

Crediting Foods in **CACFP**



Acknowledgments

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Purpose of this Guide



Crediting Foods in CACFP is a guide to help you determine if a food counts toward the Child and Adult Care Food Program (CACFP) Healthy Meal Pattern requirements.

Creditable foods are those that may be counted toward meeting the requirements for a reimbursable meal. Foods are creditable based on the following:

- nutrient content
- function of the food in a meal
- CACFP Healthy Meal Pattern requirements
- FDA and USDA standards and policy decisions

Not creditable foods are those that do not count toward the meal pattern requirements. However, these foods may supply additional nutrients and add color, taste and texture to meals.

A meal is reimbursable only if it contains creditable foods for each required component in the amounts outlined in the CACFP Healthy Meal Patterns.

This guide has a section for each meal pattern component:

- milk
- vegetable/fruit
- grains/bread
- meat/meat alternates

Each section has answers to commonly asked questions and a list of foods that are counted or often questioned for that component.

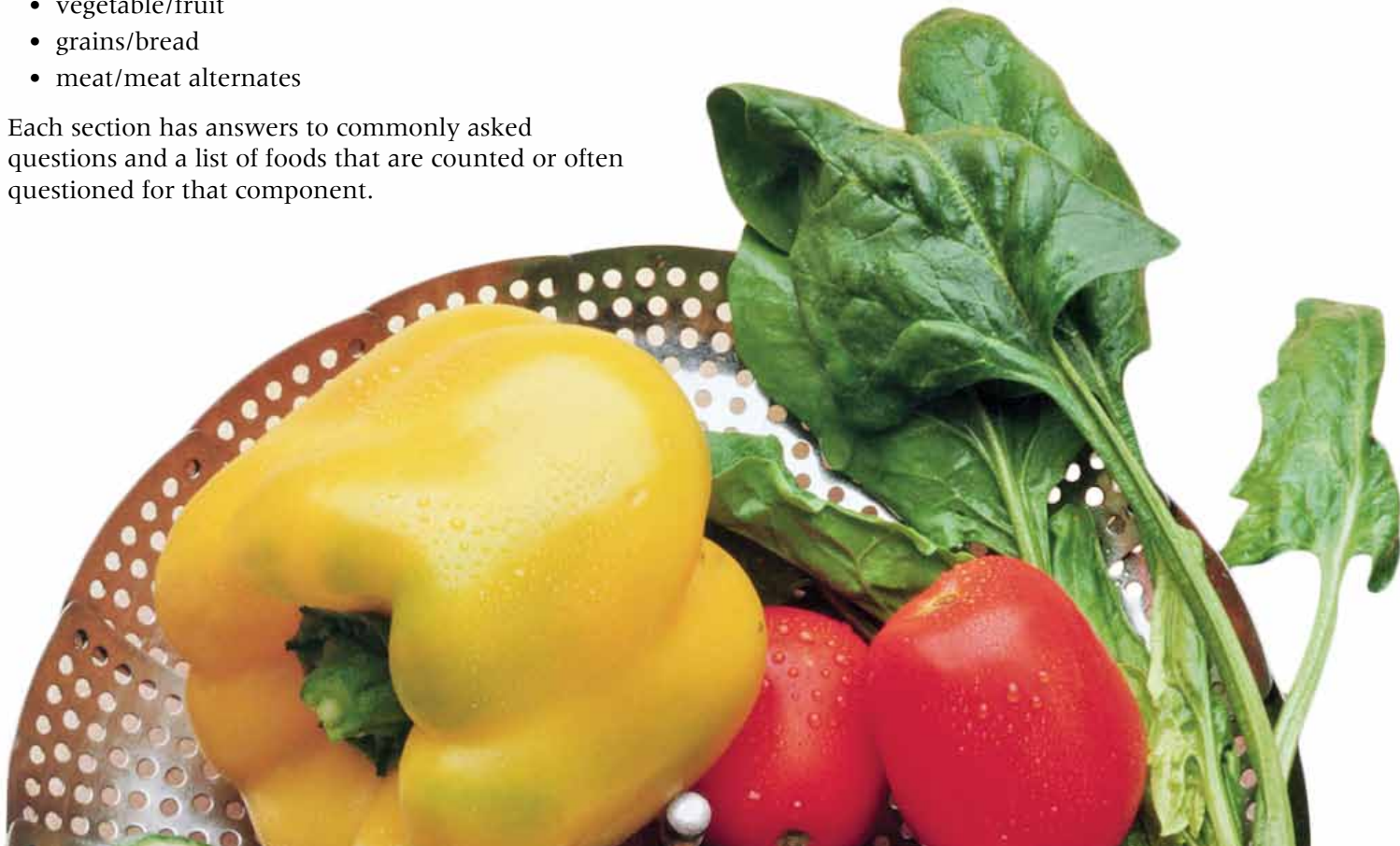
To help you make the healthiest choices for the children in your care, each food component list has three sections:

- **Recommended** – These are healthy food choices that meet CACFP Healthy Meal Pattern requirements. Serve these foods often.
- **Not Recommended but Allowed** – These are less healthy food choices that meet CACFP Healthy Meal Pattern requirements. Serve these foods only occasionally.
- **Not Allowed** – These foods do not count toward CACFP Healthy Meal Pattern requirements.

This guide does not include every food that may be served. For further information, check USDA's *Food Buying Guide for Child Nutrition Programs*. It is available at the following website:

<http://teamnutrition.usda.gov/Resources/foodbuyingguide.html>. This guide will help you decide how much food to prepare to meet CACFP Healthy Meal Pattern requirements.

If you have any further questions, please call **1-800-942-3858** or visit **www.health.ny.gov/CACFP**.



Eat Well Play Hard



Mealtime Environment for Children

An important part of promoting the health of children is providing healthy food served in a pleasant, enjoyable environment. Follow these tips to promote good eating habits in children.

- Serve food family style, with children serving themselves from common bowls and pitchers.
- Have adults sit with children and eat the same food that the children are eating.
- Let children decide how much and what foods they wish to eat.
- Encourage but do not force children to try new foods.
- Focus on each other and the food you are all eating. Keep the TV turned off.

Eat Well Play Hard

CACFP is concerned with the health of New York State children because:

- The most common nutrition concern is childhood obesity.
- In New York State, 31% of low-income preschoolers and 40% of school-age children are overweight or obese. Children who remain overweight through their teens are more likely to be overweight as adults.
- Overweight adults are at higher risk for diabetes, heart disease and other medical problems.

CACFP encourages New York State child care programs to get children and adults to Eat Well and Play Hard by adopting these five strategies. As a child care provider, you are a vital resource in reversing these statistics. From the foods and beverages you choose to serve, to the amount of time you allot for physical activity, you have a tremendous influence on the health and well-being of children in care.

1. Increase physical activity

appropriate for their age

- Provide opportunities for children to engage in daily active play. Children should play at least 60 minutes per day.
- Encourage caregivers and parents to be physically active with children

2. Decrease screen time

- Turn off the TV, video tapes, DVDs and screen games
- No screen time for children under 2 years
- No screen time during meals and snacks

3. Increase fat-free (skim) or low-fat (1%) dairy foods

for children 2 years of age and older

- Offer fat-free (skim) or low-fat (1%) milk
- Select reduced-fat or part-skim cheeses
- Use low-fat dairy foods in cooking

4. Increase the number of vegetables and fruits served

- Choose vegetables or fruits for snacks
- Limit fruit juice to one serving per day
- Offer a variety of vegetables and fruits
- Provide fresh vegetables and fruits often
- Serve vegetables or fruits for breakfast
- Serve at least one vegetable at lunch and supper

5. Increase the initiation and duration of exclusive breastfeeding

Become a Breastfeeding-Friendly Child Care Center or Breastfeeding-Friendly Day Care Home. Contact CACFP for information or visit our website at www.health.ny.gov/CACFP.

Healthy Meal Pattern Requirements and Recommendations



Food Group	REQUIREMENTS	RECOMMENDATIONS
Milk	<ul style="list-style-type: none"> • Children ages 1-5 years must be served only unflavored milk. • One-year olds must be served whole milk. • Children 2-18 years old must be served fat-free (skim) or low-fat (1%) milk. • The menu must specify the type of milk served. 	<ul style="list-style-type: none"> • Unflavored fat-free (skim) or low-fat (1%) milk is recommended for school-age children and adults.
Vegetables/Fruits	<ul style="list-style-type: none"> • No more than one serving of 100% juice may be served per day. • For infants 8 to 12 months, juice must be served from a cup, not a bottle. 	<ul style="list-style-type: none"> • Vegetables and fruits should be fresh, frozen or canned and prepared with no added sugar, salt or fat. • At least one of the two servings of vegetables/fruits required at lunch and supper should be a vegetable. • One or more servings of vegetables/fruits per day should be high in Vitamin C. • Three or more servings of vegetables/fruits per week should be high in Vitamin A. • Three or more servings of vegetables/fruits per week should be fresh.

Healthy Meal Pattern Requirements and Recommendations



Food Group	REQUIREMENTS	RECOMMENDATIONS
Grains/ Breads	<ul style="list-style-type: none"> • Sweet-grain products and sweet cereals may not be served at lunch or supper. • No more than two servings of sweet-grain products and/or sweet cereals may be served per week. • Sweet-grain products include but are not limited to: doughnuts, pastries, Pop-Tarts®, toaster pastries, granola bars, breakfast bars, muffins, quick breads, cookies, cakes and brownies. • Sweet cereals are those that contain more than 6 grams of sugar per adult serving. 	<ul style="list-style-type: none"> • All breads and cereals served should be whole-grain. To be considered whole-grain, the first ingredient listed on the ingredient label should be whole-grain, not enriched.
Meat/ Meat Alternates	<ul style="list-style-type: none"> • Yogurt must be fat-free or low-fat and prepared without artificial sweeteners. • For infants 8 to 12 months, cheese foods and cheese spreads are not allowed as a meat alternate. 	<ul style="list-style-type: none"> • Meat/meat alternates (chicken, turkey, beef, pork, lamb, fish or vegetable proteins) should be lean or low-fat. • Meat/meat alternates should be prepared without added fat. • No more than one serving of processed or high-fat meat should be served per week. This includes hot dogs, chicken nuggets, fish sticks, fried chicken, Vienna sausages, corn dogs or cold cuts. • No more than one serving of cheese should be served per week, unless the cheese is low-fat.
Other	<ul style="list-style-type: none"> • Water must be served along with each snack if neither of the two required components is a beverage. Water is not counted as a component. • The menu must specify when water is served at snack. 	

Child Nutrition (CN) Label

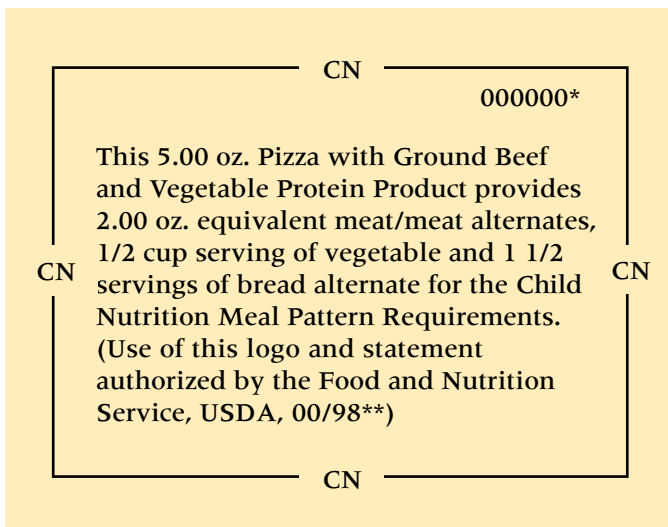


This voluntary Federal labeling program for the Child Nutrition Programs allows manufacturers to state on the food label how the product contributes to meal pattern requirements. Products eligible for CN labels include commercially-prepared foods that contribute significantly to one or more meal components. If served in the amount stated on the label, all CN-labeled foods are creditable.

