



United States Department of Agriculture

# Crediting Handbook for the Child and Adult Care Food Program





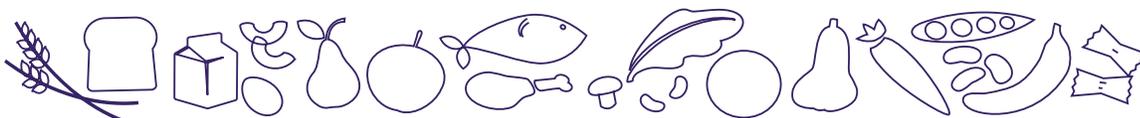
## Acknowledgments

The original publication *Crediting Foods for the Child and Adult Care Food Programs* was published by the Nutrition and Technical Services, Food and Nutrition Service (FNS), USDA, Mountain Plains Region and was updated by the FNS Mid-Atlantic Region and FNS Headquarters.

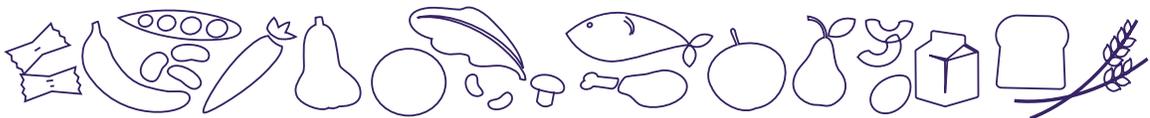
We wish to acknowledge the following individuals for their contributions:

Colorado Department of Health; Beth Wetherbee (retired) of the Delaware Department of Public Instruction; Carol Fettweis and Carol Loomis of the Maryland Department of Public Instruction; Molly Wood, Gloria Cunningham, and Robin Ziegler of the Maryland Department of Education; Joyce Soroka and Susan Still of the Pennsylvania Department of Education; Lucy Gerland R.D. of the Fairfax, Virginia, County Department of Family Services; Elizabeth Henry of the Prince William County, Virginia, County Social Services; Jan McCullough of the Fairfax, Virginia, County Department of Family Services; Karen Mellon of the Fairfax, Virginia, County Office of Administration for Human Services; Debra Moore, R.D., from Places and Programs for Children; Ellen Anderson of the Food and Drug Administration, Office of Food Labeling; Marlene Stein and Michele Bouchard (no longer with FNS) of the FNS Mid-Atlantic Regional Office; and Melissa Magee of the FNS Mountain Plains Regional Office.

We also wish to thank Donna Blum as well as the Nutrition Promotion and Technical Assistance Branch, especially Sonya Barnes, at FNS headquarters.

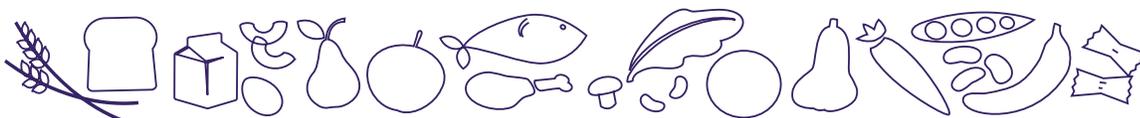


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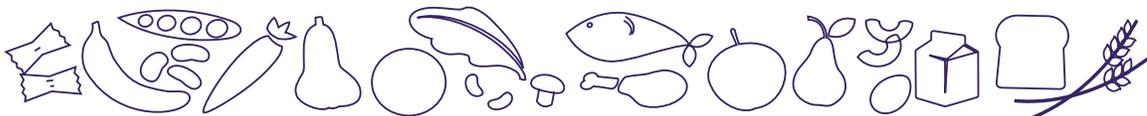
The goal of the Child and Adult Care Food Program (CACFP) is to improve the health and nutrition of children and adults in the program, while promoting the development of good eating habits through nutrition education. The *Food Buying Guide for Child Nutrition Programs* (FBG) is the principal tool with which to determine the contribution that foods make toward meal requirements regardless if foods are produced on site or purchased commercially. This handbook is a supplementary resource with additional information on creditable foods in child and adult care centers, outside-school-hours care centers, and family day care homes.

Since the previous updates, there have been a number of changes in products, a wider variety of foods used in our programs, and advances in the areas of human nutrition and food service. Additionally, the *Dietary Guidelines for Americans 2010* emphasize the importance of choosing foods that are lower in saturated fats and *trans* fats, eating nutrient dense foods, and incorporating more fruits, vegetables, and whole grains into our diets. We encourage menu planners to follow these principles when planning Child and Adult Care Food Program menus.

This book is a companion to the *Food Buying Guide for Child Nutrition Programs* (FBG). It does not replace the *Food Buying Guide*. Therefore, as a reminder, when using the 2001 *Food Buying Guide*, please ensure that your copy includes the FY 2003 pen and ink changes or replacement pages. If you do not have these changes, please contact your FNS Regional Office or State agency for these updates. The revised edition and the replacement pages may also be downloaded at <http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>. Please be aware that some sections of the FBG have been revised for school meal programs. These revised sections should not be used for child care settings.

This publication does not include guidance concerning CACFP infant meal patterns or feeding. For information on infant feeding, please contact your State agency (SA) or family day care home sponsoring organization. The infant meal patterns may be viewed at: [http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal\\_Patterns.htm](http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm).

The lists of creditable and noncreditable foods in this publication are not all-inclusive. This publication includes only those foods that are commonly served in child care programs and foods we have received inquiries about or have noted as being credited incorrectly.



# Introduction

The following terms are used throughout this handbook:

## Creditable foods:

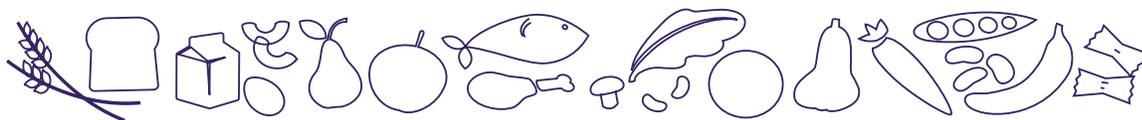
Foods that may be counted toward meeting the meal pattern requirements for a reimbursable meal.

- They are or they contain creditable foods as listed in the FBG;
- They are in compliance with regulations governing the Child Nutrition Programs (in quantity requirements 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 the crediting of popular foods.

## Noncreditable foods:

Foods that do not count toward meeting meal pattern requirements because they do not meet criteria. Nevertheless, noncreditable foods often supply additional nutrients and calories that help meet the energy and nutritional needs of participants. For example, the service of a protein-rich food (such as eggs) at breakfast is not required but it contributes additional nutrients, improves the acceptability of meals, and satisfies appetites.

The United States Department of Agriculture (USDA) reimburses child and adult care centers, family day care home sponsors, at-risk after school snack programs, and homeless shelters participating in the CACFP for the meals served to young children or adult enrollees, not for individual foods. A meal is reimbursable if it contains those creditable foods in the amounts outlined in the CACFP meal patterns.



### Alternate Protein Products (APP)

Food ingredients that may be used to substitute in part or **in full** for meat, poultry, or seafood. These products must meet the requirements for Alternate Foods for Meals, Appendix A of the Code of Federal Regulations (CFR) Book 7, Part 226. These products **do not include tofu, surimi, seitan, or tempeh**. Before using APP products and claiming the meals for reimbursement, contact your Food and Nutrition Service (FNS) Regional Office and/or State agency. Please see page 21 and the questions and answers in the meat/meat alternate section.

### Child Nutrition (CN) Label

- A voluntary component of the Federal labeling program for the Child Nutrition Programs.
- Provides a warranty for CN-labeled products for auditing purposes if the product is used according to manufacturer's directions as printed on the approved CN label.
- Allows manufacturers to state a product's contribution to the meal pattern requirements on their labels.

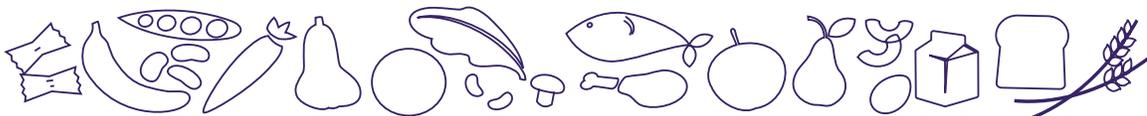
### What products are eligible for CN labels?

- Main dish products that contribute at least ½ ounce to the meat/meat alternate component of the meal pattern requirements. Examples include, but are not limited to, beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, breaded fish, and chicken portions.
- Juice and juice products containing at least 50% full-strength juice by volume. This includes such products as frozen juice drink bars and sherbet. 100% juice products are NOT eligible for a CN label. Since 100% juice credits 1 fluid ounce per 1 fluid ounce, there is no need for a CN label.

### How to identify a CN label:

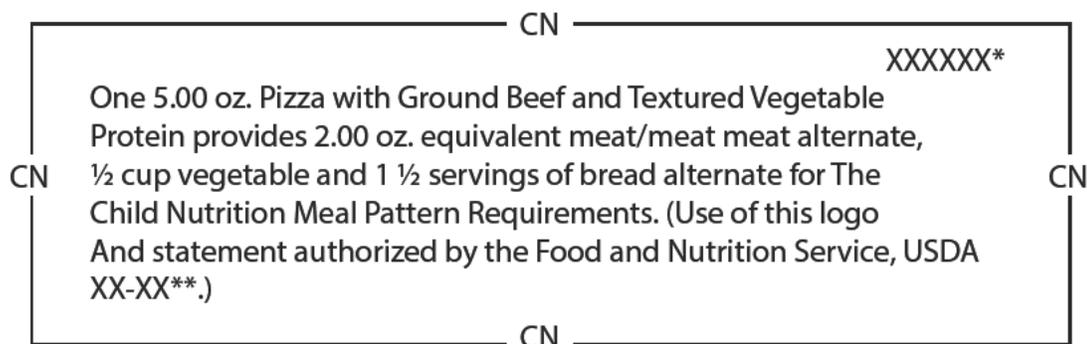
A CN label will **always** contain the following information:

- The CN logo, which is a distinct border.
- The meal pattern contribution statement.
- A unique six-digit product identification number (assigned by the USDA Agricultural Marketing Service) appearing in the upper right hand corner of the CN logo.
- The USDA/FNS authorization statement.
- The month and year of the original FNS Final Approval appearing at the end of the authorization statement.
- The remaining required label features: product name, inspection legend, ingredient statement, manufacturer's name, signature/address line and net weight.
- Note: The CN number on the following sample label is not an actual CN number. A valid CN label will never have XXXXXX as a CN number.



# Definitions and Explanations

## Sample CN Logo:



\* CN identification number

\*\* Month and Year of original approval

**For any CN-labeled product to be valid, the purchased product label must have the CN logo on it.** A company may have a legitimate CN label approval, but unless the product is produced under inspection following all CN requirements and the CN logo is part of the printed label on the purchased product, it is not a CN-labeled product and is not warranted by USDA. A valid CN logo will never be a separate sticker. Printing a fact sheet or manufacturer's statement from a website does **not** document that the CN-labeled product was purchased. In addition, a fact sheet or other manufacturer documentation is never authorized to have the CN logo on it. Proper documentation of a CN-labeled product is an actual label on the purchased product carton.

For a detailed explanation of CN labeling Regulations for the CACFP, see 7 CFR Part 226, Appendix C or the FBG for CN programs, Appendix C. Program information is also available online at: <http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>

## Child Nutrition Programs

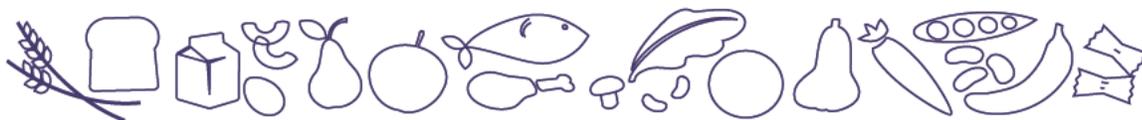
Programs funded by the USDA which include: the Child and Adult Care Food Program, the National School Lunch Program, the School Breakfast Program, the Special Milk Program, and the Summer Food Service Program.

## Combination Food

A single serving of a food item that contains two or more of the required meal components. Common examples of combination foods are pizza and chef salads. For more information on crediting combination foods see page 61.

## Commercial Gelatin Dessert

Powdered or prepared gelatin is considered an "other food." The gelatin itself is not a creditable food item. Under certain circumstances the fruits, vegetables, or juices used in gelatin products may be credited. For information regarding the crediting of vegetable/fruit and/or full-strength



juice/juice concentrate added to gelatin, see page 42. If you have participants who do not eat meat, check the ingredient listings since some gelatins, but not all, contain animal products.

### Component

A food grouped in a certain category according to the CACFP meal pattern. These categories are milk, meat/meat alternate, vegetable/fruit, and grains/breads components.

### Fish

Fish that has been federally inspected is creditable toward the meat/meat alternate component. Home- or self-caught fish are not creditable in the CACFP as they are not inspected and can be a safety hazard due to possible pollution and contamination.

### Food Banks

Charitable organizations that distribute food to those who cannot purchase enough to avoid hunger. The CACFP does not have a policy regarding the use of food banks. If food banks are used, please check expiration dates since often foods are donated close to expiration. Foods that have passed the expiration date may not be used in CACFP.

### Functional Foods

Foods formulated to provide additional health and nutritional benefits in addition to those occurring naturally. Examples include beverages with added ingredients claiming additional energy boosts. The CACFP does not review these claims nor does it determine the benefits of these products.

### Game (Venison, Squirrel, Rabbit, etc.)

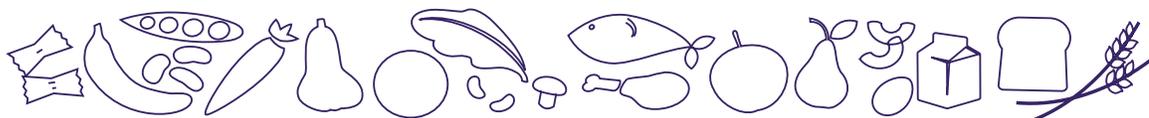
Meat that is hunted for food but not normally domesticated. For safety reasons, game is not creditable under the CACFP **unless it is inspected and approved by the appropriate State or Federal agency**. During hunting season, game may be inspected by the appropriate State or Federal agency for donation to food banks or soup kitchens. In these circumstances, groups such as Hunters Against Hunger donate their game and USDA inspectors donate inspection services.

### Home-Canned Foods

Foods that are canned in the home or by institutions that are not under federal inspection. For safety reasons, home-canned foods are not allowed in meals reimbursed under the CACFP. *Clostridium botulinum* is dangerous and can produce a deadly toxin in canned food. This poison can be present even when there is no evidence of spoilage.

### Honey

A sweetener that must not be given to, or used in foods for, children under 1 year of age, as it may contain botulinum spores. In addition, it is recommended that corn syrup and maple syrup not be given to, or used in foods for, infants since studies regarding their safety for this age group are still inconclusive.



# Definitions and Explanations

## Medical Exceptions

The FNS Instruction 783-2, Revision 2 requires menu planners to make substitutions for medical or dietary reasons for participants who are considered disabled as defined under 7 CFR Part 226 when supported by a statement signed by a licensed physician. It also permits substitutions for other participants who are not disabled but are unable to consume regular program meals because of medical or other special dietary needs, when supported by a statement from a recognized medical authority. The medical statement should specify the food or foods to be omitted from the participant's diet and specify a choice of foods that may be substituted. More details may be obtained from your State agency or sponsoring organization.

## Product Formulation Statement (Previously called a Product Analysis Sheet)

An information sheet obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient by weight. We strongly recommend that it contain the original signature of an authorized company representative, not that of a sales representative. A sample Product Formulation Statement for meat/meat alternate products and review checklist has been developed and is provided on pages 73-75 of this publication. Additional product formulation templates may be accessed online at: [fns.usda.gov/cnd/cnlabeling/foodmanufacturers.htm](https://fns.usda.gov/cnd/cnlabeling/foodmanufacturers.htm).

## Reimbursement

Money received from the USDA for serving creditable meals and snacks to eligible participants.

## Serving Size

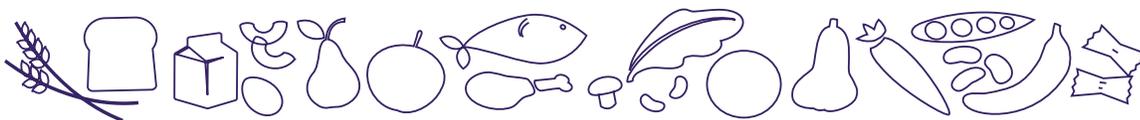
Described by the weight, measure, or number of pieces or slices. The serving size specified in the meal patterns can be credited toward meeting the meal pattern requirements.

## Standards of Identity

Government standards for the content, preparation, and labeling of food before it is manufactured and sold in commerce. Standards of Identity set specific and optional ingredients that a food must contain when a product is to be labeled or identified by that product name. Standards for meat products are developed by the U.S. Department of Agriculture and for other food products by the U.S. Food and Drug Administration (FDA). For more details and the latest information on the status of any of these standards, contact the FNS Regional Office and/or the State agency.

## Whole Grains

Identified as foods in which "whole grain is the primary ingredient by weight," i.e., whole grain is listed first on the ingredient statement or the primary grain ingredient in a recipe or mixed dish (pizza or burrito). Whole grains or the foods made from them contain all the essential parts; the bran, germ, endosperm, and naturally occurring nutrients of the entire grain seed. Enriched ("white") flour only contains the endosperm. If the first or heaviest grain ingredient is not a whole grain but there are multiple whole-grain ingredients in the product, obtain a Product Formulation Statement or standardized recipe showing that the total weight of whole grains is greater than the total weight of refined grains.



# Child and Adult Care Food Program Meal Patterns for Children

<b>Breakfast</b>			
Select All Three Components for a Reimbursable Meal			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12 <sup>1</sup>
<b>1 milk<sup>2</sup></b> fluid milk	1/2 cup	3/4 cup	1 cup
<b>1 fruit/vegetable</b> juice, <sup>3</sup> fruit and/or vegetable	1/4 cup	1/2 cup	1/2 cup
<b>1 grains/bread<sup>4</sup></b> bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
<b>Lunch or Supper</b>			
Select All Four Components for a Reimbursable Meal			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12 <sup>1</sup>
<b>1 milk<sup>2</sup></b> fluid milk	1/2 cup	3/4 cup	1 cup
<b>2 fruits/vegetables</b> juice, <sup>3</sup> fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
<b>1 grains/bread<sup>4</sup></b> bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
<b>1 meat/meat alternate</b> meat or poultry or fish <sup>5</sup> or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds <sup>6</sup> or yogurt <sup>7</sup>	1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1/2 oz. 4 oz.	1½ oz. 1½ oz. 3/4 3/8 cup 3 Tbsp. 3/4 oz. 6 oz.	2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 8 oz.

<sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

<sup>2</sup> Milk served must be low-fat (1%) or non-fat (skim) for participants age 2 and older.

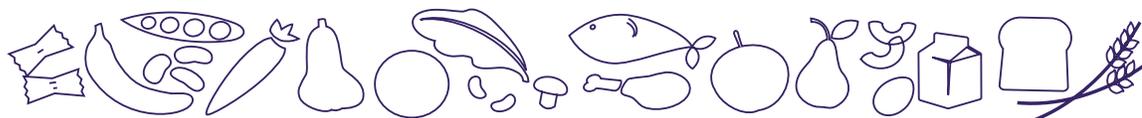
<sup>3</sup> Fruit or vegetable juice must be full-strength.

<sup>4</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>5</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>6</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.

<sup>7</sup> Yogurt may be plain or flavored, unsweetened or sweetened.



# Child and Adult Care Food Program Meal Patterns for Children

<b>Snack</b>			
Select Two of the Four Components for a Reimbursable Snack			
<b>Food Components</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12<sup>1</sup></b>
<b>1 milk<sup>2</sup></b> fluid milk	1/2 cup	1/2 cup	1 cup
<b>1 fruit/vegetable</b> juice, <sup>3</sup> fruit and/or vegetable	1/2 cup	1/2 cup	3/4 cup
<b>1 grains/bread<sup>4</sup></b> bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
<b>1 meat/meat alternate</b> meat or poultry or fish <sup>5</sup> or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds <sup>6</sup> or yogurt <sup>7</sup>	1/2 oz. 1/2 oz. 1/2 1/8 cup 1 Tbsp. 1/2 oz. 2 oz.	1/2 oz. 1/2 oz. 1/2 1/8 cup 1 Tbsp. 1/2 oz. 2 oz.	1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1 oz. 4 oz.

<sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

<sup>2</sup> Milk served must be low-fat (1%) or non-fat (skim) for participants age 2 and older.

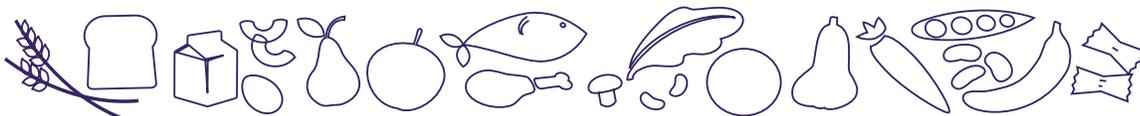
<sup>3</sup> Fruit or vegetable juice must be full-strength.

<sup>4</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>5</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>6</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.

