



# Adults & Childrens Alliance



## Child and Adult Care Food Program CACFP Manual

## Quick Reference

**Our Address:**

Adults & Children Alliance  
10 Yorkton Court  
St. Paul, MN 55117

**Office Hours:**

8:00 a.m. – 4:30 p.m.  
(Monday – Thursday)  
8:00 a.m. – 1:30 p.m. (Friday)

**Metro Area Phone Number:**

(651) 481-9320

**Toll Free Phone Number:**  
(outside metro area)

1-800-433-8108

Voice mail is available during non-office hours.

**Metro Fax Number:**

(651) 481-4919

**Toll Free Fax Number**  
(outside the metro area)

1-800-377-6685

Our fax line is available 24 hours a day  
7 days a week.

**E-Mail**

[cacfp@acainc.org](mailto:cacfp@acainc.org)

**Web Site**

[www.acainc.org](http://www.acainc.org)

**We also have a drop slot located outside of Think Small at 10 Yorkton Court, Little Canada MN 55117 available for use after business hours.**



## Contents

What is the Child and Adult Care Food Program? .....	3
What is Adult's and Children's Alliance? .....	3
How do I apply to participate on the CACFP? .....	3
When will I be able to begin claiming children's meals for reimbursement? .....	3
What are my options for keeping CACFP records?.....	3
May I claim my own children's meals for Food Program reimbursement? .....	4
When is my Food Program Claim due?.....	4
When will I receive my Food Program reimbursement? .....	4
General Meal and Attendance Requirements .....	5
Meal Requirements for Children 1 Year and Older.....	6
Meal Requirements for Infants .....	7
Offering the Food Program to Infants.....	7
Options for Infant Participation .....	7
Infant Meal Reimbursement .....	8
Meal Service Requirements .....	9
Tier 1 .....	9
Area Eligibility.....	9
School Eligibility .....	10
Census Eligibility.....	10
Income Eligibility .....	10
Provider's Income.....	10
Parent's Income .....	10
Categorical Eligibility.....	11
Providers .....	11
Parents.....	11
Foster Children.....	11
The CACFP income scale for the period July 1, 2021 through June 30, 2022.....	12
Tier 1 Rate.....	12
Tier 2 Rates .....	12
Eligibility of Children .....	13
Non-residential.....	13
Residential.....	13
Provider's Own .....	13



Foster Children.....	13
Co-licensed Providers .....	13
Helper's Children.....	14
Home Visits.....	14
Record Retention Requirement.....	14
Training.....	15
Parent Confirmations .....	15
Moving.....	15
Findings and Corrective Actions.....	16
Procedures for Termination.....	17
National Disqualified List.....	18
Suspension .....	18
Child and Adult Care Food Program Appeal Procedure.....	19
USDA Nondiscrimination Statement.....	21
CACFP Application .....	21

### *What is the Child and Adult Care Food Program?*

The Child and Adult Care Food Program (CACFP) is a United States Department of Agriculture (USDA) program designed to improve the diets of children and adults in day care. It is an extension of the National School Lunch Act. Each day, 4.2 million children and 138,000 adults receive nutritious meals and snacks through the CACFP. The CACFP provides nutrition training and meal reimbursement to licensed childcare Providers.



In Minnesota, the Program is administered by the Minnesota Department of Education (MDE) and a nonprofit sponsoring organization (e.g., Adults' & Children's Alliance).

### *What is Adult's and Children's Alliance?*



Adult's & Children's Alliance (ACA) is a nonprofit organization offering resources and services designed to meet the changing needs of childcare professionals, children, parents, and the community since 1981.

Innovation, demonstrated need, and cost-effectiveness are ACA's guiding principles. Our focus is on value - the ability to offer our "customers" products and services at a higher quality and lower costs than they could otherwise obtain.

### *How do I apply to participate on the CACFP?*

Contacting ACA. We will put you in touch with the Program Advisor assigned to your area. Your Program Advisor will set up an orientation visit with you. During this visit, you will learn about the food program and how it functions. At the end of your orientation visit, you will be given the opportunity to complete an application and agreement for the CACFP. Your Program Advisor will help you complete the paperwork. ACA will submit your application to MDE for approval.

### *When will I be able to begin claiming children's meals for reimbursement?*

You may begin claiming meals for reimbursement once your CACFP application and agreement have been approved by MDE. Generally, your approval date will be the day of your CACFP orientation visit or the day your childcare license is effective, whichever is later.

### *What are my options for keeping CACFP records?*

ACA offers internet based and paper record keeping options. If you have access to the internet, you can keep the daily required menu and attendance records and electronically submit your claim each month using Minute Menu KidKare. Your Program Advisor will explain your recordkeeping options to you during your orientation visit.



### *May I claim my own children's meals for Food Program reimbursement?*

Providers who meet Federal income guidelines, complete a CACFP Household Income Statement (HIS), and receive approval from ACA, are eligible to claim their own children's day care meals when other day care children are present. Your Program Advisor will show you the guidelines and give you a HIS to complete if you believe you qualify.

### *When is my Food Program Claim due?*

Food Program claims and supporting documentation are due in ACA's office by the 3<sup>rd</sup> of the month following the month being claimed.

### *When will I receive my Food Program reimbursement?*

On time, complete claims received by the first Thursday of the month, will generally have their reimbursement check mailed or direct deposit transmitted around the second Friday of the month.

By law, MDE has 45 days after your claim is submitted to release reimbursement to us. Although the reimbursement generally arrives much earlier, it is always a possibility it could take the full 45 days before we receive the funds.



## Did you know?

- Studies show that children in CACFP receive meals that are nutritionally superior to those served to children in comparable child care settings without CACFP.
- New research shows that CACFP reduces food insecurity, thus helping families protect children against hunger.
- Research has demonstrated CACFP's clear role in helping to assure good nutrition and high quality, affordable child care.
- Research cites participation in CACFP as one of the major factors influencing quality care.

[www.FRAC.org](http://www.FRAC.org)



### *General Meal and Attendance Requirements*

The CACFP has a set of meal patterns for infants (birth through 11 months) and a set of meal patterns for children (1 through 12 years). Each of these meal patterns will be discussed in detail. However, there are some regulations that apply to both infants and older children. They are as follows.

As a participant in the CACFP you are required to:

- Keep **daily** records of the children and foods served at each meal and snack. Records may be kept in KidKare software or approved Minute Menu paper forms. Provide all foods (some exceptions apply for infant formula) and serve meals and snacks which meet the meal pattern requirements.
- Obtain complete, signed, and dated Enrollment forms from the parents of the children in your care. Enrollment forms cannot be made effective prior to the month in which the parent dates the form. For example, an enrollment form dated October 1, 2021, is not valid for meals claimed in September 2021.
- Mail completed Enrollment forms, so they arrive in our office before (on-line) or with (paper) your Food Program claim. **Regulations do not allow ACA to adjust your claim to add payment for additional Enrollments once your claim has been submitted to MDE for reimbursement.**
- Transmit or send accurate and complete records (e.g., menus, meals counts, e-z menus, claim information forms, special diet statements) so they are received in our office no later than the 3<sup>rd</sup> of the month following the month being claimed.
- Submit your claim after serving and recording the last meal or snack of the month (online claiming). You are not permitted to complete attendance records in advance of serving a meal or snack.
- Sign and date each page of your Food Program records (paper claims). Your records must be dated on or after the last day claimed. You are not permitted to complete attendance records in advance of serving a meal or snack.
- Claim no more than 2 meals and 1 snack or 2 snacks and 1 meal per child per day.
- Claim meals for own children only if a Provider Household Income Statement (HIS) has been completed and approved by ACA.
- Claim meals within your license capacity for children in care.  
Refrain from discriminating to whom the Program is offered based on race, color, national origin, sex, age, or disability.

## Meal Requirements for Children 1 Year and Older

The United States Department of Agriculture (USDA) has established a set of required meal components for breakfast, another for lunch/supper and a third for snack. These components are listed on the “Child Meal Patterns” chart included with this manual. They can also be found at the USDA’s web site [https://www.fns.usda.gov/sites/default/files/cacfp/CACFP\\_childmealpattern.pdf](https://www.fns.usda.gov/sites/default/files/cacfp/CACFP_childmealpattern.pdf). The food components required at each meal/snack are as follows:

Breakfast	Lunch or Supper	Snacks (Two of the five groups)
Fluid Milk* Fruit or Vegetable Grains (meat or meat alternate may be used to meet the entire grains requirement a maximum of 3 times per week)	Fluid Milk* Meat or Meat Alternate Grains Vegetable Fruit (a vegetable may be used to meet the entire fruit requirement)**	Fluid Milk* Meat or Meat Alternate Grains Vegetable Fruit

\* Fluid milk must be low fat (1%) or fat free (skim) except for children 12-24 months. Children in this age group must be served whole milk.

\*\* When 2 vegetables are served at lunch/supper, two different kinds of vegetables must be served.

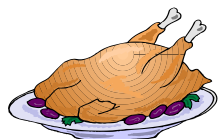
For a detailed listing of food components which qualify in each category, look in the Crediting Foods section of the manual.

Potable drinking water must be available to children throughout the day.

In addition to specifying the food components required at each meal, USDA has also set minimum serving sizes based on a child’s age. There are 3 age categories which apply to home childcare providers: 1-2 years, 3-5 years, and 6-12 years.

The Child Meal Patterns list the minimum serving size required for each meal component in each age group. For example, at lunch a 2-year-old child needs a minimum of ½ (4 fl. oz.) cup milk while a 6-year-old child needs at least 1 cup (8 fl. oz.).

By using the Child Meal Patterns and the Crediting Foods section of this manual, you will be able to serve qualifying foods along with the appropriate amounts for the age of the child being served.



### *Meal Requirements for Infants*

The United States Department of Agriculture (USDA) has established a set of required infant meal components for breakfast, another for lunch/supper and a third for snack. These components are listed on the “Infant Meal Patterns” chart included with this manual. In addition to specifying the food components required at each meal, USDA has also set minimum serving sizes based on a child’s age. There are 2 infant age categories: 0-5 months and 6-11 months. On a child’s first birthday, the child moves from the infant meal patterns to the child meal patterns.

For a detailed listing of food components which qualify in each meal category and in each age group, look in the Feeding Infants section of the manual.

### *Offering the Food Program to Infants*



An infant’s parent **must** be offered the Food Program. It is the **parent’s choice** as to whether the infant will participate on the CACFP.

The CACFP is a Federal Program. Not offering the Program to someone based on race, color, national origin, sex, age, or disability is prohibited. Not offering the Program to infants is age discrimination.

When presenting the Food Program to an infant’s parent, you must offer to provide at least one type of qualifying Iron Fortified Infant Formula (IFIF). You are encouraged to select an infant formula(s) which satisfies the needs of one or more of the infants in care at any given time. It is the parent’s choice to accept or reject the offered formula.

### *Options for Infant Participation*



When presenting the Food Program to an infant’s parent, the parent must decide:  
Who is supplying the formula (parent or provider), or will the parent supply breast milk?  
If formula is served, what brand? Who will supply the solids when the infant is developmentally ready to receive them?

Each Provider must choose at least one brand of iron fortified infant formula (IFIF) he or she is willing to supply and inform the infant’s parent of that choice. The parent decides whether or not to accept the formula offered, supply breast milk or supply another type of formula.

As a participant in the CACFP, you are required to provide an infant’s supplemental foods (iron fortified infant cereal, fruits, vegetables, grains, meats and meat alternatives) when developmentally appropriate. You cannot require a parent to supply supplemental foods for their infant.



Supplemental foods should begin when the infant is developmentally ready. Generally, this is around 6 months of age. When supplemental foods are served, they must be recorded in your menu records.

See the CACFP Infant Meal Patterns in your Food Program Manual for specifics on infant meal requirements and serving size requirements.

## Infant Meal Reimbursement

All infant meals must be properly documented on scannable Minute Menu Infant Menus, or in KidKare. A complete child enrollment form (including the infant section) must be on file in our office to receive meal reimbursement for infants in your care.

Age 0-5 Months	Age 6-11 Months
<b>Breakfast</b>	
4-6 fl oz. breastmilk or iron fortified infant formula	6-8 fl oz. breastmilk or iron fortified infant formula, <b>and</b> <sup>1</sup> 0-4 Tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese; or 0-4 oz. (1/2 cup) yogurt <sup>2</sup> ; or a combination, <b>and</b> 0-2 Tbsp. vegetable, fruit or a combination of both <sup>3</sup>
<b>Lunch or Supper</b>	
4-6 fl oz. breastmilk or iron fortified infant formula	6-8 fl oz. breastmilk or iron fortified infant formula, <b>and</b> <sup>1</sup> 0-4 Tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. cottage cheese; or 0-4 oz. (1/2 cup) yogurt <sup>2</sup> ; or a combination, <b>and</b> 0-2 Tbsp. vegetable, fruit or combination of both <sup>3</sup>
<b>Snack</b>	
4-6 fl oz. breastmilk or iron fortified infant formula	2-4 fl oz. breastmilk or iron fortified infant formula, <b>and</b> <sup>1</sup> 0-1/2 bread slice <sup>4</sup> , or 0-2 crackers; or 0-4 Tbsp. iron fortified infant cereal or ready to eat cereal <sup>5</sup> , <b>and</b> 0-2 Tbsp. vegetable, fruit or a combination of both <sup>3</sup>

**Serving Sizes are minimum quantities to be served.**

- 1 Additional foods are required when developmentally ready.
- 2 Yogurt must contain no more than 23 gm of total sugars per 6 oz.
- 3 Fruit and vegetable juice must **not** be served.
- 4 A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
- 5 Breakfast cereals (snack only) must contain no more than 6 gm sugar per dry oz.



### *Meal Service Requirements*

You are eligible to claim reimbursement for the types of meal (e.g., breakfast, p.m. snack) listed on your CACFP application. You cannot be reimbursed for meals or snacks not approved on your application. If you wish to add or remove a meal or snack service, you must amend your CACFP application.

The meal/snack times recorded on your CACFP application should be the times you generally serve your meals/snacks (e.g., lunch from 12:00-12:30). Do not make your serving time too broad (e.g., lunch from 11:00-2:00). Your Program Advisor will conduct unannounced meal/snack visits within the time frames you have listed. If you are not home and you have not given ACA prior notice of your absence, the meal/snack which was to be served during that timeframe will be disallowed.

Meals/snacks must be served in your presence or the presence of your helper or substitute to be eligible for reimbursement. Meals sent with children to school or home are not reimbursable.

You can give ACA prior notification when you will not be home during a meal service time by calling, faxing, or sending ACA an e-mail at [cacfp@acainc.org](mailto:cacfp@acainc.org)

***Tier 1 Eligibility:***  
***Area Eligible***  
***School***  
***Census Income***  
***Eligibility***  
***Provider's Income***  
***Parent's Income***  
***Categorical Eligibility***

The United States Congress has established two levels of CACFP reimbursement: Tier 1 and Tier 2.

Tier 1 reimbursement is a higher rate of meal reimbursement than Tier 2. Providers may be reimbursed for all meals/snacks at Tier 1 rates, all meals/snacks Tier 2 rates or a mixture of both. Each July the rates are reviewed, and an increase is possible. (See table 2 for current rates.)

### *Tier 1*

A Provider becomes eligible to receive Tier 1 rates in one of three ways: area eligibility, income eligibility, or categorical eligibility.

#### *Area Eligibility*

If a home is classified as Tier 1 by area, all enrolled day care children's meals are reimbursed at Tier 1 rates regardless of the income of the Provider's family or the day care child's family. A home may be area eligible due to school eligibility or census eligibility.



### *School Eligibility*

A day care home is classified as Tier 1 by area if the home is in an area served by a public elementary, middle, or high school where at least 50% of the total number of children enrolled is certified eligible to receive free or reduced-price meals. A Tier 1 classification based on school data is valid for up to 5 years.

### *Census Eligibility*

A day care home may also be classified as Tier 1 by area if the home is in a geographic area, based on American Community Survey (ACS) census data, in which at least 50% of the children residing in the area are members of households which meet the income standards for free or reduced school meals. A Tier 1 classification based on census data is valid for up to 5 years.

A Provider living in a Tier 1 area must meet income guidelines and submit a Provider Household Income Statement (PHIS) to claim reimbursement for her/his own children's meal. See "Provider's Income" for additional information.

### *Income Eligibility*

A day care home is eligible for Tier 1 meal reimbursement if a Providers household income or individual day care children's household incomes fall within household size and income guidelines.

### *Provider's Income*

A Provider whose home is not in a Tier 1 area may still receive Tier 1 reimbursement rates for all enrolled children if the Provider's household meets government established household size and income guidelines. A Provider who is income eligible may claim meals for his or her own children's meals when day care children are present. If you believe your family meets the income guidelines for a Tier 1 household, you must complete a Provider Household Income Statement (PHIS) and supply all required income documentation. (See table 1.)

The PHIS is reviewed by ACA staff. You will be notified in writing as to whether or not you meet income guidelines. All information is confidential.

### *Parent's Income*

Providers living in Tier 2 areas who are not themselves income eligible may be reimbursed at Tier 1 rates for day care children whose households meet Tier 1 household size and income guidelines or are categorically eligible. Parents must submit and have approved by ACA a Household Income Statement (HIS).

If you are a Tier 2 Provider, give each family in your care a HIS to review. Families which believe they qualify for Tier 1 rates should be encouraged to complete the form and return it to ACA. They may also complete the form and return it to you in a sealed envelope. You may mail the unopened envelope to our office. If the HIS is approved, you will receive Tier 1 rates for those children's meals. Approved applications are valid for 1 year.

The income information submitted by the parents is confidential. Because the information is confidential, we cannot tell you which children in your day care qualify for Tier 1 rates or which parents have returned the HIS. However, your check or direct deposit stub will indicate how



many meals were reimbursed at Tier 1 rates and now many meals were reimbursed at Tier 2 rates.

### *Categorical Eligibility*

#### *Providers*

A day care home is eligible for Tier 1 meal reimbursement if any member of the Provider's household currently participates in any of these 3 programs: Minnesota Family Investment Program (MFIP), Supplemental Nutrition Assistance Program (SNAP) or Food Distribution Program on Indian Reservations (FDRIP).

If you believe your household is categorically eligible for Tier 1 rates, you must complete a Provider Household Income Statement (PHIS) and supply the required documentation.

Note: Providers who meet Tier 1 income guidelines or categorical eligible guidelines for their family are eligible to claim their own children's meals for reimbursement when other day care children are also present for the meal. The eligibility is valid for one year.

#### *Parents*

A day care child's home is eligible for Tier 1 meal reimbursement if the day care child's household currently participates in any of these 3 programs: Minnesota Family Investment Program (MFIP), Supplemental Nutrition Assistance Program (SNAP) or Food Distribution Program on Indian Reservations (FDRIP).

A complete and approved HIS is required to be on file in our office.

