Food For Kids, Inc.

Adult Care Handbook and Resource Manual

Food For Kids, Inc

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Food for Kids, Inc.

Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audio tape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found Online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form.

To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.
This institution is an equal opportunity provider.
Revised 03/2016

Food for Kids, Inc.

Staff Contact Sheet

Northern Nevada Reno Office

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Food For Kids, Inc.

Welcome to Food for Kids, Inc.
A letter from our Director - Alix Pasillas

Welcome to Food for Kids, Inc. A Nevada sponsor of the Child and Adult Care Food Program (CACFP).

CACFP is the only program that addresses nutrition in the adult care setting where they receive most of their daily nourishment. The CACFP is a very effective way to ensure that adult in day care receive healthy meals. All meals served under this program must meet federal nutrition standards, including Dietary Guidelines for Americans.

As an adult care provider participating on the CACFP with Food for Kids, you receive free annual training on adult nutrition, food safety, and adult meal patterns which ensures that adult enjoy more nutritious fruits, vegetables, and milk rather than sugary drinks and high fat foods. Along with this vital training, you will receive continuous technical assistance from our highly trained staff on every aspect of the Food for Kids Program.

In short, the combination of USADA federal reimbursement, dietary standards, and nutrition support services from Food for Kids, contributes to better nutrition for adults, increased revenues for adult care providers, and higher quality facilities for seniors to select.

We look forward to working with you! Please contact our office if you have any questions or concerns.

Food for Kids, Inc.

Section 1- Civil Rights Documents

Sponsor Name: _____ Sponsor Phone Number: _____

09/21/17

Civil Rights Complaint Procedure

Civil Rights (CR) Complaint Received by Sponsor (Verbal or Written)

↓

CR Complaint Documented In CR Complaint Log

↓

Sponsor gives Complainant CR Complaint Form and/or Sponsor Completes CR Complaint Form with Complainant

↓

If Complainant Returns CR Complaint Form to Sponsor
Sponsor Forward CR Complaint Form to NDA within working 3 days

↓

Send Civil Rights Complaints to:

Homa Anooshepoor, Administrator
Food and Nutrition Division
Nevada Department of Agriculture
405 S. 21st Street
Sparks, NV 89431-5557

NDA is an equal opportunity provider.

USDA Child Nutrition Programs
Log of Civil Rights Complaints
Year: _____

Date Complaint Received	Description of Complaint (verbal or written)	Name of Complainant (Optional)	Date Civil Rights Complaint Form Completed and Returned to Sponsor	Date Civil Rights Compliant Forwarded to NDA

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Sponsor Name: _____ Phone Number: _____

09/21/17 tk

NEVADA DEPARTMENT OF AGRICULTURE (NDA)
Program Discrimination Complaint Form Instructions
(The complaint form is below the instructions)

PURPOSE: The purpose of this form is to assist you in filing a USDA program discrimination complaint. For help filling out the form, you may call any of the telephone numbers listed at the bottom of the complaint form. You are not required to use the complaint form. You may write a letter instead. If you write a letter it must contain all of the information requested in the form and be signed by you or your authorized representative. Incomplete information will delay the processing of your complaint.

You may also send a complaint by FAX or e-mail. We must have a signed copy of your complaint, so if you send your complaint by e-mail, be sure to attach the signed copy to your email. Incomplete information or an unsigned form will delay the processing of your complaint.

You may ask someone from the organization to help you complete this form.

FILING DEADLINE: A program discrimination complaint must be filed not later than 180 days of the date you knew or should have known of the alleged discrimination, unless the time for filing is extended by USDA. Complaints sent by mail are considered filed on the date the complaint was signed, unless the date on the complaint letter differs by seven days or more from the postmark date, in which case the postmark date will be used as the filing date. Complaints sent by fax or email will be considered filed on the day the complaint is faxed or emailed. Complaints filed after the 180-day deadline must include a 'good cause' explanation for the delay. For example, you may have "good cause" if:

1. You could not reasonably have been expected to know of the discriminatory act within the 180-day period;

2. You were seriously ill or incapacitated;

3. The same complaint was filed with another Federal, state, or local agency and that agency failed to act on your complaint.

USDA CHILD NUTRITION PROGRAMS POLICY: Federal law and policy prohibits discrimination against you based on the following: race, color, national origin, sex, disability, and age.

USDA will determine if it has jurisdiction under the law to process the complaint on the bases identified and in the programs involved. Reprisal that is based on prior civil rights activity is prohibited.

PROPERTY ADDRESS: If this complaint involves a farm or other real estate property that is not your current address, write in the address for that farm or real estate property. Otherwise, this part of the form can be left blank.

PLEASE READ IMPORTANT LEGAL INFORMATION BELOW:

CONSENT REPRISAL (RETALIATION) PROHIBITED:

This USDA Program Discrimination Complaint Form is provided in accordance with the Privacy Act of 1974, 5 U.S.C. §552a, and concerns the information requested in this form to which this Notice is attached. The United States Department of Agriculture's Office of the Assistant Secretary for Civil Rights (USDA) requests this information pursuant to 7 CFR Part 15.

If the completed form is accepted as a complaint case, the information collected during the investigation will be used to process your program discrimination complaint.

Disclosure is voluntary. However, failure to supply the requested information or to sign the form may result in dismissal of your complaint. If your complaint is dismissed you will be notified. The information you provide in this complaint may be disclosed to outside parties where USDA determines that disclosure is: 1) Relevant and necessary to the Department of Justice, the court or other tribunal, or the other party before such tribunal for purposes of litigation; 2) Necessary for enforcement proceedings against a program that USDA finds to have violated laws or regulations; 3) In response to a Congressional office if you have requested that the Congressional office inquire about your complaint or; 4) To the United States Civil Rights Commission in response to its request for information.

No Agency, officer, employee, or agent of the USDA, including persons representing the USDA and its programs, shall intimidate, threaten, harass, coerce, discriminate against, or otherwise retaliate against anyone who has filed a complaint of alleged discrimination or who participates in any manner in an investigation or other proceeding raising claims of discrimination.

NEVADA DEPARTMENT OF AGRICULTURE (NDA)
Program Discrimination Complaint Form

First Name: _____ Middle Initial: _____ Last Name: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Email address (if you have one): _____

Telephone Number starting with area code: _____

Alternate Telephone number starting with area code: _____

Best time of Day to Reach You: _____

Best Way to Reach You, (check one): Mail ____ Phone ____ Email ____ Other _____

Do you have a representative (lawyer or other advocate) for this complaint? Yes ___ No ___
If yes, please provide the following information about your representative:

First Name: _____ Last Name: _____

Address: _____City: _____ State: ____

Zip Code: _____ Telephone: _____ Email: _____

1. Who do you believe discriminated against you? Use additional pages, if necessary.
   Name(s) of person(s) involved in the alleged discrimination (if known):

Please check (✔) the program you applied for (if known/if applicable):

Food and Nutrition Service:
CACFP ___ SFSP ___ NSLP ___ TEFAP ___ CSFP ___ Other _____

2. What happened to you? Use additional pages, if necessary, and please include any supporting documents that would help show what happened.

3. When did the discrimination occur?

Date: _____ _____ _____
Month Day Year

If the discrimination occurred more than once, please provide the other dates:

4. Where did the discrimination occur?
Address of location where incident occurred:

_____
Number and Street, PO Box, or RD Number

_____ _____ _____
City State Zip Code

5. It is a violation of the law to discriminate against you based on the following: race, color, national origin, sex, disability, and age. Reprisal is prohibited based on prior civil rights activity.

I believe I was discriminated against based on my

6. Remedies: How would you like to see this complaint resolved?

7. Have you filed a complaint about the incident(s) with another federal, state, or local agency or with a court?

Yes _____ No _____

If yes, with what agency or court did you file? _____

When did you file? _____ _____ _____
Month Day Year

Signature: _____ Date: _____

Mail Completed Form To:

USDA
Office of the Assistant Secretary for Civil Rights
1400 Independence Ave, SW, Stop 9410
Washington, D.C. 20250-9410

Telephone Numbers:
Local Area: (202) 260-1026
Toll-free: (866) 632-9992
Local or Federal relay: (800) 877-8339
Spanish relay: (800) 845-6136
Fax: (202) 690-7442

Email address:
Program.intake@usda.gov

OR

Homa Anooshepoor, Administrator
Food and Nutrition Division
Nevada Department of Agriculture
405 S. 21st Street
Sparks, NV 89431

Sparks: (775) 353-3758
Fax: (775) 353-3749

PAPERWORK REDUCTION ACT AND PUBLIC BURDEN STATEMENTS:

The Paperwork Reduction Act of 1995 (44 U.S.C. 3501 et seq.) requires us to inform you that this information is being collected to ensure that your complaint contains all the information required to file a complaint. The Office of the Assistant Secretary for Civil Rights will use the information to process your complaint of program discrimination.

Response to this request is voluntary. The information you provide on this form will only be shared with persons who have an official need to know, and will be protected from public disclosure pursuant to the provisions of the Privacy Act, 5 U.S.C. § 552a(b).

The estimated time required to complete this form is 60 minutes. You may send comments regarding the accuracy of this estimate and any suggestions for reducing the time for completion of the form to USDA, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave, SW, Washington, DC 20250-9410.

An Agency may not conduct or sponsor, nor is a person required to respond to, a collection of information unless it displays a currently valid OMB Control Number. The OMB Control Number for this form is 0508-0002.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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Food for Kids, Inc.

Section 2- Adult Meal Patterns and Menus

ADULT MEAL PATTERN

Breakfast (Select all three components for a reimbursable meal)	
Food Components and Food Items[1]	**Minimum Quantities**
Fluid Milk[2]	8 fluid ounces
Vegetables, fruits, or portions of both[3]	½ cup
Grains (oz eq)[4,5,6]	
Whole grain-rich or enriched bread	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal[7], cereal grain, and/or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)[7,8]	
Flakes or rounds	2 cups
Puffed cereal	2 ½ cups
Granola	½ cup

[1] Must serve all three components for a reimbursable meal. Offer versus serve is an option for adult participants.

[2] Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

[3] Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

[4] At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

[5] Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

[6] Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

[7] Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

[8] Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1 ½ cups for adults.

ADULT MEAL PATTERN

Lunch and Supper (Select all five components for a reimbursable meal)	
Food Components and Food Items[1]	**Minimum Quantities**
Fluid Milk[2,3]	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	2 ounces
Tofu, soy product, or alternate protein product[4]	2 ounces
Cheese	2 ounces
Large egg	1
Cooked dry beans or peas	½ cup
Peanut butter or soy nut butter or another nut or seed butter	4 tbsp
Yogurt, plain or flavored, sweetened or unsweetened[5]	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1 ounce = 50%
Vegetables[6]	½ cup
Fruits[6,7]	½ cup
Grains (oz eq)[8,9]	
Whole grain-rich or enriched bread	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal[10], cereal grain, and/or pasta	1 cup

[1] Must serve all five components for a reimbursable meal. Offer versus serve is an option for adult participants.

[2] Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

[3] A serving of fluid milk is optional for suppers served to adult participants.

[4] Alternate protein products must meet the requirements in Appendix A to Part 226.

[5] Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

[6] Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

[7] A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
[8] At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
[9] Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.
[10] Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

ADULT MEAL PATTERN

Snack (Select two of the five components for a reimbursable meal)	
Food Components and Food Items[1]	**Minimum Quantities**
Fluid Milk[2]	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	1 ounce
Tofu, soy product, or alternate protein product[3]	1 ounce
Cheese	1 ounce
Large egg	½
Cooked dry beans or peas	¼ cup
Peanut butter or soy nut butter or another nut or seed butter	2 tbsp
Yogurt, plain or flavored, sweetened or unsweetened[4]	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	1 ounce
Vegetables[5]	½ cup
Fruits[5]	½ cup
Grains (oz eq)[6,7]	
Whole grain-rich or enriched bread	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal[8], cereal grain, and/or pasta	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)[8,9]	
Flakes or rounds	1 cup
Puffed cereal	1 ¼ cup
Granola	¼ cup

[1] Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

[2] Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

[3] Alternate protein products must meet the requirements in Appendix A to Part 226.

[4] Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

[5] Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

[6] At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

[7] Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

[8] Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

[9] Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1 ½ cups for adults.

United States Department of Agriculture

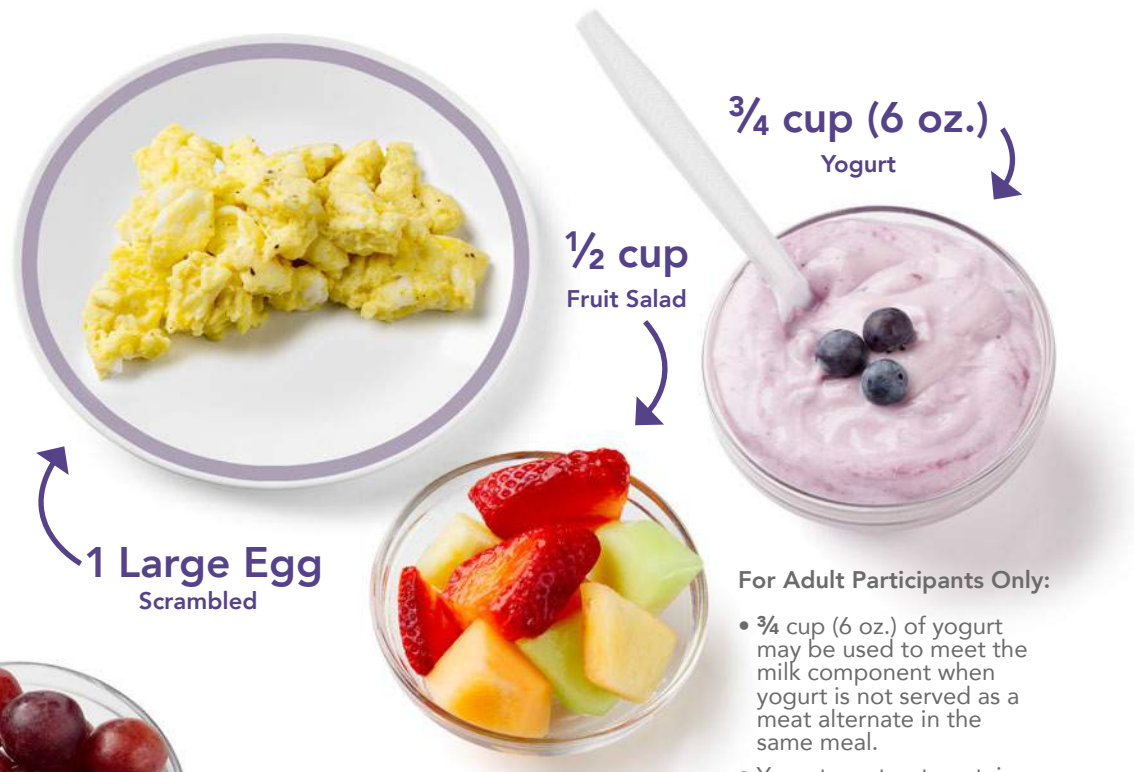
Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Adults

What is in a Breakfast?

Milk (**8** fl. oz. or **1** cup)
Vegetables, Fruits, or Both (½ cup)
Grains (**2** oz. eq.)

Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.



Sample Breakfast

For Adult Participants Only:

- ¾ cup (6 oz.) of yogurt may be used to meet the milk component when yogurt is not served as a meat alternate in the same meal.
- Yogurt must not contain more than 23 grams of sugar per 6 oz.

**Raw leafy greens, such as lettuce, credit for half the amount served. The ½ cup of lettuce in the salad counts as ¼ cup of vegetables in this meal.*

Sample Lunch/Supper

What is in a Lunch or Supper?

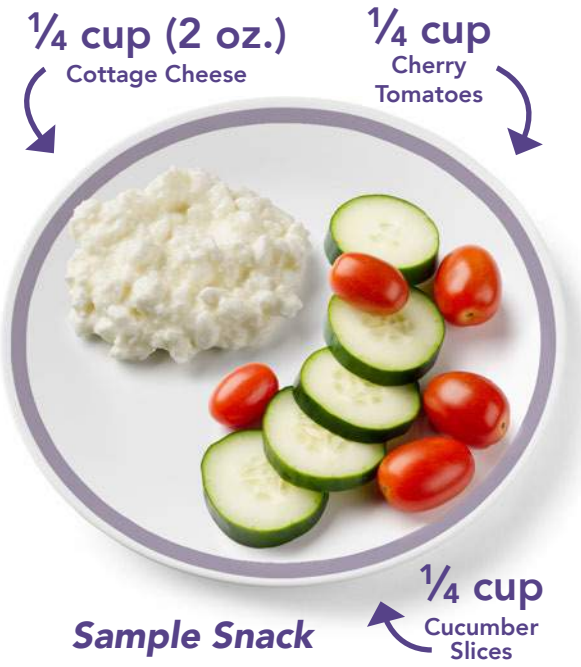
Milk (**8** fl. oz. or **1** cup)
Meats/Meat Alternates (**2** oz. eq.)
Vegetables (½ cup)
Fruits (½ cup)
Grains (**2** oz. eq.)

All grains served must be whole grain-rich or enriched. Breakfast cereals may also be fortified. At least one grain served each day must be whole grain-rich.

Offer and make water available all day.

What is in a Snack?

Pick 2:
Milk (**8** fl. oz. or **1** cup)
Meats/Meat Alternates (**1** oz. eq.)
Vegetables (½ cup)
Fruits (½ cup)
Grains (**1** oz. eq.)



Sample Snack

Note: Serving sizes are minimums.

Learn more about the CACFP meal patterns at https://teamnutrition.usda.gov.

Food and Nutrition Service
FNS-670
Slightly Revised October 2019

United States Department of Agriculture

Sirva alimentos sanos y sabrosos en el Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP)

Ejemplos de comidas para adultos

¿Qué contiene un Desayuno?

Leche (**8** fl. oz. o **1** taza)
Vegetales, frutas o ambos (**½** taza)
Granos (**2** oz. eq.)

Opcional: Carnes/sustitutos de carne se pueden servir para cumplir con el componente de granos completo hasta 3 veces por semana en el desayuno.

1 Huevo grande
Revuelto

½ taza
Ensalada de frutas

¾ taza (6 oz.)
Yogur

Ejemplo de desayuno

Solo para participantes adultos:

- ¾ taza (6 oz.) de yogur puede ser utilizado para cumplir el componente de la leche cuando el yogur no se sirve como un sustituto de carne en la misma comida.
- El yogur no puede tener más de 23 gramos de azúcar por cada 6 onzas.

1 taza
Leche (con o sin sabor) baja en grasa (1%) o sin grasa (descremada)

½ taza
Uvas rojas

Ensaladilla de atún
Hecho con
2 oz.
Atún

Ensalada
Hecha con
½ taza
Lechuga*,
⅛ taza
Tomates y
⅛ taza
Zanahorias

Los vegetales de hojas crudas, como la lechuga, se acreditan solo la mitad de la cantidad servida. La ½ taza de lechuga en la ensalada cuenta como un ¼ taza de vegetales en esta comida.

2oz. eq.
Pan pita integral enriquecido

Ejemplo de almuerzo/cena

¿Qué contiene un Almuerzo o Cena?

Leche (**8** fl. oz. o **1** taza)
Carnes/sustitutos de carne (**2** oz. eq.)
Vegetales (½ taza)
Frutas (½ taza)
Granos (**2** oz. eq.)

Todos los granos deben ser ricos en grano integral o enriquecidos. Los cereales de desayuno también pueden ser fortificados. Por lo menos uno de los granos servidos cada día debe ser rico en grano integral.

Ofrezca agua y manténgala disponible todo el día.

¿Qué contiene una Merienda?

Escoja **2:**
Leche (**8** fl. oz. o **1** taza)
Carnes/sustitutos de carne (**1** oz. eq.)
Vegetales (½ taza)
Frutas (½ taza)
Granos (**1** oz. eq.)

¼ taza (2 oz.)
Requesón/queso *cottage*

¼ taza
Tomates *cherry*

¼ taza
Rodajas de pepino

Ejemplo de merienda

Nota: Los tamaños de las porciones son los mínimos.

Más información acerca de los patrones de comidas en el CACFP en https://teamnutrition.usda.gov.

Food and Nutrition Service
FNS-670-S
Revisado Octubre 2019

Adult Menu Planner 5 day
23 Oct 2017 vlg

Offer Versus Serve (OVS) ☐ **Yes** ☐ **No** Week of:_____

Menu Planner Name: _____ Phone number:_____

Meal Component	**Min. Serving Size**	**Day of Week**				
		Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Breakfast	***OVS: Decline 1 of 4 items***					
Fluid Milk*	1 c. (8 fl. oz.)					
Bread/Alternate	2 slices, 1-1/2 c. dry cereal, or 1 c. cooked grain/noodle					
Fruit/Vegetable	½ c.					
Lunch/Supper	***OVS: Decline 2 of 6 items (Lunch) 2 of 5 items (Supper)***					
Fluid Milk*†	1 c. (8 fl. oz.)					
Bread/Alternate	2 slices, 1-1/2 c. dry cereal, or 1 c. cooked grain/noodle					
Meat/Alternate	2 oz.**					
Vegetable or Fruit	1 c. total					
Vegetable						
Other (optional)						
Snack – Must contain 2 of the 4 components	***OVS not allowed***					
Fluid Milk*	1 c. (8 fl. oz.)					
Bread/Alternate	1 slice, ¾ c. dry, or ½ c cooked grain/noodle					
Meat/Alternate	1 oz.**					
Fruit/Vegetable	½ c.					
Other (optional)						

* Milk must be 1%, low-fat or flavored or unflavored fat-free. 6oz or 3/4 C yogurt may be substituted for milk once a day.

† Milk is required at lunch. Milk is NOT required at supper.

** Ounce equivalents for meats/alternates: meat and cheese, 1 oz = 1 oz; eggs, ½ egg = 1 oz; cooked beans/peas, ¼ c. = 1 oz; peanut/nut/seed butters, 2 tbsp = 1 oz; nuts/seeds, 1 oz = 1 oz (nuts/seeds may provide no more than half of the requirement at lunch/supper); yogurt, 4 oz (1/2 c.) = 1 oz (no more than 15 grams sugar per 4 oz.

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reviewed by Geri Lynn Grossan, RDN 9-24-19 Fruit served daily Skim Milk offered with meals	1 Scrambled eggs 2 WW Toast 2 Slices Berries 1/2c Milk, Juice 1/2c	2 WW Waffles 2 SF Syrup Grapes ½ c Milk, Juice ½c	3 Ham 2oz and Cheese 1oz Sandwich 2 slices wheat bread Banana 1/2 Milk, Juice 1/2c	4 Whole Wheat toast 2 slices Strawberries 1/2c Cottage cheese 1/2c Milk, Juice 1/2c
7 Oatmeal 1/2c Banana 1/2 Peanut Butter 1Tbsp WW Toast 1 Slice Milk, Juice ½ c	8 Scrambled eggs 2 WW Toast 2 Slices Berries 1/2c Milk, Juice 1/2c	9 WW Waffles 2 SF Syrup berries½ c Milk, Juice ½c	10 Ham 2oz and Cheese 1oz Sandwich 2 slices wheat bread Banana 1/2 Milk, Juice 1/2c	11 Whole Wheat toast 2 slices Grapes 1/2c Cottage cheese 1/2c Milk, Juice 1/2c
14 Oatmeal 1/2c Banana 1/2 Peanut Butter 1Tbsp WW Toast 1 Slice Milk, Juice ½ c	15 Scrambled eggs 2 WW Toast 2 Slices Berries 1/2c Milk, Juice 1/2c	16 WW Waffles 2 SF Syrup Grapes ½ c Milk, Juice ½c	17 Ham 2oz and Cheese 1oz Sandwich 2 slices wheat bread Banana 1/2 Milk, Juice 1/2c	18 Whole Wheat toast 2 slices Banana 1/2 Cottage cheese 1/2c Milk, Juice 1/2c
21 Oatmeal 1/2c Banana 1/2 Peanut Butter 1Tbsp WW Toast 1 Slice Milk, Juice ½ c	22 Scrambled eggs 2 WW Toast 2 Slices Berries 1/2c Milk, Juice 1/2c	23 WW Waffles 2 SF Syrup Grapes ½ c Milk, Juice ½c	24 Ham 2oz and Cheese 1oz Sandwich 2 slices wheat bread Banana 1/2 Milk, Juice 1/2c	25 Whole Wheat toast 2 slices Strawberries 1/2c Cottage cheese 1/2c Milk, Juice 1/2c
28 Oatmeal 1/2c Banana 1/2 Peanut Butter 1Tbsp WW Toast 1 Slice Milk, Juice ½ c	29 Scrambled eggs 2 WW Toast 2 Slices Berries 1/2c Milk, Juice 1/2c	30 WW Waffles 2 SF Syrup Grapes ½ c Milk, Juice ½c	31 Ham 2oz and Cheese 1oz Sandwich 2 slices wheat bread Banana 1/2 Milk, Juice 1/2c	953 E Sahara Ave #A-7 A-8 Las Vegas NV 89104 (702)501-6072 FAX (702)734-2278

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SNACKS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reviewed by Geri Lynn Grossan, RDN 9-24-19	1 Banana (one small or one-half large) Cheese 1oz	2 Whole-grain crackers 6 Cheese cubes (1 ounce)	3 Banana ½ Peanut butter 2Tbsp	4 Mozzarella stick, part skim 1oz Slice grapes ½ cup
7 Low fat yogurt (6oz) Strawberries (½ cup)	8 Banana (one small or one-half large) Cheese 1oz	9 Mozzarella stick, part skim (1 ounce) Sliced grapes (½ cup)	10 Banana ½ Peanut butter 2Tbsp	11 Whole-grain crackers 6 Cheese cubes 12oz
14 Low fat yogurt (6oz) Strawberries (½ cup)	15 Mozzarella stick, part skim (1 ounce) Sliced grapes (½ cup)	16 Banana ½ Peanut butter 2Tbsp	17 Low fat yogurt (6oz) Blueberries (½ cup)	218 Cheese 1oz Banana 1/2
21 Whole-grain crackers 6 Cheese stick (1 ounce)	22 Strawberries 1/2c Low fat Yogurt 6oz	23 Banana ½ Peanut butter 2Tbsp	24 Mozzarella stick, part skim (1 ounce) Grapes 1/2c	25 Banana ½ Peanut butter 2Tbsp
28 Low fat yogurt (6oz) Strawberries (½ cup)	29 Whole-grain crackers 6 Cheese stick (1 ounce)	30 Banana ½ Peanut butter 2Tbsp	31 Mozzarella stick, part skim (1 ounce) Grapes 1/2c	953 E Sahara Ave #A-7 A-8 Las Vegas NV 89104 (702)501-6072 FAX (702)734-2278

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LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reviewed by Geri Lynn Grossan, RDN 9-24-19 Fruit served daily Skim Milk offered with meals	1 Shredded beef 2oz White rice 1c Black beans 1/2c Potatoes 1/2c Mixed Salad 1 c Banana 1/2	2 Beef 2oz White rice 1c Red beans1/2c Mixed salad 1/2 cup Strawberries ½ cup	3 Mixed Salad 1/2c Chicken 2oz Rice 1 cup Pinto beans 1/2c Mixed Salad 1/2c Berries 1/2c	4 Fish 2oz White rice 1 c Chickpeas 1/2c Potatoes 1/2c Mixed salad 1 cup Berries 1/2c
7 Beef Fajitas 2oz White Rice 1 cup Peas ½ c Mixed green Salad 1/2c Berries ½ cup	8 Pork 2oz Congris 1 cup Soup 1/2c Mixed Salad 1c Banana ½ c	9 Chicken 2oz White Rice 1 cup Black beans 1/2c Mixed Salad 1/2c Grapes ½ cup	10 Pizza day Pizza (2oz cheese) 2 slices Pizza Crust 2oz Mixed Salad 1c Strawberries ½c	11 Pork 2oz Fried rice 1c Veggie soup 1/2c Mashed potatoes 1/2c Mixed salad 1c Berries 1/2c
14 Pork 2oz White rice 1c Redbeans1/2c Mixed salad 1 cup Grapes 1/2c	15 Ham 2oz Yellow rice 1 c Steam veggies 1/2c Veggie soup 1/2c Berries 1/2c	16 Shredded Beef 2oz White Rice 1 cup Peas 1/2c Mixed Salad 1c Grapes ½ c	17 Pork 2oz Congris 1 cup Soup 1/2c Mixed Salad 1c Banana ½ c	18 Fish and beef tacos 2oz Taco shells 1oz Yellow rice 1/2c Pinto beans 1/2c Mixed salad 1/2 cup Berries 1/2
21 Meatballs 2oz Spaghetti 1c Veggie Soup 1/2c Mixed salad 1 c Grapes 1/2c	22 Chicken 2oz White Rice 1/2 c Black Beans 1/2c Mixed Salad 1/2c Berries 1/2c	23 Pork 2oz Congris 1c Veggie Soup 1/2c Mixed salad 1 cup Banana 1/2	24 Chicken 2oz White Rice 1/2 c Chickpeas 1/2c Mixed Salad 1/2c Grapes 1/2c	25 Pork 2oz Veggie Soup 1/2c Cuban Sandwich bread 2oz Mixed Salad 1/2c Potato salad 1/2c Berries 1/2c9lo
28 Pork 2oz White Rice 1 cup Red Beans ½ c Mixed green Salad 1/2c Berries ½ cup	29 Pork 2oz Congris 1 cup Veggie Soup 1/2c Mixed Salad 1c Grapes ½c	30 Fish and beef tacos 2oz Taco shells 1oz Yellow rice 1/2c Pinto beans 1/2c Mixed salad 1/2 cup Berries 1/2	31 Pizza day Pizza (2oz cheese) 2 slices Pizza Crust 2oz Mixed Salad 1c Strawberries ½c	953 E Sahara Ave #A-7 A-8 Las Vegas NV 89104 (702)501-6072 FAX (702)734-227

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CACFP MENU CHECKLIST
Adult Meal Pattern

DOES YOUR MENU MEET THE NEW* CACFP MEAL PATTERNS?

Milk	Yes/No
1% or skim milk unflavored milk or flavored fat-free milk is served	
Type of milk is identified on the menu. *Note: a statement at the bottom of the menu listing the types of milk served for different ages is acceptable*	
Yogurt is served in place of fluid milk no more than once per day. Yogurt contains less than 24 grams of sugar per 6 ounce serving	
Grains/Breads	**Yes/No**
At least one whole grain-rich serving is served per day[1]	
No grain-based desserts (such as brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries) are served[2]	
Cereals have 6 grams or less of sugar per ounce[3]	
Type of cereal is identified on the menu (*For example, Cheerios® or Kix®)*	
Whole grain-rich foods are identified on menu. (*For example, "turkey sandwich on whole grain-rich bread," "whole wheat pasta," "brown rice, "oatmeal.")* The abbreviations "WW" and "WG" for whole wheat and whole grain are acceptable)	
Fruits/Vegetables	**Yes/No**
Juice is limited to one serving or less per day on menus	
A separate fruit and separate vegetable are offered at lunch and supper (Note: two different vegetables are allowed at lunch and supper)	
Meat/Meat Alternate	**Yes/No**
Yogurt contains less than 23 grams of sugar per 6 ounce serving	
Tofu, if used, is commercially prepared, contains 5 grams of protein per 2.2 ounces by weight and is easily recognizable as a meat substitute	
No deep-fat frying of foods on-site occurs	
Optional: Meat and meat alternates may be served in place of the grains component at breakfast a maximum of three times per week	

*New CACFP Meal Patterns are effective October 1, 2017.

Important Notes on Page 2.

MENU CHECKLIST- ADULTS

IMPORTANT NOTES

1. Whole grain rich foods are foods are foods that contain 100% whole grains. They are also foods that contain at least 50% whole grains, as long as the remaining grains in the food are enriched. Example of whole grain-rich foods include: 100% whole wheat bread, whole grain tortillas, oatmeal, brown rice, whole grain crackers, whole grain cereal flakes, and whole grain muffins.

2. Grain-based desserts include brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries. They cannot count towards the grain requirement at any meal or snack under the updated CACFP meal patterns. Sweet crackers (graham and animal crackers) are creditable.

3. A list of cereals containing 6 grams of sugar or less per dry ounce can be found at http://nutritionnc.com/snp/meal-patterns.htm

4. Menus must identify the following information:

- Type of milk served
- Whole grain-rich foods ("WW" and "WG" for whole wheat and whole grain are acceptable)
- Type of cereal served

MENU CHANGES

Did you check "No" on any items in the Checklist?
Use the space below to plan what you will change to meet the new CACFP Meal Patterns.

Menu Item	Planned Improvement
Example: Granola bars are served at snack	*Instead of granola bars, serve whole grain crackers, mini bagels, whole grain tortilla chips, mini bagels, or cereal to replace the granola bars as the grain*

Go to http://nutritionnc.com/snp/meal-patterns.htm for more information.

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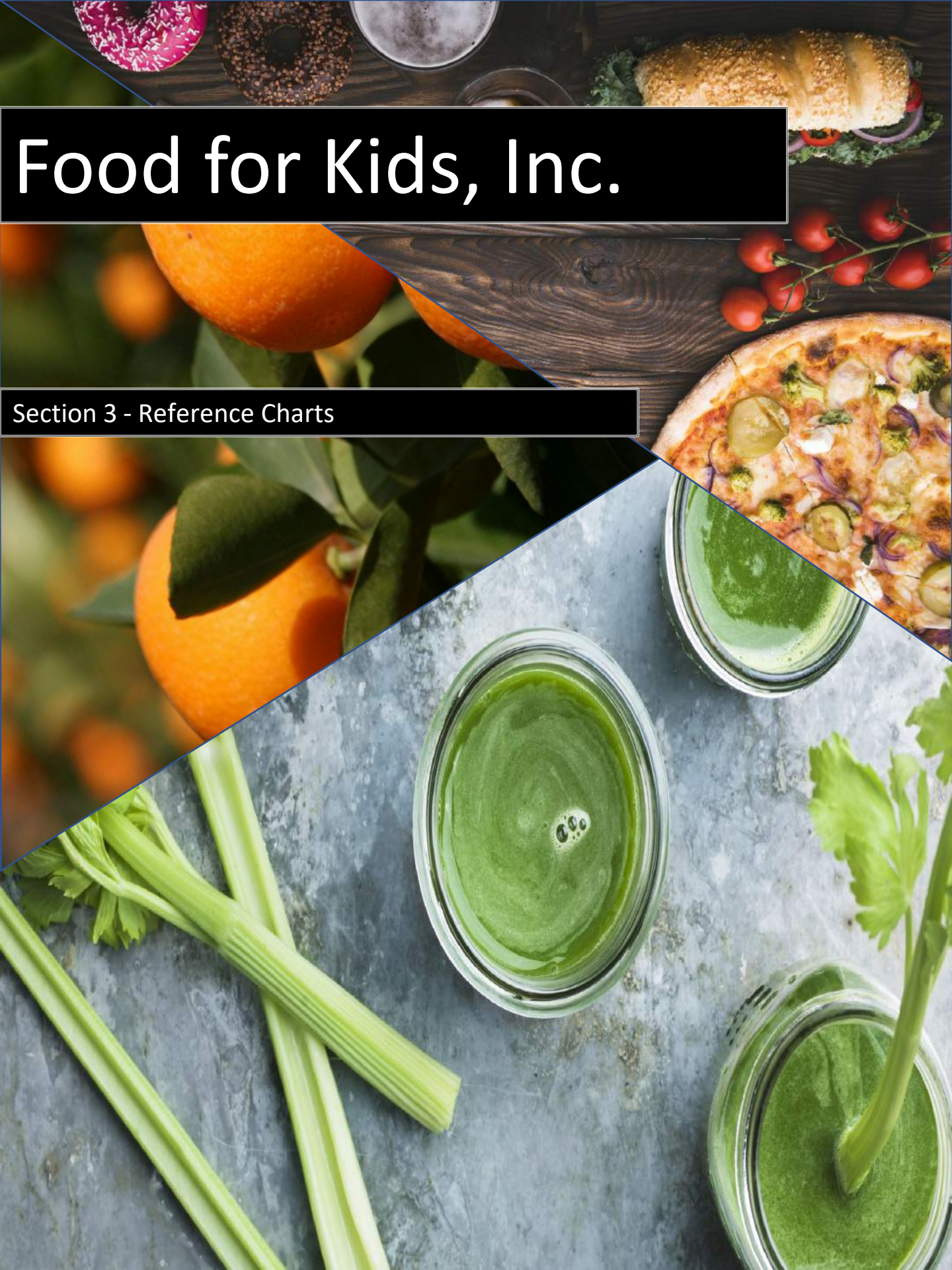
Section 3 - Reference Charts



FRUITS/VEGETABLES
SERVING SIZE REFERENCE CHART
FOR USDA CHILD NUTRITION PROGRAMS

NDE Revised 12/10

FRUIT/VEGETABLE	SIZE	SERVING EQUIVALENT
Apple	1 small raw apple (2-½" diameter) 1 medium raw (2 ⅞"-3" diameter)	= 1 cup fruit = 1 cup fruit
Apple Sauce	2 snack containers	= 1 cup (8 oz. total)
Apricots	1 medium raw apricot 9 medium dried halves	= ¼ cup fruit = ¼ cup fruit
Banana	1 small (6 inch) ½ medium (8 inch) 1 large	= ⅜ cup fruit = ¼ cup fruit = 1 cup fruit
Bell Pepper	1 large	= 1 cup fruit
Berries	¼ cup raw	= ¼ cup fruit
Broccoli	1 medium spear	= ¼ cup vegetable
Cantaloupe	¼ melon (5 ½ " diameter) 1/10 medium (5" diameter) 1/16 large (5 ¾" diameter) 2 Medium wedges	= ½ cup fruit = ¼ cup fruit = ¼ cup fruit = 1 cup fruit
Carrots, Baby	8 ½	= ¼ cup vegetable
Carrots, sticks	6 sticks, each 4" x ½ "	= ½ cup vegetable
Celery	3 sticks, each ½" x 4" 2 large stalks	= ¼ cup vegetable = 1 cup vegetable
Cherries	7 whole	= ¼ cup fruit
Corn	1 medium ear	= ½ cup vegetable
Cucumbers	4 (⅛" thick) slices (2" diameter) 3 sticks, 3" x ¾" 2 sticks (cut in thirds crosswise, then each third cut into fourths lengthwise for sticks)	= ¼ cup vegetable = ¼ cup vegetable = ¼ cup vegetable
Fruit Juice	1 cup 100% Fruit Juice	= 1 cup
Grapes	7 seedless large 12 with seeds 32 grapes	= ¼ cup fruit = ¼ cup fruit = 1 cup fruit
Grapefruit	1 medium	= 1 cup fruit
Kiwi Fruit	1 average	= ½ cup fruit
Lettuce	1 large leaf 2 cups of lettuce	= ¼ cup vegetable = 1 cup vegetable
Nectarines	1 small raw (2 ¼" diameter) 1 medium raw (2 ¾" diameter)	= ½ cup fruit = ¾ cup fruit
Oranges	1 medium 1 large	= ½ - ⅝ cup fruit and juice = 1 cup fruit
Peaches	1 small raw (2-⅛" diameter) 1 medium (2-½" diameter)	= ⅜ cup fruit = ⅔ cup fruit
Pears	1 small raw 1 medium raw	= ½ cup fruit = 1 cup fruit
Plums	2 small raw 2 medium raw 3 medium 2 large	= ½ cup fruit = ¾ cup fruit = 1 cup fruit = 1 cup fruit
Potatoes	1 small baked, 6oz. 5 pieces, 3" long, French fries 4 potato rounds (32 grams) 1 medium	= ½ cup vegetable = ¼ cup vegetable = ¼ cup vegetable 1 cup vegetable
Radishes	7 raw	= ¼ cup vegetable

FRUITS/VEGETABLES
SERVING SIZE REFERENCE CHART
FOR USDA CHILD NUTRITION PROGRAMS

NDE Revised 12/10

Raisins	1.3 – 1.5 oz. or 1 pkg. (1 ½ oz.) 2 small boxes	= ¼ cup fruit = 1 cup fruit
Squash, winter	½ small, baked acorn	= ¼ cup vegetable
Strawberries	8 large	= 1 cup fruit
Sweet Potato	5 oz. baked	= ½ cup vegetable
Tangerine	1 medium	= ⅜ cup fruit
Tomatoes	¼ raw (2 ½ - 3” diameter) 2 slices (¼” thick) 3 cherry tomatoes	= ¼ cup vegetable = ¼ cup vegetable = ¼ cup vegetable
Tomato Paste	1 tablespoon	= ¼ cup vegetable
Tomato Sauce	¼ cup	= ¼ cup vegetable
Watermelon	1 wedge (quarter of a round slice)	= 1 cup fruit

Eating Through Meal Patterns

Child and Adult Care Food Program

Healthy Snack Ideas

CURRENT SNACK REQUIREMENTS*

Choose one food from two groups:

1. **Vegetables/Fruits**
2. **Grains/Breads**
3. **Meat/Meat Alternates**
4. **Fluid Milk**

NEW SNACK REQUIREMENTS*

Choose one food from two groups:

1. **Vegetables**
2. **Fruits**
3. **Grains/Breads**
4. **Meat/Meat Alternates**
5. **Fluid Milk**

Vegetables—Did you know you will be able to claim a fruit *and* a vegetable at snack?				
Avocado	Carrots	Edamame	Lettuce	Spinach
Beans	Cauliflower	Green beans	Mixed greens	Snap peas
Bell peppers	Cherry tomatoes	Guacamole	Pumpkin	Sweet potatoes
Broccoli	Celery	Jicama	Salsa	Tomatoes
Cabbage	Cucumbers	Kale	Snow peas	Zucchini
Fruits—Did you know you will be able to claim a fruit *and* a vegetable at snack?				
Apples/applesauce	Cherries	Honeydew melon	Pears	Oranges
Apricots	Clementines	Kiwi fruit	Pineapple	Rhubarb
Bananas	Cranberries	Mandarin oranges	Plums	Starfruit
Blackberries	Fruit salad	Mangos	Pomegranate	Strawberries
Blueberries	Grapefruit	Mixed fruit	Raspberries	Tangerines
Cantaloupe	Grapes	Peaches	Nectarines	Watermelon
Grains/Breads—Starting Oct 1, 2017 one whole grain-rich food will need to be claimed each day.				
Bagels	Corn muffins	Melba toast	Pancakes	Taco shells
Biscuits	Crackers (savory)	Muffins	Pasta or noodles	Tortillas
Bread, buns, or rolls	English muffins	Museli**	Pita bread or chips	Tortilla chips
Cereals**	Grain salads	Oats and oatmeal**	Pretzels	Tostada shells
Corn bread	Granola**	Quick breads	Rice cakes	Waffles
Meat/Meat Alternates—Beans and chickpeas can be claimed as meat alternates *or* vegetables.				
Beans	Cottage cheese	Nuts—almonds, cashews, hazelnuts, mixed nuts, peanuts, pecans, pistachios, walnuts	Nut butters—almond, peanut, cashew, soy nut	Seed butters—sesame (tahini), sunflower seed
Bean dip	Deli or lunch meat (lean or extra lean)		Seeds—pumpkin, sesame, sunflower	Tuna, canned
Chickpeas	Eggs			Yogurt**
Cheese (e.g. string cheese)	Hummus dip			

*All snacks should be of a consistency, size, and shape that is age-appropriate for the children served to decrease the risk of choking.

**These foods will need to meet the new sugar standards Oct 1, 2017.

The new CACFP Meal Patterns go into effect on October 1, 2017.

