

Soyfoods in School Meals

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Soy Products for School Cafeterias



- Soy products meet USDA regulations for inclusion in school meals as:
 - Meat alternate
 - Vegetable
 - Dairy free milk alternative (for children with special dietary needs)

Meat/Meat Alternates

- Soy nut butter
- Soy nuts
- Canned or dry soybeans
- Alternative protein products
 - soy burgers, TSP products, chick'n nuggets, soy sausage, soy breakfast links, veggie breast, choriza, meatless chicken or beef strips, meatless ground crumbles



Meat/Meat Alternates

- Alternative protein products
 - soy burgers
 - TSP products
 - chick'n nuggets
 - soy sausage
 - soy breakfast links
 - Choriza
 - Veggie breast
 - meatless chicken or beef strips
 - meatless ground crumbles



Fruits or Vegetables

- Edamame (shelled or unshelled)
- Canned or dry soybeans or dry soybeans
- Fresh soybean sprouts



Milk Category

Fortified soy milk –

- Products must meet USDA requirement for nutrient equivalency to milk to qualify for reimbursement under NSL&B Programs
- Currently, students need a note from a parent/guardian to receive soy milk as part of the School Meals Programs



Soy Products Available for a la Carte Lines & Vending Machines

- There are a wide array of soyfoods that are tasty and nutritious that kids love and can be served through a la carte lines and vending machines in schools



Grab-n-Go Soymilk

- *Grab-n-Go* soymilk that do not meet USDA nutrient composition requirements



Dairy-free Alternates

- Soy yogurt
 - WholeSoy
- Soy Pudding
 - Zensoy
- Soy Cheese
 - Lisanatti



Soyfoods Options – currently not credited

- Tofu
- Tempeh



Meal Ideas - Breakfast

- 8 oz soymilk
- 1 bowl soy-based cereal
- 8 oz cultured soy
- ½ banana

Or

- 8 oz milk
- Blueberry muffin with soy flour
- 1 oz soy links or patties
- 4 oz orange juice



Meal Ideas - Lunch

- 8 oz soy milk
- Soyburger
- Veggie nuggets
- Tacos with soy crumbles
- Soy lasagna & tofu chunks
- Soy dogs
- Enchilada with steak or chicken style strips
- Soy nut butter/crackers
- Soy deli slices on pizza
- Grilled soy cheese



Source: Soy Pizza and Soy Lasagna Pictures from Archer Daniel Midland

Snacks

- Soy bars
- Soy chips
- Soy yogurt
- Soy nuts



Web Resources

- For soyfoods approved for the **National School Meals Programs**
www.soyfoods.org/locate/food-service-soy-products



Web Resources

- For soyfoods available for **a la Carte lines and vending machines**
www.soyfoods.org/locate/retail-soy-products



Questions or Help Contacting Companies

- e-mail health@soyfoods.org