



Crediting Foods in CACFP



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Table of Contents

What is Crediting Foods?	2
Definitions	3
Eat Well Play Hard	4
Milk	5
Vegetables and Fruits	9
Grains/Breads	15
Meat and Meat Alternates	27
Infant Foods	33
Appendix A: CACFP Healthy Meal Patterns	39
Appendix B: Foods High in Important Nutrients	42
Appendix C: Sample Menus	43
Appendix D: Recipe Analysis	45
Appendix E: Meat Alternates for Vegetarian Menu Planning	46
Appendix F: Choking Prevention	47
Index	48
Notes	50

What is Crediting Foods?

Crediting Foods in CACFP is a guide for checking to see if a food counts toward the meal pattern requirements. In the Child and Adult Care Food Program (CACFP), if a food counts toward meeting meal pattern requirements, it is said to be creditable.

The guide is divided into sections which correspond to the meal pattern components:

- milk
- vegetables and fruits
- grains/breads
- meat and meat alternates

There is an index in the back to look up specific food items. In each of the component sections is a list of commonly asked questions about those food items. The sad faces under the YES column for some foods mean that these foods are creditable, but they are not recommended due to their poor nutritional quality. Many of these foods are high in fat, sugars, and/or salt and are low in nutrients. Another tool for meal planning is the Food Buying Guide for Child Nutrition Programs. This will help you to determine how much food must be prepared to meet meal pattern requirements.

Creditable foods are those that may be counted toward meeting the components for a reimbursable meal. Foods have been determined to be creditable based on the following factors:

- nutrient content
- function of the food in a meal
- if the food fits into the CACFP meal pattern
- if the food meets FDA and USDA standards and policy decisions

Non-creditable or other foods are those that do not count toward the CACFP meal pattern requirements. They may supply additional nutrients and add color, taste and texture to meals.

A meal is reimbursable only if it contains creditable foods in the amounts outlined in the CACFP meal pattern.

This guide does not include every food that may be served. It only includes foods that are often questioned or are often credited toward the meal plan. For further information you can visit the website: www.nyhealth.gov/nutrition.

CACFP Mealtime Philosophy

The goal of CACFP is to improve the health and nutrition of children and adults enrolled in day care. CACFP also promotes good eating habits and nutrition education.

- Always have children and adults wash their hands with soap and water before eating.
- Make some time to relax before the meal is served.
- Plan to serve some snacks that the children can make themselves.
- Serve food family style, with children serving themselves.
- Let children decide how much and what types of food they wish to eat.
- Understand and accept day-to-day variations in appetite.
- Encourage children and adults to try new foods.
- Serve all foods at the same time rather than withholding milk, fruit, etc., until they have eaten other foods.
- Have teachers sit with the children and eat the same food the children are eating.
- Encourage children and adults to eat by saying positive comments about the meal served.
- Have some finger foods on hand for children eating in high chairs, if they are hungry before the meal is served.
- Use mealtime to work in some nutrition education, for example: "Carrots can help us see," "Milk has calcium and that helps our bones get strong."
- Incorporate multi-cultural foods in the menu as often as possible.
- For great information on Adult Nutrition, see the NYS Office for the Aging website: www.aging.state.ny.us. Click on Healthy You, then Nutrition.

Definitions

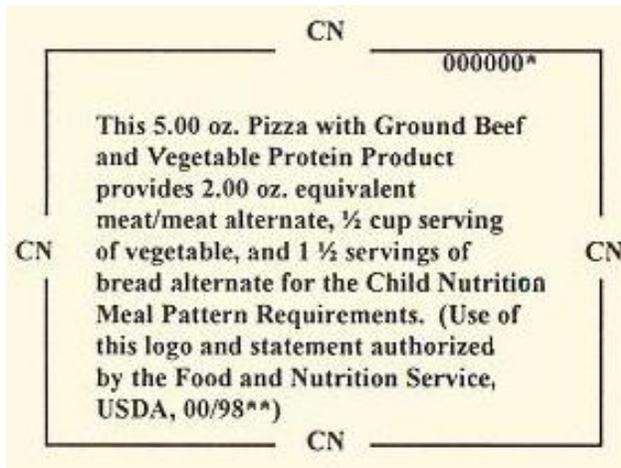
Child Nutrition (CN) Label

A voluntary Federal labeling program for the Child Nutrition Programs allows manufacturers to state on the label how the product contributes to the CACFP meal pattern. Products eligible for CN labels include commercially prepared food products that contribute significantly to one or more meal components. If served in the amount stated on the label, all CN-labeled foods are creditable.

How to identify a CN Label

A CN label will always contain the following:

- the CN logo which is a distinct border
- USDA/FNS authorization
- the month and year of approval
- the serving size required to meet CACFP meal pattern requirements.



For a detailed explanation on CN Labeling, see the Food and Nutrition Service (FNS) website: www.fns.usda.gov/cnd/cnlabeling.

Child Nutrition Programs

Programs funded by USDA: CACFP, National School Lunch, School Breakfast, Special Milk and Summer Food Service.

Combination Foods

Any food that contains two or more of the required meal components.

Components

Foods are grouped into categories according to the CACFP meal pattern. These categories are called components. These components are milk, vegetables and fruits, grains/breads and meat and meat alternates.

Food Buying Guide (FBG)

Helps to determine the amount of food to be prepared to serve the correct serving size for the number of children/staff served.

Medical Exceptions

Substitutions may be made for medical or dietary reasons when supported by a statement from a recognized medical authority. The statement should specify the food or foods to be avoided and a choice of foods that may be substituted. Refer to CACFP Policy Memo 46.

Product Specification Sheet

Information obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient in the product by weight. It can be used to verify a product's contribution to the meal pattern components. Also known as the Product Analysis Sheet.

Reimbursement

Money received for serving creditable meals and snacks.

Serving size or portion

The weight, measure or number of pieces or slices specified in the CACFP meal pattern.

Standards of Identity

The ingredients a food must contain to be labeled by a common product name.

United States Department of Agriculture

The agency that funds Child Nutrition Programs.

Eat Well Play Hard

CACFP is concerned because:

- 1 in 5 children in New York State is overweight.
- The most common nutrition concern is childhood obesity.
- If children remain overweight through their teens, they are more likely to be overweight as adults.
- Overweight adults are at higher risk for diabetes, heart disease and other medical problems.

The Child and Adult Care Food Program encourages New York State children to: Eat Well Play Hard

Increase physical activity

appropriate for their age

- Encourage children to play actively daily
- Turn off the TV, video tapes, DVDs, and games
- Play and be physically active with children

Increase low-fat and fat-free dairy foods

for children over the age of 2 years

- Offer low-fat (1%) or non-fat (skim) milk
- Select reduced-fat or part-skim cheeses
- Use low-fat dairy foods in cooking

Increase the number of vegetables and fruits served

- Choose vegetables or fruits for snacks
- Offer a variety of vegetables and fruits
- Provide fresh vegetables and fruits often
- Serve vegetables or fruits for breakfast



The CACFP meal pattern requires fluid milk to be served for breakfast, lunch and supper. Fluid milk may also be served as one of the two components of a snack.

The definition of milk in CACFP:

To be credited, milk must be pasteurized and meet state and local standards for fluid milk. Unflavored whole milk, low-fat milk (1% or 2%), skim milk, or cultured buttermilk may be served. Flavored milk is not recommended. All milk should contain Vitamins A and D at levels specified by the Food and Drug Administration.

At breakfast or snack, fluid milk can be served as a beverage, on cereal or both.

At lunch and supper, a serving of fluid milk must be served as a beverage.

At snack, if fluid milk is served, juice cannot be credited as the other component. Or, if juice is served, milk cannot be credited as the other component.

Refer to the CACFP child meal pattern and adult meal pattern for serving size requirements (see Appendix A).

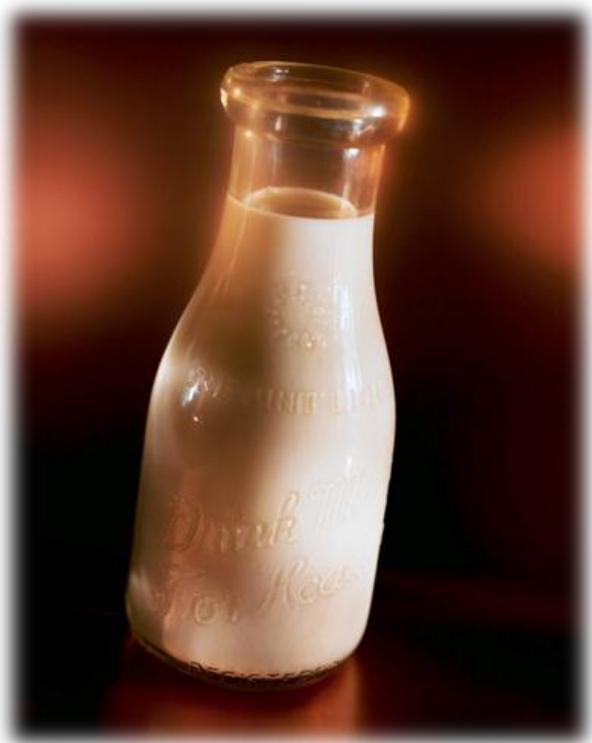
Milk cannot be credited when used in the preparation of products such as hot cereals, soups, puddings or other foods.

If a participant is unable to drink milk, a signed statement from a recognized medical authority must be kept on file by the sponsor/center or provider. It must state the required food substitution(s).

Whole milk is recommended for children between 12 months and 2 years of age. Children under 2 years of age need additional fat in their diets for normal growth and development. Non-fat or 1% milk is recommended for children 2 years of age and older and adults.

Adult Meal Pattern Guidelines (CACFP Policy Memo 61) –

- Fluid milk must be served at least once per day at a meal or snack.
- As long as milk is served at one meal or snack, one cup of yogurt may be served in place of one cup of milk at other meals.
- Milk is an optional component at supper.



Questions and Answers about Milk

Q: Why is reconstituted dry milk not creditable as fluid milk?

A: Reconstituted dry milk does not meet the definition of milk in the CACFP regulations. It is not possible to ensure that the quantities of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk. Part 226.20(f) of the regulations permits dry milk to be used only for emergencies when the center is unable to obtain a supply of fluid milk on a continuing basis.

Q: If a child cannot have milk, can I still be reimbursed for breakfast and lunch?

A: Yes, if you have a signed statement from a recognized medical authority on file stating that the child should not be served milk. The statement must specify a substitute.

Q: Can the milk used in preparation of products such as puddings, cream sauces, and ice cream count toward the milk requirement?

A: No. Fluid milk must be served as a beverage at lunch and supper. For breakfast and snack, you may serve fluid milk as a beverage, on cereal or both.

Q: Can milk be purchased directly from a farm?

A: Yes, as long as it is pasteurized fluid milk, which meets state and local health standards. Also, it must include Vitamin A and D levels consistent with state and local standards.

Q: Can milkshakes be served to meet the milk requirement?

A: Yes, milkshakes served as a part of a reimbursable lunch or supper must contain a serving of milk. Only the milk portion is creditable.

Q: Can commercial milkshakes be served to meet the milk requirement?

A: No, because it is impossible to determine the amount of milk in commercially prepared milkshakes.

☹ This symbol means foods are creditable but not recommended. These items may be high in salt, fat, sugar or low in nutritional value.

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
●		Acidified Milk	Acidified milk is made by souring fluid whole, low-fat, or non-fat milk with an acidifying agent. Examples: acidified kefir milk and acidified acidophilus milk. See: Cultured Milk.
●		Buttermilk	Must be cultured and meet state and local standards.
	●	Certified Raw Milk	Certified raw milk is not pasteurized. Regulations require pasteurized milk.
	●	Cheese	Does not meet the definition of milk. Cheese is creditable as a meat alternate.
☹		Chocolate Milk or Cocoa Milk	Must be made with fluid milk; only the fluid milk portion is creditable. Limit due to high sugar content.
	●	Coconut Milk	Does not meet the definition of milk.
	●	Cream	Does not meet the definition of milk.
	●	Cream Sauce	Does not meet the definition of milk. Milk cannot count toward the milk requirement when used in preparation of products such as cooked cereals, puddings, sauces, cream soups or other foods.
	●	Cream Soup	Does not meet the definition of milk. See: Cream Sauce.
●		Cultured Milk	Cultured milk is fluid milk produced by adding selected microorganisms to fluid whole, low-fat, or non-fat milk under controlled conditions to produce a product with specific flavor and/or consistency. Examples: cultured buttermilk, cultured kefir milk, and cultured acidophilus milk. See: Acidified Milk.
	●	Custard	Does not meet the definition of milk. See: Cream Sauce.
☹		Eggnog-flavored Milk	Must be made with fluid milk. Only the fluid milk portion is creditable. Limit due to the high sugar content.
	●	Eggnog, commercial	Difficult to determine the fluid milk portion.
	●	Eggnog, homemade	Use of raw eggs presents a potential health hazard. A food borne illness called salmonella enteritis, related to the consumption of uncooked or undercooked eggs, is possible.
	●	Evaporated Milk	Does not meet the definition of milk.
☹		Flavored Milk	Limit due to the high sugar content. See: Chocolate Milk.
	●	Frozen Yogurt	Does not meet the definition of milk.
	●	Goat's Milk	Must meet State standards for fluid milk. Must be canned, pasteurized and fortified. Medical Exception: must have a signed statement from a recognized medical authority on file.
	●	Half and Half	Does not meet the definition of milk.
☹		Hot Chocolate/Hot Cocoa	Must be made with fluid milk; only the fluid milk portion is creditable. Limit due to the high sugar content.
	●	Ice Cream/Ice Milk	Does not meet the definition of milk.
	●	Imitation Milk	Does not meet the definition of milk.
●		Lactose-reduced Milk Lactose-free Milk	Children or adults who cannot digest the lactose in milk may benefit from lactose-reduced or lactose-free milk.
●		Low-fat Milk (1%)	Recommended for children 2 years of age and older and for adults. Not recommended for children under 2 years of age.