For more information, visit us on the web at www.acdkids.org or like us on Facebook!

acd

ONE BITE AT A TIME

Creative Snack Ideas

1. **Ants on a Log (M/MA & V or F)**—Spread peanut butter on celery sticks and top with raisins.
2. **Baked Apples (F & M/MA)**—Core apples, stuff with finely chopped nuts, sprinkle with cinnamon, and bake in the oven or microwave.
3. **Baked Sweet Potato Fries (V & M/MA)**—Peel, slice, sprinkle with salt, pepper, and olive oil, and bake. Serve with a savory Greek yogurt dip.
4. **Baked Egg Muffins (M/MA & V)**—Bake eggs and vegetables in muffin cups. Sprinkle cheese on top.
5. **Banana "Ice Cream" (F & G/B)**—Slice and freeze ripe bananas, blend until smooth, and top with granola.
6. **Banana Roll-Up (M/MA, F & G/B)**—Spread nut or seed butter on a WG tortilla, add sliced bananas. Roll it up.
7. **Cheddar Apples (M/MA & F)**—Served sliced low-fat cheddar cheese with different varieties of sliced apples.
8. **Chex Mix (G/B & M/MA)**—Buy it at the store or make your own! Include cereal and chopped nuts or seeds.
9. **Chicken, Tuna, or Egg Salad (M/MA & G/B)**—Serve on WG crackers or WG bread or toast.
10. **Chips and Dip (G/B & V)**—Serve WG tortilla chips with salsa or guacamole.
11. **Cottage Cheese & Pineapple or Peaches (M/MA & F)**
12. **Crackers and Low-Fat Cheese (G/B & M/MA)**
13. **Frozen Banana Pops (F & M/MA or G/B)**—Put half a banana on a stick, dip in yogurt, roll in cereal, freeze.
14. **Fruit Parfaits (F, G/B, & M/MA)**—Layer sliced fruit or berries, granola or cereal, and yogurt.
15. **Fruit Salsa (F & G/B)**—Chop peaches, pineapple, or mango. Serve with toasted WG pita and cinnamon.
16. **Fruit and Veggies Skewers (F or V & M/MA)**—Cut fruits or vegetables, and low-fat cheeses into small pieces and slide them onto skewers or let the kids do it!
17. **Hummus Dip (M/MA & V or G/B)**—Serve with crunchy vegetables (carrots, cucumber, cherry tomatoes, snap peas, red pepper slices, etc.) or WG pita bread.
18. **Kale Chips (V & G/B)**—Coat kale lightly with olive oil, salt, pepper. Bake until crispy. Serve with savory crackers.
19. **Melon Pops (F)**—Chop pieces of melon (such as honeydew melon, watermelon, or cantaloupe), put them into Popsicle molds, and freeze.
20. **Mini Pizzas (G/B, V, & M/MA)**—Top 1/2 of a WG English muffin with tomato sauce and mozzarella cheese.
21. **Mini Sandwich (M/MA, V, & G/B)**—Put lunch meat, cheese, and vegetables on a dinner roll or mini bagel.
22. **PB&Berries (M/MA, F, & G/B)**—Spread peanut butter or another nut or seed butter on WG bread. Add sliced strawberries or other berries.
23. **Pumpkin Yogurt Dip (F & M/MA)**—Mix pumpkin puree, yogurt, and pumpkin spice. Serve with fruit.
24. **Seven Layer Dip (M/MA, V, & G/B)**—Layer beans, low-fat cheese, guacamole, lettuce, plain Greek yogurt, salsa, and olives. Serve with WG tortilla chips.
25. **Smoothies (F & M/MA)**—Blend fruit and yogurt.
26. **Strawberry Shortcake (G/B, F, & M/MA)**—Top 1/2 a WG biscuit with sliced strawberries and vanilla yogurt.
27. **Topped Tortillas (G/B & M/MA)**—Spread WG tortillas with a layer of refried beans and low-fat cheese. Briefly put them into the oven to melt the cheese.
28. **Tortilla Roll-Up (G/B, M/MA, & V)**—Top a tortilla with mustard, deli meat, cheese, and vegetables. Roll it up!
29. **Trail Mix (F, M/MA, & G/B)**—Combine dried fruit, nuts, and low-sugar cereals.
30. **Vegetable Dip (M/MA & V)**—Mix plain low-fat Greek yogurt with Ranch dressing powder or fresh herbs, salt, pepper, and garlic powder. Serve with vegetables.
31. **White Bean Dip (M/MA & G/B or V)**—Serve the dip with WG tortilla chips or vegetables.
32. **WG Bread Sticks and Marinara Sauce (G/B & V)**
33. **WG Pancakes or Waffles (G/B & F or M/MA)**—Top with sliced fruit or yogurt.
34. **WG Quick Bread or Muffins (G/B & F or M/MA)**—Try flavors such as blueberry lemon, cranberry orange, pumpkin, or zucchini bread. Serve with fruit or yogurt.

ABBREVIATION KEY	
F	= Fruit
G/B	= Grain/Bread
M/MA	= Meat/Meat Alternate
V	= Vegetable
WG	= Whole Grain

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Food for Kids, Inc.

Section 4- Milk and Juices

USDA

United States Department of Agriculture

Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.

Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in CACFP.

12 months through 23 months
(1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

2 years through 5 years
(up to 6th birthday)

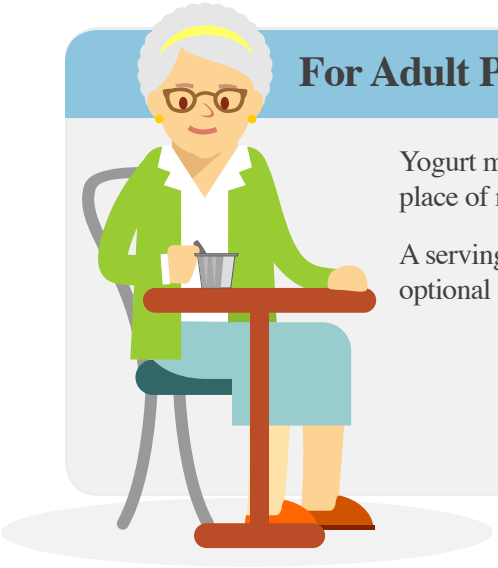
- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.



For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and adults must be fat-free (skim).

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.

TEAM NUTRITION • USDA

Try It Out!

Milk Matters!

Use the information on the front of the page to answer the questions below. Check your answers with the Answer Key below.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

   Maya's Age:
   Type(s) of Milk:

   Darrick's Age:
   Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

   Olivia's Age:
   Types of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

Answer Key:

1. **Maya's age:** 1 year. **Type(s) of Milk:** Because Maya is 1 year old, she can only be served unflavored whole milk in CACFP. If she is younger than 1 year and 1 month (13 months), she can also be served iron-fortified formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.

   Darrick's age: 2 years. **Type(s) of Milk:** Because Darrick is 2 years old, he can be served unflavored fat-free (skim) milk or unflavored low-fat (1%) milk. If he is younger than 2 years 1-month (25 months), he can also be served unflavored whole milk, and unflavored reduced-fat (2%) milk. There is a 1 month transition period when the child turns 2 to help him or her adjust from whole milk to fat-free (skim) or low-fat (1%) milk.

2. **Olivia's Age:** 5 ½ years. **Type(s) of milk:** Because Olivia falls into the 2- through 5-year-old age group, she can be served unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.

3. No, you are not allowed to serve yogurt instead of milk at breakfast AND at lunch. You are only allowed to serve yogurt instead of milk at one meal per day at adult day care centers only. If you are serving yogurt as the meat/meat alternate, you may not serve yogurt as the milk substitute at the same meal. You may serve yogurt at breakfast.

7CFR 210.10(d)(3)

(3) Fluid milk substitutes. If a school chooses to offer one or more substitutes for fluid milk for non-disabled students with medical or special dietary needs, the nondairy beverage(s) must provide the nutrients listed in the following table. Fluid milk substitutes must be fortified in accordance with fortification guidelines issued by the Food and Drug Administration. A school need only offer the nondairy beverage(s) that it has identified as allowable fluid milk substitutes according to the following chart.

Nutrients per Cup
Calcium 276 mg
Protein 8 g
Vitamin A 500 IU
Vitamin D 100 IU
Magnesium 24 mg
Phosphorus 222 mg
Potassium 349 mg
Riboflavin 0.44 mg
Vitamin B 12 1.1 mcg

ALLOWABLE MILK SUBSTITUTION PICTURE GUIDE

Kikkoman Pearl Soymilk, Smart Creamy Vanilla, 8.25 oz.		Pacific Natural Foods Ultra Soy All Natural Nondairy Beverage, Plain, 8.25 oz.		8th Continent Soymilk, Original, ½ gal. (64 oz.)	
Kikkoman Pearl Soymilk, Smart Creamy Chocolate, 8.25 oz.		Pacific Natural Foods Ultra Soy All Natural Nondairy Beverage, Plain, 32 oz.		8th Continent Soymilk, Vanilla, ½ gal. (64 oz.)	
Kikkoman Pearl Organic Soymilk, Smart Original 8 oz.		Pacific Natural Foods Ultra Soy All Natural Nondairy Beverage, Vanilla, 32 oz.		Kirkland Organic Plain (12) 1 quart cartons	
Great Value Original Soy Milk (red top only), ½ gal.					

Revised: 9/12/16 cr

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100 % Juice is allowed once per day preferably during AM or PM snack

100% Fruit Juice List

V8
- V8 Calcium Enriched
- V8 Spicy Hot
- V8 Vegetable Juice
- V8 Vegetable Juice – Low Sodium

Sunsweet –
- Plum Smart
- Prune Juice

Langers –
- Apple Cider
- Apple Juice
- All Pomegranate Cherry
- Mixed Berry
- Pineapple
- Pineapple Coconut Juice
- Red Grape
- White Grape

Sam's Choice –
- Cranberry Concord Grape
- Apple Juice

Ocean Spray
- Unsweetened Cranberry Juice
- Organic 100% Cranberry Juice
- Organic 100% Cranberry
- Blueberry Juice Blend
- Ruby Red Grapefruit

Welch's
- Grape Juice
- White Grape Juice

V8/V-Fusion
- Peach Mango
- Pomegranate Blueberry
- Strawberry Banana
- Tropical Orange

Great Value
- Apple Juice Punch Blend

Mott's
- Apple Juice

Treetop
- Apple Juice
- Apple Berry
- Apple Grape
- Apple Fruit Punch
- Orange Passionfruit

Juicy Juice
- Apple
- Apple Banana
- Apple Grape
- Apple Raspberry
- Berry
- Cherry
- Grape
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Peach
- Punch
- Strawberry Banana
- Tropical
- Watermelon
- White Grape

Juicy Juice – Harvest Surprise
- Orange Mango
- Grape
- Tropical

Food for Kids, Inc.

Section 5 – Yogurt, Cereals and Grains

FOOD FOR KIDS, INC.

CACFP Calculator Product Information

Want to know if your yogurt, breakfast cereal, or milk meets the requirements of the CACFP meal pattern? Need to find out if your milk is consistent with the CACFP best practices? Use this calculator to find out! See these helpful links below.

CACFP Training Tools

- *Click here to go to training tools*
  (includes power point presentation)
- *Click here to go to Product Calculator*
- *Food Buying Guide for Child Nutrition Programs Interactive Web-ased Tool*

United States Department of Agriculture

Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.

1 Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column.
If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

Nutrition Facts

Serving Size 8 oz (227g)
Servings about 4

Amount Per Serving	
Calories 130	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Potassium 400mg	**1%**
Sodium 160mg	**7%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 4g	**17%**
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Test Yourself:

Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)

Serving Size:_____

Sugars :_____

☐ Yes ☐ No

**Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit https://www.fns.usda.gov/cacfp/meals-and-snacks.*

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.

Try It Out!

Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g
1.25 oz	35 g	5 g
1.5 oz	43 g	6 g
1.75 oz	50 g	7 g
2 oz	57 g	8 g
2.25 oz	64 g	9 g
2.5 oz	71 g	10 g
2.75 oz	78 g	11 g
3 oz	85 g	11 g
3.25 oz	92 g	12 g
3.5 oz	99 g	13 g
3.75 oz	106 g	14 g
4 oz	113 g	15 g
4.25 oz	120 g	16 g
4.5 oz	128 g	17 g

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g
6.25 oz	177 g	24 g
6.5 oz	184 g	25 g
6.75 oz	191 g	26 g
7 oz	198 g	27 g
7.25 oz	206 g	28 g
7.5 oz	213 g	29 g
7.75 oz	220 g	30 g
8 oz	227 g	31 g

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: *This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.*

FNS-652 April 2017

"How to choose the right "*reimbursable*" YOGURT, with the correct sugar content?"

NEW CCFP meal pattern requires that yogurt must contain **23 GRAMS OF SUGAR OR LESS PER 6 OZ. SERVING.** Below are some quick tips that will help you determine, "*if*" the yogurt you are planning to serve meets the criteria.

APPROVED OPTIONS:

25g = 8oz.

30g = 8oz.

25g = 8oz.

21g = 8oz.

22g = 8oz.

23g = 8oz.

Utilize the chart below to determine *if* the yogurt you want to purchase meets the State requirement.

YOGURT SUGAR LIMITS	
SERVING SIZE(S)	SUGAR LIMIT:
4 ounces	<15 grams
5.3 ounces	<20 grams
6 ounces	<23 grams
8 ounces	<30 grams

34g = 8oz.

33g = 8oz.

Read the Nutrition Facts label and do the following calculation:

Nutrition Facts

Serving Size 1 Cup (236ml)

Calories 170
Fat Cal. 20

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2.5g	4%	**Total Carb.** 28g	9%
Sat. Fat 1.5g	8%	Fiber Less than 1g	2%
Trans Fat 0g		Sugars 26g	
Cholest. 10mg	4%	**Protein** 9g	17%
Sodium 200mg	8%		

Vitamin A 10% • Vitamin C 2% • Calcium 30% • Iron 4% • Vitamin D 25%

INGREDIENTS: SKIM MILK, MILK, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED SKIM MILK, CREAM, FLAVORED BASE POWDER (COCOA [PROCESSED WITH ALKALI], COCOA, CORN STARCH, SALT, CARRAGEENAN, VANILLIN), VITAMIN A PALMITATE, VITAMIN D_3.

Grams of Sugar / Serving Size =
must be equal to or *less than* **<3.83**

For example:

26 grams of sugar / 8 ounces = **3.25** grams of sugar

ALL PLAIN YOGURTS MEET THE CRITERIA AUTOMATICALLY!

For additional flavor you can add fresh/frozen fruit, honey or granola.

If you have questions please call Regional Nutrition Health Educator.

Child Development Incorporated
www.cdicdc.org

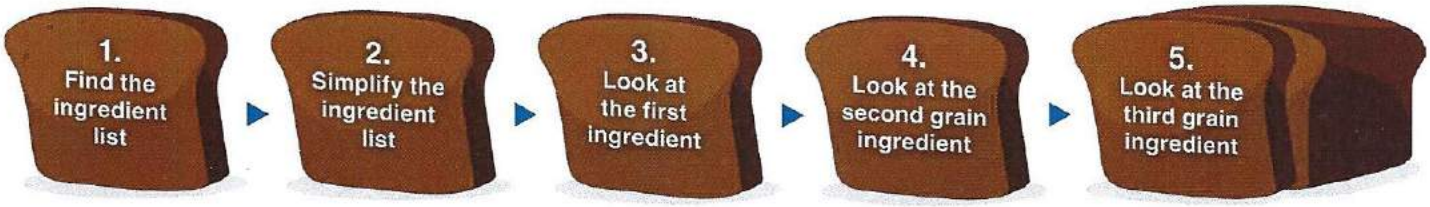
Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List

The **ingredient list** is printed on the food packaging of products. This list includes information on flours, grains, and other ingredients that are in the product. On the ingredient list, the ingredients are listed in order of quantity. If a whole grain is listed first, you know there is more of that whole grain than anything else in the food.

In the United States Department of Agriculture's Child and Adult Care Food Program (CACFP), you can identify grains that are whole grain-rich by looking at the first three **grain** ingredients that appear on the ingredient list. This method is known as the *Rule of Three*. If the ingredient list does not include three grain ingredients, you only have to look at the grain ingredients that are present. Some whole grain-rich foods may have only one grain ingredient.

In the CACFP, at least one offering of grains per day must be whole grain-rich for children and adults. Grain-based desserts may not count towards the grain component in the CACFP, even if the grain-based dessert is whole grain-rich.

Step-by-Step Guide To Identifying Whole Grain-Rich Foods Using the *Rule of Three*



1. Find the ingredient list ▸

This ingredient list is for bread. In this example, you would look at the full ingredient list to determine if the bread is whole grain-rich. ▶

INGREDIENTS: Whole-wheat flour, water, yeast, brown sugar, wheat gluten, contains 2% or less of each of the following: salt, dough conditioners, soybean oil, vinegar, cultured wheat flour, citric acid.

The ingredient list shown here is for a frozen cheese pizza. Because pizza is a combination food, you can see the ingredients for all the foods within the cheese pizza, such as the crust, cheese, and sauce, are listed within one ingredient list. In this example, you would look at the ingredients for the crust, to determine if the grain component of this food is whole grain-rich. ▶

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives. **Shredded mozzarella cheese:** Pasteurized part skim milk, cheese, cultures, salt, enzymes. **Sauce:** Water, tomato paste, pizza seasoning, modified food starch.

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.

2. Simplify the ingredient list ▸

Look at the "Disregarded Ingredients" list below. Do not consider these ingredients. Some sound like grains, so it can be helpful to cross them out at the beginning.

Disregarded Ingredients:

- Cellulose fiber
- Corn dextrin
- Corn starch
- Modified food starch
- Rice starch
- Tapioca starch
- Water
- Wheat dextrin
- Wheat gluten
- Wheat starch
- Any ingredients that appear after the phrase, "Contains 2% or less of…"

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives.~~

This ingredient list shows some ingredients that can be crossed out to simplify the list.

3. Look at the first ingredient ▸

If you have a combination food, like a pizza, look at the part of the ingredient list that refers to the grain product. For this food, the grain product is the pizza crust.

Is the first ingredient a whole-grain ingredient?

✓ **Yes:** If the first ingredient is whole-grain and the food is not a ready-to-eat breakfast cereal, **go to Step 4** below.

✓ **Yes:** If the first ingredient is whole-grain and the food is a ready-to-eat breakfast cereal, see "Identifying Whole Grain-Rich Breakfast Cereals in the CACFP" on page 4.

✗ **No:** If the first ingredient is not a whole-grain ingredient, then this food is not creditable as a whole grain-rich food in the CACFP using the *Rule of Three*.*

✗ **No:** It is possible that the food includes several whole-grain ingredients. When added together, these grains may meet the whole grain-rich requirement. In this case, you would need to request additional information from the manufacturer.

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives.~~

*The first grain ingredient is "**whole-wheat flour,**" which is a **whole-grain ingredient**.*

See the Whole-Grain Ingredients chart for some common whole grains. Make sure the first grain ingredient is not listed on the Enriched Grain Ingredients, Bran or Germ Ingredients, or Non-Creditable Grains or Flours charts on the following page.

4. Look for the second grain ingredient ▸

Does the food have another grain ingredient?

No: If the food does not have any other grain ingredients, you can **stop here**. The food is whole grain-rich!

Yes: If so, is the second grain ingredient whole-grain, enriched, or bran or germ? *Make sure the second grain ingredient is not listed on the "**Non-Creditable Grains or Flours**" chart.*

✓ **Yes:** If the second grain ingredient is whole-grain, enriched, or bran or germ, **see Step 5** on page 3.

✗ **No:** If the second grain ingredient is **not** whole-grain, enriched, or bran or germ, then this food is not creditable as a whole grain-rich food in the CACFP using the *Rule of Three*.*

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives.~~

*The second grain ingredient is "**enriched wheat flour,**" which is an **enriched grain ingredient**. For more information on flour made from more than one grain ingredient, see "Focus on Flour Blends" on page 4.*

* This food might be creditable as a grain that is not being served as a whole grain-rich food. See the Food Buying Guide for Child Nutrition Programs (https://foodbuyingguide.fns.usda.gov/FoodComponents/ResourceGrains) for information on how to determine if an enriched grain is creditable towards the grain component in the CACFP.

5. Look for the third grain ingredient ▸

Does the food have a third grain ingredient?

No: If the food does not have any other grain ingredients, you can **stop here**. The food is whole grain-rich!

Yes: If so, is the third grain ingredient whole-grain, enriched, or bran or germ? *Make sure the third grain ingredient is not listed on the "**Non-Creditable Grains or Flours**" chart.*

✓ **Yes:** If the third grain ingredient is whole-grain, enriched, or bran or germ, then this food is whole grain-rich! If your product has other grain ingredients, such as a fourth grain ingredient, you do not need to consider them.

✗ **No:** If the third ingredient is not whole-grain, enriched, bran, or germ, then this food is not creditable as a whole grain-rich food in the CACFP using the *Rule of Three.**

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives~~.

*The third grain ingredient is "**wheat bran,**" which is a type of **bran.***

✓ *This pizza crust is considered whole grain-rich because the first ingredient is **whole-grain,** the second grain ingredient is **enriched,** and the third ingredient is a type of **bran.***

Whole-Grain Ingredients

- Amaranth
- Amaranth flour
- Brown rice
- Brown rice flour
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Corn masa/ masa harina
- Cracked wheat
- Graham flour
- Instant oatmeal
- Millet
- Millet flour
- Oats
- Oat groats
- Old fashioned oats
- Quick cooking oats
- Quinoa
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted spelt
- Sprouted whole rye
- Sprouted whole wheat
- Steel cut oats
- Teff
- Teff flour
- Triticale
- Triticale flour
- Wheat berries
- Wheat groats
- White whole wheat flour
- Whole corn
- Whole durum flour
- Whole grain corn
- Whole grain corn flour
- Whole grain oat flour
- Whole grain spelt flour
- Whole grain wheat
- Whole grain wheat flakes
- Whole grain wheat flour
- Whole rye flour
- Whole wheat flour

Enriched Grain Ingredients

- Enriched bromated flour
- Enriched corn flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour
- Other grains with the word "enriched" in front of it.

In addition to the ingredients listed above, if the ingredient list states or includes the nutrients used to enrich the flour, then your product has enriched grains. For example, an ingredient list might read: "Durum flour (niacin, iron, riboflavin, folic acid, thiamin)." The vitamins listed in the parenthesis indicate that the durum flour is enriched.

Bran or Germ Ingredients

- Corn bran
- Oat bran
- Rice bran
- Rye bran
- Wheat bran
- Wheat germ

Non-Creditable Grains or Flours

Cannot be one of the first three grain ingredients for whole grain-rich items.

- Barley malt
- Bean flour (such as soy, chickpea, lentil, legume, etc.)
- Bromated flour
- Corn
- Corn fiber
- Degerminated corn meal
- Durum flour
- Farina
- Malted barley flour
- Nut or seed flour (any kind)
- Oat fiber
- Potato flour
- Rice flour
- Semolina
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal

Focus on Flour Blends

You may see an ingredient list that includes a flour blend as an ingredient. The flour blend will be followed by a list of sub-ingredients that make up the flour blend. These sub-ingredients are shown in parenthesis. **Treat these flour blends as one grain ingredient when applying the *Rule of Three*.**

If the flour blend is the first grain ingredient on the ingredient list, then you must determine if the flour blend is a whole grain. If the flour blend is made up of only whole-grain ingredients, then the flour blend is a whole grain. You can now proceed with examining the second and third grain ingredients as described on pages 2 and 3.

If the flour blend includes any grains that are not whole grains, then the flour blend is not considered a whole grain under the *Rule of Three*.

If the flour blend is the second or third grain ingredient, then the flour blend may be made up of whole grains, enriched grains, bran, and/or germ. If the flour blend includes any non-creditable flours or grains, then the flour blend is not a creditable grain ingredient.

INGREDIENTS: Whole grain flour (whole-wheat flour, brown rice flour, whole grain oat flour)[1], ~~water~~, flour blend (graham flour, enriched wheat flour, enriched corn flour, wheat bran)[2], yeast, salt.

1. *The **whole-grain flour** can be considered the **first** grain ingredient when using the Rule of Three. The **whole-grain flour** contains only whole grain-ingredients, so it is a **whole-grain ingredient.***
2. *The **flour blend** can be considered the **second** grain ingredient when using the Rule of Three. The flour blend contains **whole-grain ingredients** (graham flour), **enriched ingredients** (enriched wheat flour, enriched corn flour) and **bran** (wheat bran).*
3. *This product does not have a third grain ingredient.*

✓ *The product is considered whole grain-rich.*

INGREDIENTS: Flour blend (durum flour, bromated flour, brown rice flour), ~~water~~, salt.

✗ *This flour blend includes two **non-creditable flours** (durum flour and bromated flour), so the flour blend is not a creditable grain ingredient.*

Identifying Whole Grain-Rich Breakfast Cereals in the CACFP

For ready-to-eat breakfast cereals only, if the first ingredient is whole-grain, and the cereal is fortified, then the cereal is whole grain-rich in the CACFP. Remember to check that the cereal also meets the CACFP sugar limit. For more information on sugar limits for cereal, see "Choose Breakfast Cereals That Are Lower in Added Sugars" at https://www.fns.usda.gov/cacfp-meal-pattern-training-worksheets.

To determine if a ready-to-eat cereal is whole grain-rich:

1. Look at the first ingredient ▸

Is the first ingredient a whole-grain ingredient?

✓ **Yes:** If the first ingredient is whole-grain, **go to Step 2**.

✗ **No:** If the first ingredient is not a whole grain, then this food is not credible as a whole grain-rich food in the CACFP using the *Rule of Three*.*

INGREDIENTS: Whole grain oats[1], corn flour, sugar, salt, tripotassium phosphate, vitamin E. Vitamins and Minerals[2]: calcium carbonate, iron and zinc, vitamin C, vitamin B6, vitamin A, vitamin B12.

1. *The first ingredient is "**whole grain oats**," which is a **whole-grain ingredient**.*
2. *The presence of "**Vitamins and Minerals**" on the ingredient list indicates that this cereal is fortified.*

✓ *This breakfast cereal is whole grain-rich because the first ingredient is **whole-grain** and the cereal is **fortified**.*

2. Look for fortification ▸

Is the cereal fortified?

Look for the words "fortified" on the food package. You can also look at the ingredient list to see if it lists any vitamins and minerals that have been added to the product. Cereals that are not fortified would not have any added vitamins and minerals.

✓ **Yes:** If the cereal is fortified, then this food is whole grain-rich! If your cereal has other grain ingredients, you do not need to consider them.

✗ **No:** If the cereal has a whole grain as the first ingredient, but is not fortified, then follow the *Rule of Three* instructions on pages 2 and 3 to look at the second and third grain ingredients.

United States Department of Agriculture

Grain-Based Desserts in the Child and Adult Care Food Program

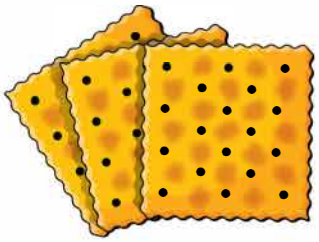
Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

What Are Grain-Based Desserts?

The chart below lists some common grain-based desserts:

Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
• Brownies • Cakes, including coffee cake and cupcakes • Cereal bars, breakfast bars, and granola bars • Cookies, including vanilla wafers • Doughnuts, any kind • Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies • Gingerbread • Ice cream cones • Marshmallow cereal treats • Pie crusts of dessert pies, cobblers, and fruit turnovers • Sweet bread puddings • Sweet biscotti, such as those made with fruits, chocolate, icing, etc. • Sweet croissants, such as chocolate-filled • Sweet pita chips, such as cinnamon-sugar flavored • Sweet rice puddings • Sweet scones, such as those made with fruits, icing, etc. • Sweet rolls, such as cinnamon rolls • Toaster pastries	• Banana bread, zucchini bread, and other quick breads • Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified • Cornbread • Crackers, all types • French Toast • Muffins • Pancakes • Pie crusts of savory pies, such as vegetable pot pie and quiche • Plain croissants • Plain or savory pita chips • Savory biscotti, such as those made with cheese, vegetables, herbs, etc. • Savory bread puddings, such as those made with cheese, vegetables, herbs, etc. • Savory rice puddings, such as those made with cheese, vegetables, etc. • Savory scones, such as those made with cheese, vegetables, herbs, etc. • Teething biscuits, crackers, and toasts • Tortillas and tortilla chips • Waffles



Sweet Grain Based Desserts Allowable are Graham Cracker and animal cookies

Whole grain-rich and homemade grain-based desserts are also not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.

USDA

United States Department of Agriculture

Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: **https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists**. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column.

If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

**Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit https://www.fns.usda.gov/cacfp/meals-and-snacks.*

Yummy Brand Cereal

Nutrition Facts

Serving Size 3/4 cup (30g)

Servings Per Container about 15

Amount Per Serving	Cereal	with 1% cup skim milk
Calories 100	100	140
Calories from Fat 5	5	5
	% Daily Value*	
Total Fat 0.5g	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 140mg	6%	9%
Potassium 90mg	3%	8%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 3g	11%	11%
Sugars 5g		
Other Carbohydrate 14g		
Protein 140mg		

Test Yourself:

Does the cereal above meet the sugar requirement?

(Check your answer on the next page)

Serving Size:_____

Sugars:_____

☐ Yes ☐ No

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.

TEAM NUTRITION • USDA

Try It Out!

Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.

Sugar Limits in Cereal

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
8-11 grams	2 grams	55-58 grams	12 grams
12-16 grams	3 grams	59-63 grams	13 grams
17-21 grams	4 grams	64-68 grams	14 grams
22-25 grams	5 grams	69-73 grams	15 grams
26-30 grams	6 grams	74-77 grams	16 grams
31-35 grams	7 grams	78-82 grams	17 grams
36-40 grams	8 grams	83-87 grams	18 grams
41-44 grams	9 grams	88-91 grams	19 grams
45-49 grams	10 grams	92-96 grams	20 grams
50-54 grams	11 grams	97-100 grams	21 grams

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Sugars (g)
Healthy Food Company	Nutty Oats	28 grams	5 grams

*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: *The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal is creditable.*

FNS-653 April 2017

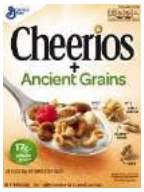
Providers Choice Approved Cereal List

The cereals listed below meet the Child and Adult Care Food Program (CACFP) meal pattern requirements.
Cereals must contain no more than 6 grams of sugar per dry ounce. Please contact Providers Choice with questions.

Whole Grain-Rich


General Mills Cheerios Original


General Mills Cheerios Multi-Grain


General Mills Cheerios Ancient Grains


General Mills Chex Blueberry


General Mills Chex Cinnamon


General Mills Chex Corn


General Mills Chex Rice

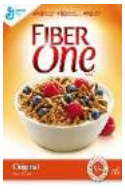

General Mills Chex Vanilla


General Mills Chex Wheat


General Mills Kix Original

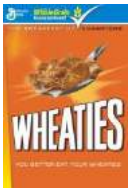

General Mills Kix Honey


General Mills Kix Berry Berry


General Mills Fiber One Original


General Mills Fiber One Honey Clusters


General Mills Total Whole Grain


General Mills Wheaties Original


Kellogg's Frosted Mini Wheats Original


Kellogg's Frosted Mini Wheats Blueberry


Kellogg's Frosted Mini Wheats Maple Brown Sugar


Kellogg's Frosted Mini Wheats Strawberry


Kellogg's Frosted Mini Wheats Little Bites Original


Kellogg's Frosted Mini Wheats Little Bites Chocolate


Kellogg's Frosted Mini Wheats Touch of Fruit Raspberry


Kellogg's All-Bran Original


Kellogg's Special K Protein Original


Kellogg's Special K Apple Raspberry Almond


Kellogg's Special K Coconut Cranberry Almond


Millville (Aldi) Crispy Oats Original


Millville (Aldi) Crispy Oats Multigrain


Millville (Aldi) Frosted Shredded Wheat Original


Post Bran Flakes Original


Post Grape-Nuts Original


Post Grape- Nuts Flakes


Post Great Grains Banana Nut


Post Great Grains Cranberry Almond


Post Great Grains Crunchy Pecan

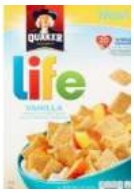

Post Honey Bunches of Oats Whole Grain Almond Crunch


Post Honey Bunches of Oats Whole Grain Honey Crunch


Post Honey Bunches of Oats Vanilla Bunches


Quaker Life Original


Quaker Life Strawberry


Quaker Life Vanilla


Quaker Oatmeal Squares Brown Sugar


Quaker Oatmeal Squares Cinnamon


Quaker Oatmeal Squares Golden Maple


Quaker Oatmeal Squares Honey Nut


Malt-O-Meal Mini Spooners Original, Strawberry, Blueberry


Hot Cereal Cream of Wheat Whole Grain


Hot Cereal Quaker Original

Granola


Bear Naked All granola flavors creditable *EXCEPT Chocolate & Fruit & Nut*

Note: Cacao & Cashew Butter is not Whole Grain-Rich


Kind All granola flavors creditable


Nature's Path Pumpkin Seed + Flax, Coconut Chia, Vanilla Almond + Flax, Peanut Butter or Kirkland Signature Ancient Grains


Quaker Granola Oats, Honey & Almonds or Oats & Honey with Vanilla & Pecan

ProvidersChoice
Supporting the Child Care Professional

This institution is an equal opportunity provider.

Note: Products change frequently. Check labels to confirm that a cereal is creditable.

December 2018

Within Sugar Limit but NOT Whole Grain-Rich

Cereals


Kellogg's Corn Flakes


Kellogg's Crispix


Kellogg's Rice Krispies


Kellogg's Special K- Original


Malt-O-Meal Crispy Rice


Post Honey Bunches of Oats with Almonds


Post Honey Bunches of Oats Honey Roasted


Post Honey Bunches of Oats Cinnamon Bunches

Hot Cereals


COCO Wheats


Cream of Rice Gluten Free


Cream of Wheat Original

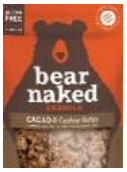

Malt-O-Meal Original


Malt-O-Meal Chocolate


Quaker Instant Grits

Granola


Sunbelt Simple Granola


Bear Naked Cacao & Cashew Butter

Store Brands (Whole Grain-Rich)

Bran Flakes	Toasted Oats or Tasteeos	Oatmeal (plain)

Approved Store Brands: Always Save, Best Choice, Clear Value, Essential Everyday, Fareway, Food Club, Great Value, Hospitality, HyTop, Hy-Vee, IGA, Market Pantry, Our Family, Ralston, Shurfine, Valu Time

How to Identify if a Cereal is Within the Sugar Limit:

Additional cereals may be creditable! Use this table to determine if a cereal is less than 6 grams of sugar per dry ounce.

1. Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
2. Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
3. Using the serving size identified in Step 1 to find the serving size of the cereal in the table below. (Once you have identified the serving size, look at the number to the right under the "Sugars" column.) ***If the cereal has that amount of sugar, or less, your cereal meets the sugar requirement.***

Sugar Limits in Cereal

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams
83-87 grams	18 grams
88-91 grams	19 grams
92-96 grams	20 grams
97-100 grams	21 grams

Example Cereal

Nutrition Facts

Serving Size 1 ¼ cup (33g)

Servings Per Container about 10

Amount Per Serving	Berry Berry Kix	with ½ cup skim milk
Calories	120	160
Calories from Fat	15	15
	% Daily Value**	
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 170mg	7%	10%
Potassium 70mg	2%	8%
Total Carbohydrate 28g	9%	11%
Dietary Fiber 2g	7%	7%
Sugars 7g		
Other Carbohydrate 19g		
Protein 2g		

1. Determine Serving Size in grams _____

2. Find the Sugars in grams _____

Does this cereal meet the sugar requirement? _____

(Answer: Yes, the maximum sugar allowed for 33 grams of cereal is 7 grams. This cereal is 7 grams so it is creditable.)

This table and information to identify creditable cereals has been adapted from USDA FNS-653, April 2017.

Food for Kids, Inc.

Section 6 – Child Nutrition Labels (CN) and Training

Training Log for : **Center Director/Food Manager**

Type of Training : **CN and PFS Labels/Sheet folder**

You will only be reimbursed for frozen or processed foods that have a Child Nutrition Label (CN) or a Product Formulation Statement (PFS). These labels/sheets shall be maintained in a well organized binder or folder that is readily available for ***State*** *or* ***Food For Kids*** Monitors review, upon their request.

As the Director/Food Manager it is your responsibility to ensure that all cooks and shoppers are properly trained in the purchasing and preparing of all qualifying food items.

Failure to meet these standards may result in the meal or meals being disallowed.

For more in depth training on CN and PFS labels/Sheets see your **Food For Kids Child Care Handbook and Resource Manual - Section 7**

Please sign this document at the bottom left, indicating you have been informed of your responsibility in reference to CN and PFS Labels/Sheets

Alix Pasillas
Executive Director
Food for Kids, Inc.

_____	_____
Center Director/Food Manager Print Name	Food For Kids Field Rep Print Name
_____	_____
Center Director/Food Manager Signature	Food For Kids Field Rep Signature

Food for Kids, Inc.

Sub Section 6 – YES and NO Foods

The next pages are some examples of foods that have been approved or denied as indicated by the below symbols. Before purchasing any processed foods, you must send us a picture of the food item, front and back, ensuring that we can see the UPC code and the manufacturer name and phone # or email address. Once approved by us for a CN Label, you then will be able to serve the food item.

EL MONTEREY

FAMILY OWNED SINCE 1964

Nutrition Facts

Serving Size 1 Burrito (113g)
Servings Per Container 24

Amount Per Serving	
Calories 310 Calories from Fat 120	
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 330mg	14%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 9g	17%

Vitamin A 4% • Vitamin C 2%
Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ruiz® FOODS

P.O. Box 37, Dinuba, CA 93618-0037
www.elmonterey.com
Satisfaction Guaranteed
1-800-772-6474

*Source: El Monterey brand, Nielsen Scan Data, US - XAOC (All Reporting Retail Outlets Combined), Frozen Burritos $ Volume by Brand, 26 Weeks

INGREDIENTS

WATER

ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)

BEEF

BEANS

VEGETABLE OIL (SOYBEAN, CANOLA, PALM AND/OR CORN OIL)

CONTAINS 2% OR LESS TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR), ISOLATED PEA PRODUCT, SALT, CHIL
PEPPER, DOUGH CONDITIONERS (Y
WHEAT GLUTEN
GUAR GUM, F
SODIUM MET
SPICES, FLAV
FLAVOR (YE
SOY SAUCE
SOYBEANS, S
MALTODEXTR
ACID, CALCIUM
SALT).

CONTAINS: WHEAT,

EL MONTEREY

FAMILY OWNED SINCE 1964

BEEF & BEAN BURRITOS

AMERICA'S #1 FROZEN BURRITO*

10 ories

NET WT 6 LBS (2.7

Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein Less than 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 10mg	0%

Serving Size/Tamaño por Porción 2 tortillas
Servings Per Package/Porciones por paquete 40

Amount per Serving/Cantidad por Porción	
Calories/Calorías 100	
Calories from Fat/Calorías de Grasa 10	
% Daily Value* / % Valor Diario*	
Total Fat/Grasa Total 1.5g	2%
Saturated Fat/Grasa Saturada 0g	0%
Trans Fat/Grasa Trans 0g	
Polyunsaturated Fat/Grasa Poliinsaturada 0.5g	
Monounsaturated Fat/Grasa Monoinsaturada 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 10mg	0%
Total Carbohydrate/Carbohidrato Total 20g	7%
Dietary Fiber/Fibra Dietética 3g	12%
Sugars/Azúcares 2g	
Protein/Proteínas 2g	
Vitamin/Vitamina A 0% • Vitamin/Vitamina C 0%	
Calcium/Calcio 2% • Iron/Hierro 4%	

* Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Valores diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas.

	Calories/Calorías:	2,000	2,500
Total Fat/Grasa Total	Less than/menos de	65g	80g
Sat Fat/Grasa Saturada	Less than/menos de	20g	25g
Cholesterol/Colesterol	Less than/menos de	300mg	300mg
Sodium/Sodio	Less than/menos de	2,400mg	2,400mg
Total Carbohydrate/Carbohidratos		300g	375g
Dietary Fiber/Fibra Dietética		25g	30g

Calories per gram/Calorías por gramo:
Fat/Grasa 9 • Carbohydrate/Carbohidratos 4

Ingredients: Corn masa flou
contains 2% or less of: cell
gum, amylase, and propion
acid and phosphoric acid (
freshness).

Ingredientes: Harina de ma
agua, contiene 2% o menos
celulosa, goma guar, amilasa
propiónico, ácido benzoico y
(para mantener la frescura).

Manufactured by / Elab
Gruma Corporation, Irving

Good Un pedacito

OVEN ROASTED TURKEY BREAST
BROWNED WITH CARAMEL COLOR

INGREDIENTS: TURKEY BREAST, TURKEY BROTH, MODIFIED CORN STARCH, VINEGAR*, CONTAINS 2% OR LESS: SALT, SODIUM PHOSPHATE, CARRAGEENAN, NATURAL FLAVORINGS (INCL

Nutrition Facts
Serving Size 2 oz (56g)
Servings Per Container 14

Amount Per Serving	
Calories 60	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
ns Fat 0g	
terol 25mg	8%
490mg	20%
rbohydrate 2g	1%
Fiber 0g	0%
s 0g	
n 10g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

DISTRIBUTED BY
THE HILLSHIRE
BRANDS COMPANY,
CHICAGO, IL 60607 USA

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KEEP
REFRIGERATED

— ULTRA THIN —

OVEN ROASTED
TURKEY BREAST
BROWNED WITH CARAMEL COLOR

MAKES 14 SANDWICHES

BRAND

LB (2.57 kg)

Evans®

farm-fresh goodness™

AMERICA'S #1 Refrigerated MASHED POTATOES*

GLUTEN FREE

Nutrition Facts

About 6.5 servings per container

Serving size 1/2 cup (140g)

Amount per serving

Calories 150

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 460mg	20%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	

Vit. D 0mcg 0% • Calcium 45mg 4%

Iron 0mg 0% • Potas. 381mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: POTATOES, MILK, BUTTER [CREAM, SALT], SOYBEAN OIL AND/OR CANOLA OIL, CONTAINS LESS THAN 2% OF SALT, NATURAL FLAVOR, MONOGLYCERIDES, POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), BLACK PEPPER, SODIUM ACID PYROPHOSPHATE (TO MAINTAIN COLOR).

CONTAINS: MILK, SOY.

DISTRIBUTED BY: BEF FOODS, INC.
NEW ALBANY, OHIO 43054-1183
1-800-939-2338

*SOURCE: IRI SCAN SALES DATA TOTAL U.S. 52 WEEKS ENDING NOVEMBER 4, 2018

50120

THE BEST MOMENTS ARE... STRINGALICIOUS®!

, smooth
tring cheese

Nutrition Facts

36 servings per container

Serving size **1 piece (28g)**

Amount per serving

Calories 80

	% Daily Value*
Total Fat 6g	**7%**
Saturated Fat 3g	**16%**
Trans Fat 0g	
Cholesterol 20mg	**6%**
Sodium 200mg	**9%**
Total Carbohydrates 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars <1g	
Includes 0g Added Sugars	**0%**
Protein 6g	**12%**
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES).

CheeseHeads®

ORIGINAL

ade with
h Potatoes

Artificial
olors or
Flavors

uten Free

de in USA

00 00534 9

Serving size 1/2 cup (140g)

Amount per serving

Calories 150

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 460mg	20%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	

Vit. D 0mcg 0% • Calcium 45mg 4%

POTASSIUM SORBATE (TO MAIN
FRESHNESS), BLACK PEPP
SODIUM ACID PYROPHOSPHATE
MAINTAIN COLOR).
CONTAINS: MILK, SOY.

DISTRIBUTED BY: BEF FOODS, IN
NEW ALBANY, OHIO 43054-1183
1-800-939-2338

70332509

Serving Size 1 Package (227g)

Amount Per Serving

Calories 410 Calories from Fat 100

	% Daily Value*
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 880mg	37%
Total Carbohydrate 68g	23%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 11g	11%

Vitamin A 30% • Vitamin C 15%

Calcium 6% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet

We make o
using only the
promise that
and just plai

Ta

Keep frozen until re
these cooking in
temperature of at lea
unattended. Prom
Cooking times an

Microwave Ove

1. **BEFORE COOK**
fully remove lid
2. **MICROWAVE** o
3. **OPEN LID,** stir,
HIGH for an ad
4. **LET STAND** in

Nutrition Facts

Serving Size 1 Frank (56g)
Servings Per Container 80

Amount Per Serving

Calories 170	Calories from Fat 140
	% Daily Value*
Total Fat 16g	**24%**
Saturated Fat 6g	**32%**
Trans Fat 0g	
Cholesterol 35mg	**11%**
Sodium 540mg	**23%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 7g	**14%**

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: BEEF, WATER, CONTAINS LESS THAN 2% OF SALT, SORBITOL, MUSTARD, SODIUM PHOSPHATE, PAPRIKA, SPICE EXTRACTIVES, SODIUM ERYTHORBATE, SODIUM NITRITE.

Nutrition Facts

Serving Size 1 Package (241g)

Amount Per Serving

Calories 250 Calories from Fat 80

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20m	
Sodium 690m	29%
Total Carb 7g	12%
Dietary g	
Sugars	
Protein	
Vitamin A	n C 0
Calcium 10%	on 8%

* Percent Daily Valu 2,000 calorie diet.

BEST BY

Our Promise to You

We make our authentic recipes with care, using only the finest ingredients. We promise that you will feel nourished, nurtured and just plain good after having Michelina's.

Tasty & Simple

Cooking Guidelines

frozen until ready to use. For food safety and quality, follow e cooking instructions. Cook thoroughly to an internal e of at least 165°F before eating. Do not leave microwave d. Promptly refrigerate unused portions. Ovens vary. mes and oven temperatures may need adjustment.

icro Oven (1100 watt)

1. **BEF OOKING,** lift corner of lid to vent. Do not fully e lid.
2. **MIC VE** on HIGH for 3 minutes.
3. **P,** mix pasta and sauce together, re-cover, ntinue to cook on HIGH for an additional minutes.
4. **STAND** in microwave for 1 to 2 minutes.
5. **REMOVE LID (CAREFUL, IT'S HOT!)** Mix contents again and serve.

Conventional Oven (REMOVE FOOD FROM TRAY)

1. **PREHEAT** oven to 350°F.
2. **REMOVE** food from tray. Place in similar size oven-safe dish. Cover with foil.
3. **COOK** in oven 25 minutes; stir, re-cover and cook an additional 20 minutes.
4. **REMOVE** from oven. Let stand 1 to 2 minutes.
5. **CAREFULLY REMOVE COVER, IT'S HOT!** Mix contents together and serve.

