

# Using Product Labels to Credit Yogurt, Cereal, and Combination Foods

## Takeaways

1. Identify cereals and yogurts that meet CACFP sugar limits
2. Correctly use CN labels and Product Formulation Statements for store-bought combination foods
3. Labels to keep on file

# USDA CACFP Meal Pattern Training Worksheets



## Sugar Limits

**Choose Breakfast Cereals That Are Lower in Sugar**

**Nutrition Facts**  
Serving Size 1 cup (30g)  
Calories 100

Total Fat	2g
Sodium	100mg
Total Carbohydrate	20g
Sugars	10g
Fiber	1g
Protein	2g

**Sugar Limits**

1. Choose cereals with 10g or less of sugar per serving.
2. Choose cereals with 10g or less of added sugar per serving.
3. Choose cereals with 10g or less of total sugar per serving.

[Choose Breakfast Cereals That Are Lower in Sugar](#)

**Choose Yogurts That Are Lower in Sugar**

**Nutrition Facts**  
Serving Size 1/2 cup (125g)  
Calories 100

Total Fat	2g
Sodium	100mg
Total Carbohydrate	20g
Sugars	10g
Fiber	1g
Protein	2g

**Sugar Limits**

1. Choose yogurts with 10g or less of sugar per serving.
2. Choose yogurts with 10g or less of added sugar per serving.
3. Choose yogurts with 10g or less of total sugar per serving.

[Choose Yogurts That Are Lower in Sugar](#)

**Calculating Sugar Limits for Breakfast Cereals in the CACFP**

**Nutrition Facts**  
Serving Size 1 cup (30g)  
Calories 100

Total Fat	2g
Sodium	100mg
Total Carbohydrate	20g
Sugars	10g
Fiber	1g
Protein	2g

**Sugar Limits**

1. Calculate the sugar limit for the cereal by multiplying the number of servings by the sugar limit per serving.
2. Compare the total sugar in the cereal to the sugar limit.
3. Choose cereals that are within the sugar limit.

[Calculating Sugar Limits for Breakfast Cereals in the CACFP](#)

**Calculating Sugar Limits for Yogurt in the CACFP and Adult Care Food Programs**

**Nutrition Facts**  
Serving Size 1/2 cup (125g)  
Calories 100

Total Fat	2g
Sodium	100mg
Total Carbohydrate	20g
Sugars	10g
Fiber	1g
Protein	2g

**Sugar Limits**

1. Calculate the sugar limit for the yogurt by multiplying the number of servings by the sugar limit per serving.
2. Compare the total sugar in the yogurt to the sugar limit.
3. Choose yogurts that are within the sugar limit.

[Calculating Sugar Limits for Yogurt in the CACFP and Adult Care Food Programs](#)

# Breakfast Cereals

No more than  
6 grams of sugar  
per dry ounce

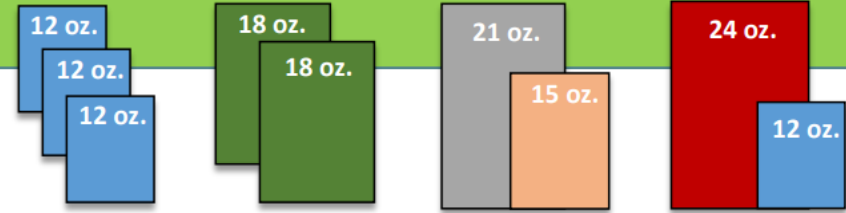
- WIC-Approved Cereal Lists
- Sugar Limits Chart
- Sugar Limit Calculation



# Cereal

Choose a combination that best meets your total ounces in your benefit balance.

12 oz. or larger only



## General Mills

### Cheerios\*

- MultiGrain\*
- Crunch Berry\*
- Veggie Blend\*

### Chex

- Blueberry\*
- Cinnamon\*
- Corn
- Rice
- Wheat\*

### Fiber One Honey Clusters\*

### Kix

- Plain\*
- Honey\*
- Berry\*

### Sesame Street C is for Cinnamon

### Sesame Street 123 Berry Numbers

### Total

- Plain\*

### Wheaties\*

## Kellogg's

### All Bran Complete

- Wheat Flakes\*

### Corn Flakes

### Crispix

### Frosted Mini-Wheats

- Pumpkin Spice\*
- Honey\*
- Original\*
- Little Bites\*
- Blueberry\*
- Strawberry\*
- Mixed Berry\*
- Cinnamon Roll\*
- Chocolate\*
- Golden Honey\*