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CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
•		Milk and Fruit Drinks	If made from milk combined with full-strength 100% juice or fruit, either the fruit or milk may be credited, not both. Must contain the minimum required quantity of fluid milk, fruit or juice per serving.
•		Milk, fluid (flavored or unflavored)	Must be fluid milk such as whole milk, 1% milk, 2% milk, or non-fat milk. The American Academy of Pediatrics recommends serving low-fat or non-fat milk to children 2 years of age and older. Whole, 1%, 2% and non-fat milk provide the same amounts of nutrients. The difference is the fat content.
	•	Milkshake, commercial	It is not possible to determine the amount of fluid milk in a commercial milkshake.
•		Milkshake, homemade	Only the fluid milk portion is creditable. Milkshakes containing the minimum required quantity of fluid milk per serving for the age group are creditable.
	•	Non-fat Dry Milk, reconstituted (NFDM)	May be used only in emergency situations where the availability of milk has been affected.
•		Non-fat Milk (skim)	Recommended for children 2 years of age and older and for adults. Not recommended for children under 2 years of age.
	•	Pudding Pops	Does not meet the definition of milk.
	•	Pudding	Does not meet the definition of milk. See: Cream Sauce.
	•	Rice Milk	Medical Exception: must have a signed statement from a recognized medical authority on file.
	•	Sherbet	Does not meet the definition of milk.
	•	Sour Cream	Does not meet the definition of milk.
	•	Soybean or Soy Milk	Medical Exception: must have a signed statement from a recognized medical authority on file.
•		UHT (Ultra High Temperature) Milk	UHT is Grade A pasteurized milk that has been heated to about 280°F.
•		Whole Milk	Contains approximately 3.3% fat. See: Milk, fluid.
	•	Yogurt	Does not meet the definition of milk. Can be credited as a meat alternate. Good source of calcium, phosphorus, and protein.

Vegetables and Fruits

The CACFP meal pattern requires vegetables or fruits to be served for breakfast, lunch and supper. Vegetables or fruits may also be served as one of the two components for snack. Refer to the CACFP meal patterns for serving size requirements.

Foods commonly thought of as vegetables and fruits are creditable in CACFP. This includes, but IS NOT LIMITED TO: apples, apricots, artichokes, avocados, bamboo shoots, bananas, beans (all types), beets, berries (all types), bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chayote, corn, cucumbers, dates, eggplant, figs, grapes, grapefruit, greens (all types; collards, etc.), guava, jicama, kiwi, kohlrabi, kumquats, lettuce (all types), mangos, melons (all types), mushrooms, okra, olives, onions, oranges, papayas, parsnips, passion fruit, peaches, pears, peas, peppers, persimmons, pineapples, plantains, pomegranates, potatoes, pumpkin, plums, pummelo, radishes, raisins, rhubarb, sorrel, spinach, sprouts (all types), squash (all types; zucchini, etc.), star fruit, sweet potatoes, tangerines, tomatillos, tomatoes, turnips, ugli fruit, watercress, and yams.



Vegetables and fruits are excellent sources of vitamins, minerals, and fiber.

- Fresh, frozen or canned vegetables and fruits are all creditable in CACFP.
- CACFP recommends that fresh vegetables and fruits be served as often as possible.
- A serving of vegetable(s) and fruit(s) or full strength vegetable or fruit juice may count as one of the two components for a snack. Two servings of vegetable, fruit or juice cannot meet both components. For example, orange juice with celery sticks is not a reimbursable snack. Juice may not be credited as one of the components when milk is served as the only other component.
- Cooked dried peas and beans are high in protein and can be counted as a meat alternate or a vegetable. However, one serving of dried peas or beans cannot be counted as a vegetable and a meat alternate in the same meal. Some examples: black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, pinto beans, navy beans, northern beans, red beans and soybeans.
- Home-canned products are not allowed because of food safety concerns.
- At least 1/8 cup serving must be provided to count toward the total vegetable and fruit requirement. Very small amounts of vegetable and fruit added for texture, flavor and color or as a garnish are usually used in such small amounts that they do not meet the serving size requirement. Some examples: chopped onion in soups or casseroles, raisins in pudding or oatmeal, pickles, cranberry sauce, lettuce and tomato on a sandwich.
- Make certain that you choose 100% juice. Beverages that have Vitamin C added and state *100% Vitamin C* on the label may or may not be 100% juice.

Questions and Answers about Vegetables and Fruits

Q: Can fruit cocktail, mixed vegetables, or peas and carrots be used to meet the requirement of serving two or more vegetables/fruits at lunch and supper?

A: No, these items only count as one of the required servings.

Q: How are vegetables and fruits and other food items counted in combination dishes such as beef stew or pizza?

A: Up to three food components can be counted if the recipe is homemade and includes enough of each ingredient to be considered as a serving. For example, Beef Stew: stew beef (meat and meat alternate), carrots (vegetable/fruit) and potatoes (vegetable/fruit). For pizza: cheese (meat and meat alternate), crust (bread), and tomato sauce (vegetable/fruit). The amount of sauce on a commercial pizza or meat in beef stew may not be enough to count unless the item is CN-labeled.

Q: Are foods like coleslaw, potato salad, pasta salad, gelatin salad or Waldorf salad creditable?

A: Only the actual amount of the vegetable and fruit ingredient can be counted toward the vegetable/fruit requirement. Other ingredients such as mayonnaise, pasta, nuts, etc. cannot be counted in the serving size. For example, a 1/4 cup serving of pasta salad cannot be counted as a 1/4 cup serving of vegetable/fruit.

Q: How much tomato paste, tomato puree, or tomato sauce would I need to equal 1/4 cup vegetable for each 3-to-6 year old at lunch/supper?

A: Tomato Paste – 1 Tbsp. = 1/4 cup vegetable
Tomato Puree – 2 Tbsp. = 1/4 cup vegetable
Tomato Sauce – 4 Tbsp. = 1/4 cup vegetable

Q: Is the fruit added to gelatin salads/desserts and puddings creditable?

A: Yes, but at least 1/8 cup must be served in each serving to be creditable.

Q: How can I tell if juice is 100% full-strength juice?

A: The label will state *Juice, Full-strength Juice, Single-strength Juice, Reconstituted Juice, Juice from Concentrate*, or *Juice Concentrate*. If the label states *cocktail, ade, beverage, or drink*, the item is not 100% juice. No more than 6 oz. of juice should be served per day.

Q: Are fruit sauces, such as orange sauce made with orange juice or blueberry sauce made with canned blueberries, creditable?

A: Yes, but only the fruit portion of the sauce, i.e., the orange juice or blueberries, is creditable. At least 1/8 cup (2 Tbsp.) must be in each serving.

Q: Are dried vegetables creditable and how are yields determined?

A: Yes. The amount counted as a serving is based on the amount that results when water is added to the product.

Q: Are dried fruits creditable?

A: Yes. At least 1/8 cup must be served if they are to count toward the total serving size requirement. Please be aware that dried fruits might pose a choking hazard to young children.

⊖ This symbol means foods are creditable but not recommended. These items may be high in salt, fat, sugar or low in nutritional value.

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
	●	Apple Butter	Mostly sugar.
	●	Apple Cider	CACFP recommends pasteurized cider.
●		Aspic	See: Gelatin Salad.
	●	Banana Chips	Very high in fat.
	●	Barbecue Sauce	
	●	Beverages – ades, juice drinks, fruit-flavored beverages (bottled, canned or powdered mix)	Contains little or no fruit juice.
	●	Cake, containing fruit	
	●	Catsup (katsup) or Chili Sauce	Not enough vegetables in these items.
●		Coleslaw	
	●	Coconut	Very high in fat.
	●	Corn Chips	May count as grains/breads.
	●	Cranberry Juice Blend	Cranberry juice in a blend with another 100% juice is creditable. 100% cranberry juice is generally not commercially available.
	●	Cranberry Juice Cocktail	Not 100% juice. Contains added sugar and water.
⊖		Cranberry Sauce	Only sauces with crushed or whole berries can be counted. Jellied sauces are up to 50% sugar.
●		Dried Fruit – apricots, cranberries, figs, prunes, raisins	Must contain at least 1/8 cup (2 Tbsp.) of fruit per serving. May be a choking hazard for young children.
	●	Fig Cookies	Not enough figs in each cookie to count as a fruit serving. May count as grains/breads.
⊖		French Fries	Limit due to high fat content.
	●	Frozen Fruit Juice Bars	Must contain 100% full-strength juice or must contain a minimum of 2 oz. of 100% full-strength juice. Only the juice portion may be counted to meet the vegetable/fruit requirement.
	●	Fruit Bread/Fruit Muffin – apple, banana, blueberry, carrot, pumpkin, zucchini	Contains less than 1/8 cup of vegetable/fruit per serving. These items may be counted as grains/breads.
	●	Fruit Cobbler/Fruit Crisp	Must contain at least 1/8 cup of fruit per serving. Limit due to high sugar content.
	●	Fruit Gushers®	Not 100% fruit.
⊖		Fruit Pie	Must contain at least 1/8 cup of fruit per serving. Limit due to high sugar content.
	●	Fruit Puffs	Fruit Puffs are not 100% fruit and are not creditable as a fruit or bread.
	●	Fruit Punch (bottled, canned or powdered mix)	Contains little or no fruit juice.

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CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
•		Fruit Sauce	Only the fruit portion of the sauce can be counted. Minimum serving of fruit must be 1/8 cup of fruit per serving.
	•	Fruit Snacks	For example: roll-ups, wrinkles, gummy bears.
•		Gelatin Salad/Gelatin Dessert with fruit or vegetable and/or juice	Must contain at least 1/8 cup (2 Tbsp.) of vegetable, fruit or full-strength juice per serving. The gelatin portion is not creditable.
•		Gerber® Mini Fruits	An expensive fruit option.
•		Gerber® Mini Vegetables	An expensive vegetable option.
•		Hash Brown Potatoes	
	•	Hominy	
	•	Ice Cream, fruit-flavored	
	•	Jam, Jelly, Preserves	Mostly sugar.
•		Juice Blends	Must be blends of 100% vegetable juices.
	•	Kool Aid®	Does not contain fruit/fruit juice.
	•	Lemon Pie Filling	
	•	Lemonade, Limeade	Contains little or no fruit juice.
•		Mashed Potatoes	
	•	Nectar – apricot, pear, peach	A mixture of juice, sugars and water. Is not 100% juice.
⊖		Olives	At least 1/8 cup per serving. Limit due to high salt and fat content.
⊖		Onion Rings	If homemade or if a product specification is available. Limit due to high fat content.
⊖		Pickles	At least 1/8 cup per serving. Limit due to high salt content.
•		Pizza Sauce	At least 1/8 cup per serving.
	•	Popsicles® or other frozen fruit-flavored pops	Little or no fruit juice.
	•	Pop Tarts® or other toaster pastries with fruit	*BREAKFAST AND SNACK ONLY. Less than 1/8 cup fruit per serving. This item is creditable as grains/breads.
	•	Posole	Not made from whole-kernel corn.
	•	Potato Chips	
•		Potato Pancakes	
•		Potato Skins	Usually high in fat.
•		Pudding with Fruit	Must contain at least 1/8 cup (2 Tbsp.) of fruit per serving.
	•	Rice	Creditable as grains/breads, not as a vegetable.
•		Salsa	
	•	Sherbet/Sorbet	Creditable only if a CN-labeled product.

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CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
		Soups: Clam Chowder, Minestrone, Tomato, Tomato Rice, Vegetable, Vegetable Beef, Vegetable Chicken	
•		Canned Condensed (1 part soup to 1 part water)	A 1-cup reconstituted serving counts as 1/4 cup vegetable.
•		Canned (ready to serve)	A 1-cup serving counts as 1/4 cup vegetable.
•		Dehydrated Soup Mix	A 1-cup serving counts as 1/4 cup vegetable.
•		Homemade Soups	Use quantities of vegetables in the recipe to determine the amount of vegetable provided by the soup.
•		Spaghetti Sauce	At least 1/8 cup must be served.
•		Sprouts – alfalfa, bean	
	•	Syrup, fruit-flavored	
☹		Tator Tots®	Limit due to high fat content.
•		Tomato Paste	One tablespoon counts as 1/4 cup vegetable.
•		Tomato Sauce	At least 1/8 cup must be served.
	•	V-8 Splash®	Not 100% juice.
•		Vegetable Juice	
•		Vegetable Juice Blends	Must be blends of 100% vegetable juices.
•		Vegetables, chopped	Examples: celery, onions. At least 1/8 cup (2 Tbsp.) must be served.
	•	Veggie Puffs	Veggie Puffs are not creditable as a vegetable or bread.
•		Water Chestnuts	
	•	Yogurt-covered Fruit	
	•	Yogurt, fruited	Less than 1/8 cup fruit per serving. Yogurt is creditable as a meat alternate.

Grains/Breads

The CACFP meal pattern requires Grains/Breads be served at breakfast, lunch and supper. A Grains/Breads serving may also be served as one of the two components of a snack.

Grains/Breads are good sources of B Vitamins, minerals and fiber. CACFP recommends whole-grains, which are an excellent source of complex carbohydrates, fiber, thiamin, riboflavin, niacin and iron.

- The product must be whole-grain (such as wheat, rice, oats, barley, bran, wheat germ), or an enriched product.
- Previously all corn products were considered to be whole-grain. Now they must specifically state *whole-grain cornmeal*, *whole-corn flour*, etc. Enriched corn products must specify enriched, in the same way as other grains.
- The product must be made from whole-grain(s), bran, germ, or enriched flour or meal such as enriched bran muffins.
- Some common examples are: whole-grain or enriched breads; cornbread; biscuits; muffins made with whole-grain or enriched flour or meal; cooked whole-grains such as rice, bulgur, and corn grits; enriched pasta or noodle products such as macaroni, spaghetti and egg noodles; enriched or whole-grain crackers.
- If the product is a cereal, the product must be whole-grain, bran, germ, enriched or fortified.
- If the product is enriched, it must meet FDA (Food and Drug Administration) Standards of Identity. *Enriched* means that the product follows the FDA's Standard of Identity for

iron, thiamin, riboflavin and niacin. The terms *enriched* or *fortified* mean that one or more vitamins, minerals or protein have been added. The product must state that it contains *enriched* flour, bran, germ and/or whole-grain as either ingredients in the recipe or specified on the product label.

- The food item must serve as *customary function* of bread in a meal, such as dinner rolls at lunch or supper, hamburger bun at lunch. The food item must be *recognizable integral part* of the meal, such as spaghetti, taco shells, or pot pie crust. For example, breadcrumbs in meatloaf do not qualify as meeting the Grains/Breads requirement.
- The food items in the Grains/Breads group have been divided into 9 groups (A through I). The foods are grouped based on the key nutrients provided in one slice of bread (25 g. or 0.9 oz.) or an equal amount of whole-grain, bran, germ or enriched flour (14.75 g. or 0.5 oz.) in a recipe or product. All food items in each group have approximately the same nutrient content. Match the food item you want to serve with the most similar group. Check the Child Meal Pattern, Adult Meal Pattern or Infant Meal Pattern for required serving sizes. Then, check the Groups A-I **Required Serving Sizes for Grains/Breads** on page 17 to find the appropriate serving size.
- Most dessert type items are found in Groups B, C, D, and E. Limit dessert items to twice per week. Also, check the chart, *Creditable – Yes or No*, on the following pages to find out which dessert type items may be served at meals and/or snacks. For example, muffins are creditable at breakfast. Cookies are not creditable at breakfast.
- A commercially prepared product may have a CN label that tells you how that product counts in the CACFP meal pattern.