PRODUCT IDENTIFICATION CODE

7 17854 10501 9

TELL US HOW WE'RE DOING.
Write to: Bellisio Foods, Inc., P.O. Box 16630, Duluth, MN 55816.
For specific product comments, please include the UPC and stamped Product Identification Code located on the tray.
Visit our website at: www.michelinas.com

Fettuccine Alfredo

Nutrition Facts

about 24 servings per container

Serving size 5 crackers (16g)

Amount per serving	
Calories	**80**
	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**5%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Includes 1g Added Sugars	**2%**
Protein Less than 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 10mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), [illegible] OIL, PALM OIL, SUGAR, SALT


PRICE FOR EACH PACKAGE.
Nutrition Fac
Información Nutrime
11 servings per container / 11 porciones
Serving size / Tamaño de una p
About 9 chips / Aprox. 9 totopos
Amount per serving / Cantidad por porción
Calories / Calorías 140
% Daily Value* / % Valor Diario*
Total Fat / Grasa Total 6g 7%
Saturated Fat / Grasa Saturada 0.5g 4%
Trans Fat / Grasa Trans 0g
Cholesterol / Colesterol 0mg 0%
Sodium / Sodio 115mg 5%
Total Carbohydrate / Carbohidratos Totales 20g 7%
Dietary Fiber / Fibra Dietética 1g 5%
Total Sugars / Azúcares Totales 0g
Protein / Proteína 2g
Vit. D/Vit. D 0mcg 0% • Calcium/Calcio 30mg 0%
Iron/Hierro 0.3mg 0% • Potas./Potas. 40mg 0%
Not a significant source of added sugars.
No es una fuente significativa de azúcares añadidas.
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
El porcentaje valor diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. Se utiliza 2,000 calorías al día como recomendación general de nutrición.
Ingredients: Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), and Salt.
Ingredientes: Maíz, Aceite Vegetal (Aceite de Maíz, Canola, y/o Girasol), y Sal.
FRITO-LAY, INC.
PLANO, TX 75024-4099
© 2001 FRITO-LAY NORTH AMERICA, INC.
ESTILO MEXICANO
SANTITAS
TOTOPOS DE MAÍZ
TORTILLA CHIPS
BRAND
TORTILLAS TRIANGULARES
TORTILLA TRIANGLES


OROWE
EST
Whol
100
WHOLE
WHEAT
6 SLICED ENGLISH MUFFINS
No High Fructose Corn Syrup
28g Whole Grains
PER SERVING
0g Trans
NET WT


% Daily Value*
Total Fat 1.5g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Polyunsaturated Fat 0.5g
Monounsaturated Fat 0g
Cholesterol 0mg 0%
Sodium 270mg 11%
Total Carbohydrate 29g 10%
Dietary Fiber 4g 16%
Sugars 6g
Protein 6g
Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 6%
Thiamin 10% • Riboflavin 2%
Niacin 8% • Folic Acid 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
INGREDIENTS: WHOLE WHEAT FLOUR,
100% Whole
Muffins
No High Fructose Corn Sy
TRY OUR DELICIOUS
• 100% Whole Wheat
• Sourdough
• Double


Bubb
Fork 6
Engl
Muff
Whole
WHEAT
No High Fructose Corn Syrup
VEGAN FRIENDLY
MADE WITH
NON GMO


% Daily Value*
Fat 1g 2%
Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 240mg 10%
Total Carbohydrate 24g 8%
Dietary Fiber 2g 8%
Sugars 1g
Protein 6g
Vitamin A 0% • Vitamin C 0%
Calcium 8% • Iron 10%
*Percent Daily Values are based on a 2,000 Calorie diet.
CANE SUGAR, VINEGAR, SALT,
SOYBEAN OIL, MONO- DIGLYCERIDES,
CALCIUM PROPIONATE (A PRESERVATIVE), ENZYME (PLANT BASED),
DIOXIDE, SODIUM STEAROYL LACTYLATE
(SSL), ETHOXYLATED MONO- AND
DIGLYCERIDES, CITRIC ACID, ASCORBIC
ACID (VITAMIN C), FUMARIC ACID,
NON-GMO CORNMEAL, RICE FLOUR.
CONTAINS WHEAT & SOY.
This package is
environmentally
4
LDPE

Member's Mark

ANGUS CHEESEBURGER

ving Suggestion
rged to Show Detail

0 - 6.2 OZ (176 g) SANDWICHES

ET WT 62 OZ (3.875 LB) 1.76 kg

KEE

Pac

1. Open one end of the wrapper.
2. Heat in the microwave on High for 1½ to 2 minutes.
3. Let sandwich stand in the microwave for 1 minute. Enjoy!

Best Results Heating:

1. Open one end of wrapper and microwave on defrost for 3 minutes –OR– thaw in refrigerator overnight.
2. Heat in microwave 60 seconds on High power.
3. Let sandwich stand in the microwave for 1 minute. Enjoy!

Microwave ovens vary, adjust accordingly.

Nutrition Facts

Serving Size 1 Sandwich (176g)
Servings Per Container 10

Amount Per Serving

Calories 510 Calories from Fat 260

	% Daily Value*
Total Fat 29g	**45%**
Saturated Fat 11g	**55%**
Trans Fat 1g	
Cholesterol 70mg	**23%**
Sodium 780mg	**32%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 2g	**8%**
Sugars 7g	
Protein 21g	

Vitamin A 4% • Vitamin C 2%
Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: FULLY COOKED FLAMEBROILED ANGUS BEEF PATTY: BEEF, WATER, SALT, ISOLATED CORN BRAN PRODUCT, SODIUM PHOSPHATES, SPICE. **SESAME SEED BUN:** ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYME), WATER, SUGAR, SOYBEAN OIL, SESAME SEEDS, CONTAINS 2% OR LESS OF: YEAST BLEND (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID ADDED AS DOUGH CONDITIONER), SALT, CALCIUM PROPIONATE (PRESERVATIVE), MONOGLYCERIDES WITH ASCORBIC ACID (ANTIOXIDANT) AND CITRIC ACID (ANTIOXIDANT), CALCIUM SULFATE, ENZYMES, WHEAT STARCH, ASCORBIC ACID ADDED AS DOUGH CONDITIONER. **PASTEURIZED PROCESS AMERICAN CHEESE:** CULTURED MILK, WATER, CREAM, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), LACTIC ACID, ARTIFICIAL COLOR, ENZYMES, SOY LECITHIN.

CONTAINS: WHEAT, MILK, SOY

DISTRIBUTED BY: SAM'S WEST, INC.
BENTONVILLE, AR 72716

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to delight all our members and would love to hea
about your discoveries! Call us at : **1-888-301-033**

Nutrition Facts
Serving Size 1/2 Container (47.0g)
Servings Per Container 2

Amount Per Serving	
Calories 190 Calories from Fat 80	
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 850mg	35%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	
Vitamin A 4% • Vitamin C **	
Calcium ** • Iron 10%	

**Contains less than 2% of the Daily Value of this nutrient.

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*Percent Daily
calorie diet. You
or lower depend

	Ca
Total Fat	Les
Sat Fat	Les
Cholesterol	Les
Sodium	Less
Total Carbohydra	
Dietary Fiber	

INGREDIENTS: EN (WHEAT FLOUR, NIA MINE MONONITRATE VEGETABLE OIL (CON THE FOLLOWING: C PALM) PRESERVED VEGETABLES (CABBAG GARLIC), SALT, CONTA TEXTURED SOY PROTE TAMATE, HYDROLYZED PROTEIN, MALTODEXTR DERED COOKED CHICKE ED SHIITAKE MUSHRO SEED), DEHYDRATED SO BEANS, SALT), TURMERI POTASSIUM CARBONAT HEXAMETA AND/OR TR YEAST EXTRACT, SODIUM UM INOSINATE, DISODIUM DIOXIDE (ANTI-CAKING CHICKEN BROTH, SOYA LEC WHEAT, SOY AND

Amount per serving
Calories 290

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1,150mg	50%
Total Carbohydrate 39g	14%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes <1g Added Sugars	1%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2.7mg	15%
Potassium 170mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a ... for general nutrition advice.

Fold back lid halfway. Fill to inside line with boiling water.

Do not microwave

CAUTION: PRODUCT I TO AVOID SPILLS AND TEMPERATURE SHOU UNDER 15 YEARS OLD AT A TABLE WITH ADU

INGREDIENTS: ENRICHED W NIACIN, REDUCED IRON, RIBOFLAVIN, FOLIC ACID), VE OR MORE OF THE FOLLOW PALM) PRESERVED BY T VEGETABLES (CORN, CARR CONTAINS LESS THAN 2% O MALTODEXTRIN, MONOSODIU EXTRACT, CARAMEL COLOR SPICES (CELERY SEED), Y HEXAMETAPHOSPHATE, SOD MONOSODIUM PHOSPHAT HYDROLYZED CORN PROTEIN, H HYDROLYZED SOY PROTEIN, SO SOYBEANS, SALT), BEEF FAT DISODIUM INOSINATE, SILIC AGENT), LACTOSE, CHICKEN BR

CONTAINS WHEAT, SOY, AND MIL MANUFACTURED IN A FACILITY T PROCESSES CRUSTACEAN S

Maruchan INC. www.maruchan.com

Serving Size 4 [illegible]
Servings Per Container 32

Amount Per Serving		% Daily Value*
Calories 260	Calories from Fat 180	
Total Fat 20g		31%
Saturated Fat 8g		41%
Trans Fat 1g		
Cholesterol 45mg		15%
Sodium 490mg		20%
Total Carbohydrate 8g		3%
Dietary Fiber 1g		5%
Sugars 3g		
Protein 12g		

Vitamin A 0% • Vitamin C 6%
Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: BEEF, WATER, TEXTURED SOY PROTEIN, BREAD CRUMBS (WHEAT FLOUR, SALT, YEAST), SOY PROTEIN CONCENTRATE, DEXTROSE, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: BEEF FAT, CANOLA OIL, DRIED BEEF BROTH, DRIED GARLIC, DRIED ONION, DRIED RED BELL PEPPERS, GRATED PECORINO ROMANO CHEESE MADE FROM SHEEP'S MILK (SHEEP'S MILK, SALT, ENZYME), MALTODEXTRIN, NATURAL FLAVORS, ROSEMARY EXTRACT, SALT, SODIUM POLYPHOSPHATE, SPICES, YEAST EXTRACT.

CONTAINS: MILK, SOY, WHEAT.


TRUSTED SINCE 1947
Springfield
Creamy
Smooth
PEANUT BUTTER
PER 2 TBSP SERVING
200 CALORIES
3g SAT FAT 15% DV
140mg SODIUM 6% DV
3g SUGARS
Nutrition Facts
NET WT 28 OZ (1 LB 12 OZ) 794g


SINCE 1912
SUN MAID


Pretzel
Twists
America's Pretzel Bakery Since 1909
SNYDER'S
OF HANOVER
NET WT 16 OZ (1LB) (454g)


Nutrition Facts
About 16 servings per container
Serving size 9 Pretzels (29g)
Amount per serving
Calories 110
% Daily Value*
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 0g
Cholesterol 0mg 0%
Sodium 410mg 18%
Total Carbohydrate 23g 8%
Dietary Fiber <1g 3%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 3g
Vitamin D 0mcg 0%
Calcium 0mg 0%
Iron 1.5mg 8%
Potassium 0mg 0%

Amount Per Serving	
Calories 190	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 2g	
Cholesterol 30mg	**10%**
Sodium 200mg	**8%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 1g	**4%**
Sugars 15g	
Protein 2g	

Nutrition Facts

Serving Size 1 Package (227g)

Amount Per Serving	
Calories 410 Calories from Fat 100	
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 880mg	**37%**
Total Carbohydrate 68g	**23%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 11g	**11%**

Vitamin A 30% • Vitamin C 15%

Calcium 6% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

BEST BY

Our Promise to You

We make our authentic recipes with care, using only [illegible] ients. We promi[illegible] tured a[illegible] good after having

[illegible] & Si[illegible]

[illegible]rozen until rea[illegible] and quality, [illegible]se cooking instr[illegible]ghly to an intern[illegible]ture of at least 165[illegible]. Do not leave mic[illegible]nded. Prompt[illegible] portions. Ovens [illegible]ing times an[illegible] need adjustm[illegible]

[illegible]ve C[illegible] W[illegible]

1. [illegible] lift corne[illegible]
2. M[illegible] in HIGH for 2 minute[illegible]
3. OPE[illegible] on HIGH fo[illegible]
4. LET STAND [illegible]nutes.
5. REMOVE LID (CAREFUL, IT'S HOT!) Mix contents togeth[illegible]

[illegible] FROM TRAY)

[illegible] food from tray. Place in si[illegible] dish. Cover with foil. [illegible]n oven 25 minutes; stir, re-cov[illegible]ditional 20 minutes. [illegible] from oven. Let stand 1[illegible]

[illegible] REMOVE COVER [illegible]her and serve.

[illegible]USE PACKA[illegible]TER OVENS.

PRODUCT IDENTIFICATION CODE

[illegible] 9 15

7 17854 30551 8

TELL US HOW WE'RE DOING.
Write to: Bellisio Foods, Inc., P.O. Box 16630, Duluth, MN 55816.
For specific product comments, please include the UPC and stamped Product Identification Code located on the tray.
Visit our website at: www.michelinas.com

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U.H.

Chic[illegible]en Frie[illegible] Rice

WITH WHITE CHICKEN & RICE

2

70332509

Nutrition Facts

Serving Size 1 Chimichanga (142g)
Servings Per Container 16

Amount Per Serving	
Calories 350	Calories from Fat 140
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 630mg	**26%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 2g	**8%**
Sugars less than 1 gram	
Protein 13g	**26%**

Vitamin A 6% • Vitamin C 6%
Calcium 8% • Iron 15%

* Percent Daily Values are based on a 2,000 calori[illegible] higher or lower depending on your calorie needs:

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Need to see the manufacturer for this.


Frigo
CheeseHeads
ORIGINAL
STRIN
Amount per serving
Calories 80
% Daily Value*
Total Fat 6g 7%
Saturated Fat 3g 16%
Trans Fat 0g
Cholesterol 20mg 6%
Sodium 200mg 9%
Total Carbohydrates 1g 0%
Dietary Fiber 0g 0%
Total Sugars <1g
Includes 0g Added Sugars 0%
Protein 6g 12%
Vitamin D 0mcg 0%
Calcium 220mg 15%
Iron 0mg 0%
Potassium 0mg 0%
* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000


CREAMERY
MEDIUM
CHEDDAR
CHEESE
NET WT 80 OZ
(5 LB) 2.27kg
Nutrition Fa
80 servings per contain
Serving size 1
Amount per serving
Calories 1
Total Fat 9g
Saturated Fat 5g
Trans Fat 0g
Cholesterol 30mg
Sodium 180mg 8%
Total Carbohydrate 1g 0%
Dietary Fiber 0g 0%
Total Sugars 0g
Includes 0g Added Sugars 0%
Protein 6g
Vitamin D 0mcg 0%
Calcium 199mg 15%
Iron 0mg 0%
Potassium 0mg 0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
KEEP REFRIGERATED.
DO NOT FREEZE.
Best if used within 5 days after opening
80 OZ 0117
0 74958 00424 3
Calories 140 Calories from Fat 45
% Daily Value*
Total Fat 5g 8%
Saturated Fat 1g 5%
Trans Fat 0g
Polyunsaturated Fat 1g
Monounsaturated Fat
Cholesterol 10mg
Sodium 250mg
Total Carbohydrat
Dietary Fiber Les
Sugars 0g
Protein 3g
Vitamin A 0%
Calcium 4%
Thiamin 10%
Niacin 8%
*Percent Daily Values are based on a 2,
calorie diet. Your daily values may be highe
or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
MADE WITH SMILES AND ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), CANOLA AND/OR SUNFLOWER OILS, CONTAINS 2 PERCENT OR LESS OF: SALT, YEAST, SUGAR, AUTOLYZED YEAST, BAKING SODA, MONOCALCIUM PHOSPHATE, PAPRIKA, SPICES, CELERY, ONION POWDER.
Bake
Parents
e bake these Go
n smiles and ingred
ou can feel good abou
ALWAYS BAKED WITH 100% REAL CHEESE
NO ARTIFICIAL FLAVORS OR PRESERVATIVES

Nutrition Facts

Serving Size 2 oz (56g)
Servings Per Container 11

Amount Per Serving	
Calories 60	Calories from
	% Daily
Total Fat 1g	
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 590mg	25%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 11g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.


Amount Per Serving
Calories 280
Total Fat
Saturate
Trans F
Cholest
Sodium
Total Car
Dietary Fib
Sugars 1g
Protein 8g
8%
Vitamin A 10% • Vitamin C 0%
Calcium 10% • Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.
using only the fi
promise that you
and just plain go
Tasty
Cook
BEFORE COOKING,
fully remove lid.
MICROWAVE on HI
OPEN LID, mix past
then continue to co
1 to 1 1/2 minutes.
LET STAND in micro


NO Preservatives
NO Artificial Colors
Chef BOYARDEE
NON BPA LINER
220 Calories
2.5g Sat. Fat 13% DV
800mg Sodium 33% DV
5g Sugars


you crave,
VALUE
you love!
8g PROTEIN
KEEP FROZEN


FLAVOR
you crave
VALUE
PROTEIN
KEEP FROZEN
COOK THOROUGHLY
NET WT. 8 OZ. (227g)

Ramen Noodle Soup

Chicken Flavor

3:00 MINUTES
MICROWAVABLE

D SPILLS AND BURNS WHICH CAN BE SEVERE. CHILDREN SHOULD ONLY
OUT WATER IN THE CONTAINER. DO NOT LEAVE MICROWAVE

Nutrition Fact

Serving Size 1/2 Container (47
Servings Per Container 2

Amount Per Serving

Calories 190 Calories fro 80

% Daily Va

Total Fat 8g	
Saturated Fat 4g	20
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 850mg	35%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	

Vitamin A 4% • Vitamin C **
Calcium ** • Iron 10%
**Contains less than 2% of the Daily Value of this nutrient.

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ily Values are based on a 2,000 calorie d r daily values may be higher or lowe g on your calorie needs;

s:	2,000	2,500
an	65g	80g
n	20g	25g
n	300mg	300mg
n	2,400mg	2,400mg
	300g	375g
	25g	30g

Total
Dietary

NRICHED WHEAT FLOUR
NIACIN, REDUCED IRON, THIA-
NITRATE, RIBOFLAVIN, FOLIC ACID),
VEGETABLE OIL (CONTAINS ONE OR MORE OF
THE FOLLOWING: CANOLA, COTTONSEED,
PALM) PRESERVED BY TBHQ, DEHYDRATED
VEGETABLES (CABBAGE, CARROT, CORN, ONION,
GARLIC), SALT, CONTAINS LESS THAN 2% OF:
TEXTURED SOY PROTEIN, MONOSODIUM GLU-
TAMATE, HYDROLYZED CORN, WHEAT AND SOY
PROTEIN, MALTODEXTRIN, CHICKEN FAT, POW-
DERED COOKED CHICKEN, SUGAR, DEHYDRAT-
ED SHIITAKE MUSHROOM, SPICES (CELERY
SEED), DEHYDRATED SOY SAUCE (WHEAT, SOY-
BEANS, SALT), TURMERIC, CABBAGE EXTRACT,
POTASSIUM CARBONATE, SODIUM (MONO,
HEXAMETA, AND/OR TRIPOLY) PHOSPHATE,
YEAST EXTRACT, SODIUM CARBONATE, DISOD-
UM INOSINATE, DISODIUM GUANYLATE, SILICON
DIOXIDE (ANTI-CAKING AGENT), LACTOSE,
CHICKEN BROTH, SOYA LECITHIN.
CONTAINS WHEAT, SOY AND MILK INGREDIENTS.
PRODUCED IN A FACILITY THAT ALSO PRO-
CESSES WHEAT, SOY AND MILK PRODUCTS.

Ramen
Noodle Soup

Calories/Calorías 100
Calories from Fat/Calorías de Grasa 10

	% Daily Value*/ % Valor Diario*
Total Fat/Grasa Total 1.5g	2%
Saturated Fat/Grasa Saturada 0g	0%
Trans Fat/Grasa Trans 0g	
Polyunsaturated Fat/Grasa Poliinsaturada 0.5g	
Monounsaturated Fat/Grasa Monoinsaturada 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 10mg	0%
Total Carbohydrate/Carbohidrato Total 20g	7%
Dietary Fiber/Fibra Dietética 3g	12%
Sugars/Azúcares 2g	
Protein/Proteínas 2g	

Vitamin/Vitamina A 0% • Vitamin/Vitamina C 0%
Calcium/Calcio 2% • Iron/Hierro 4%

Calories per gram/Calorías por g
Fat/Grasa 9 • Carbohydrate/Car

Ingredients: Corn m
contains 2% or less
gum, amylase, and
acid and phospho
freshness).

Ingredientes: Har
agua, contiene 2%
celulosa, goma gua
propiónico, ácido b
(para mantener la fr

Manufactured b
Gruma Corporati

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.8mg	4%
Potassium 0mg	0%

Nutrition Facts

Serving size 1 container (64g)

Amount per serving

Calories 290

	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1,150mg	**50%**
Total Carbohydrate 39g	**14%**
Dietary Fiber 2g	**7%**
Total Sugars 2g	
Includes <1g Added Sugars	**1%**

Fast and Tasty

As a hot snack or delicious meal, anytime.

COOKING DIRECTIONS

1. Fold back lid halfway. Fill to inside line with boiling water.
2. Close lid securely and let stand for 3 minutes.
3. Remove lid, stir thoroughly and enjoy from cup.

Do not microwave

CAUTION: PRODUCT IS EXTREMELY HOT. HANDLE CAREFULLY TO AVOID SPILLS AND SEVERE BURNS. AFTER PREPARATION, TEMPERATURE SHOULD BE MONITORED FOR CHILDREN UNDER 15 YEARS OLD. PRODUCT SHOULD BE CONSUMED AT A TABLE WITH ADULT SUPERVISION.

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA, COTTONSEED, PALM) PRESERVED BY TBHQ, SALT, DEHYDRATED VEGETABLES (CORN, CARROT, GARLIC, ONION, CHIVE), CONTAINS LESS THAN 2% OF: TEXTURED SOY PROTEIN, MALTODEXTRIN, MONOSODIUM GLUTAMATE, SUGAR, BEEF EXTRACT, CARAMEL COLOR, POTASSIUM CARBONATE, SPICES (CELERY SEED), YEAST EXTRACT, SODIUM HEXAMETAPHOSPHATE, SODIUM TRIPOLYPHOSPHATE, MONOSODIUM PHOSPHATE, SODIUM CARBONATE, HYDROLYZED WHEAT PROTEIN,

Food for Kids, Inc.

Section 7 – USDA Crediting Handbook

United States Department of Agriculture

Food and Nutrition Service

CREDITING HANDBOOK FOR THE

Child and Adult Care Food Program

U.S. Department of Agriculture
Food and Nutrition Service
FNS-425
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INTRODUCTION

The goal of USDA's Child and Adult Care Food Program (CACFP) is to improve the health and nutrition of children and adults in the program while promoting the development of good eating habits through nutrition education. Implementing the CACFP meal patterns helps to ensure children and adults receive wholesome and nutritious meals. The *Food Buying Guide for Child Nutrition Programs*, commonly referred to as the *Food Buying Guide* (FBG), is the principal resource to determine the contribution that foods make toward the meal pattern requirements in the Child Nutrition Programs, which include the CACFP, for foods produced onsite or purchased commercially. This handbook is a supplementary resource to the *Food Buying Guide* and contains additional information on creditable foods served in child and adult care centers, which may be located in a variety of settings, such as schools, Head Start programs, nonprofit centers, outside-school-hours care centers, homeless shelters, at-risk afterschool programs, day care homes, or for-profit centers that serve low-income children.

This update to the *Crediting Handbook for the Child and Adult Care Food Program* (Crediting Handbook) reflects the updated CACFP meal pattern requirements, which became effective October 2017. The meal patterns were revised to reflect updates to the *Dietary Guidelines for Americans* (see the Resource Section on page 133) and recommendations from the National Academy of Medicine and the American Academy of Pediatrics. The meal patterns focus on providing a variety of nutrient-dense foods such as whole grains, vegetables, fruits, and fat-free and low-fat milk, while reducing the amount of added sugars and solid fats. The Crediting Handbook provides information on a wide variety of foods but does not include all foods that can be served in the CACFP.

Please note: The Crediting Handbook is a companion to the *Food Buying Guide* but does not replace it. The *Food Buying Guide* is available as a downloadable PDF. Additional resources include the *Food Buying Guide* for Child Nutrition Programs Interactive Web-Based Tool, the *Food Buying Guide* Mobile App, and the online FBG Calculator, (see the Resource Section on page 133). The *Food Buying Guide* Interactive Web-Based Tool and the Mobile App include additional features such as easy searching and navigation and the ability to compare food yields.

The *Food Buying Guide* is your primary resource to determine if a food is creditable. It contains a wide variety of foods (such as fruits, vegetables, grains, and meats/meat alternates). The Crediting Handbook may include foods that are not listed in the *Food Buying Guide*, however the Crediting Handbook is not an all-inclusive publication. Contact your sponsoring organization or State agency if you need assistance to determine if a food is creditable in the CACFP.

Schools serving meals to children in preschool (ages 1 through 5) under the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must serve the food components and quantities required in the lunch or breakfast meal pattern. If preschool and elementary school students are in the same cafeteria at the same time, the CACFP final rule, *Meal Pattern Revisions Related to the*

Healthy, Hunger-Free Kids Act of 2010, allows program operators the flexibility to serve a single menu. See Resource Section on page 133 for more information on the CACFP final rule.

For information on infant feeding, please see the Team Nutrition *Feeding Infants in the Child and Adult Care Food Program* (see Resource Section on page 133). Contact your State agency (SA) or sponsoring organization with questions regarding the infant meal pattern. See Resource Section on page 134 for State agency contact information.

The United States Department of Agriculture (USDA) reimburses CACFP operators for the meals served to children or adult enrollees, not for individual foods. A meal is reimbursable if it contains creditable foods in the required amounts outlined in the CACFP and preschool meal patterns.

Alternate Protein Products (APP)–Food ingredients (such as soy flour or textured vegetable protein) that may be used to fulfill part or all of the meat/meat alternate requirement. These products must meet the requirements for Alternate Foods for Meals, Appendix A of the Code of Federal Regulations (CFR) Title 7, Part 226. Before using products containing APP and claiming the meals for reimbursement, contact your State Agency or sponsoring organization. See Resource Section on page 134 for State agency contact information.

Buy American Provision–The Buy American Provision is a very important provision in the National School Lunch Program/School Breakfast Program (NSLP/SBP) that applies to a CACFP institution that is a school food authority operating the NSLP/SBP. It does not apply to CACFP institutions that are not school food authorities operating the NSLP/SBP.

This provision requires that a school food authority purchase, to the maximum extent practicable, domestic commodities or products. The term "domestic commodity or product" means an agricultural commodity that is produced in the United States, and a food product that is processed in the United States substantially using agricultural commodities that are produced in the United States.

The definition of "substantially" means that over 51 percent of the final processed product consists of agricultural commodities that were grown domestically. There are very limited exceptions to the purchase of domestic foods. These are only permitted after first considering domestic alternatives and when domestic foods are unavailable or prohibitively expensive. Thus, for foods that are unprocessed, agricultural commodities must be domestic, and for foods that are processed, they must be processed domestically using domestic agricultural food components that are comprised of over 51 percent domestically grown items, by weight or volume.

For products procured by a school food authority using nonprofit food service account funds, the product's food component is considered the agricultural commodity. FNS defines food component as one of the food groups which comprises reimbursable meals. The food components are meats/meat alternates, grains, vegetables, fruits, and fluid milk. Please refer to 7 CFR 210.2 and 226.20 for full definitions.

Please note: While CACFP institutions not operated by a school food authority are not required to abide by the Buy American Provision, they must follow Federal procurement standards in 7 CFR 226.22 and 2 CFR 200.318-326 concerning proper procurement of goods and services to ensure proper use of Federal dollars. This means that all goods and services must be procured using full and open competition. See the Resource Section on page 133 for information on CACFP policy memos that provide guidance on conducting compliant procurement procedures.

Child Nutrition (CN) Labeling Program–A voluntary program that allows manufacturers the opportunity to include a standardized crediting statement on their product label. The CN Labeling Program is managed by USDA, Agricultural Marketing Service (AMS).

- All CN Labels must be authorized by AMS prior to being used.
- Manufacturers must have an approved quality control (QC) program and Federal oversight in order to participate in the CN Labeling Program and to produce CN-Labeled products.
- CN Labels provide a warranty against audit claims when the product is used according to manufacturer's instructions.

What products are eligible for CN Labels?

- Main dish products which contribute to the meats/meat alternates component of the meal pattern requirements are eligible for a CN label. Examples of these products include beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions.

How to identify a CN Label

The four integral parts of a valid CN Label include:

- Product Name
- Ingredient Statement
- CN Logo (the box with CN on each side that surrounds the meal pattern contribution statement)
- Inspection Legend

See the following sample CN Label on page 6. Please note, the CN number on the sample label is not an actual CN number. A valid CN Label will never have XXXXXX as a CN number.

Sample CN Logo

CN Label

1 **Chicken Stir-Fry Bowl**

Ingredient Statement:

2 Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

3 CN

XXXXXX

CN Each 4.5 oz Chicken Stir-Fry Bowl provides 1.5 oz eq meat, 1.0 oz eq grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and 1/8 cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 09/16). CN

CN

Net Wt.: 18 pounds

4 INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-XX

Chicken Wok Company
1234 Kluck Street • Poultry, PA 1235

1. Product Name
2. Ingredient Statement
3. CN Logo
4. Inspection Legend

CN Label Requirements
It is important to know, the CN Logo (the box with CN on each side that surrounds the meal pattern contribution statement) is one of the four integral parts of a label, which includes the product name, ingredient statement, and inspection legend. All four parts must be on the product carton in order for the CN label to be valid.

For a detailed explanation of Child Nutrition (CN) Labeling Program, see the *Food Buying Guide* Appendix C.

Child Nutrition Programs–Federal food assistance programs administered by USDA's Food and Nutrition Service (FNS) that provide healthy food to participants. These include the Child and Adult Care Food Program, National School Lunch Program, School Breakfast Program, Summer Food Service Program, Fresh Fruit and Vegetable Program, and Special Milk Program. Administered by State agencies, each of these programs helps fight hunger and obesity by reimbursing organizations such as CACFP centers, day care homes, schools, and at-risk afterschool programs for providing healthy meals and snacks to children.

Combination Food–A single serving of a food item that contains 2 or more of the required food components. Common examples of combination foods are pizza, chef salads, and a hamburger on a bun with lettuce and tomatoes.

Example: Hamburger on a bun with lettuce and tomatoes

Meat/Meat Alternate	Hamburger patty
Grains	Hamburger bun
Vegetable	Lettuce and tomatoes

Component–A food grouped in a certain food category according to the CACFP meal pattern. These categories include fluid milk, meats/meat alternates, vegetables, fruits, and the grains components.

Creditable Foods–Foods that may be counted toward meeting the meal pattern requirements for a reimbursable meal or snack. These include:

- Foods that are listed as creditable in the *Food Buying Guide* or contain a creditable food as an ingredient
- Foods in compliance with regulations governing the Child Nutrition Programs

Fish–Fish that meets State and local standards is creditable towards the meats/meat alternates component in the CACFP. See the Resource Section on page 133 for information on CACFP policy memos that provide guidance on Service of Traditional Foods in Public Facilities, CACFP 19-2015, and Procuring Local Meat, Poultry, Game, and Eggs for Child Nutrition Programs, CACFP 01-2016.

Food Banks–The CACFP does not have a policy regarding the use of food banks. If food banks are used, please check expiration dates since the foods are sometimes donated close to their expiration date. Foods that have passed the expiration date may not credit toward meal pattern requirements.

Game (Venison, Squirrel, Rabbit, etc.)–For safety reasons, game is not creditable under the CACFP unless it is inspected and approved by the appropriate State or Federal agency, with the exception of traditional foods served in certain public facilities. During hunting season, game may be inspected by the appropriate State or Federal agency so that it may be donated to food banks or soup kitchens. In these circumstances, groups such as Hunters Against Hunger donate their game and USDA inspectors donate inspection services. Check with your State or Federal agency before serving game. See the Resource Section on page 133 for information on CACFP policy memos that provide guidance on Service of Traditional Foods in Public Facilities, CACFP 19-2015, and Procuring Local Meat, Poultry, Game, and Eggs for Child Nutrition Programs, CACFP 01-2016.

Home-Canned Foods–For safety reasons, home-canned foods may not be served in meals reimbursed under the CACFP because they may contain harmful bacteria even when there is no evidence of spoilage.

Medical Exceptions–CACFP centers and day care homes must provide reasonable modifications to meals and snacks or to the meal service to accommodate children and adults with disabilities. These modifications are done on a case-by-case basis. If the meal modification does not meet the meal pattern requirements, a medical statement from a licensed physician or licensed health care professional who is authorized to write medical prescriptions under State law (health care professional) must be provided. Meals that do not meet the CACFP meal pattern requirements are not eligible for reimbursement unless they are supported by a medical statement.

The medical statement should include a description of the child's or adult's disability so that providers understand how it restricts the child's or adult's diet. The statement should also describe what must be done to accommodate the disability. This may include what foods should not be served and recommendations for what should be served. A medical statement is required to justify reimbursement for the modified meal. This statement should be kept on file at the center or day care home.

You may always choose to accommodate a nondisability-related special dietary need that is not supported by a medical statement if the modifications requested can be made within the meal pattern requirements. Modified meals that meet the meal pattern requirements are reimbursable without a written medical statement.

Non-Creditable Foods–Foods that are either portions of components too small to credit toward meal pattern requirements or foods that do not fit into 1 of the 5 meal components. However, non-creditable foods may help to round out the meal, improve acceptability, and satisfy a child's appetite. For example, condiments such as ketchup and jam are non-creditable foods. These non-creditable foods are listed in the "Other Foods" section of the Food Buying Guide for purchasing information.

Product Formulation Statement (PFS)–A PFS is a signed document from the manufacturer that demonstrates how a product may contribute to the meal pattern requirements. A PFS is typically provided for foods not listed in the *Food Buying Guide* or products without a CN Label.

Reimbursement–Money received from the USDA for serving reimbursable meals and snacks to eligible participants.

Serving Size–A single portion of a food identified by the measure, size, weight and/or volume, or number of pieces or slices. Each meal pattern lists the minimum serving size for each food component that must be served or offered to meet the meal pattern requirements. For example, a ½ cup serving of cooked whole-grain pasta fulfills the meal pattern requirement for grains in children ages 6 through 12 at breakfast, lunch, or supper. The center or day care home may choose

to serve more than the minimum serving size; however, it will not receive additional reimbursement for the extra food served.

Standards of Identity–Government standards for the content, preparation, and labeling of food before it is manufactured and sold in commerce. Standards of Identity set specific and optional ingredients that a food must contain when a product is to be labeled or identified by that product name. Standards for meat, poultry, and shell egg products are developed by the USDA, while Standards of Identity for other food products are developed by the U.S. Food and Drug Administration (FDA). For more details and the latest information on the status of any of these standards, contact your sponsoring organization or your State agency. See Resource Section on page 134 for State agency contact information.

Traditional Food–Foods that have traditionally been prepared and consumed by Native American Tribes. These foods specifically include wild game meat, fish, seafood, marine mammals, plants, and berries.

CACFP institutions must follow Federal, State, local, county, Tribal, and other non-Federal laws regarding the safe preparation and service of food in public or nonprofit facilities and follow other such criteria as established by the USDA and the FDA.

Crediting information for some traditional foods may be found in the *Food Buying Guide*. However, for those foods which are not listed in the *Food Buying Guide*, program operators may use yield information for a similar product that is in the *Food Buying Guide*. For example, native white corn may credit as regular corn and ground bison may credit as ground buffalo. Please contact your State agency for information on specific State guidelines and how they relate to specific traditional foods. See the Resource Section on page 133 for information on CACFP policy memos that provide guidance on Service of Traditional Foods in Public Facilities, CACFP 19-2015 and see page 134 for State agency contact information.

Whole Grains–Whole grains or the foods made from whole grains contain all the essential parts of a grain: the bran, germ, endosperm, and naturally occurring nutrients of the entire grain seed. Enriched ("white") flour only contains the endosperm of the grain.

Whole Grain-Rich–Whole grain-rich foods are foods that contain 100 percent whole grains, or that contain at least 50 percent whole grains with the remaining grains in the food being enriched.

See Grains section beginning on page 74 for additional information on identifying whole grain-rich products.

BREAKFAST
Meal Pattern for Children and Adults

	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18[1] (at-risk afterschool programs and emergency shelters)	Adult
Food Components and Food Items[2]	**Minimum Quantities**				
Fluid milk[3]	4 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz
Vegetables, fruits, or portions of both[4]	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains (oz eq)[5,6,7]					
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll, muffin	½ serving	½ serving	1 serving	1 serving	2 servings
Whole grain-rich, enriched, or fortified cooked breakfast cereal[8], cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup	1 cup
Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal (dry, cold)[8,9]					
Flakes or rounds	½ cup	½ cup	1 cup	1 cup	2 cups
Puffed cereal	¾ cup	¾ cup	1¼ cups	1¼ cups	2½ cups
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup	½ cup

1 Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

2 Must serve all 3 components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk afterschool participants.

3 Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), flavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older and adults. For adult participants, 6 ounces (oz) (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 oz of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

4 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at 1 meal, including snack, per day.

5 At least 1 serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

6 Meat and meat alternates may be used to meet the entire grains requirement a maximum of 3 times a week. One ounce of meat and meat alternates is equal to 1 ounce equivalent (oz eq) of grains.

7 Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.

8 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

9 Beginning October 1, 2021, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2021, the minimum serving size for any type of ready-to-eat breakfast cereal is ¼ cup for children ages 1 and 2, ⅓ cup for children ages 3 through 5, ¾ cup for children ages 6 through 12, and 1½ cups for adults.

LUNCH AND SUPPER
Meal Pattern for Children and Adults

	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18[1] (at-risk afterschool programs and emergency shelters)	Adult
Food Components and Food Items[2]	**Minimum Quantities**				
Fluid milk[3]	4 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz[4]
Meats/meat alternates Edible portion as served:					
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz	2 oz
Tofu, soy products, or alternate protein products[5]	1 oz	1½ oz	2 oz	2 oz	2 oz
Cheese	1 oz	1½ oz	2 oz	2 oz	2 oz
Large egg	½	¾	1	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
Yogurt, plain or flavored, unsweetened or sweetened[6]	4 oz or ½ cup	6 oz or ¾ cup	8 oz or 1 cup	8 oz or 1 cup	8 oz or 1 cup
The following may be used to meet no more than 50 percent of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 oz of nuts/seeds = 1 oz of cooked lean meat, poultry, or fish)	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%	1 oz = 50%
Vegetables[7]	⅛ cup	¼ cup	½ cup	½ cup	½ cup
Fruits[7,8]	⅛ cup	¼ cup	¼ cup	¼ cup	½ cup

LUNCH AND SUPPER
Meal Pattern for Children and Adults (continued)

	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18[1] (at-risk afterschool programs and emergency shelters)	Adult
Food Components and Food Items[2]	**Minimum Quantities**				
Grains (oz eq)[9,10]					
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	2 slices
Whole grain-rich or enriched bread product, such as a biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal,[11] cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup	1 cup

1 Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

2 Must serve all five components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk participants.

3 Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), flavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older and adults. For adult participants, 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

4 A serving of fluid milk is optional for suppers served to adult participants.

5 Alternate protein products must meet the requirements in Appendix A to Part 226.

6 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

7 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

8 A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

9 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

10 Beginning October 1, 2021, ounce equivalents are used to determine the quantity of the creditable grains.

11 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

SNACK
Meal Pattern for Children and Adults

(Select 2 of the 5 components for a reimbursable snack)

	Ages 1-2[2]	Ages 3-5	Ages 6-12	Ages 13-18[1] (at-risk afterschool programs and emergency shelters)	Adult
Food Components and Food Items[2]	**Minimum Quantities**				
Fluid Milk[3]	4 fl oz	4 fl oz	8 fl oz	8 fl oz	8 fl oz
Meats/meat alternates					
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz	1 oz
Tofu, soy product, or alternate protein products[4]	½ oz	½ oz	1 oz	1 oz	1 oz
Cheese	½ oz	½ oz	1 oz	1 oz	1 oz
Large egg	½	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
Yogurt, plain or flavored unsweetened or sweetened[5]	2 oz or ¼ cup	2 oz or ¼ cup	4 oz or ½ cup	4 oz or ½ cup	4 oz or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ oz	½ oz	1 oz	1 oz	1 oz
Vegetables[6]	½ cup	½ cup	¾ cup	¾ cup	½ cup
Fruits[6]	½ cup	½ cup	¾ cup	¾ cup	½ cup
Grains (oz eq)[7,8]					
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal,[9] cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup	½ cup

SNACK
Meal Pattern for Children and Adults (continued)

	Ages 1-2[2]	Ages 3-5	Ages 6-12	Ages 13-18[1] (at-risk afterschool programs and emergency shelters)	Adult
Food Components and Food Items[2]	**Minimum Quantities**				
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)[9,10]					
Flakes or rounds	½ cup	½ cup	1 cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1¼ cups	1¼ cups	1¼ cups
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup	¼ cup

1 Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

2 Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

3 Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), flavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older.

4 Alternate protein products must meet the requirements in Appendix A to Part 226.

5 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

6 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

7 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

8 Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.

9 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

10 Beginning October 1, 2021, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2021, the minimum serving size for any type of ready-to-eat breakfast cereal is ¼ cup for children ages 1 and 2, ⅓ cup for children ages 3 through 5, and ¾ cup for children ages 6 through 12.

The CACFP regulations require that each participant's breakfast, lunch, or supper include fluid milk (milk) to be eligible for reimbursement. FNS grants a 1-month transition period for children 12 months through 13 months old to ease the transition from infant formula or breastmilk to whole milk. A medical statement is not needed during this transition period. Breastmilk is allowed at any age in the CACFP. After this transition period, between the child's first and second birthday, whole milk must be served. Children 2 through 5 years old must be served unflavored fat-free (skim) or low-fat (1%) milk. Children 6 years old and older and adults must be served unflavored or flavored fat-free (skim) or low-fat (1%) milk.

In recognizing that switching immediately from whole milk to low-fat (1%) or fat-free (skim) milk when a child turns 2 years old may be challenging, FNS grants a 1-month transition period. This means that meals served to children 24 months to 25 months old that contain whole milk or reduced-fat milk (2%) may be claimed for reimbursement during this time without a medical statement.

Serving Milk in the Child and Adult Care Food Program
12 months through 23 months *(1 year through 1 year and 11 months)* Unflavored whole milk *Iron-fortified formula may be served to children between the ages of 12 months and 13 months to help with the transition to whole milk.* *Breastmilk is allowed at any age in the* Child and Adult Care Food Program.
2 years through 5 years (*up to 6th birthday*) Unflavored fat-free (skim) milk Unflavored low-fat (1%) milk *Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*
6 through 12 years, 13 through 18 years, and adults Unflavored or flavored fat-free (skim) or low-fat (1%) milk

Fluid milk includes pasteurized whole milk, reduced-fat (2%) milk, low-fat (1%) milk, or fat-free (skim) milk, lactose-reduced milk, lactose-free milk, acidified milk, cultured milk, cultured buttermilk, and goat's milk. Fluid milk must meet State or local standards for milk. In addition, fluid milk must meet fat requirements (see serving milk in the CACFP chart on page 15). All milk must contain vitamins A and D at levels specified by the FDA and must be consistent with State and local standards for such milk. Lactose-free and lactose-reduced milks may be offered as options for program participants who are lactose intolerant.

The breakfast meal pattern requires that a serving of fluid milk be served as a beverage or used on cereal, or used in part for each purpose. Both lunch and supper must contain a serving of fluid milk as a beverage. Refer to the CACFP meal pattern for the serving size requirements by age. Similar to breakfast, if milk is one of the two components served for a snack, it must be fluid milk served as a beverage, used on cereal, or used in part for each purpose. Milk may not be served at snack time when juice is served as the other component.

Fluid milk used in smoothies can credit toward the fluid milk component requirement if a portion contains at least ¼ cup (2 ounces) of fluid milk. Please note that ¼ cup is the minimum creditable amount of milk. When a smoothie contains less than the amount of milk required in the meal pattern, additional fluid milk must be offered. Smoothies are the only example of a recipe made by program operators that can credit the fluid milk in the recipe. Milk is not creditable when used in cooking for such foods as cooked cereals, bread, custards, puddings, etc.

Please note, for adult participants, only 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day.

Fluid Milk Substitutes

For children or adults who cannot consume fluid milk, or who do not wish to consume milk for religious or ethical reasons, non-dairy beverages may be served in place of fluid milk. Non-dairy beverages must be nutritionally equivalent to cow's milk and meet the nutritional standards identified in the table below. Non-dairy beverages served to children 1 through 5 years old must be unflavored due to the higher sugar content of flavored varieties.

Children or adults who do not consume milk for religious or ethical reasons may be served a non-dairy beverage that is nutritionally equivalent to cow's milk. A parent, guardian, adult participant, or a person on behalf of the adult participant must provide a written request for the non-dairy beverage substitute. For example, if a parent has a child who follows a vegan diet, the parent must submit a written request to the child's center or day care home asking that a soy beverage (commonly known as soy milk) be served in place of cow's milk. A medical statement is not required.

Nutrient Requirements for Fluid Milk Substitutes/Non-Dairy Beverages

Nutrient	Per Cup (8 fl oz)
Calcium	276 milligrams
Protein	8 grams
Vitamin A	500 International Unit
Vitamin D	100 International Unit
Magnesium	24 milligrams
Phosphorus	222 milligrams
Potassium	349 milligrams
Riboflavin	0.44 milligrams
Vitamin B-12	1.1 micrograms

[81 Federal Register 24375, April 25, 2016]

A medical statement is required when, due to a disability, a program participant requests a non-dairy substitution that does not meet the nutritional standards of cow's milk as described in the above chart.