<sup>7</sup> Yogurt may be plain or flavored, unsweetened or sweetened.



# Child and Adult Care Food Program Meal Patterns for Adults

<b>Breakfast</b>		
Select All Three Components for a Reimbursable Meal		
<b>1 milk<sup>1</sup></b>	1 cup	fluid milk
<b>1 fruit/vegetable</b>	1/2 cup	juice, <sup>2</sup> fruit and/or vegetable
<b>1 grains/bread<sup>3</sup></b>	2 slices 2 servings 1½ cups 1 cup 1 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
<b>Lunch</b>		
Select All Four Components for a Reimbursable Meal		
<b>1 milk<sup>1</sup></b>	1 cup	fluid milk
<b>2 fruits/vegetables</b>	1 cup	juice, <sup>2</sup> fruit and/or vegetable
<b>1 grains/bread<sup>3</sup></b>	2 slices 2 servings 1½ cups 1 cup 1 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
<b>1 meat/meat alternate</b>	2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 8 oz.	lean meat or poultry or fish <sup>4</sup> or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds <sup>5</sup> or yogurt <sup>6</sup>

<sup>1</sup> Milk served must be low-fat (1%) or non-fat (skim).

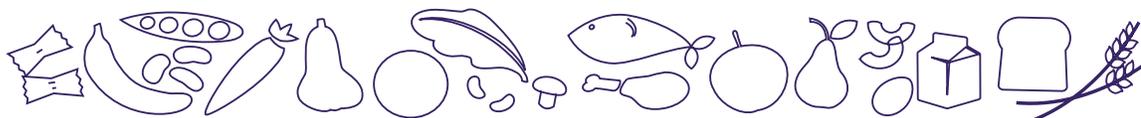
<sup>2</sup> Fruit or vegetable juice must be full-strength.

<sup>3</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>4</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>5</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch requirement.

<sup>6</sup> Yogurt may be plain or flavored, unsweetened or sweetened.



# Child and Adult Care Food Program Meal Patterns for Adults

<b>Snack</b>		
Select Two of the Four Components for a Reimbursable Snack		
<b>1 milk<sup>1</sup></b>	1 cup	fluid milk
<b>1 fruit/vegetable</b>	1/2 cup	juice, <sup>2</sup> fruit and/or vegetable
<b>1 grains/bread<sup>3</sup></b>	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
<b>1 meat/meat alternate</b>	1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1 oz. 4 oz.	lean meat or poultry or fish <sup>4</sup> or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds or yogurt <sup>5</sup>

<sup>1</sup> Milk served must be low-fat (1%) or non-fat (skim).

<sup>2</sup> Fruit or vegetable juice must be full-strength.

<sup>3</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>4</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>5</sup> Yogurt may be plain or flavored, unsweetened or sweetened.

<b>Supper</b>		
Select All Three Components for a Reimbursable Meal		
<b>2 fruits/vegetables</b>	1 cup	juice, <sup>1</sup> fruit and/or vegetable
<b>1 grains/bread<sup>2</sup></b>	2 slices 2 servings 1½ cups 1 cup 1 cup	bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
<b>1 meat/meat alternate</b>	2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 8 oz.	lean meat or poultry or fish <sup>3</sup> or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butter or nuts and/or seeds <sup>4</sup> or yogurt <sup>5</sup>

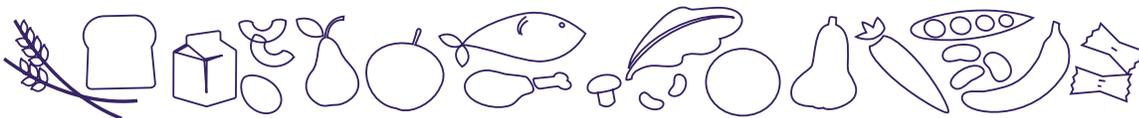
<sup>1</sup> Fruit or vegetable juice must be full-strength.

<sup>2</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>3</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

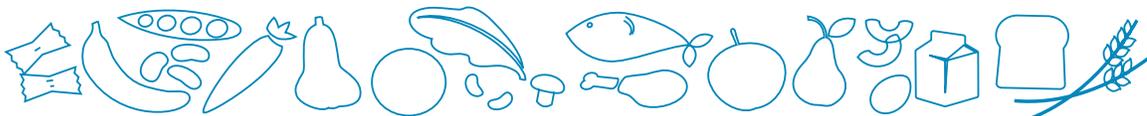
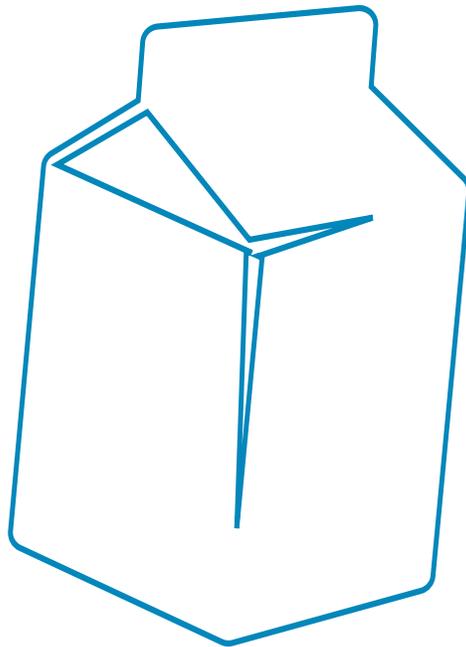
<sup>4</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the supper requirement.

<sup>5</sup> Yogurt may be plain or flavored, unsweetened or sweetened.



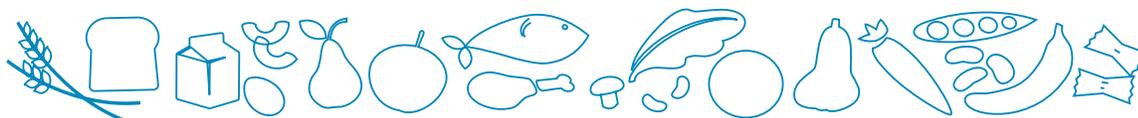


- CACFP regulations require that to be eligible for reimbursement, each program participant's breakfast, lunch, or supper must include fluid milk. Between the child's first and second birthday whole milk should be served. Lower fat milk should then be introduced after the child's second birthday. Only formula or breast milk should be served to infants.
- "Milk" refers to pasteurized fluid types such as unflavored or flavored whole milk, low-fat milk, fat-free (skim) milk, or cultured buttermilk that meet State and local standards for such milk. All milk should contain Vitamins A and D at levels specified by the Food and Drug Administration and must be consistent with State and local standards for such milk. Lactose-free and lactose-reduced milks may be offered as options for program participants who are lactose-intolerant.
- For children, the breakfast meal pattern requires that a serving of fluid milk be served as a beverage or used on cereal, or used in part for each purpose. Both lunch and supper must contain a serving of fluid milk as a beverage. Refer to the CACFP meal pattern for the quantity requirements by age. If milk is one of the two components served for a snack, it must be fluid milk served as a beverage or used on cereal, or used in part for each purpose. For children, milk may not be credited for snacks when juice is served as the other component. Milk is not creditable when used in cooking for such foods as cooked cereals, custards, puddings, etc.
- Please note that **yogurt may not be substituted as a milk serving** in the CACFP meal patterns. However, yogurt may credit toward the meat/meat alternate component.



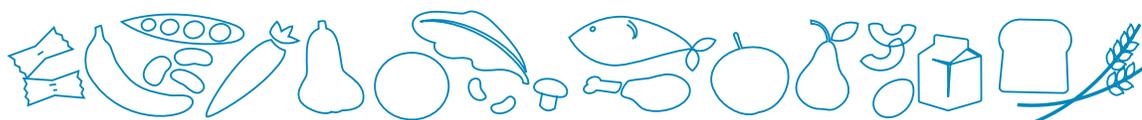


Food	Creditable			Comments
	Yes	Maybe	No	
Acidified Milk, Kefir Milk, Acidophilus Milk	x			Acidified milk is a fluid milk produced by souring fluid whole, low-fat, or fat-free (skim) milk with an acidifying agent. Examples of acidified milk are “acidified, kefir milk” and “acidified, acidophilus milk.”
Buttermilk	x			Must be low-fat or fat-free 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	x			Cultured milk is a fluid milk produced by adding selected microorganisms to fluid whole, low-fat, or fat-free (skim) milk under controlled conditions to produce a product with a specific flavor and/or consistency. Examples are cultured buttermilk, cultured kefir milk, and cultured acidophilus milk. Only commercially prepared buttermilk may be offered to program participants.
Flavored Milks (chocolate, strawberry, etc.)	x			Flavored milks must meet State and local standards for milk. Flavored milks may include flavorings, coloring agents, and sweeteners. Different flavors may contain differing levels of sweeteners.
Goat’s Milk		x		Must meet State standards in order to be credited.
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.
Low-fat Milk, Reduced-fat Milks	x			Low-fat milk (1% fat) or fat-free milk should be served to participants 2 years of age and older.
Milk, Fluid (unflavored)	x			The milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk.
Fat-free Milk, Nonfat Milk, Skim Milk	x			Should be served to participants 2 years of age and older.
Soy Beverages/ Drinks			x	<b>Soy drinks</b> and <b>beverages</b> are not fortified and are not nutritionally equivalent to fluid milk.



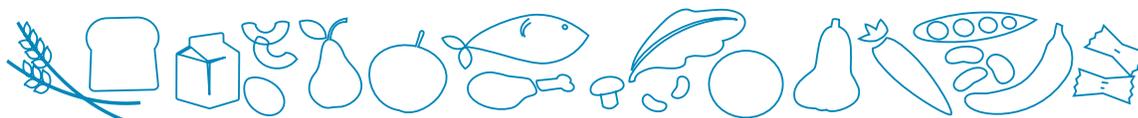


Food	Creditable			Comments
	Yes	Maybe	No	
Soy or Soybean Milk, Fortified		x		Soybean milk may be served as a <b>milk substitute because of medical or other special dietary needs</b> . See FNS Instruction 783-2 Rev.2. Nondairy beverages offered as fluid milk substitutes must be nutritionally equivalent to milk and provide specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12. Use of this product must be requested by parents or supported by a statement from a recognized medical authority that includes recommended alternate foods.
UHT (Ultra High Temperature) Milk or Shelf Stable Milk	x			UHT is a Grade A, pasteurized milk that has been heated to about 280 °F for a few seconds then cooled and packaged. It can be stored without refrigeration until opened. Not all products are manufactured in the United States. Read labels to ensure the Buy American Provision is met.
Whole Milk	x			Only serve to children between 1 and 2 years of age. See question 7 on page 19.
<b>Dairy Products or Milk Substitutes:</b>				
Almond Milk		x		See entry for soy or soybean milk. Most commercial almond milks are not nutritionally equivalent to milk and will not meet requirements.
Cheese			x	Cheese cannot be credited toward the milk requirement as it does not meet the definition of milk. Cheese may be credited toward the meat/meat alternate requirement.
Cocoa (hot chocolate)		x		Cocoa must be made with fluid milk; only the fluid milk portion is creditable.
Cream			x	Cream does not meet the definition of milk.
Cream Sauces			x	Cream sauces do not meet the definition of milk.
Cream Soups			x	Cream soups do not meet the definition of milk.
Custard			x	Custard does not meet the definition of milk.
Eggnog, Commercial			x	Commercially-made eggnog is not creditable.





Food	Creditable			Comments
	Yes	Maybe	No	
Eggnog, Homemade		x		Only the fluid milk portion may be credited. Meat/meat alternate served in a beverage is not creditable, therefore the egg component may not contribute to requirements. Homemade eggnog should be made from a cooked base that is brought to 160 °F and rapidly chilled to 40 °F or below. Eggnog made with uncooked eggs is not creditable due to the risk of food borne illness. Please also note that alcoholic beverages are not suitable for program participants.
Evaporated Milk			x	Does not meet the definition of milk.
Frozen Yogurt			x	Frozen yogurt does not meet the definition of milk.
Half and Half			x	Half and half does not meet the definition of milk.
Ice Cream			x	Ice cream does not meet the definition of milk.
Ice Milk			x	Ice milk does not meet the definition of milk.
Imitation Milk			x	Imitation milk does not meet the definition of milk.
Milkshakes		x		May be used to meet the milk component of lunches, suppers, and snacks if they contain the minimum quantity of fluid milk per serving for the appropriate age group. Commercial milk shake powders added to milk by the program operator are acceptable. Only the volume of fluid milk is creditable. Refer to FNS Instruction 783-7, Rev. - 1. and question 6 on page 19 of this publication.
Pudding			x	Pudding does not meet the definition of milk.
Pudding pops			x	Pudding pops do not meet the definition of milk.
Reconstituted Dry Milk		x		Creditable under certain conditions of limited fluid milk availability. See Sections 226.20 (e) and (f) of the CACFP regulations concerning the availability of fluid milk.
Rice Milk		x		See info for soy or soybean milk. Most commercial rice milks are not nutritionally equivalent to milk and do not meet requirements.
Sherbet/Sorbet			x	These products do not meet the definition of milk. See the section on vegetables/fruits for crediting information.
Sweetened Condensed Milk			x	Sweetened condensed milk does not meet the definition of milk.
Sour Cream			x	Sour cream does not meet the definition of milk.
Yogurt			x	Yogurt does not meet the definition of milk. Please refer to the crediting of yogurt under the meat/meat alternate component section.





## Questions and Answers About Milk

### 1. Why is reconstituted dry milk not creditable as fluid milk?

Reconstituted milk is not included in the definition of milk in the Program Regulations. It is not possible to ensure that the quantity of dry milk and water used are adequate to provide the nutritional equivalency of fluid milk. Reconstituted milk may only be used in an emergency situation where the availability of fluid milk has been affected. This provision is discussed in 7 CFR Part 226.20. In addition, Part 226.20 of the Regulations also permits the ongoing use of dry milk only when the center is unable to obtain a supply of fluid milk on a continuing basis. In either of these situations, contact the Regional Office, State agency, or the sponsoring agency as applicable for guidance prior to taking action.

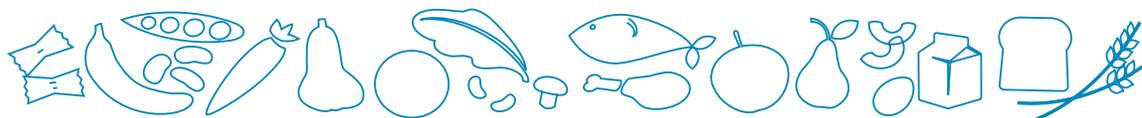
### 2. If a participant cannot have milk, can I be reimbursed for breakfast and lunch?

Yes, you may be reimbursed if a child is unable to have milk for medical reasons or other special dietary needs when you obtain a written medical statement from a recognized medical authority or parent request stating that the participant should not be served milk. An appropriate substitution must be provided to the participant. Nondairy beverages offered as fluid milk substitutes must be nutritionally equivalent to milk and provide specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12.

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

Children who do not consume milk for religious reasons must be covered by an exemption granted by the National Office. Meals for Jewish participants have been granted an exemption from the service of fluid milk for lunches and dinners containing meat or poultry under FNS instruction 783-13 Rev. 3. Please see this instruction for options and documentation requirements. The exemption requested (FNS Instruction 783-14 Rev. 1) for Seventh Day Adventist participants only covers the use of alternate protein products to meet the meat/meat alternate requirement. It is not an exemption from milk consumption. An exemption is not currently in place to exempt Muslim participants from other meal pattern requirements.

The religious exemptions cited above do not extend to ethical reasons such as vegetarian ethical dietary practices. Meals served without milk for ethical reasons are not reimbursable.





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

No. Milk must be served as a beverage and/or poured over cereal in order to be credited toward the milk requirement.

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

Yes, as long as it is pasteurized fluid milk that meets State and local health standards. Also, it must include Vitamins A and D at levels consistent with State and local standards.

#### 6. Can commercial milk shakes be served to meet the milk requirement?

FNS Instruction 783-7 Revision 1 permits the use of commercial milk shake powders added to fluid milk by the program operator, however only the volume of fluid milk served is creditable toward the milk requirement. Since milk shakes tend to be filling, be aware that preschool children and some adult participants may not be able to consume sufficient quantities of milkshakes or, alternately, may choose not to consume other portions of the meal. This nutritional consideration should be a factor in your decision to serve milkshakes and under which circumstances.

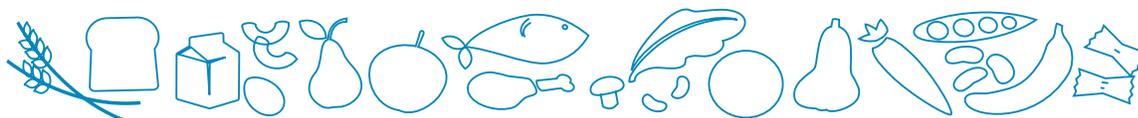
#### 7. Why is milk not permitted for children under 1 year of age, and fat-free/low-fat/reduced-fat milk not recommended for children under 2 years of age?

Our regulations do not permit the use of cows' milk or evaporated milk before the age of 12 months. If whole milk is served prior to a child's first birthday, there must be a doctor's statement on file. This reflects the position of the American Academy of Pediatrics which recommends that breast milk or iron fortified formula be used for the entire first year.

Pediatric nutrition authorities agree that fat-free (skim) milk or low-fat milk should not be fed to children younger than age 2. These milks contain insufficient quantities of fat (including linoleic acid) for children under 2.

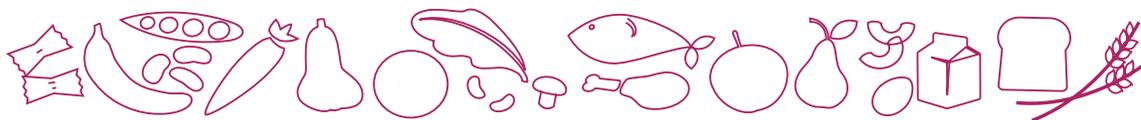
#### 8. I work with both the National School Lunch Program and the Child and Adult Day Care Food Program. I recently provided comments on proposed regulations for the School Lunch and Breakfast Programs concerning the use of alternate fluid milks. Does this proposal also include the CACFP?

No, this proposal does not include the CACFP. It is currently only an option for the National School Lunch and School Breakfast Programs.





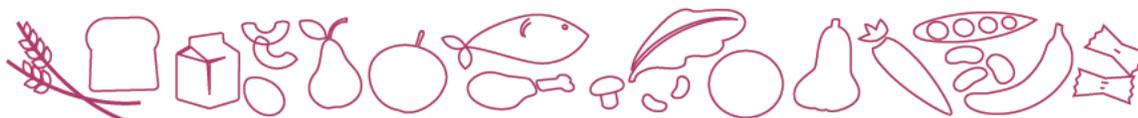
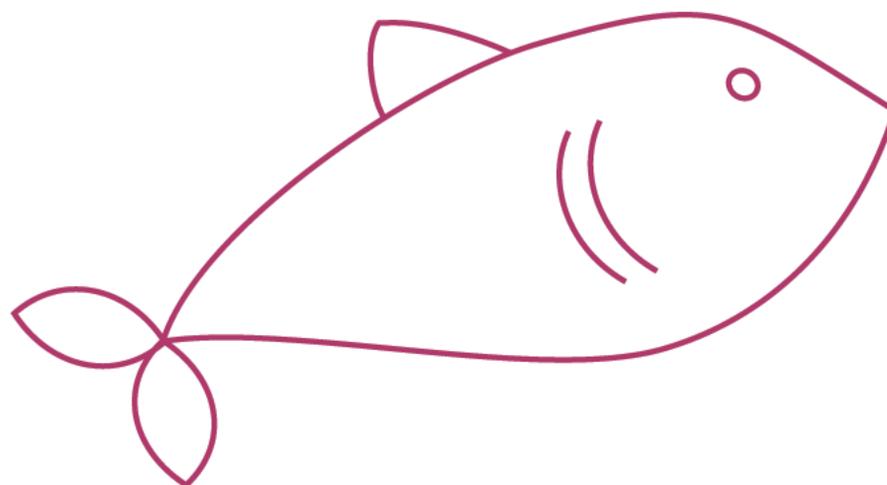
- CACFP regulations require that a lunch or supper must contain the required serving of meat/meat alternate specified in the meal patterns. The meat/meat alternate for lunch or supper must be served in the main dish or in the main dish and **one other menu item**.
- When a meat/meat alternate is served as one of the two required components of a reimbursable snack, the amount specified in the snack pattern must be served.
- There is no requirement that a meat/meat alternate be served as part of a breakfast, but it may be served as an optional component. A menu item must provide a minimum of  $\frac{1}{4}$  ounce of cooked, lean meat or its equivalent to be counted toward meeting any part of the meat or meat alternate requirement.
- Meat and meat alternates include lean meat, poultry, fish, cheese, egg, yogurt, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chestnut, and coconut), or an equivalent quantity of any combination of these foods. Cooked, dry beans or peas that are counted as a meat alternate may not also be credited as a vegetable in the same meal. Please use appropriate serving sizes. Creditable portion sizes for beans used as meat alternate differ from when being credited as a vegetable. Creditable portion sizes for beans as vegetables and as meat alternates are found in the *Food Buying Guide*. **Remember that facilities may use the cooked canned form of dry beans in the CACFP and are not required to use dry beans or peas in a form that must be soaked prior to use.**
- Crediting for shellfish has been included. However, when including shellfish in menus, you should consider cost factors, acceptability, and potential food intolerances among both child and adult day care populations.