#### *Foster Children*

Foster children are categorically eligible to receive Tier 1 reimbursement for their day care meals. A foster child is defined as a child for whom a welfare agency or court has legal responsibility.

A PHIS or HIS may be completed separately for a foster child, or the foster child may be included on a PHIS or HIS with other non-foster children in the household.



**Do you need a Provider Household Income Statement for yourself or  
Household Income Statements for your parents?**

**Go to:**

**<https://www.acainc.org/forms.html>**

**This is the Members only Form section of ACA's website.**



**Table 1: Household Size and Income Guidelines**

*The CACFP income scale for the period July 1, 2024 through June 30, 2024.*

Household Size	\$ Per Year	\$ Per Month	\$ Twice Per Month	\$ Per 2 Weeks	\$ Per Week
1	26,973	2,248	1,124	1,038	519
2	36,482	3,041	1,521	1,404	702
3	45,991	3,833	1,917	1,769	885
4	55,500	4,625	2,313	2,135	1,068
5	65,009	5,418	2,709	2,501	1,251
6	74,518	6,210	3,105	2,867	1,434
7	84,027	7,003	3,502	3,232	1,616
8	93,536	7,795	3,898	3,598	1,799
Add for each additional person	9,509	793	397	366	183

**Table 2: Rates of Reimbursement**

Tier rates are effective July 1, 2023, through June 30, 2024.

*Tier 1 Rate*

Breakfast \$1.65  
Lunch/Supper \$3.12  
Snack \$0.93



*Tier 2 Rates*

**(Includes additional 10 cents)**

Breakfast \$0.59  
Lunch/Supper \$1.88  
Snack \$0.25



### *Eligibility of Children*

#### *Non-residential*

These are children under the age of 13 years who are not maintained in care for more than 24 hours. These children are eligible for reimbursement on the CACFP.

#### *Residential*

These are children under the age of 13 years who are not the Provider's own and who are residing in the Provider's home or licensed site for more than 24 hours on a non-emergency basis. These children are NOT eligible for CACFP reimbursement.

#### *Provider's Own*

Children under the age of 13 years who reside in the Provider's home and are part of the household's economic unit are considered the Provider's own children. Provider's own children are not eligible for CACFP reimbursement unless an approved Provider Home Income Statement (PHIS) is on file in our office. This applies to day care homes in Tier 1 and Tier 2 areas.

Providers approved to claim their own children's meals may do so providing at least 1 CACFP enrolled; nonresidential child is also present for that meal or snack.

#### *Foster Children*

Meals for foster children under the age of 13 residing with the Provider may be claimed for reimbursement. See Tier 1 categorically eligible for more information. Complete directions can be found with the Providers Household Income Statement (PHIS).

As with Provider's own children, Provider's foster children's meals are eligible for reimbursement provided at least 1 eligible and enrolled day care child, not in residence with the Provider, is also present for the meal or snack.

Foster children of day care parents can be claimed like any other day care child. The foster child is eligible for tier 1 reimbursement. Complete directions can be found on the Household Income Statement (HIS).

#### *Co-licensed Providers*

If you are licensed with someone else and the person's child(ren) comes to your home for child care, the child's family must meet income eligibility guidelines and submit a PHIS to be claimed on the Food Program. In addition, if you are in a Tier 2 area, both your family and the family of the person you are co-licensed with must meet income eligibility requirements and submit a PHIS to receive Tier 1 reimbursement for all the children in your care. If this situation applies to you, contact ACA for more information.

### *Helper's Children*

Helper's children are eligible for Food Program reimbursement, provided the children do not live in your home (residential). A helper is different than a co-licensed Provider in that the helper's name is not printed on your Department of Human Services (DHS) day care license.

### *Home Visits*

While participating on the Child and Adult Care Food Program, you are required to receive and accept visits in your day care home during the hours of operation.

Home visits will be conducted a *minimum* of 3 times in a fiscal year (Oct. 1-Sept. 30). A minimum of 2 visits per year will be unannounced. At least 1 unannounced visit will be during a meal service.

At all visits menu and attendance records will be reviewed. If you use a paper claim, forms will be counted and restocked. CACFP updates and information may be given. A home visit "Review Form" will be completed.

If a substitute Provider is conducting care during a home visit, the substitute must have access to and provide the Program Advisor with your CACFP menu and attendance records.

You must give ACA prior notification if the day care children will be away from the home during an approved meal service. Prior notification may be given by e-mail, fax, mail, or phone.

### *Record Retention Requirement*

The USDA requires Food Program participants to maintain Program records for "three years and 3 months after the date of the fiscal year to which they pertain." This provision is intended to facilitate reviews, to enhance Program integrity, and to assure Providers they are being properly reimbursed by their sponsor.



Providers are required to keep copies of each child's enrollment form (including re-enrollment forms), daily records of the number of children in attendance and the number of meals, by type, served to enrolled children (meal count and menu forms). This requirement means Food Program records for fiscal year 2022 (October 1, 2021-September 30, 2022) must be kept until January 1, 2026. Failure to keep such records shall be grounds for denial of reimbursement.

USDA stated Providers must have on hand for immediate review all records that support their program activities for the current month as well as the previous twelve months of operations. Providers may store the remaining two years offsite; however, they must still be in the control of the Provider and accessible within a reasonable amount of time. If no offsite storage is used, Providers must retain the three years and 3 months of records, onsite at the family childcare home. Records can be kept in hard copy or **electronic** format, provided they are readily available to reviewers.

### *Training*

As a participant on the CACFP you are required to receive program/nutrition training. Training is provided to you during your home visits. You will be given a handout of the training, and the training will be recorded on your home visit review form.

### *Parent Confirmations*

Parent confirmations are a routine auditing procedure conducted to demonstrate the integrity of the CACFP. Being selected for a parent confirmation **DOES NOT** indicate you are suspected of misconduct!

Each month a percentage of providers are selected for a parent confirmation. Letters are sent to parents asking for information on their child's attendance at childcare. The parents' answers are compared to the information we have on file concerning the child.

If your parent confirmation is not completed by the time your claim would normally be reimbursed, you will be notified a parent confirmation is being conducted on your claim. Your cooperation with the confirmation may be required. Although every effort will be made to complete your parent confirmation quickly, it is likely you will experience a delay in receiving some or all of your Food Program reimbursement during the month for which the Parent Confirmation is being conducted.

Being selected  
for a parent  
confirmation  
**DOES NOT**  
indicate you are  
suspected of  
misconduct!

### *Moving*



Your CACFP application and agreement are valid for your current address. If you move and plan to continue childcare in your new home, you must contact our office prior to your moving date. Failure to contact our office immediately will result in a greater loss of reimbursement.

Upon contacting our office, a Food Program application and agreement will be sent to you or you can download them from our website. Complete the CACFP application and agreement reflecting your new address and mail them to our office. Your licensing worker should give you a paper showing you are relicensed as of a certain date. Please send a copy of this paper to ACA.

Information from your new application, agreement, and licensing document information will be submitted to the Department of Education. You will receive an approval date and tier determination for your new address. Your Food Program claim will be reimbursed as of your new approval date and at your new Tier.



There will likely be a period of time which you are not eligible for Food Program reimbursement. However, prompt completion of a relocation visit with you county licenser, and prompt completion and return of your Food Program relocation paperwork will result in the earliest possible CACFP approval at your new home.

### *Findings and Corrective Actions*

To help ensure the integrity of the Food Program, USDA has directed all Child and Adult Care Food Program (CACFP) Sponsors nationwide to follow a “Corrective Action Procedure”.

This procedure is designed to reinforce the responsibilities the Provider has agreed to when signing the CACFP Agreement. Sponsors are to inform the Providers of any findings (violations of the CACFP agreement), train Providers in the correct procedures, and monitor Providers to assure correct actions are being followed. Providers are required to sign and date corrective actions form which lists the problem(s) and the corrective action(s) the Provider is required to complete within a specified time period. Findings could be any type of noncompliance with the Food Program Agreement which you and the CACFP sponsor signed.

Some findings which may result in corrective actions include but are not limited to:

- Food Program records not up to date at the time of a visit.
- Failure to offer the Food Program to all children including infants.
- Failure to serve meals which meet the Food Program requirement.
- Food Program claims which are consistently late.
- Meal and/or attendance observed on home visit do not match meal and/or attendance submitted to our office for reimbursement.

If the corrective actions are not implemented or if they are implemented for a time but then abandoned, the Provider may be considered “Seriously Deficient” in their CACFP participation.



**Avoid findings and corrective actions!**

Keep accurate, daily food program records.

### *Serious Deficiency and Termination*

A Provider found seriously deficient will receive a certified letter from ACA. The letter will state the reason the Provider is being found seriously deficient and list the corrective action(s) necessary to correct the problem(s). A specified time period will be given for the correction(s) to be made. Reasons a provider may be considered seriously deficient include:

- Submission of false information on the application.
- Submission of false claims for reimbursement.
- Simultaneous participation under more than one sponsor.
- Non-compliance with the Program meal pattern.
- Failure to keep required records.
- Conduct or conditions that threaten the health or safety of children in care or public health or safety.
- A determination that the provider has been convicted of any activity that occurred during the last 7 years and that indicated a lack of business integrity.
- Failure to participate in required CACFP training.
- Any other circumstance related to non-performance under the sponsor-provider agreement, as specified by the sponsoring organization or State agency. This may include, but not limited to, continuous submission of late and/or incomplete claims for reimbursement, and failure to comply with civil rights laws.



### *Procedures for Termination*

For the above reasons, the following steps will be taken:

- A letter giving a finding of serious deficiency will be sent to the provider. The letter will offer a brief period (30 days or less) for corrective action to be taken.
- If corrective action is not taken within the specified time or the corrective action is inadequate, the sponsor will issue a notice of proposed termination and proposed disqualification to the home, the letter will include direction to appeal the termination.
- A copy of the letter will be uploaded to MDE.
- If there is no appeal or an unsuccessful appeal, the Sponsor will send the provider a letter terminating their agreement (see Appeal Procedure).
- A copy of the letter will be uploaded to MDE so the provider can be placed on the National Disqualified List.



- In coordination with MDE and/or any other sponsoring organization(s) involved, a determination of the amount of disallowed funds shall be made.
- Procedures for recovery of the determined amount shall be instituted.

If the serious deficiency is not corrected within the specified time frame, or it is corrected for a time but then abandoned, the Provider may be terminated from the Food Program for cause and put on the “National Disqualified List”.

### *National Disqualified List*

The National Disqualified List is a listing of Child Care Providers from across the country that has been terminated from the CACFP for cause. Providers on the list may not participate in the Food Program for seven years with any CACFP sponsor nationwide. Providers owing repayment of CACFP funds will remain on the list until the funds have been repaid.

### *Suspension*

- Licensed home childcare Providers can be suspended from CACFP participation due to an imminent threat to the health or safety of the children or the public.
- Providers will receive a written notice of suspension which will identify the imminent threat, suspend the home's participation, propose to terminate the home's agreement for cause, propose to disqualify the provider, and include directions to appeal the suspension, termination and/or disqualification.
- ACA will act immediately upon the discovery of an imminent threat.
- A provider's participation will be suspended upon being informed by a health or licensing authority that the provider has been cited for a violation which poses an imminent threat.
- If ACA discovers the imminent threat, we will first inform the health or licensing authority, and then act consistent with the authority's recommendation.
- Providers may appeal a suspension (see appeal procedure) but will not have the opportunity for corrective action or appeal prior to the suspension taking effect.
- Providers must be paid for any eligible meals which were documented as having been served during the suspension if the provider wins the appeal.
- Copies of all suspension notices will be uploaded to MDE.

### *USDA Nondiscrimination Statement*

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or 2. **fax:** (833) 256-1665 or (202) 690-7442; or 3. **Email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

### CACFP Application

Because the CACFP is a federal program, it operates on a fiscal year. The fiscal year runs from October 1st to September 30th of the following calendar year.

On a home visit prior to September 30, your Program Advisor will review and update your application information. If for some reason you do not receive a home visit prior to September 30, an application with directions will be sent to your home. Your old CACFP application expires September 30th. You will also need to complete a new application if you move, change your name, or change who you are co-licensed with.



(4) **Review of Record** Information on which ACA's action was based must be available to Provider from the date of receipt of Provider's written appeal request during ACA's regular business hours.

(5) **Opposition** Provider may refute the findings contained in the notice of action by submitting written information to the Appeal Official. In order to be considered, written documentation must be submitted to the Appeal Official no later than 20 calendar days after the receipt of the notice of action unless the Provider's is appealing a "Temporary Immediate Suspension" of the child care license to DHS. If a Provider's is appealing a "Temporary Immediate Suspension" the written documentation must be submitted no later than 20 calendar days after the final action is taken by the licensing authority.

(6) **Hearing** The Appeal Official will hold a hearing if Provider requests a hearing in the written appeal request. If a hearing is requested, ACA will provide at least 10 calendar days advance notice of the time and place of the hearing by certified mail - return receipt requested. At least one ACA representative will attend the hearing to respond to Provider's testimony and answer questions posed by the Appeal Official.

Prior to the hearing, the Appeal Official will review all written information submitted by the Provider and ACA.

If Provider fails to appear at a scheduled hearing, Provider waives the right to a personal appearance before the Appeal Official, unless the Appeal Official agrees to reschedule the hearing.

(7) **Decision without Hearing** In the following situations, no hearing will be held and the Appeal Official will base his or her decision on a review of the written information submitted by the Provider and ACA.

-The Provider did not request a hearing in accordance with the requirements in Section 2 of this procedure.

-The Provider waived the right to a hearing by failing to appear at a scheduled hearing as described in Section 6 of this procedure and the Appeal Official did not reschedule the hearing.

(8) **Appeal Official** The Appeal Official must not have been involved in the action that is being appealed and not have a direct personal or financial interest in the outcome of the appeal. Provider may directly contact the Appeal Official.

(9) **Basis for Decision** The Appeal Official will make a determination based solely on the information provided by Provider, information provided by Sponsoring Organization, Federal and State Laws, regulations, policies, and procedures governing the Program.

(10) **Time for Issuing Decision** Unless the Provider's is appealing a "Temporary Immediate Suspension" of the child care license to DHS, within 60 calendar days of the Appeal Official's receipt of the appeal request, the Appeal Official will inform the Provider of the appeal outcome(s) by certified mail-return receipt requested, with a copy to ACA. This time frame is an administrative requirement for ACA and may not be used as a basis for overturning ACA's action if a decision is not made within the specified time frame. If the Provider is appealing a "Temporary Immediate Suspension" to DHS, the Appeal Official will inform the Provider of the appeal outcome(s) by certified mail-return receipt requested, with a copy to ACA within 60 calendar days after the final action by the licensing authority.

(11) **Final Decision** The determination made by the Appeal Official is the final administrative determination to be afforded to the Provider.

(12) **Record** ACA maintains searchable records of appeals and results, subject to Child and Adult Care Food Program requirements and the Minnesota Government Data Practices Act.

### *USDA Nondiscrimination Statement*

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or 2. **fax:** (833) 256-1665 or (202) 690-7442; or 3. **Email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

### CACFP Application

Because the CACFP is a federal program, it operates on a fiscal year. The fiscal year runs from October 1st to September 30th of the following calendar year.

On a home visit prior to September 30, your Program Advisor will review and update your application information. If for some reason you do not receive a home visit prior to September 30, an application with directions will be sent to your home. Your old CACFP application expires September 30th. You will also need to complete a new application if you move, change your name, or change who you are co-licensed with.





## Table of Contents

Crediting Foods.....	2
Creditable foods .....	2
Non-creditable foods.....	2
Meeting the Meal Pattern Requirements.....	2
Portion Sizes .....	3
Combination Dishes.....	3
Milk.....	4
Non-dairy Beverage .....	4
Fluid Milk Substitutes .....	9
Vegetables .....	10
Serving Size and Yield for Selected Vegetables.....	15
Fruits .....	16
Serving Size and Yields for Fruits .....	16
Grains .....	22
Whole Grains .....	23
Enriched Grains and Fortified Breakfast Cereals .....	24
Grain-Based Desserts.....	25
Exhibit A - Grain Crediting Chart for the Child and Adult Care Food Program.....	26
Meat and Meat Alternates .....	37
Examples of some binders and extenders .....	38



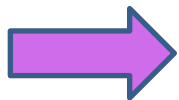
### Crediting Foods

The goal of the CACFP is to provide children with nutritious meals and snacks while providing monetary reimbursement to Providers for serving such meals and snacks. This section of the Provider manual is designed to help you determine which foods are eligible for reimbursement and of the eligible foods, which are the best nutritional choices.

*Creditable foods* are those which count towards the CACFP meal pattern requirements for a reimbursable meal or snack. Foods have been determined as creditable based on the following factors:

- They are or contain creditable foods as listed in the Food Buying Guide;
- They are in compliance with regulations governing the Child Nutrition Programs (in quantity requirement and/or by definition);
- They are in compliance with the U.S. Food and Drug Administration's (FDA) Standards of Identity;
- They are in compliance with USDA's standards for meat and meat products (if applicable; and
- They are in compliance with administrative policy decisions on crediting of popular foods.

*Non-creditable foods* are foods which do not count towards the CACFP meal pattern requirement. Although non-creditable foods do not contribute to a creditable meal or snack, you may occasionally serve them. Non-creditable foods may supply calories which help meet the energy needs of the children and may contribute additional protein, vitamins and minerals. They can be used to supplement the required meal components, to improve acceptability and to satisfy appetites.



USDA reimburses CACFP participants for the meals and snacks served, not for the individual foods. A meal is reimbursable if it contains creditable foods in amounts required by the meal pattern for a specific age group.

### Meeting the Meal Pattern Requirements

A meal component can consist of one or more creditable foods. Here are some meal pattern requirements to keep in mind:

- A meat/meat alternate must be served in the main dish or in the main dish with one other component;
- Clean, safe drinking water must be available to children throughout the day;
- Using foods and beverages as punishments or rewards is prohibited;
- Deep fat fried foods that are prepared on site do not credit.



### Portion Sizes

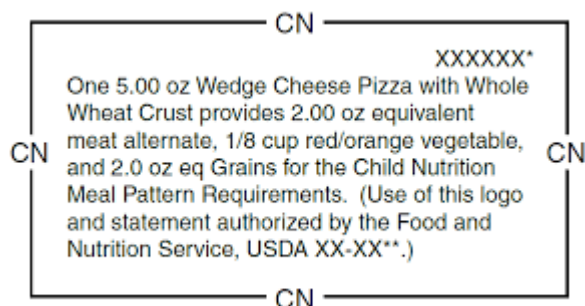
Consider the size of the menu item when planning meals/snacks to meet the meal pattern. A small amount of food can often satisfy a young child's appetite. Some foods will meet the meal pattern requirement only when very large serving sizes are provided. When large serving sizes are needed, serve a smaller portion supplemented with another food from the same meal component. For example, instead of serving 3 tablespoons of peanut butter to a three year old at lunch, serve one tablespoon of peanut butter and 1 ounce of cheese to meet the meat/meat alternate requirement.