Use this section as a guide to identify creditable milk and products that contain creditable milk. This is NOT an all-inclusive list. For information on creditable milk commonly served in Child Nutrition Programs, see the *Food Buying Guide*.

Details in the "Additional Information" column help you to determine if the product is creditable and where to go to get more information, for example the *Food Buying Guide*.

Food	Creditable			Additional Information
	Yes	Maybe	No	
A2 Milk	X			A2 milk only contains the A2 protein. It still meets the standard of identity for milk.
Breastmilk	X			Breastmilk is creditable at any age.
Buttermilk		X		Buttermilk must be fat-free (skim) or low-fat (1%) for participants 2 years of age and older. Only commercially prepared buttermilk may be offered to program participants.
Certified Raw Milk			X	Regulations require the use of pasteurized milk.
Cultured Milk (Kefir Milk, Acidified Milk, Acidophilus Milk)		X		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid fat-free (skim), low-fat (1%), reduced-fat (2%), or whole milk under controlled conditions to produce a product with a specific flavor and/or consistency. Examples are cultured buttermilk, cultured kefir milk, and cultured acidophilus milk. Only commercially prepared cultured milk that meets fat standards is creditable.
Flavored Milks (chocolate, strawberry, etc.)		X		Flavored fat-free (skim) and low-fat (1%) milks are creditable for children 6 years old and older and adults. Different flavors may contain differing levels of sweetener. However, as a best practice, serve flavored milks that contain no more than 22 g of sugar per 8 fl oz.
Goat's Milk		X		Must meet State standards for fluid milk. If goat's milk meets State standards, then it may be served in place of cow's milk with no additional documentation. All milk must be fat-free (skim) or low-fat (1%) when served to children 2 years of age or older. Unflavored and flavored fat-free (skim) and low-fat (1%) flavored milks are creditable for children 6 years and older and adults.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Lactose-Free Milk, Lactose-Reduced Milk	X			Lactose-free and lactose-reduced milks are fluid milks that have been modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children or adults who cannot digest lactose may benefit from the use of lactose-free or lactose-reduced milk. Children 1 year of age must be served whole milk. Children 2 years through 5 years of age must be served only unflavored fat-free (skim) or low-fat (1%) milk. Fat-free (skim) and low-fat (1%) unflavored and flavored milks are creditable for children 6 years and older and adults.
Reduced-fat (2%) Milk		X		May be served to children during the 1-month transition period between 24 months through 25 months of age or if there is a special medical need.
Low-fat (1%) Milk	X			Low-fat (1%) unflavored milk may be served to children 2 years through 5 years of age. Low-fat (1%) unflavored and flavored milks may be served to children 6 years and older and adults.
Skim Milk, Nonfat Milk, Fat-free Milk	X			Fat-free (skim) milk is creditable for children 2 years and older and adults. Flavored fat-free (skim) milk is creditable for children 6 years and older and adults.
UHT (Ultra High Temperature) Milk or Shelf Stable Milk	X			UHT is a Grade A, pasteurized milk that has been heated to 280°F for a few seconds then cooled and packaged. Children 2 years through 5 years of age must be served only unflavored fat-free (skim) or low-fat (1%) UHT milk. Fat-free (skim) and low-fat (1%) unflavored and flavored UHT milks are creditable for children 6 years and older and adults.
Whole Milk		X		Unflavored whole milk is creditable for children ages 12 through 23 months of age. Whole milk may be served to children during the 1-month transition period between 24 months through 25 months of age or if there is a special medical need.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Dairy Products or Milk Substitutes				
Almond Beverage (commonly known as almond milk)		X		Almond beverages are non-dairy beverages and must be nutritionally equivalent to fluid milk (see Nutrient Requirements for Fluid Milk Substitutes/Non-Dairy Beverages Chart on page 17). Use of fluid milk substitutes that do not meet nutrient standards for cow's milk must be supported by a medical statement from a State-recognized medical authority. Most commercial almond beverages are not nutritionally equivalent to fluid milk and are not reimbursable.
Cheese			X	Cheese cannot be credited toward the fluid milk requirement as it does not meet the definition of fluid milk. Cheese may be credited toward the meats/meat alternates component.
Coconut Beverage (commonly known as coconut milk)		X		Coconut beverages are non-dairy beverages and must be nutritionally equivalent to fluid milk (see Nutrient Requirements for Fluid Milk Substitutes/Non-Dairy Beverages Chart on page 17). Use of fluid milk substitutes that do not meet nutrient standards for cow's milk must be supported by a medical statement from a State-recognized medical authority. Most commercial coconut beverages are not nutritionally equivalent to fluid milk and are not reimbursable.
Cream			X	Cream does not meet the definition of fluid milk. It is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Cream Sauces			X	Cream sauces do not meet the definition of fluid milk.
Cream Soups			X	Cream soups do not meet the definition of fluid milk.
Custard			X	Custard does not meet the definition of fluid milk.
Eggnog, Commercial and Homemade			X	Eggnog does not meet the definition of fluid milk and does not credit. If serving eggnog as an extra item, please note, eggnog made with uncooked eggs increases the risk for foodborne illness.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Dairy Products or Milk Substitutes				
Evaporated Milk			X	Evaporated milk does not meet the definition of fluid milk. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Frozen Yogurt			X	Frozen yogurt does not meet the definition of fluid milk.
Half and Half			X	Half and half does not meet the definition of fluid milk.
Hot Chocolate (Cocoa)		X		Hot chocolate must be made with fluid milk, and only the fluid milk portion is creditable. Hot chocolate is considered a flavored milk (served at a higher temperature) and is not creditable in CACFP for children under 6 years of age. For older children, the milk in hot chocolate may be creditable if it meets the fat requirements.
Ice Cream			X	Ice cream does not meet the definition of fluid milk. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Ice Milk			X	Ice milk does not meet the definition of fluid milk. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Imitation Milk			X	Imitation milk does not meet the definition of fluid milk.
Pudding			X	Pudding does not meet the definition of fluid milk.
Pudding Pops			X	Pudding pops do not meet the definition of fluid milk.
Reconstituted Dry Milk		X		Creditable under certain conditions of limited fluid milk availability. Contact your State agency or your sponsoring agency for additional guidance.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Dairy Products or Milk Substitutes				
Rice Beverage (commonly known as rice milk)		X		Rice beverages are non-dairy beverages and must be nutritionally equivalent to fluid milk (see Nutrient Requirements for Fluid Milk Substitutes/Non-Dairy Beverages Chart on page 17). Use of fluid milk substitutes that do not meet nutrient standards for cow's milk must be supported by a medical statement from a State-recognized medical authority. Most commercial rice beverages are not nutritionally equivalent to fluid milk and are not reimbursable.
Sherbet/Sorbet			X	Sherbet and sorbet do not meet the definition of fluid milk. See the Other Foods section in the *Food Buying Guide*. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Smoothies		X		The volume of fluid milk in each portion of smoothie is creditable if it contains at least ¼ cup (2 oz) of milk; this is the minimum creditable amount of milk in a smoothie. In addition, the milk must meet the fat standards. When a smoothie contains less than the amount of milk required in the meal pattern, additional fluid milk must be offered. For more information, see the Resource Section on page 133 for the CACFP policy memo on *Smoothies Offered in Child Nutrition Programs–Revised*.
Soy or Soybean Beverage, Fortified (commonly known as soy milk)		X		Fortified soy or soybean beverages are non-dairy beverages and must be nutritionally equivalent to fluid milk (see Nutrient Requirements for Fluid Milk Substitutes/Non-Dairy Beverages Chart on page 17). Use of fluid milk substitutes that do not meet nutrient standards for cow's milk must be supported by a medical statement from a State-recognized medical authority.
Sweetened Condensed Milk			X	Sweetened condensed milk does not meet the definition of fluid milk.
Sour Cream			X	Sour cream does not meet the definition of fluid milk.
Yogurt		X		Yogurt does not meet the definition of fluid milk. However, for adults, yogurt may be substituted for fluid milk once per day. Yogurt may credit toward the meats/meat alternates component in other instances.

QUESTIONS AND ANSWERS ABOUT FLUID MILK

Fluid Milk

1. **Can flavored milk be served? If so, is there a sugar limit for flavored milk?**

   Flavored fat-free (skim) and low-fat (1%) milks are creditable for children 6 years and older and adults. Flavored milk is not reimbursable when served to children 1 through 5 years of age. Children 2 years through 5 years of age must be served only unflavored fat-free (skim) or low-fat (1%) milk.

   As a best practice, serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this range is not available.

2. **Can flavored milk powder be added to unflavored (plain) milk?**

   For children 1 through 5 years old, flavored milk powder may not be added to milk. Similar to syrup, flavored milk powder turns unflavored milk into flavored milk. Flavored milk cannot be part of a reimbursable meal for children ages 1 through 5 years old.

   Flavored fat-free (skim) and low-fat (1%) milks are creditable for children 6 years old and older and adults. Thus, for children 6 years old and older and adults, flavored milk powder may be added to fat-free (skim) and low-fat (1%) milks and served as part of a reimbursable meal.

3. **Why is reconstituted dry milk only creditable under certain situations?**

   Reconstituted dry milk is only creditable in situations where there is limited availability of fluid milk. For example, in certain States and U.S. territories such as Alaska, Hawaii, American Samoa, Guam, Puerto Rico, the Commonwealth of Northern Mariana Islands, and the Virgin Islands, if a sufficient supply of fluid milk as described cannot be obtained due to unforeseen circumstances including hurricanes or other natural disasters, "milk" shall include reconstituted or recombined milk.

   Contact your State agency or your sponsoring agency for additional guidance. See Resource Section on page 134 for State agency contact information.

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

   No. Milk must be served as a beverage, poured over cereal, or a combination of both in order to credit toward the milk requirement.

5. **Can milk be purchased directly from a farm?**

   Yes, as long as it is pasteurized fluid milk that meets State and local health standards. It must also include vitamins A and D and other nutrients at levels consistent with State and local standards.

6. **Can smoothies be served to meet the milk requirements?**

   Yes, the volume of fluid milk in each portion of smoothie is creditable if the smoothie contains at least ¼ cup (2 ounces) of fluid milk, the minimum serving size for milk, and the milk meets the fat standards. When a smoothie contains less than the amount of milk required in the meal pattern, additional fluid milk must be offered. Smoothies are the only example of a recipe made by program operators that can credit the fluid milk in the recipe. For more information on smoothies, see the Resource Section on page 133 for the CACFP policy memo on *Smoothies Offered in Child Nutrition Programs–Revised*.

7. **Why is cow's milk not permitted for infants and reduced-fat (2%), low-fat (1%), and fat-free (skim) milk not allowed for children 1 year of age?**

   Breastmilk is the optimal source of nutrition for infants. The American Academy of Pediatrics recommends delaying the introduction of cow's milk to children until 1 year of age. Based on this recommendation, infants are required to be served breastmilk or iron-fortified infant formula during the first year of life. Cow's milk may only be served to infants and be reimbursed if it is supported by a medical statement signed by a licensed physician or a licensed health care professional who is authorized to write medical prescriptions under State law. The statement should explain how the infant's disability restricts his/her diet. It should also include how the disability must be accommodated, what foods or beverages should not be served, and provide recommended alternatives to serve in place of the prohibited foods.

   Pediatric nutrition authorities, including the American Academy of Pediatrics (AAP), agree that reduced-fat (2%), low-fat (1%), and fat-free (skim) milk should not be fed to children younger than age 2. These milks contain insufficient amounts of fat (including linoleic acid) for children under the age of 2 years old. See CACFP memo 17-2016, *Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&As* (see the Resource Section on page 133). Therefore, it is recommended that children 12 through 23 months of age be served only whole milk.

Milk Substitutes

1. **Can lactose-free milk, lactose-reduced milk, cultured buttermilk, acidified milk, or acidophilus milk be offered without a medical statement?**

   Yes, lactose-free milk, lactose-reduced milk, cultured buttermilk, acidified milk, or acidophilus milk are creditable fluid milk options and can be served without a medical statement.

2. **Do you need a medical statement to receive and serve soy beverage (commonly known as soy milk) or any other nutritionally equivalent non-dairy beverages as part of a reimbursable meal?**

   A signed medical statement is not required for a non-dairy beverage that is nutritionally equivalent to milk. For example, it meets the nutritional standards for calcium, protein, vitamin A, vitamin D, and other nutrients levels found in cow's milk (see Nutrient Requirements for Fluid Milk Substitutes/Non-Dairy Beverages Chart on page 17). However, a parent/guardian must request the nutritionally equivalent non-dairy beverage in writing. If the parent/guardian requests a non-dairy beverage that is not nutritionally equivalent to milk, a medical statement is then required for reimbursement.

3. **If parents provide a non-dairy beverage such as coconut milk, rice milk, or soy milk for their child, can we count that child's meal in our meal count?**

   If a parent provides a non-dairy beverage that meets the nutritional standards outlined in 7 CFR 226.20(g)(3), the center or day care home may serve the non-dairy beverage and claim reimbursement for the meal. The provider is then responsible for supplying the remaining required meal components for the meal to be reimbursable.

   Centers and day care homes should inform parents, guardians, and adult participants about the types of creditable non-dairy beverages. In general, only certain soy beverages meet the nutritional standards. If a non-dairy beverage is served that does not meet the nutrient requirements for fluid milk substitutes/non-dairy beverages (see Nutrient Requirements for Fluid Milk Substitutes/Non-Dairy Beverages Chart on page 17) and a medical statement that supports the substitution is not on file, then the meal is not reimbursable.

   As a best practice, it is recommended the provider offer a reimbursable non-dairy beverage that meets the needs of the participant.

4. **If a participant cannot have milk, can I be reimbursed for breakfast, lunch, or supper?**

   Yes, you may be reimbursed if a child or adult is unable to have milk for special dietary needs when a parent, guardian, adult participant, or a person on behalf of the adult participant provides a written request for a non-dairy beverage substitute. Non-dairy beverages offered as fluid milk substitutes must be nutritionally equivalent to milk and provide specific levels of calcium, protein, vitamin A, vitamin D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12. See Nutrient Requirements for Fluid Milk Substitutes/ Non-Dairy Beverages Chart on page 17 for nutrient requirements. However, in the case of a special dietary restriction related to a disability, an exemption to the milk requirement is allowed, provided a medical statement is available from a physician or a State-recognized medical authority and kept on file at the center or day care home.

5. **If a participant cannot drink milk for religious or ethical reasons, can I be reimbursed for breakfast, lunch, or supper?**

   Children or adults who do not consume milk for religious or ethical reasons may be served a non-dairy beverage that is nutritionally equivalent to cow's milk (see Nutrient Requirements for Fluid Milk Substitutes/Non-Dairy Beverages Chart on page 17). A parent, guardian, adult participant, or a person on behalf of the adult participant must provide a written request for the non-dairy beverage substitute. For example, if a parent has a child who follows a vegan diet, the parent must submit a written request to the child's center or day care home asking that a soy beverage be served in place of cow's milk.

The CACFP regulations require that lunch and supper meals contain a serving of meat/meat alternate as specified in the meal patterns. In order to meet the minimum serving, the meat/meat alternate for lunch and supper may be served in the main dish or in the main dish together with another menu item. For example, offering a ⅛ cup serving of cooked pinto beans with 1 ounce of grilled chicken breast provides 1½ ounce equivalents of meat/meat alternate and meets the minimum serving size required in the meal pattern for children ages 3 through 5.

A meat/meat alternate is not required to be served at breakfast. However, meats and meat alternates may be used to meet the entire grains requirement a maximum of 3 times per week at breakfast. One ounce of meat or meat alternate is equal to 1 ounce equivalent of grains. A menu item must provide at least a ¼ ounce equivalent of meat or meat alternate to count towards the meat or meat alternate requirement.

Meats and meat alternates include lean meat, poultry, fish, shellfish, cheese, eggs, tofu, yogurt, cooked dry beans or peas, nuts and seeds, nut or seed butters (except for acorn), or an equivalent quantity of any combination of these foods. All meat, poultry, fish, and shellfish must meet State or local regulations for food safety.

Please note, a serving of cooked, dry beans or peas cannot be credited as both a meat alternate and a vegetable in the same meal. If two different cooked, dry beans or peas are offered at a meal, the program operator may choose to credit one as a meat alternate and the other as a vegetable. Creditable portion sizes for beans as vegetables and as meat alternates are found both in the CACFP meal patterns and the *Food Buying Guide*. Additionally, when yogurt is served in place of milk to adults, the yogurt cannot credit toward both the milk and the meats/meat alternates component in the same meal.

Alternate Protein Products (APPs)

Alternate Protein Products (APPs) such as soy protein isolate or whey protein concentrate are generally included as an added ingredient in processed meat/meat alternate products such as a formed meat patty or vegetarian patty that resembles a meat product. Meats/meat alternates with APPs should be accompanied by a CN label or a Product Formulation Statement. Prior to being added to other products, APPs must meet the specific standards. Before using products containing APP and claiming the meals for reimbursement, contact your State agency or your sponsoring organization. See the Resource Section on page 134 for State agency contact information.

Nuts, Seeds, and Nut and Seed Butters

Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for reimbursable meals. They must be combined with another meat or meat alternate to meet the full requirement for a reimbursable meal. However, nut and seed butters may credit toward the entire meats/meat alternates component. Please be aware that some participants may have nut or seed intolerances or allergies. You are encouraged to make reasonable accommodations for children with allergies to ensure they are receiving safe and nutritious meals. Nuts and seeds should be served with caution to children under 4 years of age and some elderly participants, as they may cause choking. Always supervise participants during meals and snacks.

Use this section as a guide to identify creditable meats/meat alternates and products that contain creditable meats/meat alternates. This is NOT an all-inclusive list. For information on creditable meats/meat alternates commonly served in Child Nutrition Programs, see the *Food Buying Guide*.

Details in the "Additional Information" column help you to determine if the product is creditable and where to go to get more information, for example the *Food Buying Guide*.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Acorns			X	Acorns are not creditable due to their low protein content.
Bacon and Imitation Bacon Products			X	Bacon is not creditable. These products contain little meat. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Bacon Rinds			X	Bacon Rinds are not creditable.
Bacon, Turkey		X		Turkey bacon is creditable only if the product is (1) CN labeled or (2) has a Product Formulation Statement.
Bean Flour		X		Bean flour is creditable toward the meats/meat alternates component when served with at least 0.25 oz eq of visible meat/meat alternate. Document meal pattern contribution with a Product Formulation Statement.
Beans or Peas (Legumes), Canned or Dry	X			Cooked dry or canned beans or peas (kidney, garbanzo, black, lentils, etc.) may be credited as either a meat alternate or a vegetable, but not as both in the same meal. See the Vegetables section in the *Food Buying Guide*.
Beans, Refried	X			See the Meats/Meat Alternates section in the *Food Buying Guide*.
Beef Jerky		X		Beef jerky is creditable toward the meats/meat alternates component if it is (1) CN labeled or (2) has a Product Formulation Statement (PFS). The PFS should identify the type of beef or pork used to make the product as listed in the *Food Buying Guide*. For example, "ground beef (not more than 30 percent fat)." Please note beef jerky may be a choking hazard for some populations.
Bologna		X		Bologna is creditable toward the meats/meat alternates component. See the Meats/Meat Alternates section in the *Food Buying Guide* for creditable luncheon meats such as bologna. Bologna containing byproducts, cereals, or binders/extenders is only creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement. Examples of binders/extenders are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. As a best practice, it is recommended to serve low-fat versions of luncheon meats.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Canadian Bacon or Mild Cured Pork	X			See the Meats/Meat Alternates section in the *Food Buying Guide* for creditable pork products.
Canned or Frozen Combination Foods such as: Stews, Beef-a-Roni, Chili, Macaroni, Pizzas, Pot Pies, Raviolis		X		These products are creditable toward the meats/meat alternates component if the product is (1) CN labeled or (2) has a Product Formulation Statement and contains at least 0.25 oz eq meat/meat alternate per serving.
Canned, Pressed Luncheon Meat (Potted/Deviled)			X	Canned, pressed luncheon meat is not creditable.
Ceviche (Raw Fish Marinated in Citrus Juice)			X	Raw ceviche is not creditable. Raw fish is a potential health hazard for vulnerable populations.
Cheese, Cottage or Ricotta	X			See the Meats/Meat Alternates section in the *Food Buying Guide*. A 2 oz serving of cottage cheese credits as 1 oz eq meat alternate.
Cheese, Natural or Processed	X			See the Meats/Meat Alternates section in the *Food Buying Guide*. A 1 oz serving of hard cheese provides 1 oz eq meat alternate.
Cheese Foods, Cheese Food Substitutes, Cheese Spreads, and Cheese Spread Substitutes	X			See the Meats/Meat Alternates section in the *Food Buying Guide*. A 2 oz serving provides 1 oz eq meat alternate. These products are not creditable in the infant meal pattern.
Cheese, Imitation			X	Cheese labeled as “imitation” is not creditable because the nutrient content is inferior to the food it substitutes and therefore is not creditable.
Cheese Products			X	Cheese labeled as a cheese “product” is not creditable. Cheese products do not have a standard of identity.
Chestnuts	X			Chestnuts credit as 1 oz eq meat alternate per 1 oz of nuts. Note that chestnuts are not in the *Food Buying Guide*.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Chicken Nuggets		X		The edible chicken portion is creditable toward the meats/meat alternates component. See the Meats/Meat Alternates section in the *Food Buying Guide*. Commercial chicken nuggets are creditable only if they have (1) a CN label or (2) a Product Formulation Statement. Document the meal pattern contribution of homemade nuggets with a standardized recipe. For breading/batter crediting, see the Grains section in the *Food Buying Guide*. Deep-fat frying is not allowed as a way of preparing foods onsite. Chicken nuggets credit if reheated using a method other than deep-fat frying. This product has a high fat content and should be served on a limited frequency.
Chickpeas, Roasted (Roasted Garbanzo Beans)	X			Roasted chickpeas may be credited as either a meat alternate or a vegetable but not as both in the same meal. A ¼ cup roasted chickpeas credit as a 1 oz eq meat alternate or a ¼ cup vegetable, but not both at the same meal. Please note they may be a choking hazard for some populations.
Chitterlings	X			Chitterlings are small intestines and credit as a meat alternate. A ½ cup chitterlings is equal to 2 oz eq meat alternate.
Corn Dogs, Corn Dog Nuggets		X		Only the weight of the hot dog (frankfurter) credits toward the meats/meat alternates component. See the Meats/Meat Alternates section in the *Food Buying Guide*. If the hot dog contains byproducts, cereals, or binders/extenders they are only creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement. Examples of binders/extenders are starch, cellulose, and nonfat dry milk. For breading/batter crediting see the Grains section in the *Food Buying Guide*. Deep-fat frying is not allowed as a way of preparing foods onsite. Corn dogs credit if reheated using a method other than deep-fat frying. Document the meal pattern contribution with a standardized recipe, a CN label, or a Product Formulation Statement. This product has a high fat and salt content and should be served on a limited frequency. Remember to serve corn dogs in small pieces for those participants where choking is a potential hazard.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Cream Cheese			X	Cream cheese is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Deviled Eggs	X			Whole eggs are creditable. See the Meats/Meat Alternates section in the *Food Buying Guide*. The weights of the added ingredients (for example, relish, mayonnaise, etc.) cannot contribute to the meal pattern requirements.
Dried and Semi-Dried Meat, Poultry, and Seafood Snacks, Shelf-Stable		X		These products credit based on the percent of meat, poultry, and/or seafood the product contains. These products are creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement. The creditable amount cannot exceed the weight of the volume served. The creditable ingredients must match or have a similar description as listed on the product label and must match or have a similar description as listed in the *Food Buying Guide*. Please note these products may be a choking hazard for some populations.
Eggs, Liquid Substitutes			X	Liquid egg substitutes are not whole eggs and are not creditable. Only whole liquid eggs are creditable.
Eggs, Whites Only			X	Egg whites are not creditable if served without the yolks. Only whole eggs are creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Eggs, Whole, Fresh, Frozen, Dried, or Liquid	X			All forms of whole eggs are creditable toward the meats/meat alternates component. One large egg credits as 2 oz eq meat alternate. See the Meats/Meat Alternates section in the *Food Buying Guide*.
Eggs, Yolks Only			X	Only whole eggs are creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Falafel		X		The volume of meat alternate, such as beans, in each serving is creditable. See the Meats/Meat Alternates section in the *Food Buying Guide*. Document the meal pattern contribution with a standardized recipe or a Product Formulation Statement.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Fish, Commercial	X			Must comply with State and local regulations. See Meats/Meat Alternates section in the *Food Buying Guide*. The FDA and the Dietary Guidelines for Americans recommend that pregnant women and young children avoid eating fish that typically have higher mercury levels. When including fish in menus, you should consider the fish allergies or intolerances of participants. Please note that bones in fish should also be considered a choking hazard.
Fish, Home Pickled			X	For safety reasons home pickled fish is not creditable.
Fish, Noncommercial, Home-Caught		X		Home-caught fish is only creditable if it meets State or local public health policies regarding food safety or if the center is serving primarily an Native American population with donated traditional foods. The FDA and the Dietary Guidelines for Americans recommend that pregnant women and young children avoid eating fish that typically have higher mercury levels. When including fish in menus, you should consider the fish allergies or intolerances of participants. Please note that bones in fish should also be considered a choking hazard.
Fish Sticks or Portions		X		The edible fish portion credits toward the meats/meat alternates component. See the Meats/Meat Alternates section in the *Food Buying Guide*. For breading/batter crediting, see the Grains section in the *Food Buying Guide*. Document the meal pattern contributions with a CN label, Product Formulation Statement, or a standardized recipe. Deep-fat frying is not allowed as a way of preparing foods onsite. Fish sticks credit if reheated using a method other than deep-fat frying. This product has a high fat content and should be served on a limited frequency. The FDA and the Dietary Guidelines for Americans recommend that pregnant women and young children avoid eating fish that typically have higher mercury levels. When including fish in menus, you should consider the fish allergies or intolerances of participants.
Game [e.g., Deer Meat (Venison), Bison, Squirrel, Elk, etc.]		X		Game, for safety reasons, is only creditable if it is inspected and approved by the appropriate State, local, or Federal agency or when it is served as a traditional food on Indian Reservations or schools or institutions operated by Indian Tribes and Tribal organizations.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Home-Slaughtered Meat			X	For safety reasons, home-slaughtered meat is not creditable.
Hot Dogs (Frankfurters)	X			Hot dogs (frankfurters) are creditable toward the meats/meat alternates component. See the Meats/Meat Alternates section in the *Food Buying Guide*. If they contain byproducts, cereals, or binders/extenders they are only creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement. Examples of binders/extenders are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. The selection of low-fat versions of these types of products is encouraged. Remember to serve hot dogs in small pieces for those participants where choking is a potential hazard.
Hummus	X			The volume of meat alternate, such as beans, in each serving may credit toward the meats/meat alternates component. See the Meats/Meat Alternates section in the *Food Buying Guide*. Document the meal pattern contribution with a standardized recipe or a Product Formulation Statement.
Kidney, Liver, Heart, Gizzards	X			See the Meats/Meat Alternates section in the *Food Buying Guide*.
Liverwurst		X		Liverwurst is creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement.
Luncheon Meats (Chicken, Turkey, Beef, Pork, all Deli Meats)		X		Only luncheon meats that are listed in the *Food Buying Guide* or have a (1) CN label or (2) Product Formulation Statement are creditable.
Meat Sauce (Spaghetti or Brown)		X		Only the amount of cooked meat in the sauce may be credited toward the meats/meat alternates component. The minimum creditable amount is 0.25 oz of meat. Commercial meat sauce is creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement; and the meat ingredient matches or has a similar description to a meat item in the *Food Buying Guide* (e.g., Ground Beef, not more than 30% fat).
Meat and Poultry Sticks (Not Dried or Semi-Dried and Not Jerky)		X		Meat sticks in a jar are similar to Vienna sausage. Meat sticks are creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement. The creditable amount cannot exceed the weight of the volume served. The creditable ingredients must match or have a similar description as listed on the product label and must match or have a similar description as listed in the *Food Buying Guide*.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Neufchatel Cheese			X	Neufchatel cheese is not creditable.
Nut Flour			X	Nut flour is not creditable.
Nuts	X			A 1 oz serving of nuts provides 1 oz eq meat alternate. See the Meats/Meat Alternates section in the *Food Buying Guide*. Please note that nuts may be a choking hazard for some populations. When including nuts and nut products in menus, you should consider the nut allergies or intolerances of participants.
Nut or Seed Butters	X			A 2 tablespoon serving of nut or seed butters provides 1 oz eq meat alternate. See the Meats/Meat Alternates section in the *Food Buying Guide*. It is suggested that nut butters be served in combination with another meat/meat alternate since the required portion sizes may be too large for preschool children. When including nuts and nut products in menus, you should consider the nut allergies or intolerances of participants.
Oxtail, Beef	X			See the Meats/Meat Alternates section in the *Food Buying Guide*.
Pasta/Noodles (made from Beans/Peas)		X		To credit as a meat alternate, pasta/noodles made from beans/peas are creditable if a serving provides at least a 0.25 oz eq of meat/meat alternate. It must be offered with additional meat/meat alternate, such as tofu, cheese, or meat. Document meal pattern contribution with a CN label or a Product Formulation Statement.
Peanut Butter Spreads			X	Peanut butter spreads are not the same as peanut butter. Peanut butter spreads do not have a standard of identity and are not creditable.
Peas or Lentils, Dry	X			See the Meats/Meat Alternates section in the *Food Buying Guide*. A ¼ cup cooked dry peas or lentils credits as 1 oz eq meat alternate.
Pepperoni, Traditional, Dried		X		These products credit based on the percent of meat (beef and pork) the product contains. Pepperoni is creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Pepperoni, Turkey		X		These products credit based on the percent of poultry the product contains. Turkey Pepperoni is creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement.
Pig's Feet, Neck Bones, or Tails (Parts)			X	These products contain small amounts of meat and are not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Pimento Cheese, Commercial	X			A 2 oz serving provides 1 oz eq meat alternate. See the Meats/Meat Alternates section in the *Food Buying Guide*.
Pizza, Commercial		X		Commercial pizza is creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement. Only the meat/meat alternate ingredients are creditable toward the meats/meat alternates component. See the *Food Buying Guide* for information on crediting remaining ingredients toward meal pattern requirements.
Pizza, Homemade	X			Only the meat/meat alternate ingredients are creditable toward the meats/meat alternates component. See the *Food Buying Guide* for information on crediting remaining ingredients toward meal pattern requirements. Document the meal pattern contribution with a standardized recipe.
Polish Sausage		X		Polish sausage is creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement.
Pot Pies, Commercial		X		Commercial pot pies are creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement.
Pot Pies, Homemade		X		The meat and meat alternate ingredients are creditable if there is at least a 0.25 oz eq meat/meat alternate per serving. See the *Food Buying Guide* for information on crediting the remaining ingredients toward meal pattern requirements. Document the meal pattern contribution with a standardized recipe.
Potted or Deviled Meats			X	Potted or deviled meats are not creditable.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Powdered Cheese (in Boxed Macaroni and Cheese)			X	Powdered cheese mix is not creditable. The macaroni, if made from enriched or whole grains, may be credited toward the grains component.
Queso Blanco, Commercial, Pasteurized	X			Queso blanco is a creamy, soft cheese. Commercial, pasteurized queso blanco is creditable. See the Meats/ Meat Alternates section in the *Food Buying Guide*.
Queso Blanco, Homemade			X	Homemade queso blanco is not creditable. There are potential safety concerns with this product.
Queso Fresco, Commercial, Pasteurized	X			Queso fresco is a fresh, white cheese. Commercial, pasteurized queso fresco is creditable. See the Meats/ Meat Alternates section in the *Food Buying Guide*.
Queso Fresco, Homemade			X	Homemade queso fresco is not creditable. There are potential safety concerns with this product.
Quiche		X		The eggs, cheese, and/or meat may be credited toward the meats/meat alternates component if there is at least a 0.25 oz eq per serving. See the *Food Buying Guide* for information on crediting the remaining ingredients toward meal pattern requirements. Document the meal pattern contribution with a standardized recipe.
Salami		X		Creditable only if it is (1) CN labeled or (2) has a Product Formulation Statement. This product is high in sodium and fat.
Salt Pork			X	Salt pork is not creditable. Salt pork contains little meat.
Sausage		X		Products labeled “fresh pork sausage” or “fresh Italian sausage” may be credited. See the Meats/Meat Alternates section in the *Food Buying Guide*. Other sausage products must have (1) CN label or a (2) Product Formulation Statement.
Scrapple			X	Scrapple has an insufficient meat content and is not creditable.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Seeds	X			A 1 oz serving of seeds provides 1 oz eq meat alternate. See the Meats/Meat Alternates section in the *Food Buying Guide*. Seeds may be a choking hazard for some populations.
Shellfish	X			Shellfish must be fully cooked; only the edible fish portion is creditable. See the Meats/Meat Alternates section in the *Food Buying Guide*. When including shellfish in menus, you should consider the shellfish allergies or intolerances of participants.
Shellfish, Imitation (Commercial Surimi and Imitation Crab)	X			See the Meats/Meat Alternates section in the *Food Buying Guide*. A 3 oz serving of thawed, commercially prepared imitation shellfish provides 1 oz eq meat. A 4.4 oz serving of thawed, commercially prepared imitation shellfish provides 1.5 oz eq meat. Document imitation shellfish products containing higher quantities of fish product, or other creditable ingredients with a Product Formulation Statement or a CN Label.
Soups, Commercial, Bean or Pea	X			A ½ cup bean or pea soup equals ¼ cup or 1 oz eq meat alternate. Beans and peas may be credited either as a vegetable or meat alternate, but not both in the same meal. See the Meats/Meat Alternates section in the *Food Buying Guide*.
Soups, Commercial with Meat or Meat Alternate		X		Creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement.
Soups, Homemade with Meat or Meat Alternate		X		The meat and meat alternate ingredients are creditable if there is at least a 0.25 oz eq meat/meat alternate per serving. See the *Food Buying Guide* for information on crediting the remaining ingredients toward meal pattern requirements. Document the meal pattern contribution with a standardized recipe.
Soy Nut Butter, Almond Butter, Cashew Butter	X			A 2 tablespoon serving provides 1 oz eq meat alternate. See the Meats/Meat Alternates section in the *Food Buying Guide*. Nut butters such as almond, cashew, or soy are a good alternative for those participants who are allergic to peanut butter. It is suggested that nut butter be served in combination with another meat/meat alternate since the required portion sizes may be too large for preschool children.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Soy Beans, Fresh (Edamame)	X			May be credited either as a meat alternate or a vegetable, but not both in the same meal. See the Meats/Meat Alternates section in the *Food Buying Guide*.
Soy Beans, Roasted (Soy Nuts)	X			Roasted soy beans may be credited as either a meat alternate or a vegetable, but not as both in the same meal. A ¼ cup roasted soy beans credit as a 1 oz eq meat alternate or a ¼ cup vegetable, but not as both at the same meal. Please note they may be a choking hazard for some populations. When including soy and soy products in menus, you should consider the potential food allergies or intolerances.
Spare Ribs	X			See the Meats/Meat Alternates section in the *Food Buying Guide*. These products contain small amounts of meat and are high in fat.
Surimi, Commercial (Imitation Crab, and Imitation Shellfish))	X			See the Meats/Meat Alternates section in the *Food Buying Guide*. A 3 oz serving of thawed, commercially prepared surimi seafood provides 1 oz eq meat. A 4.4 oz serving of thawed, commercially prepared surimi seafood provides 1.5 oz eq meat. Document surimi products containing higher quantities of fish product, or other creditable ingredients with a Product Formulation Statement or a CN Label.
Sushi (Raw Seafood and Sashimi)			X	Raw sushi is not creditable. Raw fish is a potential health hazard for vulnerable populations.
Tahini (Sesame Seed Butter)	X			Credited as a seed or nut butter. A 2 tablespoon serving provides 1 oz eq meat alternate. See the Meats/Meat Alternates section in the *Food Buying Guide*. It is suggested that seed and nut butters be served in combination with another meat/meat alternate since the required portion sizes may be too large for preschool children.
Tempeh, Commercial	X			See the Meats/Meat Alternates section in the Food Buying Guide. A 1 oz serving of commercially prepared tempeh provides 1 oz eq meat alternate. Document meal pattern contribution of tempeh that contains other creditable ingredients (grains, seeds, etc.) with a Product Formulation Statement or a CN Label.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Tofu, Commercial		X		Commercially prepared tofu is creditable. A 2.2 oz (¼ cup) serving of commercially prepared tofu, containing at least 5 g of protein, provides 1 oz eq meat alternate. Homemade or noncommercial tofu is not creditable.
Tripe, Beef	X			See the Meats/Meat Alternates section in the *Food Buying Guide*.
Vienna Sausage		X		Vienna sausage is creditable toward the meats/meat alternates component. See the Meats/Meat Alternates section in the *Food Buying Guide*. If Vienna sausage contains byproducts, cereals, or binders/extenders it is only creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement. Examples of binders/extenders are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. The selection of low-fat versions of these types of products is encouraged. Remember to serve Vienna sausage in small pieces for those participants where choking is a potential hazard.
Yogurt, Commercial Plain, Un-Flavored, Flavored, Sweetened		X		A ½ cup or 4 oz provides 1 oz eq meat alternate. Must contain no more than 23 g of total sugars per 6 oz See the Meats/Meat Alternates section in the *Food Buying Guide* for additional crediting information. Homemade yogurt is not creditable. There are potential safety concerns with homemade yogurt.
Yogurt, Soy		X		A ½ cup or 4 oz provides 1 oz eq meat alternate. Must contain no more than 23 g of total sugars per 6 oz
Yogurt in a Tube		X		A 2.2 oz tube of yogurt provides ½ oz eq meat alternate. Must contain no more than 23 g of total sugars per 6 oz

Food	Creditable			Additional Information
	Yes	Maybe	No	
Yogurt, Frozen		X		Program operators may credit yogurt that they have frozen. Please note that crediting of meat/meat alternate in this form is discouraged, as it is perceived as a dessert. Commercial frozen yogurt is similar to ice cream and is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information of commercial frozen yogurt.
"Yogurt," Liquid			X	Liquid "yogurt" is not creditable. This product does not meet the definition of yogurt. However, cultured milk (kefir) would contribute toward the fluid milk requirement.
Yogurt Products (commercial); Frozen Yogurt, Yogurt Bars, Yogurt Flavored Products, Yogurt-Covered Fruits or Nuts, or similar products			X	These products are not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.

QUESTIONS AND ANSWERS ABOUT MEATS/MEAT ALTERNATES

Meats

1. **Can pizza be credited as a meat/meat alternate?**

   Yes. Meats, cheeses, or other meat alternates on a pizza are creditable toward the meats/meat alternates component. The weights of the sauce, vegetables, and crust may contribute toward the vegetable and grains components. Document the meal pattern contribution with a standardized recipe, CN label, or a Product Formulation Statement.

2. **Chicken nuggets, hot dog nuggets, and fish sticks are very popular in our center. How many nuggets or sticks should we serve to meet requirements?**

   Commercial nuggets and sticks are creditable only if they have (1) a CN label or (2) a Product Formulation Statement. These products vary in size and in the amount of meat and breading or batter in the product. Only the edible meat or meat alternate portion is creditable as a meat/meat alternate. Document the meal pattern contribution of homemade nuggets with a standardized recipe. For breading/batter crediting, see the Grains section in the *Food Buying Guide*.

   Some States or sponsoring organizations may require you to use only CN labeled products. Check with your State agency or sponsoring organization for requirements (see the Resource Section on page 134 for State agency contact information).

Meat Alternates

1. **Why are nuts, seeds, and nut/seed butters allowed as meat alternates and how do they credit?**

   Nuts, seeds, and nut/seed butters are good sources of protein and other nutrients.

   One ounce of nuts or seeds provides 1 ounce equivalent meat alternate. Nuts and seeds may count toward half (½) of the meat/meat alternate requirement at meals and for the entire meat/meat alternate requirement at snack. For a reimbursable meal, they must be combined with other meats/meat alternates.

   Two tablespoons of nut or seed butter, such as peanut butter and almond butter, provides 1 ounce equivalent meat alternate. They may be used to meet all or a portion of the meats/meat alternates component. For preschool-age children, it is recommended that nut and seed butters be served in combination with another meat/meat alternate since the required portion sizes may be too large.

   Please note that nuts and seeds may be a choking hazard for some populations. Nuts are not recommended for children under 4 years of age and adults at risk for choking. Always supervise participants during meals and snacks. Additionally, some participants may have food intolerances or allergies to nuts, seeds, and nut/seed butters.

2. **What types of cheeses are creditable under the CACFP meal pattern requirements?**

   Natural, low-fat, or reduced-fat cheeses, such as Cheddar, Swiss, Colby, and Monterey Jack, as well as cheese foods, cheese spreads, cottage cheese, and ricotta cheese, are examples of creditable cheeses. Products labeled as imitation cheese or cheese products are not creditable. Other examples of non-creditable cheese are cheese whips and cream cheese.

3. **Are grated Romano and Parmesan cheeses creditable?**

   Yes, both Romano and Parmesan cheeses are creditable as a meat alternate.

   Small amounts of cheese, when used as a garnish, a seasoning, or in a breading, may credit toward the meats/meat alternates component if the total amount of meat/meat alternate ingredients in the product provides at least a ¼ ounce equivalent meat/meat alternate per serving. Document the meal pattern contribution with a standardized recipe, CN label, or a Product Formulation Statement.

4. **Can vegetarian meals be served in the CACFP?**

   Yes. There are a variety of creditable foods within the meats/meat alternates component to allow centers and day care homes to plan vegetarian meals. Examples of creditable vegetarian meat alternates for the CACFP include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, eggs, yogurt (including soy yogurt), tofu, cooked dry beans and peas, nuts and seeds, nut and seed butters, or any combination of these foods.

5. **We have several participants that attend our center who cannot eat certain foods because of religious reasons. Can we claim these participants on the food program?**

   Yes. Substitutions may be made to accommodate religious dietary restrictions within existing meal pattern requirements.

6. **Is tofu creditable as a meat/meat alternate in the CACFP?**

   Yes. A 2.2 ounce serving (¼ cup) of commercially-prepared tofu, containing at least 5 grams of protein, is creditable as 1 ounce equivalent meat alternate.

7. **How would you calculate the creditable amount of meat alternate contributed by tofu in a stir-fry using the yield information from the *Food Buying Guide*?**

   For example:

   If you prepare a ½ cup serving of vegetable stir-fry with creditable tofu that contains 1.5 ounces of tofu in the serving, calculate the meal pattern contribution as follows:

   The *Food Buying Guide* yield information for tofu is 2.2 ounces or ¼ cup credits as 1 ounce equivalent meat alternate. Therefore 1.50 ounces tofu divided by 2.2 ounces equals 0.68 ounce equals 0.50 ounce equivalent (rounded down to the nearest 0.25 ounce) meat alternate.

   In this example, a ½ cup serving of vegetable stir-fry with tofu provides 0.50 ounce equivalent meat alternate.

8. **How are fresh soybeans (edamame) credited?**

   Fresh soybeans (edamame) may credit as a vegetable or a meat alternate, the same as dry mature beans/peas. These fresh soybeans are the only immature beans/peas that credit the same as mature beans/peas. To credit fresh soybeans, follow the same guidance used for crediting dry beans or peas.

9. Is soy yogurt creditable as a meat/ meat alternate?

Yes. A ½ cup of soy yogurt credits as 1 ounce equivalent meat alternate.

10. Must yogurt be offered in 4 ounce portions in order to be credited?

No. Although ½ cup (4 ounces) of yogurt, including soy yogurt, provides 1 ounce equivalent meat alternate, this does not mean that programs are limited to offering yogurt in ½ cup (4 ounce) servings. Meal planners may use their discretion to vary the portion sizes offered. In order to credit towards the meat alternates component, a minimum serving size of ⅛ cup (1 ounce) of yogurt is required to provide the minimum 0.25 ounce equivalent meat alternate.

11. Why is there a sugar limit for yogurt of no more than 23 grams of total sugars per 6 ounces? Does this also apply to soy yogurt?

Yogurt, including soy yogurt, is a great source of calcium, protein, vitamin A, vitamin D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12. However, some yogurt products have significantly more sugar than others. To promote healthy habits from the start, the updated meal patterns limit the amount of total sugars allowed in creditable yogurt and soy yogurts.

Yogurt or soy yogurt may contain up to 23 grams of sugar per 6 ounces. As a reminder, soy yogurt is not creditable in the infant meal pattern.

12. What method should be used to determine if a yogurt meets the sugar limit?

There are 3 methods you may use to determine if the yogurt meets the sugar limits. Using the Nutrition Facts labels below, follow the example for each method to determine if the yogurt is creditable.

Method 1

Step 1: What is the serving size, in ounces?

6 ounces.

Step 2: What is the amount of total sugars in grams?

19 grams.

Step 3: Use the chart below to determine if the yogurt meets the sugar limit.

This yogurt is creditable because it has a 6 ounce serving size and 19 grams of sugar.

Table of Yogurt Serving Sizes in Grams and Sugar Limits

Serving Size* (oz)	Serving Size in Grams (g) (Use when the serving size is not listed in ounces)	Sugars (g)
If the serving size is		Sugars cannot be more than
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

Nutrition Facts

1 serving per container

Serving size **6 oz**

Amount per serving

Calories **125**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 90mg	**4%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 0g	**0%**
Total Sugars 19g	
Includes 4g Added Sugars	**8%**
Protein 3g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the Child and Adult Care Food Program. Sugar limits are pre-calculated and set forth by the USDA.*

Method 2

Step 1: What is the serving size in ounces?