### Rice Krispies

- Plain

### Special K

- Plain, Banana, Touch of Cinnamon

### Touch-of-Fruit Mini Wheats

- Raspberry\*

### Unfrosted Mini-Wheats\*

## MOM Brands

### Crispy Rice

### Blueberry Mini Spooners\*

### Frosted Mini Spooners\*

### Strawberry Cream Mini Spooners\*

## Post

### Grape Nuts\*

### Grape Nut Flakes\*

### Honey Bunches of Oats

- With Crispy Almonds
- Whole Grain Honey Crunch\*
- Whole Grain Vanilla Bunches\*
- Cinnamon Bunches
- Honey Roasted

## Quaker

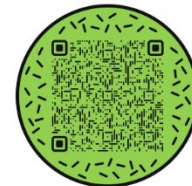
### Corn Crunch\*

### Life

- Regular\*
- Strawberry\*
- Vanilla\*

### Oatmeal Squares

- Brown Sugar\*
- Cinnamon\*
- Golden Maple\*
- Honey Nut\*



# Cereal

## Store Brands

### Bran Cereal

**Bran Flakes\*:** Best Yet, Food Club, Great Value, Hannaford, IGA, Market Basket, PICs, Price Rite, Shurfine, Signature Select, Bowl&Basket/ShopRite

### Oat Cereal

**Toasted Oats/O's\*:** Best Yet, Food Club, Great Value, IGA, Market Pantry, PICs, Price Rite, Shurfine, Signature Select, Bowl&Basket/ShopRite

**Tasteos\*:** Hannaford, Market Basket

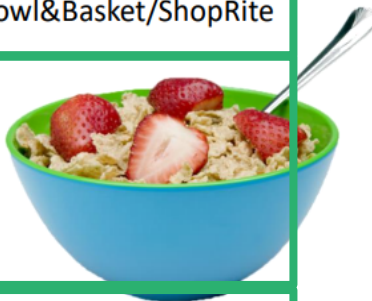
### Wheat Cereal

**Nutty or Crunchy Nuggets\*:** Great Value, Hannaford, Market Basket, Market Pantry, PICs, Signature Select

**Wheat Squares or Biscuits\*, or Pockets:** Hannaford, Great Value, Market Basket, Market Pantry, Price Rite, Safeway, Shurfine, Signature Select

**Bite Sized Frosted (Original\* or Strawberry\*):** Best Yet, Great Value, Hannaford, IGA, Market Basket, PICs, Price Rite, Shurfine, Signature Select

**Frosted Shredded Wheat\*:** Food Club, Bowl&Basket/ShopRite



## Hot Cereal

No single serving packages, pouches or packets

### B & G Foods

#### Cream of Wheat

Instant, Original 1, 2.5 and 10 minute

#### Cream of Rice

Regular and Instant

#### Whole Grain Cream of Wheat\*

### Farina Mills

Original Creamy Hot Wheat Cereal

### Maypo

Instant Maple Oatmeal\*

Vermont Style Oatmeal\*

### MOM Brands

Original Hot Wheat

Creamy Hot Wheat

### Quaker

2 Minute Oats

# Sugar Calculation for Cereal

1. Find Serving Size on the Nutrition Facts Label
2. Find the amount of sugars
3. Find the serving size on the chart
4. Look at the number in the “Sugars” column on the chart

Is the sugar less than the limit?

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams

## Yummy Brand Cereal

1

Find the **Serving Size**, in grams (g), of the cereal.

Write the number of grams (g) here: \_\_\_\_\_

If the serving size is “one container,” check the front of the package to find out how many grams are in the container.

2

Find the **Total Sugars** on the Nutrition Facts label. Write the

number of grams (g) of total sugars here: \_\_\_\_\_

3

Divide the grams of **Total Sugars** by the **Serving Size** (in grams).

\_\_\_\_\_ grams Total Sugars  $\div$  \_\_\_\_\_ grams Serving Size = \_\_\_\_\_

4

If the answer in Step 3 is **.212 or less**, then this cereal meets the sugar limit for breakfast cereals in the CACFP.