### Combination Dishes

Dishes that contain foods from more than one food group are combination dishes. Combination dishes are allowed to credit for up to three meal pattern components (meat/meat alternate, grain, and vegetable **or** fruit – not both). However, it is recommended they credit for only one or two components. This is to ensure a variety of foods are served and to ensure children do not go hungry when a dish is disliked. For example, if lasagna were to contribute toward the meat/meat alternate, the vegetable and the grains components, and if a child disliked the lasagna, he/she would not receive a variety of foods during the meal and he or she may not receive a sufficient amount of food.



**Prepackaged combination dishes are creditable only if (1) the food is CN labeled or (2) a product formulation statement (PFS), signed by an official of the manufacturer (not a salesperson) is on file stating the amount of meat/meat alternate, fruit/vegetable, and/or grains/breads in the product.**



The six digit CN identification number in the upper-right corner is assigned by the AMS-CN Labeling Program Operations Office.

The date found at the end of this statement reflects the month/year of final approval.

For more information go to:  
<https://www.fns.usda.gov/cnlabeling/fns-meal-programs>

The following food lists include foods which are often credited incorrectly or about which questions are frequently asked. Use of product brand names does not constitute USDA approval or endorsement. Product names are used solely for clarification. If you have questions about crediting foods not listed in this guide, contact your Program Advisor or ACA's office.



### Milk



The CACFP Meal Patterns require fluid milk to be served for breakfast, lunch and supper. Additionally, fluid milk may be served as one of the meal components for snacks.

To credit, milk must be pasteurized and meet State or local standards for fluid milk. Milk should contain vitamins A and D at levels specified by the Food and Drug Administration.

Age and Milk Requirements		
<b>Age 1 year</b> <ul style="list-style-type: none"> <li>Unflavored whole milk</li> </ul>	<b>Ages 2-5 years*</b> <ul style="list-style-type: none"> <li>Unflavored low-fat (1%)</li> <li>Unflavored fat-free (skim)</li> </ul>	<b>Ages 6 year and older</b> <ul style="list-style-type: none"> <li>Unflavored low-fat (1%)</li> <li>Unflavored fat-free (skim)</li> <li>Flavored fat-free (skim) or low-fat (1%)</li> </ul>

A one month transition period is allowed to switch from whole milk to low-fat (1%) or fat-free milk (skim) when a child turns 2 years old.

### *Non-dairy Beverage*

Children who cannot consume fluid milk due to medical or other special dietary needs, other than a disability, may be served a qualifying non-dairy beverage in place of fluid milk. To qualify, a non-dairy beverage must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk.

Ask your Program Advisor for a list of qualifying non-dairy beverages or download the list from ACA's website [www.acainc.org](http://www.acainc.org).

To serve a non-dairy beverage in place of milk, a child's parent or guardian must submit a written request identifying the medical or other special dietary need which restricts the diet of the child (e.g. the child is lactose intolerant or the child is a vegetarian). The brand(s) of the non-dairy beverage to be used should be included. The parent's written request must be sent to ACA's office.

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

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

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



FLUID MILK					
Children 2 and over must be served low-fat (1%) or skim milk. Children 1 year must be served whole milk.					
Food Item	Creditable			Comments	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		Only commercially prepared cultured milk that meets fat standards is creditable. Examples are cultured buttermilk, cultured kefir milk, and cultured acidophilus milk..	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.
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.
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	



FLUID MILK					
Children 2 and over must be served low-fat (1%) or skim milk. Children 1 year must be served whole milk.					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
skim milk, nonfat milk, fat-free milk	X			Fat-free (skim) milk is creditable for children 2 years and older.	Flavored fat-free (skim) milk is creditable for children 6 years and older.
UHT (ultra high temperature) milk or shelf stable milk	X			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.	UHT is a Grade A, pasteurized milk that has been heated to 280°F for a few seconds then cooled and packaged
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.

### Milk Delivers a Nutritious Punch!

Creamy, cool milk is a nutrient-rich—and tasty—choice that is important to a nutritious and balanced diet. Milk provides 13 essential nutrients in each serving including: protein, calcium, phosphorus, vitamins A and D and four B vitamins—B12, riboflavin, pantothenic acid and niacin. That's quite a glassful!

Credit: <https://www.usdairy.com/dairy-nutrition/products/milk>





Dairiy Products or Milk Substitutes					
Children 2 and over must be served low-fat (1%) or skim milk. Children 1 year must be served whole milk.					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
almond beverage (commonly known as almond milk)		X		Almond beverages are non-dairy beverages and must be nutritionally equivalent to fluid milk. 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. 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.	
cream sauce			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 homemadm			X	Eggnog does not meet the definition of fluid milk and does not credit. I	If serving eggnog as an extra item, please note, eggnog made with uncooked eggs increases the risk for foodborne illness.
evaporated milk			X	Evaporated milk 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.



Dairry Products or Milk Substitutes					
Children 2 and over must be served low-fat (1%) or skim milk. Children 1 year must be served whole milk					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
ice cream			X	Ice cream does not meet the definition of fluid milk	
ice milk			X	Ice milk does not meet the definition of fluid milk	
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.
rice beverage (commonly known as rice milk)		X		Rice beverages are non-dairy beverages and must be nutritionally equivalent to fluid milk. 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	
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.
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.	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.	



Dairry Products or Milk Substitutes					
Children 2 and over must be served low-fat (1%) or skim milk. Children 1 year must be served whole milk					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
sour cream			X	Sour cream does not meet the definition of fluid milk.	
yogurt		X		Yogurt does not meet the definition of fluid milk.	Yogurt may credit toward the meats/ meat alternates component.

### 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 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.

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.

### 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 list of creditable fluid milk substitutions can be found on ACA's website.

**Fluid Milk Substitution**

<https://www.acainc.org/forms.html>



### Vegetables

Vegetables and fruits are combined into one meal component at breakfast. They are separate components at lunch, supper and snacks. The CACFP meal pattern requires a vegetable, fruit or portions of both to be served at breakfast. Lunch and supper require a serving of vegetable **and** a serving of fruit. You can replace the fruit serving at lunch/supper with a vegetable. You **CANNOT** replace the vegetable with a fruit. Vegetables are one of the 5 meal component options at snack. See CACFP Child Meal Patterns for serving size requirements.

Fresh, frozen or commercially canned vegetables are creditable. Home canned products are not creditable because of health and safety concerns.



Only full-strength (100%) juice credits. Juice cocktails and juice beverages are not full strength and do not credit. Juice is limited to one meal or snack per day.



Juice may not be credited at snack when milk is the only other component.



A vegetable may be substituted for the fruit component at lunch and supper. (Two fruits are not creditable.) Two different vegetables must be served.



A vegetable and a fruit may be served as a crediting snack. (Snacks containing two fruits or two vegetables do not credit.)



One cup of raw (uncooked) leafy greens (e.g., lettuce, spinach, etc.) counts as  $\frac{1}{2}$  a cup of vegetable.



Cooked dry beans or peas may be counted as a vegetable or as a meat alternative but not as both in the same meal.



Vegetable dishes containing more than one vegetable in which the exact quantity of each vegetable is unknown (e.g. frozen mixed vegetables) count as one serving of vegetable.



Deep fat fried foods prepared on site are not creditable





Vegetables					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
barbecue sauce			X	Barbecue sauce does not contain enough vegetable per serving to credit.	Barbecue sauce may be high in salt.
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.	
bean sprouts	X			Bean sprouts credit.	
beans, canned and dry	X			Beans and peas, canned or cooked from dry, (kidney, garbanzo, black beans, etc.) may be credited as a vegetable. They cannot be credited toward the meat alternate and the fruit/vegetable requirement in the same meal.	Beans and peas are good sources of protein, fiber and are naturally low in fat.
carrot bread		X	X	Carrot bread must contain at least an 1/8 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			X	There is not enough vegetable to credit.	
chili sauce			X	There is not enough vegetable to credit.	
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			Only the vegetable/fruit ingredients can contribute toward the fruit/vegetable requirement.	Cabbage is a good source of Vitamin C and fiber
corn, fresh (kernel or on-the-cob)	X			Be sure minimum serving size guidelines are being met.	1 medium cob of for without husk is about ½ cup of vegetable
corn chips			X	Corn chips are classified as a grain (not a vegetable) when made from creditable ingredients.	Chips are high in fat and salt. See chips in the grains/breads section.
corn syrup			X	Corn syrup is a sugar, not a vegetable.	Please note that corn syrup is not recommended for children under 1 year of age.



Vegetables					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
dehydrated vegetables	X			Dehydrated vegetables are creditable based on the volume served	
French fries		X		Deep fat fried foods prepared on site are not creditable.	French fries are high in fat.
gelatin containing vegetables (aspic)		X		Gelatin containing vegetables must contain at least an 1/8 cup (2 tablespoons) of visible vegetable per serving.	Document meal pattern contribution with a standardized recipe or a Product Formulation Statement.
greens, all varieties (such as mustard, collard, and chard	X			Raw leafy greens credit half of the volume served.	For example, a ½ cup raw leafy greens credits as a ¼ cup vegetable.
hominy, canned	X			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.	
hash brown potatoes	X				High in fat.
hominy (whole form)	X			Whole hominy (not dried, ground and milled) credits as a vegetable. A ¼ cup of drained hominy credits as ¼ cup vegetable. Cooked whole hominy (from dried hominy) credit as ¼ cup vegetable.	See grains for crediting hominy grits.
ketchup (catsup)			X	Ketchup does not contain enough vegetable to credit.	Ketchup is a condiment.
lefsa		X		Lefsa containing at least 1/4 cup of potato per serving is creditable as a fruit/vegetable.	Maintain a standardized recipe or Product Formulation Statement.
macaroni salad (also pasta salads)		X		Macaroni Salad containing vegetables must contain at least an 1/8 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.
mustard			X	Mustard is a condiment and is not creditable.	



Vegetables					
Food Item	Yes	Creditable		Comments	Additional Information
		Maybe	No		
olives	X			Olives may be credited if a minimum of an 1/8 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 1/8 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.
pickles	X			Pickles may be credited if a minimum of an 1/8 cup (2 tablespoons) is provided.	Pickles are high in sodium.
pickle relish			X	Pickle relish is considered a garnish or condiment.	
pie filling:sweet potato, pumpkin		X		Pie fillings containing vegetables must contain at least an 1/8 cup (2 tablespoons) of visible vegetable per serving.	Document meal pattern contribution with a standardized recipe or a Product Formulation Statement.
pizza sauce		X		Pizza sauce may be credited if a minimum of an 1/8 cup (2 tablespoons) is provided. An 1/8 cup of pizza sauce equals an 1/8 cup of vegetable.	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.
potatoes, dehydrated	X			See the Vegetables section in the Food Buying Guide.	
potato pancakes		X		Maintain a Product Formulation Statement or recipe that indicates there is at least 1/4 cup vegetable per serving.	
potato skins	X				Potato skins are usually high in fat.



Vegetables					
Food Item	Creditable		Comments		Additional Information
	Yes	Maybe	No		
Pumpkin Bread			X	Pumpkin bread typically does not contain at least an 1/8 cup (2 tablespoons) of visible vegetable per serving.	
Salsa	X			Salsa is creditable toward the vegetables component.	
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.
soup, homemade	X			Homemade soups must contain at least an 1/8 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.	
Tator Tots	X			Tator Tots are high in fat.	
tomato paste	X			One tablespoon = 1/4 cup vegetable	
tomato puree	X			Two tablespoons = 1/4 cup vegetable	
tomato sauce	X			One-fourth cup = 1/4 cup vegetable	
vegetable juice blends	X			Vegetable juice blends that are full-strength 100% juice are creditable	Vegetable blends may be high in sodium.
veggie puffs			X	Veggie puffs do not credit as a vegetable or bread.	
vegetable spirals (from fresh vegetables such as carrot or squash)	X			Creditable toward vegetables component based on the volume served.	



Vegetables					
Food Item		Creditable		Comments	Additional Information
	Yes	Maybe	No		
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 1/8 cup (2 tablespoons) of visible vegetable per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation	Generally, vegetable breads contain an insufficient amount of vegetable per serving

### *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.

Vegetables	Serving Size and Yields
Carrot Sticks	1 stick is 4 inches long and 1/2 inch wide. 3 sticks = 1/4 cup
Cauliflower	1 medium head = about 6 cups florets
Celery Sticks	1 stick is 4 inches long and 1/2 inch wide. 3 sticks = 1/4 cup
Cucumber Sticks	1 stick is 3 inches long and 3/4 inch wide. 3 sticks (pared or unpared) = 1/4 cup
Lettuce Head (Iceberg)	1/4 cup raw, shredded vegetable OR 1/4 cup raw vegetable pieces
Lettuce, Leaf	1/4 cup raw vegetable pieces
Olives, Ripe	8 (large) olives = 1/4 cup
Pickles	1/3 (large) pickle = 1/4 cup
Radishes	7 small radishes = 1/4 cup
Tomatoes, Large/Extra Large	4 slices, 1/8 inch thick = 1/4 cup
Tomatoes, Small/Medium	5 slices, 1/8 inch thick = 1/4 cup
Tomatoes, Cherry	3 tomatoes = about 1/4 cup



### Fruits

Vegetables and fruits are combined into one meal component at breakfast. They are separate components at lunch, supper and snacks. The CACFP meal pattern requires a vegetable, fruit or portions of both to be served at breakfast. Lunch and supper require a serving of vegetable **and** a serving of fruit. You can replace the fruit serving at lunch/supper with a vegetable. You CANNOT replace the vegetable with a fruit. Fruits are s of the 5 meal component options at snack. See CACFP Child Meal Patterns for serving size requirements.



Fresh, frozen, dried or commercially canned fruits are creditable. Home canned products are not creditable because of health and safety concerns.



Only full-strength (100%) juice credits. Juice cocktails and juice beverages are not full strength and do not credit. Juice is limited to one meal or snack per day.



Juice may not be credited at snack when milk is the only other component.



A ¼ cup of dried fruit (e.g., raisins, craisins, etc.) counts as ½ cup fruit serving.



Commercially fried fruit chips, such as banana and other fruit chips are not creditable.

### Serving Size 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.

Fruit	Serving Size and Yield
Apples	¼ raw, unpeeled medium apple = about ¼ cup
Bananas	1 medium banana = about 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
Orange	1 medium orange = about ½ cup
Peaches	1 small peach = about 3/8 cup, 1 medium peach = about 2/3 cup
Pears	1 medium pear – about ¾ cup
Plums	1 small plum = 3/8 cup; 1 medium, plum = ½ cup; 1 large plum = 5/8 cup
Raisins	1.3 to 1.5 oz. package = ¼ cup; 1 lb = 12.6 servings (1/4 cup each)
Tangerine	1 medium tangerine = about 3/8 cup; 1 large tangerine = about ½ cup
Watermelon	¼ cup fruit or ¼ cup diced fruit without rind



Fruits					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
“ade drinks” (lemonade, lime ade, etc.)			X	“Ade” drinks are not 100% full-strength juice.	“Ade” drinks are usually high in sugar.
apple butter			X	Apple butter does not contain enough fruit to credit.	Apple butter is a condiment.
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 1/8 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	Fruit breads, such as banana bread typically do not contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving.	
banana chips			X		Banana chips are high in fat.
banana pudding		X		Banana pudding may be credited based on the amount of fruit in each serving.	Must meet minimum serving size guidelines.
berries, all varieties	X			See the Fruits section in the Food Buying Guide	
beverages, fruit			X	Fruit beverages (juice drinks, punches) contain less than 50% fruit juice.	
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 1/8 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
coconut, flour			X	Coconut flour is not creditable.	



Fruits					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
coconut, fresh or frozen	X			See the Fruits section in the Food Buying Guide	
Cranberry juice and cranberry juice blends	X			Cranberry juice (not cocktail) in a blend with another full-strength juice is creditable.	Cranberry juice (100%) that is not blended with other juices is very rare and unlikely to be served.
Cranberry juice cocktail			X	Cranberry juice cocktail is not a full-strength juice. It is less than 50% juice.	
Cranberry relish or sauce		X		Sauces must contain an 1/8 cup (2 tablespoons) of fruit per serving.	Document meal pattern contribution with a standardized recipe or Product Formulation Statement.
Dried Fruit, Whole (such as Raisins, Apricots, Prunes, Cranberries)	X			Dried fruit credits as twice the volume served. For example, a 1/4 cup raisins credits as a 1/2 cup fruit.	Please note dried fruit may be a choking hazard for some populations.
Drinks, fruit			X	Fruit drinks are not full-strength juice. Fruit drinks are primarily sugar, flavors and water.	
Fig cookies/bars			X	The amount of fig in the cookie is too small to count towards the fruit/vegetable 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.	
frozen fruit juice bars		X		Frozen fruit juice bars must contain at least an 1/8 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 breads or muffins (banana, carrot, cranberry, pumpkin, zucchini, etc.)			X	Fruit breads and muffins typically do not contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving.	



Fruits					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
fruit cobblers/ crisps		X		Fruit cobblers and crisps must contain at least an 1/8 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 powders are primarily sugar and flavoring.
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.	
fruit sauces		X		Fruit sauces must contain at least an 1/8 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 1/8 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.	For food safety reasons, honey should not be served to children less than 1 year of age.



Fruits					
Food Item		Creditable		Comments	Additional Information
	Yes	Maybe	No		
ice cream, fruit flavors			X	Fruit-flavored ice cream contains an insufficient amount of fruit to credit toward the fruits component.	
jelly/jam			X	Jelly and jam is a condiment and is not creditable	
juice blends - all fruit		X		Juice blends containing full-strength 100% fruit juice are creditable.	
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.	
muffins containing fruit		X		Muffins must contain at least an 1/8 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 1/8 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 1/8 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.	



Fruits					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
puddings containing fruit, commercial			X	Commercial puddings contain insufficient fruit per serving and are not creditable toward the fruits component.	
puddings containing fruit, homemade		X		Homemade pudding containing fruit must contain at least an 1/8 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.
sherbet, commercial or homemade			X	Sherbet is not creditable.	
sorbets, commercial or homemade		X		Sorbets must contain at least an 1/8 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.	
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 1/8 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	Yogurt must contain no more than 23 g of total sugars per 6 oz

**Eating more fruit is an excellent way to improve overall health and reduce the risk of disease.**



Fruits are an excellent source of essential vitamins and minerals, and they are high in fiber. Fruits also provide a wide range of health-boosting antioxidants including flavonoids.

Eating a diet high in fruits and vegetables can reduce a person's risk of developing heart disease, cancer, inflammation, and diabetes. Citrus fruits and berries may be especially powerful for preventing disease.