4.5 ounces.

Step 2: What is the amount of total sugar (in grams)?

16 grams.

Step 3: Divide the total sugars by the serving size. In this example, it would be:

$$\frac{\text{Sugars}}{\text{Serving Size}} = \frac{16}{4.5} = 3.55$$

Step 4: If the number is **3.83 or less**, the yogurt is within the sugar limit. 3.83 is the maximum grams of sugar per 1 ounce of yogurt allowed.

This yogurt is creditable.

Nutrition Facts

1 serving per container

Serving size **4.5 oz**

Amount per serving

Calories **140**

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 90mg	**4%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 0g	**0%**
Total Sugars 16g	
Includes 4g Added Sugars	**8%**
Protein 8g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Method 3

Step 1: The serving size is: 170 grams.

Step 2: The amount of total sugar is: 19 grams.

Step 3: Use the chart on page 46 to determine if the yogurt meets the sugar limit. The yogurt has less sugar than the amount listed in the chart. Therefore this yogurt meets the sugar requirement.

Nutrition Facts

1 serving per container

Serving size **6 oz (170g)**

Amount per serving

Calories **140**

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 90mg	**4%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 0g	**0%**
Total Sugars 19g	
Includes 7g Added Sugars	**14%**
Protein 8g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

13. How are cups of commercially prepared yogurt containing fruit credited? Does the volume of fruit have to be subtracted from the total weight of the containers?

Commercially prepared yogurt containing fruit receives the full credit towards the meats/meat alternates component. For example, ½ cup (4 ounces) of yogurt provides 1 ounce equivalent meat alternate. It should be noted that the fruit in commercial yogurts cannot be credited toward the fruits component. Fruit may be credited only when the program operator adds sufficient quantities of fresh, frozen, or canned fruit to commercial yogurt.

14. Will yogurt credit if I serve it frozen?

Program operators may credit yogurt that they have frozen. Please note that crediting meat/meat alternate in this form is discouraged as it is perceived as a dessert. Commercial frozen yogurt is similar to ice cream and is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.

15. If I buy regular yogurt and use it in a smoothie, can the yogurt be credited?

Yes. Yogurt may be served in a drinkable form and credit it toward the meat alternates component if you use creditable yogurt in your own standardized smoothie recipe. For more information on smoothies, see the Resource Section on page 133 for the CACFP policy memo on *Smoothies Offered in Child Nutrition Programs–Revised*.

An Explanation of the Separation of the Vegetable and Fruit Components

The updated CACFP meal patterns include a separate vegetables component and fruits component at lunch, supper, and snack. Serving separate vegetable and fruit components will help increase the variety of vegetables and fruits served and consumed by children and adults.

To allow program operators flexibility to offer a variety of vegetables, the meal pattern(s) allow a second vegetable to be served in place of the fruits component.

A **reimbursable meal at breakfast** must contain:

- minimum required serving of fruit(s)

OR

- minimum required serving of vegetable(s)

OR

- adequate portions of both a fruit and a vegetable to provide the minimum required serving.

A **reimbursable lunch/supper**, must contain:

- the minimum required serving of fruit(s) and the minimum required serving of vegetable(s)

OR

- two different minimum servings of vegetable(s); in this option, the second different vegetable is served in place of the fruit requirement.

A **reimbursable snack** may include a fruit and a vegetable as 2 of the 5 required components. This means the program operator may offer:

- the minimum serving of fruits and vegetables

OR

- two different vegetables to credit towards the vegetables and fruits component.

Fruits and vegetables are credited based on their volume as served. The smallest creditable portion size of fruit and vegetable is an ⅛ cup or 2 tablespoons. There are a few exceptions:

- Dried fruit credits as twice the volume served (for example, a ¼ cup of raisins credits as a ½ cup of fruit).
- Raw leafy greens credit half of the volume served. For example, a ½ cup raw leafy greens credits as a ¼ cup vegetable.
- Tomato paste and puree credit based on their whole food equivalency. One tablespoon of tomato paste provides a ¼ cup vegetable, while 2 tablespoons of tomato puree equals a ¼ cup vegetable.

Servings of fruits and vegetables that are less than an ⅛ cup are not creditable towards the fruit and vegetable components. Condiments and seasonings may be served as extras to enhance the acceptability of the meal.

Fruit and Vegetable Juices

Full-strength 100% fruit and vegetable juice may count toward the entire fruits or vegetables component at 1 meal per day, including snack. However, when fluid milk is served as 1 of the components at snack, juice cannot credit toward the vegetables or fruits component. Full-strength 100% juice may be fresh, canned, frozen, or reconstituted with water from concentrate and served in either a liquid or frozen state. The name of the full-strength juice as it appears on the label must include the word(s) "juice" or "full-strength juice" or "single-strength juice" or "100% juice" or "reconstituted juice" or "juice from concentrate."

If juice blends are served, they must be 100% juice or a full-strength juice blend. A juice blend that contains 100% tomatoes, carrots and spinach juice counts as vegetable juice and credits towards the vegetables component. As a best practice, you are encouraged to specify the type of juice served on your menu.

Juice blends or purees that are mixtures of vegetables and fruits contribute to the vegetables or fruits component based on the highest quantity ingredient. For example, if the first ingredient listed on the product label is a fruit juice/puree (e.g., strawberry), then the juice blend credits towards the fruit requirement. If the first ingredient is a vegetable juice/puree (e.g., carrot), then the juice blend credits towards the vegetable requirement.

All juice must be pasteurized. Unpasteurized juice may contain harmful bacteria. Children and some older adults are at risk of becoming ill from consuming these types of bacteria.

Food Mixtures With Fruits and Vegetables

Foods that contain a mixture of vegetables and fruits with known quantities must be credited separately for the vegetables and fruits component in reimbursable lunches/suppers and snacks. The mixture must contain at least an ⅛ cup of vegetable to count toward the vegetables component and at least an ⅛ cup of fruit to count toward the fruits component. For example, a carrot-pineapple mixture served to 6-year-olds contains a ½ cup carrots and a ¼ cup pineapples (credits as a ½ cup vegetable and a ¼ cup fruit). This carrot-pineapple mixture meets the full vegetables component and full fruits component requirements for a reimbursable lunch/supper for children 6 through 12 years old.

A serving of vegetables that contribute to the meal pattern includes:

- fresh vegetables
- frozen vegetables
- dried vegetables
- canned vegetables
- cooked dry beans and peas (legumes)
- full-strength vegetable juice

As previously stated, a second, different vegetable may be served in place of the fruit requirement. Two servings of the same vegetable provided at the same meal do not count as two different vegetables and cannot be served in place of the fruit requirement. For example, two servings of broccoli count as one serving of vegetables and not two different vegetables. Similarly, the same vegetable served in different forms, such as raw carrots and cooked carrots, count as only one serving of vegetable.

Vegetable Mixtures

Mixtures of different types of vegetables, whose quantities are not known, such as frozen carrots and peas, credit as one serving of vegetables. However, if the program operator has documentation from the manufacturer that provides information about the quantity of each vegetable in the mixture, then the food may be credited as two servings of vegetables, provided the minimum serving amount of each vegetable offered is an ⅛ cup.

Cooked dry beans or peas (legumes) may be used to meet all or part of the vegetables component. Beans and peas include, but are not limited to, black beans, fresh edamame, garbanzo beans, lentils, kidney beans, mature lima beans, navy beans, pinto beans, and split peas. Beans and peas may also count as a meat alternate, but not as both a vegetable and a meat alternate in the same meal. Roasted soy beans (soy nuts) may also be credited as either a vegetable or as a meat alternate but not as both in the same meal. When crediting roasted soy beans as a vegetable, volume must be used for crediting purposes (for example, a ¼ cup of roasted soy beans is equivalent to a ¼ cup vegetable, regardless of the weight).

Snack chips, such as potato chips, are not creditable. These products do not meet the vegetables component requirements. These processed food items are typically high in sodium, fat, and/or sugar and low in nutrients.

Home-canned vegetable products are not allowed for service in the CACFP due to health and safety reasons. See the Resource Section on page 134 for additional information on produce safety. Home frozen vegetable products are allowed. For example, when sweet corn is in season (when it is the most economical to buy and tastes the best), you may freeze cobs on a sheet pan for use in the winter months when fresh corn is not available or is very expensive.

Serving Size and Yield for Selected Vegetables

This chart is a snapshot of commonly used vegetables that can be found in the *Food Buying Guide* for Child Nutrition Programs, commonly referred to as the *Food Buying Guide* (FBG). Please note that the serving sizes and yields are approximate. Double check to ensure that your serving sizes meet meal pattern requirements. The information in the *Food Buying Guide* can assist you in menu planning and purchasing. See the Resource Section on page 134 for information on the *Food Buying Guide* Interactive Web-Based Tool.

Vegetable	Serving Size and Yield
Carrot Stick	1 stick is 4 inches long and ½ inch wide. 3 sticks = ¼ cup
Cauliflower	1 medium head = about 6 cups florets
Celery Sticks	1 stick is 4 inches long and ½ inch wide. 3 sticks = ¼ cup
Cucumber Sticks	1 stick is 3 inches long and ¾ inch wide. 3 sticks (pared or unpared) = ¼ cup
Lettuce Head (Iceberg)	¼ cup raw, shredded vegetable OR ¼ cup raw vegetable pieces
Lettuce, Leaf	¼ cup raw vegetable pieces
Olives, Ripe	8 (large) olives = ¼ cup
Pickles	⅓ (large) pickle = ¼ cup
Radishes	7 small radishes = ¼ cup
Tomatoes, Large/Extra Large	4 slices, ⅛ inch thick = ¼ cup
Tomatoes, Small/Medium	5 slices, ⅛ inch thick = ¼ cup
Tomatoes, Cherry	3 tomatoes = about ¼ cup

*For simplicity, this table of serving sizes for vegetables is based on a ¼ cup serving.

Use this section as a guide to identify creditable vegetables and products that contain creditable vegetables. This is NOT an all-inclusive list. For information on creditable vegetables commonly served in Child Nutrition Programs, see the *Food Buying Guide*.

Details in the "Additional Information" column help you to determine if the product is creditable and where to go to get more information, for example the *Food Buying Guide*.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Barbecue Sauce			X	Barbecue sauce is a condiment and is not creditable.
Bean Flour		X		Pasta products made of flour(s) from one vegetable subgroup may credit toward the appropriate vegetable subgroup.
Beans or Peas (Legumes), Canned or Dry	X			Cooked dry or canned beans or peas (kidney, garbanzo, black, lentils, etc.) may be credited as either a vegetable or as a meat alternate, but not as both in the same meal. See the Vegetables section in the *Food Buying Guide*.
Bean Sprouts (canned or cooked)	X			See the Vegetables section in the *Food Buying Guide* for canned or cooked sprouts. Please be aware, for food safety reasons, raw sprouts are not creditable.
Carrot Bread		X		Carrot bread must contain at least an ⅛ cup (2 tablespoons) of visible vegetable per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Generally, these products contain an insufficient amount of vegetable per serving.
Catsup or Chili Sauce			X	Catsup and chili sauce are condiments and are not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Chickpeas, Roasted (Roasted Garbanzo Beans)	X			Roasted chickpeas may be credited as either a vegetable or a meat alternate, but not as both in the same meal. A ¼ cup of roasted chickpeas credit as a ¼ cup of vegetable or a 1 oz eq of meat alternate, but not as both at the same meal. Please note they may be a choking hazard for some populations.
Coleslaw		X		The vegetable portion of coleslaw, without condiments or other ingredients, is creditable. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. See the Vegetables section in the *Food Buying Guide*.
Corn, Fresh (Kernel or On-the-Cob)	X			See the Vegetables section in the *Food Buying Guide*.
Corn Chips			X	Corn chips are classified as a grain (not a vegetable) when made from creditable ingredients. See the Grains section in the *Food Buying Guide*.
Corn Syrup			X	Corn syrup is a sugar, not a vegetable. See the Other Foods section in the *Food Buying Guide* for purchasing information. Please note that corn syrup is not recommended for children under 1 year of age.
Dehydrated Vegetables	X			Dehydrated vegetables are creditable based on the volume served. See the Vegetables section in the *Food Buying Guide*.
Dry Spice Mixes			X	Spices do not contribute toward meal pattern requirements.
French-Fried Potatoes		X		French-fried potatoes that are air-fried, pre-fried, flash-fried, or par-fried by a commercial manufacturer may be served, when reheated by a method other than frying. Foods deep-fat fried onsite are not creditable. See the Vegetables section in the *Food Buying Guide*.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Gelatin Containing Vegetables (Aspic)		X		Gelatin containing vegetables must contain at least an ⅛ cup (2 tablespoons) of visible vegetable per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement.
Gravy Base			X	Gravy base is not a vegetable and is not creditable.
Greens, All Varieties (such as Mustard, Collard, and Chard)	X			See the Vegetables section in the *Food Buying Guide*.
Hominy, Canned	X			See the Vegetables section in the *Food Buying Guide*. A ¼ cup of canned, drained hominy credits as ¼ cup vegetable. See Grains Section for information on crediting dried hominy.
Juice Blends -100% Vegetable and/or Fruit	X			Vegetable and fruit juice blends that are combinations of full-strength 100% fruit juices are creditable. May be credited toward the vegetables component when vegetable is the most prominent ingredient.
Ketchup (Catsup)			X	Ketchup is a condiment and is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Macaroni Salad (also Pasta Salads)		X		Macaroni Salad containing vegetables must contain at least an ⅛ cup (2 tablespoons) of visible vegetable per serving. Document with a standardized recipe or a Product Formulation Statement. See Grains section for documenting meal components of pasta ingredients.
Mayonnaise, Salad Dressing, Margarine, Salad Oil, and Butter			X	These products are condiments and are not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Mustard			X	Mustard is a condiment and is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Olives	X			Olives may be credited if a minimum of an ⅛ cup (2 tablespoons) is provided. Please note that most olives are high in sodium.
Onion Rings		X		Onion rings that are air-fried, pre-fried, flash-fried, or par-fried by a commercial manufacturer may be served but must be reheated by a method other than frying. Foods deep-fat fried onsite are not creditable. To credit as a vegetable, this product must contain at least an ⅛ cup (2 tablespoons) of cooked onion per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Please note that most onion rings are high in fat.
Pasta/Noodles (made from Beans/ Peas)		X		Pasta/noodles (made from 100% bean/pea flour) is creditable toward the vegetables component based on volume served. For pasta/noodles made with less than 100% bean/pea flour, document meal pattern contribution with a CN label or a Product Formulation Statement.
Pickle Relish			X	Pickle relish is a condiment and is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Pickles	X			Pickles may be credited if a minimum of an ⅛ cup (2 tablespoons) is provided. Please note that most pickles are high in sodium.
Pie Filling: Sweet Potato, Pumpkin		X		Pie fillings containing vegetables must contain at least an ⅛ cup (2 tablespoons) of visible vegetable per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Pizza Sauce		X		Pizza sauce may be credited if a minimum of an ⅛ cup (2 tablespoons) is provided. An ⅛ cup of pizza sauce equals an ⅛ cup of vegetable. See the Vegetables section in the *Food Buying Guide*. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement.
Potato Chips (and Other Vegetable Chips), Fried			X	Potato chips and other vegetable chips contain many different variations in ingredients and are not creditable. These products are high in fat and sodium and should be served on a limited frequency. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Potatoes and Potato Skins	X			See the Vegetables section in the *Food Buying Guide*.
Potatoes, Dehydrated	X			See the Vegetables section in the *Food Buying Guide*.
Pumpkin Bread			X	Pumpkin bread typically does not contain at least an ⅛ cup (2 tablespoons) of visible vegetable per serving.
Salsa	X			Salsa is creditable toward the vegetables component. See the Vegetables section in the *Food Buying Guide*.
Soups: Canned, Condensed, or Ready-To-Serve (Minestrone, Tomato, Tomato with other basic components such as Rice and Vegetable, and Vegetable with basic components such as Meat and Poultry)	X			1 cup of reconstituted or ready-to-serve soup provides a ¼ cup of vegetable. See the Vegetables section in the *Food Buying Guide*. Please note that 1 cup of soup may be an excessive volume for young children.

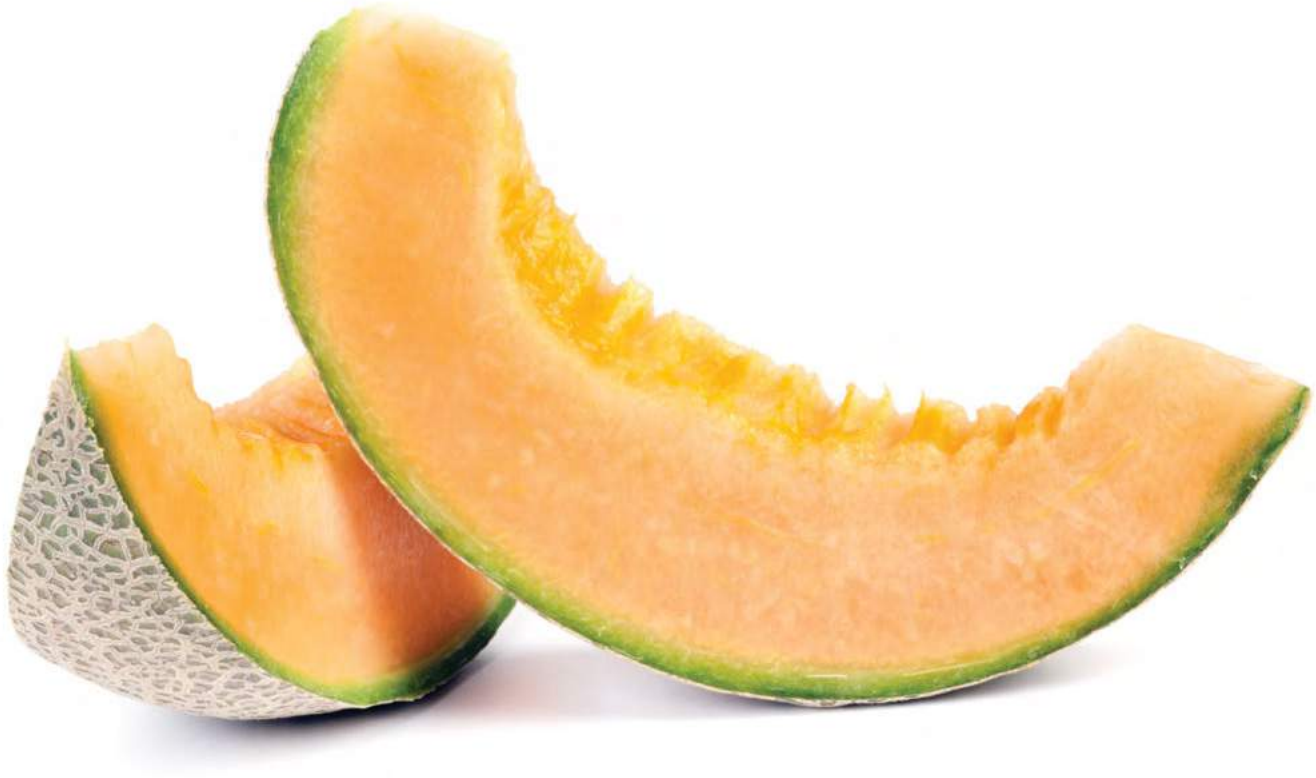
Food	Creditable			Additional Information
	Yes	Maybe	No	
Soups, Homemade		X		Homemade soups must contain at least an ⅛ cup (2 tablespoons) of visible vegetable per serving. Document meal pattern contribution with a standardized recipe.
Soy Beans, Roasted (Soy Nuts)	X			Roasted soy beans may be credited as either a vegetable or a meat alternate, but not as both in the same meal. A ¼ cup of roasted soy beans credit as a ¼ cup of vegetable or a 1 oz eq meat alternate, but not both at the same meal. Please note they may be a choking hazard for some populations. When including soy and soy products in menus, you should consider the potential food allergies or intolerances.
Spaghetti Sauce (Meatless)	X			Spaghetti sauce is creditable toward the vegetables component. See the Vegetables section in the *Food Buying Guide*.
Vegetable Juice Blends		X		Vegetable juice blends that are full-strength 100% juice are creditable.
Vegetable Spirals (from Fresh Vegetables such as Carrot or Squash)	X			Creditable toward vegetables component based on the volume served.
Vegetable Sticks/ Straws			X	Generally, these products contain an insufficient amount of vegetable per serving.
Vegetables, Fresh, Frozen, Canned, or Dried (All Varieties)	X			See the Vegetables section in the *Food Buying Guide*.
Zucchini Bread (Squash in Bread)		X		Zucchini bread must contain at least an ⅛ cup (2 tablespoons) of visible vegetable per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Generally, vegetable breads contain an insufficient amount of vegetable per serving.

A serving of fruits that contribute to the meal pattern includes:

- fresh fruits
- frozen fruits
- dried fruits
- canned fruits
- full-strength fruit juice

Commercial fried fruit chips, such as banana and other fruit chips, are not creditable. These products do not meet the fruits component requirements. These highly processed food items are typically high in salt and/or sugar and low in nutrients. Please keep in mind that young children—especially age 4 and younger—and some elderly participants are at risk of choking on these foods. Always supervise participants during meals and snacks.

Home-canned fruit products are not allowed for service in the CACFP due to health and safety reasons. See the Resource Section on page 134 for additional information on produce safety. Home-frozen fruit products are allowed. For example, when blueberries are in season (when they are the most economical to buy and taste the best) you may freeze them for later use in the winter months when berries are not available or are very expensive.



Serving Sizes and Yields for Fruits

This chart is a snapshot of commonly used fruits that can be found in the *Food Buying Guide*. Please note that the serving sizes and yields are approximate. Double check to ensure that your serving sizes meet meal pattern requirements. The information in the *Food Buying Guide* can assist you in menu planning and purchasing. See the Resource Section on page 134 for information on the *Food Buying Guide* Interactive Web-Based Tool.

Fruit	Serving Size and Yield
Apples	¼ raw, unpeeled medium apple = about ¼ cup
Bananas	1 medium banana = ½ cup
Blueberries	¼ cup measure
Strawberries	¼ cup measure
Cantaloupe	1/10 medium melon = about ¼ cup
Grapes	
With Seeds	6 grape halves = about ¼ cup
Seedless	7 grapes = about ¼ cup
Nectarines	1 small nectarine = about ½ cup; 1 medium nectarine = about ¾ cup
Oranges	1 medium orange = about ½ cup
Peaches	1 small peach = about ⅜ cup; 1 medium peach = about ⅔ cup
Pears	1 medium pear = about ¾ cup
Plums	1 small plum = ⅜ cup; 1 medium plum = ½ cup; 1 large plum = ⅝ cup
Raisins	1.3 to 1.5 oz package = ¼ cup; 1 lb = 12.6 servings (¼ cup each)
Tangerine	1 medium tangerine = about ⅜ cup; 1 large tangerine = about ½ cup
Watermelon	¼ cup fruit or ¼ cup diced fruit without rind

*For simplicity, this table of serving sizes for fruits is based on a variety of cup servings.

Use this section as a guide to identify creditable fruits and products that contain creditable fruits. This is NOT an all-inclusive list. For information on creditable fruits commonly served in Child Nutrition Programs, see the *Food Buying Guide*.

Details in the "Additional Information" column help you to determine if the product is creditable and where to go to get more information, for example the *Food Buying Guide*.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Ade Drinks			X	Ade drinks contain an insufficient amount of juice and are not creditable.
Apple Butter			X	Apple butter is a condiment and is not creditable.
Apple Cider		X		Cider must follow the same crediting rules as fruit juice (100% juice and pasteurized).
Apple Fritters		X		Fritters must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Generally, fritters contain an insufficient amount of fruit per serving. Fritters are a grain-based dessert and cannot count toward the grains component. Deep-fat frying is not allowed as a way of preparing foods onsite. Apple fritters credit if reheated using a method other than deep-fat frying and if they contain a creditable amount of visible fruit per serving. This product has a high fat and sugar content and should be served on a limited frequency.
Banana Bread			X	Banana bread typically does not contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving.
Berries, All Varieties	X			See the Fruits section in the *Food Buying Guide*.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Cake Containing Fruit		X		Although cake containing fruit is a grain-based dessert and cannot count toward the grains component, if it contains at least an ⅛ cup (2 tablespoons) of visible fruit per serving the fruit portion may credit toward the fruits component. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Generally, cakes with fruit contain an insufficient amount of fruit per serving.
Coconut, Dried	X			Dried coconut credits as twice the volume served. For example, a ¼ cup dried coconut credits as a ½ cup fruit. See the Fruits section in the *Food Buying Guide*.
Coconut, Flour			X	Coconut flour is not creditable.
Coconut, Fresh or Frozen	X			See the Fruits section in the *Food Buying Guide*.
Cranberry Juice Cocktail			X	Juice cocktails contain an insufficient amount of juice and are not creditable.
Cranberry Sauce or Relish		X		Sauces must contain an ⅛ cup (2 tablespoons) of fruit per serving. Document meal pattern contribution with a standardized recipe or Product Formulation Statement. See the Fruits section in the *Food Buying Guide*.
Dried Fruit, Whole (such as Raisins, Apricots, Prunes, Cranberries)	X			Dried fruit credits as twice the volume served. For example, a ¼ cup raisins credits as a ½ cup fruit. See the Fruits section in the *Food Buying Guide*. Please note they may be a choking hazard for some populations.
Fig Bars			X	Fig bars contain an insufficient amount of fruit per serving and do not credit toward the fruits component. Fig bars are a grain-based dessert and cannot count toward the grains component. This product is high in sugar.
Frozen Fruit-Flavored Bars, Freezer Pops			X	Frozen fruit-flavored bars contain an insufficient amount of juice and are not creditable.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Frozen Fruit Juice Bars		X		Frozen fruit juice bars must contain at least an ⅛ cup (2 tablespoons) of fruit and/or full-strength 100% fruit juice per serving. Only the fruit or full-strength 100% fruit juice portion may be counted toward the fruit requirement. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement.
Fruit, Fresh, Frozen, Canned, or Dried (All Varieties)	X			See the Fruits section in the *Food Buying Guide*.
Fruit Cobblers/ Crisps		X		Fruit cobblers and crisps must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Cobblers and crisps are grain-based desserts and cannot count toward the grains component.
Fruit Juice Bases			X	Juice bases contain an insufficient amount of fruit juice per serving and are not creditable.
Fruit Juice Concentrates		X		Juice concentrates may only be credited when reconstituted to full-strength juice.
Fruit Drinks			X	Fruit drinks contain an insufficient amount of juice and are not creditable.
Fruit-Flavored Powders and Syrups			X	Fruit-flavored powders and syrups do not meet the definition of fruit or juice and are not creditable.
Fruit-Flavored Punch			X	Fruit-flavored punch contains an insufficient amount of juice and is not creditable.
Fruit-Flavored Waters			X	Fruit-flavored waters contain an insufficient amount of juice and are not creditable.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Fruit Sauces		X		Fruit sauces must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Generally, commercial sauces contain an insufficient amount of fruit per serving. These products are high in sugar.
Fruit Snacks (100% Fruit Strips, Leather, Fruit Drops, or other Fruit Snack type products)			X	Fruit snacks are not creditable.
Gelatin Containing Fruit and/or Fruit Juice (Aspic)		X		Gelatin containing fruit must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Please note that juice is only creditable when served as a beverage.
Honey			X	Honey is a sweetener and is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information. For food safety reasons, honey should not be served to children less than 1 year of age.
Ice Cream, Fruit Flavors			X	Fruit-flavored ice cream contains an insufficient amount of fruit to credit toward the fruits component. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Jam			X	Jam is a condiment and is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Jelly			X	Jelly is a condiment and is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Juice Blends - All Fruit		X		Juice blends containing full-strength 100% fruit juice are creditable.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Juice Blends - Fruit and Vegetable		X		Juice blends containing combinations of full-strength 100% fruit and vegetable juice are creditable. May be credited toward the fruits component when fruit is the most prominent ingredient.
Lemonade			X	For lemonade to be palatable, the lemon juice must be diluted to the point that there is insufficient full-strength juice per serving.
Lemon Pie Filling			X	Lemon pie filling contains an insufficient amount of fruit per serving and is not creditable.
Maple Syrup			X	Maple syrup is a condiment or sweetener and is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Muffins Containing Fruit		X		Muffins must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Generally, muffins contain an insufficient amount of fruit per serving.
Nectars - Fruit		X		Full-strength 100% fruit nectars are creditable. Please note that there are no industry standards for nectars, and juice content may range anywhere from 0 to 100%.
Pie Filling - Fruit		X		Pie filling must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Grain-based desserts cannot count toward the grains component.
Pineapple Upside - Down Cake		X		Cake must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Cake is a grain-based dessert and cannot count toward the grains component.
Preserves			X	Preserves are considered a condiment and are not creditable.
Puddings Containing Fruit, Commercial			X	Commercial puddings contain insufficient fruit per serving and are not creditable toward the fruits component.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Puddings Containing Fruit, Homemade		X		Homemade pudding containing fruit must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving to credit toward the fruits component. Document meal pattern contribution with a standardized recipe. In most cases, puddings are an "Other Food" and do not contribute to the meal pattern requirements. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Sherbet, Commercial or Homemade			X	Sherbet is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Sorbets, Commercial or Homemade		X		Sorbets must contain at least an ⅛ cup (2 tablespoons) of fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement.
Syrup (Fruit Flavored)			X	Syrup is a condiment and is not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Toaster Pastries with Fruit			X	Toaster pastries contain an insufficient amount of fruit per serving and do not credit toward the fruits component. Toaster pastries are a grain-based dessert and cannot count toward the grains component. This product is high in sugar.
Yogurt, Commercial (Fruit added by Provider)		X		Yogurt containing fruit added by the provider must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe. Yogurt must contain no more than 23 g of total sugars per 6 oz
Yogurt with Fruit, Commercial			X	The entire volume of commercial yogurt with fruit may contribute to the meat alternate component but cannot count toward the fruits component. See the Meats/Meat Alternates section in the *Food Buying Guide* for additional crediting information. Must contain no more than 23 g of total sugars per 6 oz

QUESTIONS AND ANSWERS ABOUT VEGETABLES AND FRUITS

1. **What is the minimum amount of fruit or vegetable that can be credited toward the meal pattern requirements?**

   To meet the fruit and the vegetable components, the minimum creditable serving size is an ⅛ cup (2 tablespoons). For raw, leafy greens the minimum serving is a ¼ cup and for dried fruit the minimum serving is an ⅛ cup (2 tablespoons). This amount may not meet the required serving for the meal pattern.

2. **How do fruits and vegetables credit toward meal pattern requirements when found in combination dishes such as beef stew or pineapple chicken stir fry?**

   Combination food items may credit toward both the vegetables component and/or the fruits component if they contain at least an ⅛ cup of visible vegetable and/or fruit per serving.

3. **Can combination mixed vegetables (such as peas and carrots) be used to meet the requirement of serving 2 vegetables at lunch and supper?**

   Yes. Program operators may use a recipe or information provided by the manufacturer that documents the ratio of vegetables in the mixture. For example, if a mixture contains 50 percent carrots and 50 percent peas, and a 1 cup serving of this blend provides a ½ cup of carrots and a ½ cup of peas, then the requirement of serving 2 vegetables is met. If the ratio or serving size for each vegetable cannot be determined, then the mixture will credit as 1 vegetable component.

4. **How are combination salads such as carrot-raisin salad or Waldorf salad credited?**

   Mixtures of vegetables and fruits must be credited separately for the vegetable and fruit components. The mixture must contain at least an ⅛ cup of vegetable to count toward the vegetables component and an ⅛ cup fruit to count toward the fruits component. For example, a portion of carrot-raisin salad served to 6-year-olds contains a ½ cup of carrots and an ⅛ cup of raisins (credits as a ¼ cup of fruit because dried fruits credit for twice the volume served). This carrot-raisin salad meets the full vegetables component and full fruits component for children 6 through 12 years old. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement.

5. **I would like to serve two different vegetables at lunch. Is this allowable?**

   Yes. You may serve the second vegetable as either an extra food or count it toward the fruits component for lunch. This is because a second vegetable may count toward the fruits component at lunch and supper meals if at least an ⅛ cup of two different kinds of vegetables are served. For example, a center serves 6-year-old children a ½ cup of roasted broccoli and a ¼ cup of roasted cauliflower. The cauliflower is replacing the fruits component and meets the minimum serving size required for the fruits component for children 6 through 12 years old.

6. **Can the vegetable, fruit, or juice in pudding or gelatin be credited toward the fruits component?**

   This question must be answered in two parts:

   - Fruit juice ONLY credits when served as a beverage. Therefore, fruit juice used in preparation of puddings or gelatins does not credit.
   - To credit fruit in puddings or gelatin, each serving must contain at least an ⅛ cup (2 tablespoons) of fruit per serving and the fruit must be visible in the product. Document the meal pattern contribution with a standardized recipe or a Product Formulation Statement.

7. **Could a provider serve a sweet potato and a white potato and count them as two different creditable vegetables in the same meal?**

   No. Although the nutrient content of sweet potatoes and white potatoes is not identical, from an operational standpoint they are both potatoes and would not be considered different vegetables if served in the same meal.

8. **How can I tell if juice is full-strength 100% juice?**

   Full-strength juice will be labeled with "Contains 100% Juice." Juices that have the words cocktail, beverage, or drink are not considered 100% juice. The statements "natural" or "organic" do not indicate that the juice is 100% juice.

9. Can a full-strength 100% fruit and vegetable juice blend count toward the vegetables component and the fruits component?

No. 100% fruit and vegetable juice blends cannot count toward both the vegetable and fruit components. A 100% fruit and vegetable juice blend may contribute to the fruits component or vegetables component. The 100% fruit and vegetable juice blend counts toward the fruits component when fruit juice or puree is the most prominent ingredient. Conversely, the 100% fruit and vegetable juice blend may contribute to the vegetables component when vegetable juice or puree is the most prominent ingredient. Keep in mind, that fruit or vegetable juice may only be served as a reimbursable component of a meal once per day to children ages 1 through 18 and to adults. Please note, juice is not allowed under the infant meal pattern.

10. Can juice be served as an extra food item?

Yes. Juice (or other foods) may be served as an extra food item outside of the meal pattern requirements. For example, if juice is served at breakfast, juice may also be served as an extra item at snack (for example, crackers, cheese, and juice [extra]). FNS encourages centers and day care homes to use their discretion when choosing to serve extra food items. While juice can be part of a healthful diet, it lacks the dietary fiber found in other forms of fruit and vegetables, and when consumed in excess, it can contribute extra calories. Additionally, the Dietary Guidelines for Americans align with the Academy of Pediatrics' recommendation that young children consume no more than 4 to 6 fluid ounces of 100% fruit juice per day. Meals containing extra foods, in addition to the minimum required meal components, receive the same reimbursement rate as regular CACFP meals.

As a reminder, juice may not be served more than once a day as a reimbursable component of a meal. Additionally, juice is not allowed under the infant meal pattern.

11. Can the list of approved juices from WIC also be used in helping providers determine a creditable juice?

Yes. Similar to the CACFP, all WIC-approved juices must be 100% full strength. WIC's juice requirements include additional nutrition standards, such as a minimum amount of vitamin C. This means there may be some 100% juices that are creditable in the CACFP but may not be eligible in WIC.

12. When serving a smoothie with fruit as 1 of the ingredients/components, does that count as your juice for the day?

Yes. Pureed vegetables and fruits (fresh, frozen, or canned) served in a smoothie credit as juice and are subject to the juice limit.

13. Can we purchase homemade juices such as apple cider from local farm stands?

Yes. However, due to the safety hazards of unpasteurized ciders and juices, only pasteurized juice and juice products may be served.

14. How can juice concentrate credit?

There are four ways juice can credit toward the fruit requirements:

- 100% liquid juice not from concentrate;
- 100% frozen juice not from concentrate;
- 100% liquid juice reconstituted from concentrate; or
- 100% frozen juice reconstituted from concentrate.

Juice concentrates can be used only when reconstituted with water to full-strength 100% juice and can be credited in the forms of liquid (including 100% carbonated juice) or frozen juice only. Therefore, juice cannot be credited when used as an ingredient in another food or beverage with the exception of smoothies. See the *Food Buying Guide* for additional crediting information. For example, a ¼ cup of gelatin made with 1 tablespoon of juice concentrate and water does not credit as a ¼ cup of juice since the fruit juice is no longer in the form of liquid or frozen juice. Please note that the amount of juice concentrate used cannot credit for more than one serving of vegetable or fruit per day.

15. May food ingredients that are unrecognizable (not visible) contribute to meal pattern requirements (for example, carrots pureed in a sauce for Macaroni and Cheese)?

Pureed vegetables or fruits may contribute to the CACFP meal pattern requirements if the dish also provides an adequate amount (an ⅛ cup or more) of visible, creditable fruits or vegetables. Therefore, in the carrots and macaroni and cheese scenario, the pureed or mashed carrots can count toward the vegetables component if there is at least an ⅛ cup of another visible vegetable per portion. Meals served in the Child Nutrition Programs are a nutrition education opportunity to help children learn how to build a healthy plate. It is important for young children to be able to identify the components in a healthy meal.

16. How should vegetables, fruits, or other foods not listed in the *Food Buying Guide* be credited?

There are some foods not listed in the *Food Buying Guide* that may be served in CACFP. If a food can contribute to a reimbursable meal, but is not listed in the *Food Buying Guide*, the yield information of a similar food or in-house yield may be used to determine the contribution toward meal pattern requirements, with State agency approval. Instructions for developing yields are available in the introduction section of the *Food Buying Guide*.

17. How do I credit the vegetables and fruits on a homemade pizza?

Vegetable and fruit pizza toppings credit if there is at least an ⅛ cup vegetable or fruit per portion. If pizza toppings only meet a portion of the vegetable or fruit requirement, an additional serving of vegetable and/or fruit must be provided. Document the meal pattern contribution with a standardized recipe.

18. How much tomato paste, tomato puree, or tomato sauce would be needed to equal a ¼ cup of vegetable for each child at lunch or supper?

Tomato paste: 1 tablespoon = ¼ cup vegetable
Tomato puree: 2 tablespoons = ¼ cup vegetable
Tomato sauce: 4 tablespoons = ¼ cup vegetable

19. Is tomato a fruit or vegetable? What about avocado?

Both tomatoes and avocados are considered vegetables. Refer to the *Food Buying Guide for Child Nutrition Programs* for a list of creditable fruits and vegetables. While the *Food Buying Guide* provides a relatively comprehensive list of foods commonly served in Child Nutrition Programs, it does not include information on every possible vegetable or fruit that can be part of a reimbursable meal.

CACFP centers and homes should work with their sponsor or State agency, as appropriate, when they have questions about the crediting of foods.

20. Are edible wild plants such as dandelion greens, burdock, lambs quarters (pig weed), and seaweed creditable?

These items are considered to be vegetables; however, caution should be used. Wild plants that are not purchased commercially may have been sprayed with toxic pesticides. Safeguards in the use of wild plants should be developed. It is suggested that operators restrict their use of these food items to those that are commercially available.

21. Are dehydrated vegetables creditable?

Yes. Dehydrated vegetables are creditable. Crediting is based on the rehydrated volume, not the fresh volume that may be stated on the container. Keep in mind that rehydration data on the container often vary from brand to brand. This variation means that the following procedure must be used for each brand of dehydrated product. A minimum of an ⅛ cup of rehydrated vegetable must be served in order to contribute to the vegetables component.

Determine the rehydrated volume as follows:

- Rehydrate (add water or liquid to) a purchase unit of the dehydrated vegetable according to manufacturers' directions. If the directions are not on the container, request rehydration instructions from the manufacturer.
- Measure the rehydrated volume.

- Measure the number of ¼ cup servings of rehydrated product that 1 purchase unit provides.
- Document and keep records obtained as required by the State agency, regional office, or sponsoring agency as verification. Records should include information on the size of the purchase unit, the number of ¼ cup servings of rehydrated product per purchase unit, the name of the manufacturer, and the manufacturers' directions for how to rehydrate the product.

22. Are the raisins in homemade rice or bread pudding creditable?

Yes. However, at least an ⅛ cup (2 tablespoons) must be present in each serving. In most recipes, not enough raisins are used to meet this requirement. Maintain a standardized recipe on file to document that there is at least an ⅛ cup (2 tablespoons) of raisins per serving (which credits as a ¼ cup fruit).

As a reminder, sweet rice and bread puddings are considered grain-based desserts and are (1) not creditable grains and (2) generally discouraged in the CACFP.

GRAINS

Grains are a required component for a reimbursable breakfast, lunch, and supper meal. Grains are an optional component at snack.

All grain products served in the CACFP must be made with whole grains or enriched meal and/or enriched flour, or bran or germ, to be creditable in the CACFP. This section provides guidance on how to determine if a product is creditable based on the combination of grains, meals, and flours in the product.

Exhibit A: Grain Requirements for Child Nutrition Programs (Exhibit A) provides the minimum portion sizes of grain products that are required to meet meal pattern requirements for each age group. This chart provides serving size information in both grains/breads servings and ounce equivalents (oz eq). As a reminder, starting October 1, 2021, all grain products served in the CACFP and to preschool age children in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must be credited based on ounce equivalents. See Exhibit A on page 94.

To emphasize the importance of whole grains, the CACFP meal patterns require that grains served at least once per day be whole grain-rich. Whole grain-rich means that at least half (50 percent) of the grain ingredients in the food are whole grains and any other grains are enriched. Please note that food items that are 100 percent whole grain meet the whole grain-rich requirement. This requirement was developed based on the Dietary Guidelines for Americans recommendation that half of the grains we consume should be whole grains.

This requirement will help children and adults increase their intake of whole grains and benefit from the important nutrients that whole grains provide. This whole grain-rich requirement only applies to meals and snacks served to children (ages 1 year or older) and adults.

Any additional grains served that do not meet the whole grain-rich criteria may still count toward program requirements if they are made of creditable grains.

Whole grain-rich foods are foods that contain 100 percent whole grains, or that contain at least 50 percent whole grains with the remaining grains in the food being enriched. See page 78 for more information on how to identify whole grain-rich products.

As a reminder, an ounce equivalent of grains is slightly heavier (16 grams of grains) than a grains serving (14.75 grams of grains). For example, if the minimum required amount of grains for a meal is 1 serving, you can serve a grain product that provides 1 ounce equivalent grains. This 1 ounce equivalent grains provides slightly more than the minimum quantity needed to provide 1 serving of grains. For more information on crediting ounce equivalent grains, see the Crediting in Action section on page 112 and *Exhibit A: Grain Requirements for Child Nutrition* Programs on page 94.

CREDITABLE GRAINS

Grains that contribute to the meal pattern include:

- whole grains
- enriched grains
- bran and germ

1. Whole Grains

What Is a Whole Grain?

Whole grains consist of the entire grain, seed, or kernel. A whole grain has 3 parts—the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during processing. If the finished product has about the same amount of bran, germ, and endosperm as the original grain did before processing, it is considered a whole grain.

Examples of whole-grain ingredients include whole-grain or whole-wheat flour, brown rice, wild rice, oatmeal, bulgur, whole-grain corn, and quinoa.

Whole grains offer a variety of vitamins and minerals, including magnesium, selenium, iron, zinc, B vitamins, and dietary fiber.

For a list of whole grains, see *List of Common Whole Grains* chart on page 82.

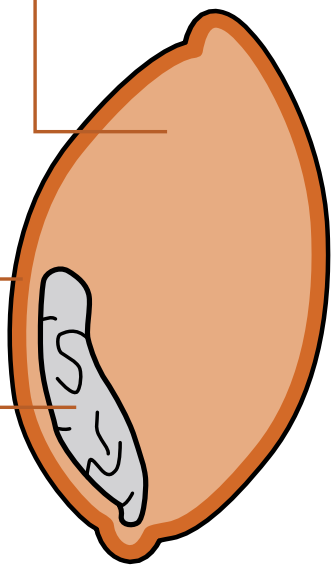
Whole-Grain Kernel

Bran

"Outer shell" protects seed Fiber, B vitamins, trace minerals

Endosperm

Provides energy
Carbohydrates, protein



Germ

Nourishment for the seed
Antioxidants, vitamin E, B vitamins

2. Enriched and Fortified Grains

Enriched and fortified grains are grains that have been processed to remove all or part of the bran and the germ to give a grain product a smoother texture. Then certain nutrients are added back during or after processing. The U.S. Food and Drug Administration (FDA) sets the standards for food enrichment and fortification.

If a grain product is labeled "enriched," it must contain certain amounts of niacin, iron, thiamine, riboflavin, and folic acid. If it is labeled "fortified," it can have any nutrients added to increase the nutritional quality of the product. Sometimes just the grain portion of a product is enriched or fortified, and sometimes the entire product has been enriched or fortified. When nutrients are added to the entire grain product, the added nutrients appear at the end of the ingredient list.

For example, an ingredient list for an enriched pasta may say:

INGREDIENTS: Semolina (Wheat), Durum Wheat Flour, **Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid**

*Added nutrients are in bold.

For more information on how to tell if a grain is enriched or fortified, see "Criteria To Determine Enriched or Fortified Grain Products" on page 87.

For a list of enriched grains, see *List of Enriched Grains* chart on page 84.

3. Bran and Germ

The bran is the seed husk or outer coating of grains such as wheat, rye, and oats. The bran can be a good source of many nutrients, including B vitamins, iron, potassium, and fiber.

