eggs/serving ÷ 16 oz/lb = lb frozen whole
eggs/serving

3. Multiply the pound frozen whole eggs/serving by the servings per pound as found in the FBG (one pound frozen whole eggs = 9.07 large eggs or 18.14 ounce equivalent meat):

lb frozen whole eggs/serving x 18.14 = oz equivalent meat
alternate/serving

Procedures for Determining Servings Bread/Bread Alternate

The unit of measure for the bread/bread alternate component is "serving." In order to state bread credit on a CN label, the product must provide a minimum of 1/4-serving and credit must be expressed in 1/4-serving increments.

The four steps used to determine the total number of bread servings in a product are:

Step 1: Determine the group that applies to your product.

Step 2: Determine the number of bread servings by dividing the ounces of bread/bread alternate in the product by the weight of a bread serving (in ounces). Consult the chart above or Section 3 of the FBG for each group of bread/bread alternate.

Step 3: Round down to the nearest 1/4 serving.

Procedures for Determining Vegetable/Fruit Credit

The vegetable/fruit component is credited on a volume measure. The unit of measure used is "cup." In order to state vegetable/fruit credit on a CN label, the product must provide a minimum of 1/8 cup and credit must be expressed in increments of 1/8 of a cup.

The four steps used to determine the cup(s) of vegetable/fruit are:

Step 1: Identify the food items that can be credited toward the vegetable/fruit requirement. Items must be described so that they match a food item in the Food Buying Guide, e.g., cabbage, fresh, cooked, shredded. (This information can be found in columns 1 and 4.)

Step 2: Calculate the contribution of each food item that can be counted. (Procedures for determining this step are on the following pages).

Step 3: Add the contribution of each food item to get the total.

Step 4: Round down to the nearest 1/8 cup.

Shown below are the calculations for Step 2.

1. Multiply the serving size (in ounces) by the percent of the product that is creditable vegetable/fruit:

serving size (oz) x % of creditable = creditable vegetable/
vegetable/fruit fruit per serving

2. Divide the amount of creditable vegetable/fruit by 16 (16 oz/lb):

$$\frac{\text{amount of creditable}}{\text{vegetable/fruit}} \div 16 = \frac{\text{no. of lb creditable vegetable/fruit}}{\text{fruit per serving}}$$

3. Multiply the creditable vegetable/fruit per serving by the number of servings per pound unit from the Food Buying Guide².

$$\frac{\text{lb of vegetable/fruit per serving}}{\text{fruit per serving}} \times \frac{\text{no. of servings}}{\text{per pound unit}} = \frac{\text{no. of 1/4 servings}}{\text{vegetable/fruit}}$$

Sample CN Label Statements

Manicotti

Ricotta and Cheddar Cheese Manicotti

CN

	000000
3.45 oz Ricotta and Cheddar Cheese Manicotti [containing 2.20 oz filling (.53 oz equivalent ricotta cheese, .75 oz cheddar cheese, .41 oz equivalent meat alternate) and .40 oz dry protein fortified macaroni] ³ provides 2.00 oz equivalent meat alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, (USDA 06-84).	
	CN

CN

Lasagna

Cheese Lasagna with Sauce

CN

	000000
6.75 portion of Cheese Lasagna with Sauce [containing 2.5 oz filling (.69 oz equivalent ricotta cheese, .67 oz mozzarella cheese, .40 oz cheddar cheese), 1.60 oz sauce, 2.25 oz cooked pasta and .40 oz mozzarella topping] ³ provides 2.00 oz equivalent meat alternate, 1 serving of bread alternate and 1/8 cup serving of vegetable for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-84).	
	CN

CN

²See page 23 for yield information on fresh and canned vegetables.

³Information in BRACKETS [] is optional.

Burrito

Cheese and Bean Burrito

CN 000000

5.00 oz cheese and bean burrito [containing 3.00 oz filling (1.42 oz cheese and .75 oz equivalent cooked dry beans) and 2.00 oz enriched flour tortilla]³ provides 2.00 oz equivalent meat alternate and 1 3/4 servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-84).

CN

Pizza

Cheese Pizza

CN 000000

5.00 oz Pizza with Cheese [containing 2.25 oz cheddar cheese, 1.25 oz sauce and 1.50 oz enriched pizza crust]³ provides 2.00 oz equivalent meat alternate, 1/4 cup serving of vegetable and 1 1/2 servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06-84).

CN

³Information in BRACKETS [] is optional.