Credit:

<https://www.medicalnewstoday.com/articles/324431>  
<https://www.medicalnewstoday.com/articles/324431>



### Grains

Grain is a required component at breakfast, lunch, and supper meals, and is an optional component at snack. ***All grain products served in the CACFP must be made with enriched or whole grain meal or flour, or bran or germ in order to be creditable.***

The CACFP requires at least one serving of grains per day, across all meal/snack services, must be whole grain-rich. Whole grain-rich foods are food that contain 100% whole grains, or that contain at least 50% whole grains and the remaining grains in the foods are enriched.

Use the following methods to determine if a grain is whole grain-rich. The food must meet at least one of

**1) THE PRODUCT IS FOUND ON ANY STATE AGENCY'S WIC APPROVED WHOLE GRAIN FOOD LIST.**

Minnesota's WIC shopping guide can be found at <http://www.health.state.mn.us/wic/vendor/fpchgng/shopguide.pdf>

**2) THE PRODUCT IS LISTED AS "WHOLE WHEAT" AND HAS A STANDARD OF IDENTITY ISSUED BY THE U.S. FOOD AND DRUG ADMINISTRATION.**

Only breads and pasta products with these *EXACT* product names are considered whole grain-rich when 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, whole wheat macaroni product, whole wheat macaroni, whole wheat spaghetti, whole wheat vermicelli.

**3) THE PRODUCT INCLUDES ONE OF THE FOLLOWING FOOD AND DRUG ADMINISTRATION APPROVED WHOLE-GRAIN CLAIMS ON ITS PACKAGING, EXACTLY AS WRITTEN:**

"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 high in whole grain foods and other plant foods and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

**4) PROPER DOCUMENTATION FROM A MANUFACTURER OR A STANDARDIZED RECIPE DEMONSTRATES THAT WHOLE GRAINS ARE THE PRIMARY GRAIN INGREDIENTS BY WEIGHT.**

**5) THE FOOD MEETS FNS' RULE OF THREE, A THREE-STEP PROCESS FOR IDENTIFYING WHOLE GRAIN-RICH FOODS IN THE CACFP.** To meet the *Rule of Three* as a whole grain-rich product, the first ingredient (or second after water) must be whole grain, and the next two grain ingredients, if any, must be whole grains, enriched grains, bran or germ. Any grain derivative (by-products of grains) may be disregarded. Any non-creditable grains ingredients (e.g. flours that are not enriched or whole) that are labeled as 2 percent or less of a product weight are considered insignificant and may be disregarded (turn this page over for a list of these ingredients).

When applying the *Rule of Three* with ready-to-eat cereal, 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 the second and third grain ingredients, if any, do not need to be considered. Cereal must still meet the sugar limit in order to credit.



*Whole Grains* (must be the first grain ingredient; may be the second or third grain ingredient)

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

Brans, Germs and Enriched Grain Flours  
(may be the second or third grain ingredient)

Bran or Germ	Enriched Grains Flours
• Wheat Bran	• Any enriched grain flour
• Oat Bran	• Enriched farina
• Corn Bran	• Enriched rice
• Rice Bran	
• Rye Bran	
• Wheat germ	

**Disregard Ingredients** (may be ignored, as these ingredients are not included in the *Rule of Three*)

- Any ingredients that are less than 2 percent of the product weight (any ingredients listed on the ingredients list after the words “contains 2% or less”)
- Any grain derivatives which are generally present in only small amounts, such as:
  - Cellulose fiber
  - Corn dextrin
  - Corn starch
  - Modified food starch
  - Rice Starch
  - Tapioca starch
  - Water
  - Wheat dextrin
  - Wheat gluten
  - Wheat Starch

**Non-Creditable Grains or Flours** (The following ingredients are not whole grain or enriched and cannot be one of the first 3 grain ingredients)

- Nut or seed flour
- Oat fiber
- Potato flour
- Rice flour
- Semolina
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal

### IMPORTANT!

**REMEMBER TO MARK THE MEAL/SNACK IN WHICH A WHOLE GRAIN –RICH FOOD WAS SERVED IN KIDKARE (SLIDER) OR MINUTE MENU FORMS (DARKEN BUBBLE) . FAILURE TO INDICATE A WHOLE GRAIN –RICH FOOD WAS SERVED WILL RESULT IN A DEDUCTION OF YOUR REIMBURSEMENT.**



### *Enriched Grains and Fortified Breakfast Cereals*

Enriched grains are refined grains that have been processed to remove the nutrient-rich bran and germ, and then have thiamin, riboflavin, niacin, folic acid, and iron added after processing. Similarly, a food that is fortified has certain vitamins and minerals added to increase the nutritional quality. Foods made from refined grains that meet **at least one** of the following are considered creditable:

1. The food is labeled as “enriched.” For example, long grain rice that is enriched will have the product name “enriched long grain rice.”
2. An enriched grain is listed as the first ingredient on the food’s 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 flour, for example, “yellow corn flour {iron, folic acid, riboflavin, niacin, and thiamine}.”
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 2% or less 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.”

NOTE: The ingredient list of a non-fortified cereal would not name any added vitamins and minerals. For example, the ingredient list of a non-fortified breakfast cereal may read, “Ingredients: rice flour, corn flour, evaporated cane juice, pomegranate juice concentrate, sea salt.” This particular cereal would not be considered a creditable grain because it is not made from whole or enriched grains and is not fortified.

### **Breakfast Cereals**

Breakfast cereals served to infants and older children must contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams of dry cereal). Breakfast cereals include ready-to-eat cereals, instant cereals and hot cereals. Childcare Providers may use any State agency’s WIC approved breakfast cereal list or Providers may use the Nutrition Facts Label on the cereal package to calculate the sugar content per dry ounce. (Ready-to-eat cereal credits for infants 6 months at snack only.)

- First, find the serving size in grams at the top of the Label and the sugars listed towards the middle.
- Next, divide the total sugars by the serving size in grams.
- 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 CACFP.



If you prefer, you may use this chart to check the sugar limits in breakfast 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

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
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

### Determining a Product Serving Size

*Example 1:* Determine the minimum serving size of a bagel served at breakfast to a 4 year old.

- 1) First, look at the Child Meal Patterns to determine the minimum serving size needed for the food item you wish to serve. On the meal pattern, find the breakfast section. Next, look at the grains category. Children 3-5 years of age need  $\frac{1}{2}$  ounce equivalent serving of a grains at breakfast.
- 2) Next, look at the Weights of Commercially Prepared Grains chart to determine what constitutes a  $\frac{1}{2}$  ounce equivalent. Find the group to which bagels belong. Bagels belong to Group B. The chart shows  $\frac{1}{2}$  ounce equivalent of an item from Group B is 14 grams or 0.5 ounces.
- 3) Finally, read the label on the bagel package to determine the amount of bagel needed to meet minimum serving size requirements. If the label states each bagel weighs 1 ounce, a 4 year old child would need  $\frac{1}{2}$  a bagel (0.5 ounces) to meet minimum serving size guidelines.



### Grain-Based Desserts

The Dietary Guidelines identify grain-based desserts as sources of added sugar and saturated fats. To better align the CACFP meal patterns with the Dietary Guidelines, grain-based desserts cannot count towards the grain requirement at any meal or snack. Grain-based desserts include cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cakes and brownies.

Child Care Providers may want to occasionally serve grain-based desserts, such as for celebrations or other special occasions. You have the flexibility to serve grain-based dessert as an additional food item that is not reimbursable.





*Exhibit A - Grain Crediting Chart for the Child and Adult Care Food Program<sup>1, 2</sup>*

<p><b>Group A</b>  Bread-type Coating  Breadsticks (hard)  Chow Mein Noodles  Crackers (saltines and snack crackers)  Croutons  Pretzels (hard)  Stuffing (dry)    1 oz eq = 22 gm or 0.8 oz  ¾ oz eq = 17 gm or 0.6 oz  ½ oz eq = 11 gm or 0.4 oz  ¼ oz eq = 6 gm or 0.2 oz</p> <p><b>Group B</b>  Bagels  Batter-type Coating  Biscuits  Breads (white, wheat, whole wheat, French, Italian)  Buns (hamburger and hotdog)  Sweet Crackers (graham crackers-all shapes, animal crackers)  Egg Roll Skins  English Muffins  Pita Bread (white, wheat, whole wheat, whole grain-rich)  Pizza Crust  Pretzels (soft)  Rolls (white, wheat, whole wheat, whole grain-rich)  Taco Shells  Tortilla Chips (wheat or corn)  Tortillas (wheat or corn)    1 oz eq = 28 gm or 1.0 oz  ¾ oz eq = 21 gm or 0.75 oz  ½ oz eq = 14 gm or 0.5 oz  ¼ oz eq = 7 gm or 0.25 oz</p>	<p><b>Group C</b>  Corn Muffins  Cornbread  Croissants  Pancakes  Pie Crust (meat/meat alternates pies)  Waffles    1 oz eq = 34 gm or 1.2 oz  ¾ oz eq = 26 gm or 0.9 oz  ½ oz eq = 17 gm or 0.6 oz  ¼ oz eq = 9 gm or 0.3 oz</p> <p><b>Group D</b>  Muffins (all except corn)    1 oz eq = 55 gm or 2.0 oz  ¾ oz eq = 42 gm or 1.5 oz  ½ oz eq = 28 gm or 1.0 oz  ¼ oz eq = 14 gm or 0.5 oz</p> <p><b>Group E</b>  French Toast    1 oz eq = 69 gm or 2.4 oz  ¾ oz eq = 52 gm or 1.8 oz  ½ oz eq = 35 gm or 1.2 oz  ¼ oz eq = 18 gm or 0.6 oz</p> <p>gm = grams  oz = ounces  oz eq = ounce equivalents</p> <p><sup>1</sup> Grains must be whole grain or enriched or made with enriched and whole grain meal/or flour, bran and/or germ. At least one serving of grain per day must meet the whole grain-rich requirement.</p>	<p><b>Group H</b>  Cereal Grains (barley, quinoa etc.).  Breakfast Cereals (cooked)<sup>1</sup>  Bulgur or Cracked Wheat  Macaroni (all shapes)  Noodles (all varieties)  Pasta (all shapes)  Ravioli (noodle only)  Rice (enriched, white or brown)    1 oz eq = ½ cup cooked  ½ oz eq = ¼ cup cooked</p> <p><b>Group I</b>  Breakfast Cereals (cold, dry, ready-to-eat)<sup>1</sup>    Flakes or rounds  1 oz eq = 1 cup  ½ oz eq = ½ cup    Puffed Cereal  1 oz eq = 1 ¼ cups  ½ oz eq = ¾ cup    Granola  1 oz eq = ¼ cup  ½ oz eq = 1/8 cup</p> <p><sup>2</sup> Some of the listed foods or the accompaniments may contain more sugar, salt and/or fat than others. This should be considered when deciding how often to serve them.</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Grains					
The serving size for children 1-5 is ½ oz eq. The serving size for children 6-12 is 1oz eq.					
Food Item	Creditable			Comments	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.
animal crackers	X			Group B	Limit use as may be high in sugar.
bagel	X			Group B	
bagel chips	X			Group B	Serve with caution due to potential choking hazards.
banana bread	X			Group D	Quick breads are credited in the same group as muffins
barley		X		Whole grain barley is creditable in Group H.  Please note that “pot” or “Scotch” barley and “pearl” or “pearled” barley are not creditable because they are not whole grain or enriched.	When barley is used as an ingredient in another product, crediting is based on the food item being served.
bean pasta/ noodles			X	Beans are not creditable toward the grains component.	See the Meats/Meat Alternates or Vegetables section.
biscuits	X			Homemade biscuits may be credited based on the amount of whole grain and or enriched flour in the recipe. Use Group B.	Biscuits may be high in fat.
Boston brown bread	X			Group B	
bread (white, rye, whole wheat, pumpernickel, raisin, multigrain, potato, Italian, Roman meal, French, etc.)	X			Homemade bread may be credited based on the amount of whole grain, and/or enriched flour in the recipe. For commercial breads use Group B.	Breads are excellent sources of complex carbohydrates and fiber along with thiamin, riboflavin, niacin, and iron. Breads are usually low in fat.



Grains					
The serving size for children 1-5 is ½ oz eq. The serving size for children 6-12 is 1oz eq.					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
bread pudding		X		Savory bread puddings, such as those made with spinach and mushrooms, can count toward the grains component. Please note that bread puddings may contain an insufficient amount of grains per serving. Group B.	Sweet bread puddings are considered grain-based desserts and cannot count toward the grains compone
bread sticks (hard)	X			HM bread sticks credit based on the amount of whole grain and/or enriched flour in the recipe. For commercial products use Group A.	
bread stuffing (dressing), dry	X			Homemade stuffing may be credited based on the amount of bread in the recipe. For commercial stuffing made from croutons or quick stuffing mixes use Group A.	Bread stuffing may be high in fat depending on the recipe followed.
Breading/batter		X		Breading/batter may be credited when served as part of the main dish. Crediting is based on the amount of whole grain and/or enriched meal or flour in the recipe. It may be difficult to determine the amount of breading on products. Commercial products must have a CN label or product formulation sheet indicating the required serving size in order to credit. Use Groups A & B.	Breaded foods may be high in fat.
brownies			X	Grain-based desserts do not credit.	
buckwheat	X			Buckwheat is a grain. See Group H.	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.	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.



Grains					
The serving size for children 1-5 is ½ oz eq. The serving size for children 6-12 is 1oz eq.					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
buns, hamburger and hotdog	X			Use Group B	
cake			X	Grain-based desserts do not credit.	
carrot bread	X			Quick breads are credited in the same group as muffins (other than corn).	See Group D.
cereal bars			X	Grain-based desserts do not credit.	
cereal, cooked		X		Use Group H. Cereal must contain no more than 6 grams of sugar per dry ounce.	Excellent source of complex carbohydrates, thiamin, riboflavin, niacin and iron
cereal, dry, ready to eat		X		Use Group I. Cereal must contain no more than 6 grams of sugar per dry ounce.	Excellent source of complex carbohydrates, thiamin, riboflavin, niacin and iron.
chips, corn/tortilla (wheat or corn)	X			Use Group B.	
chips, potato			X	Potato chips are not creditable.	
chow mein noodles	X			Use Group A	
coffee cake, cinnamon/ danish rolls			X	Grain-based desserts do not credit.	
cobbler, fruit			X	Grain-based desserts do not credit.	
cookies			X	Grain-based desserts do not credit.	
cornbread	X			Use Group C.	
corn muffins	X			Use Group C.	
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.	
corn pone	X			Corn pone is a cornbread often made without milk or eggs and baked or fried. See Group C.	
couscous		X		Couscous is a pasta. Use group H.	Please note, not all couscous is whole grain or enriched.
crackers—savory (saltines and snack crackers)	X			Use Group A	
crackers—sweet (all shapes, animal, graham)	X			Use Group B.	
cream puff shells (dessert)			X	Grain-based desserts do not credit.	
crossants	X			Use Group C.	
croutons	X			Use Group A.	



Grains					
The serving size for children 1-5 is ½ oz eq. The serving size for children 6-12 is 1oz eq.					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
cupcakes			X	Grain-based desserts do not credit.	
Danish pasteries			X	Grain-based desserts do not credit.	
doughnuts			X	Grain-based desserts do not credit.	
dressing, bread type	X			See bread stuffing.	
dumplings	X			Dumplings are credited in the same group as biscuits. Use Group B.	
eggroll skins or wonton wrappers	X			Use Group B.	
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. Use Groups A through I.	
English muffins	X			Use Group B.	English muffins are a good source of complex carbohydrates, and are generally low in fat.
farina		X		Farina is served as a cooked breakfast cereal. Use Group H.	Farina must be whole grain-rich or enriched. Check packaging carefully before purchasing.
fig bars			X	Grain-based desserts do not credit.	
flour alternatives (made from nongrain 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. Use Group H.	When freekeh is used as an ingredient in another product, crediting is based on the food item being served. Use Groups A through I.
French bread		X		Use Group B.	French bread is often made with flour that is not enriched or whole grain.



Grains					
The serving size for children 1-5 is ½ oz eq. The serving size for children 6-12 is 1oz eq.					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
French toast		X		Homemade French toast may be credited based on the amount of whole grain and/or enriched meal or flour in the recipe. Commercial French toast requires a CN label or Product Formulation Sheet to credit.	
fried bread		X		Fried bread may be credited based on the amount of whole grain and/or enriched flour in the recipe.	Fried bread is high in fat. On-site deep fried foods to not credit.
fruit fritters (such as apple fritter)			X	Grain-based desserts do not credit.	
gingerbread			X	Grain-based desserts do not credit.	
glorified rice			X	Grain-based desserts do not credit.	
graham crackers	X			Use Group B	Limit use as may be high in sugar.
grain fruit bars/fruit and cereal bars			X	Grain-based desserts do not credit.	
granola bars			X	Grain-based desserts do not credit.	
grits, corn, enriched		X		Corn grits must be whole grain or enriched to credit. Use Group H.	Check the packaging very carefully and maintain ingredient label on file. Most corn grits do not meet requirements.
hominy grits, regular, dry	X			Use Group H.	
hushpuppies		X		Homemade hushpuppies may be credited based on the amount of whole grain and/or enriched meal or flour in the recipe. For commercial hushpuppies, use Group C.	Foods deep fried on site do not credit.
ice cream cones			X	Grain-based desserts do not credit.	
ice cream sandwich wafers			X	Grain-based desserts do not credit.	
Italian bread		X		Use group B.	Please note some Italian breads may not be made with enriched or whole-grain flour
Johnny cakes			X	Grain-based desserts do not credit.	
kasha	X			Kasha is creditable as a whole grain. Use Group H.	When kasha is used as an ingredient in another product, crediting is based on the food item being served. Use Groups A through I.



Grains					
The serving size for children 1-5 is ½ oz eq. The serving size for children 6-12 is 1oz eq.					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
macaroni, all shapes	X			Macaroni must be whole grain, or enriched. Use Group H.	
melba toast	X			Use Group A.	
millet	X			Millet is creditable as a whole grain. Use Group H.	When millet is used as an ingredient in another product, crediting is based on the food item being served. Use Groups A through I.
muffins	X			Use Group C except for corn. For all other muffins use Group D.	
nachos	X			Use 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 check the appropriate section of the manual.
noodles (wheat)	X			Noodles must be whole grain or enriched. Use Group H.	
noodles in canned soup	X			Crediting is based on the weight of the noodles alone without other ingredients. Use Group H.	
nut or seed meal or flour			X	They do not meet the definition of grains.	
oatmeal, flavored		X		May contain no more than 6 grams of sugar per dry ounce.	
oatmeal, plain	X			If oatmeal is served as a cooked cereal, use Group H.	Oatmeal is a whole grain.
pancakes	X			Homemade pancakes may be credited based on the amount of whole grain or enriched flour or meal in the recipe. For commercial pancakes use Group C.	
party mix/trail mix		X		Party mix or trail mix may be credited based on the cereal content per serving.	Cereal must contain no more than 6 grams of sugar per dry ounce.
pasta, all shapes	X			Pasta must be whole grain or enriched. Use Group H.	
pie crust		X		Meat pie crust credit. Sweet pie crust does not credit. Use Group C.	Pie crust may be high in fat.
pineapple upside down cake			X	Grain-based desserts do not credit.	