How to identify a CN Label

A CN label will always contain the following:

- the CN logo which is a distinct border
- USDA/FNS authorization
- the month and year of approval
- the serving size required to meet meal pattern requirements.



For a detailed explanation on CN Labeling, see the Food and Nutrition Service (FNS) website: www.fns.usda.gov/cnd/cnlabeling.





Milk Requirements

To be creditable, milk must be pasteurized and meet State and local standards for fluid milk. All milk should contain Vitamin A and Vitamin D at levels specified in FDA regulation 21 CFR 131.110. Milk is an excellent source of calcium, phosphorus, protein, Vitamin A and Vitamin D.

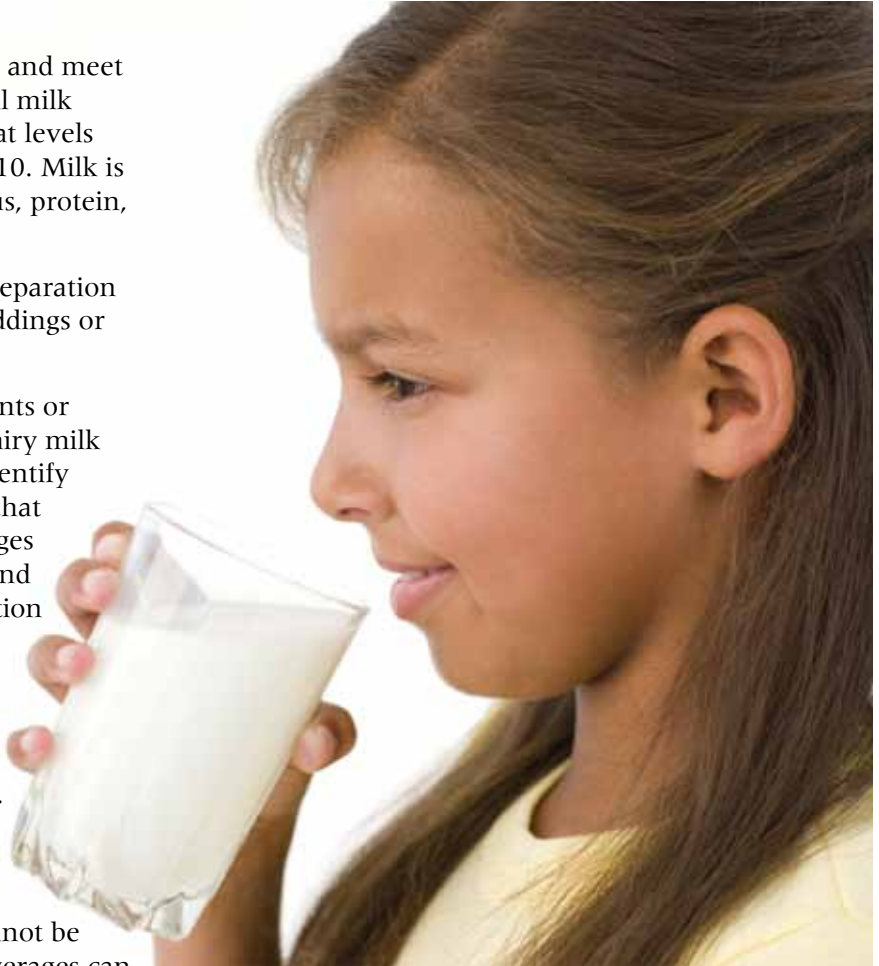
Milk is not creditable when used in the preparation of products such as hot cereals, soups, puddings or other foods.

If a child cannot consume fluid milk, parents or guardians may request, in writing, non-dairy milk substitutions. The written request must identify the medical or other special dietary need that restricts the child's diet. Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, Vitamin A, Vitamin D and other nutrients to levels found in cow's milk.

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

At lunch and supper, fluid milk must be served as a beverage

At snack, if fluid milk is served, juice cannot be counted as the other component. Two beverages cannot be served at one snack.



Children

Healthy Child Meal Pattern Requirements

- Fluid milk must be served for breakfast, lunch and supper.
- Fluid milk may also be served as one of the two components of a snack.
- Children ages 1-5 years must be served only unflavored milk. Unflavored milk is recommended for children over the age of five.
- One-year olds must be served whole milk.
- Children 2-18 years old must be served fat-free (skim) or low-fat (1%) milk.
- The menu must specify the type of milk served.

Adults

Healthy Adult Meal Pattern Requirements

- Adults must be served fat-free (skim) or low-fat (1%) milk. Unflavored milk is recommended for adults.
- Fluid milk must be served at least once per day at a meal or snack.
- If fat-free (skim) or low-fat (1%) milk is served at one meal or snack, one cup of fat-free or low-fat yogurt may be served in place of one cup of fluid milk at other meals.
- Milk is an optional component at supper.



Questions and Answers about Milk

Q: Why is reconstituted dry milk not creditable as fluid milk?

A: It is not possible to ensure that the quantities of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk. USDA regulation 7 CFR 226.20(f) permits dry milk to be used only for emergencies when the center is unable to obtain a supply of fluid milk on a continuing basis.

Q: If a child cannot have milk, may I serve soy milk instead?

A: Non-dairy beverages, such as soy milk, may be served instead of fluid milk if they are nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, Vitamin A, Vitamin D and other nutrients to levels found in cow's milk. Non-dairy alternates to milk must also align with the CACFP Healthy Meal Pattern requirements. Parents or guardians must request non-dairy milk substitutions in writing.

Q: Can milk used in puddings, cream sauces and ice cream, count toward the milk requirement?

A: No. Milk used in the preparation of foods is not creditable.

Q: Can milk be purchased directly from a farm?

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

Q: Can flavored milk be served?

A: Yes, flavored milk can be served to adults and children 6 years old or older but it is not recommended due to the high amount of added sugar. Unflavored milk is required for children 1-5 years old.

Q: Can milkshakes be served to meet the milk requirement?

A: Yes, but only for adults and children 6 years old or older. Milkshakes, served as part of a reimbursable meal or snack, must contain a serving of milk and must be made with fat-free (skim) or low-fat (1%) milk. Only the milk portion is creditable. Milkshakes are not recommended due to the high amount of added fat and sugar.

Q: Can commercial milkshakes be served to meet the milk requirement?

A: No, because it is impossible to determine the amount of milk in commercially-prepared milkshakes.





RECOMMENDED AS MILK	
Food Item	Comments
Acidified Milk	For adults and children 2 years old and older, must be fat-free (skim) or low-fat (1%). Acidified milk is made by souring fluid milk with an acidifying agent. Examples: acidified kefir milk and acidified acidophilus milk.
Buttermilk, cultured	For adults and children 2 years old and older, must be fat-free (skim) or low-fat (1%). Must be cultured and meet State and local standards. See: Cultured Milk.
Cultured Milk	For adults and children 2 years old and older, must be fat-free (skim) or low-fat (1%). Cultured milk is produced by adding selected micro-organisms to fluid milk under controlled conditions to produce a product with specific flavor and/or consistency. Examples: cultured buttermilk, cultured kefir milk and cultured acidophilus milk.
Fat-free Milk (Non-fat, Skim)	Not creditable for children less than 2 years of age. See: Milk, fluid.
Lactose-reduced Milk, Lactose-free Milk	Children or adults who cannot digest the lactose in milk may benefit from lactose-reduced or lactose-free milk. See: Milk, fluid.
Low-fat Milk (1%)	Not creditable for children under 2 years of age. See: Milk, fluid.
Non-dairy Milk Substitutions	Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, Vitamin A, Vitamin D and other nutrients to levels found in cow's milk. Parents or guardians must request non-dairy milk substitutions in writing.
Milk and Fruit Drink, homemade (Smoothie)	If made from milk and combined with full-strength 100% juice or fruit, either the fruit or milk may be credited, but not both. Must contain the minimum required quantity of fluid milk, fruit or juice per serving.
Milk, fluid (unflavored)	Type of milk required: <ul style="list-style-type: none"> • 12 to 24 months old: Whole • 2 years old and older: Fat-free (skim) or low-fat (1%)
Rice Milk	See: Non-dairy Milk Substitutions
Soybean or Soy Milk	See: Non-dairy Milk Substitutions
Ultra High Temperature (UHT) Milk	UHT is Grade A pasteurized milk that has been heated to about 280°F. See: Milk, fluid
Whole Milk	Required for children 12 to 24 months old. Not creditable for adults and children 2 years old or older. See: Milk, fluid.



NOT RECOMMENDED BUT ALLOWED AS MILK

The foods listed below are creditable for adults and children 6 years old and older but are not recommended. These foods are high in added sugar.

Food Item	Comments
Chocolate Milk or Cocoa Milk	See: Flavored Milk.
Eggnog-flavored Milk	See: Flavored Milk.
Flavored Milk	Creditable for adults and children 6 years old or older only. Must be made with fat-free (skim) or low-fat (1%) milk. Only the fluid milk portion is creditable. Limit due to high sugar content.
Hot Chocolate/Hot Cocoa	See: Flavored Milk.
Milkshake, homemade	Creditable for adults and children 6 years old or older only. Only the fluid milk portion is creditable. Must be made with fat-free (skim) or low-fat (1%) milk and contain the minimum required quantity of fluid milk per serving for the age group. See: Flavored Milk





NOT ALLOWED AS MILK

The foods listed below are not creditable.
These foods do not count toward the CACFP Healthy Meal Pattern requirements.

Certified Raw Milk

Cheese – allowed as a meat alternate

Coconut Milk

Cream

Cream Sauce

Cream Soup

Custard

Evaporated Milk

Frozen Yogurt

Goat's Milk –
medical exception only

Half and Half

Ice Cream/Ice Milk

Imitation Milk

Non-fat Dry Milk, reconstituted – allowed in emergencies only with USDA approval

Pudding Pops

Pudding

Reduced-fat Milk (2%) – medical exception only

Sherbet

Sour Cream

Yogurt - allowed as a meat alternate; may be counted as milk for adults only

Vegetables/Fruits



Vegetables/Fruits Requirements

The CACFP Healthy Meal Pattern requires vegetables and/or fruits to be served for breakfast, lunch and supper. Vegetables/fruits may also be served as one of the two components for snack. Refer to the CACFP Healthy Meal Pattern for serving size requirements.

- Serve 100% juice. Beverages that have Vitamin C added and state 100% Vitamin C on the label may or may not be 100% juice.
- No more than one serving of 100% juice may be served per day.
- USDA snack regulations require two different components be served. Two different items from the same component do not count as a reimbursable snack. For example, orange juice with celery sticks is not a reimbursable snack.
- Juice may not be credited as one of the components when milk is served as the only other component.
- Cooked dried peas and beans may be counted as a vegetable or a meat alternate. However, one serving of dried peas or beans cannot be counted as a vegetable and a meat alternate in the same meal. Examples: black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, pinto beans, navy beans, northern beans, red beans and soybeans.
- Home-canned products are not allowed because of food safety concerns.
- At least 1/8 cup serving must be provided to count toward the total vegetable/fruit requirement.
- For infants 8 to 12 months, juice must be served from a cup, not a bottle.

Vegetables/Fruits Recommendations

Vegetables and fruits are excellent sources of vitamins, minerals and fiber. CACFP recommends that:

- Vegetables and fruits should be fresh, frozen or canned and prepared with no added sugar, salt or fat.
- At least one of the two servings of vegetables/fruits required at lunch and supper should be a vegetable.
- One or more servings of vegetables/fruits per day should be high in Vitamin C.
- Three or more servings of vegetables/fruits per week should be high in Vitamin A.
- Three or more servings of vegetables/fruits per week should be fresh.