## Meat/Meat Alternates

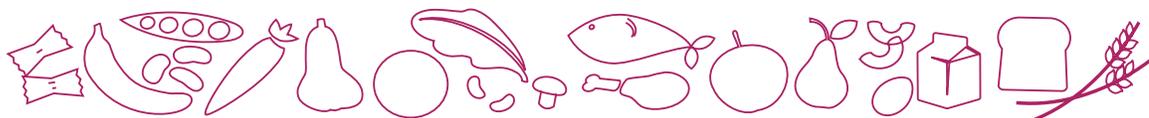
- Alternate Protein Products (APPs) [formerly Vegetable Protein Products] are processed from soy or other vegetable protein sources and may be in a dehydrated granule, particle, or flake form. They are generally used as part of a formed meat patty or in a vegetarian patty, resembling a meat product. Meat/meat alternate products with APPs are currently being used successfully in large Child Nutrition Programs when a CN Label or product formulation statement is present. Before using products containing APPs, contact your State agency for information and assistance on the service and crediting of these products.
- Nuts and seeds may fulfill **no more than one-half of the meat/meat alternate requirement for lunch/supper**. You also should be aware of potential food intolerances or allergies with some populations. In such circumstances, you should make appropriate accommodations under the medical substitution requirement. Soy nuts may be used as a meat/meat alternate but not as a vegetable. Nuts and seeds should be served to 2- to 3-year-olds and some elderly participants with caution as they may cause choking. Always supervise participants during meals and snacks.





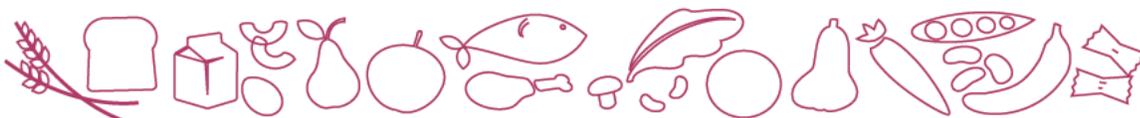
## Meat/Meat Alternates

Food	Creditable			Comments
	Yes	Maybe	No	
Acorns			x	Acorns have a low protein content.
Bacon and Imitation Bacon Products			x	These products are considered fats with little protein. They are not creditable toward meal pattern requirements.
Bacon Rinds			x	These products do not qualify for the meat/meat alternate requirement.
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).
Beans, Dry or Canned	x			See pages 1-5 through 1-12 of the <i>Food Buying Guide</i> . ¼ cup cooked beans credits as 1 oz. equivalent meat alternate.
Beans, Refried	x			See page 1-12 of the <i>Food Buying Guide</i> .
Beef Jerky			x	Beef jerky does not qualify for the meat/meat alternate requirement. This product has a high sodium content and is difficult to chew.
Bologna		x		Creditable when free of byproducts, cereals, or extenders, and/or when the product is CN-labeled. Examples of binders/extendors are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. See page 1-36 of the <i>Food Buying Guide</i> .
Canadian Bacon or Mild Cured Pork	x			1 lb. (16 oz.) will yield eleven 1-oz. servings of cooked, lean meat. See page 1-47 of the <i>Food Buying Guide</i> , CN Label, or product formulation statement for crediting information.
Canned or Frozen combination foods: Stews, Beef-a-Roni, Chili Macaroni, Pizzas, Pot Pies, Raviolis		x		These products are creditable only if they have (1) a CN label or (2) a Product Formulation Statement signed by an official of the manufacturer (not a sales person). See pages 61 and 62 for more information on combination foods.
Canned, Pressed Luncheon Meat (Potted/Deviled)			x	These products have a high salt and fat content. There is no standard of identity for these products, so there is no standard method of crediting.
Ceviche			x	Fish products must be fully cooked. Raw fish are a potential health hazard for vulnerable populations. See entry for sushi on page 28.





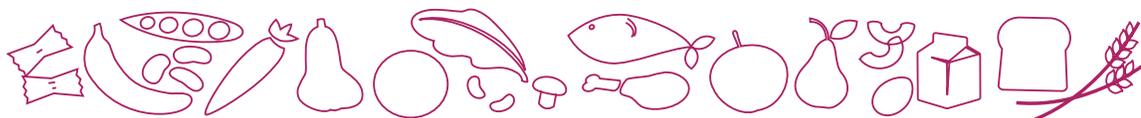
Food	Creditable			Comments
	Yes	Maybe	No	
Cheese, Cottage or Ricotta	x			A 2-oz. serving equals 1 oz. meat/meat alternate. See <i>Food Buying Guide</i> page 1-24.
Cheese Foods, Cheese Food Substitutes, Cheese Spreads, and Cheese Spread Substitutes	x			A 2-oz. serving equals 1 oz. of meat alternate. See page 1-24 of the <i>Food Buying Guide</i> .
Cheese, Imitation			x	Imitation cheese is not creditable toward meal pattern requirements.
Cheese Products			x	While cheese foods and spreads have a Standard of Identity, cheese products do not.
Cheese, Natural or Processed	x			One oz. of hard cheese provides 1 oz. meat alternate. See pages 1-23 and 1-24 of the <i>Food Buying Guide</i> .
Chestnuts			x	Chestnuts have a low protein content.
Chicken Nuggets		x		Only the edible chicken portion is creditable as a meat. Commercial chicken nuggets must have a (1) CN label or (2) Product Formulation Statement signed by an official of the manufacturer (not a sales person). See question 11 on page 31 of this document. For breading/batter crediting, see the grains/breads section.
Chitterlings			x	Chitterlings are considered a fat and are not creditable toward meal pattern components.
Coconuts			x	Coconuts have a low protein content.
Corn Dogs, Corn Dog Nuggets	x			This product has a high fat and salt content. The cooked batter credits toward the grains/breads component using Group B of Exhibit A. Only the weight of the frankfurter credits toward the meat/meat alternate component. See pages 1-36 and 1-37 of the <i>Food Buying Guide</i> .
Crab, Imitation			x	The processing of imitation crab washes away vitamins and some protein.
Cream Cheese			x	Cream cheese contains less protein and more fat than creditable cheeses.
Deviled Eggs	x			Only the whole egg portion of federally inspected eggs is creditable. Weight of added ingredients (i.e. relish, mayonnaise, etc) cannot contribute to meal pattern requirements.





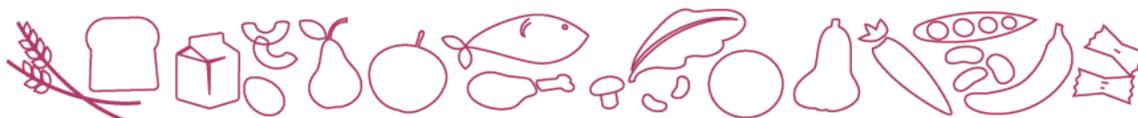
## Meat/Meat Alternates

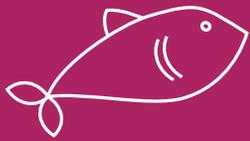
Food	Creditable			Comments
	Yes	Maybe	No	
Eggs, Liquid Substitutes			x	Only whole eggs are creditable.
Eggs, Whites only			x	Only whole eggs are creditable.
Eggs, Whole Fresh, Frozen, Dried, Liquid	x			Only eggs that have been cooked <b>and federally inspected are creditable</b> . See page 1-36 of the <i>Food Buying Guide</i> .
Eggs, Yolks Only			x	Only whole eggs are creditable.
Falafel	x			Only the preground weight of beans is creditable as a meat alternate. See pages 1-5 through 1-12 of the <i>Food Buying Guide</i> .
Fish, Commercial	x			Only fish purchased from licensed vendors is creditable.
Fish, Home Pickled			x	For safety reasons home pickled fish is not creditable.
Fish, Noncommercial, Home Caught			x	Home-caught fish is not creditable.
Fish Sticks or Portions	x			Only the edible fish portion credits toward the meat/meat alternate requirement. See pages 1-52 to 1-54 of the <i>Food Buying Guide</i> . For breading/batter crediting, see the grains/breads section.
Frankfurters or Hot Dogs		x		See entry for bologna and pages 1-36 and 1-37 of the <i>Food Buying Guide</i> . Only items that do not contain byproducts, cereals, or extenders are creditable. Remember to serve hot dogs in small pieces for those participants where choking is a potential hazard.
Game (i.e. Squirrel, Venison, etc.)		x		Game, for safety reasons, is only creditable in CACFP if it is inspected and approved by the appropriate State or Federal agency.
Home Slaughtered Meat			x	For safety reasons, home slaughtered meat is not creditable in the CACFP.
Hummus	x			Only the volume of beans and other meat alternate per serving may credit toward the meat/meat alternate requirement. See <i>Food Buying Guide</i> pages 1-5 through 1-9 for beans and page 1-40 for nut/seed butters commonly used in hummus. Must be documented by a standardized recipe or a Product Formulation Statement signed by an official of the manufacturer (not a sales person).





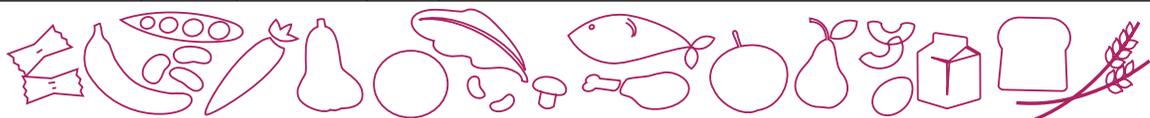
Food	Creditable			Comments
	Yes	Maybe	No	
Kidney, Liver, Gizzards	x			See pages 1-16, 1-17, and 1-32 of the <i>Food Buying Guide</i> .
Liverwurst		x		Creditable only if it is (1) CN-labeled or (2) has a Product Formulation Statement signed by an official of the manufacturer (not a sales person).
Luncheon Meats (chicken, turkey, beef, pork)		x		Only luncheon meats that are listed in the <i>Food Buying Guide</i> or have a CN label are creditable.
Meat Sauce (spaghetti or brown)		x		Only the amount of cooked meat in the sauce is creditable toward the meat/meat alternate component. Commercial meat sauces must have a (1) CN label or (2) Product Formulation Statement signed by an official of the manufacturer (not a sales person).
Meat Sticks (summer sausage)		x		Typically, these products are high in fat and are not creditable. Meat sticks in a jar that are made for toddlers are similar to Vienna sausage and must have a (1) CN label or (2) Product Formulation Statement signed by an official of the manufacturer (not a sales person).
Neufchatel Cheese			x	This is a soft unripened cheese similar to cream cheese.
Nuts	x			1 oz. nuts provides 1 oz. equivalent meat alternate. <b>Please keep in mind that nuts may count toward ½ of the meat/meat alternate requirement.</b> See pages 1-38 and 1-39 of the <i>Food Buying Guide</i> . Nuts may be a potential choking hazard. See page 29 for more information.
Oxtails	x			See page 1-17 of the <i>Food Buying Guide</i> .
Peanut Butter (and other nut/butters) seed	x			2 tablespoons provide 1 oz. meat alternate. See page 1-40 of the <i>Food Buying Guide</i> . It is suggested that nut/seed butters be served in combination with another meat/meat alternate since the required portion sizes may be too large for preschool children. See page 29 for more information.
Peanut Butter (reduced-fat)		x		If product meets the FDA Standard of Identity for peanut butter with 90% peanuts or peanut flour, 2 tbsp provide 1 oz. meat alternate.
Peanut Butter Spreads			x	Peanut butter spreads do not meet FDA Standards of Identity and may not be credited.
Peas or Lentils, Dry	x			See pages 1-38 and 1-40 of the <i>Food Buying Guide</i> . ¼ cup cooked dry beans or peas provides 1 oz. meat alternate.
Pepperoni		x		Only CN-labeled pepperoni may be credited. This product is high in sodium and fat and should be used sparingly.





## Meat/Meat Alternates

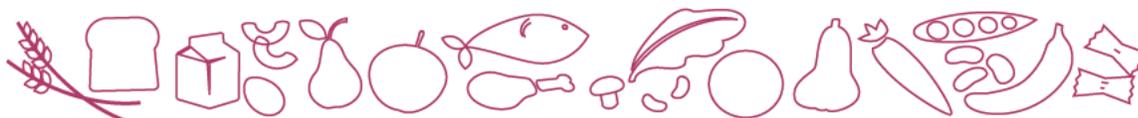
Food	Creditable			Comments
	Yes	Maybe	No	
Pig's Feet, Neck Bones, or Tails (parts)			x	These products contain small amounts of meat and are high in fat.
Pimento Cheese (purchased)	x			A 2 oz. serving equals 1 oz. of meat alternate. See the cheese spread entry in the <i>Food Buying Guide</i> on page 1-24.
Pizza, Commercial		x		Only credible if it has a (1) CN label or (2) Product Formulation Statement signed by an official of the manufacturer (not a sales person). Only the meat or meat alternate components are credible toward the meat/meat alternate requirement. See pages 29 & 62 for more information.
Pizza, Homemade	x			Only meats or meat alternate components are credible to meat/meat alternate. See pages 29 & 62 for more information. The amounts of meat/meat alternate must be identified and documented by a standardized recipe.
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).
Pot Pies, Commercial		x		Must have a (1) CN Label or (2) Product Formulation Statement signed by an official of the manufacturer (not a sales person). These products typically contain inadequate amounts of meat. Only the meat or meat alternate components are credible toward the meat/meat alternate requirement. See pages 29 & 62 for more information.
Pot Pies, Homemade		x		The meat in homemade pot pies is credible if there is sufficient meat/meat alternate per serving. Documented with a standardized recipe that is kept on file. See the grains/breads section of this document for crediting the crust portion. Only the meat or meat alternate components are credible toward the meat/meat alternate requirement. See pages 29 & 62 for more information.
Potted or Deviled Meats			x	These products are high in sodium and include extenders and binders.
Powdered Cheese (in Boxed Macaroni and Cheese)			x	Powdered cheese mix is not credible. The macaroni, if enriched or whole grain, may be credited toward the grains/breads requirement.
Queso Blanco, Homemade			x	See information for home-canned foods on page 8. There are potential safety concerns with this product.
Queso Fresco, Homemade			x	See information for home-canned foods on page 8.

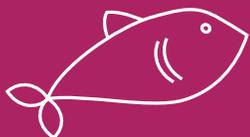


## Meat/Meat Alternates



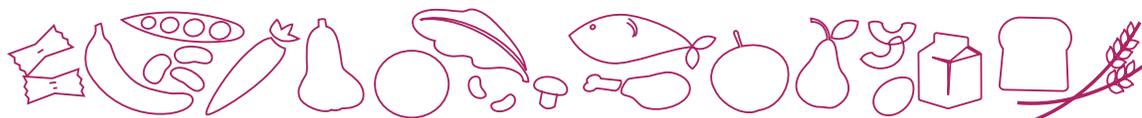
Food	Creditable			Comments
	Yes	Maybe	No	
Quiche	x			See Recipes D-8 and D-8a of the <i>USDA Recipes for Child Care</i> . The meat/meat alternate components may be credited if there is at least ¼ oz. per serving. See crediting for crusts under the grains/breads section.
Salami		x		Must have a (1) CN label or (2) Product Formulation Statement signed by an official of the manufacturer (not a sales person). This product is high in sodium and fat.
Salt Pork			x	This product is extremely high in fat.
Sausage		x		Items labeled “fresh pork sausage” or “fresh Italian sausage” may be credited as shown on page 1-45 of the <i>Food Buying Guide</i> . Other sausage products must have a (1) CN label or (2) Product Formulation Statement signed by an official of the manufacturer (not a sales person).
Scrapple			x	Scrapple has insufficient meat content and is not creditable.
Seeds	x			1 oz. seeds = 1 oz. equivalent meat alternate. See entry for nuts on page 25 and page 1-59 of the <i>Food Buying Guide</i> .
Shellfish	x			Shellfish must be fully cooked; only the edible fish portion is creditable. See pages 1-50 through 1-57 of the <i>Food Buying Guide</i> and page 20 of this publication for more information.
Shellfish, Imitation			x	This product does not meet program requirements.
Soups, Commercial Bean or Pea	x			½ cup soup = 1 oz. meat alternate. <b>Beans may credit as a vegetable or meat alternate but not both in the same meal.</b> See page 1-12 of the <i>Food Buying Guide</i> to credit as a meat alternate, or page 2-74 to credit as a vegetable.
Soups, Commercial -Other			x	Commercial soups typically contain insufficient meat/meat alternate per serving.
Soups, Homemade With Meat or Meat Alternate	x			Only creditable toward meat/meat alternate component if there is at least ¼ oz. meat/meat alternate per serving. Must be identified and documented by a standardized recipe.
Soy Beans, Fresh (Edamame)			x	Only creditable as a vegetable in CACFP. See page 2-20 of <i>Food Buying Guide</i> .
Soy Nut Butter	x			2 tablespoons provides 1 oz. equivalent meat alternate. Soy nut butter may be a good alternative for participants who are allergic to peanut butter. See page 1-40 of the <i>Food Buying Guide</i> and page 29 of this publication.





## Meat/Meat Alternates

Food	Creditable			Comments
	Yes	Maybe	No	
Soy Nuts	x			1 oz. of soy nuts credits as 1 oz. meat alternate. <b>Nuts may only count toward ½ of the meat/meat alternate requirement.</b> Please keep in mind that nuts may pose a potential choking hazard. See page 29 of this document and page 1-39 of the <i>Food Buying Guide</i> .
Spare Ribs	x			Contains a small amount of meat and high in fat. See page 1-46 of the <i>Food Buying Guide</i> .
Sushi (raw seafood and sashimi)			x	Raw fish are a potential health hazard for vulnerable populations and are not creditable.
Tahini Sesame Seed Butter	x			Credited as a seed or nut butter. 2 Tbsp provides 1 oz. meat alternate. See page 1-40 of the <i>Food Buying Guide</i> and page 29 of this publication.
Tempeh			x	Tempeh is fermented soybean. USDA has no Standard of Identity for this product.
Tofu			x	Tofu is soy bean curd. USDA has no Standard of Identity for this product and it is not creditable in CACFP.
Tripe	x			See page 1-21 of the <i>Food Buying Guide</i> .
Vienna Sausage	x			This product is high in fat and sodium. Only creditable when free of byproducts, cereals, and extenders. See page 1-37 of the <i>Food Buying Guide</i> .
Yogurt, Commercial Plain, Un- flavored, Flavored, Sweetened	x			Must meet Standard of Identity for yogurt, low-fat yogurt, or fat-free yogurt. 4 oz. of yogurt equals 1 oz. of meat/meat alternate. See Q&As for yogurt on page 30 of this document for more information.
Yogurt, Homemade			x	There are potential safety concerns with this product.
Yogurt in a Tube	x			Must meet all requirements to be labeled as yogurt. A 2.2 oz. size tube may be credited at 1/2 oz. of meat/meat alternate. This product may be purchased frozen but may not be served frozen. See page 30 of this document.
"Yogurt," Liquid			x	This product does not meet the definition of yogurt.
Yogurt Products Frozen Yogurt, Bars, Yogurt Covering on Fruit and/or Nuts			x	These are considered "other" foods, which contain insufficient amounts of yogurt.





## Questions and Answers About Meat/Meat Alternates

### 1. Why are nuts, seeds and nut/seed butters allowed as meat alternates?

Peanut butter has always been included as a meat alternate in the Child Nutrition Programs because of its high protein content. Other nut and seed butters have become available and are also now creditable. Food consumption habits and preferences are influenced by many cultural, ethnic, economic, religious, and environmental factors. The use of these products as a meat alternate reflects current food consumption habits and nutrition information. **Nuts are not recommended for children under 3 years of age because choking may occur. Adult day care providers should also consider their elderly participants carefully to determine if choking is a potential concern. Please also be aware that some individuals may have food intolerances or allergies to these foods.**

### 2. Are grated Romano and Parmesan cheeses creditable?

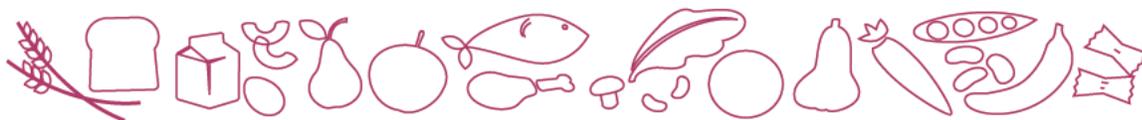
Yes, however small amounts of these cheeses, when used as a garnish, a seasoning, or in a breading, should not be counted toward the meat/meat alternate requirement. For both Romano and Parmesan cheeses,  $\frac{3}{8}$  cup provides 1 ounce of meat alternate.

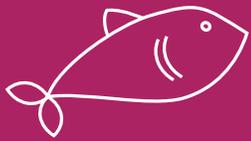
### 3. Can pizza be credited as a meat/meat alternate?

Yes. Meats, cheeses, or other meat alternates on a pizza are creditable toward the meat/meat alternate requirement. The weights of the sauce, vegetables, and crust may contribute toward the vegetable/fruit and grains/breads requirements. Pizza should be either homemade with a standardized recipe on file, CN-labeled, or have a Product Formulation Statement that is signed by an authorized company representative (not a salesperson). See the section on crediting combination foods, page 61.