The germ is the vitamin-rich portion of the grain kernel, which can provide a good source of B vitamins, phosphorus, and zinc. The germ can be separated before processing for use as a cereal or food supplement.

For a list of brans and germs, see *List of Brans and Germs* chart on page 84.

NON-CREDITABLE GRAINS OR FLOURS

Many commercial grain products include ingredients that are not creditable toward the grains component. These include grain ingredients that are not whole, enriched, bran, or germ such as bromated flour, durum flour, white flour, and wheat flour. Also, legume and vegetable flours (tapioca, potato, legume, bean, and other vegetable flours) are flours that do not contain any grains, but are considered a non-creditable grain or flour.

For a list of non-creditable grains or flours, see *List of Non-Creditable Grains or Flours* chart on page 85.

Non-creditable grains or flours in insignificant amounts (displayed in the ingredient list as less than 2 percent of the total product) may be disregarded when determining if a grain product credits toward the meal pattern. To the extent possible, choose grain foods with an insignificant amount of non-creditable grains or flours.

Grain Derivatives

Grain derivatives do not count as grains in the Child Nutrition Programs and can be ignored when looking at an ingredients label to determine if a grain product is creditable. Grain derivatives, which are generally presented in only small amounts, include:

- corn starch
- dextrin
- modified food starch
- rice starch
- tapioca starch
- wheat dextrin
- wheat gluten
- wheat starch

CREDITABLE GRAIN PRODUCTS

A creditable grain product must be:

- whole grain-rich

OR

- enriched

OR

- bran or germ.

Use the following 2 criteria to determine if your grain product is creditable as either whole grain-rich or enriched. Creditable grain products must meet at least **1** of the criteria described in this section.

1. Criteria To Determine Whole Grain-Rich Products

Any **1** of the following six methods may be used to determine if a grain product meets the whole grain-rich criteria. The food only needs to meet **1** of the following to be considered whole grain-rich.

Remember, if grains are part of a reimbursable meal or snack, at least 1 serving per day must be whole grain-rich.

Method 1

The product is found on **any** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole-grain food list.

Any grain product found on **any** State agency's WIC-approved whole-grain food list meets CACFP whole grain-rich criteria. You may obtain a copy of a State agency's WIC-approved whole-grain food list by contacting the WIC State agency. For a list of WIC State agency contacts, see the Resource Section on page 135.

Method 2

The product is labeled as "whole wheat" and has a Standard of Identity (as defined below) issued by the FDA.

An FDA Standard of Identity is a set of rules for what a certain product (like whole-wheat bread) must contain or may contain to be labeled with that product name legally. FDA provides Standards of Identity for certain whole-wheat bread products and certain whole-wheat pasta products.

Only **breads** with these exact product names conform to an FDA Standard of Identity and can be considered whole grain-rich using this method:

- whole-wheat bread
- entire wheat bread
- graham bread
- whole-wheat rolls
- entire wheat rolls
- graham rolls
- whole-wheat buns
- entire wheat buns
- graham buns

Only **pastas** with these exact product names conform to an FDA Standard of Identity and can be considered whole grain-rich using this method:

- whole-wheat macaroni product
- whole-wheat macaroni
- whole-wheat spaghetti
- whole-wheat vermicelli

Other grain products labeled as "whole wheat" such as crackers, tortillas, bagels, biscuits, and other pastas shapes not listed in the "pastas" section must be evaluated using **1** of the other methods (methods 3-6) listed here to determine if the product meets the whole grain-rich criteria.

Please be aware that manufacturers may label their products with terms that are similar to, but slightly different from, FDA's Standard of Identity terms previously defined. Some of these terms include "whole grain," "made with whole grains," "made with whole wheat," or "contains whole grains." Foods labeled with these terms may not be whole grain-rich and need to be evaluated for FNS' whole grain-rich creditability for CACFP using **1** of the other methods listed here.

Please note, use of the National School Lunch Program (NSLP) whole grain-rich criteria may ease menu planning and purchasing for schools that operate CACFP at-risk afterschool programs or CACFP child care programs because they can use the same whole grain-rich criteria for both programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under the CACFP.

Method 3

The product includes **1** of the following FDA-approved whole-grain health claims on its packaging, exactly as written below:

> "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers."
>
> OR
>
> "Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

The FDA whole-grain health claims are sufficient documentation to demonstrate compliance with the whole grain-rich criteria **only in the CACFP**.

Method 4

The food meets the whole grain-rich criteria under the National School Lunch Program (NSLP).

Use of the NSLP whole grain-rich criteria may ease menu planning and purchasing for schools that operate CACFP at-risk afterschool programs or CACFP preschool and CACFP at-risk afterschool programs, because the NSLP whole grain-rich criteria can be used for both programs.

Please note, the National School Lunch Program (NSLP) whole grain-rich criteria applies for all grain products with the exception of grain-based desserts, which are not creditable under the CACFP. Also remember, cereals served in the CACFP must contain no more than 6 grams of sugar per ounce.

Method 5

The food meets FNS' *Rule of Three* criteria for identifying whole grain-rich products in CACFP.

FNS developed the *Rule of Three* recognizing that CACFP operators purchase food differently than School Meal Program operators, as CACFP operators often shop in retail environments and may not have access to manufacturers' Product Formulation Statements or products specially formulated for School Meal Programs.

To meet the *Rule of Three* criteria:

The first ingredient (or the second ingredient after water) must be whole grain, and the next 2 grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.

Grain derivatives (byproducts of grains) do not count as grain ingredients and can be ignored when evaluating with the *Rule of Three* criteria. For more information on grain derivatives, see page 78.

- Any non-creditable grain ingredients that are labeled as "less than 2 percent" in the ingredients list are considered insignificant and may be ignored. See page 85 for list of non-creditable grains or flours.

When using the *Rule of Three*, you may refer to the lists of common grain ingredients found on grain product labels. Please note that these lists are not meant to be exhaustive, and there may be other items that qualify that are not included in these grain lists. See lists beginning on page 82:

- List of Common Whole Grains
- List of Enriched Grains
- List of Brans and Germs
- List of Non-Creditable Grains or Flours

Mixed Dishes

When applying the *Rule of Three* criteria to the grain portion of mixed dishes, such as pizza crusts and tortillas for burritos, the first grain ingredient must be a whole grain and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.

Ready-To-Eat Breakfast Cereals

When applying the *Rule of Three* criteria for ready-to-eat breakfast cereals, if the first grain ingredient is a whole grain and the cereal is fortified, the product meets the whole grain-rich criteria. In this situation, there is no need to look at any other grain ingredients in the cereal. See page 111 for more information on crediting ready-to-eat breakfast cereals.

List of Common Whole Grains

Please note that this is not an exhaustive list and therefore may not contain all possible whole-grain ingredient names present on food labels.

List of Common Whole Grains	
Wheat	
bromated whole-wheat flour	white whole-wheat flour
bulgur (cracked wheat)	whole bulgur
cracked wheat or crushed wheat	whole-durum flour
entire wheat flour	whole-durum wheat flour
flaked wheat	whole-grain bulgur
graham flour	whole-grain wheat
sprouted wheat	whole-grain wheat flakes
sprouted wheat berries	whole-grain wheat flour
sprouted whole wheat	whole-white wheat
stone ground whole-wheat flour	whole-wheat flakes
toasted crushed whole wheat	whole-wheat flour
wheat berries	whole-wheat pastry flour
wheat groats	
Oats	
instant oatmeal	steel cut oats
oat groats	whole-grain oat flour
oatmeal or rolled oats	whole oats
old fashioned oats	whole-oat flour
quick-cooking oats	
Barley	
dehulled barley	whole-barley flour
dehulled-barley flour	whole-grain barley
whole barley	whole-grain barley flour
whole-barley flakes	

List of Common Whole Grains	
Corn	
popcorn	whole-grain corn flour
whole corn	whole-grain cornmeal
whole cornmeal	whole-grain grits
whole-grain corn	whole-corn flour
Brown Rice	
brown rice	sprouted brown rice
brown rice flour	
Wild Rice	
wild rice	wild rice flour
Rye	
flaked rye	whole-rye
rye berries	whole-rye flakes
rye groats	whole-rye flour
sprouted whole rye	
Other Grains	
amaranth	sprouted spelt
amaranth flour	teff
buckwheat	teff flour
buckwheat flour	triticale
buckwheat groats	triticale flour
millet	whole-grain einkorn
millet flour	whole-einkorn berries
quinoa	whole-grain emmer (farro)
sorghum (milo)	whole-grain einkorn flour
sorghum flour	whole kamut (Khorasan wheat)
spelt berries	whole-grain spelt flour
sprouted buckwheat	whole spelt
sprouted einkorn	

List of Common Whole Grain-Rich Ingredients

Please note that this is not an exhaustive list and therefore may not contain all possible whole grain-rich ingredient names present on food labels.

Did you know, the following may be counted as whole grain-rich ingredients using the *Rule of Three*.

- corn masa
- masa harina
- hominy grits

Nixtamalized corn, (i.e., corn treated with lime), such as hominy, corn masa (dough from masa harina), and masa harina (corn flour) are considered whole grain when evaluating products for meal requirements. Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients. If the ingredient statement indicates the corn is treated with lime (for example, "ground corn with trace of lime" or "ground corn treated with lime"), then the corn is nixtamalized.

Enriched Grains may be the:

- Second or third grain ingredient.

List of Common Enriched Grains

Please note:

1. That this is not an exhaustive list and therefore may not contain all possible enriched grain ingredient names present on food labels.
2. Look for the word "enriched" in the grain ingredient description.

List of Common Enriched Grains	
enriched bromated flour	enriched rye flour
enriched corn flour	enriched semolina
enriched durum flour	enriched wheat flour
enriched durum wheat flour	enriched white flour
enriched rice	enriched yellow corn flour
enriched rice flour	

Bran and Germ may be the:

- Second or third grain ingredient.

List of Common Brans and Germs

Please note:

1. That this is not an exhaustive list and therefore may not contain all possible bran and germ ingredient names present on food labels
2. Look for the words "bran" and "germ" in the ingredient description.

List of Common Brans and Germs	
corn bran	rye bran
oat bran	wheat bran
rice bran	wheat germ

Disregarded ingredients (may be ignored, as these ingredients are not included in the *Rule of Three*):

- Any ingredients that are less than 2 percent of product weight (i.e., any ingredients listed on the ingredient list after the words "contains less than 2 percent").
- Grain derivatives. For more information on grain derivatives, see page 78.

Non-Creditable Grains or Flours

These ingredients are not whole, enriched, bran, or germ. They cannot be 1 of the first 3 grain ingredients. See the List of Non-Creditable Grains or Flours in the next column.

List of Common Non-Creditable Grains or Flours

Please note that:

1. This is not an exhaustive list and therefore may not contain all possible grains that do not credit in the CACFP.
2. Typically, these are grains that DO NOT include the word "whole" or "enriched" in the ingredient description.
3. Please note, although legume, potato, tapioca, and nut flours are not grains, they are to be counted along with the non-creditable grains in the CACFP.

List of Common Non-Creditable Grains or Flours
all-purpose flour (not enriched)
any bean flour
any legume flour
any nut flour
any vegetable flour
barley malt
bromated flour
corn
corn fiber
degerminated corn meal
durum flour
farina
malted barley flour
oat fiber
potato flour
rice flour
semolina
tapioca flour
wheat flour
white flour

As a reminder, the *Rule of Three* is ONLY used to determine if a product is whole grain-rich. If the product does not meet the *Rule of Three* criteria for a whole grain-rich product, then check to see if the product is creditable as enriched. See page 87 for Criteria To Determine Enriched or Fortified Grain Products.

Examples of *Rule of Three*

Example 1: An English muffin ingredient list includes: "whole-wheat flour, water, enriched wheat flour, wheat starch, yeast, sugar, and salt."

This product is creditable as a whole grain-rich product in the CACFP using the *Rule of Three* criteria because:

1. The first ingredient (whole-wheat flour) is a whole grain,

AND

2. The second grain ingredient (enriched wheat flour) is an enriched grain,
3. The wheat starch is a grain derivative and can be ignored when determining if a product is whole grain-rich in the CACFP.

This product meets the *Rule of Three* based on the 2 creditable grain ingredients; whole-wheat flour and enriched wheat flour.

Example 2: A cheese pizza ingredient list reads: "mozzarella cheese, parmesan cheese, white whole-wheat flour, brown rice flour, enriched flour, nonfat milk, water, tomato paste, yeast."

This product is creditable as a whole grain-rich product using the *Rule of Three* criteria because:

1. The first grain ingredient is white whole-wheat flour, which is a whole-grain ingredient,

AND

2. The second grain ingredient is brown rice flour, which is a whole-grain ingredient,

AND

3. The third grain ingredient is enriched flour, which is an enriched ingredient.

Method 6

Proper documentation from a manufacturer or a standardized recipe demonstrating that whole grains are the primary grain ingredient by weight.

Documentation from a manufacturer or a standardized recipe is helpful when grain products do not have a whole grain as the first ingredient and for mixed products. When a grain product (such as bread) has a first ingredient that is not whole grain, the primary ingredient by weight may still be whole grain if there are multiple whole grain ingredients and the combined weight of those whole grains is more than the weight of the other grain ingredients. When the grain portion of a mixed product (like a beef enchilada) is not entirely whole grain, it may be whole grain-rich depending upon the proportion of whole grains to other grain ingredients. More information regarding acceptable documentation for grain products is located on page 107.

2. Criteria for Enriched or Fortified Grain Products

To determine if a grain product is enriched, it must meet at least **1** of the following methods:

Method 1

The food is labeled as "enriched." For example, long grain rice that is enriched will have in the product name "enriched long grain rice."

Method 2

An enriched grain is listed as the first ingredient on the ingredient list (or second after water). The ingredient list will usually say "enriched flour" or "enriched wheat flour," or there is a sub-listing of nutrients used to enrich the ingredient, for example, "white flour {iron, folic acid, riboflavin, niacin, and thiamine}."

Method 3

For breakfast cereals, the product is labeled as "fortified" or the ingredient list names the vitamins and minerals that have been added to the product. If a breakfast cereal is fortified, it does not need to be enriched.

For example, the ingredient list of a fortified breakfast cereal may read, "Ingredients: Wheat flour, sugar. Contains less than 2 percent of salt, baking soda, caramel color, BHT for freshness. **Vitamins and Minerals: vitamin C (sodium ascorbate, ascorbic acid), niacin, vitamin B6 (pyridoxine hydrochloride), reduced iron, zinc oxide, folic acid, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, vitamin D, vitamin B12**."

*Added nutrients are in bold.

NOTE: The ingredient list of a non-fortified cereal does not include any added vitamins and minerals.

For example, the ingredient list of a non-fortified breakfast cereal may read, "Ingredients: rice flour, wheat flour, evaporated cane juice, pomegranate juice concentrate, sea salt." This particular cereal is not considered a creditable grain because it is not made from whole or enriched grains and is not fortified.

See questions on the following page to practice how to determine if a grain product is creditable using an ingredient list. There are additional questions on crediting grains toward meal pattern requirements beginning on page 123.

PRACTICE QUESTIONS ON HOW TO DETERMINE A CREDITABLE GRAIN PRODUCT USING AN INGREDIENT LIST

Use the following sample product ingredient lists to determine whether the product is creditable as a grain in the CACFP:

Multigrain Bread

INGREDIENTS: Water, Enriched Wheat Flour [Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Rolled Oats, Sugar, Wheat Gluten, Yeast, Soybean Oil, Salt, Calcium Propionate, (Preservative), Monoglycerides, Datem and/or Sodium Stearoyl Lactylate, Calcium Sulfate, Citric Acid, Calcium Carbonate, Soy Lecithin, Whey, Nonfat Milk

Is this a creditable grain product?

Yes, this multigrain bread is creditable as an enriched grain product because the first grain ingredient listed after water is an enriched grain.

Please note: There is no *Rule of Three* for enriched grain items. The rule only applies to determining a whole grain-rich item.

Garlic Bread

INGREDIENTS: All-Purpose Flour, Water, Enriched Semolina (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid). Contains less than 2 percent of each of the following: Yeast, Salt, Natural Flavor (Wheat), Soybean Oil, Minced Garlic, Wheat Gluten, Calcium Sulfate, Enzymes (Wheat), and Ascorbic Acid

Is this a creditable grain product?

No, it does not meet the criteria for a whole grain-rich or an enriched grain product because:

- The first ingredient on the ingredient list is all-purpose flour, and it is not enriched.

This garlic bread is not creditable because it does not meet the grains requirement as a whole grain-rich or an enriched grain product.

Bagels

INGREDIENTS: Enriched Bleached Flour, Water, Brown Sugar, Yeast, Wheat Germ, Yellow Corn Flour (Folic Acid, Riboflavin, Niacin, and Thiamine), Cornmeal, Gluten, Cornstarch, Salt, Calcium Propionate, Cellulose Gum, Citric Acid, Soy Lecithin

Is this a creditable grain product?

Yes, this is creditable as an enriched grain product because the first ingredient is an enriched flour (enriched bleached flour).

The bagels are creditable as an enriched grain.

Wheat Breadsticks

INGREDIENTS: Whole-Wheat Flour, Water, Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron as Ferrous Sulfate, Thiamine Mononitrite, Enzyme, Riboflavin, Folic Acid), Yeast, Sugar, Wheat Gluten. Contains less than 2 percent of the following: Soybean Oil, Salt, Oat Fiber, Honey, Sodium Stearoyl Lactylate, Datem, Acesulfame Potassium, Ascorbic Acid, Enzyme. May contain Milk, Soy, Egg, and Sesame

Is this a creditable grain product?

Yes, this is a creditable grain product and meets the whole grain-rich criteria because it meets the following *Rule of Three* criteria:

1. The first ingredient on the ingredient list is a whole grain (whole-wheat flour).

AND

2. The remaining grain in the product (enriched unbleached wheat flour) is enriched.

These wheat breadsticks are creditable as a whole grain-rich product.

Please note: Ingredients are listed by weight with the ingredient weighing the most listed first on the ingredient list.

ADDITIONAL GRAIN REQUIREMENTS

There are additional grain requirements in the CACFP. Let's review those now in detail.

1. Grain-Based Desserts

To better align the CACFP meal patterns with the *Dietary Guidelines for Americans*, grain-based desserts cannot count toward the grains requirement at any meal or snack.

Grain-based desserts are those food items that have a superscript 3 and 4 in Exhibit A (See page 94). Under Exhibit A, the following foods are grain-based desserts: cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cakes, and brownies.

Certain grain-based items may be considered a dessert or a savory snack, depending on how they are served. For example, scones can be savory or sweet. Savory scones, such as ones made with cheese and herbs, are not grain-based desserts. However, sweet scones, such as those made with fruit and/or icing, are grain-based desserts.

Cookies do not have an FDA Standard of Identity, so a food manufacturer may come up with fanciful names that could be misleading.

When determining whether a food is a grain-based dessert, consider whether the food is commonly thought of as a dessert or treat. Using this approach is particularly important when a food item may not be labeled as a dessert. If you are unsure of whether a food item is considered a grain-based dessert, you should work with your sponsoring organization or State agency, as appropriate, to make the determination.

FNS recognizes that centers and day care homes may want to occasionally serve grain-based desserts, such as for celebrations or other special occasions. As a reminder, centers and day care homes continue to have the flexibility to serve grain-based desserts as an additional food item that does not contribute to the meal components required for reimbursement. However, food items that do not contribute to the CACFP meal pattern are not allowable costs and must be purchased using non-program funds. See the Resource Section on page 133 for information on accessing CACFP Meal Pattern Training Worksheet *Grain-Based Desserts in the CACFP*.

2. Breakfast Cereals

Breakfast cereals must meet the sugar limit and be made from whole grains, enriched meal and/or enriched flour, bran or germ, or be fortified, to be creditable in the CACFP. Breakfast cereals served to infants, children, and adults may contain up to 6 grams of sugar per dry ounce (no more than 21.2 grams of sugar per 100 grams of dry cereal). Breakfast cereals include ready-to-eat cereals, instant cereals, and hot cereals.

To determine if a breakfast cereal is within the sugar limit, it must meet only **1** (not all) of the following methods:

Method 1

The cereal is listed on **any** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.

Similar to the CACFP, all WIC-approved breakfast cereals contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams).

Method 2

The Table of Cereal Serving Sizes in Grams and Sugar Limits.

This method uses the Nutrition Facts Label and a Sugar Limits table to help you determine if a breakfast cereal meets the sugar limit.

Use the chart in the next column and follow these steps:

Step 1: Find the Serving Size in grams (g) on the Nutrition Facts label of the cereal.

Step 2: Find the Total Sugars line on the label. Look at the number of grams (g) next to Sugars.

Step 3: Use the serving size identified in Step 1 to find the serving size of your cereal in the "Table of Cereal Serving Sizes in Grams and Sugar Limits."

Step 4: In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of total sugar, or less, your cereal meets the sugar requirement.

Table of Cereal Serving Sizes in Grams and Sugar Limits

Use this chart to determine if your cereal meets the sugar requirements.

Serving Size*	Sugars
If the serving size is	Sugars cannot be more than
0-2 grams	0 grams
3-7 grams	1 grams
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams
83-87 grams	18 grams
88-91 grams	19 grams
92-96 grams	20 grams
97-100 grams	21 grams

*Serving sizes here refer to those found for breakfast cereals on the Nutrition Facts label. See the meal patterns for serving size requirements in the CACFP.

For additional information on breakfast cereals, see the Resource Section on page 133 for information on accessing CACFP Meal Pattern Training Worksheet *Choose Breakfast Cereals That Are Lower in Added Sugars*.

Method 3

Use **1** of the following 2 methods to calculate the sugar content per dry ounce:

1. Standard Method: Use the Nutrition Facts label (in the next column) of the breakfast cereal to calculate the sugar content per dry ounce.

   Step 1: Find the Serving Size in grams (g) at the top of the label.

   Step 2: Find the Total Sugars line. Look at the number of grams (g) next to Total Sugars.

   Step 3: Divide the number of grams of total sugars by the serving size in grams.

   Step 4: If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in the CACFP.

Nutrition Facts

About 15 servings per container

Serving size **3/4 cup (30g)**

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 3g Added Sugars	**6%**
Protein 3g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

2. Rounding Method: Use an FNS-provided alternate calculation that uses rounding and aligns with the CACFP Meal Pattern Training Worksheet: *Choose Breakfast Cereals That Are Lower in Added Sugars*. To access the training worksheet, see the Resource Section on page 133.

Step 1: First, find the serving size in grams at the top of the Nutrition Facts label.

Step 2: Multiply the serving size in grams by 0.212.

Step 3: If the answer in step 2 ends in 0.5 or more, round the number up to the next whole number. If the answer in step 2 ends in 0.49 or less, round the number down to the next whole number. For example, if the answer in step 2 is 4.24, it is rounded down to 4.

Step 4: Next, find the Total Sugars line. Look at the number of grams (g) next to Total Sugars.

Step 5: Compare the number from step 4 with the number in step 3. If the number from step 4 is equal to, or less than, the number in step 3, the cereal meets the sugar limit and may be creditable in the CACFP.

Nutrition Facts

About 15 servings per container

Serving size **3/4 cup (30g)**

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 4g Added Sugars	**8%**
Protein 2g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

EXHIBIT A
GRAINS REQUIREMENTS FOR CHILD NUTRITION PROGRAMS[1,2]
Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
• Bread coating	1 oz eq = 22 g or 0.8 oz	1 serving = 20 g or 0.7 oz
• Bread sticks (hard)	¾ oz eq = 17 g or 0.6 oz	¾ serving = 15 g or 0.5 oz
• Chow mein noodles	½ oz eq = 11 g or 0.4 oz	½ serving = 10 g or 0.4 oz
• Savory crackers (saltines and snack crackers)	¼ oz eq = 6 g or 0.2 oz	¼ serving = 5 g or 0.2 oz
• Croutons		
• Pretzels (hard)		
• Stuffing (dry) (note: weights apply to bread in stuffing)		

Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
• Bagels	1 oz eq = 28 g or 1.0 oz	1 serving = 25 g or 0.9 oz
• Batter type coating	¾ oz eq = 21 g or 0.75 oz	¾ serving = 19 g or 0.7 oz
• Biscuits	½ oz eq = 14 g or 0.5 oz	½ serving = 13 g or 0.5 oz
• Breads–all (for example sliced, French, Italian)	¼ oz eq = 7 g or 0.25 oz	¼ serving = 6 g or 0.2 oz
• Buns (hamburger and hot dog)		
• Sweet crackers[5] (graham crackers–all shapes, animal crackers)		
• Egg roll skins		
• English muffins		
• Pita bread		
• Pizza crust		
• Pretzels (soft)		
• Rolls		
• Tortillas		
• Tortilla chips		
• Taco shells		

[1] In National School Lunch Program (NSLP) and School Breakfast Program (SBP) (grades K-12), at least half of the grains served must meet whole grain-rich criteria and the remaining grain items offered must be enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ. For information on flexibilities, please contact your State agency. For all other Child Nutrition Programs, grains are whole grain or enriched or made with enriched or whole-grain meal, and/or flour, bran, and/or germ. Under the Child and Adult Care Food Program (CACFP) child and adult meal patterns, and in NSLP/SBP preschool meals, at least 1 grain serving per day must meet whole grain-rich criteria.

[2] For NSLP and SBP (grades K-12), grain quantities are determined using ounce equivalents (oz eq). All other Child Nutrition Programs determine grain quantities using grains/bread servings. Beginning Oct. 1, 2021, grain quantities in CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

[5] Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count toward the grain component in SBP (grades K-12), CACFP, NSLP/SBP infant and preschool meals, and Summer Food Service Program (SFSP).

Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
• Cookies[3] (plain–includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meat/meat alternate pies) • Waffles	1 oz eq = 34 g or 1.2 oz ¾ oz eq = 26 g or 0.9 oz ½ oz eq = 17 g or 0.6 oz ¼ oz eq = 9 g or 0.3 oz	1 serving = 31 g or 1.1 oz ¾ serving = 23 g or 0.8 oz ½ serving = 16 g or 0.6 oz ¼ serving = 8 g or 0.3 oz
Group D	**Ounce Equivalent (oz eq) for Group D**	**Minimum Serving Size for Group D**
• Doughnuts[4] (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars[4] (plain) • Muffins (all, except corn) • Sweet roll[4] (unfrosted) • Toaster pastry[4] (unfrosted)	1 oz eq = 55 g or 2.0 oz ¾ oz eq = 42 g or 1.5 oz ½ oz eq = 28 g or 1.0 oz ¼ oz eq = 14 g or 0.5 oz	1 serving = 50 g or 1.8 oz ¾ serving = 38 g or 1.3 oz ½ serving = 25 g or 0.9 oz ¼ serving = 13 g or 0.5 oz
Group E	**Ounce Equivalent (oz eq) for Group E**	**Minimum Serving Size for Group E**
• Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[4] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[4] (frosted) • Toaster pastry[4] (frosted)	1 oz eq = 69 g or 2.4 oz ¾ oz eq = 52 g or 1.8 oz ½ oz eq = 35 g or 1.2 oz ¼ oz eq = 18 g or 0.6 oz	1 serving = 63 g or 2.2 oz ¾ serving = 47 g or 1.7 oz ½ serving = 31 g or 1.1 oz ¼ serving = 16 g or 0.6 oz
Group F	**Ounce Equivalent (oz eq) for Group F**	**Minimum Serving Size for Group F**
• Cake[3] (plain, unfrosted) • Coffee cake[4]	1 oz eq = 82 g or 2.9 oz ¾ oz eq = 62 g or 2.2 oz ½ oz eq = 41 g or 1.5 oz ¼ oz eq = 21 g or 0.7 oz	1 serving = 75 g or 2.7 oz ¾ serving = 56 g or 2 oz ½ serving = 38 g or 1.3 oz ¼ serving = 19 g or 0.7 oz

[3] Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grain component in CACFP or NSLP/SBP infant and preschool meals, as specified in §§226.20(a)(4) and 210.10.

[4] Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grain component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grain component in the CACFP and NSLP/SBP infant and preschool meals, as specified in §§226.20(a)(4) and 210.10.

Group G	Ounce Equivalent (oz eq) for Group G	Minimum Serving Size for Group G
• Brownies[3] (plain) • Cake[3] (all varieties, frosted)	1 oz eq = 125 g or 4.4 oz ¾ oz eq = 94 g or 3.3 oz ½ oz eq = 63 g or 2.2 oz ¼ oz eq = 32 g or 1.1 oz	1 serving = 115 g or 4 oz ¾ serving = 86 g or 3 oz ½ serving = 58 g or 2 oz ¼ serving = 29 g or 1 oz
Group H	**Ounce Equivalent (oz eq) for Group H**	**Minimum Serving Size for Group H**
• Cereal Grains (barley, quinoa, etc.) • Breakfast cereals (cooked)[6,7] • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice	1 oz eq = ½ cup cooked or 1 oz (28 g) dry	1 serving = ½ cup cooked or 25 g dry
Group I	**Ounce Equivalent (oz eq) for Group I**	**Minimum Serving Size for Group I**
• Ready-to-eat breakfast cereal (cold, dry)[6,7]	1 oz eq = 1 cup or 1 oz for flakes and rounds 1 oz eq = 1¼ cups or 1 oz for puffed cereal 1 oz eq = ¼ cup or 1 oz for granola	1 serving = ¾ cup or 1 oz, whichever is less

[3] Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grain component in CACFP or NSLP/SBP infant and preschool meals, as specified in §§226.20(a)(4) and 210.10.

[6] Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

[7] Cereals must be whole-grain, enriched, fortified, or made with bran, and/or germ; cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.

Use this section as a guide to identify creditable grains and products that contain creditable grains. This is NOT an all-inclusive list. For information on creditable grains commonly served in Child Nutrition Programs, see the *Food Buying Guide for Child Nutrition Programs*, commonly referred to as the *Food Buying Guide* (FBG) and *Exhibit A: Grain Requirements for Child Nutrition Programs*.

To verify the product contains creditable grains, you also must check the product ingredient list and the product food label.

Remember, grain products must be made with whole grains, enriched meal and/or flour, or bran or germ to credit toward the grains component.

Details in the Additional Information column help you to determine if the product is creditable and where to go to get more information, for example the *Food Buying Guide* or the *Exhibit A: Grain Requirements for Child Nutrition Programs*.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Amaranth	X			Amaranth is creditable as a whole grain. See Group H of Exhibit A. When amaranth is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Animal Crackers	X			Animal crackers are credited in the same group as sweet crackers. See Group B of Exhibit A.
Bagels	X			See Group B of Exhibit A.
Bagel Chips	X			See Group B of Exhibit A. These products should be served with caution due to potential choking hazards.
Banana Bread	X			Quick breads are credited in the same group as muffins (other than corn muffins). See Group D of Exhibit A.
Barley		X		Barley is creditable as a grain. See Group H of Exhibit A. When barley is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A. Please note that "pot" or "Scotch" barley and "pearl" or "pearled" barley are not creditable because they are not whole grain or enriched.
Bean Pasta/ Noodles			X	Beans are not creditable toward the grains component. See the Meats/Meat Alternates or Vegetables section.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Biscuits	X			See Group B of Exhibit A.
Boston Brown Bread	X			See Group B of Exhibit A.
Bread Pudding		X		Sweet bread puddings are considered grain-based desserts and cannot count toward the grains component. Savory bread puddings, such as those made with spinach and mushrooms, are not considered grain-based desserts and can count toward the grains component. Please note that bread puddings may contain an insufficient amount of grains per serving. See Group B of Exhibit A for weights of creditable bread (without other ingredients) required per serving. Document with a standardized recipe or a Product Formulation Statement.
Breading/Batter	X			See Groups A and B of Exhibit A for weights of the prepared breading or batter coatings. Many commercial products contain varying amounts of batter/breading. To help ensure the crediting of the product is accurate, purchasing Child Nutrition-labeled items is recommended for products such as commercial fish sticks or chicken or fish nuggets.
Brownies			X	Brownies are considered a grain-based dessert and cannot count toward the grains component.
Buckwheat	X			Buckwheat is a grain. See Group H of Exhibit A. When buckwheat is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Bulgur	X			Bulgur is a grain. See Group H of Exhibit A. When bulgur is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Buns, Hamburger and Hot Dog	X			See Group B of Exhibit A.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Cakes			X	Cake is considered a grain-based dessert and cannot count toward the grains component.
Carrot Bread	X			Quick breads are credited in the same group as muffins (other than corn). See Group D of Exhibit A.
Cereal Bars			X	Cereal bars are considered a grain-based dessert and cannot count toward the grains component.
Chips, Corn/Tortilla (Wheat or Corn)	X			See Group B of Exhibit A.
Chips, Potato			X	Potato chips are not creditable. See the Other Foods section in the *Food Buying Guide* for purchasing information.
Chow Mein Noodles	X			See Group A of Exhibit A.
Coffee Cake, Cinnamon/ Danish Rolls			X	Coffee cakes, cinnamon rolls, and Danish rolls are considered grain-based desserts and cannot count toward the grains component.
Cookies			X	Cookies are considered grain-based desserts and cannot count toward the grains component.
Cornbread	X			See Group C of Exhibit A.
Corn Muffins	X			See Group C of Exhibit A.
Cornmeal		X		Cornmeal must be whole grain or enriched when used as an ingredient in another product. Crediting is based on the food item being served, see Groups A through I of Exhibit A.
Corn Pone	X			Corn pone is a cornbread often made without milk or eggs and baked or fried. See Group C of Exhibit A.
Couscous		X		Couscous is a pasta. See Group H of Exhibit A. Please note, not all couscous is whole grain or enriched.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Crackers–Savory (Saltines and Snack Crackers)	X			See Group A of Exhibit A.
Crackers–Sweet (All Shapes, Animal, Graham)	X			See Group B of Exhibit A.
Cream Puff Shells (Dessert)			X	Cream puff shells are considered grain-based desserts and cannot count toward the grains component.
Crepes	X			Crepes are credited in the same group as pancakes. See Group C of Exhibit A.
Croissants	X			See Group C of Exhibit A.
Croutons	X			See Group A of Exhibit A.
Cupcakes			X	Cupcakes are considered grain-based desserts and cannot count toward the grains component.
Danish Pastries (Danishes)			X	Sweet pastries are considered grain-based desserts and cannot count toward the grains component.
Doughnuts			X	Doughnuts are considered grain-based desserts and cannot count toward the grains component.
Dumplings	X			Dumplings are credited in the same group as biscuits. See Group B of Exhibit A.
Egg Roll Skins/ Wonton Wrappers	X			See Group B of Exhibit A.
Emmer (Wheat)	X			Emmer is a type of wheat. When emmer is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
English Muffins	X			See Group B of Exhibit A.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Farina		X		Farina is served as a cooked breakfast cereal. See Group H of Exhibit A. Farina must be whole grain-rich or enriched. Check packaging carefully before purchasing.
Fig Bars			X	Fig bars are considered grain-based desserts and cannot count toward the grains component.
Flour Alternatives (Made from Non-Grain Ingredients)			X	Flour substitutes such as almond flour, bean flour, coconut flour, chickpea flour, hazelnut flour, Jerusalem artichoke flour, legume flour, potato flour, soy flour, and other vegetable flours are not grains and cannot count toward the grains component.
Freekeh	X			Freekeh is a grain and is creditable as a whole grain. See Group H of Exhibit A. When freekeh is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
French Bread		X		Please note some French breads may not be made with enriched or whole-grain flour. Document with a standardized recipe or a Product Formulation Statement. See Group B of Exhibit A.
French Toast	X			See Group E of Exhibit A. Document crediting information with a CN label, standardized recipe, or a Product Formulation Statement.
Fruit Fritters (such as Apple Fritter)			X	Fruit fritters are considered grain-based desserts and cannot count toward the grains component.
Graham Crackers	X			Graham crackers are credited in the same group as sweet crackers. See Group B of Exhibit A.
Granola Bars			X	Granola bars are considered grain-based desserts and cannot count toward the grains component.
Grits		X		Grits must be whole grain or enriched. See Group H of Exhibit A.
Hominy Grits, Regular, Dry	X			See Group H of Exhibit A.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Hush Puppies		X		See Group C of Exhibit A. Must be made with an enriched and/or whole-grain flour. Document with a standardized recipe or a Product Formulation Statement. Deep-fat frying is not allowed as a way of preparing foods onsite. Pre-fried bread may count toward the grains component if it is reheated using a method other than deep-fat frying. Please note that this product is high in fat.
Ice Cream Cones			X	Ice cream cones are considered grain-based desserts and cannot count toward the grains component.
Ice Cream Sandwich Wafers			X	Ice cream sandwich wafers are considered grain-based desserts and cannot count toward the grains component.
Italian Bread		X		Please note some Italian breads may not be made with enriched or whole-grain flour. Document with a standardized recipe or a Product Formulation Statement. See Group B of Exhibit A.
Johnny Cake			X	Johnny cake is considered a grain-based dessert and cannot count toward the grains component.
Kasha	X			Kasha is creditable as a whole grain. See Group H of Exhibit A. When kasha is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Millet	X			Millet is creditable as a whole grain. See Group H of Exhibit A. When millet is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Muffins	X			See Group C of Exhibit A for corn muffins. For all other muffins, see Group D.
Nachos	X			See Group B of Exhibit A for the weights of creditable corn chips (without other ingredients) required per serving. To determine the meal pattern contribution of the other ingredients in the nachos, see the *Food Buying Guide*.
Noodles (Wheat)	X			See Group H of Exhibit A.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Noodles in Canned Soup	X			Crediting is based on the weight of the noodles alone without other ingredients. See Group H of Exhibit A.
Oatmeal, Instant and Regular	X			Oatmeal must meet the sugar limit for breakfast cereals in the CACFP. When oatmeal is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Pancakes	X			See Group B of Exhibit A.
Pie Crust (Savory Pies with Meat/ Meat Alternate and/or Vegetable)		X		The crust portion of savory pies, such as beef or chicken pot pies, may contribute to the grains component. For the weight of the crust alone, see Group C of Exhibit A.
Pie Crust (Dessert Crust)			X	Dessert pie crust is considered a grain-based dessert and cannot count toward the grains component.
Pineapple Upside Down Cake			X	Cake is considered a grain-based dessert and cannot count toward the grains component.
Pita Bread	X			See Group B of Exhibit A.
Pizza Crust	X			See Group B of Exhibit A.
Polenta	X			See Group H of Exhibit A.
Popcorn, Popped	X			See the Grains section in the *Food Buying Guide*. A ¾ cup serving of popcorn credits as 0.25 oz eq grains. A 1 ½ cup serving credits as 0.5 oz eq of grains. A 3 cup serving credits as 1 oz eq of grains. Please note that popcorn may be a choking hazard for some participants.
Potatoes			X	Potatoes are not grains and are not creditable toward the grains component. See the Vegetable section in the *Food Buying Guide* for crediting information.
Potato Pancakes		X		Potatoes are not a grain. Only the enriched or whole-grain flour in the potato pancakes may count toward the grains component. Document with a standardized recipe or a Product Formulation Statement. Typically, potato pancakes contain too little creditable grain flour to contribute to the grains component.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Pound Cake			X	Pound cake is considered a grain-based dessert and cannot count toward the grains component.
Pretzels, Soft	X			See Group B of Exhibit A.
Pretzels, Hard	X			See Group A of Exhibit A.
Puff Pastry		X		Sweet puff pastries are considered grain-based desserts and cannot count toward the grains component. Savory puff pastries, such as ones made with spinach and mushrooms, are not considered grain-based desserts and can count toward the grains component. Please note that pastries may contain an insufficient amount of grains per serving. See Group B of Exhibit A for weights of creditable bread (without other ingredients) required per serving. Document with a standardized recipe or a Product Formulation Statement.
Pumpernickel Bread	X			See Group B of Exhibit A.
Pumpkin Bread	X			Quick breads are credited in the same group as muffins (other than corn). See Group D of Exhibit A.
Quinoa	X			Quinoa is a cereal-like product and is creditable as a whole grain. See Group H of Exhibit A. When quinoa is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A. Quinoa is typically served like rice, but products made from whole-grain or enriched quinoa flour are also creditable.
Raisin Bread	X			Raisin bread is credited the same as breads without raisins. See Group B of Exhibit A.
Rice (Either Enriched White or Brown)	X			See Group H of Exhibit A.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Rice Flour		X		Rice flour must be whole grain or enriched. Check packaging carefully before purchasing. When rice flour is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Rice Pudding			X	Sweet rice pudding is considered a grain-based dessert and cannot count toward the grains component.
Rye	X			Rye is a grain. See Group H of Exhibit A. When rye is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Sopapillas			X	Sopapillas are considered grain-based desserts and cannot count toward the grains component.
Sorghum	X			Sorghum is a whole grain. See Group H of Exhibit A. When sorghum is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Spelt	X			Spelt is a type of wheat. When spelt is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Spoon Bread	X			Spoon bread is credited in the same group as cornbread. See Group C of Exhibit A.
Squash or Zucchini Bread (Quick Bread)	X			Quick breads are credited in the same group as muffins (other than corn). See Group D of Exhibit A.
Stuffing, Bread, Dry	X			See Group A of Exhibit A. Weights apply only to the dry bread in the stuffing.
Sweet Rolls/Buns			X	Sweet rolls are considered grain-based desserts and cannot count toward the grains component.
Tapioca			X	Tapioca is not a grain and is not creditable.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Taco or Tortilla Shells	X			See Group B of Exhibit A.
Taco Chips	X			See Group B of Exhibit A.
Toaster Pastries (for example, Pop Tarts®)			X	Sweet pastries are considered grain-based desserts and cannot count toward the grains component.
Tortilla, Soft (Flour, Whole Wheat, and Corn)	X			See Group B of Exhibit A.
Triticale	X			Triticale is a whole grain. When triticale is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Turnover Crust		X		Sweet turnovers are considered to be grain-based desserts and cannot count toward the grains component. Savory turnovers, such as ones made with spinach and mushrooms, are not considered grain-based desserts and can count toward the grains component. For the weight of the crust alone, see Group C of Exhibit A.
Wafers, Vanilla			X	Vanilla wafers are considered grain-based desserts and cannot count toward the grains component.
Waffles	X			See Group C of Exhibit A.
Wheat Berries	X			Wheat berries are whole-wheat kernels. See Group H of Exhibit A. When wheat berries are used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Wheat Germ/Bran	X			When wheat germ or bran is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I of Exhibit A.
Wild Rice	X			Wild rice is a whole grain. See Group H of Exhibit A.

QUESTIONS AND ANSWERS ABOUT GRAINS

1. **What are acceptable forms of documentation for whole grain-rich products?**

   There are several types of acceptable documentation that demonstrate a product is whole grain-rich and meets with program requirements. Some acceptable forms of documentation include:

   Example 1: A product package showing the product is labeled as whole wheat. For example, an empty whole-wheat bread bag or an empty whole-wheat spaghetti box. This only applies to products that have an FDA Standard of Identity. See page 79 for more information on products with an FDA Standard of Identity.

   OR

   Example 2: A product package showing the ingredient list with:

   - A whole grain as the first ingredient (or second after water) and
   - The next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.
   - If any, only a small quantity of non-creditable grains (generally less than 2 percent of total product weight).

   This is an example of a product that meets the FNS *Rule of Three* criteria for identifying whole grain-rich products in CACFP. See page 81 for more information.

   Please note: Ingredients are listed by weight with the ingredient weighing the most listed first on the ingredient list.

   OR

Example 3: Documentation from a manufacturer such as product information sheets, information provided on the manufacturer's letterhead, or a Product Formulation Statement (PFS) demonstrating that the whole grains in the product are at least 50 percent of all grains and the remaining grains are enriched grains. For example, the manufacturer's documentation may state:

> Enriched flour (40 percent of grain weight), whole-wheat flour (30 percent of grain weight), and whole oats (30 percent of grain weight).

The combined weight of the 2 whole-grain ingredients (whole-wheat flour and whole oats equals 60 percent) is greater than the enriched wheat flour (at 40 percent), even though the enriched wheat flour is listed first on the ingredient list.

OR

Example 4: A standardized recipe demonstrating that the whole grains in the product make up at least 50 percent of all grains and the other grains are enriched grains. For example, a bread recipe calls for:

> 2 cups of whole-wheat flour and
> 2 cups of enriched flour.

This recipe meets the whole grain-rich requirement because it contains 50 percent whole grains and the remaining grains in the product are enriched.

Please note: The 50 percent whole grains can be in either volume (such as cups) or weight (such as grams or ounces).

OR

Example 5: Product package (for example, an empty box of multi-grain crackers) that includes **1** of the 2 approved FDA whole-grain health claims (see page 80).

OR

Example 6: A valid Child Nutrition (CN) Label for a CN-Labeled entrée item that includes grains.

2. Are the FDA whole-grain health claims sufficient documentation to demonstrate that a food is whole grain-rich?

Yes. If a food has **1** of the 2 FDA whole-grain health claims on its packaging, then the food meets the whole grain-rich criteria for CACFP.

3. Can the Whole Grain Stamps from the Whole Grain Council be used to determine if a product meets the whole grain-rich criteria?

No. While the Whole Grain Stamps provide useful information on the amount of whole grains in a product, they are not sufficient documentation to determine if a food is whole grain-rich. Products that display a Whole Grain Stamp may also contain high amounts of non-creditable grains, such as non-enriched refined flour. Therefore, the Whole Grain Stamps alone are not sufficient documentation to demonstrate a product is whole grain-rich.