Although the following vegetables/fruits are added during food preparation, they are not creditable toward meeting meal pattern requirements. CACFP encourages you to include various vegetables/fruits to enhance flavors and use as garnishes:

- Chopped onion, celery or carrots in soups, stews or casseroles
- Garlic, olives, herbs or spices in sauces, chili, stews or soups
- Lemon and lime juice on fish, greens or bean salads
- Raisins or dried cranberries in oatmeal
- Lettuce, sliced tomato or pickle on sandwiches



Vegetables/Fruits



Vegetables and Fruits High in Important Nutrients

Vegetables and fruits are excellent sources of vitamins, minerals and fiber. CACFP recommends that:

- **VITAMIN A** – serve at least one of these foods twice a week
- **VITAMIN C** – serve at least one of these foods every day
- **CALCIUM** – serve these foods daily
- **IRON** – serve these foods often

VEGETABLES

Foods	Vitamin C	Vitamin A	Iron	Calcium
Asparagus	●	●		
Broccoli	●	●		●
Brussels Sprouts	●			
Cabbage	●			
Carrots		●		
Cauliflower	●			
Dark, leafy, greens:				
Beet Greens		●	●	●
Chard		●	●	
Collards	●	●	●	●
Dandelion Greens				●
Kale	●	●	●	●
Mustard Greens		●	●	
Spinach	●	●	●	●
Turnip Greens	●	●	●	
Mixed Vegetables		●		
Okra	●			
Parsnips			●	
Peas and Carrots		●		
Peas, green			●	
Peppers	●			
Potatoes, sweet	●	●		
Potatoes, white	●			
Pumpkin		●		
Squash, winter		●	●	
Tomatoes/tomato juice	●	●		
Turnips	●			
Vegetable Juice	●			

FRUITS

Foods	Vitamin C	Vitamin A	Iron	Calcium
Apricots		●		
Cantaloupe	●	●		
Dried Fruits (apple, apricots, dates, figs, peaches, prunes, raisins)			●	
Grapefruit/ grapefruit juice	●			
Nectarines		●		
Oranges/orange juice	●			
Plums		●		
Prunes		●		
Raspberries	●			
Strawberries	●			
Tangerines	●			

Vegetables/Fruits



Questions and Answers about Vegetables and Fruits

Q: Can one serving of 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?

A: No, these items only count as one of the required servings.

Q: How are vegetables/fruits and other food items counted in combination dishes such as beef stew or pizza?

A: Up to three food components can be counted if the recipe is homemade and includes enough of each ingredient to be considered as a serving. For example, a serving of beef stew for a 3-5 year old needs to include 1 1/2 ounces of stew beef (meat/meat alternates) and a total of 1/2 cup carrots and potatoes (vegetables/fruits). For pizza: cheese (meat/meat alternates), crust (grains/bread) and tomato sauce (vegetables/fruits). The amount of individual food components in commercially prepared combination dishes may not be enough to count unless the item is CN-labeled.

Q: Are foods like coleslaw, potato salad, pasta salad or Waldorf salad creditable?

A: Only the actual amount of the vegetables/fruits ingredient can be counted toward the vegetables/fruits requirement. Other ingredients such as mayonnaise, pasta or nuts cannot be counted in the serving size. Example: a 1/4 cup serving of pasta salad cannot be counted as a 1/4 cup serving of vegetables/fruits.

Q: How can I tell if juice is 100% full-strength juice?

A: The label will state 100% Juice, Full-strength Juice, Single-strength Juice, Reconstituted Juice, Juice from Concentrate or Juice Concentrate. If the label states cocktail, ade, beverage or drink, the item is not 100% juice. No more than one serving of juice may be served per day.

Q: Are dried vegetables creditable? And how are yields determined?

A: Yes. The amount counted as a serving is based on the amount that results when water is added to the product.

Q: Are dried fruits creditable?

A: Yes. The serving size for dried fruit is half that of fresh or canned. Example: For a 1/2 cup vegetables/fruits requirement, 1/4 cup of raisins may be served. Please be aware that dried fruits might pose a choking hazard to young children (see Appendix D).

Q: Is Jello® salad creditable?

A: No.



Vegetables/Fruits



RECOMMENDED AS VEGETABLES/FRUITS	
Food Item	Comments
Apple Cider	Must be pasteurized. No more than one serving of juice may be served per day.
Applesauce, unsweetened	
Beans, canned or dry	Examples include but are not limited to: black beans, black-eyed peas, cannellini beans, garbanzo beans, kidney beans, lentils, navy beans, northern beans, pigeon beans, pinto beans, soy beans or split peas. A serving of canned or cooked dry beans (such as black beans, garbanzo beans, kidney beans or pinto beans) may count as a vegetable or as a meat alternate but not as both in the same meal.
Berries	Examples include but are not limited to: blackberries, blueberries, raspberries or strawberries.
Coleslaw	
Cranberry Juice Blend	Cranberry juice in a blend with another 100% juice is creditable. Cranberry Juice Cocktail is not creditable. No more than one serving of juice may be served per day.
Frozen Fruit Juice Bars	Must be 100% fruit and/or fruit juice.
Fruit, canned in 100% juice or water	
Fruit, dried	Examples include but are not limited to: apricots, cranberries, dates, figs, prunes or raisins. The serving size for dried fruit is half that of fresh or canned. Example: for a 1/2 cup vegetables/fruits requirement, 1/4 cup of raisins may be served. Not recommended for children under four years old due to the risk of choking.
Fruit, fresh	Examples include but are not limited to: apples, apricots, avocados, bananas, berries (all types), clementines, grapes, grapefruit, guava, kiwi, kumquats, mangos, melons (all types) oranges, papayas, passion fruit, peaches, pears, persimmons, pineapples, plantains, pomegranates, plums, star fruit or tangerines. Three or more servings of fresh fruits are recommended per week.
Fruit, frozen, unsweetened	
Greens	Examples include but are not limited to: broccolini, collard greens, endive, escarole, kale, mustard greens, spinach, Swiss chard or turnip greens.
Juice Blends	Must be blends of 100% vegetables/fruits juices. No more than one serving of juice may be served per day.
Pizza Sauce	At least 1/8 cup must be served.
Potatoes	Examples include but are not limited to: sweet, yellow or white. Boiled, mashed or baked recommended.
Potato Pancakes	
Salsa, fresh	At least 1/8 cup must be served.

Vegetables/Fruits



RECOMMENDED AS VEGETABLES/FRUITS	
Food Item	Comments
Soups, homemade	Calculate quantities of vegetables in the recipe to determine that enough vegetable is provided by the soup. For split pea, bean or lentil soup, see Meat/Meat Alternates section. At least 1/8 cup of vegetable must be served.
Spaghetti Sauce	At least 1/8 cup must be served.
Sprouts – alfalfa, bean	Sprouts should be cooked. Food-borne illness caused by eating uncooked sprouts is possible.
Tomato Paste	One tablespoon counts as 1/4 cup vegetable.
Tomato Sauce	At least 1/8 cup must be served.
Vegetable Juice	No more than one serving of juice may be served per day.
Vegetable Juice Blends	Must be blends of 100% vegetable juices. Recommend low-sodium or no added salt. No more than one serving of juice may be served per day.
Vegetables, canned	Recommend low-sodium or no added salt.
Vegetables, chopped	Examples include but are not limited to: carrots or celery. At least 1/8 cup must be served.
Vegetables, fresh	Examples include but are not limited to: artichokes, bamboo shoots, beans (all types), beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, greens (all types), jicama, kohlrabi, lettuce (all types), mushrooms, okra, parsnips, peas, peppers, potatoes, pumpkin, radishes, rhubarb, spinach, sprouts (all types), squash (all types), sweet potatoes, tomatillos, tomatoes, turnips, watercress or yams. Three or more servings of fresh vegetables are recommended per week.
Vegetables, frozen, plain	Avoid serving vegetables in butter or cheese sauce.
Water Chestnuts	

Vegetables/Fruits



NOT RECOMMENDED BUT ALLOWED AS VEGETABLES/FRUITS

The foods listed below are creditable but are not recommended.
These foods are high in added sugar.

Food Item	Comments
Cranberry Sauce	Only sauces with crushed or whole berries are creditable. Limit due to high added sugar content.
French Fries	Limit due to high fat content.
Fruit, canned in syrup	Limit due to high added sugar content.
Fruit Cobbler/Fruit Crisp	Limit due to high added sugar content. Must contain at least 1/8 cup of fruit per serving.
Fruit, frozen, sweetened	Limit due to high added sugar content.
Fruit Pie	Limit due to high added sugar content. Must contain at least 1/8 cup of fruit per serving.
Fruit Sauce, homemade	Only the fruit portion of the sauce is creditable. Limit due to high added sugar content. Must contain at least 1/8 cup of fruit per serving.
Gerber® Mini Fruits	
Gerber® Mini Vegetables	
Hash Brown Potatoes	Limit due to high fat and salt content.
Potato Skins	Limit due to high fat content.
Pudding with Fruit	The pudding portion is not creditable. Limit due to high sugar content. Must contain at least 1/8 cup of fruit per serving.
Salsa, commercial	Limit due to high salt content. At least 1/8 cup must be served.
Soups, canned, condensed (1 part soup to 1 part water) or dehydrated mix	Examples include but are not limited to: minestrone, tomato, tomato rice, vegetable, vegetable beef or vegetable chicken. Limit due to high salt content. A 1 cup reconstituted serving counts as 1/4 cup vegetable.
Soups, canned, ready-to-serve	Examples include but are not limited to: minestrone, tomato, tomato rice, vegetable, vegetable beef or vegetable chicken. Limit due to high salt content. A 1 cup serving counts as 1/4 cup vegetable.
Tater Tots®	Limit due to high fat and salt content.

Vegetables/Fruits



NOT ALLOWED AS VEGETABLES/FRUITS
The foods listed below are not creditable.
These foods do not count toward the CACFP Healthy Meal Pattern requirements.

Apple Butter

Banana Bread (allowed as Grains/Bread component). See Vegetables/Fruits Bread in this list.

Banana Chips

Barbecue Sauce

Cake, containing fruit

Catsup (ketchup)

Chili Sauce

Chocolate-covered Fruit

Coconut

Corn Chips

Cranberry Juice Cocktail

Cranberry Sauce, jellied

Cream Soups

Fig Cookies

Fruit-flavored beverages – ades, juice drinks (bottled, canned or powdered mix)

Fruit Gushers®

Fruit Punch (bottled, canned or powdered mix)

Fruit Snacks (roll-ups, wrinkles or gummy bears)

Hominy, canned

Jell-O® Salad with fruit or juice

Lemonade, Limeade

Ice Cream, fruit-flavored

Jam, Jelly or Preserves

Kool Aid®

Lemon Pie Filling

Vegetables/Fruits



NOT ALLOWED AS VEGETABLES/FRUITS

The foods listed below are not creditable.
These foods do not count toward the CACFP Healthy Meal Pattern requirements.

Nectar – apricot, pear or peach

Olives

Onion Rings

Onions

Pesto

Pickles

Popsicles® or other frozen fruit-flavored pops

Pop Tarts® or other toaster pastries with fruit

Posole

Potato Chips

Puffs, fruit and vegetable

Rice (allowed as a Grains/Bread component)

Sherbet/Sorbet

Syrup, fruit-flavored

V-8 Splash®

Vegetables/Fruits Bread or Muffins – apple, banana, blueberry, carrot, pumpkin or zucchini

Yogurt-covered Fruit

Yogurt, fruited – allowed as a meat alternate

Grains/Breads



Grains/Breads Requirements

The CACFP Healthy Meal Pattern requires grains and/or bread to be served at breakfast, lunch and supper. A grains/bread serving may also be served as one of the two components of a snack. Grains/bread are good sources of B Vitamins, minerals and fiber. Refer to the CACFP Healthy Meal Pattern for serving sizes.