Grains					
The serving size for children 1-5 is ½ oz eq. The serving size for children 6-12 is 1oz eq.					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
pita bread	X			Use group B.	
pizza crust		X		Homemade pizza crust may be credited based on the amount of whole grain and/or enriched meal or flour in the recipe. Commercial pizza crust may be credited using Group B.	The crust on frozen pizza cannot be credited unless a CN label or product formulation sheet is available to give serving size information.
pop tarts			X	Grain-based desserts do not credit.	
polenta	X			Use Group H.	
popcorn, popped	X			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	Popcorn presents a choking hazard for young children.
potatoes			X	Potatoes do not meet the definition of grains. They are considered a vegetable on the CACFP.	See the vegetable section of this handbook.
potato pancakes			X	Potatoes are not grains and are not creditable toward the grains component.	See the vegetable section of this handbook.
pound cake			X	Grain-based desserts do not credit.	
pretzel chips	X			See pretzels, hard.	
pretzels, hard	X			Use Group A.	Hard pretzels may be a choking hazard for young children.
pretzels, soft	X			Homemade soft pretzels may be credited based on the amount of whole grain and/or enriched meal or flour in the recipe. For commercial soft pretzels, use Group B.	
puff pastries		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			Use group B.	
pumpkin bread	X			See quick bread. Use Group D.	
quick bread				Homemade quick breads may be credited based on the amount of whole grain and/or whole grain meal or flour in the recipe. For commercial quick bread use Group D.	
quinoa	X			A cereal-like plant product derived from an herb, creditable as a whole grain.	Typically served like rice, but crediting is based on the finished food item being served.
raisin bread	X			See Group B.	



Grains					
The serving size for children 1-5 is ½ oz eq. The serving size for children 6-12 is 1oz eq.					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
ravioli		X		The pasta in homemade ravioli is creditable based on the amount of whole grain and/or enriched meal or flour in the recipe. The pasta in commercial ravioli cannot be credited unless a CN label or product formulation statement is available to give serving size information.	
rice, (enriched white or brown)	X			Rice must be whole grain or enriched to credit. Use Group H. Brown rice is a whole grain.	Rice is a good source of complex carbohydrates.
rice cakes	X			Rice cakes must be whole grain or enriched to credit. Rice cakes which are made of puffed rice may be credited based on the serving size for cereal. Use Group I.	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.
rice cereal bars			X	Grain-based desserts are not creditable.	
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.
rice pudding			X	Grain-based desserts are not creditable.	
rolls, all types	X			See bread.	
rye	X			Rye is a grain. Use Group H.	When rye is used as an ingredient in another product, crediting is based on the food item being served. See Groups A through I.
scones, sweet			X	Grain-based desserts do not credit.	
scones, savory	X			Homemade scones may be credited based on the amount of whole grain, bran, meal and/or enriched meal or flour in the recipe.	For commercial scones, use Group E.
sopapillas			X	Grain-based desserts do not credit.	
sorghum	X			Sorghum is a whole grain whole grain. Use Group H.	
soy flour			X	Does not meet the definition of grains.	See meat alternates.
spelt	X			Must be whole grain or enriched to credit. Crediting is based on the finished product.	



### Grains

The serving size for children 1-5 is ½ oz eq. The serving size for children 6-12 is 1oz eq.

Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
spoon bread		X		Spoon bread is credited in the same group as cornbread. Use Group C.	Check your cornmeal label to ensure it is whole grain or enriched.
squash or zucchini bread (quick bread)	X			Homemade quick breads may be credited based on the amount of whole grain, bran, germ and/or whole grain meal or flour in the recipe. For commercial quick bread use Group D.	Quick breads are credited in the same group as muffins (other than corn).
stuffing, bread, dry	X			Use Group A.	Weights apply only to the dry bread in the stuffing.
sweet rolls/buns			X	Grain-based desserts do not credit.	
tapioca			X	Tapioca is not a grain and is not creditable.	
taco or tortilla shells	X			Use Group B	
taco chips	X			Use Group B	
toaster pastries			X	Grain-based desserts do not credit.	
tortilla, soft (flour, whole wheat, and corn)	X			Use Group B	
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.
turnover crust		X		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, use Group C.	Sweet turnovers are considered to be grain-based desserts and cannot count toward the grains component.
wafers, vanilla			X	Grain-based desserts do not credit.	
waffles	X			Use Group C.	



### Grains

The serving size for children 1-5 is ½ oz eq. The serving size for children 6-12 is 1oz eq.

Food Item	Creditable			Comments	Additional Information
wheat berries	X			Wheat berries are whole-wheat kernels. See Group H.	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.
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. Use Groups A through I.	
wild rice	X			Use Group H.	

### 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





### Meats and Meat Alternates

CACFP meal patterns require a meat or meat alternate be served at lunch and supper. A serving of meat or meat alternate may be one of the two required components at snack. A meat/meat alternate may be substituted for the grain at breakfast up to 3 times per week. The meat/meat alternate at lunch or supper must be served in the main dish or in the main dish with one other dish for serving size requirements. Refer to the CACFP meal patterns.



#### Meats

- Meat options include lean meat, poultry or fish. To credit, meat must be inspected and approved by the appropriate State or Federal agency.
- The creditable quantity of the meat is the edible portion.

#### Alternates Meat

- Meat alternates such as cheese, eggs, yogurt, and nut butters may be used to meet all or a portion of the meat/meat alternate component. The minimum serving size for nut butters at lunch/supper is large. An additional meat/meat alternate should be served with the meal.
- Natural cheese and pasteurized processed cheeses may count as all or part of the meat alternate requirement. Cheese food and cheese spread may count as all or part of the meat alternate requirement. However, the minimum serving size for cheese food and cheese spread is double the minimum serving size of natural and pasteurized process cheese. Cheese products labeled pasteurized prepared cheese products or imitation cheese may not be counted as the meat alternate.

#### Tofu

- Commercial tofu may be used to meet all or part of the meat/meat alternates component in accordance with FNS guidance.
- Non-commercial and non-standard tofu are not creditable.
- Commercial tofu must be easily recognized as a meat substitute.
- Commercial tofu or soy products must contain 5 grams of protein per 2.2 ounces (1/4 cup) to equal 1 ounce of meat/meat alternate.

#### Yogurt

- Yogurt may be plain or flavored, unsweetened or sweetened.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces
- Non-commercial or non-standardized yogurt products are not creditable. Some examples include frozen yogurt, drinkable yogurt and homemade yogurt.

#### Beans and Peas (legumes)

- Cooked dry beans and peas may be used to meet all or part of the meat/meat alternate component.
- Beans and peas may be credited as either a meat alternate or as a vegetable, but not both in the same meal.



### Nuts, Seeds, and Seed Butters

- For lunch and supper, nut and seeds may be used to meet half of the meat/meat alternate component. They must be combined with other meat/meat alternates to meet the full requirement for reimbursable meal.
- Nut and seed butter may be used to meet the entire meat/meat alternates requirement. The minimum serving size at lunch and supper is large. Combining the nut butter with another meat or meat/meat alternate is strongly encouraged.
- Nut and seed meal or flour may be used only if they meet the requirements for alternate protein products.
- Acorns and chestnuts are non-creditable meat alternates because of their low protein and iron content.

### 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 sponsoring organization (ACA)

### Processed Meats

- Processed meats often contain large amounts of binders, extenders, and by-products.
- Processed meat that contains meat or poultry by-product, cereals, binders or extenders cannot be credited ounce for ounce toward the meat/meat alternate component.
- The composition of these processed meats must be known in order to properly credit the meat/meat alternate portion. Most often a Child Nutrition (CN) label or product formulation statement signed by an official of the manufacturer is necessary to verify the amount in meat in a processed meat product.

*Examples of some binders and extenders include:* Starchy vegetable flour, dried milk, cereals, carrageenan, starch (modified food and vegetable) and cellulose.

Creditable when free of by-products, cereals, binders or extenders and/or when CN labeled:

Hot dogs/frankfurters, bologna, luncheon meats (chicken, turkey, beef, and pork), Vienna sausage

Needs a CN label or product formulation statement to credit:

Meat sticks/summer sausage, pepperoni, Polish sausage, salami, and liverwurst

Meat products without binders or extenders may be fully credited based on weight. When the binder/extender is an alternate protein product, it may be credited along with the meat portion of the product. All other binders and extenders **may not** count as meat/meat alternates.



Meat/Meat Alternates					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
acorns			X		Acorns have low protein content.
alternative protein product		X		Alternative protein products credit if the biological quality of the protein in the alternate protein is at least 80% that of casein and contains at least 18% protein by weight when fully hydrated or formulated. Manufacturer documentation showing the alternative protein product meets this criterion must be on file at the day care home for such a product to credit.	
bacon or imitation bacon products			X	Bacon is not creditable. These products contain little meat	Bacon is low in protein and high in fat. Also, since the meat is cured and/or smoked, it is high in sodium.
bacon rinds			X	Bacon rinds are not creditable.	
bacon, turkey		X		Turkey bacon is creditable only if it (1) is CN-labeled or (2) has a Product Formulation Statement signed by an official of the manufacturer (not a sales person).	
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.	Beans and peas (those which can be credited as a meal alternate) are good sources of protein and fiber and are low in fat.
beans, refried				Refried breans credit as a meal alternate.	
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)	Beef jerky is very high in sodium content and is difficult for young children to chew. It may be a choking hazard for some populations.



Meat/Meat Alternates					
Food Item	Creditable			Comments	Additional Information
	Yes	Maybe	No		
bologna		X		Creditable when free of by-products, cereals, binders, or extenders and/or when CN labeled.	Bologna and other processed meats are commonly high in fat and sodium.
Canadian bacon	X			One pound (16 ounces) will yield 11 one-ounce servings of cooked meat. Refer to the CACFP meal patterns for required serving sizes.	Canadian bacon is high in sodium. Canadian bacon style products do not credit.
canned or frozen combination foods such as: beef stew, chili mac, meat stew, pizza, pot pies, ravioli, etc.		X		These combination items are creditable only if (1) the food is CN labeled or (2) A product formulation statement signed by an official of the manufacturer (not a sales person), stating the amount of cooked lean meat/meat alternate in the product per serving is on file at the day care home.	Processed items are usually higher in fat and sodium than homemade foods.
canned pressed luncheon meat (potted/deviled)			X	There is not standard of identity for these products, so there is no standard method of crediting.	These products have a high fat and salt content.
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			A two ounce serving (1/4 cup) of cottage cheese is equivalent to a one ounce serving of meat.	Cottage cheese contains less protein per ounce than meat so a larger serving size is required.
cheese, cream and Neufchatel			X	Due to a low protein and high fat content, the serving size required to provide enough protein would be excessive.	
cheese foods, cheese food substitutes, cheese spreads, and cheese spread substitutes	X			A two ounce serving is equivalent to a one ounce serving of meat.	Cheese foods and cheese spreads are often high in sodium. They are higher in moisture content and lower in protein content than natural cheeses.
cheese, imitation			X	Products labeled as “imitation” are not creditable.	



Meat/Meat Alternates					
Food Item	Creditable			Comments	Addotional Information
	Yes	Maybe	No		
Cheese, natural or processed (American, brick, Cheddar, Colby, Monterey jack, mozzarella, Muenster, provolone, Swiss). Includes reduced fat, lite and non-fat types.	X			A one ounce serving of natural or processed cheese is equivalent to a one ounce serving of meat.	
cheese, Neufchatel			X	See cream cheese.	
cheese, Parmesan	X			Six tablespoons equal one ounce of meat. If served as a garnish, this cheese is not creditable because the serving size is too small.	
cheese, pimento	X			A two ounce serving of pimento cheese is equivalent to one ounce of meat.	
cheese products (Individually-wrapped American cheese slices, Velveeta, etc.)			X	Cheese products are not creditable on	
cheese, ricotta	X			A two ounce (1/4 cup) serving of ricotta cheese is equivalent to a one ounce serving of meat.	1 lb.= about 2 cups cheese
cheese, Romano	X			A 3/8 <sup>th</sup> cup serving (6 Tbsp.) equals one ounce of meat. If served as a garnish, this cheese is not creditable because the serving size is too small.	1 lb. = about 5 2/3 cups grated cheese.
chestnuts			X		Chestnuts are low in protein.
chicken nuggets		X		The edible chicken portion is creditable toward the meats/meat alternates component. 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	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.



Meat/Meat Alternates					
Food Item	Creditable			Comments	Additional Information
chicken, wings	X			Six ounces of cooked weight must be served to provide 1.5 ounces of meat.	
chickpeas, roasted (roasted garbanzo beans)				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.	
coconuts			X	Coconuts cannot be credited as a meat. See crediting as a fruit.	Coconuts are very low in protein.
corn dogs, corn dog nuggets		X		Only the weight of the hot dog (frankfurter) credits toward the meats/meat alternates component. 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.	Corn dogs credit if reheated using a method other than deepfat frying. Remember to serve corn dogs in small pieces for those participants where choking is a potential hazard.
crab, imitation	X			See imitation seafood.	
cream cheese			X	See cheese, cream.	
deviled eggs	X			Whole eggs are creditable Due to the egg and the addition of mayonnaise, deviled eggs are high in cholesterol and fat.	Due to the egg and the addition of mayonnaise, deviled eggs are high in cholesterol and fat.
dried and semidried 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.	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	
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.Eggs are a good source of protein.



Meat/Meat Alternates					
Food Item	Creditable			Comments	Comments
	Yes	Maybe	No		
eggs, yolks only			X	Only whole eggs are creditable.	
falafel		X		The volume of meat alternate, such as beans, in each serving is creditable. Document the meal pattern contribution with a standardized recipe or a Product Formulation Statement.	
fish, commercial	X			Must comply with State and local regulations. 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, non-commercial (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	
fish sticks or fish portions		X		The edible fish portion can be credited as a meat. It is difficult to determine the amount of meat alternate in commercial fish sticks and fish nuggets. Commercial products must have a CN label or product formulation statement indicating the required serving size in order to credit.	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..
game (venison, squirrel, rabbit, etc.)			X	For health and safety reasons these are not creditable unless inspected and approved by the appropriate Federal, State or local agency.	
garbanzo beans	X			See beans, canned or dry.	
ham hocks			X		Ham hocks are high in fat and low in protein by weight.
home-slaughtered meats			X	For safety reasons, home-slaughtered meat is not creditable.	



Meat/Meat Alternates					
Food Item	Creditable			Comments	Comments
	Yes	Maybe	No		
hot dogs (frankfurters)		X		Hot dogs (frankfurters) are creditable toward the meats/meat alternates component. If they contain byproducts, cereals, or binders/extendors they are only creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement. Examples of binders/extendors 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		Must be homemade or must have a CN label or product formulation statement indicating the required serving size in order to credit.	Hummus is a spread made of mashed garbanzo beans (chick peas). See beans, canned or dried.
imitation seafood (surimi seafood)	X			A 4.4 ounce portion of surimi seafood credits as 1.5 ounces of meat alternate.	Surimi seafood is a pasteurized, ready-to-eat, restructured seafood usually made from pollock. It is available in many forms and shapes.
kidney, liver, heart, gizzards	X				Liver is high in cholesterol and fat.
kidney beans	X			See beans, canned or dry.	
lamb	X				
legumes	X			See beans, canned or dry.	
liverwurst		X		See processed meat and poultry. Cannot contain binders or extendors.	A CN label or product formulation statement is required.
luncheon meats (chicken, turkey, beef, pork, all deli meats)		X		Meat products without binders/extendors may be fully credited based on weight. Many luncheon meats contain large amounts of binders and extendors, the composition must be known in order to properly credit the meat/meat alternate portion.	If the meat/meat alternate portion cannot be determined, the product does not credit unless a CN label or Product Formulation Statement is obtained.
macaroni and cheese, packaged			X	There is not enough cheeses in packaged macaroni and cheese to credit.	See the grain crediting section of this manual to credit pasta.
macaroni and cheese, homemade		X		The cheese in homemade macaroni and cheese credits based on the amount of cheese in each serving.	A serving of an additional meat/meat alternate may be necessary.



Meat/Meat Alternates					
Food Item	Creditable			Comments	Comments
	Yes	Maybe	No		
meat sauce, commercial		X		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 sauce, homemade	X			The meat in homemade sauce can be credited based on the amount of meat in each serving.	The minimum creditable amount is 0.25 oz of meat.
Neufchatel cheese			X	Similar to cream cheese.	
nuts	X			Nuts credit as a serving of meat alternate at snack. Nuts credit as one-half a meat alternate serving at lunch and supper. Serve only finely ground nuts and seeds to children less than 3 years to avoid choking.	Nuts and seeds are a good source of protein. Nuts and seeds do not contain cholesterol. Nuts and seeds are high in fat and have low iron content.
nut or seed butter	X			A 2 tablespoon serving of nut or seed butters provides 1 oz eq meat alternate. It is recommended nut or seed butter be <b>served in combination with another meat or meat alternate</b> since the serving size required may be too large for some children at lunch and supper.	When including nuts and nut products in menus, you should consider the nut allergies or intolerances of participants.
oxtail	X			1 lb. as purchased provides 0.31 lb. of cooked, defatted, boned, lean meat.	Oxtail is low in protein and high in fat.
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
pasta products with meat, commercial		X		A CN label or product specification sheet must be on file. See canned or frozen foods, commercial.	
pasta products with meat, homemade	X			Homemade pasta products with meat credit based on the amount of meat in each serving.	



Meat/Meat Alternates					
Food Item	Creditable		Comments		Comments
	Yes	Maybe	No		
peanut butter, reduced fat		X		If the product meets the FDA standard of identity for Peanut butter with 90% peanuts or peanut flour.	Two Tablespoons provides 1 oz. meat alternate.
peanut butter, regular	X			It is recommended peanut butter be served in combination with another meat or meat alternate since the serving size required may be too large for children.	Peanut butter is high in fat. It does not contain cholesterol as it is of plant origin.
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			A ¼ cup cooked dry peas or lentils credits as 1 oz eq meat alternate.	
Pepperoni, traditional, dried		X		Must have a CN label or product formulation statement indicating the required serving size in order to credit.	Pepperoni is high in fat and sodium and should be used sparingly.
pig's feet, neck bones, or tails (parts)			X	These products contain small amounts of meat and are not creditable	
pimento cheese	X			A 2 oz. serving equals 1 oz. of meat alternate.	
pinto beans	X			See beans, canned or dry.	
pizza, commercial		X		Commercial pizza is creditable only if (1) the food is CN labeled or (2) a product formulation statement signed by an official of the manufacturer (not a sales person), stating the amount of cooked lean meat/meat alternate of the product per serving is on file at the day care home.	
pizza, homemade	X			Homemade pizza credits based on the amount of meat/meat alternate in each serving.	
Polish sausage		X		Polish sausages must have a (1) CN label or (2) Product Formulation Statement signed by an official of the manufacturer (not a sales person).	Polish sausage is high in fat.



