



August 18, 2005

**NOTICE TO: School and Child Care Food Service Directors**

We hope that you have found *Making Winning Meals with Soy: A Guide for School Foodservice and Child Care Providers* a valuable resource. The guide was prepared to assist you with incorporating soy products into traditional and enhanced food-based menu planning at your school. We would like to offer this addendum to clarify details within the guidebook.

As you know there are several ways to plan menus for the National School Breakfast, Lunch and Afterschool Snack Programs. How soyfoods fit into your breakfast and lunch menus will depend on your approach. Soyfoods readily fit into nutrient based menu planning however, if your school uses the traditional food-based planning, the following guidelines better explain information provided in the guidebook and should assist your approach.

**I. In general,**

- The Child Nutrition Reauthorization Act of 2004 referenced throughout the manual is Public Law 108-265, not 108-625.
- Meat/Meat Alternate Group
  - Alternate Protein Product (APP)<sup>1</sup> include, but are not limited to:
    - Soy-based meat alternatives
    - Soy/meat blended products

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<sup>1</sup> Additional information about APP can be found in 7 CFR 210, 220, 225, and 226

- Textured soy protein<sup>2</sup> (TSP), sometimes called textured vegetable protein (TVP®)<sup>3</sup>, can be made from soy flour, soy concentrate or soy protein isolate, but only textured soy flour is readily available for consumers to buy.
  - Tofu and tempeh are not currently creditable as APP in the food-based menu planning approach. These products do not meet the USDA requirement of containing at least 18% protein by weight when fully hydrated.
  - If meat/meat alternate products are not CN Labeled, request a CN Fact Sheet from the manufacturer. (See included example.)
  - 1lb of textured soy protein<sup>4</sup> uncooked roughly equals 3lbs of ground beef<sup>5</sup> (80% lean/20% fat, raw) in protein content.
- Grains/Bread Group
  - Grain/Bread group products can be fortified with soy (i.e soy flour) to boost nutrient value, but the USDA does not credit soy flour toward the grains/bread group.
- Milk Group
  - USDA plans to publish the final rule on nutritionally equivalent non-dairy alternatives to cow's milk by January 2006. Fortified<sup>6</sup> soymilk should be included in the final rule and be available with a parental request for health, cultural, or religious reasons, at schools that choose to offer non-dairy alternatives.
  - Currently, the CNRA permits schools to offer fortified soymilk under the below listed special circumstances:
    - Note from a doctor or other medical authority
    - Allergies, intolerances/other health reasons, religious or cultural reasons for avoiding cow's milk
- Vegetable Group
  - Raw soybeans and soy sprouts should not be incorporated into school meals for children, adolescents, or teens. Whole soy beans should always be steamed or cooked before serving.
  - Dry Beans always need to be re-hydrated and cooked before serving.

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<sup>2</sup> TSP concentrates are made from the soy flour derived from de-fatted soybean flakes. Additional nutritional information can be obtained from the TSP Fact Sheet at [http://www.soyfoods.org/sales/textured\\_soy.pdf](http://www.soyfoods.org/sales/textured_soy.pdf)

<sup>3</sup> Textured Vegetable Protein (TVP®) is a trademark of ADM.

<sup>4</sup> Calculated from American Soy Association TSP Reference Guide. [http://www.asasoya.org/Uses/TSP\\_RefGuide.htm](http://www.asasoya.org/Uses/TSP_RefGuide.htm). Accessed July 2005.

<sup>5</sup> USDA/ARS National Nutrient Database for Standard Reference . <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed July 2005.

<sup>6</sup> Many soymilks are fortified with 20-30% of the daily recommended value of calcium in one serving as well as riboflavin, zinc, and vitamins A, D, and B12. Additional nutrient information can be obtained from the Soy Dairy Alternatives Fact sheet found at [http://www.soyfoods.org/sales/soy\\_dairy\\_alt.pdf](http://www.soyfoods.org/sales/soy_dairy_alt.pdf).