Definition of Terms

Flour is the product made by finely grinding and bolting (sifting) wheat or other grains. Flour includes all grains (wheat, rye, corn, etc.).

Meal is the product derived by coarsely grinding corn, oats, wheat, etc.

Whole-grain is the edible part of wheat, corn rice, oats, rye, barley, etc.

Cereal grain is the edible part of a whole-grain that has been processed.

Questions and Answers about Grains/Breads

Q: Are Fig Newton®-type cookies creditable?

A: Yes. Check the ingredient label, to see that the product is made with enriched or whole-grain flour or meal. Use Group E to find the correct serving size. Cookies are creditable for snacks only. Limit dessert items to 2 times per week.

Q: Are Rice Krispies bars or similar bars made from a cereal product creditable?

A: Yes. See Rice Cereal Bars on the *Creditable – Yes or No* chart. Homemade rice cereal bars may be credited based on the amount of cereal in a serving. Rice cereal bars are creditable for snacks only. Limit dessert items to 2 times per week.

Q: Can nut or seed meal or flour be used to meet the grains/breads requirement for a meal?

A: No. Nuts and seeds do not meet the definition of grains/breads.

Q: Can pie crust be credited as grains/breads?

A: Yes, if the crust is being served as an integral part of the meal, as in pot pie crust or quiche. The pie crust must be made from enriched or whole-grain flour or meal. Pie crusts served as part of a dessert are creditable for snacks only.

Q: Are granola bars acceptable grains/breads?

A: Yes, for breakfast and snacks only. See Cereal Fruit Bars on the *Creditable – Yes or No* chart. To find the correct serving size, see Group D for plain granola bars. For granola bars with nuts, raisins, chocolate pieces and/or fruit, see Group E. Limit due to high sugar and/or fat content. Some varieties may be a good source of complex carbohydrates. Limit dessert items to 2 times per week.

Q: Is granola cereal an acceptable grains/breads?

A: Yes. To determine correct serving size, see Group I. Only the grain portion of the cereal is creditable as grains/breads. Granola generally contains nuts, seeds, coconut, and dried fruit, which are not to be included when determining the serving size.

Q: Can crackers be served as a grains/breads component?

A: Yes. Crackers can be served as grains/breads for breakfast, lunch, supper or snack. See Group A and B. Some crackers are high in fat, sugar, or salt and should be limited.

Q: Can batter-type and bread-type coating be served as a grains/breads component?

A: Batters and breading may be served as part of the main dish of a meal. Crediting is based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Because it may be difficult to determine the amount of batter/breading on products, it is recommended that another bread item be served with the meal. CN labeling is required to count this as a grains/breads component.

Required Serving Sizes for Grains/Breads

SERVING SIZE	FOODS
Group A-Crackers <i>1/2 serving = 10 g. (0.4 oz.)</i> <i>1 serving = 20 g. (0.7 oz.)</i>	Breading-type Coating, Bread Sticks (hard), Chow Mein Noodles, Crackers (saltines and snack crackers), Croutons, Pretzels (hard), Stuffing (dry)
Group B-Breads, Rolls <i>1/2 serving = 1/2 slice or 13 g. (0.5 oz.)</i> <i>1 serving = 1 slice or 25 g. (0.9 oz.)</i>	Bagels, Batter-type Coating, Biscuits, Breads (white, rye, whole wheat, French, Italian), Buns (hamburger and hot dog), Crackers (graham and animal), Egg Roll Skins, English Muffins, Pita Bread (white, wheat, whole wheat), Pizza Crust, Pretzels (soft), Rolls (white, wheat, whole wheat, potato), Taco Shells, Tortillas (wheat or corn), Won Ton Wrappers
Group C-Miscellaneous Items <i>1/2 serving = 16 g. (0.6 oz.)</i> <i>1 serving = 31 g. (1.1 oz.)</i>	Cookies (plain*), Cornbread, Corn Muffins, Cream Puff Shells, Crepes, Croissants, Hushpuppies, Pancakes (purchased), Pie Crust (dessert pies*, turnover crusts**, meat pies), Popovers, Waffles (purchased)
Group D-Doughnuts, Pastries <i>1/2 serving = 25 g. (0.9 oz.)</i> <i>1 serving = 50 g. (1.8 oz.)</i>	Doughnuts (cake and yeast raised, unfrosted**), Granola Bars (plain**), Muffins (for corn muffins, see Group C), Quick Breads, Scones, Sweet Rolls (unfrosted**), Toaster Pastry (unfrosted**)
Group E-Miscellaneous Items <i>1/2 serving = 31 g. (1.1 oz.)</i> <i>1 serving = 63 g. (2.2 oz.)</i>	Cereal Fruit Bars, Cookies (with nuts, raisins, chocolate pieces and/or fruit*), Doughnuts (cake and yeast raised, frosted or glazed), French Toast (commercial), Grain Fruit Bars, Granola Bars (with nuts, raisins, chocolate pieces and/or fruit**), Sweet Rolls (frosted), Toaster Pastry (frosted)
Group F-Cakes <i>1/2 serving = 38 g. (1.3 oz.)</i> <i>1 serving = 75 g. (2.7 oz.)</i>	Cake*, Coffeecake**, Gingerbread*
Group G-Brownies <i>1/2 serving = 58 g. (2 oz.)</i> <i>1 serving = 115 g. (4 oz.)</i>	Brownies (plain*), Cake (all varieties, frosted*)
Group H-Cereal, Grains & Pasta <i>1/2 serving = 1/4 cup cooked or 13 g. dry (0.5 oz.)</i> <i>1 serving = 1/2 cup cooked or 25 g. dry (0.9 oz.)</i>	Barley, Breakfast Cereals (cooked), Bulgur (cracked wheat), Corn Meal, Couscous, Egg Noodles, Kasha, Macaroni (all shapes), Millet (all varieties), Oatmeal, Pasta (all shapes), Quinoa, Ravioli (noodle only), Rice (enriched white or brown, wild), Wheat Berries
Group I-Breakfast Cereal <i>1/2 serving = 3/8 cup or 1/2 oz., whichever is less</i> <i>1 serving = 3/4 cup or 1 oz., whichever is less</i>	Breakfast Cereals (dry)

*Allowed only at snack
 **Allowed only at snack and breakfast

Popular Crackers

Some popular crackers have been evaluated to determine the number of crackers that equal one serving for 1-5 year olds and 6-12 years olds.

For practical purposes, the serving size is rounded to the nearest whole piece.

NAME OF CRACKER	# OF CRACKERS	
	1-5 yr olds	6-12 yr olds
Animal Crackers	5	10
Cheez-It®/Cheese Nips®	8	14
Chicken in a Biscuit®	5	10
Club Crackers	2 squares	4 squares
Goldfish®	20 or 1/2 oz.	36 or 3/4 oz.
Graham Crackers	2 squares	4 squares
Matzo Crackers	1/2 large	1 large
Melba Toast®	3	5
Mini Ritz®	10	18
Rice, Rye or Corn Cakes (regular size, not mini)	2	3
Ritz Crackers®	4	7
Rye Krisp® (1" x 2")	5	10
Saltines	4 squares	8 squares

NAME OF CRACKER	# OF CRACKERS	
	1-5 yr olds	6-12 yr olds
Sociables®	5	10
Soup and Oyster Crackers	1/4 cup	1/3 cup
Stoned Wheat	4	8
Teddy Grahams®, plain	11	20
Townhouse® Crackers	3	6
Triscuits®	4	7
Twigs®	4	8
Vegetable Thins®	4	8
Wasa Crisp Bread®	1 large	2 large
Waverly Wafers®	3	5
Wheat Thins®	5	10
Wheatsworth® Stoned Wheat	4	8
Zwieback®	2	3

Cookies*

Cookies and other sweet dessert items must be limited to 2 times per week. Check the ingredient label. The product must be made from whole-grain(s), bran, germ, or enriched flour or meal to be creditable as a grains/breads component. Cookies are generally high in sugar and fat, and provide little nutritional value, therefore, are not recommended.

Some popular cookies have been evaluated to determine the number that equal one serving. For practical purposes, the serving size is rounded to the nearest whole piece.

	NAME OF COOKIE	# OF COOKIES	
		1-5 yr olds	6-12 yr olds
	Arrowroot Biscuit	4	7
	Chips Ahoy®	3	6
NABISCO	Fig Newtons®	2	4
	Ginger Snaps®	3	5
	Lorna Doone®	3	5
	Nilla Wafers®	5	9
	Social Tea®	4	7
	Teddy Grahams®	11	20

	NAME OF COOKIE	# OF COOKIES	
		1-5 yr olds	6-12 yr olds
ARCHWAY	Apple-Filled Oatmeal	2	3
	Chocolate Chip	2	3
	Old Fashioned Molasses	1	2
	Oatmeal	2	3
	Oatmeal Raisin	2	3

*Cookies are creditable for snacks only.

Recommended Cereals

CACFP recommends serving cereals that are iron-fortified, with less than 6 g. of sugar or more than 4 g. of fiber per 1 ounce (or 30 gram) serving.

GENERAL MILLS

Cheerios® (plain)

Corn Chex®

Country Corn Flakes®

Kaboom®

Kix® (regular flavor)

Multigrain Cheerios®

Oatmeal Crisp®

Rice Chex®

Total Corn Flakes®

Triples®

Wheat Chex®

Wheaties®

KELLOGG CO.

All Bran®

Apple Cinnamon Squares®

Bran Flakes®

Common Sense Oat Bran

Corn Flakes®

Crispix®

Kashi Cereals:

 Puffed Kashi®

 Kashi Good Friends®

Nutri Grain Nuggets®

Product 19®

Rice Krispies®

Special K® (plain)

NABISCO

Cream of Wheat® (quick, regular, instant)

PILLSBURY

Farina Hot Wheat Cereal®

POST

Honey Bunches of Oats®

QUAKER CO.

Corn Bran®

Crunchy Corn Bran®

Instant Grits®

King Vitamin®

Life® (regular)

Puffed Rice®

Puffed Wheat®

Sun Country Oats®

RALSTON PURINA CO.

Chex® (rice, corn)

⊖ This symbol means foods are creditable but not recommended. These items may be high in salt, fat, sugar or low in nutritional value.

FOR AGE-APPROPRIATE PORTION SIZES SEE PAGES 17 AND 18

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
●		Bagels	Bagels are a good source of complex carbohydrates, and are generally low in fat. Whole-grain varieties can be a good source of fiber.
●		Banana Bread	See: Quick Bread.
●		Bagel Chips	See: Chips.
●		Barley	Barley is a good source of complex carbohydrates and fiber.
⊖		Batter-type Coating	May be high in fat.
●		Biscuits	Homemade biscuits may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. May be high in fat.
●		Boston Brown Bread	See: Quick Bread.
●		Bread white, rye, whole wheat, pumpernickel, raisin, multi- grain, potato, Italian, French, etc.	Breads may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.
●		Bread Pudding	*SNACK ONLY. Limit to 2 dessert items per week. Bread pudding may be credited for snack only, based on the amount of whole-grain, bran, germ or enriched bread in a serving.
●		Bread Sticks	
●		Bread Stuffing/Dressing, dry	Homemade stuffing may be credited based on the amount of bread in the recipe. May be high in fat, depending on the recipe followed.
⊖		Breading-type Coating	May be high in fat.
⊖		Brownies, plain	*SNACK ONLY. Limit to 2 dessert items per week Plain brownies or frosted cake may be credited based on the whole-grain, bran, germ and/or enriched flour in the recipe. Limit due to high sugar/fat content. Since flour is not usually the main ingredient in brownies, a large serving is needed to meet the requirement. This may be impractical for young children.
●		Brownies, frosted or with fillers such as cream cheese, nuts, etc.	
●		Bulgur, or cracked wheat	Bulgur is a good source of complex carbohydrates and fiber.
●		Buns, hamburger & hot dog	Homemade buns may be credited based on the amount of whole-grain, bran, germ and/or enriched flour in the recipe.
⊖		Cake, frosted	See: Brownies, plain.
⊖		Cake, unfrosted	*SNACK ONLY. Limit to 2 dessert items per week. Homemade unfrosted cake or gingerbread may be credited based on the whole-grain, bran, germ and/or enriched flour in the recipe. High in sugar and fat. Since flour is not usually the main ingredient in cake, a large serving is needed to meet the requirement. This may be impractical for young children.
●		Caramel Corn	Does not meet the definition of grains/breads in CACFP.

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FOR AGE-APPROPRIATE PORTION SIZES SEE PAGES 17 AND 18

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
		● Carrot Bread	See: Quick Bread.
⊖		Cereal Fruit Bars	*BREAKFAST AND SNACK ONLY. Limit to 2 dessert items per week. High in sugar and fat. Some brands can be a good source of complex carbohydrates and fiber.
		● Cereal, cooked	Excellent source of complex carbohydrates, thiamin, riboflavin, niacin and iron. Generally low in fat and sugar.
		● Cereal, dry, ready to eat	Excellent source of complex carbohydrates, thiamin, riboflavin, niacin and iron. Many are very high in sugar. CACFP recommends breakfast cereals with less than 6 g. of sugar per serving. Breakfast cereals are traditionally served at breakfast, but may be served at other meals.
		● Cheese Puffs	
⊖		Chips, corn or wheat	Corn chips, nachos and taco chips may be high in salt and fat. The product must be whole-grain, bran, germ, enriched or fortified. Must be served as a customary function in a meal, or a recognizable part of a meal. May be a choking hazard for young children.
		● Chips, potato	See: Potato Chips.
		● Chow Mein Noodles	
⊖		Cinnamon Rolls	*BREAKFAST AND SNACK ONLY. See: Pastries.
⊖		Cobbler, fruit	*SNACK ONLY. Limit to 2 dessert items per week. The bread portion of the cobbler is creditable for snack only, based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. See: Vegetables and Fruits section for additional crediting information.
⊖		Coffeecake	*BREAKFAST AND SNACK ONLY. Limit to 2 dessert items per week. Homemade coffeecake may be credited based on the whole-grain, bran, germ and/or enriched flour in the recipe. High in sugar and fat. Since flour is not usually the main ingredient in coffeecake, a large serving is needed to meet the required serving size. This may be impractical for young children.
⊖		Cookies, plain	*SNACK ONLY. Limit to 2 dessert items per week. Homemade cookies may be credited based on the whole-grain, bran, germ and/or enriched flour in the recipe. High in sugar and fat. Some examples are: vanilla wafers, butter-type cookies, ginger snaps, tea biscuits and oatmeal cookies.
⊖		Cookies with nuts, raisins, chocolate pieces and/or fruit	*SNACK ONLY. Limit to 2 dessert items per week. Homemade cookies may be credited based on the whole-grain, bran, germ and/or enriched flour in the recipe. High in sugar and fat. Some examples are: oatmeal raisin, chocolate chip, peanut butter, Oreo-type, and fig-filled cookies.
		● Corn	Corn is creditable as a vegetable in CACFP. See: Vegetables and Fruits section for additional crediting information.