- The food must be whole-grain or enriched.
- The food must be made from whole-grain or enriched flour/meal, bran or germ such as enriched bran muffins.
- Cereal must be whole-grain, enriched, fortified, bran or germ.
- Enriched foods must contain enriched flour, bran, germ or whole-grains as an ingredient in the recipe or specified on the product label.
- All foods made from cornmeal or corn flour must specifically state whole-grain cornmeal or whole-corn flour or must be enriched.
- The food item must serve the customary function of grains/breads in a meal. For lunch or supper, this means the item must be served as an accompaniment to the main dish (such as a dinner roll) or served as a recognizable integral part of the main dish, such as spaghetti with meat sauce, taco shells filled with ground beef or pot pie crust. Items such as breadcrumbs in meatloaf do not qualify as meeting the Grains/Breads requirement.

- The Grains/Breads food list gives serving sizes for many commonly served grains/breads. Check the CACFP Healthy Meal Patterns for the required number of servings.

Sweet-Grain Products and Sweet Cereals

- Sweet-grain products and sweet cereals may not be served at lunch or supper. Some sweet-grain products may not be served at breakfast.
- No more than two servings of sweet-grain products and/or sweet cereals may be served per week.
- Sweet-grain products include but are not limited to: doughnuts, pastries, Pop-Tarts®, toaster pastries, granola bars, breakfast bars, muffins, quick breads, cookies, cakes and brownies.
- Sweet cereals are those that contain more than 6 grams of sugar per adult serving. An adult serving is 3/4 cup or 1 ounce (28 grams), whichever is less. A list of several low-sugar cereals is provided.

Grains/Breads Recommendations

- All breads and cereals served should be whole-grain. To be considered whole-grain, the first ingredient listed on the ingredient label should be whole-grain, not enriched.



Grains/Breads



Questions and Answers about Grains/Breads

Q: Can nut/seed meal/flour be used to meet the Grains/Breads requirement for a meal?

A: No. Nuts and seeds do not meet the definition of Grains/Bread. For example, almond flour.

Q: Are corn products whole-grain?

A: Previously, all corn products were considered to be whole-grain. Now they must specifically state whole-grain cornmeal or whole-corn flour or must be enriched.

Q: Are breadcrumbs creditable?

A: No. The food item must be a recognizable integral part of the meal, such as spaghetti, taco shells or pot pie crust. Breadcrumbs in a dish such as meatloaf do not qualify as meeting the Grains/Bread requirement.

Q: Can batter-type and bread-type coating be counted as a Grains/Breads component?

A: Batters and breading may be counted as part of the main dish of a meal. Crediting is based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Because it may be difficult to determine the amount of batter/breading on products, CN labeling is required to count this as a Grains/Breads component.



Grains/Breads



LOW-SUGAR CEREALS*

CACFP recommends serving cereals that contain 6 grams or less of sugar per 1 ounce (28 gram) adult serving and are whole-grain. The cereals in this chart contain 6 grams or less of sugar per adult serving. Whole-grain cereals are marked with an ✓ in the Whole-Grain column.

Low-Sugar Cereals	Whole-Grain	Low-Sugar Cereals	Whole-Grain
All Bran® Original	✓	Kellogg's® Corn Flakes	
All-Bran® Complete Wheat Flakes	✓	Kellogg's® Mini-Wheats Unfrosted Bite Size	✓
Cheerios® Multi Grain	✓	King Vitaman®	
Cheerios® Original	✓	Kix®	✓
Chex® Corn	✓	Kix® Honey	✓
Chex® Rice	✓	Life®	✓
Chex® Wheat	✓	Malt-O-Meal® Creamy Hot Wheat	
Cream of Rice®		Malt-O-Meal® Crispy Rice	
Cream of Wheat® Healthy Grain Original	✓	Malt-O-Meal® Honey and Oat Blenders	
Cream of Wheat® Original		Malt-O-Meal® Honey and Oat Blenders with Almonds	
Cream of Wheat® Whole Grain	✓	Malt-O-Meal® Original Hot Cereal	
Crispix®		Post® Bran Flakes	✓
Fiber One®	✓	Post® Shredded Wheat Original	✓
Fiber One® Honey Clusters	✓	Post® Shredded Wheat Spoon Size Original	✓
GOLEAN® Original		Post® Shredded Wheat Spoon Size Wheat 'n Bran	✓
Grape-Nuts®	✓	Product 19®	
Grape-Nuts® Flakes	✓	Quaker® Instant Oatmeal, Original	✓
Heart to Heart® Honey Toasted Oat	✓	Quaker® Old Fashioned Quaker Oats	✓
Heart to Heart® Warm Cinnamon Oat	✓	Quaker® Puffed Rice	
Honey Bunches of Oats® Honey Roasted		Quaker® Puffed Wheat	
Honey Bunches of Oats® with Almonds		Quaker® Quick Oats	✓
Honey Bunches of Oats® with Cinnamon Bunches		Quaker® Whole Hearts Original	✓
Honey Bunches of Oats® with Pecan Bunches		Rice Krispies®	
Kashi® 7 Whole Grain Flakes	✓	Rice Krispies® Gluten Free	✓
Kashi® 7 Whole Grain Honey Puffs	✓	Special K® Original	
Kashi® 7 Whole Grain Nuggets	✓	Special K® Protein Plus	
Kashi® 7 Whole Grain Puffs	✓	Total®	
		Wheaties®	✓

*The above information was obtained from the product websites. Please double-check the package nutrition label upon purchase.

Grains/Breads



RECOMMENDED AS GRAINS/BREADS

Food Item	Whole-Grain	Comments	Serving Size*
Bagels		Whole wheat variety is whole-grain.	Ages 1-5: 1/2 mini-bagel; 1/4 large bagel Ages 6-12: 1 mini-bagel; 1/2 large bagel
Barley	✓	Hulled barley is whole-grain. Pearl barley is not whole-grain. See: Grains, cooked.	
Biscuits			Ages 1-5: 1/2 small (2 inch) biscuit (0.5 oz) Ages 6-12: 1 small (2 inch) biscuit (1.0 oz)
Bran		Examples include but are not limited to: oat bran or wheat bran.	If bran is used in a recipe: Ages 1-5: 3 tablespoons Ages 6-12: 1/4 cup
Bread		Examples include but are not limited to: French, Italian, potato, raisin or white.	Ages 1-5: 1/2 slice (0.5 oz) Ages 6-12: 1 slice (1.0 oz)
Bread, whole-grain	✓	Examples include but are not limited to: multi-grain, pumpernickel, rye or whole-wheat.	Ages 1-5: 1/2 slice Ages 6-12: 1 slice
Bread Sticks, hard			Ages 1-5: 1 stick (7 3/4 inches long, 3/4 inch thick) Ages 6-12: 3 sticks (7 3/4 inches long, 3/4 inch thick)
Bread Stuffing/Dressing, homemade		Homemade stuffing may be credited based on the amount of whole-grain or enriched bread in the recipe.	
Bulgur or Cracked Wheat	✓	See: Grains, cooked.	
Buns, hamburger & hot dog			Ages 1-5: 1/2 (1 oz) bun Ages 6-12: 1 (1 oz) bun
Cereal, cooked			Ages 1-5: 1/4 cup cooked Ages 6-12: 1/2 cup cooked
Cereal, dry, ready to eat, less than 6 g sugar per serving			Ages 1-2: 1/4 cup Ages 3-5: 1/3 cup (1/2 ounce) Ages 6-12: 3/4 cup (1 ounce)
Club Crackers			Ages 1-5: 2 squares Ages 6-12: 4 squares

*For programs serving adults in care, double the portion sizes listed for 6-12 year olds. For At-Risk programs serving teens (13-19 year olds), the serving size is the same as for 6-12 year olds.

Grains/Breads



RECOMMENDED AS GRAINS/BREADS

Food Item	Whole-Grain	Comments	Serving Sizes*
Cornbread			Ages 1-5: 1 small piece (1 1/2 × 1 inch) Ages 6-12: 1 medium piece (2 1/2 × 1 1/2 inches)
Corn Meal, enriched or whole-grain, cooked	✓	See: Grains, cooked.	
Corn Muffins			Ages 1-5: 1/2 small (2 1/2 inch) muffin Ages 6-12: 1 small (2 1/2 inch) muffins
Couscous	✓	See: Grains, cooked.	
Crackers		See: Club Crackers, Goldfish®, Matzo, Melba Toast®, Oyster Crackers, Ritz® Crackers, RyKrisp®, Saltines, Sociables®, Tricuit®, Wasa Crispbread® or Wheat Thins®	
Crepes, homemade		May be credited based on the amount of whole-grain or enriched flour in the recipe.	
Dressing, bread-type, homemade		See: Bread Stuffing/Dressing, homemade.	
Dumplings, homemade		Homemade dumplings may be credited based on the amount of whole-grain or enriched flour in the recipe.	
Egg Roll Skins			
English Muffins		Whole wheat variety is whole-grain.	Ages 1-5: 1/4 English Muffin (0.5 oz) Ages 6-12: 1/2 English Muffin (1.0 oz)
French Bread		See: Bread.	
French Toast, homemade			Ages 1-5: 1/2 slice Ages 6-12: 1 slice
Germ			If germ is used in a recipe: Ages 1-5: 3 tablespoons Ages 6-12: 1/4 cup
Goldfish®			Ages 1-5: 20 crackers (1/2 oz) Ages 6-12: 36 crackers (3/4 oz)
Grains, cooked			Ages 1-5: 1/4 cup cooked (0.5 oz dry) Ages 6-12: 1/2 cup cooked (1.0 oz dry)

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Grains/Breads



RECOMMENDED AS GRAINS/BREADS

Food Item	Whole-Grain	Comments	Serving Size*
Grits, corn, enriched or whole-grain		See: Grains, cooked.	
Italian Bread		See: Bread.	
Kasha	✓	Also called buckwheat groats. See: Grains, cooked.	
Lefse		Lefse is unleavened bread made mostly from potatoes and flour. Lefse is creditable based on the amount of whole-grain or enriched flour in the recipe.	
Macaroni, all shapes		Whole wheat variety is whole-grain. See: Pasta, all shapes.	Ages 1-5: 1/4 cup cooked or 0.5 oz dry Ages 6-12: 1/2 cup cooked or 1.0 oz dry
Matzo			Ages 1-5: 1/2 large Ages 6-12: 1 large
Melba Toast			Ages 1-5: 3 crackers Ages 6-12: 5 crackers
Millet	✓	See: Grains, cooked.	
Noodles		See: Pasta, all shapes.	
Oatmeal	✓		Ages 1-5: 1/4 cup cooked Ages 6-12: 1/2 cup cooked
Oyster Crackers			Ages 1-5: 1/4 cup Ages 6-12: 1/3 cup
Pancakes			Ages 1-5: 1 small (3 inch) pancakes Ages 6-12: 2 small (3 inch) pancakes
Pasta, all shapes		Whole wheat variety is whole-grain.	Ages 1-5: 1/4 cup cooked Ages 6-12: 1/2 cup cooked
Pita Bread		Whole wheat variety is whole-grain.	Ages 1-5: 1/4 5-inch pita (0.5 oz dry) Ages 6-12: 1/2 5-inch pita (1.0 oz dry)
Pizza Crust			Ages 1-5: 1/24 of a 12-inch pizza Ages 6-12: 1/12 of a 12-inch pizza
Polenta, enriched or whole-grain		See: Grains, cooked	
Popovers, homemade		May be credited based on the amount of whole-grain or enriched flour in the recipe.	
Pumpkin Bread	✓	See: Bread.	

