



North Carolina Department of Health and Human Services
Division of Public Health – Women’s & Children’s Health Section
1914 Mail Service Center • Raleigh, North Carolina 27699-1914
Tel 919-707-5800 • Fax 919-870-4818

Beverly Eaves Perdue, Governor

Lanier M. Cansler, Secretary

August 31, 2009

MEMORANDUM

**CACFP 09-11
SFSP 09-08**

To: Institutions Participating in the Child and Adult Care Food Program
Sponsors of the Summer Food Services Program

From: Donna Beard MS, RD, LDN
Child Nutrition Program Assistant

Subject: Variations in Meal Requirements for Religious Reasons: **Seventh-day Adventist Schools, Institutions, and Sponsors**

The purpose of this memorandum is to re-issue guidance on meal substitution for religious reasons documentation from a previous memo CACFP 98-29, dated July 31, 1998, Subject: Meal Substitutions in the Child and Adult Care Food Program.

FNS may approve variations in the food components of meals served in the child nutrition programs on an experimental or on a continuing basis where there is evidence that such variations are nutritionally sound and are necessary to meet ethnic, religious, economic, or physical needs.

In accordance with this provision, Seventh-day Adventist [1] schools participating in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP), [2] institutions and their facilities participating in the Child and Adult Care Food Program (CACFP), and [3] sponsors and sites in the Summer Food Service Program (SFSP) may use meat analogues (plant protein products at the 100 percent level) to meet the meat/meat alternate component and quantity requirements for breakfasts, lunches, suppers, and supplements.

Meat analogues are foods of plant origin, typically soy and wheat, which are made to resemble meat, poultry, and fish in appearance, texture, and flavor. They are nutritionally comparable to and acceptable as meat alternates.

The attached list of meat analogues was developed by Andrews University under the direction of the General Conference of Seventh-day Adventist schools and institutions. The attachment is designed as guidance to assist Seventh-day Adventist entities in determining contributions the meat analogues



North Carolina Public Health
Working for a healthier and safer North Carolina
Everywhere. Everyday. Everybody.

Location: 5601 Six Forks Rd. • Raleigh, N.C. 27609-3811

An Equal Opportunity Employer



listed make to the meat/meat alternate component. It will help program administrators purchase the appropriate quantities of these products for the number of students to be served. The information may also be used by administering agencies in reviewing meals served for compliance with the meat/meat alternate quantity requirements.

In determining the serving size necessary to contribute one ounce of meat alternate, Andrews University considered 1) the average nutritional values of meat alternates that may be used to meet the meat/meat alternate component of breakfasts, lunches, supper, and supplements, and 2) the practicality of serving size.

Entities wishing to exercise the options available under the above variations shall notify the State agency. The CACFP institutions and SFSP sponsors shall do so on behalf of their facilities or sites. The decision to exercise these options shall be at the facility or site level.

Attachment

FOOD BUYING GUIDE INFORMATION FOR SEVENTH-DAY
 ADVENTIST SCHOOLS AND INSTITUTIONS

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional information
MEAT ANALOGUES					
WORTHINGTON FOODS					
CANNED ITEMS					
Natural Touch Taco Mix	3.25 oz package	16	1 Tbsp. reconstituted	6.3	
Granburger, dry	10 oz carton	25	2 Tbsp. dry (11 g or .39 oz)	4.0	
Granburger, dry	20 pound carton	825	2 Tbsp. dry (11 g or .39 oz)	.12	
Diced Chik	13 oz can	3	1/3 cup (about 2.5 oz)	33.3	
Chili	20 oz can	8	1/3 cup (about 2.5 oz)	12.5	
Chili	50 oz can	20	1/3 cup (about 2.5 oz)	5	
Choplets	20 oz can	8	1 slice (about 1.5 oz)	12.5	
Country Stew	19 oz can	3	1/3 can (about 6 oz)	33.3	
Multigrain Cutlets	20 oz can	8	1 slice (about 1.5 oz)	12.5	
Vegetarian Cutlets	50 oz can	30	1/2 slice (about 1 oz)	3.3	

FNS INSTRUCTION 783-14
REV. 1
EXHIBIT A

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional Information
Fri Chik	13 oz can	5	1 piece (about 45 g)	20	
Fri Chik	42 oz can	16	1 piece (about 45 g)	6.3	
Natural Touch Vegetarian Chili	20 oz can	6	1/3 cup (about 2.5 oz)	16.7	
Non Meat Balls	19 oz can	6	2 meatballs (about 1.2 oz)	16.7	
Numete	19 oz can	12	1.5 oz	8.3	
Prime Stakes	13 oz can	8	1/2 slice (about 1.5 oz)	12.5	
Prime Stakes	47 oz can	24	1/2 slice (about 1.5 oz)	4.2	
Protose	20 oz can	20	1 oz	5	
Saucettes	19 oz can	10	1 link (about 1 oz)	10	
Savory Slices	13 oz can	5.3	1 1/2 slices (about 1.5 oz)	18.9	
Super Links	19 oz can	8	1 link (about 1.5 oz)	12.5	
Turkee Slices	13 oz can	5.3	1 1/2 slices (about 1.5 oz)	18.9	
Vegetarian Burger	20 oz can	20	1 oz	5	
Vegetarian Burger	50 oz can	50	1 oz	2	
Vegetarian Burger, no salt	20 oz can	13.3	1.5 oz	7.5	
Vegetable Skallops	20 oz can	12.2	1 oz	8.2	
Vegetable Skallops	50 oz can	30	1 oz	3.3	

