



## Culinary Challenge Approved Ingredient List SHOWCASE | SCHOOL BREAKFAST

<b>Meat and Meat Alternatives (M/MA)</b> Recipes must have either 2 M/MA components or 1 M/MA component combined with 1 Grain component	Serving Size	Equivalent Component	Calories	Sodium (mg)	Sat Fat (g)
Meat, Poultry or Fish (no Pork)	1 oz.	1	Refer to the product label for nutrition information when available.  The website <a href="#">VeryWellFit</a> has an excellent nutrition facts calculator.  The iTunes app <a href="#">Fillet for Chefs</a> provides recipe costing.		
Cheese	1 oz.	1			
Large Egg	1/2 oz.	1			
Peanut Butter or other Nut or Seed Butters (i.e., Sunbutter)	2 tbsp	1			
Cooked Beans, Peas or Lentils	4 tbsp	1			
Nuts and/or Seeds (sunflower, sesame or pumpkin)	1 oz.	1			
Yogurt, nonfat, plain or flavored, Greek or non-Greek, unsweetened or sweetened	4 oz (1/2 cup)	1			
Alternative Protein Products (i.e., tofu, edamame)	1 Egg	1			

<b>Grains/Breads</b> Recipes must have either 2 Grain components or 1 Grain component combined with 1 M/MA component	Serving Size	Equivalent Components	Calories	Sodium (mg)	Sat Fat (g)
Whole-Grain Bread	1 slice	1	Refer to the product label for nutrition information when available.  The website <a href="#">VeryWellFit</a> has an excellent nutrition facts calculator.  The iTunes app <a href="#">Fillet for Chefs</a> provides recipe costing.		
Whole-Grain Biscuit, Roll, Muffin or similar products (i.e., bagel, waffle, croissant, flatbread, pretzel)	1	1			
Breakfast Cereals, cooked (i.e., oats, bulgur, quinoa)	1 oz. dry or 1/2 cup cooked	1			
Breakfast Cereals, dry Flakes or Rounds Puffed Granola	1 oz. or 1 cup 1.25 cups 1/4 cup	1			

<b>Juice/Fruits/Vegetables</b> Recipes must have at least 1/2 cup Juice/Fruit/Vegetable	Serving Size	Equivalent Units	Calories	Sodium (mg)	Sat Fat (g)
Any fresh, canned or frozen fruit or vegetable	1/2 cup	1			
Full-strength fruit or vegetable juice	1/2 cup	1			

## SHOWCASE | SMART SNACKS

<b>Smart Snacks Standards   SNACK</b>	<b>Nutrient Standards</b>	<b>Snack</b>
Must be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or	<b>Calories</b>	250 calories or less
Must have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or	<b>Sodium</b>	200 mg or less
Must be a combination food that contains at least ¼ cup of fruit and/or vegetable; and	<b>Total Fat</b>	35% of calories or less
The food must meet the nutrient standards for calories, sodium, sugar, and fats:	<b>Saturated Fat</b>	Less than 10% of calories; 0 trans fats
	<b>Sugar</b>	35% by weight or less

<b>Smart Snacks   ENTREE</b> For purposes of Smart Snacks, an entrée is defined as the main course of a meal that has a combination of:	<b>Nutrient Standards</b>	<b>Entree</b>
meat/meat alternate + whole grain-rich food;	<b>Calories</b>	350 calories or less
vegetable + meat/meat alternate;	<b>Sodium</b>	480 mg or less
fruit + meat/meat alternate;	<b>Total Fat</b>	35% of calories or less
meat/meat alternate alone, except for meat snacks (e.g., beef jerky), yogurt, cheese, nuts, seeds, and nut or seed butters; and	<b>Saturated Fats</b>	Less than 10% of calories; 0 trans fats
a grain only, whole grain-rich entrée that is served as the main dish of a School Breakfast (see above)	<b>Sugar</b>	35% by weight or less

More detail at [Guidelines to Smart Snacks](#)