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

Yes, however, these meals must meet meal pattern requirements. Examples of acceptable vegetarian meat alternates for the CACFP include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, eggs, yogurt, cooked dry beans and peas, mustard seeds, nut and seed butters, or any combination of these. In planning for the use of products containing APPs, purchase CN-labeled products or contact your State agency for crediting information. Remember that some participants may have allergies to certain ingredients, so the identification of products containing APP is critical. **Please be aware that items such as tofu, seitan, and tempeh are not creditable meat alternates in CACFP.**





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

Yes. Substitutions may be made to accommodate religious dietary restrictions within existing meal pattern requirements. Please refer to FNS Instructions 783-13, Rev 3 *Variations in Meal Pattern Requirements: Jewish Schools, Child Care Institutions and Service Institutions* (March 27, 2013) and 783-14, Rev. 1 *Variations in Meal Pattern Requirements: Seventh Day Adventist Schools, Child Care Institutions and Service Institutions* (April 29, 1992).

**6. Must yogurt be offered in 4-ounce portions in order to be credited?**

Although yogurt is credited at a ratio of 4 ounces of yogurt to 1 ounce of meat alternate, this does not mean that programs are limited to offering yogurt in 4-ounce or 8-ounce servings.

**7. What is the smallest amount of yogurt that may be credited toward the meat/meat alternate requirement?**

Meal planners may use their discretion to vary the portion sizes in the reimbursable meal in a range from 2 ounces (credited as ½ ounce of meat alternate) to 8 ounces (credited as 2 ounces meat alternate).

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

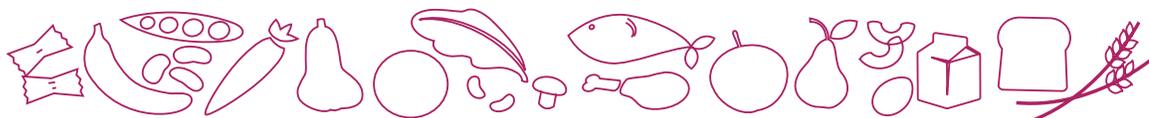
Commercially prepared fruit and nonfruited yogurt products receive full crediting toward the meat/meat alternate requirement based on the portion size by weight/volume in the carton (i.e., 4 ounces of fruited or nonfruited yogurt fulfill the equivalent of 1 ounce of meat/meat alternate). It should be noted that the fruit in yogurt may be credited only when the provider adds sufficient quantities of fresh, frozen, or canned fruit to commercial yogurt.

**9. Yogurt in a tube is usually frozen solid. Why won't the yogurt credit if I serve it frozen?**

The regulations are very clear. Frozen yogurt may not be served as part of a reimbursable meal because there is no standard of identity for frozen yogurt. Yogurt tubes must be fully defrosted before they can be served.

**10. If I buy regular yogurt and use it in a recipe for a smoothie can the yogurt be credited?**

No. Yogurt served in a drinkable form is not creditable toward meal pattern requirements.



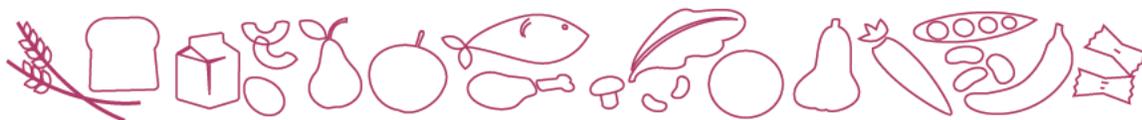


**11. Chicken nuggets, hot dog nuggets, and fish sticks are very popular in our center. How many nuggets or sticks should we serve to meet requirements?**

These products vary in size and in the amount of meat and breading or batter used. Some States or sponsors may require the use of CN-labeled products for these foods. Check with your State agency in this regard. If a CN label is not required, obtain a Product Formulation Statement to determine the number of pieces per serving and document that portions meet requirements. This documentation should be maintained on file and is especially important when serving novelty shaped products.

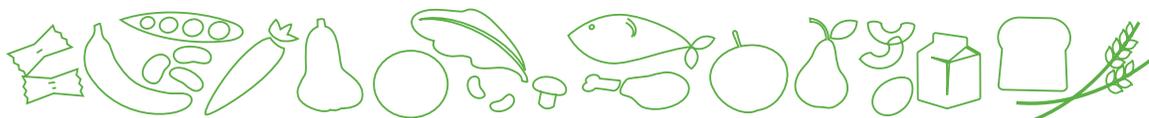
**12. We would like to use items containing Alternate Protein Product (APP) for our children who do not choose to eat meat. We want to use products that meet regulatory requirements and provide the documentation needed to support our production records. Do you have guidance in this area?**

Many vegetarian products are CN-labeled and should be documented in the same way as any other CN-labeled product. If the product does not have a CN label you will need to obtain a manufacturer's Product Formulation Statement. Product Formulation Statements for meat/meat alternate products must contain the information in the sample form. The sample form starts on page 73 and is formatted so that it can be photocopied and reused. A copy of each meat/meat alternate product used must be maintained on file. Please also review the Guidance for Reviewing Product Formulation Statements on page 75.



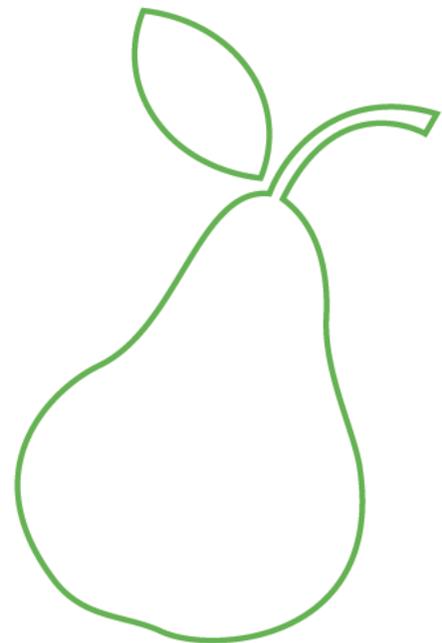


- A reimbursable breakfast shall contain a serving of vegetable(s) or fruit(s), full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods. Both lunch and supper shall contain two or more different vegetables or fruits or a combination of both. The smallest creditable portion size is  $\frac{1}{8}$  cup or 2 tablespoons. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement at lunch or supper.
- It is extremely important to read the product label. FULL-STRENGTH FRUIT OR VEGETABLE JUICE is an undiluted product obtained by extraction from sound fruit. It may be fresh, canned, frozen, or reconstituted from concentrate and served in either liquid or frozen state or as an ingredient in a recipe. The name of the full-strength fruit or vegetable juice as it appears on the label must include the word(s) “juice” or “full-strength juice” or “single-strength juice” or “100 percent juice” or “reconstituted juice” or “juice from concentrate.” See FNS instruction 783-11 Rev.1 for more information on the use of juice and juice products.
- Please note that, traditionally, cranberry juice cocktails were disallowed, as no commercial cranberry juice cocktails meet juice requirements. Currently there are 100% juice blends, which include 100% cranberry juice in a blend with other 100% juices. If you wish to serve these products, please maintain a label on file for documentation purposes in the event of review. We also encourage you to specify that you are using a 100% juice or full-strength juice blend on your menus.
- **All fruit juices must be pasteurized.** Some kinds of juice and cider have not been pasteurized and may contain harmful bacteria. Children and the elderly are particularly susceptible to these bacteria.
- Two forms of the same fruit or vegetable served at the same meal cannot count toward the requirement of two or more different fruits and/or vegetables. For example, if apple juice and applesauce are served, an additional and different fruit and/or vegetable must be served. This requirement is intended to provide the variety of fruits and vegetables needed for healthful growth. A serving of vegetable or fruit may be credited as one component of the required two components of the snack pattern. However, juice may not be credited as one of the components of a snack when milk is served as the only other component.
- Cooked, dry beans or peas may be counted either as a vegetable or as a meat alternate but not as both in the same meal. Roasted soy nuts may be credited as meat alternate only. Fresh soy beans, (edamame) may credit as a vegetable only.





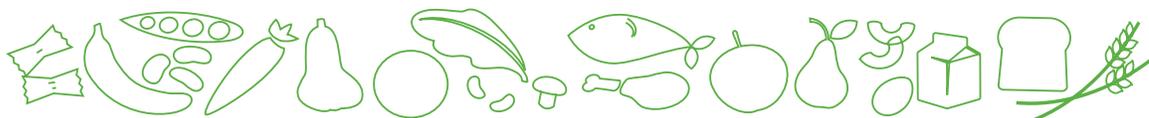
- Vegetables and fruits are credited as served. A minimum of  $\frac{1}{8}$  cup vegetable/fruit per serving is required. Small amounts (less than  $\frac{1}{8}$  cup) of fruits and vegetables used for flavorings or optional ingredients, such as garnishes, may not be counted to meet the vegetable/fruit requirement. Condiments and seasonings are not creditable food items; they serve as extras to enhance the acceptability of the meal.
- Vegetables or fruits served as a combination item (e.g., fruit cocktail, succotash, peas and carrots, mixed vegetables, and vegetables used in soups or stews) may be credited to meet only one of the two required items for lunch and supper.
- No home-canned fruit or vegetable products are allowed for service in the Child and Adult Care Food Program because of health and safety reasons.
- Snack chips such as banana, fruit, vegetable, and potato chips may not be credited as a fruit or vegetable. However, 100% dried fruits or vegetables are creditable based on the volume served. See page 2-4 of the *Food Buying Guide*. Please keep in mind that young children—especially aged 2 to 3 years—and some elderly participants are at risk of choking on these foods. **Always supervise participants during meals and snacks.**
- For additional information on produce food safety, please see the *Best Practices for Handling Fresh Produce in Schools* fact sheet. It can be viewed or downloaded at: <http://www.nfsmi.org/ResourceOverview.aspx?ID=351>.





## Vegetables and Fruits

Food	Creditable			Comments
	Yes	Maybe	No	
Ade Drinks			x	These drinks do not contain sufficient amounts of full-strength juice.
Apple Butter			x	Condiments are not creditable toward meal pattern requirements.
Apple Cider	x			Cider must be pasteurized in order to be creditable.
Apple Fritters	x			Fritters must contain at least 1/8 cup of cooked fruit per serving to credit toward the fruit component. Must be supported by a standardized recipe. See section on grains/breads for crediting the dough portion.
Aspic (fruit or vegetable in)		x		Only the fruit or vegetable in the salad may be counted toward vegetable/fruit requirements. Must contain at least 1/8 cup fruit or vegetable per serving.
Banana in Bread			x	This product has less than 1/8 cup fruit per serving.
Banana Pudding (fruit added)		x		The banana in the pudding may credit toward fruit component if there is at least 1/8 cup banana (fruit) per serving.
Barbecue Sauce			x	Condiments are not creditable toward meal pattern requirements.
Beans, Canned or Dry	x			Cooked dry or canned beans or peas (kidney, garbanzo, black, etc.) may be credited as a vegetable, but cannot be credited as a meat alternate in the same meal. To credit as a meat alternate, see page 22 of this document. See <i>Food Buying Guide</i> pages 2-13 to 2-14 and 2-17 to 2-20 to credit as a vegetable.
Bean Sprouts, Cooked	x			For safety reasons do not serve raw sprouts. See <i>Food Buying Guide</i> page 2-21 for crediting information.
Berries, (frozen, fresh, or canned whole) All Varieties	x			See specific crediting for the berry being used in the vegetables/fruits section of the <i>Food Buying Guide</i> .
Carbonated Fruit (Fizzy Fruit)	x			Carbonated fruit resembles canned fruit but it is perishable and must be handled as fresh fruit.
Cake Containing Fruit			x	There is an insufficient amount of fruit present.
Carrot Bread			x	There is an insufficient amount of vegetable/fruit present.
Catsup or Chili Sauce			x	These products are condiments and are not creditable.
Coconut			x	Not creditable toward meal pattern requirements.





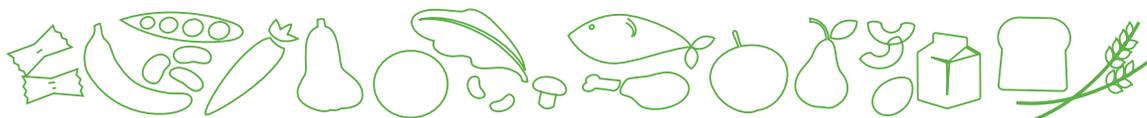
Food	Creditable			Comments
	Yes	Maybe	No	
Coleslaw	x			Only the vegetable/fruit portion is creditable. See question #2 on page 41.
Corn Chips			x	Corn chips are not classified as a vegetable/fruit - see the grains/breads crediting list.
Corn Syrup			x	Corn syrup is not a vegetable and is not recommended for children under 1 year of age.
Cranberry Juice Blend		x		100% cranberry juice (not cranberry juice cocktail) in a blend with another 100% juice is creditable (for example, cranberry juice mixed with apple juice). 100% cranberry juice that is not in a juice blend is generally not commercially available.
Cranberry Juice Cocktail			x	Juice cocktails contain an insufficient amount of full-strength juice.
Cranberry Sauce or Relish	x			Sauces with whole or strained berries can be credited. See page 2-37 of the <i>Food Buying Guide</i> .
Dehydrated Vegetables	x			See page 43 of this publication.
Dried Fruit (i.e., Raisins, Apricots, Prunes, Cranberries)	x			Dried fruit credits on a volume basis only. A minimum portion of 1/8 cup is required. See page 63 for additional information.
Dry Spice Mixes			x	Spices do not contribute toward meal pattern requirements.
Fig Bars			x	The amount of figs per serving is insufficient to count toward the vegetable/fruit component.
French Fried Potatoes	x			See pages 2-68 and 2-69 of the <i>Food Buying Guide</i> .
Frozen Fruit-Flavored Bars			x	These bars contain insufficient amounts of fruit juice.
Frozen Fruit/ Fruit Juice Bars		x		Each bar must contain at least 1/8 cup of fruit and/ or full-strength fruit juice. <b>Only the fruit or full-strength fruit juice</b> portion may be counted toward the fruit requirement. Maintain a CN label, Product Formulation Statement, or standardized recipe on file for documentation purposes.
Fruit Cobblers/ Crisps		x		Only the fruit portion may be credited toward fruit component. Must contain at least 1/8 cup of fruit per serving. The amount of fruit per serving must be documented through a standardized recipe or Product Formulation Statement signed by an official of the manufacturer (not a sales person).





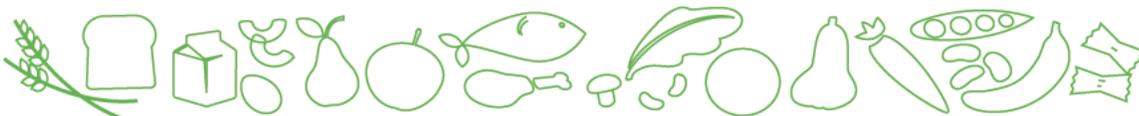
## Vegetables and Fruits

Food	Creditable			Comments
	Yes	Maybe	No	
Fruit Juice Bases			x	Juice bases contain insufficient amounts of full-strength fruit juice per serving.
Fruit Juice Concentrates		x		May only be credited when reconstituted to the full-strength juice.
Fruit Drinks			x	Drinks contain less than 50% full-strength juice.
Fruit-Flavored Powders and Syrups			x	Fruit-flavored powders and syrups do not meet the definition of fruit or juice.
Fruit-Flavored Punch			x	This product contains insufficient amounts of full-strength juice.
Fruit-Flavored Waters			x	Fruit-flavored waters contain insufficient amounts of full-strength juice.
Fruit Sauces		x		These products are high in sugar. Must contain at least $\frac{1}{8}$ cup fruit or full-strength fruit or vegetable juice per serving. Generally, commercial sauces have insufficient fruit content. Maintain a standardized recipe or Product Formulation Statement signed by an official of the manufacturer (not a sales person) on file. See question 13 on page 43 for more information.
Fruit Snacks (i.e. Bars, Roll-ups, Wrinkles)		x		Labels or product literature must document at least $\frac{1}{8}$ cup of fruit as served. Many of these products do not contain sufficient amounts of fruit per serving.
Gelatin With Fruit/ Fruit Juice and/or Vegetables		x		The vegetable/fruit in gelatin salads or desserts may be credited if each serving contains a minimum of $\frac{1}{8}$ cup fruit, vegetable, or full-strength fruit or vegetable juice.
Gravy Base			x	This is not a vegetable/fruit.
Hominy			x	Hominy is not a vegetable or a fruit item. It falls in the "other foods" group. See page 5-4 of the <i>Food Buying Guide</i> .
Honey			x	Honey is a sweetener, not a fruit, and is not creditable. <b>For food safety reasons, it should not be served to children less than 1 year of age.</b>
Ice Cream, Fruit Flavors			x	Ice cream does not contain a sufficient amount of fruit to credit toward meal pattern requirements.
Jam			x	This is a condiment and is not creditable.
Jelly			x	Jelly is a condiment and is not creditable.



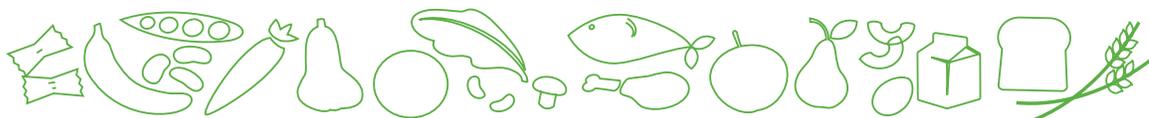


Food	Creditable			Comments
	Yes	Maybe	No	
Juice Bars	x			See Frozen fruit/fruit juice bars (commercial or homemade) as appropriate.
Juice Blends - <b>All Fruit</b>		x		Only fruit juice blends that are combinations of full-strength fruit juices may be credited.
Ketchup (catsup)			x	Condiments are not creditable toward meal pattern requirements.
Kiwi Fruit	x			See page 2-45 of the <i>Food Buying Guide</i> .
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.
Macaroni Salad (also pasta salads)		x		Only the documented amount of vegetables in the salad may be credited if at least 1/8 cup per serving is present. The macaroni or pasta may be credited toward the grains/breads requirement if at least 1/4 serving is provided.
Maple Syrup			x	Maple syrup is a sweetener, not a fruit.
Mayonnaise, Salad Dressing, Margarine, Salad Oil, and Butter			x	Mayonnaise, margarine, butter, salad oils, and salad dressings are condiments, not fruits or vegetables.
Muffins With Fruit			x	Fruit and vegetable breads contain insufficient amounts of vegetable/fruit for crediting.
Mustard			x	Condiments are not creditable toward meal pattern requirements.
Mustard Greens	x			See page 2-47 and 2-48 of the <i>Food Buying Guide</i> .
Nectars		x		Only creditable for lunch and snacks. Must contain greater than 50% full-strength fruit juice. Maintain a formulation statement or product label stating the percent of full-strength juice on file.
Onion Rings		x		Creditable if homemade, or with a Product Formulation Statement signed by an official of the manufacturer (not a sales person). Must have at least 1/8 cup of cooked onion per serving. This product is high in fat.
Olives	x			Must have at least 1/8 cup per serving. High salt content should be noted.





Food	Creditable			Comments
	Yes	Maybe	No	
Pickle Relish			x	Pickle relish is considered a condiment and is not creditable.
Pickles	x			Must have at least 1/8 cup per serving. High salt content should be noted. See page 2-61 of the <i>Food Buying Guide</i> .
Pie Filling: Fruit, Sweet Potato, Pumpkin		x		These products have a high sugar and fat content. Must be accompanied by a Product Formulation Statement or recipe that indicates there is at least 1/8 cup of vegetable/fruit per serving.
Pineapple Upside-Down Cake		x		Fruit portion is creditable if there is at least 1/8 cup fruit per serving. In most cases, a serving size containing 1/8 cup fruit is too large for a child to consume. See grains/breads section for crediting cake portion.
Pizza Sauce	x			Pizza sauce may be credited if at least 1/8 cup (2 Tbsp) per serving is provided. 1/8 cup of pizza sauce = 1/8 cup of vegetable.
Popsicles® (frozen fruit-flavored ice on a stick)			x	These products are not creditable. They do not contain fruit or fruit juice.
Pop Tart® Filling			x	There is not enough fruit present. See Toaster Pastries in the grains/breads section for crediting information.
Posole			x	Posole is another name for hominy and is not creditable toward meal pattern requirements.
Potato Chips			x	Potato chips are a snack food and are not creditable.
Potatoes and Potato Skins	x			See page 2-68 through 2-70 of the <i>Food Buying Guide</i> .
Potatoes, Dehydrated	x			See page 2-68 of the <i>Food Buying Guide</i> .
Preserves			x	Preserves are considered a condiment and are not creditable.
Puddings With Fruit, Commercial			x	Commercial puddings have insufficient fruit per serving and are not creditable.
Puddings With Fruit, Homemade		x		At least 1/8 cup of fruit per serving must be present. Document with a standardized recipe.