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Grains/Breads



RECOMMENDED AS GRAINS/BREADS

Food Item	Whole-Grain	Comments	Serving Size*
Pretzels, hard, unsalted		May be a choking hazard for young children.	Ages 1-5: 7 mini twists Ages 6-12: 13 mini twists
Pretzels, soft, unsalted			Ages 1-5: 1/4 pretzel (0.5 oz) Ages 6-12: 1/2 pretzel (1.0 oz)
Quinoa	✓	See: Grains, cooked.	
Raisin Bread		See: Bread.	
Ravioli		See: Pasta, all shapes. Only the pasta portion is creditable.	
Rice, white or brown		Brown rice and red rice are whole-grain. See: Grains, cooked.	
Rice Cakes	✓	If brown rice is the first ingredient, it is whole-grain.	Ages 1-5: 2 regular size cakes Ages 6-12: 3 regular size cakes
Ritz® Crackers			Ages 1-5: 4 crackers Ages 6-12: 7 crackers
Rolls, all types		Whole wheat variety is whole-grain.	Ages 1-5: 1/2 small roll (0.5 oz) Ages 6-12: 1 small roll (1.0 oz)
RyKrisp®	✓		Ages 1-5: 5 crackers Ages 6-12: 10 crackers
Saltines			Ages 1-5: 4 squares Ages 6-12: 8 squares
Sociables®			Ages 1-5: 5 crackers Ages 6-12: 10 crackers
Stuffing, bread, homemade		See: Bread Stuffing/Dressing, homemade.	
Tortillas, corn or flour		If whole wheat or whole corn is the first ingredient, it is whole-grain.	Ages 1-5: 1/2 6-inch tortilla (0.5 oz) Ages 6-12: 1 6-inch tortilla (1.0 oz)
Triscuit®	✓		Ages 1-5: 4 crackers Ages 6-12: 7 crackers
Waffle, commercially-prepared (Eggo®)			Ages 1-5: 1/2 waffle Ages 6-12: 1 waffle
Wasa Crispbread®	✓		Ages 1-5: 1 large Ages 6-12: 2 large
Wheat Berries		See: Grains, cooked.	
Wheat Thins®	✓		Ages 1-5: 5 crackers Ages 6-12: 10 crackers
Wild Rice	✓	See: Grains, cooked.	
Won Ton Wrappers			
Zwieback			Ages 1-5: 2 slices Ages 6-12: 3 slices

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Grains/Breads



NOT RECOMMENDED BUT ALLOWED AS GRAINS/BREADS

The foods listed below are creditable but are not recommended. These foods are high in fat, salt and/or sugar. Sweet grain products may not be served at lunch or supper and may not be served more than twice per week.

Food Item	Sweet Grain	Comments	Serving Size*
Animal Crackers	✓	Do not serve at breakfast.	Ages 1-5: 5 crackers Ages 6-12: 10 crackers
Arrowroot Biscuit	✓	Do not serve at breakfast.	Ages 1-5: 4 biscuits Ages 6-12: 7 biscuits
Banana Bread	✓	See: Quick Bread.	
Batter-type coating		Batters and breading may be served as part of the main dish of a meal. May be credited based on the amount of whole-grain or enriched flour in the recipe	
Boston Brown Bread	✓	See: Quick Bread.	
Bread Pudding, homemade	✓	Do not serve at breakfast. May be credited based on the amount of whole-grain or enriched bread the recipe.	
Breading-type coating		See: Batter-type coating.	
Carrot Bread	✓	See: Quick Bread.	
Cereal Fruit Bars	✓		Ages 1-5: 1 bar Ages 6-12: 2 bars
Cereal, dry, ready to eat, more than 6 g sugar per serving	✓		Ages 1-2: 1/4 cup Ages 3-5: 1/3 cup Ages 6-12: 3/4 cup
Cheez-It®/Cheese Nips®			Ages 1-5: 8 crackers Ages 6-12: 14 crackers
Chips Ahoy®	✓	Do not serve at breakfast.	Ages 1-5: 3 cookies Ages 6-12: 6 cookies
Chow Mein Noodles			Ages 1-5: 1/4 cup Ages 6-12: 1/2 cup
Cinnamon Rolls	✓		Ages 1-5: 1/2 medium (2 oz) roll Ages 6-12: 1 medium (2 oz) roll
Cookies, plain	✓	Do not serve at breakfast. See: Animal Crackers, Arrowroot Biscuits, Ginger Snaps®, Graham Crackers, Lorna Doone®, Nilla Wafers®, Social Tea® or Teddy Grahams®	

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Grains/Breads



NOT RECOMMENDED BUT ALLOWED AS GRAINS/BREADS

The foods listed below are creditable but are not recommended. These foods are high in fat, salt and/or sugar. Sweet grain products may not be served at lunch or supper and may not be served more than twice per week.

Food Item	Sweet Grain	Comments	Serving Size*
Cookies with nuts, raisins, chocolate pieces or fruit	✓	Do not serve at breakfast. See: Chips Ahoy®, Fig Newtons® or Oatmeal Raisin Cookies	
Corn-Dog Batter		See: Batter-type coating.	
Crackers		See: Animal Crackers, Cheez-It®/ Cheese Nips® or Graham Crackers	
Cream Puff Shells	✓	Do not serve at breakfast.	Ages 1-5: 1/2 (1 oz) shell Ages 6-12: 1 (1 oz) shell
Croissants			Ages 1-5: 1/4 medium (2 oz) croissant Ages 6-12: 1/2 medium (2 oz) croissant
Croutons			Ages 1-5: 1/4 cup Ages 6-12: 1/2 cup
Danish Pastry	✓		Ages 1-5: 1/4 medium (4 oz) pastry Ages 6-12: 1/2 medium (4 oz) pastry
Doughnuts, unfrosted, frosted, glazed and/or filled	✓		Ages 1-5: 1/2 small (2 oz) doughnut or 2 holes Ages 6-12: 1 small (2 oz) doughnut or 4 holes
Fig Newtons®	✓	Do not serve at breakfast.	Ages 1-5: 2 cookies Ages 6-12: 4 cookies
Fried Bread, plain, not sugared		May be credited based on the amount of whole-grain or enriched flour in the recipe.	
Ginger Snaps®	✓	Do not serve at breakfast.	Ages 1-5: 3 cookies Ages 6-12: 5 cookies
Graham Crackers	✓	Do not serve at breakfast.	Ages 1-5: 2 squares Ages 6-12: 4 squares
Grain Fruits Bar	✓	See: Cereal Fruit Bars.	
Granola Bars	✓	See: Cereal Fruit Bars.	
Hushpuppies, homemade		May be credited based on the amount of whole-grain or enriched flour in the recipe.	
Lorna Doone®	✓	Do not serve at breakfast.	Ages 1-5: 3 cookies Ages 6-12: 5 cookies

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Grains/Breads



NOT RECOMMENDED BUT ALLOWED AS GRAINS/BREADS

The foods listed below are creditable but are not recommended. These foods are high in fat, salt and/or sugar. Sweet grain products may not be served at lunch or supper and may not be served more than twice per week.

Food Item	Sweet Grain	Comments	Serving Size*
Muffins, all types except corn muffins	✓		Ages 1-5: 1 small (2 1/2 inch) muffin OR 1/2 large (3 1/2 inch) muffin Ages 6-12: 2 small (2 1/2 inch) muffins OR 1 large (3 1/2 inch) muffin
Nilla Wafers®	✓	Do not serve at breakfast.	Ages 1-5: 5 cookies Ages 6-12: 9 cookies
Oatmeal Raisin Cookies	✓	Do not serve at breakfast.	Ages 1-5: 1 cookie Ages 6-12: 2 cookies
Party Mix		May be credited based on the amount of dry cereal or grain in a serving. May be high in salt.	
Pastries, unfrosted or frosted	✓	See: Cinnamon Rolls, Danish Pastry, Doughnuts, Sticky Buns, Sweet Rolls or Toaster Pastries.	
Pop Tarts®	✓	See: Toaster Pastries.	
Pie Crust, dessert and fruit pies	✓	Do not serve at breakfast.	Ages 1-5: 1/24 of a single crust 9 inch pie Ages 6-12: 1/12 of a single crust 9 inch pie
Pie Crust, meat/meat alternate pies			Ages 1-5: 1/24 of a single crust 9 inch pie Ages 6-12: 1/12 of a single crust 9 inch pie
Puff Pastry		See: Pie Crust.	
Pumpkin Bread	✓	See: Quick Bread.	
Quick Bread	✓		Ages 1-5: 1/2 slice (3/4 inch thick) Ages 6-12: 1 slice (3/4 inch thick)
Rice Cereal Bars, homemade	✓	Do not serve at breakfast. May be credited based on the amount of cereal in a serving.	
Rice Krispies® Treats	✓	Do not serve at breakfast. See: Rice Cereal Bars.	

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Grains/Breads



NOT RECOMMENDED BUT ALLOWED AS GRAINS/BREADS

The foods listed below are creditable but are not recommended. These foods are high in fat, salt and/or sugar. Sweet grain products may not be served at lunch or supper and may not be served more than twice per week.

Food Item	Sweet Grain	Comments	Serving Size*
Scones, homemade	✓		Ages 1-5: 1/4 large (4 oz) scone Ages 6-12: 1/2 large (4 oz) scone
Social Tea®	✓	Do not serve at breakfast.	Ages 1-5: 4 cookies Ages 6-12: 7 cookies
Squash Bread	✓	See: Quick Bread.	
Sticky Buns	✓		Ages 1-5: 1/2 medium (2 oz) bun Ages 6-12: 1 medium (2 oz) bun
Sweet Rolls	✓		Ages 1-5: 1/2 medium (2 oz) roll Ages 6-12: 1 medium (2 oz) roll
Taco Shells			Ages 1-5: 1 shell Ages 6-12: 2 shells
Teddy Grahams®	✓	Do not serve at breakfast.	Ages 1-5: 11 crackers Ages 6-12: 20 crackers
Toaster Pastries	✓		Ages 1-5: 1/2 pastry Ages 6-12: 1 pastry
Trail Mix		May be credited based on the amount of dry cereal or grain in a serving. May be high in salt and added sugar.	
Turnovers		See: Pie Crust.	
Zucchini Bread	✓	See: Quick Bread.	

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Grains/Breads



NOT ALLOWED AS GRAINS/BREADS

The foods listed below are not creditable.
These foods do not count toward the CACFP Healthy Meal Pattern requirements.

- Bagel Chips
- Brownies, plain, frosted or with fillers such as cream cheese or nuts
- Cake, unfrosted or frosted
- Cheese Puffs (Cheetos®, Cheez Doodles®)
- Chips
- Coffeecake, homemade or commercial
- Corn (creditable as a vegetable)
- Corn Chips (Doritos®, Fritos®, Tostitos®)
- Corn Starch
- Cupcakes, unfrosted or frosted
- Gingerbread
- Hominy
- Ice Cream Cones
- Ice Cream Sandwich Wafers
- Nachos
- Nut or Seed Meal Flour
- Pita Chips
- Popcorn
- Popcorn Cakes
- Potato (creditable as a vegetable)
- Potato Chips
- Potato Pancake (may be creditable as a vegetable)
- Pound Cake
- Pretzel Chips
- Rice Pudding, homemade
- Shoe-string Potatoes
- Sun Chips®
- Taco Chips
- Tortilla Chips, corn or wheat (Doritos®, Fritos®, Sun Chips®, Tostitos®)

Meat/Meat Alternates



Meat/Meat Alternates Requirements

The CACFP Healthy Meal Pattern requires a meat or meat alternate to be served at lunch and supper. A meat/meat alternate may be served as one of the two components of a snack. Refer to the CACFP Healthy Meal Patterns for serving size requirements.