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FOR AGE-APPROPRIATE PORTION SIZES SEE PAGES 17 AND 18

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
•		Cornbread	Homemade cornbread may be credited based on the whole-grain and/or enriched meal or flour in the recipe. Excellent source of complex carbohydrates, thiamin, riboflavin, niacin, iron and fiber.
•		Corn Chips	See: Chips, corn or wheat.
⊖		Corn Dog Batter	See: Batter-type Coating.
•		Corn Meal	If corn meal is used in a recipe: Ages 1-5: 1 serving = 0.3 oz. Ages 6-12: 1 serving = 0.5 oz.
•		Corn Muffins	Homemade corn muffins may be credited based on the whole-grain and/or enriched meal or flour in the recipe. Excellent source of complex carbohydrates, thiamin, riboflavin, niacin, iron and fiber.
•		Couscous	Must be whole wheat couscous to be a whole-grain product, otherwise it is white/refined pasta.
•		Crackers	See chart on page 18. Some crackers are high in fat and/or salt and should be limited.
⊖		Cream Puff Shells	*SNACK ONLY. Limit to 2 dessert items per week. Homemade cream puff shells may be credited for snack only based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Cream puffs and traditional custard or cream fillings are high in fat.
•		Crepes	Homemade crepes may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.
⊖		Crisp, fruit	*SNACK ONLY. See: Cobbler, fruit.
•		Croissants	Croissants may be high in fat.
•		Croutons	Must be served as a customary function in a meal, and a recognizable part of a meal. May be a choking hazard for young children.
⊖		Cupcakes	*SNACK ONLY. See: Cake, frosted or Cake, unfrosted.
⊖		Danish Pastry	*BREAKFAST AND SNACK ONLY. See: Pastries.
⊖		Doughnuts, unfrosted	*BREAKFAST AND SNACK ONLY. See: Pastries.
⊖		Doughnuts, frosted, glazed and/or filled	*BREAKFAST AND SNACK ONLY. See: Pastries.
•		Dressing, bread-type	See: Bread Stuffing/Dressing.
•		Dumplings	See: Biscuits.
•		Egg Roll Skins	
•		English Muffins	English muffins are a good source of complex carbohydrates, and are generally low in fat. Whole-grain varieties can be a good source of fiber.
•		French Bread	See: Bread.

⊖ This symbol means foods are creditable but not recommended. These items may be high in salt, fat, sugar or low in nutritional value.

FOR AGE-APPROPRIATE PORTION SIZES SEE PAGES 17 AND 18

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
●		French Toast	Homemade French toast may be credited based on the amount of whole-grain, bran, germ and/or enriched bread in the recipe.
⊖		Fried Bread	May be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Limit due to high fat content.
⊖		Fruit Turnovers	*BREAKFAST AND SNACK ONLY. See: Pie Crust.
⊖		Gingerbread	*SNACK ONLY. See: Cake, unfrosted.
⊖		Grain Fruit Bars	*BREAKFAST AND SNACK ONLY. See: Cereal Fruit Bars.
⊖		Granola Bars	*BREAKFAST AND SNACK ONLY. See: Cereal Fruit Bars.
●		Grits, corn, enriched	Corn grits must be <i>enriched</i> to be credited.
	●	Hominy	Hominy is not creditable. It is not made from the whole kernel of corn and therefore, does not meet the criteria for grains/breads component in CACFP.
●		Hushpuppies	Homemade hushpuppies may be credited based on the amount of cereal and/or whole-grain, bran, germ and/or enriched meal or flour in the recipe.
	●	Ice Cream Cones	The amount to meet a serving is unrealistic. A 1 to 6 year old would need to consume 6 cones to meet the required grains/breads serving.
	●	Ice Cream Sandwich Wafers	Unless a CN label indicates the contribution the commercial product makes toward the grains/breads component.
●		Italian Bread	
●		Kasha	A whole-grain product, also called Buckwheat groats
●		Lefse	Lefse is unleavened bread made primarily of potatoes and flour. Lefse is credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Lefse is often rolled with butter, brown sugar, jams, or cinnamon and sugar.
●		Macaroni, all shapes	Macaroni must be whole-grain, bran, germ or enriched.
●		Melba Toast	
●		Millet	A whole-grain.
●		Muffins	Homemade muffins may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Muffins (bran, blueberry, apple-cinnamon) are a good source of complex carbohydrates. Whole-grain varieties can be a good source of fiber.
●		Nachos	See: Chips, corn or wheat.
●		Noodles	Noodles must be whole-grain, bran, germ or enriched.
	●	Nut or Seed Meal Flour	Does not meet the definition of grains/breads.
●		Oat Bran	If oat bran is used in a recipe: Ages 1-5: 1 serving = 0.3 oz. Ages 6-12: 1 serving = 0.5 oz.

⊖ This symbol means foods are creditable but not recommended. These items may be high in salt, fat, sugar or low in nutritional value.

FOR AGE-APPROPRIATE PORTION SIZES SEE PAGES 17 AND 18

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
●		Oatmeal or Oats	If oatmeal is used in a recipe: Ages 1-5: 1 serving = 0.3 oz. Ages 6-12: 1 serving = 0.5 oz.
●		Pancakes	Homemade pancakes may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.
⊖		Party Mix	Party mix or trail mix may be credited based on the cereal or grain content per serving. Some party mixes are high in salt. Some trail mixes are high in sugar and contain nuts, raisins and chocolate pieces.
●		Pasta, all shapes	Pasta must be whole-grain, bran, germ or enriched.
⊖		Pastries (frosted or unfrosted)—cinnamon rolls, Danish, doughnuts (glazed or filled), sticky buns, sweet rolls, toaster pastries	*BREAKFAST AND SNACK ONLY. Limit to 2 dessert items per week. Homemade sweet rolls may be credited for breakfast/snack only based on the amount of whole-grain, bran, germ and/or enriched flour or meal in the recipe. Limit due to high sugar and fat content.
⊖		Pie Crust	*SNACK ONLY if pie crust is served as part of a dessert, such as apple pie. Limit to 2 dessert items per week. Homemade pie crust served in dessert fruit pies, dessert fruit turnovers, meat and meat alternates pies or quiche may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Limit due to high fat and sugar content. Must be served as a customary function in a meal, and a recognizable part of a meal.
⊖		Pineapple Upside Down Cake	*SNACK ONLY. See: Cake, unfrosted. Crediting by weight may be impractical due to amount of fruit in product.
●		Pita Bread	Pita bread is a good source of complex carbohydrates, and if enriched a good source of thiamin, riboflavin, and iron. Whole wheat pita can be high in fiber.
●		Pizza Crust	Homemade pizza crust may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.
⊖		Pop Tarts®	*BREAKFAST AND SNACK ONLY. See: Pastries.
	●	Popcorn	Does not meet the definition of grains/breads.
	●	Popcorn Cakes	See: Popcorn.
●		Popovers	Homemade popovers may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.
	●	Potato	Does not meet the definition of grains/breads. Potatoes are creditable as a vegetable in CACFP.
	●	Potato Chips or Shoe-String Potatoes	Does not meet the definition of grains/breads.
	●	Potato Pancakes	Potato pancakes contain only a minimal amount of flour. May be creditable as a vegetable.
⊖		Pound Cake	*SNACK ONLY. See: Cakes, unfrosted.

⊖ This symbol means foods are creditable but not recommended. These items may be high in salt, fat, sugar or low in nutritional value.

FOR AGE-APPROPRIATE PORTION SIZES SEE PAGES 17 AND 18

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
●		Pretzel Chips	See: Pretzels.
●		Pretzels, soft or hard	Soft or hard pretzels may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Hard pretzels may be a choking hazard for young children.
⊖		Puff Pastry	Homemade puff pastry may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Must be served as a customary function in a meal, and a recognizable part of a meal. Limit due to high fat content.
●		Pumpernickel Bread	See: Breads.
●		Pumpkin Bread	See: Quick Bread.
●		Quick Bread	Homemade quick breads may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.
●		Quinoa	Quinoa is a cereal-like plant product.
●		Raisin Bread	See: Breads.
●		Ravioli	The pasta in homemade ravioli is creditable based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Does not count towards the meat and meat alternates requirement unless a CN label indicates a meat contribution.
●		Rice, white or brown	Rice must be whole-grain or enriched. Rice is a good source of complex carbohydrates.
●		Rice Cakes	Rice cakes must be enriched or whole-grain. Rice cakes that are made of puffed rice may be credited based on the serving size for ready to eat cereal.
⊖		Rice Cereal Bars	*SNACK ONLY. Limit to 2 dessert items per week. Rice cereal bars may be credited based on the amount of cereal in a serving.
⊖		Rice Pudding	*SNACK ONLY. Limit to 2 dessert items per week. Rice pudding may be credited based on the amount of whole-grain or enriched rice in a serving.
●		Rolls – all types	See: Breads.
●		Roman Meal Bread	See: Breads.
●		Rye Wafers	See: Crackers.
●		Scones	Homemade scones may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.
	●	Shoe-string Potatoes	See: Potato Chips.
●		Snack-type Crackers	
●		Sopapillas	Limit to 2 dessert items per week. Homemade sopapillas may be credited for snack only based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.

⊖ This symbol means foods are creditable but not recommended. These items may be high in salt, fat, sugar or low in nutritional value.

FOR AGE-APPROPRIATE PORTION SIZES SEE PAGES 17 AND 18

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
●		Spoon Bread	*SNACK ONLY. Spoon bread may be credited for snack only based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.
●		Squash Bread	See: Quick Bread.
●		Stuffing, bread	See: Bread Stuffing.
⊖		Sticky Buns	*BREAKFAST AND SNACK ONLY. See: Pastries.
⊖		Sweet Rolls	*BREAKFAST AND SNACK ONLY. See: Pastries.
●		Taco Chips	See: Chips.
●		Taco Shells	
	●	Tapioca Pudding	Does not meet the definition of grains/breads. Pudding is not creditable.
⊖		Toaster Pastry (unfrosted or frosted)	*BREAKFAST AND SNACK ONLY. See: Pastries.
●		Tortillas, corn or wheat	Tortillas must contain whole-grain, bran, germ or enriched meal or flour such as corn or flour tortillas.
●		Tortilla Chips, corn or wheat	See: Chips, corn or wheat.
●		Trail Mix	See: Party Mix.
●		Turnovers	See: Pie Crust.
●		Waffles	Homemade waffles may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Waffles are a good source of complex carbohydrates, and if enriched a good source of thiamin, riboflavin, and iron.
●		Wheat Berries	A whole-grain.
●		Wheat Germ	If wheat germ is used in a recipe: Ages 1-5: 1/2 serving = 0.3 oz. Ages 6-12: 1 serving = 0.5 oz.
●		Wild Rice	Rice is a good source of complex carbohydrates.
●		Won Ton Wrappers	
●		Zucchini Bread	See: Quick Bread.
●		Zwieback	See: Crackers.

Meat and Meat Alternates

- The CACFP meal pattern requires a meat or meat alternate to be served for lunch and supper. A serving of meat or meat alternate may be served as one of the two components of a snack.
- Refer to the CACFP meal patterns for serving size requirements.
- Meat includes lean red meat, poultry, and fish that has been inspected and approved by the appropriate State or Federal Agency. Meat is an excellent source of high quality protein, iron and zinc. Meat alternates include cheese, eggs, cooked dried beans, nuts and seeds and their butters (except for acorn, chestnut, and coconut) and yogurt.
- Nuts and seeds may fulfill no more than one-half of the meat alternate requirement for lunch and supper. Nuts and seeds may fulfill the entire meat alternate requirement for a snack.
- A menu item must provide a minimum of 1/4 ounce of cooked lean meat or equivalent to meet any part of the meat and meat alternates requirement.
- Frankfurters, bologna, knockwurst and Vienna sausage can be credited toward the meal pattern if they are *all meat* or contain alternate protein products (APP) as the only binder/ extender. However, due to their high salt and fat content, these meats should be limited.
- Binders and extenders such as starchy vegetable flour, dried milk, calcium-reduced skim milk and cereal are not allowed.
- Natural cheeses and pasteurized process cheeses may count as all or part of the meat alternate requirement. Cheese products labeled *pasteurized prepared cheese products* or *imitation cheese* may not be counted as the meat alternate.



Questions and Answers about Meat and Meat Alternates

Q: Can pizza be credited as a meat alternate?

A: Yes, if it is CN-labeled (all CN-labeled foods are creditable), or if it is homemade and contains the required amount of meat and meat alternates per serving.

Q: We have several children that attend our day care who cannot eat certain foods because of religious reasons. How do we claim these children on the food program?

A: If you substitute a creditable meat alternate (see question *Can vegetarian meals be served...*), you may claim these children in the same way you claim other children.

Q: Are individually-wrapped American cheese slices (*singles*) creditable in CACFP?

A: Generally not. Many individually-wrapped cheese slices are *pasteurized prepared cheese products* and are not creditable in CACFP. Only individually-wrapped cheese slices labeled *pasteurized process cheese* are creditable.

Q: How many fish sticks or chicken nuggets do I need to serve to meet CACFP requirements?

A: CACFP serving size refers to cooked edible fish or chicken, not the breading. If CN-labeled, check the label to find the correct serving size. If not CN-labeled, serve double the required serving since these items are usually 50% breading. The examples below show how much fish or chicken nuggets must be served to meet the creditable amount.

FISH PRODUCT	PORTION SIZE	CREDITABLE AMOUNT
Frozen Breaded Fish Sticks	3 one-oz. sticks	1.5 oz.
Frozen Breaded Fish Portions	3 oz.	1.6 oz.
Frozen Unbreaded Fish Portions	3 oz.	2.3 oz.
Frozen Breaded Chicken Nuggets	5 0.66 oz. nuggets	2 oz.
Frozen Breaded Chicken Patties	3.05 oz.	2.0 oz.

Q: Can vegetarian meals be served in CACFP?