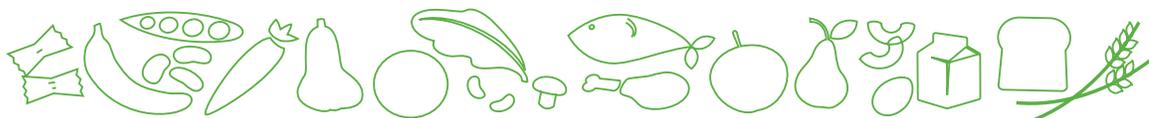
Food	Creditable			Comments
	Yes	Maybe	No	
Pumpkin in Bread			x	This product has less than 1/8 cup vegetable per serving. See entry in grains/breads section.
Raisins	x			A minimum portion of 1/8 cup serving is required. Fruits that are served dehydrated are credited on an actual volume basis. See page 63 for additional information.
Rice, Whole-Grain or Enriched			x	Rice is not a vegetable. See rice in the grains/breads section for crediting information.
Salsa	x			Creditable if the recipe documents that there is 1/8 cup of vegetable/fruit per serving. In commercial products containing <b>all vegetable/fruit ingredients</b> plus minor amounts of spices or flavorings, 100% of the product is counted toward the volume. In products containing non-vegetable ingredients like gums, starches, stabilizers, water, or vinegar, only the vegetable/fruit ingredients may contribute toward the requirement. Obtain a Product Formulation Statement signed by an official of the manufacturer (not a sales person) or standardized recipe. See pages 2-72 and 2-73 of the <i>Food Buying Guide</i> .
Sherbet or Sorbets, Commercial		x		Only Sherbets/Sorbets with a CN label may be credited.
Sherbet or Sorbets, Homemade	x			Only the fruit or full-strength fruit juice portion is creditable. Must have at least 1/8 cup fruit or juice per serving. Maintain a standardized recipe on file.
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 will yield 1/4 cup vegetable. See pages 2-73 to 2-74 of the <i>Food Buying Guide</i> . Caution: Serving enough condensed soup to count as a 1/4 cup vegetable may result in an excessive volume for young children.





## Vegetables and Fruits

Food	Creditable			Comments
	Yes	Maybe	No	
Soup Mixes, Dehydrated	x			Must have at least 1/8 cup vegetable per serving. Determine the volume by rehydrating the soup according to manufacturer's instructions. Heat, and then separate the vegetables from noodles, rice, etc. and measure volume. Measurements must be recorded for each brand and type of soup and maintained on file.
Soups, Homemade		x		Must contain at least 1/8 cup vegetable per serving. Only the quantities of vegetables in the recipe may credit toward vegetable/fruit requirements. Document with a standardized recipe.
Soy Nuts			x	<b>May be credited as a meat alternate only.</b> See entry in meat/meat alternate section on page 28.
Spaghetti Sauce (tomato sauce)	x			Spaghetti sauce is credited as tomato sauce if 1/8 cup per serving is provided. See page 2-84 of the <i>Food Buying Guide</i> .
Syrup (fruit flavored)			x	Syrup is considered a condiment and is not creditable.
Toaster Pastries With Fruit (example: "Pop Tarts™")			x	Creditable only toward the grains/breads component for breakfast and snack. There is insufficient fruit content.
Vegetable Juice Blends (e.g., V-8 Juice™)	x			Full-strength vegetable juice, and full-strength vegetable/fruit juice blends are creditable toward the vegetable/fruit component.
Yogurt, Commercial (fruit added by provider)	x			Must contain at least 1/8 cup added fruit per serving. Only the volume of fruit added may credit toward the fruit component.
Yogurt With Fruit, Commercial			x	Commercial fruit yogurt has less than 1/8 cup fruit per serving and may not be counted to meet the fruit requirement - see the meat/meat alternate section for crediting. These items have a high sugar content.
Zucchini in Bread (squash in bread)			x	This product has less than 1/8 cup vegetable/fruit per serving.





## Questions and Answers about Vegetables/Fruits

### 1. Are foods like potato salad and Waldorf salad creditable?

Yes, the fruit and vegetable ingredients in these items all count toward meeting the vegetable/fruit requirement. However, other ingredients such as mayonnaise and marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a  $\frac{1}{4}$ -cup serving of potato salad containing noncreditable ingredients would not equal  $\frac{1}{4}$  cup of vegetable/fruit. Use the amount of vegetable/fruit contained as ingredients in the standardized recipe to determine credit.

### 2. How is coleslaw credited?

If the coleslaw mixture is made with all vegetable/fruit ingredients (cabbage, carrot, onion, raisins) before the dressing is added, then  $\frac{1}{4}$  cup of prepared coleslaw will credit as  $\frac{1}{4}$  cup of vegetable/fruit. Keep in mind that when you add dressing to the vegetables, the overall volume of vegetables will be less than what you started with. When portioning, do not include excessive amounts of dressing.

### 3. Can combination items such as fruit cocktail, mixed vegetables, or peas and carrots be used to meet the requirement of serving two or more vegetables/fruits at lunch and supper?

No, combination items are considered as only one item for crediting purposes.

### 4. How are fruits and vegetables counted in combination dishes such as beef stew?

Only one vegetable/fruit component can be counted in a combination dish. For example, if the beef stew served contains stew meat, potatoes, carrots, and onions, the stew could only count for one vegetable/fruit component and an additional fruit or vegetable would need to be served. However, a chef salad or a fruit salad (with a meat/meat alternate) may be creditable as two servings of fruit or vegetable because the two or more fruits or vegetables are identifiable as individual servings and are served as part of an entrée. See page 2-2 of the *Food Buying Guide*.

### 5. How do I prepare a homemade pizza so that it is creditable as a vegetable/fruit component?

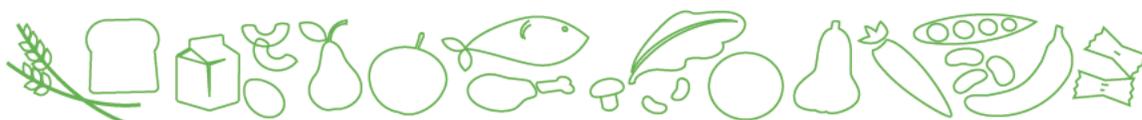
Vegetables on a homemade pizza may be counted as one vegetable/fruit component. In order to meet this requirement, the pizza should include pizza sauce **and** vegetable or fruit toppings. The amount of sauce on a commercial pizza is not sufficient to count as a vegetable unless the pizza is CN-labeled. See page 61 for more information on crediting combination foods.

### 6. How much tomato paste, tomato puree, or tomato sauce would be needed to equal $\frac{1}{4}$ cup vegetable for each child at lunch or supper?

Tomato paste: 1 tablespoon =  $\frac{1}{4}$  cup vegetable

Tomato puree: 2 tablespoons =  $\frac{1}{4}$  cup vegetable

Tomato sauce: 4 tablespoons =  $\frac{1}{4}$  cup vegetable





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

Yes, however, at least  $\frac{1}{8}$  cup (2 Tbsp) must be present in each serving. Most recipes do not contain enough raisins to meet this requirement. A standardized recipe must be maintained on file to document that there is at least  $\frac{1}{8}$  cup raisins per serving.

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

The label will state "juice, full-strength juice, single-strength juice, 100% juice, reconstituted juice, juice from concentrate or juice concentrate." Juices that have the words cocktail, beverage, or drink are not 100% juice. The statements "natural" or "organic" do not indicate that the juice is full strength.

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

Yes, however, due to significant safety problems of unpasteurized ciders and juices, only pasteurized juice and juice products may be served.

### 10. Can the fruit in pudding or the vegetable, fruit/fruit juice in gelatin be counted towards the vegetable/fruit requirements?

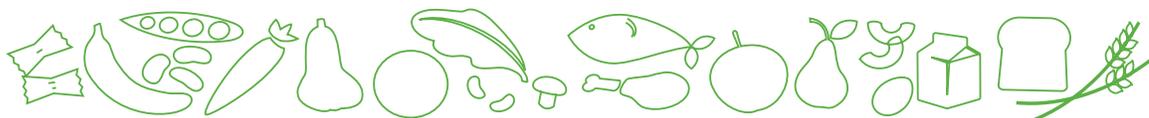
Yes, however, at least  $\frac{1}{8}$  cup vegetable/fruit or fruit juice must be present in each serving. A standardized recipe must document that sufficient juice or vegetable/fruit was served. Gelatins or puddings **made with water** and without fruits or vegetables do not contribute to CACFP meal pattern requirements.

### 11. Can juice concentrate in its concentrated form be used to meet the vegetable/fruit requirement?

Yes, this policy was updated in FNS Instruction 783-11 Rev. 1. However, this practice is discouraged as the Dietary Guidelines for Americans now list juice concentrate as added sugar. When a juice concentrate is used in its concentrated form, it may be credited on a reconstituted basis. For example, a gelatin product containing 1 Tbsp of orange juice concentrate per serving could receive  $\frac{1}{4}$  cup vegetable/fruit credit since the orange juice could be reconstituted on a ratio of 1 part concentrate to 3 parts of water (1 Tbsp concentrate + 3 Tbsp water = 4 Tbsp full-strength reconstituted juice or  $\frac{1}{4}$  cup credit). Please note that the amount of juice concentrate used cannot credit for more than the total volume served.

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

Yes, they are considered to be vegetables. However, caution should be used. Wild plants are considered by some individuals to be weeds; therefore toxic pesticides may have been sprayed upon these plants. Safeguards in the use of wild plants should be developed.





### 13. Are fruit sauces, such as orange sauce made with orange juice or blueberry sauce made with canned/frozen blueberries, creditable?

Yes, however, only the fruit or full-strength fruit juice portion of the sauce (i.e., the orange juice or blueberries) is creditable. At least  $\frac{1}{8}$  cup of fruit must be present in each serving. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the number of servings prepared.

### 14. Are dehydrated vegetables creditable?

Yes, dehydrated vegetables are creditable. Check the *Food Buying Guide* for dehydrated vegetables commonly used in Child Nutrition Programs. **For all others, the crediting is based on the rehydrated volume, not the fresh volume that may be stated on the container.** Keep in mind that rehydration data on the container often vary from brand to brand. This variation means that the following procedure must be used for each brand of dehydrated product. A minimum of  $\frac{1}{8}$  cup of rehydrated vegetables must be present to be creditable.

#### Determine the rehydrated volume as follows:

- Rehydrate (add water or liquid to) a purchase unit of the dehydrated vegetable according to manufacturers' directions. If the directions are not on the container, request rehydration directions from the manufacturer.
- Measure the rehydrated volume.
- Measure the number of  $\frac{1}{4}$ -cup servings of rehydrated product that one purchase unit provides.
- Keep records obtained as required by the State agency, Regional Office, or sponsor as verification. Records should include information on the size of the purchase unit, the number of  $\frac{1}{4}$  cup servings of rehydrated product per purchase unit, the name of the manufacturer, and the manufacturers' directions for how to rehydrate the product.

### 15. The information you have given explains how to determine yields for dehydrated vegetables. Suppose that I would like to serve dried fruit. How do I do this?

Yield information for all vegetables/fruits is based on volume, not weight. This includes dry or dehydrated fruits and vegetables. Go to the vegetables/fruits section of the *Food Buying Guide* and look for the correct fruit and the specific form of that fruit you wish to use. Dehydrated apricots are listed on page 2-10. Column 4 (Serving Size per Meal Contribution) shows that 9 medium dehydrated halves is a  $\frac{1}{4}$ -cup serving of fruit. This is different from the  $\frac{1}{4}$ -cup volume of the fresh apricot as listed on page 2-8.

Remember that some dehydrated fruits have different names than their fresh fruit form. For example: raisins and prunes. Check under both names since raisins are listed separately but prunes are listed as dehydrated plums.

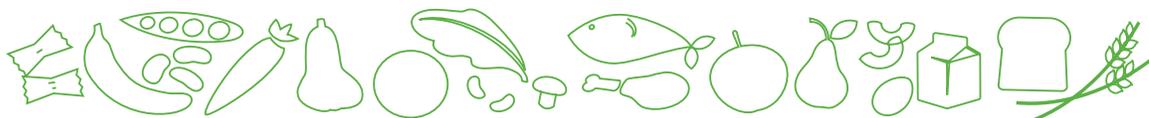




## Serving Size and Yield for Selected Fresh Vegetables and Fruits

Please note that the serving sizes and yields are approximate. This chart is intended as a reference only. These serving sizes are listed in the *Food Buying Guide*. Double check to ensure that your portion sizes meet meal pattern requirements.

Vegetable	Serving Size and Yield
<b>Carrot Sticks</b>	1 stick is 4 inches long and ½ inch wide • 3 sticks = ¼ cup
<b>Cauliflower</b>	1 medium head = about 6 cups florets • Serving = ¼ cup cooked or raw florets
<b>Celery Sticks</b>	1 stick is 4 inches long and ¾ inches wide • 3 sticks = ¼ cup
<b>Cucumber Sticks Pared or Unpared</b>	1 stick = 3 inches long and ¾ inch wide; 1 cucumber = 12 sticks • 3 sticks = ¼ cup
<b>Radishes</b>	7 radishes (small) = ¼ cup
<b>Medium Tomato Slices</b>	2 ⅛ - 2 ¼ inch diameter tomato: 5 slices, ⅛ inch thick
<b>Cherry Tomatoes</b>	• 5 half cherry tomatoes = ¼ cup • 3 whole cherry tomatoes = ¼ cup



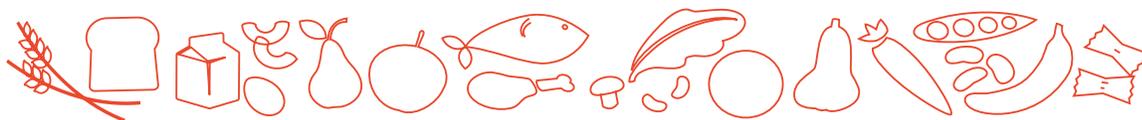
## Grains/Breads Requirement (Bread/Bread Alternate)



- The meal patterns for breakfast, lunch, or supper each contain a bread or bread alternate requirement in the amount specified for each age group. A bread or bread alternate may also be served as one of the two components of a snack.
- FNS Instruction 783-1 Revision 2 updates the criteria used to determine minimum portion sizes, qualifying criteria, and examples of foods that qualify as bread/bread alternates. The instruction also redefines the bread/bread alternate requirement as the grains/breads requirement. Currently both of these terms are used interchangeably. The term grains/breads requirement will be used in this section for easy referral to the instruction.
- Grains/breads products are important dietary sources of iron, thiamin, niacin, riboflavin, and, often, fiber in the diet. The 2010 *Dietary Guidelines for Americans* encourage that at least half of daily grain servings be whole-grain for all ages at each calorie level. Therefore, additional varieties of whole grains consumed by various populations have been added to this revision.
- There is a religious exemption granted under FNS instruction 783-13 Rev 2 from the enrichment portion requirements of the Child Nutrition Programs during the religious observance of Passover. Unenriched matzo may be substituted during that period of time only. Enriched or whole-grain matzo used as a grain must be served at all other times of the year.

### Grains/breads served in the CACFP must meet the following criteria:

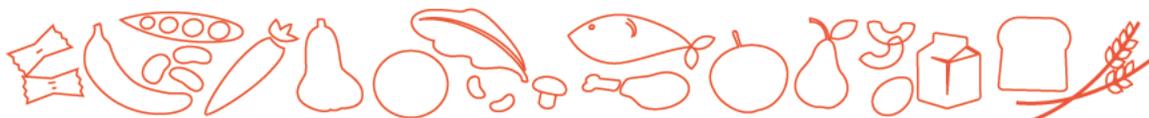
- **Grains/breads must be whole-grain, enriched, or made from whole-grain or enriched meal or flour. Cereal products must be whole-grain, enriched, or fortified. Bran and germ are credited the same way as enriched or whole-grain meals or flours.**
- The product label must indicate that the product is enriched or whole-grain; made from enriched or whole-grain meal, flour, bran, and/or germ; or is fortified. If a grains/breads product is enriched, it must meet the U.S. Food and Drug Administration's (FDA) Standards of Identity for enriched bread, macaroni and noodle products, rice, or enriched cornmeal. Serving sizes for items listed on the charts in this section were calculated based upon FDA Standards of Identity and adjusted to meet program requirements.
- French, Vienna, Italian, Syrian, and other specialty breads are commercially made and sometimes prepared with unenriched flour. Check the ingredient statement or contact the manufacturer to be sure that the product is made with enriched or whole-grain flour/meal, bran, or germ.





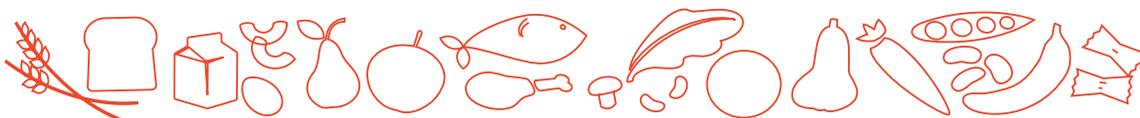
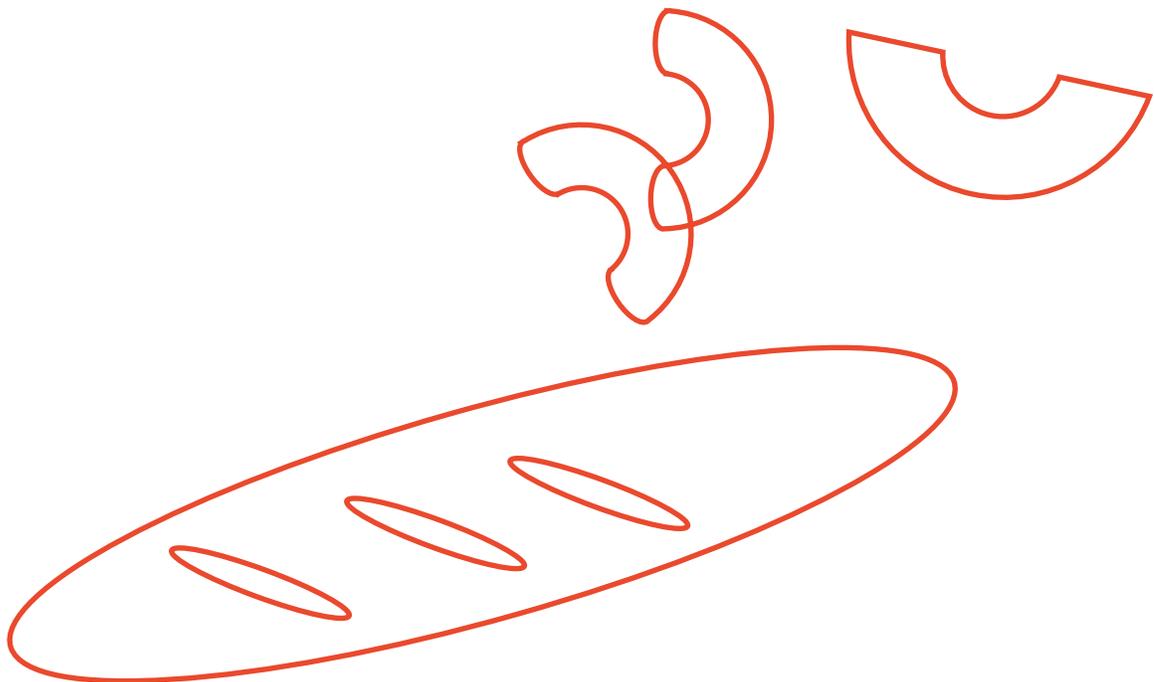
## Grains/Breads Requirement (Bread/Bread Alternate)

- For commercial products, the information on the package food label (including such products as individually packaged granola bars, coffee cakes, etc.) as to **weight per serving size** compared against the applicable group in Exhibit A serves as documentation of the serving size. A sample label should be maintained on file. **Do not use the serving size on the Nutrition Facts label. Use the serving sizes listed in the *Food Buying Guide*, Exhibit A (and pages 48-49 of this publication).** Also document the number of servings being given. For example, the weight of one slice of bread may be the serving size listed on the food label, but if two slices are being served, you would double this amount.
- Grains/breads must be provided in the quantities specified in the regulations. One-quarter ( $\frac{1}{4}$ ) of a serving is the smallest amount that can be credited toward the minimum quantities of grains/breads specified in program regulations.
- Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, and cakes are permitted when made with enriched or whole-grain meal or flour and served **as described in the *Food Buying Guide*, Exhibit A (also pages 48-49 of this publication).** Toaster pastries (“Pop Tarts”®), coffee cakes, doughnuts, sweet rolls, and fruit-grain/granola bars are allowed for breakfast and snacks. Cookies, dessert pies, cakes, and brownies may be served as snacks only. Sweet snack foods should not be served more than twice a week.
- The contribution weight listed for wontons or egg roll wrappers (Group B) and the crust portion of pies, turnovers, and dessert pies (Group C) listed in Exhibit A is for the crust portion of these products only. The weights of the products vary widely with differences in the amount of fillings so that standard total weights cannot be established. If you wish to use these products, document the contributions by obtaining a Product Formulation Statement with the filling and crust contributions listed separately. If the product is made from a standardized recipe, maintain a copy on file.
- For the types of food items listed in Groups A-G of Exhibit A to count as one full serving, each portion must contain no less than 14.75 grams (0.52 ounces) of enriched or whole-grain meal and/or flour, bran, or germ. Cornmeal by FDA standards is not a whole grain, and thus, items made with enriched cornmeal also must contain no less than the 14.75 grams of enriched corn meal per serving.
- The weights listed in each group of Exhibit A reflect the total weight of the product needed so that the 14.75 grams of whole-grain, meal and/or flour, bran, or germ (along with the other ingredients) are included in the serving.