- Meat includes lean red meat, poultry or fish that has been inspected and approved by the appropriate State or Federal agency. Meat is an excellent source of high-quality protein, iron and zinc. Meat alternates include but are not limited to: cheese, eggs, cooked dried beans, nuts and seeds and their butters (except for acorn, chestnut or coconut) or yogurt.
- Legumes, which include but are not limited to: black beans, garbanzo beans, kidney beans, or pinto beans, may be counted as a meat alternate. They are an excellent source of protein, dietary fiber, iron and do not have cholesterol.
- Yogurt must be fat-free or low-fat and prepared without artificial sweeteners. Yogurt is a good source of protein and calcium.
- Nuts and seeds may fulfill no more than one-half of the meat alternate requirement for lunch and supper. Nuts and seeds may fulfill the entire meat alternate requirement for snack.
- A menu item must provide a minimum of 1/4 ounce of cooked, lean meat or the equivalent to meet any part of the meat/meat alternates requirement.
- Frankfurters, bologna, knockwurst or Vienna sausage must be 100% meat or contain alternate protein products (APP) as the only binder or extender. However, due to the high salt and fat content, these meats are not recommended.

- Processed meats with binders and extenders such as starchy vegetable flour, dried milk, calcium-reduced skim milk and cereal are not allowed.
- Natural cheeses may count as all or part of the meat alternate requirement.
- Cheese items labeled ‘cheese products’ or ‘imitation cheese’ may not be counted as the meat alternate.
- Cheese foods and cheese spreads (Velveeta®, Cheez Whiz® or pimento cheese) may not be counted as the meat alternate.

Meat/Meat Alternates Recommendations

- Meat (chicken, turkey, beef, pork, lamb or fish) should be lean or low-fat.
- Canned beans should not contain added fat.
- No more than one serving of processed or high-fat meat should be served per week. This includes hot dogs, chicken nuggets, fish sticks, fried chicken, Vienna sausages, corn dogs or cold cuts.
- No more than one serving of cheese should be served per week, unless the cheese is low-fat.
- Meat/meat alternates should be prepared using small amounts of oil, if needed.
 - Monounsaturated fats lower cholesterol. Good sources are olive oil, canola oil and peanut oil.
 - Polyunsaturated fats improve blood fats. Good sources are sunflower oil, safflower oil and vegetable oil.
 - Saturated fats and trans fats increase cholesterol. Limit margarine, shortening, animal fat and butter.

Meat/Meat Alternates



Meat/Meat Alternates High in Important Nutrients

Meat/Meat Alternates are excellent sources of iron and calcium.

MEAT/MEAT ALTERNATES

Foods	Iron	Calcium
Almonds		●
Brazil Nuts		●
Dried beans and peas	●	
Eggs	●	
Meat	●	
Peanut Butter	●	
Shellfish	●	
Sunflower Seeds		●
Turkey	●	
Tuna	●	



Meat/Meat Alternates



Questions and Answers about Meat/Meat Alternates

Q: Can pizza be credited as a meat alternate?

A: Yes, if it is CN-labeled. All CN-labeled foods are creditable. If it is homemade, it must contain the required amount of meat/meat alternates per serving to be creditable.

Q: We have children who cannot eat certain meats because of religious reasons. How do we claim these children on the food program?

A: Substitute a creditable meat alternate. See: Can vegetarian meals be served?

Q: Is American cheese creditable?

A: Only if the label states pasteurized process cheese. Labels stating 'imitation cheese' and 'cheese product' are not creditable.

Q: Can vegetarian meals be served?

A: Yes. The meals must meet CACFP Healthy Meal Pattern requirements. Meat alternates that are creditable include but are not limited to: natural and process cottage cheese, yogurt, eggs, cooked dried beans, nut and seed butters or any combination of the above. See Appendix C.

Q: Is yogurt creditable?

A: Commercially-prepared fruited and non-fruited yogurt can be counted as the meat alternate requirement. Four ounces of either fruited or non-fruited yogurt is the equivalent of one ounce of the meat alternate. Yogurt must be fat-free or low-fat and prepared without artificial sweeteners. The fruit in yogurt cannot be credited toward the vegetables/fruits component.



Meat/Meat Alternates



RECOMMENDED AS MEAT/MEAT ALTERNATES

Food Item	Comments
Beans, canned or dry	A 1/4 cup serving equals 1 oz of meat alternate. Canned green or yellow beans count as a vegetable/fruit, not as a meat alternate.
Beef, lean	Trim visible fat and broil rather than frying. Choose ground beef that is at least 90% lean.
Cheese, American	Creditable only if the label states pasteurized process cheese. Labels stating 'imitation cheese' and 'cheese product' are not creditable. A 1 oz serving of pasteurized process cheese equals a 1 oz serving of meat alternate.
Cheese, natural, reduced fat	Examples include but are not limited to: Cheddar, Colby, Monterey Jack, mozzarella, Muenster, Provolone or Swiss. A 1 oz serving of natural cheese equals a 1 oz serving of meat alternate. Limit to one serving per week due to the high fat and salt content.
Chicken	Broil or bake chicken without skin. Choose ground chicken that is at least 90% lean.
Cottage Cheese, fat-free or low-fat	A 1/4 cup serving equals 1 oz of meat alternate.
Eggs	Cooked eggs are a good source of protein. 1/2 large egg equals 1 oz of meat alternate. Raw eggs are not allowed.
Fish	Broil or bake fish.
Gefilte fish, homemade	Gefilte fish may be credited based on the amount of fish in each serving.
Gefilte fish, commercial	Since this item is generally 50% fish, 4 oz of gefilte fish equals 2 oz of fish.
Hummus	A spread made of mashed garbanzo beans/chickpeas. The volume of beans or other meat alternate in each serving may count toward the requirement. A 1/4 cup serving equals 1 oz of meat alternate.
Lamb	Trim lamb of all visible fat and bake or broil.
Lentils	See: Beans, canned or dry.
Meat Sauce, homemade	Homemade only. Must supply the required serving size of meat in each portion.
Nuts	Nuts may be credited as a serving of meat alternate for snack; and one-half serving of meat alternate at lunch or supper. Do not serve nuts to children less than 4 years of age due to choking hazard.
Nut and Seed Butter	CACFP recommends serving nut and seed butters in combination with another meat/meat alternates since the serving size of nut and seed butters alone may be too large for children.
Peanut Butter	See: Nut and Seed Butter

Meat/Meat Alternates



RECOMMENDED AS MEAT/MEAT ALTERNATES

Food Item	Comments
Peas, dry	See: Beans, canned or dry.
Pork, lean	Trim pork of all visible fat and bake or broil.
Quiche	The egg and cheese portion is creditable as a meat alternate.
Refried Beans	Choose canned refried beans that are lower in fat or a low-fat homemade recipe. A 1/4 cup serving equals 1 oz of meat alternate.
Ricotta Cheese, fat-free or part skim	A 1/4 cup serving equals 1 oz of meat alternate.
Seeds	See: Nuts
Seafood/Shellfish	Must be fully cooked; only the edible fish portion is creditable.
Soups, bean	Examples include but are not limited to: split pea soup, navy bean soup or lentil soup. 1/2 cup counts as 1/4 cup of beans or 1 oz of meat/meat alternates.
Soups, homemade	Soups that contain meat, fish, poultry or other meat alternates, are creditable as a source of meat/alternates if minimum required amount of 1/4 oz of meat/meat alternates per serving can be identified.
Soups, commercially prepared	Examples include but are not limited to: bean, lentil or split pea. 1/2 cup equals 1-oz of meat alternate for reconstituted canned. For homemade, use amounts of split pea, beans or lentils in recipe to calculate credit.
Soy Butter	Soy butter made from 100% soy nuts is creditable. It is a good alternate to peanut butter for those who are allergic to peanuts. CACFP recommends serving soy butter in combination with another meat/meat alternates since the serving size of soy butter alone may be too large for children.
Tahini	A paste made from ground sesame seeds. See: Nut and Seed Butter.
Tuna, canned	Choose low-sodium tuna, packed in water.
Turkey, lean	Broil or bake turkey without skin. Choose ground turkey that is at least 90% lean.
Yogurt, drinkable	Examples include but are not limited to: Danimals® or Go-Gurt®. Creditable for meals and snacks. Two packets of Go-Gurt equals 1 oz of meat alternate. One container of Danimals equals 1 oz of meat alternate. Must be fat-free or low-fat.
Yogurt	Creditable for meals and snacks. 4 oz of yogurt equals 1 oz of meat alternate. Must be fat-free or low-fat and prepared without artificial sweeteners.

Meat/Meat Alternates



NOT RECOMMENDED BUT ALLOWED AS MEAT/MEAT ALTERNATES

The foods listed below are creditable but are not recommended.
 Processed meat may not be served more than once per week, due to the high fat and salt content.

Food Item	Comments
Beef Jerky	1 oz of dried pure beef jerky equals 1 oz of lean cooked meat. Limit due to its high salt content.
Canadian Bacon	1 lb (16 oz) will yield 11 1-oz servings of cooked meat.
Canned or Frozen Foods	Examples include but are not limited to: beef stew, burritos, chili, meat stew, pizza, pot pies or ravioli. These items count only if CN-labeled. Check the CN label for correct serving size. Processed combination foods such as these are usually higher in fat and salt than homemade foods.
Cheese, natural, regular	Examples include but are not limited to: American, brick, Cheddar, Colby, Monterey Jack, mozzarella, Muenster, Provolone or Swiss. A 1 oz serving of natural cheese equals a 1 oz serving of meat alternate. Due to its high fat content, cheese is not recommended more than once per week unless it is low-fat.
Chicken Nuggets	Only the chicken is creditable. If CN-labeled, check the label to find the correct serving size. If it does not have a CN label, 2 oz of chicken nuggets equals 1 oz of meat.
Chicken Wings	Must serve 6 oz cooked weight to provide 1.5 oz of meat.
Corndogs, Frankfurters, Hot Dogs	Must be 100% meat or contain alternate protein products (APP) as the only binder or extender. High in salt and fat.
Corned Beef	
Deviled Eggs	High in cholesterol and fat. Rather than preparing with mayonnaise, try a lower fat variety of the spread. See: Eggs.
Fish Sticks/Fish Nuggets	See: Chicken Nuggets
Frankfurters, meat and poultry	See: Corn Dogs.
Hot Dogs	See: Corn Dogs.
Kidney	Kidney is high in cholesterol and fat.
Liver	Liver is high in cholesterol and fat.
Liverwurst	Cannot contain binders or extenders.
Luncheon Meats	Cannot contain by-products, cereal or extenders.
Macaroni and Cheese, homemade	The cheese in homemade macaroni and cheese may count toward the meat alternate requirement.

Meat/Meat Alternates



NOT RECOMMENDED BUT ALLOWED AS MEAT/MEAT ALTERNATES

The foods listed below are creditable but are not recommended.
 Processed meat may not be served more than once per week, due to the high fat and salt content.

Food Item	Comments
Pizza, homemade	Homemade pizza may be credited based on the amount of meat/meat alternates in each serving.
Pot Pies, homemade	Homemade pot pies may be credited based on the amount of meat/meat alternates in each serving.
Pressed/Potted Meat Products	Must be 100% meat or contain alternate protein products (APP) as the only binder or extender. High in salt and fat.
Ricotta Cheese, whole milk	A 1/4 cup serving equals 1 oz of meat alternate.
Sausage, bulk, link or patty including Polish and Vienna	Cannot contain meat by-products or poultry by-products, cereals, binders or extenders. Cannot contain more than 50% trimmable fat.
Tripe	Low quality protein.
Turkey Wings	Must serve 5 oz cooked weight to provide 1.5 oz of turkey meat.

Meat/Meat Alternates



NOT ALLOWED AS MEAT/MEAT ALTERNATES

The foods listed below are not creditable.
These foods do not count toward the CACFP Healthy Meal Pattern requirements.

Acorns

Bacon, imitation bacon or turkey bacon

Cheese Foods/Cheese Spreads (Velveeta, Cheese Wiz, pimento cheese)

Cheese Product (some American cheese)

Chestnuts

Chitterlings

Coconuts

Cream Cheese and Neufchatel Cheese

Fish, home-caught

Ham hocks

Home-Slaughtered and any non USDA-inspected Meat

Imitation Cheese

Imitation Frankfurters

Imitation Seafood

Macaroni and Cheese, boxed

Oxtails

Parmesan Cheese

Pig Feet, Neck Bones or Tails

Pizza, commercial. Dough portion may count as a grains/bread component. (See: Canned or Frozen Food).

