



# USDA Foods Crediting Guide

Item #	Meat/Meat Alternate	CN Crediting	Sodium
100134	Beef Crumbles W/Spp, Cooked - 4/10 lb	1.15 oz beef crumbles = 1 oz eq	109 mg
110346	100% Beef Patty, raw, 90/10 - 40 lb	One 2.8 oz beef patty = 2 oz eq	53 mg
100158	Beef, Fine Ground, raw, 85/15 - 40 lb	One 1.34 oz portion = 1 oz eq	25 mg
100019	Cheese, American, White, Pasteurized, Sliced	2 slices = 1 oz cheese = 1 oz eq	270 mg
100021	Cheese, Mozzarella, Part Skim Shredded - 30lb	1 oz cheese = 1 oz eq	170 mg
100002	Cheese, Cheddar, White, Shredded - 6/5 lb	1 oz cheese = 1 oz eq	190 mg
100101	Chicken, Diced - 40 lb	1 oz diced chicken meat = 1 oz eq	28 mg
110080	Chicken, Oven Roasted, Cut Up 8 Pcs, Frozen – 30 lb	2.45 oz chicken = 2 oz eq	-
110921	Chicken, Fillet, Cooked, Unbreaded, Frozen, 30 lb	2.45 oz chicken = 2 oz eq	220 mg
110462	Chicken, Unseasoned Strips, cooked - 30lb	1.25 oz chicken strips = 1 oz eq	173 mg
110931	Egg Patty, Round, Frozen – 25 lb	1 patty = 1 MMA	110 mg
100187	Ham, Sliced, Cooked, Water Added - 8/5 lb	1.22 oz sliced ham = 1 oz eq	232 mg
110851	Fish, Alaska Pollock Breaded Sticks – 40lb	4 sticks = 2 oz eq & 1 oz eq Grain	200 mg
110730	Pork, Pulled, Cooked – 8/5 lb	2 ounces pulled pork = 1 oz eq	202 mg
100173	Pork, Leg Roast - 32-40 lb	1 oz cooked pork = 1 oz eq	23 mg
100935	Sunflower Seed Butter, 6-5 lb	2 Tbsp sunflower butter = 1 oz eq	120 mg
100195	Tuna, Chink Light, Canned – 6/66.5 oz	1 oz tuna, drained = 1 oz eq	130 mg
110554	Turkey, Deli Breast, Sliced – 8/5 lb	1.6 oz deli turkey = 1 oz eq	214 mg
100125	Turkey Roasts - 32-48 lb	1.52 oz raw or 1 oz cooked turkey = 1 oz eq	194 mg
Item #	GRAINS	CN Crediting	Sodium
110393	Pancakes, Whole Wheat - 144 1.2 oz Count	1.2 oz pancake = 1 oz eq	135 mg
111100	Cereal, Oat Circles – 96/1 oz	1 oz bowl pack = 1 oz eq	140 mg
110211	Flour, White Whole Wheat Blend – 8/5 lb	-	-
110501	Macaroni, Whole Grain Blend - CTN 20lb	½ cup cooked or 1 oz dry = 1 oz eq	4 mg
100500	Rice, Brown, Long-Grain, Parboiled	½ cup cooked or 1 oz dry = 1 oz eq	3 mg
110394	Tortilla, Whole Wheat Frozen – 8”CTN 12/24	1 8” tortilla = 1.5 oz eq	220 mg
Item #	FRUIT	CN Crediting	Sodium
100206	Apple Slices, Unsweetened, Canned - 6/#10	½ cup fruit with or without juice = ½ cup	10 mg
110541	Applesauce, Unsweetened, Canned - 6/#10	½ cup applesauce = ½ cup	15 mg
110361	Applesauce, Unsweetened, Cup - 96/4.5 Oz	One 4.5 oz unit = ½ cup	10 mg
110859	Berries, Mixed, Frozen Cup – 96/4 Oz	One 4 oz unit = ½ cup	0 mg
100242	Blueberry, Wild, Frozen – 8/3lb	½ cup thawed, blueberries = ½ cup	2 mg
110723	Cranberries, Dried – 300/1.6 Oz pkg	1.16 ounce package = ½ cup	0 mg
100212	Mixed Fruit, X-Light Syrup, Canned - 6/#10	½ cup fruit with or without juice = ½ cup	5 mg
100277	Orange Juice, Individual Carton - 4 Oz	One 4 fl oz unit orange juice = ½ cup	0 mg
110651	Orange Juice, Individual Cups, Frozen - 4 Oz	One 4 fl oz unit orange juice = ½ cup	0 mg
100220	Peaches, Diced, Extra Light Syrup, Canned - 6/#10	½ cup fruit with or without juice = ½ cup	5 mg



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100225	Pears, Diced, Extra Light Syrup, Canned - 6/#10	½ cup fruit with or without juice = ½ cup	5 mg
100293	Raisins, Unsweetened, Box - 144/1.33 Oz	One 1.33 oz box = ½ cup	4 mg
100256	Strawberries, Diced, Frozen, Single Serve - 96/4.5 Oz	One 4.5 oz unit = ½ cup	0 mg
110860	Strawberry Slices, Unsweetened – 6/5 lb	½ cup = ½ cup fruit	0 mg

Item #	VEGETABLES	CN Crediting & Subgroup	Sodium
100360	*Beans, Garbanzo, Canned – 6/#10	½ cup drained = ½ cup Bean/Legume	140 mg
100370	*Beans, Red Kidney, Canned – 6/#10	½ cup drained = ½ cup Bean/Legume	140 mg
100359	*Beans, Black Turtle, Canned, Low-sodium, #10	½ cup drained = ½ cup Bean/Legume	140 mg
110473	Broccoli, Frozen - 30 lb	½ cup = ½ cup Dark Green	22 mg
111052	Carrots, Diced, Frozen – 12/2 lb	½ cup cooked = ½ cup Red/Orange	43 mg
111053	Corn, Frozen – 12/2.5 lb	½ cup cooked = ½ cup Starchy	1 mg
100307	Green Beans, Low-sodium, Canned, #10	½ cup drained = ½ cup Other	140 mg
111230	Mixed Vegetables, No Salt Added, Frozen	½ cup = 25% R/O, 25%Other, 50% Starchy	32 mg
110763	Peas, Green, Frozen – 12/2.5 lb	½ cup cooked = ½ cup Starchy	58 mg
100355	Potatoes, Wedges, Frozen - 6/5 lb	½ cup = ½ cup Starchy	100 mg
110721	Sweet Potatoes, Crinkle Cut, Frozen – 6/5lb	½ cup = ½ cup Red/Orange	125 mg
110186	Tomato Salsa, Pouch – 6/106 Oz	½ cup = ½ cup Red/Orange	140 mg
Item #	Other	CN Crediting	Sodium
100439	Oil, Vegetable – 6/1 Gal	-	0 mg

\*When crediting beans/legumes as a vegetable they may not also be credited as a M/MA at the same time.

Maine Department of Education, Child Nutrition Programs  
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