- As of July 1, 2008, corn grain products must be labeled as whole corn (or other “whole corn” designations such as whole-grain corn, whole ground corn or whole-corn flour) or enriched corn (or other “enriched corn” designations such as enriched yellow cornmeal, enriched corn flour, enriched corn grits, etc...).
- The crediting of a grains/breads serving is determined using the weights provided in Exhibit A or by dividing the total grams of enriched or whole grain meal and/or flour, bran, or germ in the recipe by the total number of portions that the recipe yields and then dividing by 14.75 grams.
- Program operators are no longer required to use quick bread/muffin recipes or products that list flour as the primary ingredient by weight. This change permits products that more closely resemble standard quick breads and muffins, which are typically more acceptable to participants.
- Please note that in the calculation of grains/breads, the use of flavorings and spices such as cinnamon and nutmeg do not significantly affect weight for crediting purposes and thus are not indicated as separate products. There is insufficient space in a publication to list all different flavors of each grains/breads product. For the types of food items listed in Groups H and I of Exhibit A to count as one full serving, the weights and volumes listed in the applicable group must be used.





## Grains/Breads Requirement (Bread/Bread Alternate)

### Exhibit A — Grains/Breads for the Food-Based Menu Planning Alternatives in the Child Nutrition Programs<sup>1, 2</sup>

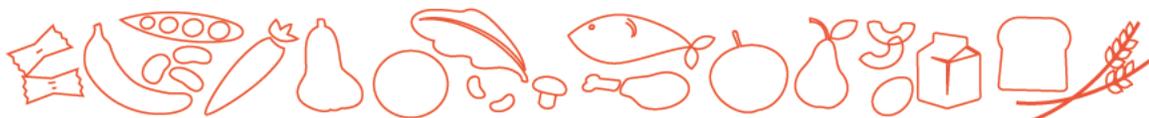
Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing</li> </ul>	1 serving = 20 gm or 0.7 oz. 3/4 serving = 15 gm or 0.5 oz. 1/2 serving = 10 gm or 0.4 oz. 1/4 serving = 5 gm or 0.2 oz.
Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole-wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Crackers (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, wheat, whole-wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole-wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)</li> <li>• Taco shells</li> </ul>	1 serving = 25 gm or 0.9 oz. 3/4 serving = 19 gm or 0.7 oz. 1/2 serving = 13 gm or 0.5 oz. 1/4 serving = 6 gm or 0.2 oz.
Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (plain)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies,<sup>3</sup> fruit turnovers,<sup>4</sup> and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	1 serving = 31 gm or 1.1 oz. 3/4 serving = 23 gm or 0.8 oz. 1/2 serving = 16 gm or 0.6 oz. 1/4 serving = 8 gm or 0.3 oz.

<sup>1</sup> The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

<sup>2</sup> Some of the following foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only for desserts and snacks served under the Child and Adult Care Food Program (CACFP).

<sup>4</sup> Allowed for desserts, breakfasts, and snacks served under CACFP.



# Grains/Breads Requirement (Bread/Bread Alternate)

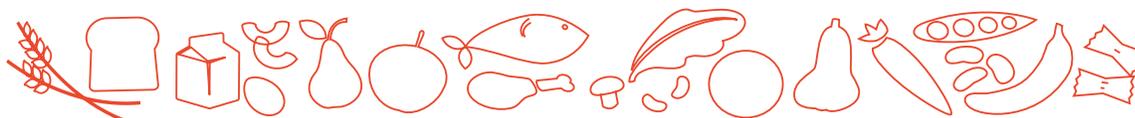


## Exhibit A Continued

Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> <li>• Doughnuts <sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>• Granola bars <sup>4</sup> (plain)</li> <li>• Muffins (all, except corn)</li> <li>• Sweet roll <sup>4</sup> (unfrosted)</li> <li>• Toaster pastry <sup>4</sup> (unfrosted)</li> </ul>	1 serving = 50 gm or 1.8 oz. 3/4 serving = 38 gm or 1.3 oz. 1/2 serving = 25 gm or 0.9 oz. 1/4 serving = 13 gm or 0.5 oz.
Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> <li>• Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces, and/or fruit purees)</li> <li>• Doughnuts <sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars <sup>4</sup></li> <li>• Granola bars <sup>4</sup> (with nuts, raisins, chocolate pieces, and/or fruit)</li> <li>• Sweet rolls <sup>4</sup> (frosted)</li> <li>• Toaster pastry <sup>4</sup> (frosted)</li> </ul>	1 serving = 63 gm or 2.2 oz. 3/4 serving = 47 gm or 1.7 oz. 1/2 serving = 31 gm or 1.1 oz. 1/4 serving = 16 gm or 0.6 oz.
Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> <li>• Cake <sup>3</sup> (plain, unfrosted)</li> <li>• Coffee cake <sup>4</sup></li> </ul>	1 serving = 75 gm or 2.7 oz. 3/4 serving = 56 gm or 2 oz. 1/2 serving = 38 gm or 1.3 oz. 1/4 serving = 19 gm or 0.7 oz.
Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> <li>• Brownies <sup>3</sup> (plain)</li> <li>• Cake <sup>3</sup> (all varieties, frosted)</li> </ul>	1 serving = 115 gm or 4 oz. 3/4 serving = 86 gm or 3 oz. 1/2 serving = 58 gm or 2 oz. 1/4 serving = 29 gm or 1 oz.
Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals (cooked) <sup>5,6</sup></li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>	1 serving = 1/2 cup cooked (or 25 gm dry)
Group I	Minimum Serving Size for Group I
<ul style="list-style-type: none"> <li>• Ready-to-eat breakfast cereal (cold dry) <sup>5,6</sup></li> </ul>	1 serving = 3/4 cup or 1 oz., whichever is less

<sup>5</sup> Refer to program regulations for the appropriate serving size for meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

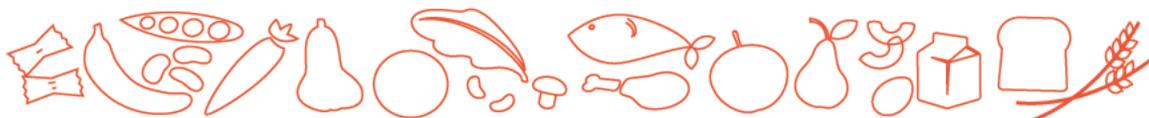
<sup>6</sup> Cereals may be whole-grain, enriched, or fortified.





## Grains/Breads Requirement (Bread/Bread Alternate)

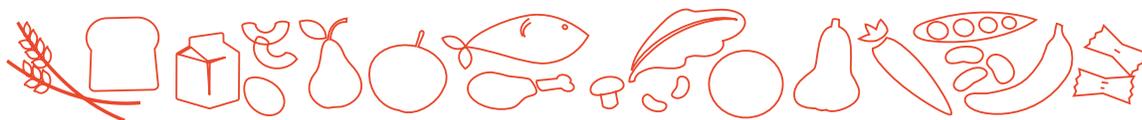
Food	Creditable			Comments
	Yes	Maybe	No	
Amaranth	x			Crediting is based on the finished food item being served. See Groups A through I of Exhibit A.
Bagel	x			See Group B of Exhibit A.
Bagel Chips	x			See Group B of Exhibit A. These products are high in fat and sodium. They should be served with caution due to potential choking hazards.
Banana Bread	x			Homemade breads must contain 14.75 grams of creditable grain to count as one serving. Commercial quick breads are credited in the same group as muffins (other than corn). See Group D of Exhibit A. There is not enough banana per serving to credit toward fruit component.
Barley	x			Crediting is based on the finished food item being served. See Groups A through I of Exhibit A. Pearled barley should not be considered a whole grain, as some of the bran has been removed.
Bean noodles (also cellophane noodles)			x	Beans do not meet the definition of a grain.
Biscuits	x			See Group B of Exhibit A.
Boston Brown Bread	x			See Group B of Exhibit A.
Bread Pudding, Homemade	x			The bread in bread pudding may be credited for snacks only. Sweet snack foods should be served no more than twice per week. Each portion must contain a minimum of ¼ serving of bread. See Group B of Exhibit A for the weight of bread required.
Breading/Batter	x			See Groups A and B of Exhibit A for weights of prepared breading or batter coatings. Purchasing CN-labeled items is recommended for such products as commercial fish sticks, chicken, or fish nuggets.
Brownies	x			Sweet snack foods should not be served more than twice a week. See Group G of Exhibit A.
Buckwheat	x			Crediting is based on the finished food item being served. See Groups A through I of Exhibit A.
Bulgur	x			Crediting is based on the finished food item being served. See Groups A through I of Exhibit A.
Cakes	x			Sweet snack foods should not be served more than twice a week. For unfrosted, see Group F; for frosted, see Group G of Exhibit A.



## Grains/Breads Requirement (Bread/Bread Alternate)



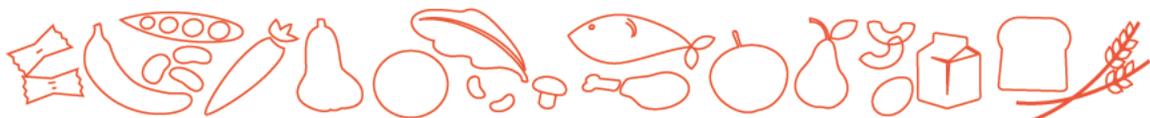
Food	Creditable			Comments
	Yes	Maybe	No	
Caramel Corn			x	This product does not meet the definition of a grains/breads product.
Carrot Bread	x			See Group D of Exhibit A. Also, refer to entry for banana bread. Does not contain a sufficient amount of carrots to credit toward vegetable component.
Cereal Bars (ready-to-eat)		x		Creditable for breakfast and snack. $\frac{3}{4}$ cup of ready-to-eat cereal is creditable as one grains/breads serving. Maintain a standardized recipe or Product Formulation Statement signed by an official of the manufacturer (not a sales person) on file.
Chips, Corn/ Cornmeal	x			Must be made from whole-grain or enriched flours. See Group B of Exhibit A.
Chips, Potato			x	These are considered "other" foods. Fruit and vegetable chips are not creditable.
Chow Mein Noodles	x			See Group A of Exhibit A. Many Chow Mein noodles are not enriched or whole-grain. Check to make sure products meet requirements.
Coffee Cake, Cinnamon/ Danish Rolls	x			Creditable for breakfast and snack only. Sweet snack foods should be served no more than twice per week. See Group F of Exhibit A.
Cookies	x			Sweet snack foods should be served no more than twice a week. For plain cookies see Group C of Exhibit A. For cookies with nuts, raisins, chocolate pieces, or fruit pieces see Group E of Exhibit A.
Cornbread	x			See Group C of Exhibit A. Must be made from enriched or whole cornmeal.
Cornmeal	x			Must be enriched or whole cornmeal. 14.75 grams equals one serving.
Cornpone	x			See Group C of Exhibit A. This product is similar to cornbread without milk or eggs. Must be whole-grain or enriched.
Couscous	x			Must be enriched or whole-grain. See Group H of Exhibit A.
Crackers (saltines and snack crackers)	x			For saltine and snack crackers, see Group A of Exhibit A. For graham and animal crackers, see Group B of Exhibit A. Please also refer to page 57 of this publication.
Cream Puff Shells Choux Paste (dessert)	x			Creditable for snack only. Sweet snack foods should not be served more than twice per week. See Group C of Exhibit A.





## Grains/Breads Requirement (Bread/Bread Alternate)

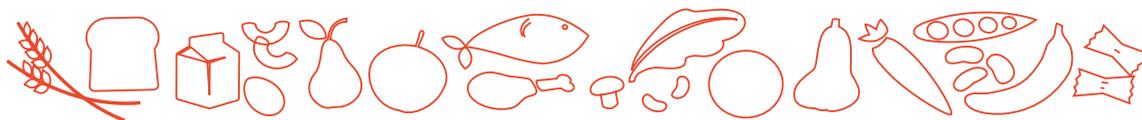
Food	Creditable			Comments
	Yes	Maybe	No	
Crepes	x			For the required serving size, see Group C of Exhibit A - pancakes.
Croissants	x			Croissants are high in fat. See group C of Exhibit A.
Croutons	x			See Group A of Exhibit A.
Cupcakes	x			Sweet snack foods should not be served more than twice a week. For unfrosted cupcakes, see Group F; for frosted, see Group G, Exhibit A.
Danish Pastries	x			Creditable for breakfast and snack only. Sweet snack foods should not be served more than twice per week. See Group E of Exhibit A.
Doughnuts	x			May be credited for breakfast and snack only. Sweet snack foods should not be served more than twice a week. See Group D of Exhibit A for unfrosted, or see Group E for frosted doughnuts.
Dumplings	x			See Group B of Exhibit A (biscuits).
Egg Roll /Won Ton Wrappers	x			See Group B of Exhibit A.
Emmer/Farro (wheat)	x			Crediting based on finished food item. See Groups A-I of Exhibit A.
English Muffins	x			See Group B of Exhibit A.
Fig Bars	x			This item is credited the same as cookies with fruit, snack only. Sweet snack foods should not be served more than twice per week. See Group E of Exhibit A.
French Bread		x		<b>Please note some French breads may not be made with enriched or whole-grain flour;</b> document compliance and maintain on file. See Group B of Exhibit A.
French Toast	x			See Group E of Exhibit A, the product CN label, or manufacturer's product formulation statement signed by an official company representative.
Fried Bread	x			Can be high in fat. Crediting is determined by the amount of enriched or whole-grain flour, meal, bran, or germ in the recipe divided by the number of servings. Then divide the total by 14.75 grams per serving.
Gingerbread	x			May be served for snack only. Sweet snack foods should not be served more than twice per week. See Group D of Exhibit A.



## Grains/Breads Requirement (Bread/Bread Alternate)



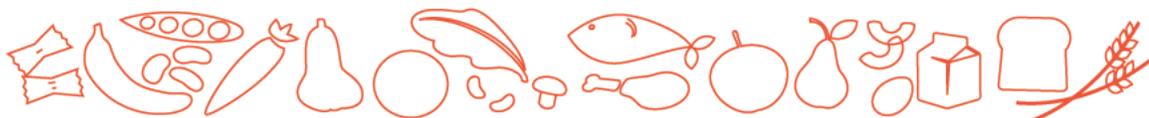
Food	Creditable			Comments
	Yes	Maybe	No	
Granola Bars	x			Creditable only for breakfast and snack. See Groups D and E of Exhibit A. Homemade granola bars must be documented by a standardized recipe. Sweet snack foods should not be served more than twice a week.
Grits		x		This product must be whole-grain or enriched. <b>Check packaging very carefully and maintain ingredient labels on file. Most grits do not meet requirements.</b>
Hominy			x	Hominy is not made from the whole kernel of corn.
Hushpuppies	x			This product is credited in Group C, Exhibit A.
Ice Cream Cones		x		Typically contains insufficient amounts of flour to meet requirements. However, may be credited for snack if manufacturer provides documentation showing that each portion contains at least ¼ grains/breads serving. Sweet snack foods should not be served more than twice per week.
Ice Cream Sandwich Wafers		x		The wafers may be credited as a serving of cookies for snacks if requirements for weight and enrichment are met. Documentation must be maintained on file. See Group C of Exhibit A. Sweet snack foods should not be served more than twice per week.
Italian Bread	x			See Group B of Exhibit A.
Jerusalem Artichoke flour			x	Does not meet the definition of enriched or whole-grain flour.
Johnny Cake	x			See Group C of Exhibit A. Sweet snack foods should not be served more than twice per week.
Kasha	x			Kasha refers to buckwheat groats that have been roasted. See Group H of Exhibit A.
Millet	x			Crediting is based on the finished food item being served. See Groups H through I of Exhibit A.
Muffins	x			See Group C of Exhibit A for corn muffins. For all others, see Group D.
Nachos	x			Tortilla chips may be credited as a grains/breads serving when made from whole-grain or enriched meal or flour. See Group B of Exhibit A.
Noodles (wheat)	x			Must contain enriched or whole-grain flour, meal, bran, or germ. See Group H of Exhibit A.
Noodles in Canned Soup	x			Crediting is based on the weight of the noodles alone without other ingredients. See Group H of Exhibit A.





## Grains/Breads Requirement (Bread/Bread Alternate)

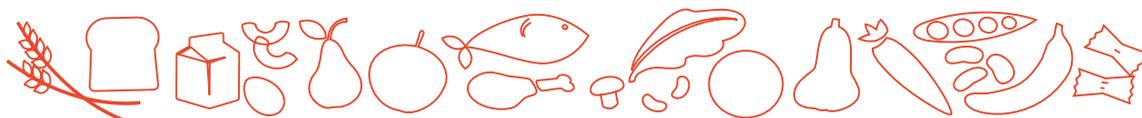
Food	Creditable			Comments
	Yes	Maybe	No	
Pie Crust (meat/meat alternate or vegetable)	x			Crust portion may contribute to grains/breads serving when used to accompany the main dish, as in beef or chicken pot pies. For the weight of the crust alone, see Group C of Exhibit A.
Pie Crust (dessert crust)	x			The crust portion may be credited as a grains/breads item for snack only. For the weight of the crust alone, see Group C of Exhibit A. Sweet snack foods should not be served more than twice a week.
Pineapple Upside Down Cake	x			Creditable for snack only. Obtain documentation or use a standardized recipe showing grams of creditable grain per serving. Sweet snack foods should not be served more than twice per week. See vegetable/fruit section to credit fruit portion if at least 1/8 cup fruit per serving is present.
Pitas	x			See Exhibit A, Group B.
Pizza Dough	x			See Exhibit A, Group B.
Polenta				See Group H of Exhibit A.
Popcorn			x	Popcorn is a snack food and is not creditable. It provides fiber but little nutritional value. There is also a potential choking hazard for both preschool and elderly populations.
Popover	x			See entry for puff pastry, and Group C of Exhibit A.
Potatoes			x	Potatoes are not grains/breads. See the vegetables/fruits section for crediting.
Potato Flour			x	Potato flour is not a grains/breads product.
Potato Pancakes			x	Potato pancakes contain a minimal quantity of creditable flour.
Pound Cake	x			Creditable for snack only. Sweet snack foods should not be served more than twice per week. See Group F of Exhibit A.
Pretzels, Soft	x			See Group B of Exhibit A.
Pretzels, Hard	x			See Group A of Exhibit A.
Puff Pastry	x			This product is high in fat. Only the crust portion is creditable toward the grains/breads requirement. See Group C of Exhibit A. May be credited for snack only when used as a dessert. Sweet snack foods should not be served more than twice per week.
Pumpnickel Bread	x			See Group B of Exhibit A.



## Grains/Breads Requirement (Bread/Bread Alternate)



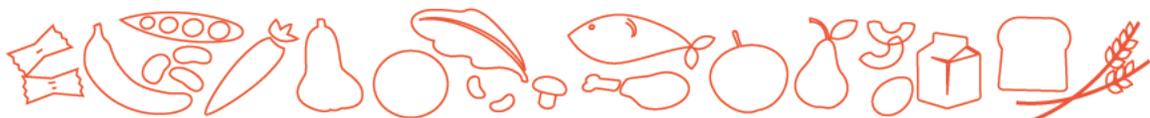
Food	Creditable			Comments
	Yes	Maybe	No	
Pumpkin Bread	x			Creditable for breakfast or snack. Must contain at least 14.75 grams of creditable grain per serving. See Group D of Exhibit A. Sweet snack foods should not be served more than twice per week.
Quinoa	x			A cereal-like plant product derived from an herb, creditable as a whole grain. Typically served like rice, but crediting is based on the finished food item being served. See Group H of Exhibit A for cooked quinoa grain or cereal. See other groups for products containing quinoa flour.
Raisin Bread	x			This product is credited in the same way as breads without raisins. See Group B of Exhibit A. Contains an insufficient amount of fruit to credit toward fruit component.
Rice, (either enriched, white or brown)	x			See the <i>Food Buying Guide</i> pages 3-29 to 3-30 with FY 2003 pen and ink changes. Also see Group H of Exhibit A.
Rice Cakes		x		See <i>Food Buying Guide</i> page 3-30.
Rice Flour	x			Must be enriched or whole-grain. Crediting is based on the finished product. See Groups A-I of Exhibit A.
Rice in Pudding (homemade)		x		Rice must be enriched or whole grain. Standardized recipe must document at least ¼ serving per portion. Only the amount of rice per portion may credit toward the grains/breads component.
Rye	x			Must be enriched or whole-grain. Crediting is based on the finished product. See Groups A-H of Exhibit A.
Sopapillas	x			Credited in the same group as doughnuts. See Group D of Exhibit A. Creditable for breakfast or snack only. Sweet snack foods should be served no more than twice per week.
Sorghum	x			Must be enriched or whole-grain. Crediting is based on the product that this grain is used in. See Groups A-H of Exhibit A.
Soy flour			x	Soy flour is credited as a meat/meat alternate, not a grains/breads item. Obtain State agency approval and maintain the alternate protein product (APP) documentation form on file for each APP that is used. See information on APPs, page 21.
Spelt	x			Must be enriched or whole-grain. Crediting is based on the product that this grain is used in. See Groups H through I of Exhibit A.