4. **Can wheat bread, rolls, and buns labeled as "100% whole wheat" be used to meet the whole grain-rich requirement?**

   Yes. Grain products that are specifically labeled as "whole-wheat bread," "entire wheat bread," "whole-wheat rolls," "entire wheat rolls," "whole-wheat buns," and "entire wheat buns" are 100 percent whole wheat and are easily identifiable as meeting the whole grain-rich criteria. These products generally will not have any refined grains listed in the ingredient list. If they do, it is considered to be an insignificant amount. Please note that foods with the label "whole grain," "made with whole grains," "made with whole wheat," or "contains whole grains" do not necessarily meet the whole grain-rich criteria. See page 78 for more information.

5. **Is there discretion to choose which meals will include a whole grain-rich food item?**

   Yes. You may choose to serve a whole grain-rich item at any meal or snack as long as you serve at least 1 whole grain-rich food per day over the course of all the meals and snacks served. For example, you may serve a whole grain-rich cereal at breakfast 1 day and whole grain-rich pasta at lunch the next day. This will help expose participants to a variety of whole grains and the wide range of vitamins and minerals that whole grains provide.

6. **If I serve a different group of children at lunch than at breakfast, do both meals have to contain a whole grain-rich grain?**

   No. The whole grain-rich requirement applies to the center or day care home, not to each child or adult participant. If you serve breakfast and lunch and 2 different groups of children or adults are at each meal, only 1 meal must contain a whole grain-rich food.

   It is strongly encouraged that centers and day care homes serving different groups of participants at each meal (such as 1 group of children at breakfast and a second group at lunch) vary the meal in which a whole grain-rich item is served. For example, whole grain-rich toast could be served at breakfast on Monday and brown rice could be served at lunch on Tuesday. This will help ensure that all participants are served a variety of whole grains and benefit from the important nutrients provided.

7. **My day care home only serves snacks. Would all the grains served at snack have to be whole grain-rich?**

   Yes. If the snack includes a grain, such as crackers, the grain must be whole grain-rich. However, programs that only serve a snack, such as an at-risk afterschool program, are not required to serve a grain at snack because it is not a required component at snack.

8. **What are the criteria for identifying grain-based desserts?**

   In Exhibit A, foods are designated as grain-based desserts with a superscript 3 or 4. These foods cannot be part of a reimbursable meal in the CACFP. There is not a specific amount of sugar, fat, or any other nutrient that qualifies a grain as a dessert. The following items are designated as grain-based desserts: cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, and brownies.

   It is important to note that, in some instances, a food manufacturer may come up with creative marketing names that could mislead the menu planner into serving a product that may not be allowed. When determining whether a food is a grain-based dessert, consider whether the food is commonly thought of as a dessert or treat. See the Resource Section on page 133 for information on accessing CACFP Meal Pattern Training Worksheet *Grain-Based Desserts in the CACFP*.

9. **Can you provide some examples of foods that I can serve in place of grain-based desserts?**

   There are simple ways to switch out foods in place of grain-based desserts, or you can get creative. Some examples include fresh fruit, fruit cups, dried fruit, yogurt parfaits, cheese and whole-grain crackers, or peanut butter and crackers.

10. **If a center or day care home chooses to serve a grain-based dessert containing fruit, can the fruit count toward the fruit requirement?**

    Yes. The fruit in the grain-based dessert can credit towards the fruits component if it contains at least an ⅛ cup or 2 tablespoons of recognizable fruit per serving. The grains portion of a grain-based dessert with fruit, such as pies, cobblers, or crisps, cannot count toward the grain component. Serve sweetened fruit in moderation to help reduce children's and adults' consumption of added sugars and help children develop a taste preference for unsweetened fruit.

11. **Pancakes and waffles are not grain-based desserts, according to Exhibit A. If syrup, honey, jam or another sweet topping is served with these items, are they then considered grain-based desserts?**

    No. Adding a sweet topping, such as syrup, to pancakes or waffles does not make them grain-based desserts and they can continue to count toward the grains component. However, healthy alternatives for toppings, such as fruit or yogurt, are strongly encouraged. Minimizing sweet toppings will help reduce children's and adults' consumption of added sugars. When sugars are added to foods and beverages to sweeten them, they add calories without contributing essential nutrients.

12. Is granola cereal a creditable grains item?

Commercial or homemade granola cereal is credited like other breakfast cereals; it must both be made with whole grains, enriched meal and/or enriched flour, bran, or germ, and meet the sugar limit. For information on whole-grain and enriched grain criteria, see page 78. For information on breakfast cereal sugar limits, see page 90. Credit granola cereal using Group I of Exhibit A.

13. How would I know if a ready-to-eat breakfast cereal is "fortified"?

Cereal products that have been fortified list added vitamins and minerals in the ingredient list. For example, an ingredient list might read:

> "Ingredients: Whole wheat, sugar, oats. Contains less than 2 percent of salt, baking soda, caramel color, annatto color, BHT for freshness. **Vitamins and Minerals: vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride), reduced iron, zinc oxide, folic acid, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, vitamin D, vitamin B12**"

*Added vitamins and minerals are in bold.

14. Can I mix a high-sugar cereal with a low-sugar cereal to meet the sugar limit?

No. You may not mix a non-creditable food item with a creditable food item to make the new food item creditable. For example, a provider cannot mix a cereal with 8 g of sugar per dry ounce with a cereal with 4 g of sugar per dry ounce to create a cereal that has 6 g of sugar per dry ounce (the sugar limit for breakfast cereals). It would be challenging for providers and monitors to determine that the mixed cereal meets its respective sugar limit during preparation or review.

15. Can nut or seed meal or flour be used to meet the grains requirement?

No. Nuts and seeds are not grains and cannot count toward the grains component, because they do not contain any grains.

16. Are black bean brownies creditable toward the grains component?

No. Brownies of any kind are considered grain-based desserts and cannot credit toward the grains component in any meal.

CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

Now that you've learned how to identify foods that are creditable toward the meal pattern components, let's learn how to determine the meal pattern contribution (credit) for each meal component. This is an important step to ensure meals served are nutritious and meet Federal meal pattern requirements.

A food credits based on how it contributes to the following meal components:

1. **Meats/Meat Alternates**
2. **Grains**
3. **Vegetables**
4. **Fruits**
5. **Milk**

The *Food Buying Guide for Child Nutrition Programs*, commonly referred to as the *Food Buying Guide* (FBG), is the resource developed by USDA to help you determine how much food to purchase and how each food credits toward the meal components. The FBG is available as a:

- *Food Buying Guide* Interactive Web-Based Tool
- Downloadable *Food Buying Guide*
- *Food Buying Guide* Mobile App (Includes search and navigation, comparison features for yield information, the Exhibit A Grains Tool, and the ability for users to create and save favorite foods lists.)

See the Resource Section on page 134 for additional information on the *Food Buying Guide*.

You can use the *Food Buying Guide* Interactive Web-Based Tool to determine yields, and the Recipe Analysis Workbook (RAW) to determine the meal pattern contribution (credit) of foods or recipes, and the Exhibit A Grains Tool to determine the ounce equivalent (oz eq) grains or grains/breads serving(s) for grain products. For more information on the FBG, see the Resource Section on page 134.

You can use the FBG to determine crediting for combination foods such as pizza or lasagna that contribute to more than 1 meal component. For example, pizza typically includes grains in the crust, a meat or meat alternate (such as cheese), vegetables (such as tomato paste and mushrooms), and sometimes a fruit topping (such as pineapple). Remember, in order for a meal component to contribute toward a reimbursable meal, food must contain at least the following minimum amounts:

1. **Meats/Meat Alternates: at least 0.25 (¼) ounce equivalent per serving**
2. **Grains: at least 0.25 (¼) ounce equivalent per serving**
3. **Vegetables: at least ⅛ cup (2 tablespoons) per serving**
4. **Fruits: at least ⅛ cup (2 tablespoons) per serving**
5. **Milk: at least ¼ cup (2 fluid ounces) per serving**
   - Milk is only creditable when served in a beverage or over cereal. It only credits with other meal components when contained in a smoothie.

DOCUMENTING MEAL PATTERN CONTRIBUTION

During a program review, the State agencies are responsible for checking your documentation to ensure meal pattern requirements are met. Check with your State Agency (SA) if you are unsure if a food is creditable or if you have questions on what type of documentation is needed. Documentation may include **1** or more of the following:

- *Food Buying Guide*
- Actual food product label with ingredient statement
- Standardized recipe
- Valid Child Nutrition (CN) labels
- Product Formulation Statement (PFS) or other manufacturer documentation

For example, if you use a standardized recipe to prepare a burrito from scratch, no other documentation is needed. To properly document the meal pattern contribution of a commercial burrito, you would need a PFS or a CN label.

CREDITING COMMERCIALLY PROCESSED FOODS

The *Food Buying Guide* lists a number of standard commercially processed foods; for example, baked beans, canned tuna, and ground chicken. If the name on the product label exactly matches the FBG description in the "Food as Purchased, AP" column, you may use the yield information in the FBG to determine the meal pattern contribution (credit) of that food. For example, Vegetarian Baked Beans in Sauce:

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
BEAN PRODUCTS *(continued)*					
Bean Products, dry beans, canned, Beans Baked in Sauce, Vegetarian *Includes USDA Foods*	No. 300 Can (16 oz)	6.94	1/4 cup heated beans with sauce	14.50	1 No. 300 can = about 1 3/4 cups heated beans with sauce
	No. 300 Can (16 oz)	4.62	3/8 cup heated beans with sauce	21.70	1 No. 300 can = about 1 3/4 cups heated beans with sauce

(Example of a commercially processed canned food from the *Food Buying Guide*.)

When crediting combination food products (food items that contribute to more than 1 meal component), only the amount of the food that contributes to each component is counted. For example, pizzas, chicken nuggets, and ravioli count toward the meats/meat alternates component. The amount of meat/meat alternate per serving is used for crediting purposes, not the total portion size which includes other ingredients. Combination foods may contain varied amounts from a meal component. Due to the uncertainty of the actual amount of the meal components contained in the commercial combination food product, for example meat/meat alternate, they cannot be served as part of a reimbursable meal if they are not in the FBG unless:

- They are CN labeled;

OR

- You obtain a Product Formulation Statement (PFS) from the manufacturer that shows how the creditable amount was determined.

Remember that only CN-labeled commercially prepared products provide a warranty on the crediting information on the label. See page 5 for additional information on the Child Nutrition (CN) Labeling Program.

There are varying amounts of food components, such as meat/meat alternate, contained in commercially prepared entrée products. In some cases, you may need to serve a very large portion in order to meet meal pattern requirements. For example, a 15-ounce serving of canned ravioli is needed to provide the required 1½ ounce equivalent meat/meat alternate for children ages 3 through 5, but this quantity of ravioli greatly exceeds the ¼ cup meal pattern requirement for grains. This may be too large of a portion size for preschool children ages 3 through 5 years old. In this instance, it may be best to serve a smaller portion of canned ravioli with a second meat/meat alternate choice to complete the required meat/meat alternate serving size for that meal.

Crediting Recipes

Now let's practice determining how a recipe credits toward the CACFP meal pattern requirements. Determining meal pattern contributions for recipes is an important step in ensuring that meals served are nutritious and meet the CACFP meal pattern requirements.

The *Food Buying Guide* Recipe Analysis Workbook (RAW) is available to help simplify the way you calculate meal pattern contributions for standardized recipes. The RAW is available on the *Food Buying Guide* Interactive Web-Based Tool. We'll use this tool to credit the first recipe. The FBG (Appendix A) contains additional examples for crediting recipes using the RAW. See the Resource Section on page 134 for information to access the FBG.

You can use the *Food Buying Guide* Recipe Analysis Workbook (RAW) on the *Food Buying Guide* Interactive Web-Based Tool to help simplify the way you calculate meal pattern contributions for recipes. The online tool contains a user guide and training videos to help you use the RAW to credit recipes toward meal pattern requirements.

Hands-On Practice: Crediting a Recipe Toward Meal Pattern Requirements

Gingered Carrots–Makes 25 servings (¼ cup per serving)

Ingredients	Weight	Measure
Fresh Carrots, sliced diagonally	2 lbs 9½ oz	2 qts 1 cup
Water	32 fl oz	1 qt
Margarine, *trans* fat free		1 Tbsp 1 tsp
Honey		¼ cup
Lemon Juice		1 Tbsp 1 tsp
Grated Ginger, fresh		2 tsp

*The creditable ingredient is in bold.

Using the FBG Interactive Web-Based Tool Recipe Analysis Workbook (RAW), follow these steps to calculate the vegetable contribution per serving:

Step 1: Use the search feature in the RAW to find the food item most similar to the carrots, fresh, sliced from the recipe. Enter carrots in the search and click "search."

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additonal Information	Add to RAW
Vegetables	Red/Orange Vegetables CARROTS	**Carrots, fresh** *Without tops*	Pound	10.30	1/4 cup raw vegetable strips (about 3 strips, 4 inch by 1/2 inch)	1 lb AP = 0.70 lb ready-to-cook, or serve raw carrot sticks	Add
Vegetables	Red/Orange Vegetables CARROTS	**Carrots, fresh** *Without tops*	Pound	10.60	1/4 cup raw, chopped vegetable	1 lb AP = 0.83 lb trimmed, peeled carrots	Add
Vegetables	Red/Orange Vegetables CARROTS	**Carrots, fresh** *Without tops*	Pound	15.40	1/4 cup raw, shredded vegetable	1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot	Add
Vegetables	Red/Orange Vegetables CARROTS	**Carrots, fresh** *Without tops*	Pound	8.10	1/4 cup raw, shredded vegetable with dressing	1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot	Add
Vegetables	Red/Orange Vegetables CARROTS	**Carrots, fresh** *Without tops*	Pound	8.63	1/4 cup cooked, drained, shredded vegetable	1 lb AP = 0.79 lb (about 2-1/8 cups) trimmed, peeled, shredded, cooked carrot; 1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot	Add
Vegetables	Red/Orange Vegetables CARROTS	**Carrots, fresh** *Without tops*	Pound	10.90	1/4 cup raw, sliced vegetable (5/16 inch slices)	1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots	Add
Vegetables	Red/Orange Vegetables CARROTS	**Carrots, fresh** *Without tops*	Pound	8.16	1/4 cup cooked, drained, sliced vegetable (5/16 inch slices)	1 lb AP = 0.76 lb (about 2 cups) cooked, sliced carrots; 1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots	Add
Vegetables	Red/Orange Vegetables CARROTS	**Carrots, fresh** *Shredded, Ready-to-use*	Pound	19.90	1/4 cup raw vegetable	1 lb AP = 1 lb shredded carrots ready-to-use (about 4-7/8 cups)	Add

Carrots, fresh
Without tops

Step 2: Choose the food item that most closely matches both the form of the food as it is purchased and as served in the prepared recipe. The carrots in this recipe are purchased raw, but will then be cooked. Choose the option for "carrots, fresh, *without tops*" which will provide 8.16 servings (¼ cups) of cooked, drained, sliced vegetable per pound.

You can select the item by clicking on the green "Add" button.

Step 3: Identify the **Purchase Unit:**

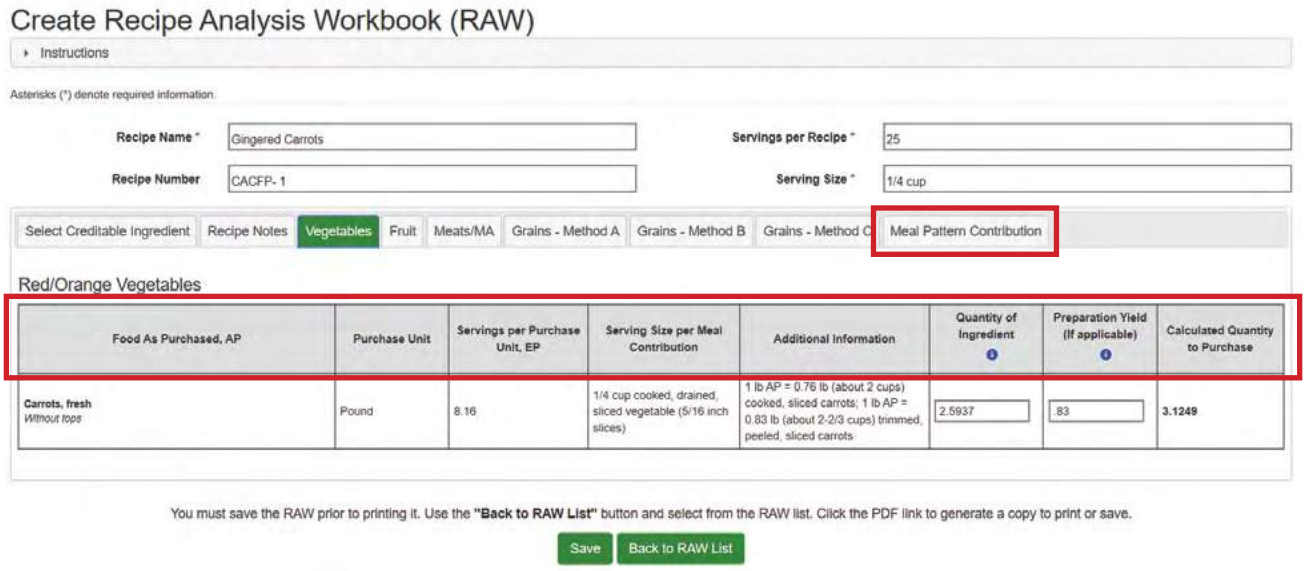
Pound

Step 4: Now, we'll go to the vegetables tab to finish crediting the amount of carrots in our recipe.

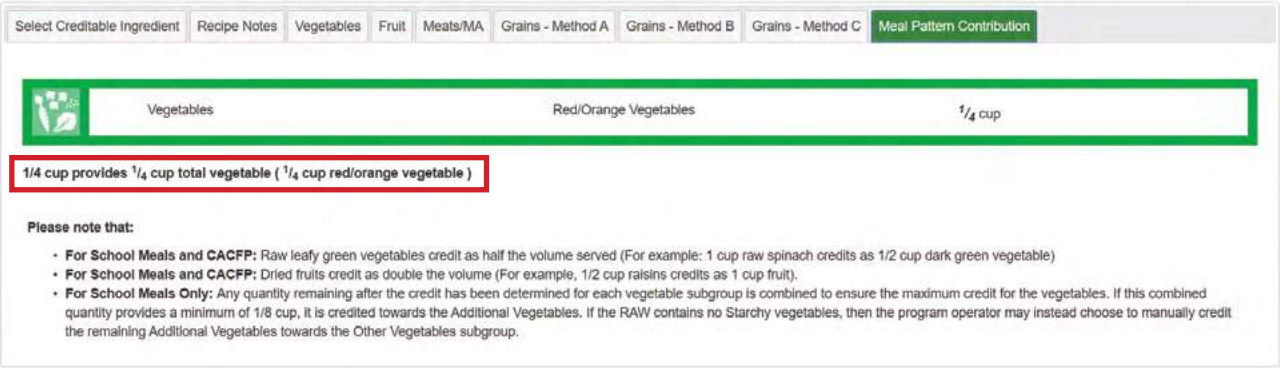
Step 5: Enter the quantity of carrots in the recipe (2 lbs 9½ oz) into the **Quantity of Ingredient** field. Please note you must convert the quantity to pounds in decimals (2.5937). Then locate the preparation yield of 0.83 (from the **Additional Information** column) and enter into the Preparation Yield (if applicable) field.

*The number from the **Additional Information** column is used to determine how many **pounds of** carrots to purchase.

Note: The preparation yield factor should only be used when a recipe ingredient needs to be converted to match the form of the item as listed under *Food As Purchased*, column 1 of the *Food Buying Guide*. If several options are available in *Additional Information*, column 6, choose the yield data that most closely matches the form of the recipe ingredient.



Step 6: Now you can go to the **Meal Pattern Contribution** tab to view how the carrots credit (in volume served) toward the meal pattern:



This recipe provides 25 servings (¼ cup each) of carrots. You can save or print a copy for your files.

You can see how simple it is to use the *Food Buying Guide's* RAW as you determine meal pattern contributions of recipes. We'll credit the remaining recipes using hand calculations to show you an alternative method for determining meal pattern contribution of recipes. The FBG (Appendix A) contains Recipe Analysis Workbook (RAW) templates you may use to do the hand calculations. See the Resource Section on page 134 for information to access the FBG.

Mango Smoothie Bowl–Makes 25 servings

Ingredients	Weight	Measure
Low-Fat Greek Yogurt	6 lbs 4 oz	3 qts 3 cups
Frozen Mangoes, diced	5 lbs	3 qts 3 cups
Agave Syrup		¼ cup
Vanilla Extract		

*The creditable ingredients are in bold.

Using the FBG, follow these steps to calculate the ounce equivalent meat alternate contribution for low-fat Greek yogurt per serving and to determine how much of the low-fat Greek yogurt to purchase for the recipe:

Step 1: Find the food item most similar to **low-fat Greek yogurt**. Choose the food item that most closely matches both the form of the food as it is purchased and as served in the prepared recipe.

Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
YOGURT					
Yogurt, fresh[45] *Plain or Flavored, Sweetened or Unsweetened, Commercially Prepared, (includes Greek yogurt)*	32 oz Container	8.00	1/2 cup or 4 oz yogurt provides 1 oz meat alternate	12.50	
	32 oz Container	5.33	3/4 cup or 6 oz yogurt provides 1-1/2 oz meat alternate	18.80	

Yogurt, fresh
Plain or Flavored, Sweetened or Unsweetened, Commercially Prepared, (includes Greek yogurt)

Step 2: Identify the **Purchase Unit**:

32 ounce container

Step 3: Convert the 6 lbs 4 oz of low-fat Greek yogurt to ounces to match the ounces in the **Purchase Unit**:

6 lb x 16 oz per lb = 96 oz

Add 4 oz to 96 oz = 100 oz

There are 100 oz of low-fat Greek yogurt in this recipe.

Step 4: Determine how many 32-ounce containers of yogurt you need (the calculated quantity to purchase) by dividing the 100 oz of yogurt in the recipe by 32 oz (the weight of the **Purchase Unit**):

100 oz ÷ 32 oz in a container of yogurt = 3.125 containers of yogurt. This calculates the quantity of 32-ounce containers of yogurt to purchase (the number of containers required) to yield 100 oz

Step 5: Find the **Servings per Purchase Unit, EP** (edible portion) for the yogurt, fresh that provides a 1 oz eq meat alternate (found under **Serving Size** column):

8.00

Step 6: Calculate the number of ounces of meat alternate in the recipe:

3.125 containers of yogurt (32 oz each) x 8 **Servings per Purchase Unit, EP** = 25 total oz eq meat alternate

Step 7: Divide the total oz eq of meat alternate by the number of servings per recipe to determine the oz eq of meat alternate per serving:

25 oz ÷ 25 servings per recipe = 1.0 oz eq meat alternate per serving.

There is a total of 1 oz eq meat/meat alternate per serving.

Using the FBG, follow these steps to calculate the fruit contribution per serving for the frozen mangoes, diced:

Section 3 - Fruits

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
MANGOES					
Mangoes, fresh *Whole*	Pound	7.60	1/4 cup cubed or sliced fruit	13.20	1 lb AP = 0.69 lb ready-to-serve raw mangoes

Step 1: Find the food item most similar to the frozen mangoes, diced in the recipe. The FBG does not contain information on frozen mangoes. The most similar item is mangoes, fresh, *whole*. Choose the food item that most closely matches both the form of the food as it is purchased and as served in the prepared recipe.

Key Tip: The *Food Buying Guide* contains more than 2,100 food items that are typically served in Child Nutrition Program settings, but it does not contain every food item available. If your food item is not in the FBG, you can use the item most similar to that food. Document which similar food item was used to determine the meal pattern contribution.

Step 2: Identify the **Purchase Unit**:

Pound

Step 3: Because the fresh mangoes are purchased whole and your recipe calls for frozen, diced mangoes, you must convert the quantity of frozen mangoes to match the form of the mangoes as listed under the **Food As Purchased, AP** column.

The **Additional Information** column for the mangoes, fresh, *whole* states, "1 lb AP = 0.69 lb ready-to-serve raw mangoes," meaning that 1 lb as purchased of fresh, whole mangoes yields 0.69 lb of ready-to-serve mangoes after the mango is peeled, seeded, and diced (0.69 lb is the preparation yield factor).

Preparation Yield Factor

The preparation yield factor is the percent of food lost during preparation of the ingredient. It is the quantity of ready-to-cook or cooked food you will get from a pound of food as purchased.

Step 4: Determine the quantity of fresh mangoes required (the calculated quantity to purchase) to provide the quantity of frozen mangoes in the recipe. Divide the weight of the frozen mangoes by the preparation yield:

5 lbs frozen mangoes ÷ 0.69 lb preparation yield = 7.24638 lbs calculated quantity to purchase of the mangoes, fresh, *whole*.

Step 5: Find the **Servings per Purchase Unit, EP** (edible portion) for the mangoes, fresh, *whole* that provide ¼ cup cubed fruit (found under **Serving Size** column):

7.60

Step 6: Calculate the number of ¼ cups of cubed fruit in the recipe using the calculated quantity to purchase:

7.24638 lbs mangoes, fresh, *whole* x 7.6 **Servings per Purchase Unit, EP** = 55.07246 total ¼ cups fruit.

Step 7: Convert the ¼ cups to cups:

55.07246 total ¼ cups ÷ 4 = 13.76812 cups.

Step 8: Divide the total cups by the number of servings per recipe to determine the total cups of fruit per serving:

13.76812 cups ÷ 25 servings per recipe = 0.55072 cup fruit per serving.

Step 9: Round down to the nearest ⅛ cup (see the table below below for converting decimal equivalents to the nearest portion of a cup):

0.55072 cup rounds down to 0.5 cup = ½ cup.

Always rounding down to the nearest ⅛ cup helps ensure the fruit items offered will never contain less credit than what is claimed.

Converting Decimal Equivalents to the Nearest Portion of a Cup for Fruits and Vegetables

If decimal equivalent is	The recipe contributes
0.125 - 0.249	1/8 cup
0.250 - 0.374	1/4 cup
0.375 - 0.499	3/8 cup
0.500 - 0.624	1/2 cup
0.625 - 0.749	5/8 cup
0.750 - 0.874	3/4 cup
0.875 - 0.999	7/8 cup
1.000 - 1.124	1 cup

Use the ranges in the table to identify the servings of fruit in the recipe. You can use this table to identify the amount of fruits or vegetables in any recipe.

A Mango Smoothie Bowl contains a total of ½ **cup fruit per serving**.

Step 10: Write your meal pattern contribution crediting statement to state how the recipe credits toward the CACFP meal pattern requirements:

1 smoothie bowl with ⅔ cup (about 6½ oz) mango smoothie provides 1 oz eq meat/meat alternate and a ½ cup of fruit.

CREDITING GRAIN ITEMS

This handbook focuses on using ounce equivalent to credit grains and specifically how to use Exhibit A (found on page 94) to credit grain products in ounce equivalents. See page 124 for information on calculating ounce equivalent. You may also find information on how to credit foods using grains/breads servings in Exhibit A or the *Food Buying Guide*.

Ounce Equivalents versus Grains/Breads Servings

EXHIBIT A: GRAINS REQUIREMENTS FOR CHILD NUTRITION PROGRAMS[1,2]

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

Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
• Bread coating	1 oz eq = 22 g or 0.8 oz	1 serving = 20 g or 0.7 oz
• Bread sticks (hard)	¾ oz eq = 17 g or 0.6 oz	¾ serving = 15 g or 0.5 oz
• Chow mein noodles	½ oz eq = 11 g or 0.4 oz	½ serving = 10 g or 0.4 oz
• Savory crackers (saltines and snack crackers)	¼ oz eq = 6 g or 0.2 oz	¼ serving = 5 g or 0.2 oz
Group B	**Ounce Equivalent (oz eq) for Group B**	**Minimum Serving Size for Group B**
• Bagels	1 oz eq = 28 g or 1.0 oz	1 serving = 25 g or 0.9 oz
• Batter type coating	¾ oz eq = 21 g or 0.75 oz	¾ serving = 19 g or 0.7 oz
• Biscuits	½ oz eq = 14 g or 0.5 oz	½ serving = 13 g or 0.5 oz
• Breads–all (for example sliced, French, Italian)	¼ oz eq = 7 g or 0.25 oz	¼ serving = 6 g or 0.2 oz

Exhibit A: Grain Requirements for Child Nutrition Programs with ounce equivalent and serving highlighted.

As a reminder, an ounce equivalent of grains is slightly heavier (16 grams of grains) than a grains serving (14.75 grams of grains).

Examples of using *Exhibit A*:

If you want to meet half of the grains component with crackers and each cracker weighs 5 grams, you need to serve:

- 2 crackers (10 grams total weight) to meet the minimum serving requirement for a ½ serving of grains
- 3 crackers (15 grams total weight) to ensure you serve at least the 11 grams required for a ½ ounce equivalent of grains.

If you want to meet both the 1 serving and the ounce equivalent grains with a slice of bread that weighs 28 grams per slice, you need to serve:

- 1 slice of bread (28 grams total weight) to meet the minimum serving requirement for 1 grains serving (25 grams).
- 1 slice of bread (28 grams total weight) to meet the 1 ounce equivalent grains requirement (28 grams).

In this example, you need to serve the same amount of bread (1 slice that weighs 28 grams per slice) to meet both the minimum serving for 1 grains serving and for 1 ounce equivalent grains.

CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

Beginning October 1, 2021, grains must be credited using ounce equivalents in the CACFP. Until that time, you may credit based on either grains servings or ounce equivalents.

The final rule requires that grains be credited using ounce equivalents instead of grains/breads servings as credited under the previous meal pattern requirements. This change is consistent with the 2015-2020 Dietary Guidelines for Americans (Dietary Guidelines), which provide grain recommendations in ounce equivalents.

To determine the ounce equivalent of grains or the grains/breads servings in a recipe containing grain ingredients, use **1** of the following methods:

- Use the weights provided in Exhibit A.

Or

- Information in the FBG

Or

- Calculate the **ounce equivalent grains** or the **grains servings** based on the grams of creditable grain in a food product.
  - Please note, it takes 16 g of creditable grain to provide 1 oz eq grains:
    - Divide the total grams of whole-grain or enriched meal and/or flour, bran, or germ in the recipe by the number of servings the recipe yields and then divide by 16 g to determine the oz eq grains.

For example, 600 g of creditable grains in the recipe divided by 25 servings = 24 g of creditable grains per serving divided by 16 g per oz eq = 1.5 oz eq grains per serving.

600 ÷ 25 ÷ 16 g per oz eq = 1.5 oz eq per serving.

  - Please note, it takes 14.75 g of creditable grains to provide 1 grains/breads serving:
    - Divide the total grams of whole-grain or enriched meal and/or flour, bran, or germ in the recipe by the number of servings that the recipe yields and then divide by 14.75 g to determine the grains/breads servings.

For example, 600 g of creditable grains in the recipe divided by 25 servings = 24 g of creditable grains per serving divided by 14.75 g per oz eq = 1.62711 grains/breads servings.

600 ÷ 25 ÷ 14.75 g per grains serving = 1.62711 grains servings. Round down to the 0.25 amount = 1.5 grains/breads servings.

For the types of food items listed in Exhibit A, Groups H and I, in order for the food item to count as a 1 ounce equivalent or a grains/breads serving, you must use the weights and volumes listed in the appropriate group.

Always round down to the nearest 0.25 amount. For example 1.0, 1.25, 1.5, 1.75. Rounding down helps to ensure the grain items offered will never contain less credit than what is claimed.

Grains Servings Versus Ounce Equivalents—Make the Conversion

EXHIBIT A: GRAINS REQUIREMENTS FOR CHILD NUTRITION PROGRAMS[1,2]

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

Group H	Ounce Equivalent (oz eq) for Group H	Minimum Serving Size for Group H
• Cereal Grains (barley, quinoa, etc.) • Breakfast cereals (cooked)[6,7] • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice	1 oz eq = ½ cup cooked or 1 oz (28 g) dry	1 serving = ½ cup cooked or 25 g dry
Group I	**Ounce Equivalent (oz eq) for Group I**	**Minimum Serving Size for Group I**
• Ready-to-eat breakfast cereal (cold, dry)[6,7]	1 oz eq = 1 cup or 1 oz for flakes and rounds 1 oz eq = 1¼ cups or 1 oz for puffed cereal 1 oz eq = ¼ cup or 1 oz for granola	1 serving = ¾ cup or 1 oz, whichever is less

Hands-On Practice: Crediting Grain Products Toward Meal Pattern Requirements

For grain products listed in Groups A-G of Exhibit A, each portion must contain at least 16 grams of whole-grain and/or enriched meal and/or flour, bran, or germ to provide a 1 ounce equivalent.

Let's look at a few examples.

Examples for Calculating the Grains Credit for Whole Grain-Rich or Enriched Bread

Enriched Wheat Sandwich Bread

You may purchase bread products from your local grocery store. For these types of commercial products, you may compare the weight per serving information on the Nutrition Facts label of the package against the applicable group in Exhibit A. For example:

Nutrition Facts

23 servings per container

Serving size **1 slice (31g)**

Amount per serving

Calories **70**

	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 2g	**8%**
Total Sugars 1g	
Includes 1g Added Sugars	**2%**
Protein 3g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Step 1: Find the Serving Size on the Nutrition Facts label on the package of Enriched Wheat Sandwich Bread:

1 serving bread = 1 slice = 31 g

Step 2: Find bread in Exhibit A under Group B which reads:

Breads – all (for example sliced, French, Italian) 1 oz eq = 28 g or 1.0 oz

Step 3: Divide 31 g per slice by 28 g per oz eq:

31 ÷ 28 = 1.107 oz eq per serving

Step 4: Round 1.107 oz eq down to nearest 0.25 oz eq. There is 1.0 oz eq grains per slice of bread.

Step 5: Record the quantity served and the grains contribution. For example: 1 slice enriched bread (1 oz eq grains).

Tortilla
(made with enriched grains)

Nutrition Facts	
10 servings per package	
Serving size	**1 tortilla (49g)**
Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 420mg	**18%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 1g	**4%**
Total Sugars 1g	
Includes 1g Added Sugars	**2%**
Protein 4g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Step 1: Find the Serving Size on the Nutrition Facts label on the package of tortillas:

1 tortilla = 49 g

Step 2: Find tortillas in Exhibit A under Group B which reads:

Tortillas 1 oz eq = 28 g or 1.0 oz

Step 3: Divide 49 g per tortilla by 28 g per oz eq:

49 ÷ 28 = 1.75 oz eq per tortilla

Step 4: Record the quantity served and the oz eq. For example: 1 enriched flour tortilla (1.75 oz eq grains).

Crackers
(made with enriched grains)

Nutrition Facts	
About 4 servings per container	
Serving size 30g (8 crackers)	
Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 280mg	**12%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	**4%**
Total Sugars 1g	
Includes 1g Added Sugars	**2%**
Protein 2g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Step 1: Find the Serving Size on the Nutrition Facts label on the package of Crackers

1 serving = 30 g (8 crackers)

Step 2: Find crackers in Exhibit A under Group A which reads:

Savory Crackers (saltines and snack crackers) 1 oz eq = 22 g or 0.8 oz

Step 3: Divide 30 g per 8 crackers by 22 g per oz eq:

30 ÷ 22 = 1.36 oz eq per serving.

Step 4: Round 1.36 oz eq down to nearest 0.25 oz eq = 1.25 oz eq per serving of 8 crackers.

Step 5: Record the quantity served and the oz eq. For example: 8 enriched grain crackers (1.25 oz eq grains).

To determine how many crackers you need to serve to provide 1 oz eq of grains, you can do a simple calculation:

Step 1: 22 g per 1 oz eq from Exhibit A divided by 30 g per serving of 8 crackers from the Nutrition Facts label equals 73 percent:

22 ÷ 30 = 0.73 (73%)

Step 2: Multiply 0.73 by 8 crackers to determine how many crackers are needed to provide 1 oz eq grains:

0.73 x 8 = 5.86 crackers

Step 3: Round 5.86 crackers up to the next whole cracker:

Round up to 6 crackers

Examples for Calculating the Grains Credit for Whole Grain-Rich or Enriched Pasta

There are 3 methods to calculate an ounce equivalent of pasta:

1. **Cooked volume based on Exhibit A: Pasta is in Group H of Exhibit A.**
   - As a reminder, for any items listed in Group H of Exhibit A, a ½ cup of cooked pasta provides 1 oz eq grains.
2. **Dry weight of the pasta: The standard weight for dry grain is 28 g per oz eq.**
3. **Grams of creditable grains per serving.**

Dry Pasta

Nutrition Facts

8 servings per container

Serving size **32g**

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 4g	**14%**
Total Sugars 0.5g	
Includes 0g Added Sugars	**0%**
Protein 3g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For this example, the pasta:

- Contains whole-wheat flour, enriched flour, and no non-creditable grains.
- Cooks to a ½ cup volume per 32 g dry weight portion, according to the label.
- Contains 29 g of creditable grain per 32 g portion, according to the manufacturer's Product Formulation Statement.

Let's try the 3 calculation methods to determine creditable ounce equivalent (oz eq) grains:

1. **To determine oz eq by the cooked volume:**

   ½ cup cooked pasta ÷ ½ cup standard = 1 oz eq

2. **To determine oz eq by dry weight of pasta:**

   32 g dry weight ÷ 28 g standard = 1.14.

   1.14 rounds down to 1 oz eq

3. **To determine oz eq by g of creditable grain:**

   29 g of creditable grains per portion ÷ 28 g standard = 1.03

   1.03 rounds down to 1 oz eq

In this example, the 3 calculation methods result in the same credit amounts. Please note that each of the methods could result in a different answer and, as long as the method was used correctly, the calculated ounce equivalent for any method may be used. Choose and document the method that works best for your program.

Next we will take a look at the steps to calculate the ounce equivalent grains contribution in a recipe.

Example: Calculating the Ounce Equivalent Grains Credit From a Recipe

Use the steps in the Italian Bread recipe example to calculate the ounce equivalent grains in a recipe. Please note that this recipe contains both whole-grain and enriched flours and meals.

Please also note that in determining the grains contribution, decimals are always rounded down so there will never be less credit than what is claimed. However, in determining amounts to prepare, decimals are always rounded up to ensure enough food is prepared to provide the correct number of servings.

Italian Bread–Makes 25 slices

Ingredients	Weight	Measure
Active Dry Yeast		2 Tbsp 1 Tsp
Water (110 °F)		½ cup
Whole-Wheat Flour	**1 lb**	**3½ cups**
Enriched Bread Flour	**14 oz**	**3 ⅛ cups**
Instant Nonfat Dry Milk	1½ oz	3 Tbsp
Sugar		2 Tbsp
Salt		1¾ Tsp
Water (70-75 °F)		1½ cups
Shortening, trans fat-free		2 Tbsp
White Whole-Grain Cornmeal		**1 Tbsp**

The creditable grain ingredients are in bold.

Step 1: Convert grain ingredients to ounces in decimals:

Whole-Wheat Flour 1 lb = 16 oz

Enriched Bread Flour 14 oz

White whole-grain cornmeal (because 1 tablespoon of cornmeal weighs less than 1 ounce, the weight is not added to the weight of the other flours).

Note: To convert the weight in pounds to ounces, change weight to pounds in decimals and then multiply by 16 ounces per pound. For example, 1 lb 4 oz = 1.25 lb x 16 oz per pound = 20 oz

Step 2: Convert ounces to grams in decimals:

Whole-Wheat Flour 16 oz x 28.35 g per ounce = 453.6 g

Enriched Bread Flour 14 oz x 28.35 g per ounce = 396.9 g

Step 3: Add the total grams of all grains:

453.6 g Whole-Wheat Flour + 396.9 g Enriched Bread Flour = 850.5 total g

Step 4: Divide the total grams by the number of servings in the recipe:

850.5 total g ÷ 25 = 34.02 g grains per serving

Step 5: Divide the total grams of grains per serving by 16 g per oz eq:

34.02 g of grains per serving ÷ 16 g per oz eq = 2.1262 oz eq grains.

Step 6: Round down to the nearest 0.25 oz eq:

2.1262 rounds down to 2 oz eq grains per serving.

1 slice of this Italian bread provides 2 oz eq grains. To provide a 1 oz eq of grains, you could serve a ½ slice of this Italian Bread.

Key Tip: Document both the serving size and the ounce equivalents grains per serving.

WEIGHTS OF COMMONLY USED GRAINS

If your recipe only provides the quantity of grains in cup measurements, use the table below to determine the weight of each ingredient in grams. This saves you the additional step of converting recipes from cups to ounces/pounds and then to grams. Of course, remember to divide or multiply the number of grams to reflect the number of cups in your recipe.

Food Item	Description	Weight of 1 cup in grams
Flour, All-Purpose	Unsifted, spooned	125 grams
Bread Flour	Unsifted, spooned	137 grams
Whole-Wheat Flour	Unsifted, spooned	120 grams
Oats	Uncooked	81 grams
Wheat Germ	Spooned	115 grams

Source: USDA National Nutrient Database for Standard Reference

Note: you may also use the Recipe Analysis Workbook (RAW) available on the *Food Buying Guide* Interactive Web-Based Tool to calculate the meal pattern contribution of your recipes. The online tool contains a user guide and training videos to assist you in using the RAW (see the Resource Section on page 133).

SPECIAL CREDITING SITUATIONS FOR GRAINS

Please note, when crediting combination foods that contain a grain product listed in Exhibit A, such as a wonton or egg roll skins (Exhibit A, Group B) or the crust portion of savory pies (Exhibit A, Group C), the weights of the products vary widely with differences in the amount of fillings so that standard total weights cannot be established. As with all grain items, it is ONLY the weight of the grain product NOT the weight of the entire food product that is used to determine the grain credit. Document the grains meal pattern contribution (crediting) of these combination foods with a standardized recipe, a Product Formulation Statement, or a CN label. Maintain a copy of the documentation on file to demonstrate how the food contributes toward meal pattern requirements.

The weights listed for a 1 ounce equivalent in each group of Exhibit A reflect the total weight of the product needed to provide at least 16 grams of creditable grains (whole-grain and/or enriched meal and/or flour, bran, or germ) along with any other ingredients in the product.

One ounce equivalent for some foods may be less than a measured ounce if the food is concentrated or low in water content (e.g., flour) or more than an ounce if the food contains a large amount of water (e.g., cooked rice or cooked pasta).

Corn grain products must be labeled as whole corn (or other "whole-corn" designations such as whole-grain corn, whole ground corn, or whole-corn flour) or enriched corn (or other "enriched corn" designations such as enriched yellow cornmeal, enriched corn flour, or enriched corn grits) to be creditable with the exception of corn masa, masa harina, or hominy grits, which are considered whole grain.

1. **Alternate Protein Products**
   https://www.fns.usda.gov/cnlabeling/food-manufacturersindustry
   http://www.fns.usda.gov/sites/default/files/APPindustryfaqs.pdf

2. **Be Food Safe: Food Safety Education**
   http://www.befoodsafe.gov

3. **CACFP meal pattern training tools**
   https://www.fns.usda.gov/cacfp-training-tools

4. **CACFP Meal Pattern Training Worksheet: Choose Breakfast Cereals That Are Lower in Added Sugars**
   https://www.fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp

5. **CACFP Meal Pattern Training Worksheet: Grain-Based Desserts in the Child and Adult Care Food Program**
   https://www.fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp

6. **CACFP Nutrition Standards for CACFP Meals and Snacks**
   https://www.fns.usda.gov/cacfp/meals-and-snacks

7. **CACFP Policy Memos**
   https://www.fns.usda.gov/cacfp/policy

8. **Child Care Recipes**
   https://theicn.org/cnrb/recipes-for-child-care/

9. **Child Nutrition Labeling Program**
   https://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program

10. **Dietary Guidelines for Americans**
    www.dietaryguidelines.gov

11. **Feeding Infants in the Child and Adult Care Food Program**
    https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program

12. **Final Rule: Child and Adult Care Food Program**
    https://www.fns.usda.gov/cacfp/fr-042516

13. **Food and Nutrition Information**
    www.nutrition.gov

14. **Food and Nutrition Service (FNS)**
    https://www.fns.usda.gov

15. **Food Buying Guide for Child Nutrition Programs**
    https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs

16. **Food Safety**
    https://www.fns.usda.gov/ofs/food-safety

17. **My Plate (ChooseMyPlate)**
    https://www.choosemyplate.gov/

18. **My Plate in Spanish (Mi Plato en Español)**
    https://www.choosemyplate.gov/multilanguage-spanish

19. **Produce Safety**
    https://www.fns.usda.gov/ofs/produce-safety

20. **Product Formulation Statement**
    http://www.fns.usda.gov/sites/default/files/cn/manufacturerPFStipsheet.pdf

21. **State Agency Contact Information**
    https://www.fns.usda.gov/cacfp/cacfp-contacts

22. **Team Nutrition Materials**
    https://www.fns.usda.gov/tn/

23. **Team Nutrition Materials (in Spanish)**
    https://www.fns.usda.gov/tn/spanish-materials-available-team-nutrition

24. The Institute of Child Nutrition
https://theicn.org/

25. USDA Foods
http://www.fns.usda.gov/fdd/food-distribution-programs
https://whatscooking.fns.usda.gov/fdd/household-material-fact-sheets

26. USDA Standardized Recipes
https://theicn.org/cnrb/

27. WIC State Agency Contacts
https://www.fns.usda.gov/wic/wic-contacts

U.S. Department of Agriculture
Food and Nutrition Service

FNS-425
January 2014
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Food for Kids, Inc.