Selected Yield Data for Commonly Used Meat Alternates¹

MEAT ALTERNATES	SERVINGS PER POUND
Beans, dry²	
Blackeyed beans (or peas) ...	28.3 1/4-cup cooked beans
Garbanzo (chickpeas)	24.6 1/4-cup cooked beans
Great Northern	25.5 1/4-cup cooked beans
Kidney	24.8 1/4-cup cooked beans
Lima (large	27.0 1/4-cup cooked beans
<small>(small)</small>	23.4 1/4-cup cooked beans
Mung	28.1 1/4-cup cooked beans
Navy (pea)	23.9 1/4-cup cooked beans
Pinto	24.9 1/4-cup cooked beans
Soybeans	25.9 1/4-cup cooked beans
 Dry Beans, Canned	
Blackeyed beans (or peas) ...	6.5 1/4-cup drained beans
Garbanzo (chickpeas)	7.2 1/4-cup drained beans
Kidney	6.2 1/4-cup drained beans
Pinto	6.4 1/4-cup drained beans
 Cheese	
Cheese Food Products	8 1-oz servings
Cottage Cheese	8 1-oz servings
Ricotta Cheese	8 1-oz servings
American	16 1-oz servings
Cheddar	16 1-oz servings
Mozzarella	16 1-oz servings
Parmesan (grated)	16 1-oz servings
Romano (grated)	16 1-oz servings
Swiss	16 1-oz servings
 Eggs³	
Dried Whole Eggs	32 large eggs or 64-oz equivalent meat
 Frozen Whole Eggs	 9 large eggs or 18-oz equivalent meat

¹Data derived from the Food Buying Guide for Child Nutrition Programs, Program Aid Number 1331, January 1984.

²1/4 cup = 1 oz equivalent meat alternate.

³One large egg = 2 oz equivalent meat alternate.

Peanut Butter Canned 14.4

Selected Yield Data for Commonly Used Fresh and Canned Vegetables

VEGETABLES	SERVINGS PER POUND
BEANS, BLACKEYE BEANS OR PEAS	
Fresh (shelled)	10.30
Canned (green, drained)	9.56
BEANS, GREEN	
Fresh (ready-to-cook)	12.61
Canned (whole, drained)	14.27
Canned (cut, drained)	11.95
Canned (french style, drained)	9.92
BEANS, KIDNEY	
Canned (drained)	9.31
BEANS, LIMA	
Fresh (shelled)	10.80
Canned (green, drained)	9.11
BEANS, PINTO	
Canned (drained)	7.52
BEANS, WAX	
Fresh (ready-to-cook)	10.68
Canned (drained)	12.45
BEANS, SPROUTS	
Canned (drained)	11.93
BEETS	
Canned (diced, drained)	10.58
Canned (sliced, drained)	9.88
Canned (whole baby beets, drained)	11.34
BROCCOLI	
Fresh (ready-to-cook spears)	11.60
Fresh (ready-to-cook cuts)	12.59
BRUSSELS SPROUTS	
Fresh (ready-to-cook)	11.18
CABBAGE	
Fresh (ready-to-cook, shredded)	15.50

VEGETABLES

SERVINGS PER POUND

CABBAGE, CELERY OR CHINESE	
Fresh (ready-to-cook, strips)	11.39
CABBAGE, RED	
Fresh (ready-to-cook, shredded)	15.86
CARROTS	
Fresh (ready-to-cook)	12.00
Canned (diced, drained)	10.68
Canned (sliced, drained)	11.16
CAULIFLOWER	
Fresh (trimmed, ready-to-cook, florets) .	14.19
CELERY	
Fresh (trimmed, ready-to-cook, diced) ...	10.48
Canned (cooked, diced, drained)	8.64
COLLARDS	
Fresh (ready-to-cook, untrimmed leaves) .	10.87
Fresh (ready-to-cook, untrimmed leaves and stems)	14.18
Canned (drained)	6.82
CORN	
Canned (whole kernel, drained) vacuum pack	10.59
liquid pack	10.61
KALE	
Fresh (ready-to-cook, untrimmed)	17.61
Canned (drained)	10.98
MUSHROOMS	
Fresh (ready-to-cook, sliced)	8.46
Canned (drained)	11.60
MUSTARD GREENS	
Fresh (ready-to-cook, untrimmed)	14.19
Canned (drained)	11.82
OKRA	
Fresh (ready-to-cook, sliced)	10.34
Canned (cut, drained)	10.23

VEGETABLES

SERVINGS PER POUND

SWEET POTATOES (continued)

Canned-syrup pack (cut, drained) 10.25
Canned-syrup pack (whole, drained) 10.34

TOMATOES

Fresh (ready-to-serve, sliced) 9.80
Canned (heated, drained) 11.05

TOMATO PASTE

Canned 27.60

TOMATO PUREE

Canned 14.40

TOMATO SAUCE

Canned 7.60

VEGETABLE, MIXED

Canned (drained) 9.45

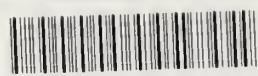
WATER CHESTNUTS

Canned (drained) 6.70



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