Meat/Meat Alternates					
Food Item	Creditable			Comments	Comments
	Yes	Maybe	No		
pot pies, commercial		X		Commercial pot pies credit only if a CN label or product specification sheet is on file. See canned or frozen foods, commercial.	
pot pies, homemade	X			Homemade pot pies credit based on the amount of meat/meat alternate in each serving. The meat and meat alternate ingredients are creditable if there is at least a 0.25 oz eq meat/meat alternate per serving.	Document the meal pattern contribution with a standardized recipe.
potted or deviled meat			X	Potted or deviled meats are not creditable	Potted meat is high in sodium.
processed meat and poultry products		X		Processed meat and poultry products and sausages may be served in the CACFP. Only the meat in these products can credit. Since many processed meats contain large amounts of binders and extenders, the composition must be known in order to properly credit the meat/meat alternate portion. If the meat/meat alternate portion cannot be determined, the product does not credit. Meat products without binders/extendors may be fully credited based on weight. Products with a CN label credit.	Processed meats are high in sodium.
queso blanco, commercial, pasteurized	X			Queso blanco is a creamy, soft cheese. Commercial, pasteurized queso blanco is creditable	
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.	
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 grains section information on crediting the crust.
ravioli, commercial		X		Commercial ravioli credits only if a CN label or product formulation statement is on file.	
refried beans	X			See beans, canned or dry.	
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.



Meat/Meat Alternates					
Food Item	Creditable			Comments	Comments
	Yes	Maybe	No		
salt pork			X	Salt pork is not creditable. It contains little meat.	
sausage		X		Products labeled “fresh pork sausage” or “fresh Italian sausage” may be credited. Other sausage products must have (1) CN label or a (2) Product Formulation Statement.	
scrapple			X	Scrapple does not contain a sufficient amount of meat to credit.	
seeds (pumpkin, squash, sesame, sunflower)	X			Seeds credit as a serving of meat alternate at snack. Seeds credit as one-half a meat alternate serving at lunch and supper. Credits as one-half a meat alternate serving at lunch and supper.	Seeds may be a choking hazard for some populations.
shellfish	X			Shellfish must be fully cooked. Only the edible portion of the shellfish is creditable. When including shellfish in menus, you should consider the shellfish allergies or intolerances of participants	
shellfish, imitation (commercial surimi and Imitation crab)				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.	The serving size is large. Consider combining with an additional meat or meat alternate.
soup, homemade with meat or meat alternate	X			Homemade soup may contribute to the meat requirement if a minimum of ¼ ounce meat/meat alternate per serving is provided. Document the meal pattern contribution with a standardized recipe.	Will likely need an additional meat/meat alternate with meal.
soup, commercial (bean, lentil, or split pea)	X			Three-fourths cup of bean, lentil or split pea soup may credit as 1.5 ounces (3/8 cup) meat alternate.	Commercial soups are often high in sodium.
soup, commercial with meat or meat alternate		X		Creditable if the product is (1) CN labeled or (2) has a Product Formulation Statement.	
soy burgers or other soy products		X		A CN label or product formulation statement indicating the required serving size in order to credit is needed.	
soy nut butter, almond butter, cashew butter	X			A 2 tablespoon serving provides 1 oz eq meat alternate. 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 butters be served in combination with another meat/meat alternate since the serving size may too large for children.



Meat/Meat Alternates					
Food Item	Creditable			Comments	Comments
	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.	
soy beans, roasted (soy nuts)				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. When including soy and soy products in menus, you should consider the potential food allergies or intolerances.	Please note they may be a choking hazard for some populations.
surimi, commercial (imitation crab, and imitation shellfish)				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.	
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. 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			One ounce of tempeh = 1 ounce of meat alternate.	Tempeh is fermented soybean.
tempeh with other creditable foods		X		Tempeh with other creditable foods must have a CN label or product formulation statement indicating the required serving size in order to credit.	Other foods may include include brown rice, sunflower seeds, flax seeds and/or vegetables, etc.
tofu, comercial	X			Tofu is soybean curd. It must be commercially prepared and contain at least 5 grams of protein per 2.2 ounce (1/4 cup) to equal 1 ounce of meat/meat alternate. Homemade tufu does not credit.	Tofu must be easily recognizable as a meal substitute to credit in a dish.
tripe	X				Tripe has low quality protein.
turkey wings	X			Five ounces of cooked weight turkey wings provides 1.5 ounces of turkey meat.	Turkey wings are very high in fat. Check minimum serving size guidelines.



Meat/Meat Alternates					
Food Item	Creditable			Comments	Comments
	Yes	Maybe	No		
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.	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		Yogurt credits as a meat alternate. Four ounces (weight) or ½ cup (volume), of plain yogurt or sweetened and flavored yogurt is equivalent to one ounce of meat/meat alternate. Homemade yogurt is not creditable. There are potential safety concerns with homemade yogurt.	<b>Yogurt must contain no more than 23 grams of sugar per 6 ounces.</b>
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	
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.
“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.	

Credit:

[https://fns-prod.azureedge.net/sites/default/files/resource-files/FNS\\_Crediting\\_Handbook.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/FNS_Crediting_Handbook.pdf)

<https://foodbuyingguide.fns.usda.gov/Home/Home>

Updated February 2022



### Table of Contents

Offering Infants Meals .....	2
Meal Patterns .....	2
Infants ages 0-5 months .....	2
Infants Ages 6-11 months .....	2
Special Diet Statements .....	3
Introducing Solid Foods to Infants .....	4
All Food Components .....	5
Milk.....	6
Vegetables.....	12
Fruit.....	14
Grain .....	16



## Feeding Infants

### Offering Infants Meals

Infants enrolled in care must be offered a meal that complies with CACFP infant meal pattern requirements. Providers cannot avoid the obligation by stating the infant is not “enrolled” in CACFP or by citing logistical or cost barriers to offering infant meals. It is the parent’s choice to enroll or not enroll their infant in the Food Program. If the parent enrolls their infant in CACFP, creditable meals and snacks must be provided.

Infants do not eat on a strict meal schedule. Infant must be fed during a span of time that is consistent with the infant’s eating habits. The meal/snack serving times listed on your CACFP application do not apply to infants.

### Meal Patterns



A child is considered an infant on the CACFP until their first birthday.

Infants have different meal requirements than older children. The Infant Meal Patterns shows the type and amounts of food which must be served to infants.

Infants are divided into 2 age groups: 0-5 months, 6-11 months. Each infant age group has its own set of meal requirements.

Breast milk\* or iron-fortified infant formula must be included in all meals and snacks served to infants up to one year of age. Whole milk (or breast milk) is required for children 1 year of age.

#### *Infants ages 0-5 months*

At this age, 4-6 oz. of breastmilk\* or Iron Fortified Infant Formula (IFIF) is required. Solid foods are not required for this age group.

#### *Infants Ages 6-11 months*

Breastmilk\* or IFIF is required for this age group. Solid foods must be served to infants around 6 months of age as it is developmentally appropriate for the infant. There is not an exact age at which solids are required to be served. When to start serving solid foods is based on each infant’s individual developmental readiness.

Once an infant is developmentally ready to accept solid foods, you are required to offer them to the infant. Solid foods should be introduced gradually. New foods should be introduced one at a time over the course of a few days. It is understood that an infant’s eating pattern may change from day to day.

To allow for flexibility in how much is served to infants, serving size ranges are given for infant meal components. The serving sizes for solid foods begin at zero and increase to accommodate the developmental readiness of each infant.

Foods should always be of appropriate texture and consistency. Solid foods should be introduced gradually to infants in this age group. The decision to introduce solid foods should always be made in consultation with the parents.

Babies have small appetites. They may not be able to eat a complete meal at one time. Foods may be served over a period of time, rather than at one time. For example, the food items required for lunch can be served at two or more feedings when proper food safety precautions are followed.

\*It is recommended breast milk be served in place of iron fortified infant formula from birth through 11 months.



## Feeding Infants

The Infant Meal Patterns for infants 0-5 months include:

Breakfast	Lunch or Super	Snack
4-6 oz. Breastmilk or iron fortified infant formula	4-6 oz. Breastmilk or iron fortified infant formula	4-6 oz. Breastmilk or iron fortified infant formula

The Infant Meal Pattern for infants 6-11 months include:

### ***Breakfast and Lunch/Supper***

- 6-8 fluid ounces breastmilk<sup>1</sup> or formula<sup>2</sup>
- And**
- 0-4 tablespoons infant cereal<sup>2,3</sup>, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or
- 0-2 ounces of cheese; or
- 0-4 ounces (volume) of cottage cheese; or
- 0-4 ounces or ½ cup of yogurt<sup>4</sup>; or a combination of the above<sup>5</sup>
- And**
- 0-2 tablespoons vegetable or fruit<sup>3</sup> or a combination of both<sup>5,6</sup>

### ***Snack***

- 2-4 fluid ounces breastmilk<sup>1</sup> or formula<sup>2</sup>
- And**
- 0-½ slice bread<sup>3,7</sup>; or
- 0-2 crackers<sup>3,7</sup>; or
- 0-4 tablespoons infant cereal<sup>2,3,7</sup>, or ready- to-eat breakfast cereal<sup>3,5,7,8</sup>
- And**
- 0-2 tablespoons vegetable or fruit or a combination of both<sup>5,6</sup>

<sup>1</sup>Breastmilk or formula, or portions of both, may be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

<sup>2</sup>Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup>Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

<sup>4</sup>Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>5</sup>A serving of this component is required when the infant is developmentally ready to accept it.

<sup>6</sup>Fruit and vegetable juice must not be served.

<sup>7</sup>A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

<sup>8</sup>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).

## Special Diet Statements

If an exception to the Infant Meal Pattern is required, a Special Diet Statement completed by a recognized medical authority\*\*, must be completed and on file with ACA. For example, a Special Diet Statement would be needed for an infant requiring low-iron infant formula. Talk with your Program Advisor or contact ACA's office for more details.

\*\* Recognized medical authorities are anyone who is authorized to write a medical prescription under State law such as a physician or nurse practitioner.

To view and/or print Feeding Infants in the Child and Adult Care Food program, go to:  
[https://fns-prod.azureedge.net/sites/default/files/resource-files/FI\\_FullGuide\\_2021.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/FI_FullGuide_2021.pdf)



## Feeding Infants

### Introducing Solid Foods to Infants

There is not one specific, direct signal to determine when an infant is developmentally ready to accept solid foods. An infant's readiness for solid foods depends on his or her unique rate of development. WIC provides the following guidelines to help determine when an infant is developmentally ready to accept solid foods:

- Sits up alone or with some support;
- Controls head and neck movements;
- Opens mouth when he or she sees food;
- Keeps tongue low to receive the spoon;
- Keeps food in their mouth and swallows, rather than pushing it back out

Iron-Fortified Infant Cereal (IFIC) is a good first solid food. It is easy to digest and is enriched with a form of iron that may be easier for infants to absorb than other forms of iron found in other cereal products. To credit IFIC must be dry and contain only grain or grains. The following types of IFIC **are not creditable** on the Food Program:

- ⊗ jarred "wet" infant cereal
- ⊗ iron fortified dry infant cereals containing fruit

Vegetables and fruits may be introduced when the infant readily accepts 2 to 3 tablespoons of IFIC at each meal. Meats and meat alternatives are generally introduced after vegetables and fruits. It is recommended you introduce only 1 new food at a time, allowing a week between the introduction of new foods. Watch the infant carefully for reactions to each new food.

As an early childhood professional on the Food Program, it is important to maintain constant communication with infant's parents about when and what solid food should be served. You may find it useful when talking with parents to use the CACFP guidelines to help determine if an infant is developmentally ready to begin eating solid foods. Another great way to ensure you are meeting the needs of the infant is to request in writing when you should start serving solid foods to their infant.

Once an infant begins eating solid foods, you must record the foods in KidKare or on the Minute Menu scanable forms. It is not acceptable to only record breast milk or formula when solids are being served. During a home visit, your Program Advisor will check to be sure all creditable foods fed to infants are being recorded.



Credit: Feeding Infants: A Guide for Use in  
the Child Nutrition Programs  
Institute of Child Nutrition: CACFP Meal  
Pattern Training

[http://health.mo.gov/living/families/wic/wiclwip/pdf/R\\_0618\\_Foods\\_To\\_Grow\\_On.pdf](http://health.mo.gov/living/families/wic/wiclwip/pdf/R_0618_Foods_To_Grow_On.pdf)



### All Food Components

Food Item <b>All Food Components</b>	Creditable			Comments
	Yes	Maybe	No	
Baby foods, desserts (such as baby puddings, custards, cobbles, fruit desserts)			X	Baby food desserts often contain insufficient amounts of creditable ingredients. They are not 100% fruit and are often high in added sugars and fat and low in nutrients.
Baby foods, store-bought (commercial), combination foods (such as chicken and vegetables)		X		The amount each ingredient that may be credited to the meal pattern must be determined. If this information is not available on the product label, a Product Formulation Statement (PFS) which shows the amount of each ingredient must be requested from the manufacturer.
Baby food, store-bought (commercial), mixed fruit	X			See Baby foods, store-bought (commercial), single component (such as plain fruits, mixed fruits and vegetables, vegetables, or meats).
Baby food, store-bought (commercial), mixed vegetables	X			See Baby foods, store-bought (commercial), single component (such as plain fruits, mixed fruits and vegetables, vegetables, or meats)
Baby foods, store-bought (commercial), single component (such as plain fruits, mixed fruits and vegetables, vegetables, or meats)	X			Store-bought baby foods that contain one food component and are packaged in a jar, plastic container, pouch, or any other packaging are creditable in the Child and Adult Care Food Program. The way a food is packaged does not impact whether a food is creditable or not.
Canned foods, homemade			X	Home-canned foods are not creditable due to food safety issues that can arise during the home canning process.
Combination foods, commercial baby food	X			See Baby foods, store-bought (commercial), combination foods (such as chicken and vegetables).
Desserts, baby food			X	See Baby foods, desserts.
Home-canned baby foods			X	See Canned foods, homemade
Homemade baby foods	X			Foods should be cooked, if necessary, and pureed, mashed, ground, or finely chopped.
Honey			X	Honey (including products that have honey cooked or baked into them, such as honey graham crackers) should not be served to infants younger than 1 year of age. Honey is sometimes contaminated with <i>Clostridium botulinum</i> spores. If an infant ingests these spores, the spores can produce a toxin that may cause a severe illness.
Single-component baby foods, store-bought	X			See Baby foods, store-bought (commercial), single component (such as plain fruits, mixed fruits and vegetables, vegetables, or meats)



### Milk

Food Item <b>Milk</b>	Creditable			Comments
	Yes	Maybe	No	
Almond milk			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a Special Diet Statement.
Breastmilk	X			Breastmilk is the best food for infants and is recommended from birth through the first year of life. Infants should be fed only breastmilk, iron-fortified infant formula, or both until they are around 6 months of age.
Buttermilk			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a special Diet Statement.
Cream			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a Special Diet Statement.
Dry milk, reconstituted			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a Special Diet Statement.
Evaporated milk			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a Special Diet Statement.
Formula, follow-up			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a Special Diet Statement.
Formula, infant, FDA Exempt			X	Formulas classified as Exempt Infant Formulas by the U.S. Food and Drug Administration (FDA) may be served as a part of a reimbursable meal if the substitution is due to a disability and is supported by a Special Diet Statement.
Formula, infant, iron-fortified (includes soy-based)	X			The only acceptable alternative to breastmilk is iron-fortified infant formula. The American Academy of Pediatrics recommends only serving breastmilk, iron-fortified infant formula, or both during the first year of life. Formula must be served as a beverage to be creditable. The infant formula must be FDA approved (i.e., not bought from another country), should not be on the FDA Exempt Infant Formula list, and must be iron-fortified.
Formula, infant, low-iron (includes soy-based)			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a Special Diet Statement.



## Feeding Infants

Food Item <b>Milk</b>	Creditable			Comments
	Yes	Maybe	No	
Formula, infant, low lactose, or lactose free	X			Must be iron-fortified. A medical statement is not required to serve this formula and have it count as part of a reimbursable meal or snack.
Goat's milk			X	Only breastmilk and iron-fortified infant formula are creditable through 11 months of age unless the substitution supported by a special Diet Statement. Must meet State standards for fluid milk.
Half and half			X	Only breastmilk and iron-fortified infant formula are creditable through 11 months of age unless the substitution is supported by a Special Diet Statement.
Hemp milk			X	Only breastmilk and iron-fortified infant formula are creditable through 11 months of age unless the substitution is supported by a Special Diet Statement.
Milk, raw			X	Raw milk is unpasteurized and can be harmful to an infant's health. Only breastmilk and iron-fortified infant formula are creditable through 11 months of age.
Milk, whole, reduced-fat (2%), low-fat (1%) or fat-free (skim)			X	Only breastmilk and iron-fortified infant formula are creditable through 11 months of age unless the substitution is supported by a Special Diet Statement.
Soy-based formula			X	See Formula, infant, iron-fortified (includes soy-based).
Sweetened condensed milk			X	Only breastmilk and iron-fortified infant formula are creditable through 11 months of age unless the substitution is supported by a Special Diet Statement.

### Did you Know?

In the CACFP infant meal pattern, a site must offer at least one iron-fortified infant formula that is regulated by the Food and Drug Administration (FDA). The FDA has strict nutrition and safety standards for infant formula to make sure infants are getting the nutrients they need for healthy growth. All infant formulas sold in the United States are regulated by the FDA. If an infant formula is bought from a place online or in person outside of the United States, it is probably not regulated by the FDA and should not be used. Contact your sponsoring organization or State agency if you are unsure if the infant formula you offer is regulated by the FDA and is creditable.