### Nutrition Facts

15 servings per container

**Serving size** ¾ cup (30g)

Amount per serving

**Calories**

**100**

% Daily Value\*

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 140mg **6%**

**Total Carbohydrate** 22g **7%**

Dietary Fiber 3g **11%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

**Protein** 3g





# Yogurt

No more than  
23 grams of sugar  
per 6 oz

- Sugar Limits Chart
- Sugar Limit Calculation



# Sugar Calculation for Yogurt

## USDA Sugar Limits Chart

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g
6.25 oz	177 g	24 g
6.5 oz	184 g	25 g
6.75 oz	191 g	26 g
7 oz	198 g	27 g
7.25 oz	206 g	28 g
7.5 oz	213 g	29 g
7.75 oz	220 g	30 g
8 oz	227 g	31 g

# Sugar Calculation for Yogurt

1. Find the Nutrition Facts label on the package

1. Identify the *Serving Size*: 150 g.

1. Find the amount of Total Sugars:  
5 grams

<b>Nutrition Facts</b>	
Serving size 1 container (150g)	
Amount Per Serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
<b>Total Sugars</b> 5g	
Includes 4g Added Sugars <b>8%</b>	
<b>Protein</b> 4g	
Vit. D 0mcg 0% • Calcium 56mg 4%	
Iron 1mg 6% • Potas. 138mg 2%	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet.

# Sugar Calculation for Yogurt

## 4. Compare to the USDA chart

Serving size: 150 grams

Total Sugars: 5 grams

Is it Creditable?



Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g
6.25 oz	177 g	24 g
6.5 oz	184 g	25 g
6.75 oz	191 g	26 g
7 oz	198 g	27 g
7.25 oz	206 g	28 g
7.5 oz	213 g	29 g
7.75 oz	220 g	30 g
8 oz	227 g	31 g

1

Find the **Serving Size**, in ounces (oz) or grams (g).

Write the number of ounces (oz) here: \_\_\_\_\_

If weight in ounces is **not available**, write number of grams (g) here: \_\_\_\_\_

If the serving size is “one container,” check the front of the package to find out how many ounces or grams are in the container.

2

Find the **Total Sugars** on the Nutrition Facts label. Write the number of grams (g) of total sugars here: \_\_\_\_\_

3

Divide the grams of **Total Sugars** by the **Serving Size**.

\_\_\_\_\_ grams Total Sugars  $\div$  \_\_\_\_\_ Serving Size = \_\_\_\_\_

4

Compare the answer in Step 3 with the numbers below. The yogurt meets the sugar limit for yogurt in the CACFP if:

- For **ounces** of yogurt, the answer is **3.83 or less**.
- For **grams** of yogurt, the answer is **.135 or less**.

## Nutrition Facts

4 servings per container

**Serving size 8 oz cup (227g)**

Amount per serving

**Calories 130**

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 10mg **3%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 21g **7%**

Dietary Fiber 4g **17%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

**Protein** 10g

# Store-Bought Combination Foods



Fish Sticks

Chicken Nuggets

Salisbury Steak

Mini Corn Dogs

Pizza

Meatballs

Ravioli

# Store-Bought Combination Foods

Required Documentation

Child Nutrition (CN) Label  
OR  
Production Formulation Statement (PFS)

On file **PRIOR** to serving item

On file for vended meals

# CN Label



The one with *Real* taste.

## WHOLE GRAIN CN - CORN DOG NUGGETS

WHOLE GRAIN BATTER WRAPPED  
TURKEY FRANKS

# 20420

PACKED ON: 9011 - 15:39

**TURKEY FRANK INGREDIENTS:** Mechanically Separated Turkey, Water, Corn Syrup Solids, Salt, Flavorings, Dextrose, Ascorbic Acid (Vitamin C), Garlic Powder, Natural Smoke Flavoring, Extractives Of Paprika, Sodium Nitrite. In a Calcium Alginate Casing.

**BATTERED AND BREADED WITH:** Water, Whole Grain Wheat Flour, Enriched Yellow Corn Meal (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Whole Ground Yellow Corn Meal, Enriched Yellow Corn Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soy Flour, Leavening Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Corn Starch, Salt, Nonfat (A Milk Derivative).

