

Crediting Breaded Fish and Poultry Products

The Food and Nutrition Service at Minnesota Department of Education has provided the following information on how to credit breaded fish and chicken products without a CN label or product specification sheet.

Serve twice the required portion size listed on the meal pattern for breaded fish and poultry products. The poultry must be “all meat” and a grain/bread component must be served with the meal.



Here's an example of how this would work. A provider picks up a package of chicken nuggets in the supermarket. When he/she looks at the ingredient label he/she sees that the product is all meat. *Binders and extenders, such as starch, dried milk, soy protein, or cereal in the ingredient list would mean the product was not “all meat”, therefore not creditable.*

To determine the portion size the provider would then look at the Nutrition Facts Label for the serving size information. That information will indicate the weight of a serving along with the number of fish sticks or chicken nuggets to serve for one serving. Here's an example: Serving Size: 5 chicken nuggets, Weight of one serving: 90 grams or 3 ounces.

For a 3 – 5 year old, the CACFP portion requirement for the meat/meat alternate is 1.5 ounces. That means the provider must serve a 3 ounce/(86 gram) portion of breaded fish or poultry to fulfill the CACFP requirements. Using the above example he/she would need to serve 5 nuggets to meet the portion requirements for meat.

In addition, he/she must offer a bread component on the side to insure that the portion for the grain/bread group is also met.