## Grains/Breads Requirement (Bread/Bread Alternate)

Food	Creditable			Comments
	Yes	Maybe	No	
Spoon Bread	x			Credited in the same group as cornbread. See Group C of Exhibit A.
Squash or Zucchini Bread	x			Quick breads are credited in the same group as muffins (other than corn). See entry for banana bread and Group D of Exhibit A.
Stuffing, Bread, Dry	x			See Group A of Exhibit A. Weights apply only to the dry bread in the stuffing.
Sweet Rolls/Buns	x			Creditable for breakfast and snack only. For unfrosted, see Group D of Exhibit A. For frosted, see Group E. Sweet snack foods should not be served more than twice a week.
Tapioca			x	Tapioca is not a grain and is therefore not creditable.
Taco or Tortilla Shells	x			See Group B of Exhibit A. Must be whole grain or enriched.
Taco Chips	x			See Group B of Exhibit A. Must be whole grain or enriched.
Toaster Pastries (i.e. Pop Tarts®)	x			Creditable for breakfast or snack only. Sweet snack foods should not be served more than twice per week. See Groups D and E of Exhibit A. There is insufficient fruit present to credit toward fruit/vegetable requirement.
Triticale	x			Must be enriched or whole-grain. Crediting is based on the product that this grain is used in. See Groups A-H of Exhibit A.
Turnover Crust	x			The crust portion of fruit turnovers is creditable for breakfast and snacks. Sweet snack foods should not be served more than twice per week. The crust portion of entrée turnovers is creditable for breakfast, lunch or dinner. See Group C of Exhibit A.
Wafers, Vanilla	x			Creditable for snack only. Sweet snack foods should not be served more than twice per week. See Group C of Exhibit A.
Waffles	x			See Group C of Exhibit A.
Wheat Berries	x			Wheat Berries are whole-wheat kernels. See Group H of Exhibit A.
Wheat Germ/Bran	x			Bran and germ are credited in the same manner as whole-grain meal or flour. See Groups A-I of Exhibit A for finished product being served.
Wild Rice	x			Use information from pages 3-31 and 3-32 of the <i>Food Buying Guide</i> , <b>not the rice entries on 3-29.</b>





## Questions and Answers about Grains/Breads

### 1. Can nut or seed meal or flour be used to meet the grains/breads requirement?

No. Nuts and seeds are not grains and cannot contribute toward the grains/breads component.

### 2. Can pie crusts, crisps, turnovers, and cobblers be credited as grains/breads items?

Dessert pies, crisps, and cobblers can be served only for snacks. Fruit turnovers may be served for snacks and breakfasts. Only the weight of the crust (see Group C Exhibit A) or the grams of enriched flour/meal, whole grain, bran, or germ (at least 14.75 grams per serving) may credit towards the grains/breads requirement. Sweet snack foods should be served no more than twice per week.

### 3. Are granola bars acceptable grains/breads equivalents?

Yes, however, they may be credited for breakfast and snacks only. If commercial granola bars are served, then the serving sizes for plain granola bars would be found in Group D of Exhibit A. Serving sizes for those granola bars with nuts, raisins, chocolate pieces, and/or fruit purees would be found in Group E. For homemade granola bars, calculate the amount of whole-grain or enriched flour per serving by dividing the total enriched/whole grain in the recipe by the number of portions. Then divide by 14.75 to get the grains/breads servings per portion. Sweet snack foods should be served no more than twice per week.

### 4. Is granola cereal an acceptable grains/breads item?

Yes, commercial and homemade granola cereals are acceptable when made with enriched or whole-grain flour, meal, bran, or germ. In determining the serving size, only the grain portion of the cereal is creditable towards the grains/breads requirement. In other words, any nuts, seeds, coconut, dried fruit, etc. are not to be included when determining the serving size.

### 5. Can crackers be served as a grains/breads item?

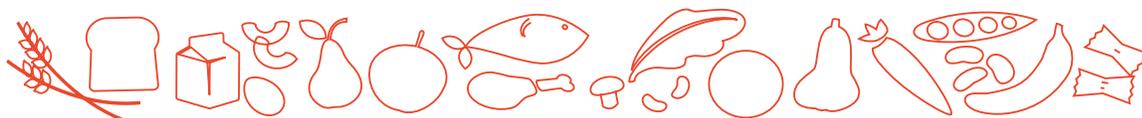
Yes, both sweet and nonsweet (savory) crackers can be served as a grains/breads equivalent for breakfast, lunch, supper, or snack. Children who are 1 to 5 require  $\frac{1}{2}$  serving for any of these meals. Children 6 through 12 years old and adult participants require one serving.

Saltines and snack cracker serving sizes are listed under Group A.

- One serving from Group A equals 20 grams or 0.7 ounce. One half ( $\frac{1}{2}$ ) of a serving from Group A equals 10 grams or 0.4 ounce.

Graham and animal crackers are listed under Group B. The number of crackers served for either group would depend upon the total number of crackers by weight that would be required to meet the portion size requirements.

- One serving of Group B equals 25 grams or 0.9 oz. One half ( $\frac{1}{2}$ ) of a serving of Group B equals 13 grams or 0.5 oz.

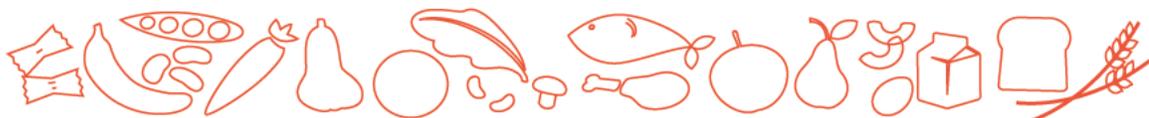
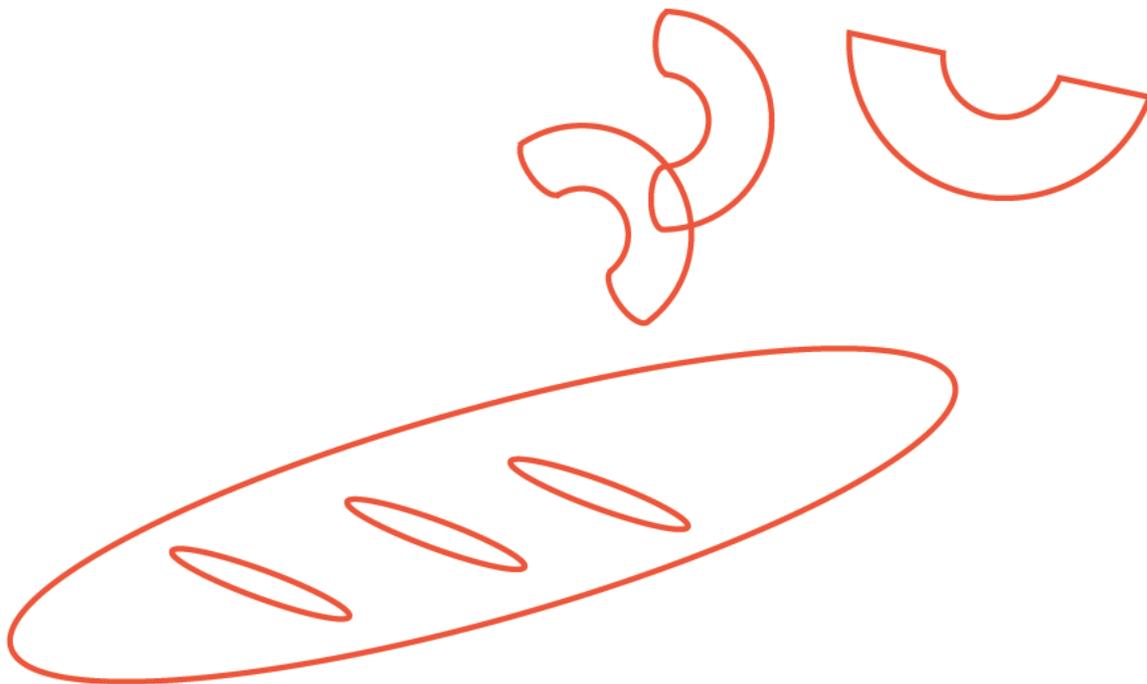




## Grains/Breads Requirement (Bread/Bread Alternate)

### 6. Rather than use the gram weight listed on the commercial packaging for a comparison to the gram weight portion sizes listed in Exhibit A for determining serving size, can't I just use the Nutrition Facts Serving Size as a basis for calculation?

No, the Nutrition Facts label calculates serving sizes differently than the USDA meal pattern requirements. The serving sizes for the Nutrition Facts label are based on the portion sizes customarily consumed by **adults**. CACFP serving sizes are calculated with consideration to the specific nutritional needs of our target populations: children and the elderly. Therefore the grams per serving on the Nutrition Facts label frequently differ from the number of grams in the Exhibit A serving size groups.





## Sample Worksheet for Calculating Grains/Breads Contribution

The following worksheet takes food service personnel through the steps needed to determine the number of creditable servings in a homemade product. **Please note that the sample recipe uses both enriched flour and whole-grain cereals. Please also note that in determining the contribution, decimals are always rounded down. However, in determining amounts to prepare, decimals are always rounded up.** This policy determination was made to preclude the possibility that servings would be short on weight to meet portion sizes due to rounding.

### Sample: Oatmeal Cookies - provides 100 cookies

All-purpose enriched Flour	1 lb 13 oz.	Butter or Margarine
Baking Soda		Large Eggs
Salt		Vanilla
Rolled Oats	1 lb 4 oz.	Raisins, Plumped (optional)
Brown Sugar		
Ground Cinnamon		
Ground Nutmeg		
Shortening		

### Step One: Convert pounds to grams

Flour 1lb 13 oz. 1.81 lb X 453.6 grams (453.6 grams per pound) = 821.016 g  
 Oats 1 lb 4 oz. 1.25 lb X 453.6 grams = 567.00 g

### Step Two: Add the total grams of each grain together.

821.016 grams of flour + 567.00 grams of oats = 1388.016 total grams of creditable grain

### Step Three: Divide total grams by the proposed number of servings in the recipe.

$1388 \div 100 = 13.88$  grams of grain per serving.

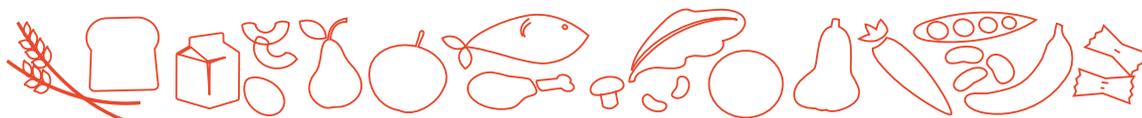
### Step Four: Divide the actual grams by the standard grams for one serving.

$13.88 \div 14.75 = .941$  servings of grain

### Step Five: Round down to the nearest ¼ serving.

.941 rounds down to .75 or ¾ of a bread serving.

You may also calculate using ounces instead of pounds





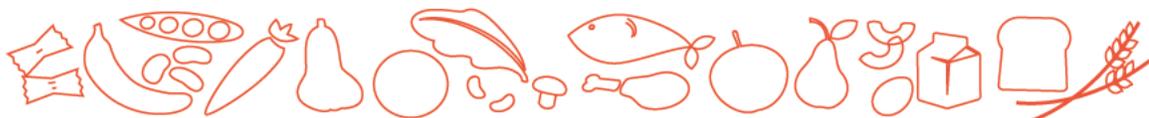
## Grains/Breads Requirement (Bread/Bread Alternate)

### Weights of Commonly Used Grains

When using a recipe with smaller yields for grains/breads, ingredients are listed in cups or portions thereof. This list provides the number of grams per cup. Use of this chart saves smaller programs the additional step of converting recipes from cups to pounds to grams. Of course, remember to divide or multiply the number of grams to reflect the number of cups or portions of cups required in your recipe.

Food Item	Description	Weight of 1 cup in grams
Cereals	All Bran®	30
	Bran Buds®	30
	Corn Chex®	31
	Corn Flakes®, whole	28
	Cheerios®	28
	Rice Krispies®	28
	Rice Chex®	27
	Wheaties®	27
Flour, All- Purpose	Unsifted, spooned	125
Bread Flour	Unsifted, spooned	137
Whole-Wheat Flour	Unsifted, spooned	120
Oats	Uncooked	80
Wheat Germ	Spooned	115

Source: USDA National Nutrient Data Base for Standard Reference



## Crediting Combination Foods

You may credit some combination foods for a total of three different meal components:

1. Meat/meat alternate
2. Grains/breads
3. Vegetable/fruit (count as one component only)

Combination items such as pizzas vary greatly as to how they may be credited. Crediting for pizza typically includes the crust, the cheese and/or meat, and vegetable/fruit. This crediting will vary by pizza. Use items that have a CN label, product formulation statement, or a standardized recipe. Maintain a copy of the documentation on file for review. Examples for crediting other combination foods are listed below.

**Example 1:** Hamburger on a bun with lettuce and tomatoes.

**Credit as:**

Meat/meat alternate	Hamburger (at least ¼ ounce per serving)
Grains/breads	Hamburger bun (at least ¼ serving)
Vegetable/fruit	Lettuce and tomatoes ( at least ⅛ cup per serving)

**Example 2:** Chef Salad with hardboiled egg, turkey, cheese, lettuce, tomato, celery, cucumber.

**Credit as:**

Meat/meat alternate	Egg, turkey, cheese (at least ¼ ounce per serving)
Vegetable/fruit	Lettuce, tomato, celery, cucumber (at least ⅛ cup total per serving)

**Example 3:** Fruit salad with cottage cheese, peaches, pineapple, pears, bananas, blueberries. In this case the fruits are not mixed together and are separately identifiable. For example, peach or pear halves set on a platter with pineapple rings in comparison with bits of peaches, pears, and pineapple mixed together in a fruit cocktail.

**Credit as:**

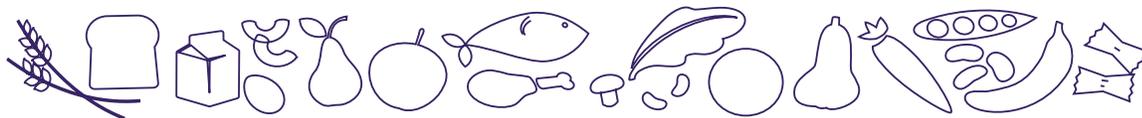
Meat/meat alternate	Cottage cheese (at least ¼ ounce per serving)
Vegetable/fruit	A combination of the separate pear or peach halves, pineapple rings/chunks, banana slices, or blueberries (at least ⅛ cup total)

**Example 4:** Banana/Strawberry Smoothie (with banana, strawberries, and milk).

Combination foods in beverage form made from milk and solid fruits (or juice concentrates) may be credited at all meals and snacks as meeting the following meal components. However, the amounts served must meet meal pattern requirements.

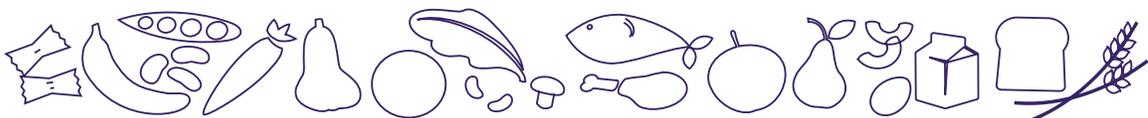
**Credit as:**

Milk	Milk (at least ½ cup per serving)
Vegetable/fruit (count as one component only)	Bananas and strawberries (at least ⅛ cup total per serving)



## Crediting Commercial Frozen or Canned Products

- The *Food Buying Guide* lists a number of standard commercially prepared foods. These are foods for which there is a Federal Standard of Identity. The name on the product label must exactly match the *Food Buying Guide* description in the “Food as Purchased” column. Check the *Food Buying Guide* to determine if the combination product has a Federal Standard of Identity and use the *Food Buying Guide* yield information. See page 1-3 of the *Food Buying Guide* for clarification. If a product is not listed, it does not have a consistent standard of identity.
- When crediting such products as chili-macs, pizzas, pot pies, sloppy Joes, and raviolis toward the meat/meat alternate component, the amount of meat/meat alternate per serving (not the total portion size) is the determining factor for crediting purposes. Because of the uncertainty of the actual amount of meat/meat alternate contained in these products, they should not be used unless (1) they are CN-labeled; or (2) you obtain a Product Formulation Statement signed by an official of the manufacturer (not a sales person) that shows how the crediting has been determined. Remember that only a CN-labeled product carries a warranty that protects against financial audit claims. See the sample formulation statement on page 73 with required information and documentation.
- Based on the USDA Meat and Poultry Product Standards for these commercial products, the user may need to serve a very large portion in order to meet requirements. For example, a 15-ounce serving of canned ravioli is needed to provide the 1.5 ounces of the required meat/meat alternate; while the same amount of ravioli greatly exceeds the grains/breads requirement. As a result, a smaller portion of ravioli may need to be served with a second meat/meat alternate in order to meet this requirement without serving an excessive amount of grains/breads.



## Crediting of Popular Foods

### Snack/Party Mixes, Trail Mixes (sometimes also called “bird seed”)

These are snack food mixtures with a variety of items including nuts, cereals, seeds, dried fruits, etc. These items cannot be credited unless there is an explanation of the creditable ingredients included in the mix on the menu.

### Peanut Butter and Jelly Sandwich

When a peanut butter and jelly sandwich is served as the only meat alternate, the sandwich must contain 3 tablespoons of peanut butter for children ages 3 to 5 to meet the minimum portion size. However, 3 tablespoons of peanut butter is often too much to be consumed by a preschool child. We strongly suggest that a second meat/meat alternate (such as cheese cubes or ½ of a hard boiled egg) be served along with a smaller serving of the peanut butter.

### Pickle Slices

Since pickles are high in sodium and low in nutrients, sponsors are encouraged to serve them as a garnish in combination with other fruits and/or vegetables.

### Popcorn

Popcorn is not creditable in the CACFP because of its low nutritive value. **The use of popcorn as an “other” food is also discouraged because of the potential risk of choking with preschoolers and elderly participants.**

### Quiche

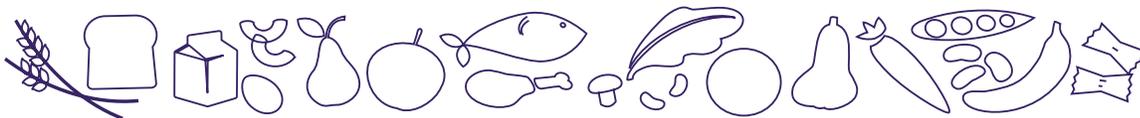
Quiche may be credited toward the meat/meat alternate component if it contains sufficient egg, cheese, and meat to meet portion size requirements. Please note that bacon is considered an “other” food and is not creditable. The crust may be credited toward the grains/breads requirement if it is a recognizable, integral part of the main dish or served as an accompaniment to the main dish. If program operators decide to use processed meats, they will need to be CN-labeled or accompanied by a manufacturer’s formulation statement. A sample Product Formulation Statement is located on page 73.

### Raisins

We recommend that smaller portions of raisins be served, such as 1/8 cup (2 Tbsp). **This smaller portion size must be supplemented with another fruit or vegetable to meet at least the minimum portion size required by age and meal pattern requirement. The pattern permits a combination of two fruits and/or vegetables. This combination is permitted even when only one portion is required. As always, there is a minimum portion size of 1/8 cup for the smaller portion of the two vegetables/fruits.** This recommendation is made because preschoolers may not be able to digest larger portions of dried fruit. In addition, since raisins have a sweet, sticky consistency, potentially increasing the risk of dental caries, the menu planner may wish to consider adding a crunchy item to the menu to help preclude this concern. Please note that dried cherries, cranberries, and blueberries are credited in the same manner as raisins.

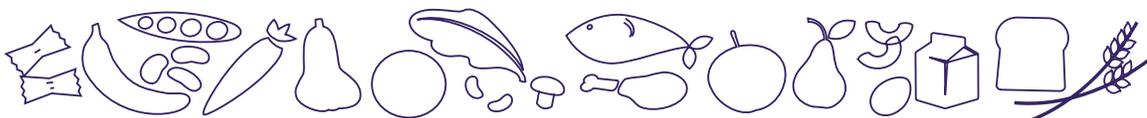
### Seasonings, Garnishes, and Condiments

Condiments, garnishes, and seasonings such as mustard, ketchup, and mayonnaise are not creditable food items. They serve as extras to enhance the acceptability of the meal.



## General Guidance for Menu Planning

- Each snack must include at least two full food components of the four options: fluid milk, vegetable/fruit, grains/breads, meat/meat alternate. For children, juice cannot be used as the second component if milk is the only other component for the snack.
- When serving two vegetables/fruits at the same meal, two forms of the same product cannot be served. For example: oranges and orange juice, applesauce and apple slices, grapes and raisins.
- The menu should document what was served. It should include the foods actually served and the serving size(s). If the meal, as planned, differs from the meal as served, the file copy of the menu should document the change(s) made. There are a number of valid reasons why menus can and/or should change. These include unavailability of the planned items, the unanticipated availability of a quality product at a reasonable price, various kitchen emergencies, nondelivery of orders, replacements for spoiled or out-of-condition foods and labor shortages. Whatever the reason, the records should accurately reflect the actual meal service. In addition, the corrected menu serves as an excellent planning tool as to feasible alternatives when the menu, as planned, must be adjusted.
- Be flexible and adventurous in taking advantage of an especially good buy and in planning specific menus for field trips, holidays, and special occasions.
- Use a menu format that allows adequate space for listing the menu items and for noting adjustments, as needed. The format should be clear and easy to follow.
- The use of cycle menus is encouraged to allow for ease in planning and for effective purchasing. These cycle menus should be reviewed on a regular basis, since conditions affecting the meal preparation may change. A less popular, more costly, and labor-intensive menu should be revised, deleted, replaced, or scheduled on a less frequent basis. We also encourage the use of seasonal menu cycles to provide increased variety and to take advantage of local seasonal fruits and vegetables.