Pot Pies, commercial (See: Canned or Frozen Food)

Ravioli (See: Canned or Frozen Food)

Romano Cheese

Salt Pork

Scrapple

Soups, commercially prepared (other than split pea, bean or lentil)

Soy Burgers or Other Soy Products (See: Appendix C)

Tempeh

Tofu (See: Appendix C)

Wild Game/Fowl

Yogurt Products (frozen yogurt, yogurt bars, yogurt-covered fruit or nuts)

Yogurt with artificial sweeteners or made with whole milk

Infant Foods



CACFP requires all participating day care homes and child care centers to offer meals to all infants enrolled in care if the child is in care during the meal service period. Child care facilities must offer at least one iron-fortified formula that would satisfy the needs of one or more of the infants in care. Refer to the CACFP Infant Healthy Meal Pattern for serving sizes.

In recognition of the non-food cost of serving meals to infants from birth through 7 months of age, CACFP will reimburse for meals and snacks containing only breast milk or iron-fortified formula, whether supplied by the caregiver or the parent. From 8 months of age until the infant's first birthday or as soon as the infant begins taking solid foods, the caregiver must supply at least one component of each meal and/or snack in order to claim reimbursement for that meal or snack.

The CACFP Healthy Infant Meal Pattern uses ranges for portion sizes to allow for flexibility in the types and amounts of foods that must be served to infants when claimed for reimbursement. 0 Tbsp means that the item is optional if the infant is not developmentally ready for that food. It also means that less than 1 Tbsp can be served.

Breast milk or iron-fortified infant formula must be included in all meals and snacks served to infants up to one year of age. Cow's milk should not be served to infants less than one year of age based on the recommendations of the American Academy of Pediatrics.

Whole milk may be served beginning at 1 year of age.

Solid foods can be introduced gradually when the infant is at least 4 months of age and developmentally ready. The parents will take the lead with new food introductions due to the possibility of allergic reactions. Foods served should be of appropriate texture and consistency.

Cautions:

- **Juice may only be offered to infants from a cup, not a bottle.** Infants must be ready to drink from a cup to consume juice.
- **No more than one serving of juice may be served per day and only at snack.** Juice may not be diluted. Juice may fill the infant too much and discourage eating more nutritious breast milk, formula and solid food.



- **Never prop a bottle** or give a bottle to a baby during naptime. This can cause choking, tooth decay and ear infections.
- **Feeding on demand is recommended.** Babies may have small appetites. The amounts listed in the meal pattern are the minimum portions. Infants may need to eat every 2 hours or more frequently.
- **Commercially-prepared combination foods and dinners are not creditable.**
- **Cheese foods and cheese spreads are not allowed as a meat alternate for infants.**
- NYS Office of Children and Family Services regulations **prohibit heating bottles and solid foods in a microwave oven** because uneven heating can occur and burn the infant's mouth.

Food Substitutions Note:

When an exception to the meal pattern is necessary (such as serving low-iron fortified formula to an infant less than 1 year of age), a statement from a recognized medical authority must be kept on file by the provider/center. It must state the required food substitution(s). Only then is the meal/snack eligible for reimbursement.

Infant Foods



ACCEPTABLE AND RECOMMENDED FOOD ITEMS FOR 8-11 MONTH OLD INFANTS

The items below must be prepared in a form that is suitable for an infant to consume safely as a finger food, reducing the chances of choking. For example:

- Cut soft tortilla into small thin strips
- Mash soft ripe fruits (such as avocados, bananas or peaches)
- Cook and mash apples, pears, green beans or sweet potatoes

GRAINS/BREADS

Arrowroot cookies

Breads (French, Italian, rye, white, whole wheat)

Biscuits

Crackers (animal crackers, graham crackers made without honey [even in baked goods honey could contain harmful spores which could cause a serious illness in infants], matzo crackers, saltines)

Iron-fortified infant cereal

English muffins

Pita bread (wheat, white, whole wheat)

Rolls (potato, wheat, white, whole wheat)

Soft tortillas (corn, wheat)

Teething biscuits

Toasted oat cereal, plain (Cheerios®)

Zwieback

FRUITS

Applesauce

Avocado

Banana

Melon

Peaches

Pears

Plums

VEGETABLES

Beets

Carrots

Green Beans

Peas

Spinach

Squash

Sweet Potatoes

Turnips

MEAT/MEAT ALTERNATES

Cheese

Cottage Cheese

Dried beans, peas or lentils

Egg yolk

Lean Meats, Poultry or Fish

Infant Foods



RECOMMENDED AS INFANT FOODS

Food Item	Comments
Arrowroot Cookies	*SNACK ONLY for developmentally ready infants 8 months of age and older.
Beans, canned or dried	Cooked dried beans count as a meat alternate when served at lunch or supper to infants 8 months of age and older. Dried or canned beans should be prepared to the appropriate texture (mashed or pureed) for infants. Whole beans may cause choking in infants. Canned green or yellow beans count as a vegetables/fruits, not as a meat alternate.
Bread	*SNACK ONLY for developmentally ready infants 8 months of age and older. Must be whole-grain or enriched. Examples include but are not limited to: French, Italian, rye, white or whole wheat.
Breast Milk	Warm on stove or under warm running water. Never heat in a microwave.
Cheese	May be served at lunch or supper to infants 8 months of age and older. Natural cheeses such as Cheddar, Colby, Monterey Jack or mozzarella.
Cottage Cheese	May be served at lunch or supper to infants 8 months of age and older.
Crackers	*SNACK ONLY for developmentally ready infants 8 months of age and older. Must be made from whole-grain or enriched. Examples include but are not limited to: animal crackers, graham crackers made without honey (even in baked good, honey could contain harmful spores, which could cause a serious illness in infants), matzo crackers or saltines.
Egg Yolk	May be served at lunch or supper to infants 8 months of age and older. All eggs should be properly refrigerated, washed with water, then cooked thoroughly (no runny, soft eggs) to avoid Salmonella. Egg whites should not be fed to infants less than 1 year.
Fish	Examples include but are not limited to: haddock or cod. Examine fish closely and remove bones. Serve only after it has been introduced with no problems, usually at 8 months or older. Observe infant closely for allergic reactions. Avoid shark, swordfish, king mackerel or tilefish due to possible high levels of mercury.
Fruit	May be served at lunch or supper to infants 4-7 months of age and at breakfast, lunch or supper to infants 8 months of age and older. Fresh, frozen or canned fruit must be prepared (cooked, if necessary) to the appropriate texture for infants (pureed or mashed). Commercially-prepared infant food fruit must have a fruit listed as the first ingredient on the label. Raw fruit may cause choking in infants.
Fruit Juice	*SNACK ONLY for developmentally ready infants 8 months of age and older. Must be 100% fruit juice. Fruit juice must be served from a cup, not a bottle. No more than one serving of juice may be served per day.

Infant Foods



RECOMMENDED AS INFANT FOODS

Food Item	Comments
Infant Cereal	Iron-fortified dry infant cereals such as rice, barley, oatmeal and mixed cereals.
Infant Food, commercially-prepared	See: Fruit, Meat or Vegetables
Infant Food, homemade	Avoid adding salt, fat, sugar and other seasonings. Ensure proper texture for infants.
Infant Formula (includes soy-based)	Must meet the Food and Drug Administration (FDA) definition for iron-fortified infant formulas. The label must state with iron or iron-fortified. The American Academy of Pediatrics recommends that during the first year of life, the only acceptable alternative to breast milk is iron-fortified infant formula and that low-iron formulas should not be used. A medical statement is required in order to serve formula that does not meet the FDA definition.
Juice	See: Fruit Juice.
Meat	May be served at lunch or supper to infants 8 months of age and older. Fresh or frozen meat must be cooked thoroughly and then prepared to the appropriate texture for infants (pureed, ground or finely chopped). Commercially-prepared infant food meat must have a meat listed as the first ingredient on the label.
Soy Formula	See: Infant Formula
Teething Biscuits	*SNACK ONLY for developmentally ready infants 8 months of age and older. Must be whole-grain or enriched.
Toasted Oat Cereal	Examples include but are not limited to: Cheerios® or Tostitos®. Original only.
Vegetables	May be served at lunch or supper to infants 4-7 months of age and at breakfast, lunch or supper to infants 8 months of age and older. Fresh, frozen or canned vegetables must be prepared (cooked, if necessary) to the appropriate texture for infants (pureed or mashed). Commercially-prepared infant food vegetables must have a vegetable listed as the first ingredient on the label.

Infant Foods



NOT ALLOWED AS INFANT FOODS

The foods listed below are not creditable.
These foods do not count toward the CACFP Healthy Meal Pattern requirements.

Food Item	Comments
Adult Cereal	Plain toasted oat cereal is the only adult cereal creditable for infants. Other adult cereals, including oatmeal and farina, are not creditable for infants.
Buttermilk	Should not be given to infants.
Cheese Foods	Cheese foods are high in salt and low in nutrients.
Cheese Spreads	Cheese spreads are high in salt and low in nutrients.
Chicken Nuggets	Includes commercially-prepared breaded or battered chicken products.
Chocolate	May cause allergic reactions.
Combination Dinners, commercially-prepared infant food	See: Infant Food, commercially-prepared combination dinner.
Cream	
Dessert, infant food	See: Infant Food, dessert.
Dry Milk, reconstituted	
Egg White	May cause allergic reactions.
Evaporated Milk	Medical exception: Must have a signed statement from a recognized medical authority on file.
Fish Sticks	Includes commercially-prepared breaded or battered fish or seafood products.
Fruit Drink	Fruit drinks are not 100% fruit juice and may be high in sugar.
Fruit Juice Blends	Fruit juice blends are not 100% fruit juice.
Fruit Punch	Fruit punch is not 100% fruit juice and may be high in sugar.
Half and Half or Cream	
Honey	Honey (including honey cooked or baked in products such as honey graham crackers) should not be served to infants less than 1 year of age. Honey is sometimes contaminated with Clostridium botulism spores. If an infant ingests these spores, they can produce a toxin that may cause a severe food-borne illness called infant botulism.
Hot Dogs	May cause choking. Not intended for infants.
Infant Cereal, dry, with Fruit	It is difficult to determine the amount of cereal and the amount of fruit.
Infant Cereal, in jars, with or without Fruit	

Infant Foods



NOT ALLOWED AS INFANT FOODS

The foods listed below are not creditable.
These foods do not count toward the CACFP Healthy Meal Pattern requirements.

Food Item	Comments
Infant Food, commercially-prepared combination dinner	Examples include but are not limited to: meat/vegetable dinners, meat dinners or dehydrated dinners. The amount of meat, fruit or vegetable cannot be determined. Often water is the first ingredient.
Infant Food, dessert	Examples include but are not limited to: infant puddings, infant custards, infant cobblers or infant fruit desserts. Not 100% fruit. Often high in sugar, fat and low in nutrients.
Infant Food, home-canned	Not creditable due to the risk of food-borne illness.
Infant Food, pudding	High in sugar, fat and low in nutrients.
Infant Formula, follow-up	Medical Exception: May be served to infants 6 months of age and older only with a signed statement from a recognized medical authority on file.
Infant Formula, low-iron (includes soy based)	Only iron-fortified formula is creditable. Medical Exception: Must have a signed statement from a recognized medical authority on file.
Infant Formula, manufactured outside of the United States	
Meat Sticks	May cause choking. Not intended for infants.
Milk, whole, reduced-fat (2%), low-fat (1%) or fat-free (skim)	The American Academy of Pediatrics does not recommend cow's milk to infants under 1 year of age. Cow's milk can place stress on an infant's kidneys, cause allergic reactions and cause blood loss through the intestines, leading to iron deficiency anemia. The American Academy of Pediatrics recommends infants consume breast milk and/or iron-fortified infant formula during the first year of life. Medical Exception: Must have a signed statement from a recognized medical authority on file.
Nuts	May cause choking. Not intended for infants.
Peanut Butter or Other Nut and Seed Butters	May cause choking. Not intended for infants.
Pudding, infant food	See: Infant Food, pudding.
Puffs, fruit and vegetable	
Sausages	May cause choking. Not intended for infants.
Shellfish	Shellfish may cause a severe allergic reaction in some babies.
Vegetables/Fruits Juice Blends	Vegetables/Fruits juice blends are not 100% fruit juice.
Vegetable Juice	Only 100% fruit juices are creditable toward the meal pattern requirements.
Whole Egg	Only egg yolk is creditable.
Yogurt	Made from cow's milk, which should not be introduced until 1 year of age.