HEATING INSTRUCTIONS: DEEP FRYER  
MICROWAVE  
CONVENTIONAL OVEN

INSTITUTIONAL PACK



(01)80043575204209(1202)001000

PACKED BY: HOUSE OF RAEFORD

CN

097843

CN

Six 0.67 oz. Fully Cooked Whole Grain Batter Wrapped Turkey Franks provide 2.00 oz. equivalent meat and 2.00 oz. equivalent grains for Child Nutrition Meal Pattern requirements. (Use of this Logo and statement authorized by the Food and Nutrition Service, USDA 01/19).

CN

CN



# Product Formulation Statement (PFS)

**Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products**

Child Nutrition Program operators should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative.

**Formulation Statement for Documenting Grains in School Meals**  
 Required Beginning SY 2013-014  
 Crediting Standards Based on Grams of Creditable Grains

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative.

## BID SPECIFICATION



<b>Product Name:</b> FARM RICH® PIZZA CRUNCHERS	<b>Serving Size:</b> 4 PIECES (5.48 oz.)
<b>Product Code:</b> 65225	<b>Case Count:</b> 8/3.125 lb. <b>Case Wt:</b> 25 lbs.
	<b>Servings / case:</b> 73
	<b>Case Cube (ft):</b>

	Grain Serving Based on Flour Content	Meat/Meat Alternate Based on Weight (Oz. )
<b>Total weight of product</b>	<b>Grain Serving</b>	<b>Food Based Serving Credits:</b> 2.00 oz. meat alternate
<b>Total creditable amount (Remaining)</b>	<b>Food Based Menu Credits:</b> 2.5 oz. equivalent grains	
	<b>72.9% whole grain</b>	<b>Reference used to determine M/MA servings:</b> USDA FOOD BUYING GUIDE (Meat/Meat Alternates Section)
	Whole Grains: 32.0 g	<b>Cheese:</b> 1 oz = 28 gm or 1.0 oz. 1/2 oz = 14 gm or 0.5 oz.
	Enriched Flour: 11 g	3/4 oz. = 21 gm or 0.75 oz. 1/4 oz = 7 gm or 0.25 oz.
	Based on 16 grams Flour = 1 oz. eq. USDA Memo SP 30-2012 dated 4/26/12	
	<b>Non-creditable grains = 0.88 grams</b>	

*Penny Hennessy*

Signature: \_\_\_\_\_ Title: Manager, QA & Regulatory Affairs

Penny Hennessy 16 February 2017 912-638-5000

Printed Name Date Phone Number

<sup>1</sup> (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

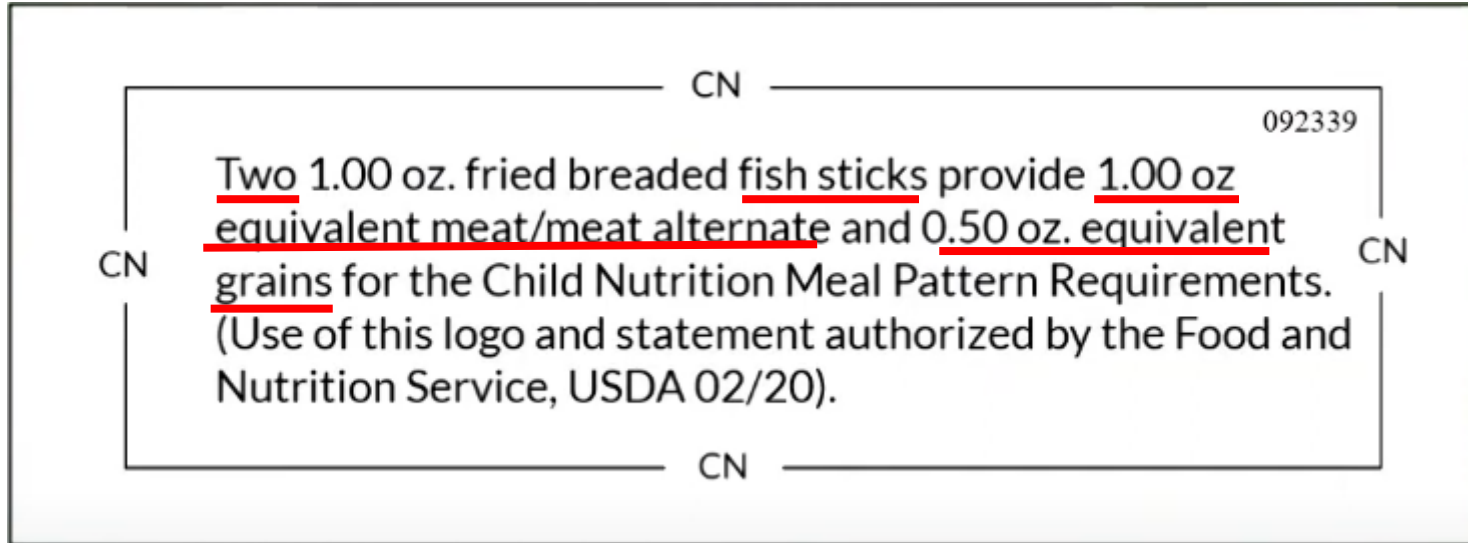
<sup>2</sup> Standard grams of creditable grains from the corresponding Group in Exhibit A.