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## II. Specific Points of Clarification

### A. Chart 3: National School Lunch Program--Afterschool Snacks (p.26)

*Adapted from November 2001 USDA Food Buying Guide for Child Nutrition Programs*

- Please refer to the below revised chart

<b>Chart 3: National School Lunch Program Meal Pattern Adapted from November 2001 USDA Food Buying Guide for Child Nutrition Programs</b>			
<b>AFTERSCHOOL SNACKS</b>			
SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK			
Food Components and Food Items	Children Ages 1 and 2	Children Ages 3-5	Children Ages 6-12 <sup>7</sup>
<b>Milk, fluid</b>	4 fl oz (1/2 cup)	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Select one serving from each of the following components; two from one component; or an equivalent combination <sup>8</sup>			
<b>Vegetable or Fruit<sup>9</sup></b>			
Juice, fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
<b>Grains/Breads<sup>10</sup></b>			
Whole-grain or enriched bread or	1/2 slice	1/2 slice	1 slice
Cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
Cold dry cereal <sup>11</sup> or	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup
<b>Meat or Meat Alternate</b>			
Alternate protein products (APP)	1/2 oz	1/2 oz	1 oz
Canned dry soybeans or dry soybeans	1/8 cup	1/8 cup	1/4 cup

<sup>7</sup> Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities list in this column.

<sup>8</sup> Minimum servings for meat/meat alternate = 0.25 ounce and for grains/breads = 1/4 serving.

<sup>9</sup> Serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

<sup>10</sup> Grains/breads must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ

<sup>11</sup> Either volume (cup) or weight (oz) whichever is less

Soy nut butter	1 Tbsp	1 Tbsp	2 Tbsp
Soy nuts <sup>12</sup>	½ oz	½ oz	1 oz

**B. Menu Recipes (p.31)**

To appropriately credit these recipes into the meat/meat alternate please contact the soyfood manufacturer.

**C. Vegetable Chili Recipe (p.33)**

Recipe calls for dry textured vegetable protein. Generally textured vegetable and textured soy protein come in dry form and need to be re-hydrated with water. After being re-hydrated, products should be refrigerated and used within a few days.

**D. Appendix A (p.35)**

This sample form is only a suggested format for schools that choose to serve soymilk as a non-dairy alternative, but the school food service must comply with the final rule on non-dairy alternatives expected in 2006.

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<sup>12</sup> Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced

**Example CN Label<sup>13</sup>:**


In addition to required labeling features, a CN label will always contain the following:

- The CN logo which is a distinct border
- The meal pattern contribution statement
- A 6 digit product identification number
- USDA/FNS authorization statement
- The month and year of approval.

\* The six digit CN identification number is assigned by the FNS, CND Headquarters office.

\*\* Note: this date is written using numbers to reflect the month/year of final approval.

**SAMPLE LABEL STATEMENT:**

<b><u>VEGETARIAN TACO FILLING</u></b>		
CN		
KDH170765D		
The 80 oz container provides 20 four oz servings. Each 3.2 oz serving (by weight) of Soy Crumbles with Taco Seasonings provides 2.00 oz equivalent meat/meat alternate for Child Nutrition Meal Pattern Requirements (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 09/05)		
CN		
CN		
<b>INGREDIENTS:</b> Water, Textured Soy Protein Concentrate, Tomato Paste, Minced Onions, Spices, Salt, Modified Food Starch, Garlic, Cumin Seed, and Caramel Color		
Manufactured by: JET FOODS, LC Miami, FL 33130	INSPECTED BY THE U.S. DEPT. OF AGRICULTURE IN ACCORDANCE WITH FNS REQUIREMENTS	
		DATE CODE
		BEST BY:
UPC BAR CODE	<b>KEEP FROZEN – FULLY COOKED</b> <b>NET WT. 5 LBS (2.27 Kg)</b>	

<sup>13</sup> USDA Child Nutrition Meals. <http://www.fns.usda.gov/cnd/CNlabeling/default.htm>. Accessed July 2005.