Meats and Meat Alternates



## Feeding Infants

Food Item – <b>Meat and Meat Alternates</b>	Creditable			Comments
	Yes	Maybe	No	
Baby foods, store-bought (commercial), combination foods (such as chicken and vegetables)		X		A Product Formulation Statement is required to identify the amount of each ingredient that contributes to the meal pattern. Some mixed dishes may contain foods that do not credit towards the infant meal pattern, such as rice or pasta.
Baby foods, store-bought (commercial), single component	X			Store-bought baby foods that contain one food component packaged in a jar, plastic container, pouch, or any other packaging are creditable in the Child and Adult Care Food Program. The way a food is packaged does not impact whether a food is creditable or not.
Beans and peas, dry or canned	X			Beans or peas can be credited either as a vegetable or a meat alternate, but not in the same meal. They should be cooked and prepared to the appropriate texture for infants (pureed or mashed). Do not serve whole beans or peas because they may cause infants to choke. If serving canned beans or peas, drain them first and rinse with clean, safe water before using to reduce the amount of salt.
Canned foods, homemade			X	Home-canned foods are not creditable due to food safety issues that can arise during the home canning process.
Cheese, cottage cheese	X			Cottage cheese is creditable at all meals for infants who are developmentally ready to accept them.
Cheese foods, cheese food substitutes, cheese spreads, and cheese spread substitutes			X	Cheeses labeled as “cheese food,” “cheese spread,” and “imitation cheese” are not creditable for infants because they are generally higher in sodium than other cheeses. Cheese foods do not meet the Food and Drug Administration’s standard of identity.
Cheese, imitation			X	Cheeses labeled “imitation” are not creditable. Imitation cheese does not meet the Food and Drug Administration’s standard of identity.
Cheese, natural and processed cheese	X			Natural and processed cheeses such as American cheese, cheddar, Monterey Jack, and Swiss are creditable at all meals for infants who are developmentally ready to accept them. Cut cheese into small thin slices or strips no larger than ½ inch to reduce the risk of choking.
Cheese products			X	Cheeses labeled “product” are not creditable for infants. Cheese product does not meet the Food and Drug Administration’s standard of identity.

Food Item – <b>Meat and</b>	Creditable	Comments
-----------------------------	------------	----------



## Feeding Infants

<b>Meat Alternates</b>				
	Yes	Maybe	No	
Chicken nuggets		X		Unless homemade, a CN label or Product Formulation Statement is required. Only the edible chicken portion credits toward the meat/meat alternate requirement. All foods served to infants must be of a shape, size, and texture appropriate for the age and development of the infant.
Combination foods, commercial baby food		X		See Baby foods, store-bought (commercial), combination foods.
Cream cheese			X	Cream cheese is not creditable; it contains less protein and more fat than creditable cheeses.
Egg whites or egg yolks			X	Only whole eggs are creditable.
Fish, boneless, store-bought (commercial)	X			Only fish purchased from licensed vendors is creditable. May be served to infants who are developmentally ready to accept them. All foods must be of a shape, size, and texture for an infant to avoid choking. Examine fish closely to make sure it is free of bones. Serve only after it has been introduced at home with no problems.
Fish, home-caught (noncommercial)			X	Does not meet State public health policies regarding food safety.
Fish sticks or breaded portions (commercial)		X		Unless homemade, a CN label or Product Formulation Statement is required. May be served to infants who are developmentally ready to accept them. All foods served to infants must be of a shape, size, and texture for an infant to avoid choking. Fish must be fully cooked. Includes store-bought, commercially prepared breaded or battered fish and fish portions.
Home-canned baby foods			X	See Canned foods, homemade.
Homemade baby foods	X			Foods should be cooked, if necessary, and pureed, mashed, or finely diced.
Hot dogs or frankfurters		X		May be served to infants who are developmentally ready to accept them. Should be prepared to the appropriate shape, size, and texture for an infant to avoid choking. Do not serve whole hot dogs or hot dog rounds. This product tends to be higher in sodium and saturated fat. If the product contains byproducts, cereals, or binders/ extenders, it must be accompanied by a Child Nutrition label or Product Formulation Statement. Examples of binders/ extenders are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats.



## Feeding Infants

Food Item – <b>Meat and Meat Alternates</b>	Creditable			Comments
	Yes	Maybe	No	
Infant meat and poultry sticks (not dried or semi-dried)		X		See Hot dogs or frankfurters.
Meats, plain, cooked, homemade	X			Cooked meats are creditable and may be served to infants who are developmentally ready to accept them. Fresh or frozen meats must be cooked thoroughly and then prepared to the appropriate shape, size, and texture for infants to avoid choking.
Meats, single-component, store-bought (commercial) baby food	X			Store-bought baby food meats, such as pureed or mashed ham, turkey, chicken, beef, and so on, usually contain broth or gravy. These are creditable.
Nuts			X	Nuts are not creditable in a reimbursable infant meal.
Peanut butter (or other nut butters or seed butters)			X	Peanut butter and other nut butters or seed butters are not creditable in a reimbursable infant meal. Chunks of nut or seed butters pose a choking risk for infants. Peanut butter or other nut butters can get stuck to the roof of the mouth making it difficult to swallow.
Sausage (all forms)		X		May be served to infants who are developmentally ready to accept it. Should be prepared to the appropriate shape, size, and texture for an infant to avoid choking. Products labeled “fresh pork sausage” or “fresh Italian sausage” may be credited. See the “Meats/Meat Alternates”
Seeds			X	Seeds are not creditable in a reimbursable infant meal.
Shellfish (such as crab, shrimp, clams, mussels)	X			Shellfish must be fully cooked; only the edible fish portion is creditable. May be served to infants who are developmentally ready to accept it. Should be prepared to the appropriate shape, size, and texture for an infant to avoid choking. Be sure to remove all shells.
Single-component baby foods, store-bought (commercial)	X			See Baby foods, store-bought (commercial), single component.
Soy yogurt			X	Soy yogurt is not creditable in a reimbursable infant meal.
Soybeans (edamame)	X			Soybeans can be credited either as a vegetable or a meat alternate, but not in the same meal. They should be cooked and prepared to the appropriate texture for infants (pureed or mashed). Do not serve whole soybeans because they may cause infants to choke.



## Feeding Infants

Food Item – <b>Meat and Meat Alternates</b>	Creditable			Comments
	Yes	Maybe	No	
Tofu			X	Tofu is not creditable in a reimbursable infant meal.
Vienna sausage		X		May be served to infants who are developmentally ready to accept it. Should be prepared to the appropriate shape, size, and texture for an infant to avoid choking. This product is high in fat and sodium. Only creditable when free of byproducts, cereals, and extenders.
Yogurt, freeze-dried snacks			X	Freeze-dried yogurt snacks are not creditable and do not meet the Food and Drug Administration's standard of identity for yogurt.
Yogurt, frozen		X		Program operators may credit yogurt that they have frozen. See Yogurt, store-bought (commercial), plain, unflavored, flavored. Please note that crediting of a meat/meat alternate in this form is discouraged, as it is perceived as a dessert. Commercial frozen yogurt is not creditable.
Yogurt, homemade			X	Homemade yogurt is not creditable due to food safety issues.
Yogurt in a tube	X			Must meet the Food and Drug Administration's standard of identity for yogurt to be creditable. A 2.2-ounce tube provides ½ ounce equivalent meat alternate. Must contain no more than 23 grams of total sugars per 6 ounces.
Yogurt, liquid form (drinkable)			X	Liquid yogurt and yogurt that can be consumed from a bottle are not creditable. Liquid "yogurt" does not meet the Food and Drug Administration's standard of identity for yogurt.
Yogurt products, store-bought (commercial), such as frozen yogurt, yogurt bars, yogurt flavored products, yogurt covered fruits or nuts, or similar products)			X	These products are not creditable.
Yogurt, store-bought (commercial), plain, unflavored, flavored	X			Store-bought (commercial) yogurt may be served to infants who are developmentally ready to accept it. The yogurt must contain no more than 23 grams of sugar per 6 ounces to be creditable. Soy yogurt is not creditable as part of a reimbursable infant meal.



## Feeding Infants

### Vegetables

Food Item - <b>Vegetables</b>	Creditable			Comments
	Yes	Maybe	No	
Baby foods, store-bought (commercial), combination foods (such as chicken and vegetables)		X		Likely requires a CN label or Product Formulation Statement (PFS) which show the amount of each ingredient in cups, tablespoons, or teaspoons. The American Academy of Pediatrics recommends introducing single-ingredient foods to babies first before giving a mix of foods, or combination foods. It is encouraged that once the baby is developmentally ready and has eaten all ingredients within a combination food individually without having an allergic reaction, then combination foods can be served.
Baby foods, store-bought (commercial), single component (such as plain vegetables, mixed vegetables, mixed vegetables, and fruit)	X			Store-bought baby foods that contain one food component and are packaged in a jar, plastic container, pouch, or any other packaging are creditable in the CACFP. The way a food is packaged does not impact whether a food is creditable or not.
Beans and peas, dry or canned	X			Beans or peas can be credited either as a vegetable or a meat alternate, but not in the same meal. They should be cooked and prepared to the appropriate texture for infants (pureed or mashed). Do not serve whole beans or peas because they may cause infants to choke. If serving canned beans or peas, drain them first and rinse with clean, safe water before using to reduce the amount of salt.
Canned foods, homemade			X	Home-canned foods are not creditable due to food safety issues that can arise during the home canning process.
Combination foods, commercial baby food		X		See Baby foods, store-bought (commercial), combination foods.
Freeze-dried fruit and vegetable snacks			X	See Fruit Snacks.
Fruit/Vegetable juice blends			X	Juice is not creditable as part of a reimbursable infant meal.
Home-canned baby foods			X	See Canned foods, homemade.
Homemade baby foods	X			Foods should be cooked, if necessary, and pureed, mashed, or finely chopped. Parents may only provide one component of a reimbursable meal.
Mixed fruits and vegetables, store-bought baby food	X			Store-bought baby foods with more than one fruit and vegetable on the ingredients list are creditable because vegetables and fruit are one component.



## Feeding Infants

Food Item - <b>Vegetables</b>	Creditable			Comments
	Yes	Maybe	No	
Mixed vegetables, store-bought (commercial) baby food	X			See Baby foods, store-bought (commercial), single component (such as plain vegetables, mixed vegetables, mixed vegetables, and fruit).
Single-component baby foods, store-bought (commercial)	X			See Baby foods, store-bought (commercial), single component (such as plain vegetables, mixed vegetables, mixed vegetables, and fruit).
Vegetable juice			X	Juice cannot count towards a reimbursable infant meal.
Vegetables, plain, cooked (homemade)	X			Fresh, plain vegetables are creditable. Vegetables should be cooked, if necessary, and pureed, mashed, or finely chopped for an infant to avoid choking. All foods served to infants must be of a shape, size, and texture appropriate for the age and development of the infant. Parents may only provide one component as part of a reimbursable meal.
Vegetables, plain, frozen (homemade)	X			Frozen, plain vegetables are creditable. Vegetables should be cooked and pureed, mashed, ground, or finely chopped for an infant to avoid choking. All foods served to infants must be of a shape, size, and texture appropriate for the age and development of the infant. Parents may only provide one component as part of a reimbursable meal.
Vegetables, single-component store-bought (commercial) baby food	X			See Baby foods, store-bought (commercial), single component.

### Did you Know?

Delaying solid foods may not reduce the risk of developing food allergies. According to the American Academy of Pediatrics, 6 to 8 months of age is considered an important time for introducing solid foods to babies. By the time babies are 7 to 8 months of age, and if developmentally ready, they should be consuming solid foods from all CACFP food components such as vegetables, fruits, grains, and meat and meat alternates, along with breastmilk or iron-fortified infant formula. Encourage parents to talk about solid foods with the baby's health care provider.



## Feeding Infants

### Fruit

Food Item - <b>Fruit</b>	Creditable			Comments
	Yes	Maybe	No	
Fruit snacks (such as 100% fruit strips or fruit leather, freeze-dried fruit snacks, fruit drops, or other snack-type products)			X	Fruit snacks are not creditable as part of a reimbursable infant meal.
Fruit/Vegetable juice blends			X	Juice is not creditable as part of a reimbursable infant meal.
Juice			X	See Fruit juice and Vegetable juice.
Mixed fruits and vegetables, store-bought (commercial) baby food	X			Store-bought baby foods with more than one fruit and vegetable on the ingredients list are creditable because vegetables and fruit are one component in the infant meal pattern.
Mixed fruits, store-bought (commercial) baby food	X			See Baby foods, store-bought (commercial), single component (such as plain fruits, mixed fruits, mixed fruits and vegetables).
Single-component baby foods, store-bought (commercial)	X			See Baby foods, store-bought (commercial), single component (such as plain fruits, mixed fruits, mixed fruits, and vegetables).

### Did you Know?

As a baby develops, it is important to give him or her the chance to try different textures of solid foods, moving from pureed foods to those that are mashed, ground, or finely chopped. This helps the baby develop feeding and chewing skills. It also helps the baby get used to the feel of different textures of foods in his or her mouth.



## Feeding Infants

Food Item - <b>Fruit</b>	Creditable			Comments
	Yes	Maybe	No	
Baby foods, desserts (such as baby puddings, custards, cobblers, fruit desserts).			X	These are not 100% fruit, and are often high in added sugars and fat and low in nutrients.
Baby foods, store-bought (commercial), combination foods (such as chicken and fruits)		X		Likely requires a CN label or Product Formulation Statement (PFS) which show the amount of each ingredient in cups, tablespoons, or teaspoons. The American Academy of Pediatrics recommends introducing single-ingredient foods to babies first before giving a mix of foods, or combination foods. It is encouraged that once the baby is developmentally ready and has eaten all ingredients within a combination food individually without having an allergic reaction, then combination foods can be served.
Baby foods, store-bought (commercial), single component (such as plain fruits, mixed fruits, mixed fruits, and vegetables)	X			Store-bought baby foods that contain one food component and are packaged in a jar, plastic container, pouch, or any other packaging are creditable in the CACFP. The way a food is packaged does not impact whether a food is creditable or not.
Canned foods, homemade			X	Home-canned foods are not creditable due to food safety issues that can arise during the home canning process
Desserts, baby food			X	See Baby foods, desserts.
Freeze-dried fruit and vegetable snacks			X	See Fruit snacks
Fruit drinks and fruit punch			X	Fruit drinks and fruit punch are not creditable as part of a reimbursable infant meal.
Fruit, plain, cooked (homemade)	X			Fresh, plain fruits are creditable. All foods served to infants must be of a size, shape, and texture appropriate for the age and development of the infant. Fruits should be cooked, if necessary, and pureed, mashed, ground, and finely chopped for an infant to avoid choking. Parents can only provide one component as part of a reimbursable meal.
Fruit, plain, frozen (homemade)	X			Frozen, plain fruits are creditable. Fruits should be thawed and, if necessary, cooked and cooled. All foods served to infants must be of a size, shape, and texture appropriate for the age and development of the infant. Parents can only provide one component as part of a reimbursable meal.



### Grain

Food Item - Grain	Creditable			Comments
	Yes	Maybe	No	
Animal crackers	X			See Crackers.
Baby foods, desserts (such as baby puddings, custards, cobblers, fruit desserts)			X	These foods often contain insufficient amounts of creditable ingredients. They are not 100% fruit, and are often high in sugar and fat and low in nutrients.
Baby foods, store-bought (commercial), combination foods (such as chicken and rice)		X		Likely requires a CN label or Product Formulation Statement (PFS) which show the amount of each ingredient in cups, tablespoons, or teaspoons. The American Academy of Pediatrics recommends introducing single-ingredient foods to babies first before giving a mix of foods, or combination foods. It is encouraged that once the baby is developmentally ready and has eaten all ingredients within a combination food individually without having an allergic reaction, then combination foods can be served. Some mixed dishes may contain foods that do not credit towards the infant meal pattern, such as rice or pasta
Bagels	X			See Bread.
Biscuits	X			See Bread.
Bread	X			Bread or toast is creditable for infants who are developmentally ready to accept it. Bread is only reimbursable at snack and should be served only in small, thin strips or pieces. Should not contain nuts or seeds to reduce the risk of choking. Grains served must be made with enriched or whole grain meal or flour.
Buns, hamburger, and hot dog	X			See Bread.
Cakes	X			Cakes are considered grain-based desserts, which are not creditable.
Cereal, infant, iron-fortified, multiple grains	X			Iron-fortified dry infant cereals with multiple grains are creditable for infants that are developmentally ready to accept them. The American Academy of Pediatrics recommends introducing single-ingredient foods to babies first before giving a mix of foods.
Cereal, infant, iron-fortified, single grain	X			Ready-to-eat cereals are creditable at snack for infants that are developmentally ready to accept them. The cereal must contain no more than 6 grams of sugar per dry ounce and must be iron fortified. Ready-to-eat cereals must be made with enriched or whole grain meal or flour, or be fortified



## Feeding Infants

Food Item - <b>Grain</b>	Creditable			Comments
	Yes	Maybe	No	
Animal crackers	X			See Crackers.
Baby foods, desserts (such as baby puddings, custards, cobblers, fruit desserts)			X	These foods often contain insufficient amounts of creditable ingredients. They are not 100% fruit, and are often high in sugar and fat and low in nutrients.
Baby foods, store-bought (commercial), combination foods (such as chicken and rice)		X		Likely requires a CN label or Product Formulation Statement (PFS) which show the amount of each ingredient in cups, tablespoons, or teaspoons. The American Academy of Pediatrics recommends introducing single-ingredient foods to babies first before giving a mix of foods, or combination foods. It is encouraged that once the baby is developmentally ready and has eaten all ingredients within a combination food individually without having an allergic reaction, then combination foods can be served. Some mixed dishes may contain foods that do not credit towards the infant meal pattern, such as rice or pasta
Bagels	X			See Bread.
Biscuits	X			See Bread.
Bread	X			Bread or toast is creditable for infants who are developmentally ready to accept it. Bread is only reimbursable at snack and should be served only in small, thin strips or pieces. Should not contain nuts or seeds to reduce the risk of choking. Grains served must be made with enriched or whole grain meal or flour.
Buns, hamburger, and hot dog	X			See Bread.
Cakes	X			Cakes are considered grain-based desserts, which are not creditable.
Cereal, infant, iron-fortified, multiple grains	X			Iron-fortified dry infant cereals with multiple grains are creditable for infants that are developmentally ready to accept them. The American Academy of Pediatrics recommends introducing single-ingredient foods to babies first before giving a mix of foods.
Cereal, infant, iron-fortified, single grain	X			Ready-to-eat cereals are creditable at snack for infants that are developmentally ready to accept them. The cereal must contain no more than 6 grams of sugar per dry ounce and must be iron fortified. Ready-to-eat cereals must be made with enriched or whole grain meal or flour, or be fortified



## Feeding Infants

Food Item - <b>Grain</b>	Creditable			Comments
	Yes	Maybe	No	
Cereal, ready-to-eat	X			Ready-to-eat cereals are <b>creditable at snack</b> for infants that are developmentally ready to accept them. The cereal must contain no more than 6 grams of sugar per dry ounce and must be iron fortified. Ready-to-eat cereals must be made with enriched or whole grain meal or flour or be fortified.
Cookies			X	Cookies are considered grain-based desserts, which are not creditable.
Corn muffins	X			See Bread.
Cornbread	X			See Bread.
Crackers	X			Crackers may be served at <b>snack</b> and are creditable to infants who are developmentally ready to accept them. Crackers served must be made with enriched or whole grain meal or flour. Should not contain seeds, nuts, or whole grain kernels to reduce the risk of choking
Croissants	X			See Bread.
Desserts, baby food			X	See Baby foods, desserts.
English muffins	X			See Bread.
Farina			X	Farina is not creditable as part of a reimbursable infant meal. Farina is not a ready-to-eat cereal or iron-fortified infant cereal.
Graham crackers	X			See Crackers.
Grits			X	Grits are not creditable as part of a reimbursable infant meal. Grits are not a ready-to-eat cereal or iron-fortified infant cereal
Infant cereal	X			See Cereal, infant, iron-fortified, single grain and Cereal, infant, iron-fortified, multiple grains.
Oatmeal, instant and regular			X	Instant and regular cooked oatmeal is not creditable as part of a reimbursable infant meal. Oatmeal is not a ready-to-eat cereal or iron-fortified infant cereal.
Pancakes	X			See Bread
Pita bread	X			See Bread
Pizza crust	X			See Bread
Pretzels, soft	X			See Bread



## Feeding Infants

Food Item - <b>Grain</b>	Creditable			Comments
	Yes	Maybe	No	
Puff cereal snacks		X		It is up to the program operator to determine if the puff cereal snack is easily recognizable as a ready-to-eat cereal. It may resemble puffed rice cereals or whole grain O's. It should easily dissolve in an infant's mouth and should not contain nuts, seeds, or hard pieces that can cause choking. Some of these products can be higher in sodium. If the program operator determines it is a ready-to-eat cereal, it may be served at snack to infants who are developmentally ready to accept it. The cereal must contain no more than 6 grams of sugar per dry ounce. Ready-to-eat cereals must be made with enriched or whole grain meal or flour or be fortified.
Rolls	X			See Bread.
Teething crackers, biscuits, toasts	X			Teething snacks may be served at snack and are creditable for infants who are developmentally ready to accept them. Grains served to infants must be made with enriched or whole grain meal or flour or be fortified.
Tortilla, soft (flour, whole wheat, and corn tortillas)	X			See Bread.
Waffles	X			See Bread.

