

SOUPS

When soups are homemade and contain adequate serving sizes, the amount of meat, fruits or vegetables used in preparation can be creditable towards meal service requirements.

Divide the number of serving prepared by the number of children served to determine if children are receiving adequate portions.

There should e a reasonable amount of meat and vegetables per serving to fulfill the meat and fruit and vegetable requirement.

If used in very small quantities, the meat and vegetables may be considered only as seasonings and should not be counted towards the meat or the fruit or vegetable requirements.

When commercially canned (condensed) soups are used, the following guidelines must be met to fulfill requirements. Only five soup varieties are creditable for use in the program.

Notice canned chicken noodle soup is not creditable.

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| 1. Tomato | Includes Tomato, Cream of Tomato, Tomato Noodle or Tomato with Rice. Count towards the <u>VEGETABLE</u> requirement <u>ONLY</u> |
| 2. Vegetable | Includes Vegetable, Vegetarian Vegetable, or Vegetable with other basic components such as meat or poultry. Count towards the <u>VEGETABLE</u> requirement <u>ONLY</u> . |
| 3. Minestrone | Count towards the <u>VEGETABLE</u> requirement <u>ONLY</u> . |
| 4. Clam Chowder | Count towards the <u>VEGETABLE</u> requirement <u>ONLY</u> . |
| 5. Split Pea/Bacon | Condensed canned soups may be served as a soup <u>VEGETABLE OR A MEAT ALTERNATE</u> , but they <u>MAY NOT</u> be credited as both in the same meal. |

- These soups are not creditable for any additional food components, regardless of other ingredients they may contain.
- If these soups are condensed they must be reconstituted according to directions on the container. One 8-ounce cup of soup provides ¼ cup of the fruit or vegetable requirement. **Only dried Pea or Bean soups can fulfill the meat or meat alternate requirements.** One 8-ounce cup of reconstituted pea or bean soup provides a ¼ cup serving of cooked dry beans or peas.