A: Yes. The meals must meet meal pattern requirements. Examples of meat alternates that are creditable in the CACFP include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, yogurt, eggs, cooked dried beans, nuts and seed butters or any combination of the above. See Appendix E. Seventh-day Adventist schools and institutions are allowed a variation in meal requirements for religious reasons and may use meat analogues (plant protein products at the 100% level) to meet the meat alternate component of CACFP. For more information on meat analogues contact CACFP.

Q: How are cups of commercially prepared yogurt containing fruit credited?

A: Commercially prepared fruited and non-fruited yogurt products satisfy the meat alternate requirement. Four ounces of either fruited or non-fruited yogurt fulfill the equivalent of one ounce of the meat alternate. The fruit in commercial fruited yogurt products cannot be credited toward the fruit/vegetable component.

☹ This symbol means foods are creditable but not recommended. These items may be high in salt, fat, sugar or low in nutritional value.

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
	●	Acorn	Low protein content.
	●	Bacon or Imitation Bacon Products	Very high in fat.
	●	Bacon, turkey	Creditable only if a CN-labeled product.
	●	Beans, canned or dry	Beans cooked from a dried state may be used as a meat alternate. Canned black, garbanzo, kidney, pinto, etc. beans may be credited as a meat alternate. Canned green or yellow beans may be credited only as vegetables. Excellent source of fiber and complex carbohydrates.
	●	Beef Jerky	1 oz. dried pure beef jerky equals 1 oz. lean cooked meat. Limit due to its high salt content.
	●	Canadian Bacon	1 lb. (16 oz.) will yield 11 1-oz. servings of cooked meat.
	●	Canned or Frozen Foods – beef stew, burritos, chili mac, meat stew, pizza, pot pies, ravioli, etc.	These combination items are creditable only if the food is CN-labeled. Processed combination foods such as these are usually higher in fat and salt than homemade foods.
☹		Cheese Food/Cheese Spread (Velveeta, Cheese Wiz, pimento cheese)	A 2 oz. serving equals 1 oz. of meat alternate. Processed cheeses are often high in salt.
	●	Cheese, natural (American, brick, cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss)	A 1 oz. serving of natural cheese is equivalent to a 1 oz. serving of meat alternate.
	●	Cheese products (individually-wrapped American cheese slices)	Cheese products are not creditable in CACFP.
☹		Chicken Nuggets	Only the chicken is creditable. If CN-labeled, check the label to find the correct serving size. If it does not have a CN label, a portion double the required serving size must be provided since these items are generally 50% breading.
☹		Chicken Wings	Must serve 6 oz. cooked weight to provide 1.5 oz. of meat.
	●	Chestnuts	Low protein content.
	●	Chitterlings	Very high in fat.
	●	Coconuts	Low protein content.
☹		Corndogs, Frankfurters, Hot Dogs	All meat and poultry products that do not contain by-products, cereal binders, or extenders are creditable. The breading on corndogs may be credited as grains/breads.
	●	Corned Beef	
	●	Cottage Cheese	A 2 oz. (1/4 cup) serving equals 1 oz. of meat alternate.
	●	Cream Cheese and Neufchatel	Very high in fat.
	●	Deviled Eggs	Due to the egg and the addition of mayonnaise, deviled eggs are high in cholesterol and fat. Rather than preparing deviled eggs with mayonnaise, try a lower fat variety of the spread. See: Eggs.

⊗ This symbol means foods are creditable but not recommended. These items may be high in salt, fat, sugar or low in nutritional value.

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
•		Eggs	Raw eggs are not allowed. Eggs are a good source of protein.
•		Fish	Fish is a good source of protein and iron. Broil or bake fish, rather than frying.
•		Fish Sticks/Fish Nuggets	Only the edible fish portion is creditable. If CN-labeled, check the label to find the correct serving size. If it does not have a CN label, a portion double the required serving size must be provided since these items are generally 50% breading.
	•	Fish, home-caught	For safety reasons, home caught fish should not be served.
⊗		Frankfurters, meat and poultry	Must be all meat or contain APP (Approved Protein Product) as only extender. Up to 80% of the calories from frankfurters may be from fat. Also they can be high in cholesterol and are high in salt.
•		Gefilte fish, homemade	Gefilte fish may be credited based on the amount of fish in each serving.
•		Gefilte fish, commercial	A portion double the required serving size must be provided since this item is generally 50% fish.
	•	Hamhocks	Low in protein and high in fat.
	•	Home-Slaughtered Meat	
⊗		Hot Dogs	See: Frankfurters.
•		Hummus	Spread made of mashed garbanzo beans/chick peas.
	•	Imitation Cheese	Products labeled <i>imitation</i> are not creditable.
	•	Imitation Frankfurters	Products labeled <i>imitation</i> are not creditable.
	•	Imitation Seafood	Products labeled <i>imitation</i> are not creditable.
•		Kidney	
•		Lamb	
•		Liver	Liver is high in cholesterol and fat.
•		Liverwurst	Cannot contain binders and extenders.
⊗		Luncheon Meats	Cannot contain by-products, cereal or extenders. Bologna, and other processed meats are high in fat and sugar.
•		Macaroni and Cheese, homemade	The cheese in homemade macaroni and cheese may count toward the meat alternate requirement.
	•	Macaroni and Cheese, boxed	The powdered cheese in boxed macaroni and cheese <u>cannot</u> be credited toward the meat requirement.
•		Meat Sauce	Homemade only. Must supply the required serving size of meat in each portion.
•		Nuts	Nuts may be credited as a serving of meat alternate for snack; and one-half serving of meat alternate at lunch or supper. Do not serve nuts to children under 4 years of age due to choking hazard.
•		Nut or Seed Butter	CACFP recommends serving nut or seed butters in combination with another meat and meat alternate since the serving size of nut or seed butters alone may be too large for children.
	•	Oxtails	Low in protein. Very high in fat.

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CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
•		Parmesan Cheese	If served as a garnish, this cheese is not creditable because the serving size is too small. 6 Tbsp. = 1 ounce of meat alternate.
•		Peanut Butter	CACFP recommends serving peanut butter in combination with another meat and meat alternate since the serving size of peanut butter alone may be too large for children.
•		Peas, dry	See: Beans, canned or dry.
	•	Pig Feet	Low protein content and high in fat.
	•	Pig Neck Bones	Low protein content and high in fat.
	•	Pig Tails	Low protein content and high in fat.
	•	Pizza, commercial	See: Canned or Frozen Food.
•		Pizza, homemade	Homemade pizza may be credited based on the amount of meat and meat alternates in each serving.
	•	Pot Pies, commercial	See: Canned or Frozen Food.
•		Pot Pies, homemade	Homemade pot pies may be credited based on the amount of meat and meat alternates in each serving.
☹		Pressed/Potted Meat Products	Must be all-meat with no binders, fillers, by-products or extenders. Limit due to high fat and salt content.
•		Quiche	The egg and cheese portion is creditable as a meat alternate.
	•	Ravioli	See: Canned or Frozen Food.
•		Refried Beans	
•		Ricotta Cheese	A 2 oz. serving is equivalent to 1 oz. meat alternate.
•		Romano Cheese	If served as a garnish, this cheese is not creditable because the serving size is too small. 6 Tbsp. = 1 ounce of meat alternate.
	•	Salt Pork	Very high in fat and salt. Low protein content.
☹		Sausage – bulk, link or patty including Polish and Vienna	Cannot contain meat or poultry by-products, cereals, binders, or extenders. Cannot contain more than 50% trimmable fat. Limit due to high fat and salt content.
	•	Scrapple	Low protein content.
•		Seeds	See: Nuts.
•		Seafood/Shellfish	Must be fully cooked; only the edible fish portion is creditable.
•		Soups, homemade containing: meat, fish, poultry or other meat alternate	Creditable as a source of meat or meat alternate if minimum required amount of 1/4 oz. per serving can be identified.
	•	Soups, commercially prepared	Low protein content.
•		Soups, commercially prepared split pea, bean or lentil soup	1/2 cup equals 1-oz. meat alternate for reconstituted canned. For homemade, use quantities of vegetable in recipe to calculate credit.
	•	Soy Burgers or Other Soy Products	See: Appendix E.

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CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
•		Soy Butter	Soy butter made from 100% soy nuts is creditable. It is a good alternate to peanut butter for those who are allergic to peanuts. CACFP recommends serving soy butter in combination with another meat and meat alternate since the serving size of soy butter alone may be too large for children.
	•	Tempeh	Fermented soybean. There is not Standard of Identity for Tempeh. The product can vary from one manufacturer to another.
	•	Tofu	Soybean curd. There is no Standard of Identity for Tofu. The product can vary from each manufacturer.
⊖		Tripe	Low quality protein.
⊖		Turkey Wings	Must serve 5 oz. cooked weight to provide 1.5 oz. of turkey meat. Very high in fat.
	•	Veggie Burger	See: Appendix E.
	•	Wild Game/Fowl	Venison, squirrel, rabbit, turkey, etc., for safety reasons are not creditable in the CACFP unless inspected and approved by the appropriate State or Federal Agency.
•		Yogurt, drinkable	Example: Danimals®, Go-gurt®. Creditable for meals and snacks. 2 packets of Go-gurt equals 1 oz. of meat alternate. 1 container of Danimals equals 1 oz. of meat alternate.
	•	Yogurt Products – frozen yogurt, yogurt bars, yogurt-covered fruit or nuts	There is not enough yogurt in these products to be creditable.
•		Yogurt – plain or sweetened and flavored	Creditable for meals and snacks. 4 oz. of yogurt equals 1 oz. meat alternate

Infant Foods

CACFP requires all participating family day care homes and child care centers to offer meals to all infants enrolled in care if the child is in care during the meal service period. Child care facilities must offer at least one iron-fortified formula that would satisfy the needs of one or more of the infants in care.

In recognition of the non-food cost of serving meals to infants from birth through 7 months of age, CACFP will reimburse for meals and snacks containing only breast milk or iron-fortified formula, whether supplied by the caregiver or the parent. From 8 months of age until the infant's first birthday, or as soon as the infant begins taking solid foods, the caregiver must supply at least one component of each meal and/or snack in order to claim reimbursement for that meal or snack.

Refer to the Infant Meal Pattern for serving size requirements. The Infant Meal Pattern chart uses ranges for portion sizes to allow for flexibility in the types and amounts of foods that must be served to infants when claimed for reimbursement. *0 Tbsp.* means that the item is optional if the infant is not developmentally ready for that food. It also means that less than 1 Tbsp. can be served.

Breast milk or iron-fortified infant formula must be included in all meals and snacks served to infants up to one year of age.



Whole milk may be served beginning at 1 year of age.

Solid foods can be introduced gradually when the infant is at least 4 months of age and developmentally ready. The parents will take the lead with new food introductions due to the possibility of allergic reactions. Foods served should be of appropriate texture and consistency.

Cautions:

- **Juice should not be offered to infants** until they are ready to drink from a cup. Juice may fill the infant too much and discourage eating more nutritious breast milk, formula, and solid food.
- **Never prop a bottle** or give a bottle to a baby during naptime. This can cause choking as well as tooth decay and ear infections.
- **Feeding on demand is recommended.** Babies may have small appetites. The amounts listed in the meal pattern are the minimum portions. Infants may need to eat every 2 hours or more frequently.
- **Combination foods and dinners are not creditable**
- NYS Office of Children and Family Services regulations **prohibit heating bottles and solid foods in a microwave oven** because uneven heating can occur and burn the infant's mouth.
- **Cow's milk should not be served to infants less than one year of age** based on the recommendations of the American Academy of Pediatrics.

Food Substitutions Note: When an exception to the meal pattern is necessary (such as serving low-iron fortified formula to an infant under 1 year of age) a statement from a recognized medical authority must be kept on file by the provider/center. It must state the required food substitution(s). Only then is the meal/snack eligible for reimbursement.

For more information, please contact CACFP at 1-800-942-3858 or refer to CACFP Policy Memo Number 120 and the most current Infant Meal Pattern.

Acceptable and Recommended Food Items for 8-11 month old infants

NOTE: Items below must be prepared in a form that is suitable for an infant to safely consume as a finger food, reducing the chances of choking. (For example: small thin strips of bread, English muffin, pita bread, roll, soft tortilla)

BREADS

Breads – white, rye, whole wheat, French, Italian and similar breads
Biscuits
English muffins
Pita breads (white, wheat, whole wheat)
Rolls (white, wheat, whole wheat, potato)
Soft tortillas (wheat, corn)

CRACKER-TYPE PRODUCTS

Crackers – saltines or snack crackers, matzo crackers, animal crackers, graham crackers made without honey (honey, even in baked goods, could contain harmful spores which could cause a serious illness in infants)
Zwieback
Teething biscuits

CEREALS

Iron-fortified infant cereal

COOKIES

Arrowroot

FRUIT

Applesauce
Banana, mashed, pureed
Pears
Plums
Peaches

VEGETABLES

Carrots
Squash
Sweet potatoes
Peas

MEAT OR MEAT ALTERNATES

Lean Meats, Poultry, or Fish, fresh, cooked, appropriate texture
Egg yolk
Cooked dried beans, peas or lentils, appropriate texture
Cheese, fresh
Cottage Cheese

Foods That Cannot Be Credited Toward Infant Meal Pattern in CACFP

- Foods with water listed as the first ingredient
- Combination foods or dinners, commercially prepared
- Baby desserts
- Fruit juice and fruit drinks that contain less than 100% fruit juice
- Vegetable juice
- Adult cereals
- Commercially prepared cereals, in jars, with or without fruit
- Iron-fortified dry infant cereals containing fruit

FORMULAS THAT ARE IRON-FORTIFIED AND DO NOT REQUIRE A MEDICAL STATEMENT

Mead Johnson Enfamil with Iron
 Mead Johnson Enfamil Lipil with Iron
 Mead Johnson Enfamil AR
 Mead Johnson Enfamil Lactofree Lipil
 Mead Johnson Enfamil ProSobee
 Mead Johnson Enfamil ProSobee Lipil
 Nestle Good Start Essentials
 Nestle Good Start Essentials Soy
 Nestle Good Start Supreme
 Nestle Good Start Supreme with DHA & ARA
 Nestle NAN
 Ross Similac with Iron
 Ross Similac Advance with Iron
 Ross Similac Isomil Soy with Iron
 Ross Similac Isomil Advance Soy with Iron
 Ross Similac Lactose Free with Iron
 CG Nutritionals Kirkland Signature with Iron

PBM (formerly known as Wyeth)-produced private label store brand infant formulas:

- AAFES (Army Air Force Exchange supply) Baby's Choice with Iron
- Albertson's Baby Basics with Iron
- Albertson's Baby Basics with Lipids
- Albertson's Baby Basics Soy with Iron
- Albertson's Baby Basics Soy with Lipids
- Amway Kozy Kids with Iron
- Amway Kozy Kids with Lipids
- Amway Kozy Kids Soy with Iron
- AWG Best Choice with Iron
- BJ's with Lipids
- Baby Select with Iron
- Baby Select with Lipids
- Bright Beginnings with Lipids
- Bright Beginnings Soy with Lipids
- Demoulas Market Basket with Iron
- Eckerd with Iron
- H-E-B Baby with Iron
- H-E-B Baby with Lipids
- H-E-B Baby Soy with Iron
- H-E-B Baby Soy with Lipids
- Home Best with Iron
- Home Best with Lipids
- Home Best Soy with Iron
- Home Best Soy with Lipids
- Hy-Vee Mother's Choice with Iron
- Hy-Vee Mother's Choice with Lipids
- Hy-Vee Mother's Choice Soy with Iron
- Hy-Vee Mother's Choice Soy with Lipids
- Kroger Comforts with Iron
- Kroger Comforts with Lipids
- Kroger Comforts Soy with Iron
- Kroger Comforts Soy with Lipids

- Meijer with Iron
- Meijer with Lipids
- Meijer Soy Protein with Iron
- Meijer Soy Protein with Lipids
- Nas Finch Our Family with Iron
- Pathmark with Iron
- Pathmark with Lipids
- Pathmark Soy with Iron
- Pathmark Soy with Lipids
- Price Chopper with Iron
- Price Chopper Soy with Iron
- Rite Aid with Iron
- Rite Aid with Lipids
- Rite Aid Soy with Iron
- Rite Aid Soy with Lipids
- Target with Lipids
- Target Soy with Iron
- Target Soy with Lipids
- Top Care with Iron
- Top Care with Lipids
- Top Care Soy with Iron
- Top Care Soy with Lipids
- Wal-Mart Parent's Choice with Iron
- Wal-Mart Parent's Choice with Lipids
- Wal-Mart Parent's Choice Soy with Iron
- Wal-Mart Parent's Choice Soy with Lipids
- Walgreens with Iron
- Walgreens with Lipids
- Walgreens Soy with Iron
- Walgreens Soy with Lipids
- Wegman's with Iron
- Wegman's with Lipids
- Wegman's Soy with Iron
- Weis Markets with Iron
- Western Family with Iron
- Western Family with Lipids
- Western Family Soy with Iron
- Western Family Soy with Lipids

FORMULAS THAT DO NOT MEET THE FDA DEFINITION FOR IRON-FORTIFIED & REQUIRE A MEDICAL STATEMENT

Enfamil
 Gerber Baby Formula
 Similac
 SMA I-iron

FOLLOW-UP FORMULAS THAT REQUIRE A MEDICAL STATEMENT WHEN SERVED TO INFANTS YOUNGER THAN 9 MONTHS OF AGE OR TO CHILDREN 1 YEAR OF AGE AND OLDER

Ross Similac 2 Older Baby & Toddler Formula with Iron
 Ross Similac Isomil 2 Older Baby & Toddler Soy Formula with Iron

FOLLOW-UP FORMULAS THAT REQUIRE A MEDICAL STATEMENT WHEN SERVED TO INFANTS YOUNGER THAN 4 MONTHS OF AGE

Nestle Good Start 2 Essentials
 Nestle Good Start 2 Essentials Soy
 PBM(formerly known as Wyeth)-produced private label store brand *follow-on* formulas:

- Albertson's Baby Basics 2 with Lipids
- H-E-B 2 with Lipids
- Hy-Vee Mother's Choice Follow On with Lipids
- Kroger Comforts 2 with Lipids
- Target 2 with Lipids
- Wal-Mart Parent's Choice 2 with Lipids
- Wegman's 2 with Lipid

⊕ This symbol means foods are creditable but not recommended. These items may be high in salt, fat, sugar or low in nutritional value.

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
	●	Baby Foods, commercial, combination dinners/goods	The amount of each component is difficult to determine. Often water is the first ingredient. Examples: meat/ vegetable dinners, meat dinners, dehydrated dinners.
●		Baby Foods, commercial, fruits with modified food starch	Fruit or vegetable must be listed as the first ingredient on the nutrition label. If water is listed first, then it is not creditable.
●		Baby Foods, commercial, single-item	Examples: fruits, vegetables and meats
	●	Baby Foods, desserts	Not 100% fruit. Often high in sugar, fat and low in nutrients. Examples: baby puddings, custards, cobblers, fruit desserts.
	●	Baby Foods, puddings	
●		Bread	Bread crusts or toast may be claimed for infants 8 months of age and older for *SNACK ONLY. Must be whole-grain or enriched.
●		Breast Milk	Refer to the Infant Meal Pattern and CACFP Policy Memo #120
	●	Buttermilk	Should not be given to infants.
	●	Cereal, adult	<i>Adult</i> cereals, including oatmeal and farina, are not creditable for infants because iron and other nutrients in these cereals are not appropriate for infants. These cereals may contain raisins and nuts that may cause choking.
	●	Cereal, infant with fruit	It is difficult to determine the amount of cereal and fruit.
●		Cereal, iron-fortified infant	Iron-fortified dry infant cereals such as rice, barley, oatmeal and mixed cereals.
●		Cheese – natural cheese, cottage cheese, cheese food, cheese spread	Natural cheeses such as American cheese, cheddar, Monterey Jack, cottage cheese, cheese food and cheese spreads for lunch or supper for infants 8 months of age and older.
	●	Chocolate	May cause allergic reactions.
	●	Combination Foods/Dinners – commercial baby food	See: Baby Foods, commercial, combination dinners.
●		Cookies	Arrowroot cookies and teething biscuits only. Must be made from whole-grain or enriched meal.
●		Crackers	May be served to developmentally ready infants 8 months of age and older for *SNACK ONLY. Must meet general criteria for grains/breads component.
	●	Cream	
	●	Desserts, baby food	See: Baby Foods, Desserts.
	●	Dry Milk, reconstituted	
	●	Egg White	May cause allergic reactions.
●		Egg Yolk, cooked	For infants 8 months of age and older when served at lunch/supper. Commercial baby food egg yolk or properly cooked and prepared (pureed or mashed) egg yolk may be served.
	●	Evaporated Milk	Medical exception: Must have a signed statement from a recognized medical authority on file.

⊗ This symbol means foods are creditable but not recommended. These items may be high in salt, fat, sugar or low in nutritional value.

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
•		Fish, boneless fin (such as haddock, cod)	Examine fish closely and remove bones. Serve only after it has been introduced with no problems. Observe infant closely for allergic reactions.
	•	Fish, Shellfish	Shellfish may cause a severe allergic reaction in some babies.
	•	Fish Sticks, commercially prepared	Includes commercial breaded or battered fish or seafood products.
•		Formula, infant, iron-fortified (includes soy-based)	Must meet the Food and Drug Administration (FDA) definition for iron-fortified infant formulas. The label must state <i>with iron</i> or <i>iron-fortified</i> . The American Academy of Pediatrics recommends that, during the first year of life, the only acceptable alternative to breast milk is iron-fortified infant formula and that low-iron formulas should not be used. A medical statement is required in order to serve formula that does not meet the FDA definition (see page 37).
	•	Formula, infant, low-iron (includes soy based)	Only iron-fortified formula is creditable. Medical Exception: Must have a signed statement from a recognized medical authority on file.
	•	Formula, follow-up	Designed for older infants or toddlers who eat solid foods. Medical Exception: May be served to infants 6 months of age and older with a signed statement from a recognized medical authority on file.
•		Fruit	Plain, fresh or canned (if pureed) or mashed and cooked if necessary. Commercial baby fruits for infants 4-7 months at lunch/supper, or 8 months of age and older at breakfast, lunch and supper. Commercial baby fruits with modified food starch with a fruit or vegetable as the first ingredient on the label. Raw fruits may cause choking if not prepared to the appropriate texture for an infant, which is cooked, if necessary, and/or pureed or mashed. See: Infant Meal Pattern. See: Baby Foods, Commercial, single item.
•		Fruit Juice	Full strength, 100% fruit juices for snacks only and only for infants 8 months of age and older. Choose juices fortified with Vitamin C. Fruit juice should only be served to infants when they can drink from a cup.
	•	Fruit/Vegetable Juice Blends	Vegetable/fruit juice blends are not 100% fruit juice.
	•	Fruit Drink	Fruit drinks are not 100% fruit juice and may be high in sugar.
	•	Fruit Punch	Fruit punch is not 100% fruit juice and may be high in sugar.
	•	Half and Half or Cream	
	•	Home-Canned Infant Foods	Not creditable due to the risk of food borne illness.
•		Homemade Infant Foods	Avoid adding salt, fat, sugar and other seasonings.
	•	Honey	Honey (including that cooked or baked in products such as honey graham crackers) should not be served to infants less than 1 year of age. Honey is sometimes contaminated with <i>Clostridium botulism</i> spores. If an infant ingests these spores, they can produce a toxin that may cause a severe food borne illness called infant botulism.
	•	Hot Dogs	May cause choking, not intended for infant consumption.
•		Juice	See: Fruit Juice.

⊕ This symbol means foods are creditable but not recommended. These items may be high in salt, fat, sugar or low in nutritional value.

CREDITABLE		FOOD ITEM	COMMENTS
YES	NO		
		• Legumes – dried or canned beans	Cooked dried beans may be claimed when served at lunch or supper to infants 8 months of age and older. Dried or canned legumes should be prepared (mashed or pureed) to the appropriate texture for infants. Whole cooked legumes may cause choking in infants.
		• Meat	Plain commercial baby food meats may be served at lunch or supper to infants 8 months of age and older. Fresh or frozen meats must be cooked thoroughly and then prepared (pureed, ground or finely chopped) to the appropriate texture for infants.
		• Meat Sticks	May cause choking, not intended for infants to eat.
		• Milk, reduced-fat (2%), low-fat (1%) or non-fat (skim)	Not creditable for infants. Medical Exception: Must have a signed statement from a recognized medical authority on file.
		• Milk, raw	Unpasteurized.
		• Milk, whole	The American Academy of Pediatrics does not recommend cow's milk to infants under 1 year of age. Cow's milk can place stress on an infant's kidneys, cause allergic reactions, and cause blood loss through the intestines, leading to iron deficiency anemia. The Academy of Pediatrics recommends during the first year of life, serving breast milk and/or iron-fortified infant formula. Medical Exception: Must have a signed statement from a recognized medical authority on file.
		• Mixed Cereal with Fruit	
		• Nuts	May cause choking, not intended for infants to eat.
		• Peanut Butter or Other Nut Butters or Seeds	May cause choking, not intended for infants to eat.
		• Sausages	May cause choking, not intended for infants to eat.
		• Single-item Baby Foods (commercial)	See: Vegetables and Fruits, Meats.
		• Soy Formula	See: Formula, iron-fortified or without iron.
		• Toasted Oat Cereal	Only bread, crackers and infant cereal are reimbursable on the infant meal pattern.
		• Vegetables, plain cooked or single-item commercial baby food	Raw vegetables may cause choking. Plain cooked, and/or pureed to the appropriate texture are OK. Plain single-item commercial baby food vegetables at lunch or supper to infants 4-7 months, or at breakfast, lunch or supper to infants 8 months of age and older.
		• Vegetable Juice	Only 100% fruit juices are creditable toward the infant meal pattern requirements.
		• Whole Egg	Only egg yolk is creditable.
		• Yogurt	

Appendix A: CACFP Healthy Meal Patterns

Healthy Child Meal Pattern

	FOOD COMPONENTS	FOOD ITEMS	Required Minimum Quantities		
			Ages 1 and 2	Ages 3-5	Ages 6-12
BREAKFAST <i>Serve all 3 components</i>	Milk¹ (Whole milk for ages 1-2 only)	Fat-free or Low-fat (1%)	1/2 cup	3/4 cup	1 cup
	Vegetable/Fruit²	Vegetable or Fruit or 100% Juice	1/4 cup	1/2 cup	1/2 cup
	Grains/Breads	Bread <i>or</i> Cornbread, Biscuit, Roll, Muffin <i>or</i> Dry Cereal <i>or</i> Cooked Cereal	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup
	Milk¹ (Whole milk for ages 1-2 only)	Fat-free or Low-fat (1%)	1/2 cup	1/2 cup	1 cup
	Vegetable/Fruit²	Vegetable or Fruit or 100% Juice	1/2 cup	1/2 cup	3/4 cup
SNACK <i>Select 2 of 4 components</i> Water must be served with snack if no beverage is provided	Grains/Breads (see lists above and below)		1/2 serving	1/2 serving	1 serving
	Meat/Meat Alternate (see list below)	Lean Meat, Poultry or Fish <i>or</i> Peanut Butter <i>or</i> Peanuts, Nuts or Seeds <i>or</i> Fat-free or Low-fat Yogurt	1/2 oz. 1 Tbsp. 1/2 oz. 1/4 cup	1/2 oz. 1 Tbsp. 1.2 oz. 1/4 cup	1 oz. 2 Tbsp. 1 oz. 1/2 cup
	Milk¹ (Whole milk for ages 1-2 only)	Fat-free or Low-fat (1%)	1/2 cup	3/4 cup	1 cup
	Vegetables/Fruits²	Two Vegetables and/or Fruits	1/4 cup total	1/2 cup total	3/4 cup total
	Grains/Breads (see list above)	Bread <i>or</i> Cooked Pasta, Noodles or Grains <i>or</i> 6" Tortilla	1/2 slice 1/4 cup 1/2 tortilla	1/2 slice 1/4 cup 1/2 tortilla	1 slice 1/2 cup 1 tortilla
LUNCH OR SUPPER <i>Serve all 4 components</i>	Meat/Meat Alternate	Lean Meat, Poultry or Fish <i>or</i> Cottage Cheese <i>or</i> Cheese <i>or</i> Egg <i>or</i> Cooked Dry Beans, Peas or Lentils <i>or</i> Peanut Butter <i>or</i> Peanuts, Nuts or Seeds <i>or</i> Fat-free or Low-fat Yogurt	1 oz. 1/4 cup 1 oz. 1/2 large 1/4 cup 2 Tbsp. 1/2 oz. = 50%	1-1/2 oz. 3/8 cup 1-1/2 oz. 3/4 large 3/8 cup 3 Tbsp. 3/4 oz. = 50%	2 oz. 1/2 cup 2 oz. 1 large 1/2 cup 4 Tbsp. 1 oz. = 50%
			1/2 cup	3/4 cup	1 cup
			1/2 slice	1/2 slice	1 slice
			1/4 cup	1/4 cup	1/2 cup
			1/2 tortilla	1/2 tortilla	1 tortilla
			1 oz.	1-1/2 oz.	2 oz.
			1/4 cup	3/8 cup	1/2 cup
			1 oz.	1-1/2 oz.	2 oz.
			1/2 large	3/4 large	1 large
			1/4 cup	3/8 cup	1/2 cup
		2 Tbsp.	3 Tbsp.	4 Tbsp.	
		1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%	
		1/2 cup	3/4 cup	1 cup	

¹Unflavored milk is required for children 1-5 years of age and recommended for school-age children.