FNS INSTRUCTION 783-14
REV. 1
EXHIBIT A

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional Information
Vegetable Skallops, no salt	20 oz can	12.2	1 oz	8.2	
Vegetable Steaks	20 oz can	10	1 piece (about 36 g)	10	
Vejalinks	19 oz can	6.7	1.5 links (about 1.5 oz)	15	
FROZEN ITEMS					
Meatless Beef Style Roll	72 oz roll	57.6	1.25	1.7	
Meatless Smoked Beef Roll	72 oz roll	72	1 oz	1.4	
Beef Pie, Vegetarian	1 pie	1	1 pie (about 8 oz)	100	
Bolono Slices	8 oz carton	6	2 slices (about 1.4 oz)	16.7	
Bolono Roll	72 oz roll	57.6	1.25 oz	1.7	
Chicken Pie, Vegetarian	1 pie	1	1 pie (about 8 oz)	100	
Chicken, Meatless Diced	5 pound bag	64	1.25 oz	1.6	
Meatless Chicken Slices	8 oz package	5.3	1.5 slices (about 1.5 oz)	18.9	
Meatless Chicken Slices	16 oz package	10.7	1.5 slices (about 1.5 oz)	9.4	
Chic-Ketts	1 pound roll	16	1 oz	6.3	
Chic-Ketts	56 oz roll	56	1 oz	1.8	
Chik Sticks	10 oz carton	10	1 oz	10	
Chik Sticks	15 pound carton	240	1 oz	.4	

1. Food as purchased	2. Purchase Unit	3. Servings per purchase unit	4. Serving or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional Information
Meatless Corn Beef	8 oz carton	5.3	3 slices (about 1.5 oz)	18.9	
Meatless Corn Beef	16 oz carton	10.7	3 slices (about 1.5 oz)	9.4	
Crispy Chik	12 oz package	8	1.5 oz	12.5	
Crispy Chik Patties	10 oz package	4	1 patty (about 2.4 oz)	25	
Dinner Roast	2 pound package	21.3	1.5 oz	4.7	
Dixie Dogs	10 oz carton	4	1 Dixie Dog	25	
Vegetarian Egg Rolls	15 oz carton	5	1 egg roll	20	
Fillets, Vegetarian	9 oz carton	6	1 fillet (about 1.5 oz)	16.7	
Fripats	9 oz carton	8	1/2 patty (about 1 oz)	12.5	
Golden Croquettes	15 oz carton	12	1/3 croquette (about 1.25 oz)	8.3	
Harvest Bake Lentil Rice Loaf	16 oz carton	6	1/6 loaf (about 2.5 oz)	16.7	
Leanies	12 3/4 oz carton	9	1 link (about 1.3 oz)	11.1	
Leanies, bulk pack	14 pound carton	150	1 link (1.3 oz)	.7	
Natural Touch Dinner Entree	9 oz carton	6	1/2 patty (about 1.5 oz)	16.7	
Prosage	1 pound roll	13	1 slice (about 3/8")	7.7	
Prosage Link	8 oz carton	6.7	1.5 link (about 1.2 oz)	15	

FNS INSTRUCTION 783-14
REV. 1
EXHIBIT A

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional Information
Prosage Link, bulk pack	19.5 pound carton	260	1.5 link (about 1.2 oz)	.4	
Okara Patties	9 oz carton	8	1/2 patty (about 1 oz)	12.5	
Prosage Patties	8 oz carton	6	1 patty (about 1.2 oz)	16.7	
Prosage patties	12.5 pound carton	150	1 patty (about 1.2 oz)	.7	
Salami, Meatless	4.5 pound roll	72	1 oz	1.4	
Stakelets	10 oz carton	8	1/2 piece (about 1.2 oz)	12.5	
Stakelets	17.25 pound carton	216	1/2 piece (about 1.2 oz)	.5	
Tofu Garden Patties	10 oz carton	8	1/2 patty (about 1.2 oz)	12.5	
Tuno	12 oz roll	6	2 oz	16.7	
Meatless Smoked Turkey Slices	8 oz carton	6	2 slices (about 1.3 oz)	16.7	
Veelets	10 oz carton	8	1/2 patty (about 1.25 oz)	12.5	
Wham, slices	8 oz carton	6.7	1.5 slices	15	
Wham, slices	16 oz carton	12	1.5 slices	8.3	
MORNINGSTAR FARMS					
FROZEN ITEMS					
Homestyle Country Crisps	12 oz carton	6	2 oz	16.7	