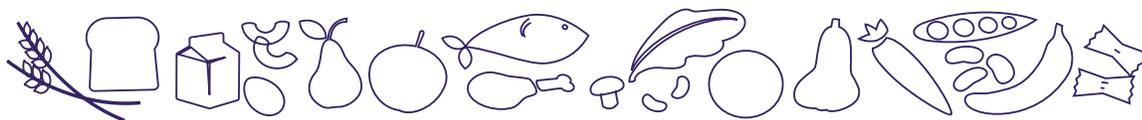


# Menu Checklist

**Use this checklist as a reminder when planning menus. Remember that menus must meet the CACFP meal requirements in order to be reimbursed.**

- Prepare each type of food in different ways. For instance, instead of always serving mashed potatoes, try scalloped potatoes, oven baked potatoes, etc.
- Offer more fresh fruits and vegetables.
- Offer a variety of fruits or vegetables such as kiwi, jicama, etc. which may be considered unusual. Remember that children may need more than one exposure to these fruits and vegetables.
- Serve special menus for holiday and theme days, or serve cultural or ethnic foods for a change.
- Serve foods with a variety of colors, textures, shapes, flavors, and food temperatures.
- If you are using cycle menus, review for change periodically. Use seasonal foods.
- Make creative use of USDA Foods. For instance, instead of always serving cheese cubes, try serving a cheese dip, or using cheese in cooking.
- Serve a variety of meat or meat alternates during the week. For example, during one week serve fish, dried beans, chicken, beef, and pork. Do not plan a menu with hamburger, meat loaf, and Sloppy Joes in the same week.
- Take advantage of standardized recipes for your use in planning menus that both meet program requirements and have been taste tested for acceptance by children.
- Serve foods lower in salt.
- Serve foods lower in fat.
- Serve a variety of foods from the grains/breads group, including whole grains.
- For breakfast, try cereals lower in sugars.
- Enhance flavors with spices, herbs, or lemon juice instead of with fat.
- When serving canned or frozen fruit, use fruit packed in its own juice, light syrup, or water rather than fruit packed in heavy syrup.
- Only serve dried fruits (such as raisins, prunes, and apricots) occasionally since they tend to stick to children's teeth and can promote tooth decay. When you serve dried fruits consider offering something crunchy at the same time.
- Reduce the frequency of serving highly processed foods such as hot dogs and bologna, which are high in fat, salt, and sugar.
- Bake, broil, or steam foods instead of pan frying or deep frying them.
- Serve lean meats, trim visible fat, and drain grease from meat.
- The HealthierUS School Challenge for schools participating in the National School Lunch and Breakfast programs can serve as an excellent template for preparing healthful meals for your children. While participation in the Challenge is limited to school programs, the checklist and accompanying guidance provide excellent suggestions for healthful meal preparation. We have included a modified checklist with age-appropriate suggestions for your consideration.

More ideas for healthy food choices can be found in "Nutrition and Wellness Tips for Your Children: Provider Handbook for the Child and Adult Food Program" available at:  
<http://www.fns.usda.gov/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program>

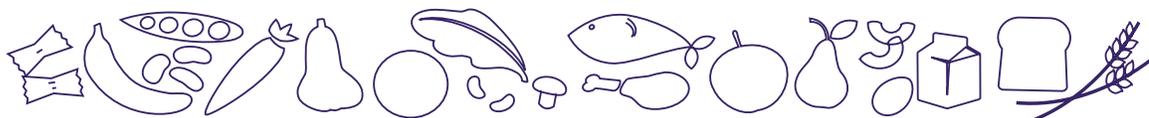


## Suggestions for Preparing Preschool Children (Over Age 2) for meals served in HealthierUS Challenge Schools

The HealthierUS School Challenge recognizes excellence in schools with improved healthy eating and activity lifestyle environments. Healthful eating habits should be formed early in life and carried throughout adulthood. You can take an active role in preparing your children to participate in schools accepting the challenge. Adult participants also benefit from these healthier choices. Developing menus that meet the following age-appropriate criteria will help to lay the foundation for healthier lifestyles.

- Offer a variety of different fruits each week.
- Serve juice only once or twice per week. When serving juice, serve a variety of juices.
- Serve fresh fruits as often as possible.
- Offer different entrees or meat/meat alternates throughout each week.
- Offer whole-grain foods as often as possible.
- Offer a variety of vegetables (dark green, red/orange, starchy, beans/peas, and others) each week.
- Offer age-appropriate milk choices at each meal or snack, and serve only low-fat and fat-free options to participants 2 years of age or older.
- Include physical activity and nutrition education in the daily schedule.

Please see the lists of foods developed to meet these menu planning items on pages 67-69. In doing so, you can be a part of planning menus that start children establishing healthful eating patterns.



# Dark Green and Orange Vegetables, Dry Beans and Peas, and Whole Grains

The following pages include examples of different foods that you may wish to incorporate into your menus. You should introduce new foods gradually. You may wish to begin with taste samples. As always, check your *Food Buying Guide* to ensure that you are planning sufficient quantities to meet meal pattern requirements if you are including the new food as a part of your reimbursable meal.

Many of these foods will be served to your children by schools participating in the Healthier US School Challenge. Try them in a variety of forms.

## Commonly eaten vegetables in each subgroup

### Dark Green Vegetables

- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- mustard greens
- romaine lettuce
- spinach
- turnip greens
- watercress

### Starchy Vegetables

- cassava
- corn
- fresh cowpeas, field peas, or black-eyed peas (not dry)
- green bananas
- green peas
- green lima beans
- potatoes
- taro
- water chestnuts

### Red & Orange Vegetables

- acorn squash
- butternut squash
- carrots
- hubbard squash
- pumpkin
- red peppers
- sweet potatoes
- tomatoes
- tomato juice

### Beans and Peas\*

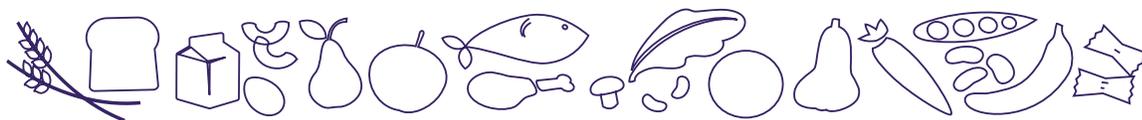
- black beans
- black-eyed peas (mature, dry)
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- navy beans
- pinto beans
- soy beans
- split peas
- white beans

### Other Vegetables

- artichokes
- asparagus
- avocado
- bean sprouts
- beets
- Brussels sprouts
- cabbage
- cauliflower
- celery
- cucumbers
- eggplant
- green beans
- green peppers
- iceberg (head) lettuce
- mushrooms
- okra
- onions
- turnips
- wax beans
- zucchini

## Whole Grains

A whole-grain food either has whole grains listed as the primary ingredient by weight, or has whole grains as the primary *grain* ingredients. Many recipes can easily be identified as whole-grain if the heaviest grain ingredient is made from whole grain.



## List of Common Whole Grains

While this list is extensive, it is NOT comprehensive and therefore may not contain all possible representations of whole-grain ingredient names on food labels.

**WHEAT (RED)** – the most common kind of wheat in the U.S.

- wheat berries
- whole-grain wheat
- cracked wheat or crushed wheat
- whole-wheat flour
- bromated whole-wheat flour
- stone ground whole-wheat flour
- toasted crushed whole wheat
- whole-wheat pastry flour
- graham flour
- entire wheat flour
- whole durum flour
- whole durum wheat flour
- whole-wheat flakes
- sprouted wheat
- sprouted wheat berries
- bulgur (cracked wheat)
- whole bulgur
- whole grain bulgur

**WHEAT (WHITE)**

- whole white wheat
- whole white-wheat flour

**OATS**

- whole oats
- oat groats
- oatmeal or rolled oats
- whole-oat flour

**BARLEY**

- whole barley
- whole-grain barley
- whole barley flakes
- whole barley flour
- whole-grain barley flour
- dehulled barley
- dehulled-barley flour

**CORN**

- whole corn
- whole-corn flour
- whole-grain corn flour
- whole-grain cornmeal
- whole cornmeal
- whole-grain grits

**BROWN RICE**

- brown rice
- brown-rice flour

**WILD RICE**

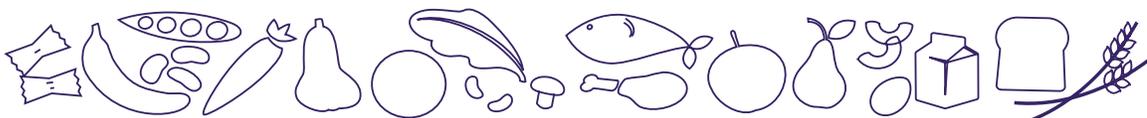
- wild rice
- wild-rice flour

**RYE**

- whole rye
- rye berries
- whole-rye flour
- whole-rye flakes

**LESS COMMON GRAINS:** to be whole grains, “whole” must be listed before the grain name.

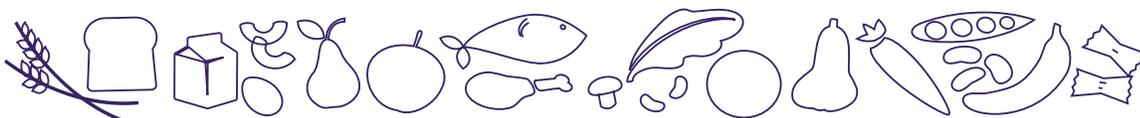
- einkorn
- Kamut®
- emmer (farro)
- teff
- triticale
- spelt
- buckwheat
- amaranth
- sorghum (milo)
- millet
- quinoa



# Whole Grains

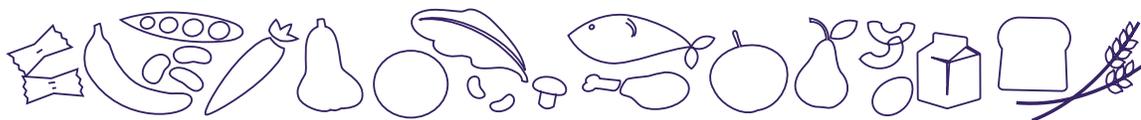
## Ideas for Adding Whole Grains to Menus in Child Nutrition Programs:

- Whole-grain ready-to-eat cereals
- Whole-grain cooked breakfast cereals
- Granola made from whole grains
- Whole-grain cereal or granola bars
- Whole-grain pancakes or waffles
- Whole-grain bagels or muffins
- Whole-wheat breads, rolls, or buns
- Other whole-grain breads, rolls, or buns
- Whole-grain tortillas, taco shells
- Whole-grain chips/pretzels
- Whole-grain pita pockets
- Whole-grain cornbread
- Whole-grain crackers or cookies
- Whole-grain side dishes e.g., brown rice, wild rice, cracked wheat, whole-grain bulgur or barley, whole specialty grains
- Whole-wheat pasta, such as macaroni, spaghetti, vermicelli, or whole-grain noodles
- Whole grain salads (cracked wheat, whole-grain bulgur, whole specialty grains)
- Other uses of whole grains (soups, casseroles, combination dishes)
- Soba noodles (with whole buckwheat flour as primary ingredient)



## Ways To Encourage Children To Have Positive Attitudes Toward Food

- Have a positive attitude toward foods and the mealtime experience. Remember, a negative attitude expressed by adults and other children may influence children not to try that food.
- When introducing a new food to children, serve a small amount of the new food along with more popular and familiar foods.
- Include children in food activities to encourage them to try new foods and also to gain self-confidence.
- Serve finger foods such as meat or cheese cubes, vegetable sticks, or fruit chunks. Foods that are cut into smaller pieces are easier for children to handle.
- Do not force a child to eat. It is normal for a child to ask for second helpings of food one day and yet eat very lightly the next day.
- Provide a comfortable atmosphere at mealtime. Mealtime is also a social activity, so allow children to talk with others.
- Encourage children to eat food or new foods in a low-key way. For instance, read a book about a new food that will be served that day and serve the new food at snack time when children are more hungry.
- Expose children to new foods five or six times instead of only once or twice. The more exposure that children have to a food, the more familiar and comfortable it becomes, and the more likely it is that they will try the food.
- Offer the new food first to a child who eats most foods. Children will often follow other children and try the food.
- Have staff eat with the children. Have them eat the same foods that have been prepared for the children.
- Present food attractively. Remember that we all make decisions to try or not to try food depending upon how food looks and smells.
- Do not offer bribes or rewards for eating foods. This practice only reinforces the idea that certain foods are not desirable.



## Safety and Sanitation Tips

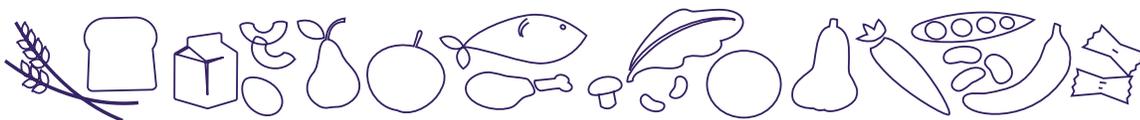
- The area of food technology is expanding. New products require that providers continue to examine potential safety and sanitation concerns. This page stresses some safety and sanitation issues that have received recent media attention. For in-depth training regarding safety and sanitation concerns, contact either your State agency or Regional Office. A number of excellent training resources are available.
- Wash your hands before preparing food and see that children wash their hands before eating. Never touch ready-to-eat foods with your bare hands. If using hands, wear disposable plastic gloves and do not touch anything unclean with the gloves. Throw the gloves away after using or touching anything other than food.
- Do not serve foods made with raw eggs, or allow children to eat raw batters; such products are at risk for bacterial contamination.

### Handling Produce

- Wash all produce thoroughly under running water prior to serving or cutting. Do not rewash packaged produce labeled “ready-to-eat,” “washed,” or “triple washed.”
- Rinse fruits such as melons and oranges just before cutting them. This prevents bacteria from spreading from the surface to the inside.
- Remove stems, which collect dirt.
- Inspect produce for obvious signs of soil or damage prior to cutting, slicing, or dicing. When in doubt about damaged produce, either cut away the affected areas or do not use the item.
- Keep cut fruit refrigerated. Bacteria multiply rapidly at room temperature.

### Avoiding Cross-Contamination

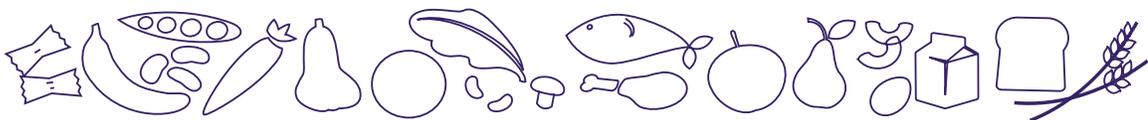
- Wash utensils and surfaces that have touched raw meat or poultry with soap and hot water to avoid contaminating other foods. Do not use the same platters, cutting boards, and/or utensils for uncooked and cooked meat or poultry dishes and ready-to-eat foods. You may want to use two sets of cutting boards: one for meats and poultry, and one for vegetables and fruits. Buying plastic cutting boards in different colors will help to keep them straight.
- Prevent juices from raw meat, poultry, or seafood from dripping on ready-to-eat foods, such as salad greens, either in the refrigerator or during preparation.



- Store raw foods that must be cooked prior to serving on the refrigerator's *bottom* shelf to prevent their juices from coming in contact with other foods. Store ready-to-eat foods *above* raw, uncooked foods.
- Sanitize equipment and work surfaces between use, following local or State health codes regarding sanitation solutions.

## Proper Holding and Cooking Procedures

- Take care that foods do not remain unrefrigerated for extended periods of time. Bacteria can grow rapidly between 40 °F and 140 °F, which includes room temperature. This is known as the danger zone. If the serving of a hot food must be delayed, keep it at a holding temperature of 140 °F or above. All foods left out in the kitchen, at a barbecue or picnic, or on a salad bar should be monitored. Do not hold a food in the temperature danger zone for longer than 2 hours. After 2 hours, the food should be discarded.
- Meats and poultry should be cooked completely. **Follow local or State health codes regarding interior temperatures.** Take appropriate safety and sanitation procedures with thermometers to avoid contamination of other foods.
- Do not use left-over marinades to baste meats. Prepare and reserve a separate batch to baste. Do not reuse marinades.



# Sample Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products

Child Nutrition Program operators should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative.

Product Name: \_\_\_\_\_ Code No.: \_\_\_\_\_

Manufacturer: \_\_\_\_\_ Case/Pack/Count/Portion/Size: \_\_\_\_\_

## I. Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate (M/MA)

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount *
		X		
		X		
		X		
A. Total Creditable M/MA Amount <sup>1</sup>				

\* Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

## II. Alternate Protein Product (APP)

If the product contains APP, please fill out the chart below to determine the creditable amount of APP. You must provide documentation as described in Attachment A for each APP used.

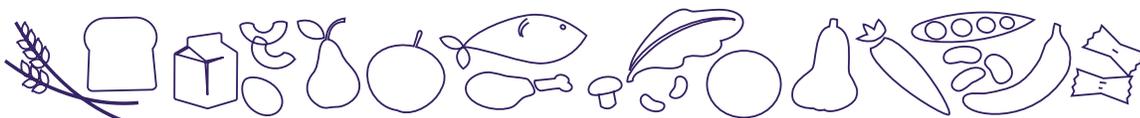
Description of APP, manufacturer's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
		X		÷ by 18	
		X		÷ by 18	
		X		÷ by 18	
B. Total Creditable APP Amount <sup>1</sup>					
C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz.)					

\* Percent of protein as-is is provided on the attached APP documentation.

\*\* 18 is the percent of protein when fully hydrated.

\*\*\* Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.

<sup>1</sup> Total Creditable Amount must be rounded **down** to the nearest 0.25 oz. (1.49 would round down to 1.25 oz. meat equivalent). Do **not** round up. If you are crediting M/MA and APP, you do not need to round down in box A (Total Creditable M/MA Amount) until after you have added the Total Creditable APP Amount from box B to box C.



Total weight (per portion) of product as purchased: \_\_\_\_\_

Total creditable amount of product (per portion): \_\_\_\_\_  
(Reminder: Total creditable amount cannot exceed the total weight of product.)

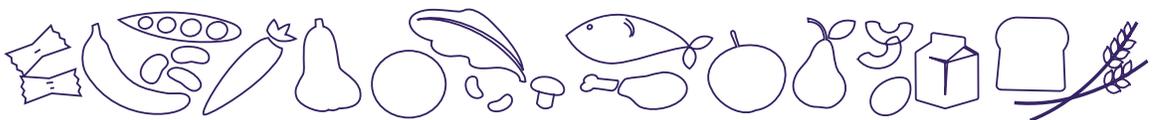
I certify that the above information is true and correct and that a \_\_\_\_\_ ounce serving of the above product (ready for serving) contains \_\_\_\_\_ ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Signature: \_\_\_\_\_ Title: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Phone Number: \_\_\_\_\_



## General Guidance for Reviewing Product Formulation Statements

An appropriate Product Formulation Statement will provide specific information about the product and show how the credit is obtained citing CN Program resources and/or regulations. Specific policies for Alternate Protein Products and Food-Based Menu Planning can be reviewed by visiting <http://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>.

- **Review Product Formulation Statements prior to purchasing processed products.** A Reviewer's Checklist ([http://www.fns.usda.gov/sites/default/files/smi\\_checklist.pdf](http://www.fns.usda.gov/sites/default/files/smi_checklist.pdf)) and an updated sample Product Formulation Statement template (<http://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>) for a meat/meat alternate (M/MA) product are available in the online *Road to SMI Success* publication. These documents are only for products with an M/MA contribution and would need to be adapted for the various types of products available in the market place. Pizza for example, could have credit information about grains/breads and vegetables/fruits in addition to the M/MA component.
- **Determine that creditable ingredients listed in the Product Formulation Statement match a description in the 2001 Food Buying Guide for Child Nutrition Programs (FBG) available at:** <http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>. If a Product Formulation Statement for a specific product claims to provide a higher credit than what is listed in the FBG, the statement must clarify all crediting ingredients and demonstrate how the product provides that credit according to FNS regulations, guidance, or policy.
- **Verify that the amount of credit that a product may contribute to the meal pattern requirements is not greater than the serving size of the product.** For example, a 2.2-fluid ounce (¼ cup) frozen fruit pop or bar may not credit for more than 2.2 fluid ounces or ¼ cup of fruit or fruit juice.
- **Ensure that the Product Formulation Statement proves how the claimed credit was obtained.** It is never acceptable for a manufacturer to simply state that the product provides a certain amount of credit for the CN meal pattern. For example, fruit-filled pancakes may not provide meat alternate because it is not obvious how the product contributes to the meat alternate component. In order for a product to claim a meat or meat alternate contribution, the product must have a visible meat or meat alternate present such as a sausage link, beans, cheese, or peanut butter.





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