²No more than one serving of juice may be served per day.

Refer to the *Crediting Foods in CACFP* for information about specific meal components.

Infant Meal Pattern

	FOOD COMPONENTS	FOOD ITEMS	Required Minimum Quantities			
			Birth through 3 months	4 through 7 months	8 Through 1 st birthday	
BREAKFAST	Breastmilk or Infant Formula		4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.	
	Vegetable/Fruit		0	0	0	
	Infant Cereal		0	0-3 Tbsp.	2-4 Tbsp.	
SNACK	Breastmilk or Infant Formula		4-6 fl. oz.	4-6 fl. oz.	2-4 fl. oz.	
	Bread or	Whole-grain or Enriched Bread or	0	0	0-1/2 slice	
	Cracker-type Product	Whole-grain or Enriched Cracker-type Product or	0	0	0-2 crackers	
		Teething Biscuit, Arrowroot Cookie	0	0	0-2 each	
LUNCH OR SUPPER	Breastmilk or Infant Formula		4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.	
	Vegetables/Fruits		0	0-3 Tbsp.	1-4 Tbsp.	
	Infant Cereal and/or	Infant Cereal or	0	0-3 Tbsp.	2-4 Tbsp.	
	Meat/Meat Alternate (a serving is the amount of meat/meat alternate without bones, breading, etc.)	Lean Meat, Poultry or Fish or		0	0	1-4 Tbsp.
		Egg Yolk or		0	0	1-4 Tbsp.
		Cooked Dry Beans, Peas or Lentils or		0	0	1-4 Tbsp.
		Cheese or		0	0	1/2-2 oz.
	Cottage Cheese		0	0	2-8 Tbsp.	

Infant formula and dry infant cereal shall be iron-fortified.

Breastmilk or formula, or portions of both, may be served. However, it is recommended that breastmilk be served in place of formula from birth through the infant's first birthday.

For breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered if the infant is still hungry.

Because the introduction of solid foods serves an important purpose in an infant's daily diet, solid foods are required as part of a reimbursable meal for infants who are developmentally ready for them. The decision to feed specific foods should always be made in consultation with an infant's parent or guardian.

Full-strength fruit juice may be substituted for breastmilk or infant formula as a snack for infants 8 months of age and older.

For infants receiving solid foods, the provider must supply at least one component of the meal to request reimbursement, either formula or a food item.

A CACFP income eligible day care home provider can only claim meals served to their own child at a mealtime when other enrolled, non-resident children are present.

See DOH-CACFP Policy Memo No. 120 for additional information.

Adult Meal Pattern

	FOOD COMPONENTS	FOOD ITEMS	Required Minimum Quantities
BREAKFAST Serve all 3 components	Milk, fluid	Skim, Low-fat, Buttermilk or Yogurt	1 cup
	Vegetable/Fruit	Full-strength Juice, Vegetable and/or Fruit	1/2 cup
	Grains/Breads	Bread or	2 slices
		Cornbread, Biscuit, Roll, Muffin or	2 servings
		Dry Cereal or	1-1/2 cups
SNACK Select 2 of 4 components	Cooked Cereal		1 cup
	Milk, fluid	Skim, Low-fat, Buttermilk or Yogurt	1 cup
	Vegetable/Fruit	Full Strength Juice, Vegetable and/or Fruit	1/2 cup
	Grains/Breads (see lists above and below)		1 slice or 1 serving
	Meat/Meat Alternate (see list below)	Lean Meat, Poultry or Fish or Cottage Cheese or	1 oz. 1/4 cup
LUNCH OR SUPPER Serve all 4 components	Yogurt		1/2 cup
	Milk, fluid	Skim, Low-fat, Whole or Buttermilk	1 cup
	Vegetables/Fruits	Two Vegetables and/or Fruits	3/4 cup total
	Grains/Breads (see list above)	Bread or	1 slice
		Cooked Pasta, Noodles or Grains or	1/2 cup
	Meat/Meat Alternate (a serving is the amount of meat/meat alternate without bones, breading, etc.)	6" Tortilla	1 tortilla
		Lean Meat, Poultry or Fish or	2 oz.
		Cottage Cheese or	1/2 cup
		Cheese or	2 oz.
		Egg or	1 large
	Cooked Dry Beans, Peas or Lentils or	1/2 cup	
	Peanut Butter or	4 Tbsp.	
	Peanuts, Nuts or Seeds or	1 oz. = 50%	
	Yogurt		1 cup

Children age 12 and older may be served larger portions based on their food needs.
Refer to the *Crediting Foods in CACFP* for serving sizes of other grains/breads and more information about all other meal components.
Nuts may be no more than 50% of the meat/meat alternate requirement and must be combined in the meal with at least 50% of another meat/meat alternate – 1 oz. of nuts/seeds = 1 oz. of cooked lean meat, poultry or fish.

Appendix B: Foods High in Important Nutrients

VITAMIN C-serve at least one of these foods every day
VITAMIN A-serve at least one of these foods twice a week

IRON-serve these foods often
CALCIUM-serve these foods daily

	FOODS	VITAMIN C	VITAMIN A	IRON	CALCIUM
VEGETABLES	Asparagus	•	•		
	Broccoli	•	•		•
	Brussels Sprouts	•			
	Cabbage	•			
	Carrots		•		
	Cauliflower	•			
	Dark, leafy, greens:				
	Beet Greens		•	•	•
	Chard		•	•	
	Collards	•	•	•	•
	Dandelion Greens				•
	Kale	•	•	•	•
	Mustard Greens		•	•	
	Spinach	•	•	•	•
	Turnip Greens	•	•	•	
	Mixed Vegetables		•		
	Okra	•			
	Parsnips			•	
	Peas and Carrots		•		
	Peas, green			•	
	Peppers	•			
	Potatoes, white or sweet	•			
	Pumpkin		•		
Squash, winter		•	•		
Tomatoes and tomato juice	•	•			
Turnips	•				
Vegetable Juice	•				

	FOODS	VITAMIN C	VITAMIN A	IRON	CALCIUM	
FRUITS	Apricots		•			
	Cantaloupe	•	•			
	Dried Fruits – apple, apricots, dates, figs, peaches, prunes, raisins			•		
	Grapefruit and grapefruit juice	•				
	Nectarines		•			
	Oranges and orange juice	•				
	Plums		•			
	Prunes		•			
	Raspberries	•				
	Strawberries	•				
	Tangerines	•				
	MEAT AND MEAT ALTERNATES	Almonds				•
		Brazil Nuts				•
Dried beans and peas				•		
Eggs				•		
Meat, especially liver				•		
Peanut Butter				•		
Shellfish				•		
Sunflower Seeds					•	
Turkey				•		
Tuna				•		
DAIRY PRODUCTS	Milk				•	
	Soy Milk (only calcium enriched)				•	
	Cheeses:					
	Cheddar Cheese				•	
	Cottage Cheese				•	
	Feta				•	
	Mozzarella				•	
	Muenster				•	
	Parmesan				•	
	Ricotta				•	
Swiss				•		

These foods may be a choking hazard for young children.

Appendix C: Sample Menus

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1% milk	1% milk	1% milk	1% milk	1% milk
	Vegetables/Fruit	banana	fruit cocktail	blueberries	home-fried potatoes	applesauce
	Grains	bran flakes	scones	waffles	whole wheat toast	pancakes
	Other		jam	syrup	scrambled eggs	syrup
LUNCH/SUPPER	Milk	1% milk	1% milk	1% milk	1% milk	1% milk
	Vegetables/Fruit	celery sticks baked apple	coleslaw	sweet potatoes apple slices	cucumber slices red pepper rings	broccoli grape halves
	Grains	whole wheat bread	cornbread	pita bread	whole wheat hamburger bun	whole wheat crackers
	Meat	egg salad	turkey chili with beans	ham & cheese roll-ups	sloppy Joes	chicken salad with yogurt
	Other					rice pudding
SNACK	Milk				1% milk	
	Vegetables/Fruit	raspberries		applesauce		nectarine
	Grains	waffle	tortilla	gingersnaps	pumpkin muffin	
	Meat		melted cheese			vanilla yogurt
	Other	water		water		water



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1% milk	1% milk	1% milk	1% milk	1% milk
	Vegetables/Fruit	sliced fresh apples	mandarin oranges	sliced fresh pears	apricot halves	cantaloupe
	Grains	hot oatmeal	mini bagels	English muffins	cornbread	applesauce muffin
	Other	brown sugar cinnamon	cream cheese	peanut butter	jam	
LUNCH/SUPPER	Milk	1% milk	1% milk	1% milk	1% milk	1% milk
	Vegetables/Fruit	green peas fresh peach	potato salad cherries	lettuce, tomatoes papaya chunks	3 bean salad tangerine	green pepper slices strawberries
	Grains	brown rice	rye bread	tortilla	whole wheat bread	blueberry muffin
	Meat	teriyaki chicken	tuna salad	pinto beans shredded cheese	American cheese (grilled cheese)	scrambled eggs
	Other					
SNACK	Milk	1% milk				
	Vegetables/Fruit	celery sticks & raisins	apple juice		pineapple	
	Grains		pretzel	plain granola bar	English muffin	low-fat crackers
	Meat	peanut butter		raspberry yogurt	cottage cheese	cheese cubes
	Other			water	water	water

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1% milk	1% milk	1% milk	1% milk	1% milk
	Vegetables/Fruit	banana	plums	sliced fresh pears	peaches	blueberries
	Grains	toasted oat cereal	Wheatena®	cinnamon wheat toast	corn muffin	waffles
	Other					
LUNCH/SUPPER	Milk	1% milk	1% milk	1% milk	1% milk	1% milk
	Vegetables/Fruit	green beans pineapple	baby carrots kiwi	collard greens oranges	sliced tomatoes honeydew melon	celery sticks asparagus
	Grains	couscous	whole wheat dinner roll	brown rice	rye bread	
	Meat	baked ham	baked chicken	red beans	roast beef	peanut butter (on celery sticks) homemade macaroni & cheese
	Other					water
SNACK	Milk					
	Vegetables/Fruit	grape halves	vegetable soup applesauce		pear half	
	Grains	mini lemon muffins	low-fat crackers	pita triangles		pretzel sticks
	Meat			bean dip	yogurt	cheddar cheese
	Other	water	water	water	water	water

Appendix D: Recipe Analysis

CACFP sponsors must ensure that all meals served meet the CACFP meal pattern requirements. All recipes used must document that they provide a sufficient amount of the meal pattern component(s) credited. USDA's Food Buying Guide for Child Nutrition Programs is a valuable tool to determine the contribution foods make toward the meal pattern requirements.

For homemade dishes, an appropriate standardized recipe should be used to ensure that enough of each planned CACFP meal pattern component is provided. For example, to meet the meat and meat alternates and grains/breads requirements for children ages 3-5 years, a tuna noodle casserole recipe must document that each serving provides 1-1/2 ounces of tuna and 1/4 cup cooked pasta.

Macaroni and Cheese

from *Meals without Squeals* by Christine Berman, MPH, RD & Jack Fromer

Ingredients:

8 oz. dry macaroni or other pasta	1/2 tsp. dry mustard
2 cups low-fat milk	1/4 tsp. paprika
1 1/2 tsp. cornstarch	12 oz. sharp cheddar cheese, grated
3/4 tsp. salt	2 scallions, green part only, thinly sliced (optional)
1/4 tsp. pepper	

Steps

1. Cook macaroni. While macaroni is cooking, combine milk and dry ingredients in a jar and shake very well.
2. When macaroni is tender, drain it and return to pan.
3. Add milk mixture and stir gently over medium heat until sauce thickens.
4. Add cheese and optional scallions or chives, stir until melted, and serve.

Steps:

1. List CACFP components in the recipe.
2. Look in the USDA Food Buying Guide to determine the number of servings from each component. Use the serving size appropriate for the age of the children in your care.
3. The number of servings will be determined by the most limiting component. In the example below, the cheese is the most limiting component.
4. A recipe may have to be modified to increase the amount of meat and meat alternates in the recipe to reduce the total size of the serving for young children.

Comments:

1. The milk used in this recipe cannot be credited to any food component. Milk is required at meals as a beverage.
2. The scallions do not contribute the minimum of 1/8 c/serving, so are not considered as a component.
3. To determine the portion size, measure the total volume and divide by 8 for 1-1/2 oz. servings of cheese (3-5 year olds) or 6 for 2 oz. servings of cheese (6 and older)
4. The most limiting component of this recipe is the cheese. The total number of servings in the recipe is determined by the number of servings of cheese.

Sample Recipe Analysis

COMPONENT INGREDIENTS	elbow macaroni	sharp cheddar cheese
AMOUNT	8 oz. (dry)	12 oz.
MEAT AND MEAT ALTERNATE	none	8 (1-1/2 oz. servings) or 6 (2 oz. servings)
VEGETABLE/FRUIT	none	none
GRAINS/BREADS	19* (1/4 c. servings) or 9 (1/2 c. servings)	none

*Food Buying Guide

Meal Components in this recipe

YIELD:

3-5 year olds: 8 servings;
each serving = 1 meat alternate and 2 grains/breads

6 and older: 6 servings;
each serving = 1 meat alternate and 1.5 grains/breads

Appendix E: Meat Alternates for Vegetarian Menu Planning

- Meat alternates include cheese, eggs, cooked dried beans, nuts, seeds, and nut and seed butters.
- Nuts and seeds may fulfill only 1/2 of the meat alternates requirement at lunch and supper.
- An additional meat alternate must be served with nuts and seeds at lunch and supper.
- Nuts, seeds, and nut butters may fulfill the entire meat alternate requirement at snack.
- Dried beans may be credited as a meat alternate, or as a vegetable/fruit, but not as both in the same meal.
- Tofu is not creditable. Most soy burger and veggie burgers are not creditable except those listed below:

ITEM	PURCHASE SIZE	REQUIRED AMOUNT TO SERVE	
		3-5 YEAR OLDS	6 YEARS & OLDER
Morningstar Farms Veggie Chicken Nuggets	3/4 oz. nugget	3 nuggets	4 nuggets
Morningstar Farms Veggie Chick Patties	2.5 oz. patty	1 1/2 patties	2 patties
Morningstar Farms Sausage Patties	1.44 oz. patty	1 1/2 patties	1 1/2 patties
Morningstar Farms Grillers Original	2.25 oz. patty	1 patty	1 1/2 patties
Morningstar Farms Grillers Prime	3.4 oz. patty	1 patty	1 patty
Morningstar Farms Garden Veggie Patties	2.33 oz. patty	1 patty	1 1/2 patties
Morningstar Farms Garden Veggie Patties	3.5 oz. patty	1 patty	1 patty
Morningstar Farms Garden Veggie Patties	4.5 oz. patty	1/2 patty	1 patty
Morningstar Farms Spicy Black Bean Burger	3.25 oz. patty	1 patty	1 patty
Morningstar Farms Spicy Black Bean Burger Homestyle	4.25 oz. patty	1 patty	1 1/2 patties
Morningstar Farms Veggie Grill	5 oz. patty	1/2 patty	1 patty



Appendix F: Choking Prevention

Young children, ages 2 to 3, are at risk of choking on food. They remain at risk until they can chew and swallow better, by about age 4.