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional Information
Breakfast Links	8 oz carton	6.7	1.5 link (about 1.2 oz)	15	
Breakfast Patties	8 oz carton	6	1 patty (about 1.35 oz)	16.7	
Country Crisp Patties	10 oz carton	4	1 patty (about 2.5 oz)	25	
Grillers	9 oz carton	8	1/2 patty (about 1.1 oz)	12.5	
Scramblers	12 oz carton	6	1/4 cup	16.7	
MILNOT CORPORATION					
Chiliman Vegetarian Chili with Beans	15 oz can	4	3 3/4 oz	25	
LA LOMA FOODS					
Big Franks	19 oz can	16	1/2 frank (about .9 oz)	6.3	Drained weight = 14.9 oz
Dinner Cuts	36 oz can	24	1/2 patty (about 1.3 oz)	4.2	Drained weight = 29.2 oz
Griddle Steaks, frozen	16 oz package	16	1/2 patty (about 1 oz)	6.3	
Linketts	64 oz can	40	1 link (about 1.3 oz)	2.5	Drained weight = 52.3 oz
Little Links	14 oz can	7	2 links (about 1.6 oz)	14.3	Drained weight = 10.8 oz
Meatless Fried Chicken	35 oz can	14	1 piece (about 1.5 oz)	7.1	Drained weight = 18.7 oz
Meatless Roast Beef, frozen	4 pound roll	64	1 oz	1.6	
Nuteena	28 oz can	18.7	1.5 oz	5.4	

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional Information
Ocean Fillets, frozen	16 oz package	16	1/2 fillet (about 1 oz)	6.3	
Proteena	20 oz can	20	1 oz	5.0	
Rediburger	19 oz can	19	1 oz	5.3	
Sizzle-burger, frozen	30 oz package	24	1/2 burger (about 1.25 oz)	4.2	
Stew-pac	37 oz can	24	1 oz	4.2	Drained weight = 23.9 oz
Swiss Steak	28 oz can	16	1/2 steak (about 1.25 oz)	6.3	Drained weight = 19.4 oz
Tender Rounds	19 oz can	12	1 meatball (about .9 oz)	8.3	Drained weight = 11.6 oz
Vegeburger	37 oz can	37	1 oz	2.7	
Vegelona	19 oz can	19	1 oz	5.3	
Vita Burger, dehydrated	16 oz package	40	.4 oz	2.5	
Vita Burger Chunks, dehydrated	16 oz package	40	.4 oz	2.5	
MGM BRANDS					
Meatless Franks	2 pound package	26	1 link (about 1.2 oz)	3.9	
Meatless Franks	12 oz package	10	1 link (about 1.2 oz)	10	
Meatless Franks	14 pound bulk	187	1 link (about 1.2 oz)	.5	
Meatless Sausage	2 pound package	40	1 link (about .8 oz)	2.5	
Meatless Sausage	8 oz package	10	1 link (about .8 oz)	10	

FNS INSTRUCTION 783-14
REV. 1
EXHIBIT A

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional Information
Meatless Sausage	20 pound bulk	400	1 link (about .8 oz)	.3	
Meatless Sausage Roll	1 pound roll	20	1/20 roll (about .8 oz)	5	
Samburger	9 oz package	8	1/2 patty (about 1.1 oz)	12.5	
Samburger	15 pound bulk	214	1/2 patty (about 1.1 oz)	.5	
Chik'n Burger	9 oz package	8	1/2 patty (about 1.1 oz)	12.5	
Chik'n Burger	15 pound bulk	214	1/2 patty (about 1.1 oz)	.5	
Meatless Corned Beef	4 pound roll	64	1 oz	1.6	
Meatless Corned Beef, slices	8 oz package	10	1 slice (about .8 oz)	10	
Meatless Salami Roll	4 pound roll	64	1 oz	1.6	
Meatless Salami Slices	8 oz package	10	1 slice (about .8 oz)	10	
Meatless Boloni Roll	4 pound roll	51	1.25 oz	2	
Meatless Boloni Slices	8 oz package	6.7	1.5 slices (about 1.2 oz)	15	
Quick Chik	1 pound roll	16	1 oz	6.3	
Quick Chik	4 pound roll	64	1 oz	1.6	
Sandwich Chik'n Roll	4 pound roll	64	1 oz	1.6	
Sandwich Chik'n Slices	8 oz package	10	1 slice (about .8 oz)	10	
MGM Burger	4 pound roll	64	1 oz	1.6	
MGM Burger	20 oz roll	20	1 oz	5	

1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional Information
Vegetarian Scallops	25 pound bulk	400	1 oz	.3	
Vegetarian Scallops	20 oz package	20	1 oz	5	
Crispy Nuggets	12 oz	12	1 oz	8.3	
Crispy Nuggets	15 pound bulk	240	1 oz	.4	

Provided by: Andrews University, Berrien Springs, Michigan,
 under the direction of the General Conference of
 Seventh-day Adventists.