



Breakfast Grain Substitution

Did you know that the CACFP allows you to replace the grain at breakfast with a meat/meat alternate up to 3 times per week? This option gives you more flexibility and can help offer children a wider variety of nutritious foods in the morning.

Important Reminder: Don't Replace the Fruit or Vegetable with a Meat or Meat Alternate.

One of the most common mistakes providers make is swapping the fruit or vegetable component with a meat or meat alternate. Unfortunately, this error results in a meal deduction, since the fruit/vegetable is a required part of a reimbursable breakfast.

For example, a breakfast of milk, scrambled eggs, and toast may look complete, but it is **not creditable** because the fruit/vegetable is missing.

A reimbursable breakfast must include:

- Milk
- Fruit or Vegetable
- Grain – or Meat/Meat Alternate in place of the grain up to 3 times per week

Examples of Correct Grain Substitutions

- Milk + Banana + Scrambled eggs
- Milk + Mixed berries + Yogurt
- Milk + Apple slices + Cheese stick

These combinations meet CACFP requirements and help ensure your meals are reimbursed.

Save Your Backup Records

USDA requires food program records be kept daily. Backup records are used when you are unable to enter your menu and meal counts into KidKare by midnight. Backup records, like other food program records, must be kept for three years after the submission of the final claim for the fiscal year to which they pertain. For example, Fiscal Year 2026 records must be kept until January 1, 2030.



Team Nutrition

USDA's Team Nutrition supports licensed family childcare providers on the Child and Adult Care Food Program (CACFP) by providing free training, educational materials, and technical assistance to help implement healthy meal patterns.

To view the "Team Nutrition Resources for Child Care", click on the link or picture below.



<https://www.fns.usda.gov/tn/child-care-organization>

Waffle Fruit Pizza

- 5 waffles (1.2 ounces or 34 grams each)
- 2/3 cup low-fat cream cheese, softened
- 1 tsp. vanilla extract
- 5 cups your choice of fruits (kiwi, strawberries, blueberries, raspberries, banana, pineapple, etc.)
- 2 Tbsp. maple syrup (optional)



In a bowl, whisk together the cream cheese, syrup and vanilla. Spread two tablespoons evenly on top of each waffle. Cut each waffle into 4 equal pieces that look like pizza slices. Serve 2 waffle slices and 1/2 cup of mixed fruit on a plate. Have children add their own fruit topping to their fruit pizza!

Yield: 10 servings (2 slices per serving)

Crediting Information: Each serving provides a grain (1/2 oz eq) and a fruit (1/2 cup) at breakfast for children 1-5 years.

Hint: Use a whole grain waffle to meet the daily required whole grain-rich serving.

Credit: <https://www.cacfp.org/2023/08/16/waffle-fruit-pizza/>