Always watch children during meals and snacks to make sure they:

- Sit quietly.
- Eat slowly.
- Chew food well before swallowing.
- Take only one bite at a time.
- Finish swallowing before leaving the table.

Prepare foods so that they are easy to chew:

- Cut food into small pieces or thin slices.
- Cut round foods, like hot dogs, lengthwise into thin strips.
- Remove all bones from fish, chicken and meat.
- Cook food such as carrots or celery until slightly soft. Then cut into sticks.
- Remove seeds and pits from fruit.
- Spread peanut butter thinly.

Foods that may cause choking

Firm, smooth, or slippery foods like:

- hot dog rounds
- carrot rounds
- hard candy
- large pieces of fruit
- granola
- peanuts
- whole grapes
- cherries with pits
- cherry tomatoes

Small, dry or hard foods that are difficult to chew and easy to swallow, like:

- popcorn
- small pieces of raw carrot, celery or other raw hard vegetables
- nuts and seeds
- potato and corn chips
- pretzels

Sticky or tough foods that do not break apart easily, like:

- spoonfuls or chunks of peanut butter or other nut or seed butters
- chunks of meat
- marshmallows
- raisins and other dried fruit

Adapted from [Making Nutrition Count for Children](#), USDA

Choking hazards

< 6 months of age

No cereal in bottles

0-1 year olds

Do not serve:

- Nuts (including peanut butter)
- Chips, pretzels, popcorn
- Raw carrots
- Tossed salad
- Raw fruits and vegetables, unless modified into 1/4-inch bite-sized pieces BEFORE serving
- Large chunks or stringy meat, unless modified into 1/4-inch bite-sized pieces BEFORE serving

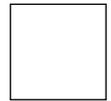


1/4 inch

1-3 year olds

Do not serve:

- Hotdogs or sausage rounds
- Whole grapes
- Whole cherry or grape tomatoes
- Nuts
- Popcorn
- Raw carrot rounds
- Raw vegetables, unless modified into 1/2-inch bite-sized pieces BEFORE serving
- Dried fruit, including raisins
- Marshmallows
- Large chunks or stringy meat, unless modified into 1/2-inch bite-sized pieces BEFORE serving



1/2 inch

Classroom Staff Responsibilities

- Infants should be fed solid foods only while they are sitting up
- Always supervise children while they are eating
- Insist that children eat calmly and while they are sitting down
- Encourage children to chew their food well
- Make sure that the foods served are appropriate in size for their chewing and swallowing abilities

Food Service Responsibilities

- No bones or skin
- Remove pits from fruit before it goes to the classroom

Index

A

Acorn, 29
Ades, 11
Alternate Protein Products (APP), 27
Animal Crackers, 17
Apple Butter, 11
Apple Cider, 11
Aspic. See Gelatin Salad

B

Baby Food, 36
Bacon, 29
Bagel Chips. See Chips
Bagels, 17, 20
Banana Bread. See Quick Bread
Banana Chips, 11
Barbecue Sauce, 11
Barley, 17, 20
Batter-type Coating, 17, 20
Beans, 9, 27, 29
 dried, 28, 34
Beef Jerky, 29
Beef Stew, 10, 29
Beverages, 11
Biscuits, 17, 20
Bologna, 27
Boston Brown Bread. See Quick Bread
Bread, 15, 20
 French, 17, 20, 22
 fried, 23
 fruit, 11
 Italian, 17, 20, 23
 multi-grain, 20
 pita, 17, 24
 potato, 20
 pudding, 20
 pumpnickel, 20, 25
 raisin, 20
 Roman Meal, 25
 rye, 17, 20
 spoon, 26
 sticks, 17, 20
 stuffing, 20
 white, 17, 20
 whole wheat, 17, 20
Breadcrumbs, 15
Breeding-type Coating, 17, 20
Breast Milk, 33, 36
Brownies, 17, 20
Bulgur, 17, 20
Buns, 17, 20
Burritos, 29

C

Cake, 11, 17, 20
Canadian Bacon, 29
Canned or Frozen Foods, 29
Caramel Corn, 20
Carrot Bread. See Quick Bread
Catsup, 11
Cereal, 17, 19, 21

Cereal Fruit Bars, 17, 21
Cheese
 imitation, 30
Cheese, 8, 27, 29
 American, 28
 food, 29
 natural, 27
 processed, 28
 spread, 29

Cheese
 Parmesan, 31
Cheese
 ricotta, 31
Cheese
 Romano, 31
Cheese Puffs, 21
Chestnuts, 29
Chicken Nuggets, 28, 29
Chicken Wings, 29
Chili, 29
Chili Sauce, 11
Chips
 corn or wheat, 21
Chitterlings, 29
Chow Mein Noodles, 17, 21
Cinnamonn Rolls, 21
CN Label, 3
Cobbler, 11, 21
Coconut, 11, 29
Coffeecake, 17, 21
Coleslaw, 10, 11
Combination Foods, 3
Cookies, 18
 fig, 11, 16
 plain, 17, 21
 with nuts, 17, 21

Corn, 21
Corn Chips, 11, 22
Corn Dog Batter. See Batter-type Coating
Corn Meal, 17, 22
Corn Muffins, 17, 22
Cornbread, 15, 17, 22
Corndog, 29
Corned Beef, 29
Cottage Cheese, 28, 29
Couscous, 17, 22
Cracked Wheat, 20
Crackers, 16, 17, 18, 22, 25
Cranberry Juice Blend, 11
Cranberry Juice Cocktail, 11
Cranberry Sauce, 11
Cream, 8
Cream Cheese, 29
Cream Puff Shells, 17, 22
Cream Sauce, 6, 8
Cream Soup, 8
Crepes, 17, 22
Crisp. See Cobbler
Croissants, 17, 22
Croutons, 17, 22
Cupcakes. See Cake
Custard, 8

D

Danish. See Pastries
Deviled Eggs, 29

Doughnuts, 17, 24, See Pastries
Dressing. See Bread Stuffing
Dried Fruits, 10
Dried Vegetables, 10
Dumplings. See Biscuits

E

Eat Well Play Hard, 4
Egg Noodles, 15, 17
Egg Roll Skins, 17, 22
Eggnog, 8
Eggs, 27, 28, 30
English Muffins, 17, 22

F

Fish, 27, 30
Fish Nuggets, 30
Fish Sticks, 28, 30
Food Buying Guide, 2, 3
Fowl, 32
Frankfurters
 imitation, 30
Frankfurters, 27, 29
French Fries, 11
French Toast, 17, 23
Frozen Fruit Juice Bars, 11
Frozen Yogurt, 8, 32
Fruit Cocktail, 10
Fruit Pie, 11
Fruit Puffs, 11
Fruit Punch, 11
Fruit Sauce, 10, 12
Fruit Snacks, 12
Fruit Turnovers, 23
Fruit-flavored Drinks, 11
Fruits, 9, 10
 Dried, 11

G

Gefilte Fish, 30
Gelatin Dessert, 12
Gelatin Salad, 12
Gingerbread, 17, 23
Graham Crackers, 17
Grain Fruit Bars, 17, 23
Grains, 15, 17
Granola, 16
Granola Bars, 16, 17, 23
Grits, 15, 23

H

Half and Half, 8
Hamhocks, 30
Hominy, 12, 23
Hot Chocolate, 8
Hot Dogs, 29, See Frankfurters
Hummus, 30
Hushpuppies, 17, 23

I

Ice Cream, 6, 8, 12
Ice Cream Cones, 23

Ice Cream Sandwich Wafers, 23
Ice Milk, 8
Infant Food, 33
 buttermilk, 36
 cereal, 36
 cheese, 36
 cookies, 36
 crackers, 36
 dessert, 36
 egg, 38
 egg white, 36
 fish, 37
 formula, 33, 37
 honey, 37
 hot dogs, 37
 juice, 37
 meat, 38
 meat sticks, 38
 milk, 38
 toasted oat cereal, 38
 yogurt, 38

J

Jam, 12
Jelly, 12
Juice, 10
 fruit, 9
 vegetable, 9
Juice Blends, 12
Juice Drinks, 11

K

Kasha, 17, 23
Kidney, 30
Knockwurst, 27
Kool Aid, 12

L

Lamb, 30
Lefse, 23
Legumes, 38
Lemon Pie Filling, 12
Lemonade, 12
Limeade, 12
Liver, 30
Liverwurst, 30
Luncheon Meat, 30

M

Macaroni, 17, 23
Macaroni and Cheese, 30
 meat
 home-slaughtered, 30
Meat, 27
 pressed/potted, 31
 sauce, 30
 stew, 29
Meat Alternates, 27, 28
Meat Pie Crust, 17
Melba Toast, 23
Milk
 1%, 5, 8
 2%, 5, 8
 acidified, 8
 buttermilk, 8
 chocolate, 8

- cocoa, 8
- coconut, 8
- cultured, 8
- dry, 6
- eggnog-flavored, 8
- evaporated, 8
- flavored, 8
- goat, 8
- imitation, 8
- lactose-free, 8
- lactose-reduced, 8
- low-fat, 8
- non-fat, 8
- non-fat dry, 8
- raw, 8
- rice, 8
- skim, 5
- soy, 8
- UHT, 8
- whole, 5, 8
- Milkshake, 6, 8
- Millet, 17, 23
- Mixed Vegetables, 10
- Muffins, 11, 15, 17, 23

N

- Nachos. See Chips
- Nectar, 12
- Noodles, 23
- Nut or Seed Butter, 30
- Nuts, 27, 30

O

- Oat Bran, 23
- Oatmeal, 17, 24
- Oats, 24
- Olives, 12
- Onion Rings, 12
- Oxtails, 30

P

- Pancakes, 17, 24
- Party Mix, 24
- Pasta, 17, 24
- Pastries, 17, 24
- Peanut Butter, 31
- Peas, 31
- Pickles, 12
- Pie Crust, 16, 17, 24
- Pig Feet, 31
- Pig Neck Bones, 31
- Pig Tails, 31
- Pineapple Upside Down Cake, 24
- Pizza, 10, 28, 29, 31
 - Crust, 17, 24
 - Sauce, 12
- Pop Tarts®, 24
- Popcorn, 24
- Popcorn Cake. See Popcorn
- Popovers, 17, 24
- Posole, 12
- Pot Pies, 29, See Canned or Frozen Foods
- Potato, 24
 - bread, 20
 - hash brown, 12
 - mashed, 12
 - pancakes, 12, 24
 - salad, 10
 - shoe-string, 24

- skins, 12
 - sweet, 9
 - white, 24
- Potato Chips, 12, 24
- Poultry, 27
- Pound Cake, 24
- Preserves, 12
- Pretzel Chips. See Pretzels
- Pretzels, 17, 25
- Pudding, 6, 8, 10
 - baby, 36
 - bread, 20
 - rice, 25
 - tapioca, 26
- Pudding Pops, 8
- Puff Pastry, 25
- Puffs
 - fruit, 11
 - veggie, 13
- Pumpkin Bread. See Quick Bread

Q

- Quiche, 31
- Quick Bread, 17, 25
- Quinoa, 17, 25

R

- Rabbit, 32
- Ravioli, 17, 25, 29, See Canned or Frozen Foods
- Refried Beans, 31
- Rice, 12, 17, 25
 - brown, 25
 - cakes, 25
 - cereal bars, 16, 25
 - pudding, 25
 - white, 17
 - wild, 26
- Rolls, 17, See Breads
- Rye Wafers. See Crackers

S

- Salad
 - gelatin, 10
 - pasta, 10
 - potato, 10
 - Waldorf, 10
- Salsa, 12
- Salt Pork, 31
- Sausage, 31
- Scones, 17, 25
- Scrapple, 31
- Seafood, 31
 - imitation, 30
- Seeds, 27, See Nuts
- Shellfish, 31
- Sherbet, 8, 12
- Sopapillas, 25
- Sorbet, 12
- Soup, 13, 31
- Sour Cream, 8
- Soy
 - burgers, 31
 - butter, 32
 - formula, 37
 - milk, 8
 - tempeh, 32
 - tofu, 32
- Spaghetti, 15
- Spaghetti Sauce, 13

- Sprouts, 13
- Squash Bread. See Quick Bread
- Squirrel, 32
- Standards of Identity, 3
- Sticky Buns, 24, 26
- Stuffing, 17
- Sweet Rolls, 17, 24, 26
- Syrup, fruit flavored, 13

T

- Taco Chips. See Chips
- Taco Shells, 15, 17, 26
- Tator Tots, 13
- Tempeh, 32
- Toaster Pastry, 17, 24, 26
- Tofu, 32
- Tomato, 9
 - paste, 10, 13
 - puree, 10
 - sauce, 10, 13
 - soup, 13
- Tortilla Chips, 17, See Chips
- Tortillas, 17, 26
- Trail Mix. See Party Mix
- Tripe, 32
- Turkey Bacon, 29
- Turkey Wings, 32
- Turnover Crust, 17
- Turnovers. See Pie Crust

V

- V-8 Splash, 13
- Vegetable Juice, 13
- Vegetables, 9, 10
 - Chopped, 13
- Vegetarian Meals, 28
- Veggie Burger, 32
- Veggie Puffs, 13
- Venison, 32
- Vienna Sausage, 27, 31

W

- Waffles, 17, 26
- Water Chestnuts, 13
- Wheat Berries, 17, 26
- Wheat Germ, 26
- Wild Game, 32
- Won Ton Wrappers, 17, 26

Y

- Yogurt, 5, 8, 13, 27, 28, 32
- Yogurt Bars, 32
- Yogurt-covered Fruit, 13

Z

- Zucchini Bread. See Quick Bread
- Zwieback. See Crackers

