



BREAK for a PLATE  
SCHOOLS

## Food Component Requirements for Entrees

Meat/ Meat Alternate (M/MA)	<ul style="list-style-type: none"> <li>• Credited in oz eq.</li> <li>• Beef, poultry, pork, beans, nut butters, cheese, yogurt, and tofu are all creditable</li> <li>• Use of Food Buying Guide (FBG) to determine how products credit and convert as purchased into edible portion and oz eq.</li> <li>• Access the FBG at <a href="http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs">www.fns.usda.gov/tn/food-buying-guide-school-meal-programs</a></li> </ul>
Grain	<ul style="list-style-type: none"> <li>• Credited in oz eq.</li> <li>• All grains must be whole grain rich (i.e. ≥50% of the grains in the product are whole grains)</li> <li>• Purchased breads, buns, bagels and biscuits credit 1 oz by weight = 1 oz eq.</li> <li>• Purchased pastas, rice and oats credit as 1 oz dry or ½ cup cooked = 1 oz eq.</li> <li>• Flour in from scratch recipes credits 16 g per serving = 1 oz eq.</li> <li>• Cereal grains in from scratch recipes credit 28 g = 1 oz eq.</li> <li>• Use Exhibit A for crediting of other purchased grain products.</li> </ul>
Fruit	<ul style="list-style-type: none"> <li>• Credited in cups</li> <li>• Dried fruit credits as double the volume</li> <li>• Minimum creditable amount is 1/8 cup</li> <li>• Use the FBG to convert as purchased into edible portion</li> </ul>
Vegetable	<ul style="list-style-type: none"> <li>• Credited in cups</li> <li>• Weekly vegetable subgroup requirements</li> <li>• Minimum creditable amount is 1/8 cup</li> <li>• Raw leafy greens credit as half the volume</li> <li>• Use the FBG to convert as purchased into edible portion</li> </ul>

### Additional Resources

- USDA National School Lunch Program – [www.fns.usda.gov/tn/food-buying-guide-school-meal-programs](http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs)
- USDA Food Buying Guide – [www.fns.usda.gov/tn/food-buying-guide-school-meal-programs](http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs)
- USDA Whole Grain Resource for the National School Lunch and School Breakfast Programs – <http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>