Section 8 - CACFP Adult Care Center Staff Training

ANNUAL MANDATORY TRAINING FOR ADULT DAY CARE SPONSORS

CACFP

Topics

1. Introduction, Background, Administration of the CACFP
2. Sponsor Eligibility Requirements
3. Participant Eligibility
4. Income Eligibility and Income Statements
5. Recordkeeping & Claims for Reimbursement

Topics *(cont.)*

6. Meal Pattern Requirements
7. Food Safety and Sanitation
8. Recording & Maintaining Meal Counts
9. Civil Rights Requirements

Reference: USDA FNS Adult Day Care CACFP Handbook, 2014 and 7 CFR 226

Introduction and Background

- 1948: Congress provided financial aid to the States for school lunch programs.
- 1968: Congress started the Special Food Service Program for children. This later was separated into the Child Care Food Program (CCFP) and the Summer food Service Program (SFSP).
- 1987: The Older Americans Act amendments authorized participation of eligible adult day care centers.
- 1989: The Program name was changed to the CACFP.

Who Administers the Program?

- The USDA, Food and Nutrition Service (FNS) administers the CACFP on the national level.
- The national office develops 7 CFR 226 regulations for CACFP and establishes policies to carry out the Program.
- Regional USDA Offices oversee participation by State Agencies.

Sponsor Eligibility Requirements

- 7 CFR 226 CACFP regulations require that an applicant must demonstrate it can comply with the following performance standards:

1. Financial viability
2. Administrative capability
3. Accountable with internal controls

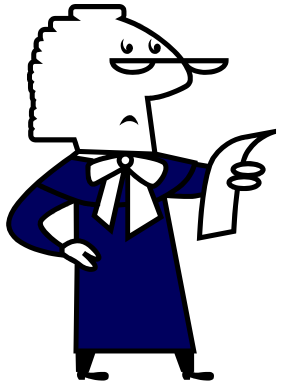
Sponsor Eligibility Requirements

- An adult day care center may participate in the CACFP as an independent center or sponsored center.
- Adult day care centers may be operated by public agencies, private nonprofit organizations or certain for-profit organizations.

(For-profit sponsors are eligible if at least 25% of enrolled participants receive Title XIX (Medicaid) or are eligible for free or reduced-price meals.)

To be eligible, an Adult Day Care Center must:

- Provide services to adults who are functionally impaired <u>or</u> are over age 60.
- Provide community-based programs.
- Provide nonresidential services.
- Be licensed to provide adult day care services.



Participant Eligibility Questions & Answers

1. Can senior citizens who live in institutions participate in CACFP? (No, those residing in institutions are not eligible.)

2. Can individuals residing in group homes participate? (Yes, some group homes may qualify. Houses in the community, which may be subsidized by Federal, State or local funds, but are private residences may be eligible. They may house an individual or a group who are primarily responsible for their own care, but may receive on-site monitoring. These are not considered institutions, therefore these individuals are eligible to attend an eligible adult day care center.)

3. Can an individual receive CACFP meals outside of a participating center? (No, this Program requires that meals & snacks are served through participating centers.)

Participant Eligibility

- Each sponsor must determine each enrolled participant's eligibility for free, reduced-price or paid meals.
- Documentation of each participant's eligibility must be maintained by the sponsor, using the NDA* approved form, called a confidential income statement (CIS). Participant is to be given all 4 pages of the CIS.
- Reimbursement for meals served is based on the types of meals served and the number participants eligible for free, reduced or paid meals.

**Nevada Department of Agriculture, Food and Nutrition Division*

Income Eligibility Guidelines for Free & Reduced Price Categories

- The U.S. Census Bureau determines poverty status which is updated annually for inflation using the Consumer Price Index, and adjusted for family size, composition, and age of householder. For more information go to: https://www.census.gov/hhes/www/poverty/about/overview/measure.html
- Free: Families with incomes at or below 130 percent of the poverty level
- Reduced: Those with incomes between 130 percent and 185 percent of the poverty level
- Non-needy: Families with incomes over 185 percent of poverty level

Participant Categories of Meals

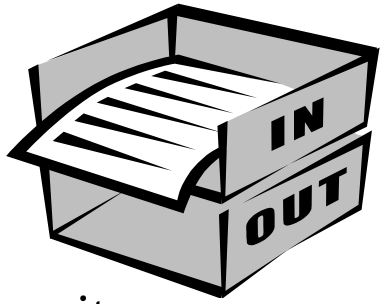
- In Nevada, the CACFP operates as a “non-pricing” program. Sponsors are not allowed to charge separately for meals served to ADC clients.
- A “**free meal**” is a meal served to a participant whose household income is at or below the USDA’s eligibility standards for free meals. (Participants who are a member of a household receiving Supplemental Nutrition Assistance Program – SNAP benefits, formerly food stamps, who receive Supplemental Security Income (SSI) or Medicaid benefits are automatically eligible for a free meal.) Sponsors receive the highest reimbursement amount, from the State Agency for these categories of meals.

Participant Categories of Meals

- **Reduced-price meal** is a meal served to a participant whose household income does not meet the requirements for free meals, but is at or below the eligibility standards for reduced-price meals according to the USDA's income eligibility guidelines.
- **Paid meal** is a meal served to a participant whose household income does not meet the requirement for free or reduced price meals or for whom no income form has been filed.

Income Eligibility and Applications

- ***Confidential Income Statements (CIS) must be kept on file. They are good for one year. They are to be completed, signed by the participant or guardian and include the following:***



1. The names of all adults enrolled in care.
2. The names of all other household members.
3. Income received by each household member, identified by source (i.e. gross earnings, wages, welfare, pensions, social security, unemployment compensation, etc.) - see ADC Handbook, page 25.
4. Functionally impaired adults living in the home.

(cont. next slide)

Income Eligibility and Applications

5. Household income – only the income of the participant, the spouse and any dependent children, who reside with the participant must be reported on the application.
6. Signature of an adult household member.
7. The last 4 digits of the social security # of the adult household member who signs the application or an indication that he/she does not possess a SS#.

Reference: Adult Day Care Handbook, page 25

Recordkeeping Requirements

- Sponsors are required to maintain records for 3 federal fiscal years, plus the current fiscal year. Examples of <u>some</u> of the documents to maintain are listed below:

1. Records to verify all expenses entered on monthly CACFP claim include, original receipts, cancelled checks, a bookkeeping system, invoices with proof of payment.
2. Daily point of service meal counts
3. Daily attendance rosters or sign-in sheets
4. Time distribution sheets completed by staff, who claim labor on monthly CACFP claim.

Monthly Claims for Reimbursement

- Food and non-food expenses purchased for the CACFP may be claimed as a cost, on the monthly claim. See *non-reimbursable foods* in a future slide. Here are some examples on unallowable non-food costs (not related to food service).

1. Toilet paper, Kleenex
2. Plastic gloves not used in food service
3. Cleaning supplies that are <u>not</u> used in the kitchen or dining room

Meal Pattern Requirements - Topics

- Menu Planning
- Creditable Foods
- The Component Serving Size Requirements
- Meal Service Methods
- Offer versus Serve Option
- Special Dietary Needs

Menu Planning

- Daily, dated menus are required to be posted and kept on file for each month.
- Substitutions must be recorded on the menus that are kept on file or on Menu Substitution form.
- Your center may be reimbursed for a maximum of two meals (breakfast, lunch, <u>or</u> supper) and one snack per eligible client per day **or** two snacks and one meal per eligible client per day.
- Menus must show that all required food components of each meal are served in order to claim them for reimbursement.

Reimbursable Meals

- **Creditable** foods are those foods that may be counted toward meeting the food component requirements for a reimbursable meal.

- **Non-Creditable** or "**Other**" foods are not creditable toward the meal pattern (more on this later).

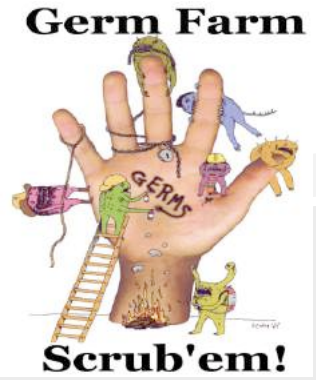
- **A meal is reimbursable** if it contains creditable foods for each of the required food components, in amounts required by the meal pattern.

Food Safety and Sanitation

- Safe steps in food handling, cooking, and storage are essential to prevent foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness
- Handwashing is the #1 defense against food borne illness.
- For more information, see National Food Service Management Institute*, "Serving Safe Food in Child Care" and "Food Safety Basics" (2014), via the link below.

http://www.nfsmi.org/

*(*New name "Institute of Child Nutrition", same link.)*



CACFP Meal Pattern Food Components

- Milk
- Fruit
- Vegetable
- Meat/Meat Alternate (MA)
- Bread/Grain

Milk Component

- Fluid milk must be fat-free (skim) or low-fat (1%) milk.
- Fluid milk served may also be:
  - Lactose reduced or lactose free milk
  - Fat-free or low-fat buttermilk
- Milk served must be pasteurized fluid milk that meets State and local standards.
- It may be flavored or unflavored.
- Milk may **never** be credited when cooked in cereals, puddings, or other foods (unless using a Standardized Recipe).

Reimbursable Milk Substitutes

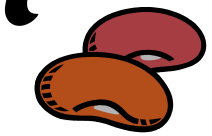
- Approved soy milk brands are the only reimbursable substitute for cow's milk and must contain comparable levels of 9 different nutrients, contained in cow's milk.
- Breakfast/lunch/supper with non-approved soy milk, almond milk, juice or rice milk may ***not*** be claimed for reimbursement.
- See NDA approved milk substitute list.

Fruit and Vegetable Component

- Whole Fruits
- Whole Vegetables
- Vegetable Soups
- Full strength (100%) Juice

Continued next slide

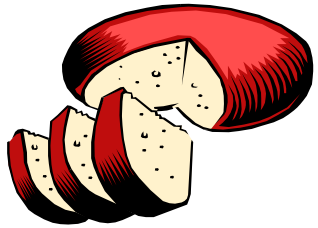
Fruit and Vegetable Component

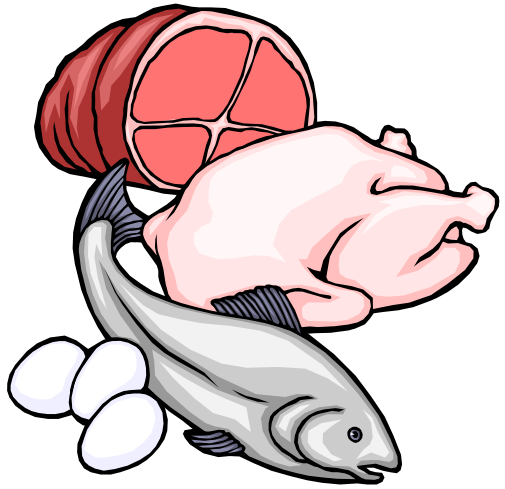


- Cooked dry beans or peas may be counted as a vegetable <u>or</u> as a meat alternate, but not as both in the same meal.
- Small amounts (less than 1/8 cup) of F/V's, used as garnishes, may <u>not</u> be counted toward the F/V requirement.
- F/V dishes that contain more than one F/V, such as fruit cocktail, mixed fruit or mixed vegetables, may be credited toward only one of the two required components for lunch and supper.
- Home canned products are not creditable.

Meat/Meat Alternate Component

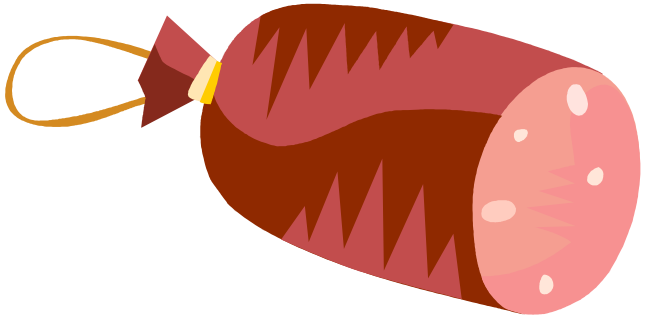
- Lean Meat
- Poultry
- Fish
- Cheese
- Eggs
- Yogurt
- Cooked Dry Beans or Peas
- Nut or Seed Butters
- Nuts or Seeds





Non-Creditable Meat Items

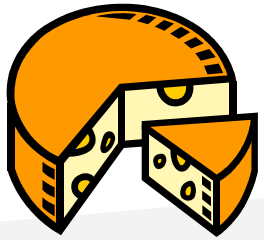
- Beef Jerky
- Summer Sausage
- Pepperoni



- Other shelf-stable dried meat, poultry, or seafood snacks include smoked snack sticks made with beef and chicken, other jerky items such as turkey jerky and salmon jerky, and similar items made in nugget form.
- Bacon

Meat Alternate - Creditable Cheeses

- Natural or processed cheese like American, cheddar, mozzarella, or Swiss (1 oz provides 1 oz M/MA)
- Cottage or ricotta cheese (2 oz provides 1 oz M/MA)
- Cheese food (2 oz provides 1 oz M/MA)
- Cheese spread (2 oz provides 1 oz M/MA)



Meat Alternate: Non-Creditable Cheeses

- Imitation cheese
- Cheese product
- Powdered cheese product
- Velveeta™
- Cheese sauce without a Child Nutrition (CN) label

CN labels will be reviewed more in depth later in this presentation.

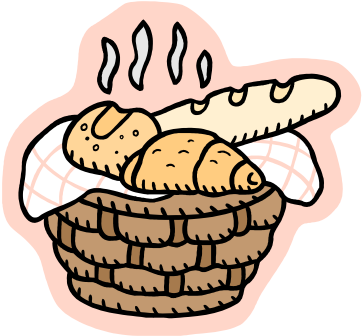
Bread Grain Component

Must be Whole-Grain, Enriched, or Fortified

Must serve one whole grain rich food a day

Refer to ***"Easy to Use Grains and Breads Chart"*** or
Food Buying Guide (FBG) *for Child Nutrition Programs*

- Bread
- Crackers, pretzels, rice cakes
- Bagels, biscuits, pitas, tortillas, taco shells
- Cornbread, pancakes, waffles *(cont. next page)*



Bread Grain Component

- Whole grain crackers, crackers
- French toast
- Cooked cereal grains such as rice, grits, farina, kasha, oats, or bulgur
- Pasta such as macaroni, spaghetti, etc.
- Ready-to-eat breakfast cereal

Not claimable for: **Snack *or* Breakfast**

- Dessert pies
- Cake
- Brownies
- Cookies

- Fruit Turnovers
- Doughnuts
- Granola bars
- Sweet rolls
- Toaster pastries
- Grain fruit bars
- Granola bars
- Coffee cake

Non-Creditable Foods

- Potato Chips
- Jelly/Jam/Candy
- Pickle Relish
- Ice cream, Sherbet
- Frozen Yogurt
- Grocery Store Pudding
- Dried Fruit Snacks
- Banana Chips
- Lemonade
- Cranberry Juice Cocktail
- Cream Cheese, Sour Cream
- Hominy
- Jell-O
- Whipped Cream

Commercially Prepared Combination Items

- Breaded chicken nuggets, patties, tenders, popcorn chicken, Breaded fish sticks, patties, shapes, nuggets, corn dogs & mini corn dogs, pizza, canned and frozen ravioli
- Any canned or frozen soup for the m/ma component, chili or chili mac
- Precooked lasagna, quesadillas, burritos, pot pies, etc.
- Precooked Salisbury steak, meatballs, beef/pork crumbles, hamburger (which tend to have extenders and fillers such as soy protein added).

Continued next page.

Commercially Prepared Combination Items

Require one of these:

- A USDA Child Nutrition (CN) Label (assigned a 6 digit ID #)
- A manufacturer product analysis sheet (mpa) signed by the manufacturer, certifying how much of each component is in the product. It must state the oz. for meat/ma item; oz. *or* grams for bread/grain item; oz. or volume (cups) for fruit/veg item.

(If you do not have this documentation for these food items, they are not creditable to the meal pattern and cannot be served as part of a reimbursable meal.)

CN Label

- You must retain a copy of the CN label or mpa sheet that shows the contribution information to the meal pattern, the product brand, and product code.
- Each different product has different CN label information; you must obtain the CN label information for each product prior to planning to serve on the menu. CN labels expire after 5 years.
- If you do not have the CN label information, you cannot guarantee it is creditable to the meal pattern & you cannot assure that the portion size requirements will be met.

Sample CN Label

CN

000000

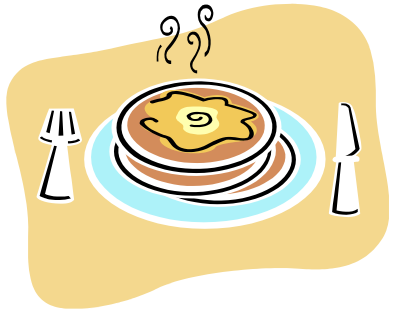
CN

This 1.95 oz. Fully Cooked Beef Patty provides 1.5 oz. equivalent meat/meat alternative for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-2010.)

CN

CN

Breakfast Meal Pattern



Component	Serving Size
Fluid Milk	1 Cup
Vegetable(s) and/or fruit(s) or full-strength juice or a combination	½ Cup total
Bread or grain item, 2 servings	See “Easy to Use Grains and Breads Chart” or FBG
(Meat/MA is optional)	

Lunch/Supper Meal Pattern

Component	Serving Size
Fluid Milk (Skim or 1%)	1 cup
2 different vegetable(s) and/or fruit(s) <u>or</u> full strength vegetable/fruit juice <u>or</u> combination	1 cup total
2 servings bread/grain item	See grains/breads chart
Meat/MA item	2 oz.
Nuts/seeds may only count for up to ½ of the component.	

Snack Meal Pattern

Serve items from 2 of the 5 required components

Component	Serving Size
Fluid Milk (Skim or 1%)	1 cup
Vegetable(s) or full strength vegetable juice Fruit(s) or full strength fruit juice	½ cup total ½ cup total
Bread or grain item	See grains/breads chart
Meat/ MA item	1 oz.
(Milk & juice served together does	not count as a snack.)

Meal Service Methods

- **Pre-Plated** – Staff assemble clients' plates for them, with all the required components in at least the minimum serving size.
- **Cafeteria Style** – Clients walk through serving line.
- **Family Style** – *More on this, next slide*
- **Offer versus Serve Option (OVS)** – *More later*

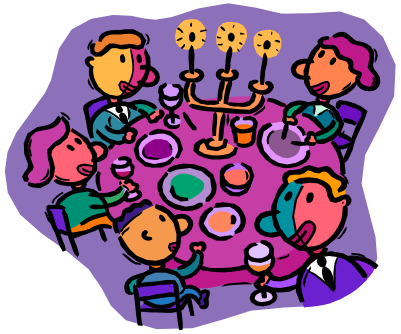
Meal Service Methods

Family Style Dining

- The Process:
  - **Staff place a sufficient amount of prepared food in common serving dishes and pitchers on each serving table for the clients to serve themselves.**
  - ***Meals are only reimbursable when:*** **The amount of prepared food & milk placed on each serving table provide at least the minimum required serving sizes of each of the meal components for all adults seated at the table.**

Continued next slide.

Meal Service Methods



Family Style Dining

- *Staff must encourage clients to take all food items in the required minimum serving size as they serve themselves.*
- *If a client does not take a required meal component, or takes less than the full required serving size of each, she should be encouraged again.*

Meal Service Methods

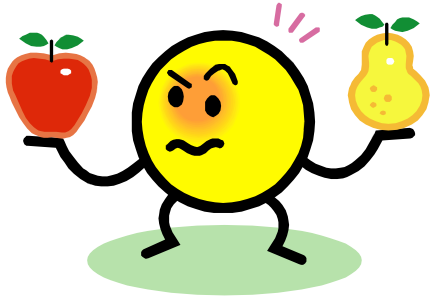
Offer vs. Serve Option (OVS)

- Clients must be offered all required food components for meals and snacks.
- Clients may decline some components, depending on their capabilities.
  1. **For meals only ~ breakfast, lunch, & dinner**
  2. **Snacks ~ Both required components must be offered. (*OVS ≠ snacks*)**

(*continued next slide*)

The "Offer Versus Serve" Option

Permits the client to decline the following # of components per meal:



- Breakfast: <u>one</u> of the four
- Lunch: <u>two</u> of the six
- Supper: <u>two</u> of the five
- Snack: must take two components to be reimbursable
- *If a client declines more than the allowed # of components, meal cannot be claimed for reimbursement.* *(continued next slide)*

The "Offer Versus Serve" Option

1. OVS requires <u>all</u> components to be offered.
2. Offering the required components by asking in an "either/or" form is not permitted.
   - Example: "Would you like juice or milk?" is not acceptable.

Whether a client likes milk or not, it must be directly offered to him for every meal (except supper).

Meal Production & Meal Service

- What and how much food to prepare must be planned out to ensure that creditable food items are served in at least the minimum serving sizes required, for the anticipated number of clients and staff that will be served.
- Less food waste and help to stay within food budget.
- Using measuring cups or spoodles to serve the food, will ensure clients receive at least the minimum portion required, for a reimbursable meal.

Sample Production Record/Planning Tool

Meal Pattern	Menu Item	Temp.	Portion Size	Planned Servings	Quantity Needed	Quantity Used/ Leftover	# Staff Meals
Breakfast							
Milk	1% Milk		1 cup	50	3.2 gal		
Veg/fruit	*Orange slices		½ cup	50	25 c.		
Bread/ grain	Blueberry Muffin		(2) 1.8 oz.	50	100 ea.		
		*1 orange	=~1/2 cup				

Recording & Maintaining Meal Counts

- ***What are meal counts?***
  - Your agency is reimbursed for the number of complete meals and snacks served each day, to clients who are eligible to participate in the CACFP.
  - Meal counts must be recorded at the time-of-service, within the meal period or immediately after.
  - A specific staff member can be designated to be responsible for recording the meal counts at the time-of-service at each meal.
  - All staff must have a good understanding of what meals and snacks are compliant with the meal pattern.

Where are meal counts recorded?

Option I: To record by total count, add up the # of complete meals or snacks served.

(More on this later.)

Daily Participation Record and Monthly Meal Count Summary
Child and Adult Care Food Program (Adult Care Component)

Month November 2013 Site Sunrise to Sunset Adult Day Care

Date	Breakfast	A.M. Snack	Lunch	P.M. Snack	Supper	Additional Snack	Attendance
1	25		27				
2	21		22				
3	19		21				
4	24		25				
5	22		23				
6							
7							

Where are meal counts recorded? (option two)

Your agency may find it easier to record the counts by client's name. You will need a "total attendance" count for each day, as well.

Week of: November 4-8, 2013 Name of Center: Sunrise to Sunset Adult Day Care Center

	Monday						Tuesday						Wednesday						Thursday						Friday					
Name	Brk	AM	Lch	PM	Sup	Add	Brk	AM	Lch	PM	Sup	Add	Brk	AM	Lch	PM	Sup	Add	Brk	AM	Lch	PM	Sup	Add	Brk	AM	Lch	PM	Sup	Add
Avery, Cynthia			X																											
Buckett, Edward																														
Buckett, Sandra																														
Champion, Betty			X																											
Chiovetti, Charles																														
Day, Sunny																														
Dugan, Dotty			X																											
Ellinger, Joan			X																											
Goodhue, Elaine			X																											
Heitman, Lorna																														
Jacobs, Sam																														
Jimenez, Rita			X																											
Johnson, Bernice			X																											
Jones, Theodore																														
Kurth, Clarence																														

Using the Daily Participation Record and Monthly Meal Count Summary Form

Once you have counted all complete meals/snacks, record the total count on this form.

Record under the correct meal/snack column to the correct day.

Daily Participation Record and Monthly Meal Count Summary
Child and Adult Care Food Program (Adult Care Component)

Month November 2013 Site Sunrise to Sunset Adult Day Care

Date	Breakfast	A.M. Snack	Lunch	P.M. Snack	Supper	Additional Snack	Attendance
1	25		27				
2							
3							
4	24		25				
5							
6							
7							
8							

Compiling Time of Service Meal Counts
Monthly Meal Count Summary Form

At the end of the month, total each column.

Lunch Count:

27+25+26+27+26+20….

Daily Participation Record and M
Child and Adult Care Food Prog

Month _____**November 2013**_____

Date	Breakfast	A.M. Snack	Lunch	P.
1	25		27	
2				
3				
4	24		25	
5	21		26	
6	24		27	
7	22		26	
8	19		20	

Compiling Time-of-Service Meal Counts
Monthly Meal Count Summary Form

You will use the meal count totals for reporting them on the monthly claim for reimbursement. Maintain count record as back-up documentation.

April			
Date	Breakfast	Lunch	PM snack
27	17	18	15
28			
29			
30			
31			
Total	411	433	402

CIVIL RIGHTS REQUIREMENTS

- Allow all participants equal access to the food service, adult care services and facilities without regard for race, color, national origin, sex, age, or disability.
- Make CACFP information available to the public upon request.
- Provide informational materials in the appropriate language translation.

"And Justice For All" Poster

- Prominently display the 11x17 size "And Justice For All" poster provided by the USDA.
- Post in the entrance to the facility lobby area, where family & caregivers may view.

NON-DISCRIMINATION STATEMENT

- Non-discrimination statement **and** complaint-filing procedure must be documented anywhere the CACFP is mentioned.
- If space on the material does not permit the full non-discrimination statement, the material must include the following statement, “(Your sponsor name) is an equal opportunity provider and employer”.

THE END

Food for Kids, Inc.

Section 9 – Miscellaneous and Helpful Documents

Good nutrition today means a stronger tomorrow!

Building for the Future with CACFP

This day care receives support from the Child and Adult Care Food Program to serve healthy meals to your children.

Meals served here must meet USDA's nutrition standards.

Questions? Concerns? Call USDA toll free: 1-866-USDACND (1-866-873-2263)

Learn more about CACFP at USDA's website:

https://www.fns.usda.gov/

USDA is an equal opportunity provider, employer and lender.

United States Department of Agriculture
Food and Nutrition Service FNS-317
October 2019

¡Buena nutrición hoy significa un mañana más saludable!

Construyendo para el Futuro con CACFP

Esta guardería infantil recibe ayuda del Child and Adult Care Food Program para servir comidas nutritivas a sus niños.

Comidas servidas aquí deben de seguir los requisitos nutricionales establecidos por USDA.

¿Preguntas? ¿Inquietudes? Llame gratuitamente a USDA al: 1-866-USDACND (1-866-873-2263)

Aprenda más información sobre CACFP en el sitio web del USDA: https://www.fns.usda.gov/

USDA es un proveedor, empleador y prestamista que ofrece igualdad de oportunidades.

United States Department of Agriculture
Food and Nutrition Service FNS-317
Octobre 2019

MEDICAL STATEMENT FOR SPECIAL MEALS (MSSM)

1. School/Agency Name	2. Site Name	3. Site Telephone Number
4. Name of Participant		5. Age or Date of Birth
6. Name of Parent or Guardian		7. Telephone Number

8. Check One:

☐ Participant has a disability or a medical condition and *requires* a special meal or accommodation. (Refer to instructions on reverse side of this form.) Schools and agencies participating in federal nutrition programs must comply with requests for special meals and any adaptive equipment. **A licensed physician, a nurse practitioner (APN) or physician's assistant (PA) must sign this form.**

☐ Participant does not have a disability, but is requesting a special meal or accommodation due to food intolerance(s) or other medical reasons. Food preferences are not an appropriate use of this form. Schools and agencies participating in federal nutrition programs are encouraged to accommodate reasonable requests. **A licensed physician, registered dietitian, registered nurse, physician's assistant, or nurse practitioner must sign this form.**

☐ Participant does not have a disability, but is requesting a special accommodation for a **fluid milk substitute** that meets the nutrient standards for non-dairy beverages offered as milk substitutes. Food preferences are not an appropriate use of this form. Schools and agencies participating in federal nutrition programs are encouraged to accommodate reasonable requests. **A licensed physician, registered dietitian, registered nurse, physician's assistant, nurse practitioner or parent or guardian may sign this form.**

9. Disability or medical condition requiring a special meal or accommodation:

10. If participant has a disability, provide a brief description of participant's major life activity affected by the disability:

11. Diet prescription and/or accommodation: (*please describe in detail to ensure proper implementation-use extra pages as needed*)

12. Foods to be omitted and substitutions: (*please list specific foods to be omitted and suggested substitutions. you may attach a sheet with additional information as needed*)

A. Foods To Be Omitted	B. Suggested Substitutions

13. Indicate texture:

☐ Regular ☐ Chopped ☐ Ground ☐ Pureed

14. Adaptive Equipment:

15. Signature of Preparer/Parent/Guardian*	16. Printed Name	17. Telephone Number	18. Date
19. Signature of Medical Authority**	20. Printed Name	21. Telephone Number	22. Date

*** Parent/legal guardian signature is acceptable for fluid milk substitution for a child with special medical or dietary needs other than a disability.**

**** Physician's signature, APN or PA is required for participants with a disability. For participants without a disability, a licensed physician, registered dietitian, registered nurse, physician's assistant or nurse practitioner must sign the form.**

The information on this form should be updated to reflect the current medical and/or nutritional needs of the participant.

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http: //www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

MEDICAL STATEMENT FOR SPECIAL MEALS (MSSM)
INSTRUCTIONS

1. **School/Agency:** Print the name of the school or agency that is providing the form to the parent.
2. **Site:** Print the name of the site where meals will be served (e.g., school site, child care center, community center, etc.)
3. **Site Telephone Number:** Print the telephone number of site where meal will be served. See #2.
4. **Name of Participant:** Print the name of the child or adult participant to whom the information pertains.
5. **Age of Participant:** Print the age of the participant. For infants, please use Date of Birth.
6. **Name of Parent or Guardian:** Print the name of the person requesting the participant's medical statement.
7. **Telephone Number:** Print the telephone number of parent or guardian.
8. **Check One:** Check (✓) a box to indicate whether participant has a disability or does not have a disability.
9. **Disability or Medical Condition Requiring a Special Meal or Accommodation:** Describe the medical condition that requires a special meal or accommodation (e.g., juvenile diabetes, allergy to peanuts, etc.)
10. **If Participant has a Disability, Provide a Brief Description of Participant's Major Life Activity Affected by the Disability:** Describe how physical or medical condition affects disability. For example: "Allergy to peanuts causes a life-threatening reaction."
11. **Diet Prescription and/or Accommodation:** Describe a specific diet or accommodation that has been prescribed by a physician, or describe diet modification requested for a non-disabling condition. For example: "All foods must be either in liquid or pureed form. Participant cannot consume any solid foods."
12. A. **Foods to Be Omitted:** List specific foods that must be omitted. For example, "exclude fluid milk."
    B. **Suggested Substitutions:** List specific foods to include in the diet. For example, "**approved soy milk**."
13. **Indicate Texture:** Check (✓) a box to indicate the type of texture of food that is required. If the participant does not need any modification, check "Regular".
14. **Adaptive Equipment:** Describe specific equipment required to assist the participant with dining. (Examples may include a Sippy cup, a large handled spoon, wheel-chair accessible furniture, etc.)
15 **Signature of Preparer/Parent/Guardian:** Signature of person completing form.
16. **Printed Name:** Print name of person completing form.
17. **Telephone Number:** Telephone number of person completing form.
18. **Date:** Date preparer signed form.
19. **Signature of Medical Authority:** Signature of medical authority requesting the special meal or accommodation.
20. **Printed Name:** Print name of medical authority.
21. **Telephone Number:** Telephone number of medical authority.
22. **Date:** Date medical authority signed form.

The American with Disabilities Act Amendment Act defines a "disability," in part, as a physical or mental impairment that substantially limits a major life activity or major bodily function of an individual.

(For additional information on the definition of disability, please refer to Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act Amendments Act of 2008)

Information regarding the ADAAA, which expanded the definition of disability, can be found at:
http://www.law.georgetown.edu/archiveada/documents/ComparisonofADAandADAAA.pdf

DAILY/WEEKLY CHECKLIST FOR FOOD FOR KIDS

DAILY:

Attendance & Meal Counts- Print out daily attendance and meal count worksheet in CX. Use this to keep track of point of service meals fed to adults. This is given to data entry person. (This can be printed out as a daily report or weekly report. If printed as a weekly report, then it will need to be turned in daily so that adults and meals served can be input in CX, but then it will need to be returned to the data entry person the next morning to continue the process). At the end of the day this report should be given to the person entering attendance, this information should then be input into CX in the Record Attendance/Meals.

New Adults- Enroll all adults, print out enrollment form page 1 only. Have client sign enrollment and fill out MBIE forms if they are NOT on Medicaid, then scan or fax to the Food For Kids office before the end of the month. You may start claiming the adults on the date of the enrollment form. When we receive the enrollment and MBIE we will activate them into your system. If they have not been activated for the month that you claimed them you will not be reimbursed for them, they will be disallowed. Keep a copy for your records.

Time Distribution Report Logs - Keep track of operational hours spent on the program using the time distribution report log. Doing this daily will make it easy at the end of the month to send in. This has been emailed to all centers to keep on their desktop.

Receipts – Each center has the option of scanning and emailing shopping/catering receipts as they come in. These must be submitted weekly.

WEEKLY:

Menu's – Center can input menu's weekly, or many of them prefer to input them monthly. Menu's need to be posted and serving sizes for adults needs to be on the bottom of the menu.

END OF MONTH FOR SUBMITALL NO LATER THAN THE 3RD OF THE NEW MONTH:

Time Distribution Report Log – This needs to be filled out by all staff who are doing any operational labor on the program. This includes shopping, cooking and serving food.

Receipts: All receipts need to be scanned over.

Enrollments & MBIE forms – Any that did not get turned in during the month must be sent over before we process the claim.

Medicaid List - an updated Medicaid list needs to be submitted by the 3rd of the new month. Please update this with new clients each month.

Submit Claim – Hit the submit claim button which sends all information to FFK so that we can process your claim.

Food For Kids will process claims as they come in. Once processed, we print out an error report. This is then sent to the center so that any corrections can be made. Corrections should be made promptly so claim can be submitted in a timely manner. It is our goal to fix as many errors as we can so that the center can receive the maximum reimbursement.

Authorizaton for Direct Deposit - Provider Form

This Authorizes, ***Food For Kids, Inc.*** to send credit entries (and appropriate debits and adjustment entries) electronically or by any other commercially accepted method to my (our) account indicated below and to other accounts I (we) identify in the future (the "Account"). This authorizes the financial institution holding the Account to post all such entries.

ACCOUNT:

TYPE: (CHECK ONE) CHECKING ☐ SAVINGS ☐

PROVIDERS BANK NAME

BANK ROUTING # (ABA #)
(Usually First Set of Numbers on Check)

ACCOUNT #
(Usually Second Set of Numbers on Check)

PLEASE ATTACH A VOIDED CHECK FOR ACCOUNT HERE
(IF APPLICABLE)

EXAMPLE: Routing Number {: 123456789 :} Account Number {: 123456789 :}

THIS AUTHORIZATION WILL BE IN EFFECT UNTIL FOOD FOR KIDS, INC. RECEIVES A WRITTEN TERMINATION NOTICE FROM MYSELF AND HAS A REASONABLE OPPORTUNITY TO ACT ON IT.

SIGNATURE

SIGNATURE (IF ACCOUNT IS A JOINT ACCOUNT)

PRINTED NAME

PRINTED NAME

PROVIDER ID #

DATE

IMPORTANT: THIS DOCUMENT MUST BE SIGNED BY PROVIDERS REQUESTING AUTOMATIC DEPOSIT OF REIMBURSEMENT CHECKS AND RETAINED ON FILE BY FOOD FOR KIDS, INC. PROVIDERS MUST ATTACH A VOIDED CHECK FOR THEIR ACCOUNTS TO HELP VERIFY THE ACCOUNT NUMBER AND BANK ROUTING NUMBERS.

PROVIDER: PLEASE FILL OUT AND RETURN TO FOOD FOR KIDS, INC.

Integrity Certification Statement/
Child and Adult Care Food Program CACFP
Food and Nutrition Division

Name of Institution: _____

During the past seven years, if you were employed as a supervisor or manager by any public or private organization that participated in a publicly-funded program (any program funded wholly or in part by Federal, State, or local dollars), or if you were a member of a governing board or similar body of any public or private organization that participated in a publicly-funded program, in the chart below list the name of the organization, the name of the publicly-funded program, your job title, and the years of your association with each organization/program: **DO NOT LEAVE THE CHART BELOW BLANK. LIST EXPERIENCE OR N/A (NOT APPLICABLE).**

Name of Organization	Name of Publicly-Funded Program	Job Title/ Board Position	Years of Employment/ Board Membership From – To

		Yes	No
1.	I have been a principal in an organization participating in a publicly-funded program that has been ruled ineligible as a result of violating that program's requirements during the past 7 years.	☐	☐
2.	I have been convicted of a business-related offense during the past 7 years to include: fraud, forgery, theft, false statements or claims, falsification or destruction of records, bribery, embezzlement, receiving stolen property, obstruction of justice, antitrust violations.	☐	☐
3.	I am on the Child and Adult Care Food Program's National Disqualified List. If so, I was placed on the CACFP National Disqualified List on _____ (enter date)	☐	☐

Indicate by a yes or no response if you hold any of the following positions in an organization participating, or applying to participate, in the CACFP:

		Yes	No
1.	The chairman of the board of a nonprofit institution	☐	☐
2.	The chairman of the governing board of a public or quasi-public entity	☐	☐
3.	The owner of a proprietary business	☐	☐
4.	The manager or president of a corporation or a Limited Liability Corporation	☐	☐
5.	The executive director, or comparable director of operations, of the CACFP in a private nonprofit, proprietary, or public institution applying to participate in CACFP	☐	☐
6.	Any other supervisory or management position within the organization	☐	☐

Integrity Certification Statement/
Child and Adult Care Food Program CACFP
Food and Nutrition Division

Date of Birth: ☐ ☐ ☐ (MM/DD/YYYY)

Business Name: _____

Business mailing address: _____

Email address: _____

Full Legal name: (Include Middle Name) _____ Job Title/Position: _____

Legal Signature _____ Date _____

Any organization or individual that provides false information on this form will be subject to applicable civil or criminal penalties.

FOR SPONSOR USE ONLY: Identify that this individual is not on the National Disqualified List (NDL).
Name/Date:

RV 2/4/21

Nevada Child and Adult Care Food Program

Time Distribution Report Log

Month/Year _____

Employee Name: _____ Employee Position: _____

Sponsor/Site Name: _____

INSTRUCTIONS: This form is for employees who spend part of their day working on the Food Program. Each month, indicate the number of hours per day spent on administrative and/or operational activities related to the CACFP. Examples of CACFP administrative activities include, but are not limited to: monitoring, record keeping, compiling data and completing the claim for reimbursement and attending training related to nutrition and food safety. Examples of CACFP operational activities include, but are not limited to: menu planning, grocery shopping, cooking and serving meals and clean up after meals. This form will be used in documenting a nonprofit food service operation.

	Hours Worked on CACFP		Non-CACFP Hours Worked	Total Hours Worked		Hours Worked on CACFP		Non-CACFP Hours Worked	Total Hours Worked
Date	Admin.	Oper.			Date	Admin.	Oper.		
1				0	17				0
2				0	18				0
3				0	19				0
4				0	20				0
5				0	21				0
6				0	22				0
7				0	23				0
8				0	24				0
9				0	25				0
10				0	26				0
11				0	27				0
12				0	28				0
13				0	29				0
14				0	30				0
15				0	31				0
16				0	TOTAL	0	0	0	0

I certify that this is an accurate record of the number of hours worked on the CACFP.

_____ _____

Employee's Signature Date

TO BE COMPLETED BY CENTER DIRECTOR/AUTHORIZED REPRESENTATIVE

A. (HOURLY PAID STAFF)

Total administrative hours worked on CACFP _____x $ _____(hourly wage) = $_____(Total admin. CACFP salary)

Total operational hours worked on CACFP _____x $ _____(hourly wage) = $_____(Total oper. CACFP salary)

B. (SALARIED STAFF)

Total administrative hours worked on CACFP _____÷Total hours worked _____ = _____%

Total Salary for month $_____x_____% = $_____ (Total admin. CACFP salary)

Total operational hours worked on CACFP _____÷Total hours worked _____ = _____%

Total Salary for month $_____x_____% = $_____ (Total operational CACFP salary)

I certify that payroll records are on file that verify the total wages as listed above.

Signature of Center Director/Authorized Representative _____ Date: _____

NV DEPT OF AGRICULTURE (NDA)
FOOD & NUTRITION DIVISION (FND)
Child and Adult care Food Program (CACFP)

Person Attending: Class Title: Date:

Print Name	Sign Name	Title	Site Represented

Adult

Sample

CACFP Meal Benefit Income Eligibility Letter for Adult Day Centers

Dear Participant/Guardian:

The Child and Adult Care Food Program, CACFP, offers meal reimbursements to adult day care centers which provide structured comprehensive services to nonresidential adults who are functionally impaired, or age 60 and older. By completing the attached Meal Benefit Income Eligibility Form, the centers will be able to receive reimbursement, which is based on the number of enrolled participants that are eligible for free or reduced-price meals. A household with income less than or equal to the income chart for reduced-priced meals below is eligible for free or reduced-priced meals. In order for the center to be considered eligible for free and reduced-price meals based on income, an application must contain complete documentation of eligibility information including total current household income, names of all household members, the social security numbers of the household member who signs the application, or the word "None," and the date and signature of the adult household member who completed the application. This information will be kept confidential and only available to staff directly connected with administering the CACFP. The participant in the adult day care center may qualify for free or reduced-price meals if your household income falls within the limits on this chart:

Household Size:	Annual Income:
1	$23,606
2	$31,894
3	$40,182
4	$48,470
5	$56,758
6	$65,046
7	$73,334
8	$81,622
Each additional person:	$ 8,288

If an adult participant is a member of a SNAP (formerly food stamps) or FDPIR household or is a SSI or Medicaid participant, the adult participant is automatically eligible to receive free Program meal benefits, subject to the completion of the application. Participants having family members who become unemployed are eligible for free or reduced-price meals during the period of unemployment; provided that the loss of income causes the family income during the period of unemployment to be eligible for those meals.

Privacy Act Statement (how your information is used): The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to provide the information, but if you do not, we cannot approve the participant for free or reduced-price meals. You must include the last four digits of the Social Security Number of the adult household member who signs the application. The Social Security Number is not required when you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number for the participant, or other (FDPIR) identifier, or when you indicate that the adult household member signing the application does not have a Social Security Number. We will use your information to determine if the participant is eligible for free or reduced-price meals, and for administration and enforcement of the Program.

Non-discrimination Statement (what to do if you believe you have been treated unfairly):
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

PLEASE COMPLETE THE REVERSE SIDE OF THIS FORM

Part 1. All Household Members - Name of Enrolled Adult(s):		
Names of Adult Participants (First, Middle Initial, Last)	DATE OF BIRTH (MM/DD/YY)	CHECK IF NO INCOME
Mickey Mouse	12-25-1965	

Part 2. Benefits: If any member of your household received SNAP, FDPIR, State SSI or AHCCCS, or Medicaid provide the name and case number for the person who receives benefits. If no one receives these benefits, skip to part 3.

NAME: Fill out only IF on SNAP or Medicaid _____ CASE NUMBER: Enter case numer Here 555-55-5555

Part 3. Total Household Gross Income (income before any deductions) —You must tell us how much and how often

A. Name (List all people living in the household, including spouse and/or children)	B. Gross income and how often it was received: identify weekly, every other week, monthly, yearly…			
	1. Earnings from work before deductions	2. Welfare, child support, alimony	3. Pensions, retirement, Social Security, SSI, VA benefits	4. All Other Income
	how much/how often	how much/how often	how much/how often	how much/how often
Mickey Mouse	$500.00/ monthly	$ 0 / 0	$ 0 /	$ 0 /
	$ /	$ /	$ /	$ /
	$ /	$ /	$ /	$ /
	$ /	$ /	$ /	$ /

Part 4. Signature and Last Four Digits of Social Security Number: A responsible adult must sign this form. If Part 3 is completed, the adult signing the form must also list the last four digits of his or her Social Security Number or write the word None if the signer doesn't have a Social Security Number. (See Privacy Act Statement on the back of this page.)

I certify that all information on this form is true and that all income is reported. I understand that the center will get Federal funds based on the information I give. I understand that CACFP officials may verify the information. I understand that if I purposely give false information, the participant receiving meals may lose the meal benefits, and I may be prosecuted.

Sign here: Please have client Sign Here Print name: Please have client Print Here Date: Need a date

Address: Need a address Phone Number: Need a phone number

City: _____ State: _____ Zip Code: _____

We need a last 4 of SSN

Last four digits of Social Security Number: _* _* _* - _* _*-5555 If no SSN, write the word "None." _____

Part 5. Participant's ethnic and racial identities (optional):

Mark one ethnic identity:	Mark one or more racial identities:	
☐ Hispanic or Latino	☐ Asian	☐ American Indian or Alaska Native
☐ Not Hispanic or Latino	☐ White	☐ Native Hawaiian or Other Pacific Islander
	☐ Black or African American	

Don't fill out this part. This is for official use only:

Annual Income Conversion: Weekly x 52, Every 2 Weeks x 26, Twice A Month x 24, Monthly x 12

Total Income: _____ Per: ☐ Week, ☐ Every 2 Weeks, ☐ Twice A Month, ☐ Month, ☐ Year Household size: _____

Categorical/Income Eligibility: Free_____ Reduced_____ Paid_____

Determining Official's Signature: _____ Date: _____

Confirming Official's Signature: _____ Date: _____