

Crediting Sub Sandwiches: A Sponsor's Worksheet



This sheet is to assist menu planners with vended and self-preparation kitchen staff in documenting how planned sandwich entrée items meet minimum portion requirements. It is recommended that one sheet per each sandwich type (ham, turkey, etc.) offered in the program is completed and maintained on file to support program meal requirements.

Meal Component	Documentation Information Needed	Creditable Recipe Conversion	Portion Size Served	Creditable Ounce Equivalents												
BREADS Grains	<u>If using recipe:</u> Ingredient List, Weights and Volumes <u>Commercial:</u> PFS or CN label or Ingredient List, Weights and Volumes	See: Exhibit A Grains Chart for minimum servings of grams per grain/bread category (Page 2)	Weight (grams or ounces): _____ Compare weight against <i>Exhibit A: Grain Requirements for Child Nutrition Programs</i> .	<table border="1"> <thead> <tr> <th>G</th><th>Oz. Eq.</th></tr> </thead> <tbody> <tr> <td>WGR</td><td></td></tr> <tr> <td>Non-WGR</td><td></td></tr> </tbody> </table>	G	Oz. Eq.	WGR		Non-WGR							
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DELI MEATS Meat	Product Formulation Statement (PFS)* OR Child Nutrition Label (CN)*	PFS or CN label, lists creditable portions. <u>Example:</u> If one 1-oz. slice = 0.5 oz. eq. M/MA , then a sandwich with 2 oz. eq. M/MA will need 4 slices or 4 ounces total.	M/MA 1 #Slices: _____ S-Weight ¹ : _____ T-Weight ² : _____ M/MA 2 #Slices: _____ S-Weight ¹ : _____ T-Weight ² : _____ M/MA 3 #Slices: _____ S-Weight ¹ : _____ T-Weight ² : _____	<table border="1"> <thead> <tr> <th>M/MA</th><th>Oz. Eq.</th></tr> </thead> <tbody> <tr> <td></td><td></td></tr> <tr> <td></td><td></td></tr> <tr> <td></td><td></td></tr> </tbody> </table>	M/MA	Oz. Eq.										
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CHEESE, NATURAL Meat Alternates	N/A**	1 oz. natural or processed cheese = 1 oz. eq.	M/MA #Slices: _____ S-Weight ¹ : _____ T-Weight ² : _____	<table border="1"> <thead> <tr> <th>M/MA</th><th>Oz. Eq.</th></tr> </thead> <tbody> <tr> <td></td><td></td></tr> </tbody> </table>	M/MA	Oz. Eq.										
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VEGETABLES Vegetables Reminder: Iceberg Lettuce = O Romaine = DG Other Lettuce = DG	N/A	N/A	Vegetable(s): DG: _____ R/O: _____ B/P: _____ S: _____ O: _____	<table border="1"> <thead> <tr> <th>V</th><th>Cups</th></tr> </thead> <tbody> <tr> <td>DG</td><td></td></tr> <tr> <td>R/O</td><td></td></tr> <tr> <td>B/P</td><td></td></tr> <tr> <td>S</td><td></td></tr> <tr> <td>O</td><td></td></tr> </tbody> </table>	V	Cups	DG		R/O		B/P		S		O	
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*Exceptions to PFS or CN label requirement: if the deli meat used matches what is listed in USDA Food Buying Guide.

Key Words to Search for in Food Buying Guide: turkey ham, bologna, ham water added, beef roast

**Processed American cheese requires an ingredients label.

¹S-Weight = weight per single slice ²T-Weight = total weight per portion

EXHIBIT A: GRAIN REQUIREMENTS FOR CHILD NUTRITION PROGRAMS^{1, 2}

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Group A	Ounce Equivalent (Oz Eq) for Group A	Minimum Serving Size for Group A
- Bread type coating - Bread sticks (hard) - Chow Mein noodles - Savory Crackers (saltines and snack crackers) - Croutons - Pretzels (hard) - Stuffing (dry) Note: weights apply to bread in stuffing.	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Oz Eq for Group B	Minimum Serving Size for Group B
- Bagels - Batter type coating - Biscuits - Breads - all (for example sliced, French, Italian) - Buns (hamburger and hot dog) - Sweet Crackers⁵ (graham crackers - all shapes, animal crackers) - Egg roll skins - English muffins - Pita bread - Pizza crust - Pretzels (soft) - Rolls - Tortillas - Tortilla chips - Taco shells	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	Oz Eq for Group C	Minimum Serving Size for Group C
- Cookies³ (plain - includes vanilla wafers) - Cornbread - Corn muffins - Croissants - Pancakes - Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) - Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

Note:

If you are serving meals for National School Lunch Program, School Breakfast Program or Afterschool Snack Program, use middle column, Oz Eq for Group 'X', as reference.

If you are serving meals for Summer Food Service Program, use last column, Minimum Serving Size for Group 'X', as reference.

The expanded Exhibit A reference guide can be found [here](#).

¹ If you are making bread from scratch, the grains calculation worksheet can be accessed through the USDA Food Buying Guide website under Meal Components→Grains→Worksheet for Calculating Grains Contribution Using Grams of Creditable Grains.