<sup>3</sup> Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz. eq. Do not round up.

Total weight (per portion) of product as purchased 5.48 oz.  
 Total contribution of product (per portion) 2.50 oz equivalent

I certify that the above information is true and correct and that a 5.48 ounce portion of this product (ready for serving) provides 2.5 oz equivalent grains. I further certify that non-creditable grains are not above 0.24 oz eq per

# CN Label Example



**How many fish sticks to serve to each participant at lunch?**

# CN Label Example

	1-2 Year Olds	3-5 Year Olds	6-18 Year Olds Adult Participants
Meal Pattern Serving Size Requirement	<b>1 oz M/MA</b>	<b>1.5 oz M/MA</b>	<b>2 oz M/MA</b>
Number of Fish Sticks	<b>2</b>	<b>3</b>	<b>4</b>

CN 092339

Two 1.00 oz. fried breaded fish sticks provide 1.00 oz equivalent meat/meat alternate and 0.50 oz. equivalent grains for the Child Nutrition Meal Pattern Requirements.  
(Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02/20).

CN

# CN Label & PFS Key Points

## Nutrition Facts Labels & Ingredients Lists



NOT CN Labels

**Nutrition Facts**  
Serving Size 3 Sticks (84g)  
Servings Per Container About 53

Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 220mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 12g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%

**SEASTAR**  
BY ICELAND

**SEA CRISP** 00355  
**Precooked Breaded Fish Sticks**  
MADE FROM MINCED FISH  
1 OZ. SIZE

**COOKING INSTRUCTIONS:**  
CONVECTION OVEN: Heat frozen sticks at 400° F for 8-10 minutes.  
STANDARD OVEN: Heat frozen sticks at 425° F for 10-12 minutes.  
ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.

**INGREDIENTS:** Mincod Cod, 66.7% Butter, 16.0% Water, enriched yellow corn flour (corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), cellulose gum, spice extractive, Breading: 16.4% Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dextrose, yeast, partially hydrogenated soybean oil, colored with oleoresin paprika and annatto extract. Fried in soybean oil.  
CONTAINS FISH, WHEAT.

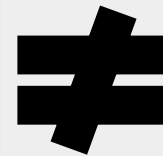
EST. No. 045

# CN Label & PFS Key Points

A CN label or PFS for one brand does not apply to another brand



Costco Chicken Nuggets



Grocery Store Chicken Nuggets

# CN Label & PFS Key Points



## No CN label or PFS:

- X** Not creditable
- X** Do not serve
- X** Cannot be paid with CACFP reimbursement
- X** Purchase different item

# Support Documentation

Keep package or picture/copy of label on file

## Cereal & Yogurt



- ✓ Brand and Name of Item
- ✓ Nutrition Facts Label

## CN Labels



- ✓ Brand Name
- ✓ CN label box

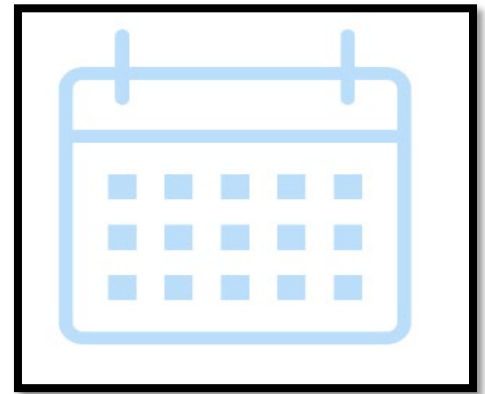
# Support Documentation



Legible



Binder or File of Labels



Current