Credit: [https://fns-prod.azureedge.net/sites/default/files/resource-files/FI\\_FullGuide\\_2021.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/FI_FullGuide_2021.pdf)

### Did you Know?

Grains served must be made with enriched or whole-grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable. There is not a whole grain-rich requirement in the CACFP infant meal pattern.



# **Getting Started with KidKare**



# KidKare Start-Up Guide

Welcome to KidKare! These quick instructions should help you get started.

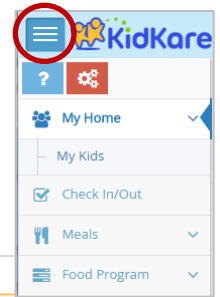
## Step 1 – Log In

Go to [kidkare.com](http://kidkare.com) and click **LOG IN**. Enter the **login ID** and **password** that has been provided to you by your Sponsor. *If you're on a smartphone or tablet, tap the menu icon (three blue lines at the top right corner) to display the LOG IN screen.*



## Step 2 – Decide what you would like to do next.

You can access all of the KidKare features from the menu icon. Click the question mark icon to access **Help** online.



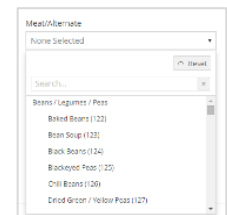
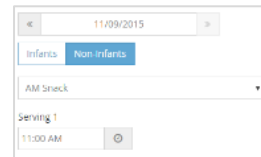
**Verifying Enrollment** – To verify all children are enrolled, go to **My Home >> My Kids**.

- Click the gear shift icon and select **"Pending."**
- Scroll down past the active kids to view those with a "Pending" status.
- If any children are missing, enroll them by tapping the **Add Child** button.



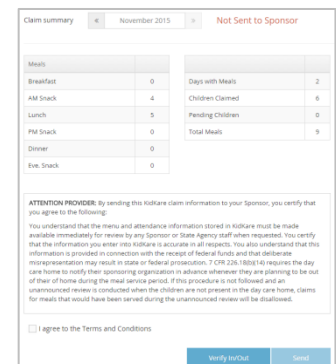
**Recording Meals** – To start recording meals, go to **Meals >> Meal Service**.

- Verify the correct date is displayed.
- Select Infant or Non-Infant.
- Select a meal from the list, and record the serving time.
- Select the foods from the list.  
(You can type all or part of the word to search for a specific food.)
- Tap the name of each child that was present during the meal time.
- The names will turn **green**.
- When all required fields have been entered and at least one child is marked in attendance, KidKare will *automatically* save the meal. There is no save button.



## Sending the Claim to Your Sponsor

At the end of the month, go to **Food Program >> Send to Sponsor** to send the claim to your Sponsor. Once the claim has been sent, you can view it in the **View Claims** screen.

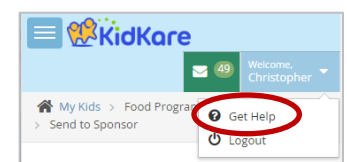


## Check out the many other features of KidKare!

- **Calendar:** Review meals, school out days, closed for business, and more!
- **Messages:** Read important information.
- **Reports:** Generate child enrollment reports, claim reports, etc.
- **In/Out Times:** Tap children in and out, or let the parents do it!

## Learn more!

The KidKare Knowledge Base has **training videos** and **helpful information** to learn more about KidKare. **You can even sign up for a free webinar.** Just click your name at the top right corner of the screen, and choose the **Get Help** option. That will connect you to [help.kidkare.com](http://help.kidkare.com).



## Breakfast Select-A Menus

- Meat and meat alternates may be used to meet the entire grain requirement a maximum of 3 times per week.
- Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- At least one serving per day, across all eating occasions, must be whole-grain rich.
- Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- Milk must be whole milk for children age one. Must be unflavored 1% or unflavored skim milk for children 2-5 years. Must be ununflavored1% or unflavored skim milk, or flavored skim milk for children 6 year and older.

Card Number	Grains	Vegetable/Fruit/Juice	Milk	Additional Foods/Comments
M 10	whole grain wheat flakes cereal	oranges	milk	
M 11	whole grain bagel	banana	milk	
M 12	whole grain English muffin	pineapple	milk	
M 13	blueberry muffins	cantaloupe	milk	
M 14	banana muffins	peaches	milk	
M 15	yogurt	mixed fruit	milk	granola (yogurt parfait)
M 16	banana bread	watermelon	milk	
M 17	Kix cereal	peaches	milk	
M 18	Grape Nuts	grape juice	milk	
M 20	Rice Krispies cereal (plain)	bananas	milk	
M 21	Crispix cereal (plain)	strawberries	milk	
M 22	Life cereal (plain)	cherries	milk	
M 23	Wheat Chex cereal	blueberries	milk	
M 24	Kix cereal	orange juice	milk	
M 24	Wheaties cereal (plain)	grapes (quartered)	milk	cut grapes to prevent choking
M 26	peanut butter	apple slices	milk	try pb on the apple slices
M 27	Crispix cereal (plain)	apple juice	milk	
M 28	scrambled eggs	mixed fruit	milk	
M 30	shredded wheat cereal (frosted)	banana	milk	check cereal sugar content
M 31	whole grain toast	applesauce	milk	
M 32	cinnamon swirl bread	grapefruit	milk	
M 33	apple muffins	oranges	milk	
M 34	English muffin	mixed fruit	milk	
M 35	bagel	apples	milk	
M 36	crispy rice cereals	apples	milk	
M 37	corn flakes cereal	grape juice	milk	

Name brands are used as examples only and are not an endorsement of any product by Adult's & Children's Alliance. Qualifying store-brand equivalents may also be used.

## Breakfast Select-A Menus

Card Number	Grains	Vegetable/Fruit/Juice	Milk	Additional Foods/Comments
M 38	oatmeal	raisins	milk	
M 40	cream of wheat	oranges	milk	
M 41	cream of rice	mixed berries	milk	
M 42	Malt-O Meal	pears	milk	
M 43	Cheerios (plain)	bananas	milk	
M 44	Kix	strawberries	milk	
M 45	Coco Wheats	tangerines	milk	
M 46	toasted oats cereal	orange juice	milk	
M 47	banana bread	grapes (quartered)	milk	cut grapes to avoid choking
M 48	whole grain tortilla	apple slices	milk	scrambled eggs in tortilla
M 50	waffles	strawberries	milk	
M 51	pancakes	mixed fruit	milk	
M 52	whole grain bread (grilled cheese)	grapefruit	milk	cheese (ham if desired)
M 53	whole grain English muffin	banana	milk	
M 54	brown rice	nectarine	milk	
M 55	whole grain waffles	cantaloupe	milk	
M 56	biscuits	strawberries	milk	
M 57	ham slices	pan fried potatoes	milk	(egg if desired)
M 58	whole grain pancakes	apples	milk	
M 60	oatmeal	plums	milk	
M 61	pancakes	orange slices	milk	
M 62	crepes	peaches	milk	
M 63	cheese sticks	apple slices	milk	
M 64	soft tortilla	apple slices (warm)	milk	roll apples in tortilla
M 65	pancakes	bananas	milk	
M 66	blueberry muffin	oranges	milk	
M 67	ham slices	baked apples	milk	
M 68	bagel	tomato slices	milk	
M 70	whole grain toast	banana slices	milk	
M 71	French Toast	apples	milk	
M 72	hardboiled eggs	oranges	milk	

Name brands are used as examples only and are not an endorsement of any product by Adult's & Children's Alliance. Qualifying store-brand equivalents may also be used.

## Lunch/Supper Select-A-Menus

- Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- At least one serving per day, across all eating occasions, must be whole-grain rich.
- A vegetable may be used to meet the entire fruit requirement. When 2 vegetables are served, two different kinds of vegetables must be served.
- 1 cup of leafy green vegetables count as ½ cup vegetables.
- Combination foods (pizza, burritos, fish sticks) must be homemade, CN labeled, or you must have a qualifying product formulation statement.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- Milk must be whole milk for children age one. Must be unflavored 1% or unflavored skim milk for children 2-5 years. Must be unflavored 1% or unflavored skim milk, or flavored skim milk for children 6 year and older.

Card Number	Meat meat/alternates	Grains	Vegetables	Fruits	Milk
M 101	Italian sausage*	roll	potatoes	grapes	milk
M 102	ham (sandwich)	whole grain bread	corn	honey dew melon	milk
M 103	turkey	whole grain bun	peas	cantaloupe	milk
M 104	hot dog (100% meat)	bun	baked beans	grapes (quartered)	milk
M 105	scrambled eggs	French toast	broccoli	apple	milk
M 106	fish (store bought)	whole grain bread	green beans	pears	milk
M 107	chicken	roll	corn	apple slices	milk
M 108	meat balls (homemade)	spaghetti (pasta)	green beans	tomato sauce	milk
M 110	cheese pizza (homemade)	crust	carrots	lettuce salad	milk
M 111	ground beef & beans (homemade chili)	saltine crackers	cabbage (coleslaw)	tomatoes (in chili)	milk
M 112	ground beef (hamburgers)	whole grain bun	broccoli	watermelon	milk
M 113	chicken strips (homemade)	whole grain bread	green beans	strawberries	milk
M 114	roast beef & cheese (sandwich)	bun	celery sticks	pineapple	milk
M 115	ham	whole grain toast	potatoes	apples	milk
M 116	cheese & sausage pizza (homemade)	crust	tossed salad	mixed fruit	milk
M 117	cheese (English muffin pizza)	English muffins	broccoli	blueberries	milk
M 118	tofu (stir fry)	brown rice	mixed vegetables	peaches	milk
M 120	ground turkey (burgers)	whole grain bun	potato salad (homemade)	watermelon	milk
M 121	ground beef & cheese (tacos)	whole corn shell	refried beans	tomatoes & lettuce	milk
M 122	sliced turkey (sandwich)	whole grain bread	corn	lettuce salad	milk
M 123	ground beef (homemade sauce)	spaghetti (pasta)	spinach salad	tomato sauce	milk
M 124	hot dog (100% meat)	whole grain bun	baked beans	apples	milk
M 125	cheese (homemade mac & cheese)	macaroni	celery sticks (with peanut butter)	cherries	milk
M 126	refried beans & cheese	burrito shell	mixed vegetables	oranges	milk
M 127	Swedish meatballs (homemade)	breadsticks	peas	mixed fruit	milk
M 128	tuna & cheese	pita bread	carrots & celery sticks	strawberries	milk
M 130	beef stew (homemade)	biscuits	carrots & potatoes	lettuce salad	milk

\* 1 pound of Italian sausage provides 6 meat servings (1.5 oz.) for children 3-5 years.

## Lunch/Supper Select-A-Menus

Card Number	Meat meat/alternates	Grains	Vegetables	Fruits	Milk
M 131	ground beef & cheese (goulash)	pasta	green beans	bananas	milk
M 132	chicken	rice	broccoli	cabbage (coleslaw)	milk
M 133	cheese (grilled cheese)	whole grain bread	cherry tomatoes	kiwi	milk
M 134	fish sticks (homemade or CN)	breeding	potatoes	broccoli	milk
M 135	chicken nuggets (homemade or CN)	English muffin	French fries (baked)	watermelon	milk
M 136	ground beef (hamburgers)	whole grain bun	peas	apples	milk
M 137	peanut butter & sting cheese	whole grain bread	carrot & celery sticks	banana	milk
M 138	ground beef (tater tot hotdish)	whole grain bread	lettuce salad	tater tots	milk
M 140	tuna & cheese (sandwich)	whole grain bread	cucumber coins	orange slices	milk
M 141	eggs (egg salad)	whole grain bread	peas & carrots	strawberries	milk
M 142	chicken (chicken pasta salad)	pasta	mixed raw vegetable	cantaloupe	milk
M 143	cheese (sandwich)	whole grain bread	mixed greens salad	peaches & yogurt	milk
M 144	ground beef (sloppy joes)	whole grain bun	broccoli	corn	milk
M 145	chicken	whole grain roll	potato salad (homemade)	zucchini	milk
M 146	chicken (homemade soup)	noodles	celery sticks with peanut butter	oranges	milk
M 147	cheese (homemade mac & cheese)	macaroni	lettuce salad w/sunflower seeds	mixed fruit	milk
M 148	cottage cheese	blueberry muffins	mixed raw veggies	peaches	milk
M 150	fish (baked, store bought)	bread sticks	broccoli	strawberries	milk
M 151	sliced chicken (sandwich)	whole grain bun	baked beans	apple slices	milk
M 152	bean soup	whole wheat crackers	carrot sticks	bananas	milk
M 153	ham (sandwich)	whole grain bread	squash	split pea soup	milk
M 154	turkey	bread dressing	squash	whole cranberry sauce	milk
M 155	pork chops	wild rice	green beans	applesauce	milk
M 156	lentils (try them baked)	whole grain toast	spinach salad	pears	milk
M 157	chicken (stir fry)	rice	mixed vegetables	apples	milk
M 158	ground beef & cheese (lasagna)	lasagna noodles	cauliflower	grapes (quartered)	milk
M 160	chicken (homemade chow mein)	chow mein noodles	mixed oriental vegetables	honey dew melon	milk
M 161	ham (sandwich)	bread	snow peas and other raw veggies	tomato soup	milk
M 162	ground beef & cheese (homemade)	crust (pizza)	wax (yellow) beans	grapes (quartered)	milk
M 163	chicken (creamed)	toast	peas	oranges	milk
M 164	yogurt (check sugar content)	graham crackers	broccoli & cauliflower, raw	mixed berries	milk
M 165	eggs (omelet)	pancakes	hash browns	mixed veggies (in omelet)	milk
M 166	sliced turkey (sandwich)	whole grain bread	mixed greens salad	vegetable soup	milk

## Snack Select-A-Menus

- Select 2 of the 5 components for a reimbursable snack. Only 1 of the 2 components may be a beverage.
- Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- At least one serving per day, across all eating occasions, must be whole-grain rich.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.
- Milk must be whole milk for children age one. Must be unflavored 1% or unflavored skim milk for children 2-5 years. Must be unflavored 1% or unflavored skim milk, or flavored skim milk for children 6 year and older.

Card Number	Meat meat/alternates	Grains	Vegetables	Fruits	Milk
M 201		blueberry muffins		apple slices	
M 202		banana bread	carrot sticks		
M 203	deviled eggs			apple juice	
M 204		cinnamon toast		bananas	
M 205		apple muffin			milk
M 206		bread sticks		mixed fruit	
M 207		banana muffin		oranges	
M 208	yogurt			bananas & strawberries	
M 210		graham crackers		grapes (quartered)	
M 211				strawberries	milk
M 212	peanut butter (ants on a log)		celery sticks		
M 213	tuna	saltines			
M 214		Chex cereal mix		mixed berry juice	
M 215		whole grain tortilla	refried beans		
M 216			cucumber coins	nectarines	
M 217	peanut butter (make a sandwich)	graham crackers		banana slices	
M 218	string cheese		cherry tomatoes		
M 220		animal crackers		orange juice	
M 221			radishes & snow peas		milk
M 222		oyster crackers		cantaloupe	
M 223	peanut butter	whole grain toast			
M 224	cheese slices	club crackers			
M 225	cheese (melted)		baked potato		
M 226		English muffin			milk
M 227		cheese crackers		mangos & mixed fruit	
M 228	peanut butter (on apples)			apple slices	
M 230		rye crisp		pineapple	
M 231	peanuts			bananas	

## Snack Select-A-Menus

Card Number	Meat meat/alternates	Grains	Vegetables	Fruits	Milk
M 232				bananas (frozen on stick)	milk
M 233		biscuit		peaches	
M 234		rye crisp		pears	
M 235	hummus (homemade)		mixed raw vegetables		
M 236		whole grain cinnamon toast		applesauce	
M 237	tuna (sandwich)	whole grain bread			
M 238	hummus (homemade)	whole wheat crackers			
M 240		pancakes		banana slices	
M 241	yogurt			strawberries	
M 242		French toast sticks		honey dew melon	
M 243		toasted oats cereal			milk
M 244	peanuts (trail mix)			raisins (1/4 cup=1/2 cup)	
M 245		rice cakes		pineapple	
M 246	cheese (sliced)	whole grain bun			
M 247	string cheese			grapes (quartered)	
M 248	cottage cheese (use as dip)		mixed raw vegetables		
M 250			tomato slices		milk
M 251			carrot sticks	watermelon	
M 252		whole grain corn muffin		apple cider (warm)	
M 253		soft pretzel	tomato juice		
M 254	egg salad	whole grain bread			
M 255	yogurt			blueberries	
M 256		macaroni (mac & cheese)		white grape juice	
M 257		biscuits		strawberries	
M 258	cottage cheese			peaches	
M 260	cheese cubes			pears	
M 261		wild rice		apple slices	
M 262	ham slices	whole grain bun			
M 263		pasta salad	carrot sticks		
M 264	zucchini bread			orange juice	
M 265	chicken salad	whole grain bagel			
M 266		oatmeal		apple slices	
M 267	sunflower seeds			mixed dried fruit	