

Breakfast Cereal

(whole grain-rich or enriched)

Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.

Cold Cereals

- 101 Bran Cereal
- 102 Bran Flakes
- 103 Cheerios
- 104 Corn Cereal
- 105 Corn Flakes
- 106 Graham Cereal
- 107 Granola
- 108 Grape-Nuts
- 110 Kix
- 111 Mixed Grain Cereal
- 112 Mixed Grain Flakes
- 113 Oat Cereal
- 114 Oat Flakes
- 115 Puffed Rice
- 116 Puffed Wheat
- 123 Rice Cereal
- 117 Rice Krispies
- 118 Shredded Wheat
- 120 Wheat Cereal
- 121 Wheat Flakes
- 122 Other (specify)

Hot Cereal

- 231 Bulgur
- 232 Cream of Rice
- 233 Cream of Wheat
- 234 Malt-O-Meal
- 235 Oatmeal
- 238 Other (specify)

Crackers

(whole grain-rich or enriched)

- 265 Animal Crackers*
- 245 Cheese Crackers
- 246 Club Crackers
- 247 Graham Crackers*
- 248 Hi Ho/Ritz Crackers
- 250 Melba Toast
- 251 Oat Crackers
- 252 Oyster Crackers
- 261 Rice Crackers
- 253 Rye Crackers
- 254 Saltine Crackers
- 255 Sesame Crackers
- 256 Vegetable Crackers
- 257 Wheat Crackers
- 260 Other (specify)

* These products are high in sugar and their use should be limited.

New Crediting ItemsMeat/Meat Alternatives

- 48 Surimi (imitation) seafood
- 67 Tempeh

Grains

- 14 Popcorn

Fruit

- 13 Coconut

Vegetables

- 213 Hominy

Things to Remember**Milk**

- 1 year olds: unflavored whole milk
- 2-5 year olds: unflavored low-fat (1%) or fat-free milk (skim)
- 6 years+: unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free milk (skim)

Fruits and Vegetables

- Juice is limited to 1x/day

Meat /Meat Alternatives

- May be served in place of the grain component at breakfast no more than 3 times per week.

Meal alternatives include: yogurt, egg, cheese or cottage cheese, peanut butter, cooked dry beans or peas, or tofu.

Be sure to follow correct equivalents for meat alternatives.

Grains

- At least one serving of grains per day must be whole grain-rich.
- Grain-based desserts no longer count towards the grain component.

Added Sugar

- Yogurt must contain no more than 23 gm of sugar per 6 oz.
- Breakfast cereals must contain no more than 6 gm of sugar per dry oz.



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