Water



Water Requirements

The CACFP Healthy Meal Patterns for children and adults require that water be served with snack if neither of the two required components is a beverage. Water is not counted as a snack component. The menu must specify when water is served.

All CACFP-participating programs must make drinking water available throughout the day, including at meal times. Put cups next to the faucet, set water pitchers and cups out on a side table or simply provide water when it is requested.



Appendix A: Sample Menus



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1% milk	1% milk	1% milk	1% milk	1% milk
	Vegetables/Fruits	banana	fruit cocktail	blueberries	home-fried potatoes	applesauce
	Grains	bran flakes	Kix® cereal	waffles	whole wheat toast	pancakes
	Other			syrup	scrambled eggs	syrup
LUNCH/SUPPER	Milk	1% milk	1% milk	1% milk	1% milk	1% milk
	Vegetables/Fruits	celery sticks baked apple	coleslaw peaches	sweet potatoes apple slices	cucumber slices red pepper rings	broccoli grape halves
	Grains	whole wheat bread	cornbread	pita bread	whole wheat hamburger bun	whole wheat crackers
	Meat	egg salad	turkey chili with beans	ham & cheese roll-ups	sloppy Joes	chicken salad with yogurt
	Other					rice pudding
SNACK	Milk			1% milk	1% milk	
	Vegetables/Fruits	raspberries				nectarine
	Grains	waffle	tortilla	gingersnaps	pumpkin muffin	
	Meat		melted cheese			vanilla yogurt
	Other	water	water			water

Appendix A: Sample Menus



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1% milk	1% milk	1% milk	1% milk	1% milk
	Vegetables/Fruits	sliced fresh apples	mandarin oranges	sliced fresh pears	apricot halves	cantaloupe
	Grains	hot oatmeal	mini bagels	English muffins	cornbread	applesauce muffin
	Other	brown sugar cinnamon	cream cheese	peanut butter	jam	
LUNCH/SUPPER	Milk	1% milk	1% milk	1% milk	1% milk	1% milk
	Vegetables/Fruits	green peas fresh peach	potato salad cherries	lettuce, tomatoes papaya chunks	3 bean salad tangerine	green pepper slices strawberries
	Grains	brown rice	rye bread	tortilla	whole wheat bread	English muffin
	Meat	teriyaki chicken	tuna salad	pinto beans shredded cheese	American cheese (grilled cheese)	scrambled eggs
	Other					
SNACK	Milk	1% milk				
	Vegetables/Fruits	celery sticks & raisins	apple juice	banana	pineapple	
	Grains		pretzel		English muffin	low-fat crackers
	Meat	peanut butter		raspberry yogurt	cottage cheese	cheese cubes
	Other			water	water	water

Appendix A: Sample Menus



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1% milk	1% milk	1% milk	1% milk	1% milk
	Vegetables/Fruits	banana	plums	sliced fresh pears	peaches	blueberries
	Grains	toasted oat cereal	Wheatena®	cinnamon wheat toast	corn muffin	waffles
	Other					syrup
LUNCH/SUPPER	Milk	1% milk	1% milk	1% milk	1% milk	1% milk
	Vegetables/Fruits	green beans pineapple	baby carrots kiwi	collard greens oranges	sliced tomatoes honeydew melon	celery sticks asparagus
	Grains	couscous	whole wheat dinner roll	brown rice	rye bread	
	Meat	baked ham	baked chicken	red beans	roast beef	peanut butter (on celery sticks) homemade macaroni & cheese
	Other					
SNACK	Milk					
	Vegetables/Fruits	grape halves	applesauce		pear half	
	Grains	blueberry muffins	low-fat crackers	pita triangles		pretzel sticks
	Meat			bean dip	yogurt	Cheddar cheese
	Other	water	water	water	water	water

Appendix B: Recipe Analysis



CACFP sponsors must ensure that all meals served meet the CACFP meal pattern requirements. All recipes used must document that they provide a sufficient amount of the meal pattern component(s) credited. USDA's Food Buying Guide for Child Nutrition Programs is a valuable tool to determine the contribution foods make toward the meal pattern requirements.

For homemade dishes, an appropriate standardized recipe should be used to ensure that enough of each planned CACFP meal pattern component is provided. For example, to meet the meat and meat alternates and grains/breads requirements for children ages 3-5 years, a macaroni and cheese casserole recipe must document that each serving provides 1-1/2 ounces of cheese and 1/4 cup cooked pasta.

Macaroni and Cheese

From "Meals Without Squeals" by Christine Berman, MPH, RD & Jack Fromer

Ingredients:

8 oz. dry macaroni or other pasta	1/2 tsp. dry mustard
2 cups low-fat milk	1/4 tsp. paprika
1 1/2 tsp. starch	12 oz. sharp Cheddar cheese, grated
3/4 tsp. salt	2 scallions, green part only, thinly sliced (optional)
1/4 tsp. pepper	

Steps:

1. Cook macaroni. While macaroni is cooking, combine milk and dry ingredients in a jar and shake very well.
2. When macaroni is tender, drain it and return to pan.
3. Add milk mixture and stir gently over medium heat until sauce thickens.
4. Add cheese and optional scallions or chives, stir until melted, and serve.

Steps:

1. List CACFP components in the recipe.
2. Look in the USDA Food Buying Guide to determine the number of servings from each component. Use the serving size appropriate for the age of the children in your care.
3. The number of servings will be determined by the most limiting component. In the example below, the cheese is the most limiting component.
4. A recipe may have to be modified to increase the amount of meat and meat alternates in the recipe to reduce the total size of the serving for young children.

Comments:

1. The milk used in this recipe cannot be credited to any food component. Milk is required at meals as a beverage.
2. The scallions do not contribute the minimum of 1/8 cup per serving, so are not considered as a component.
3. To determine the portion size, measure the total volume and divide by 8 for 1-1/2 oz. servings of cheese (3-5 year olds) or 6 for 2 oz. servings of cheese (6 and older)
4. The most limiting component of this recipe is the cheese. The total number of servings in the recipe is determined by the number of servings of cheese.

Sample Recipe Analysis

COMPONENT INGREDIENTS	elbow macaroni	sharp Cheddar cheese
AMOUNT	8 oz. (dry)	12 oz.
MEAT/ MEAT ALTERNATES	none	8 (1-1/2 oz. servings) or 6 (2 oz. servings)
VEGETABLES/FRUITS	none	none
GRAINS/BREADS	19* (1/4 c. servings) or 9 (1/2 c. servings)	none

*Food Buying Guide

Meal Components in this recipe:

YIELD:

3-5 year olds: 8 servings;
each serving = 1 meat alternate and 2 grains/breads
6 and older: 6 servings;
each serving = 1 meat alternate and 1.5 grains/breads

Appendix C: Meat Alternates for Vegetarian Menu Planning

- Meat alternates include cheese, eggs, cooked dried beans, nuts, seeds and nut and seed butters.
- Nuts and seeds may fulfill only 1/2 of the meat alternates requirement at lunch and supper.
- An additional meat alternate must be served with nuts and seeds at lunch and supper.
- Nuts, seeds and nut butters may fulfill the entire meat alternate requirement at snack.
- Dried beans may be credited as a meat alternate, or as a vegetable/fruit, but not as both in the same meal.
- Tofu is not creditable. Most soy burgers and veggie burgers are not creditable except those listed below:

ITEM	PURCHASE SIZE	REQUIRED AMOUNT TO SERVE	
		3-5 YEAR OLDS	6 YEARS & OLDER
Morningstar Farms Veggie Chicken Nuggets	3/4 oz. nugget	3 nuggets	4 nuggets
Morningstar Farms Veggie Chick Patties	2.5 oz. patty	1 1/2 patties	2 patties
Morningstar Farms Sausage Patties	1.44 oz. patty	1 1/2 patties	1 1/2 patties
Morningstar Farms Grillers Original	2.25 oz. patty	1 patty	1 1/2 patties
Morningstar Farms Grillers Prime	3.4 oz. patty	1 patty	1 patty
Morningstar Farms Garden Veggie Patties	2.33 oz. patty	1 patty	1 1/2 patties
Morningstar Farms Garden Veggie Patties	3.5 oz. patty	1 patty	1 patty
Morningstar Farms Garden Veggie Patties	4.5 oz. patty	1/2 patty	1 patty
Morningstar Farms Spicy Black Bean Burger	3.25 oz. patty	1 patty	1 patty
Morningstar Farms Spicy Black Bean Burger Homestyle	4.25 oz. patty	1 patty	1 1/2 patties
Morningstar Farms Veggie Grill	5 oz. patty	1/2 patty	1 patty

**The above information was obtained from the product websites. Please double-check the package nutrition label upon purchase.*

Adapted from Making Nutrition Count for Children, USDA

Appendix D: Choking Prevention



Young children, ages 1 to 3, are at risk of choking on food. They remain at risk until they can chew and swallow better, by about age 4.

Always watch children during meals and snacks to make sure they:

- Sit quietly.
- Eat slowly.
- Chew food well before swallowing.
- Take only one bite at a time.
- Finish swallowing before leaving the table.

Prepare foods so that they are easy to chew:

- Cut food into small pieces or thin slices.
- Cut round foods, like hot dogs, lengthwise into thin strips.
- Remove all bones from fish, chicken and meat.
- Cook food such as carrots or celery until slightly soft. Then cut into sticks.
- Remove seeds and pits from fruit.
- Spread peanut butter thinly.

Foods that may cause choking

Firm, smooth, or slippery foods like:

- hot dog rounds
- carrot rounds
- hard candy
- large pieces of fruit
- granola
- peanuts
- whole grapes
- cherries with pits
- cherry tomatoes

Small, dry or hard foods that are difficult to chew and easy to swallow, like:

- popcorn
- small pieces of raw carrot, celery or other raw hard vegetables
- nuts and seeds
- potato and corn chips
- pretzels

Sticky or tough foods that do not break apart easily, like:

- spoonfuls or chunks of peanut butter or other nut or seed butters
- chunks of meat
- marshmallows
- raisins and other dried fruit


Choking Hazards

< 6 months of age

No cereal in bottles


0-1 year olds

Do not serve:

- Nuts (including peanut butter)
- Chips, pretzels, popcorn
- Raw carrots 
- Tossed salad **1/4 inch**
- Raw fruits and vegetables, unless modified into 1/4-inch bite-sized pieces BEFORE serving
- Large chunks or stringy meat, unless modified into 1/4-inch bite-sized pieces BEFORE serving

1-3 year olds

Do not serve:

- Hotdogs or sausage rounds
- Whole grapes
- Whole cherry or grape tomatoes 
- Nuts
- Popcorn
- Raw carrot rounds **1/2 inch**
- Raw vegetables, unless modified into 1/2-inch bite-sized pieces BEFORE serving
- Dried fruit, including raisins
- Marshmallows
- Large chunks or stringy meat, unless modified into 1/2-inch bite-sized pieces BEFORE serving

Classroom Staff Responsibilities

- Infants should be fed solid foods only while they are sitting up
- Always supervise children while they are eating
- Insist that children eat calmly and while they are sitting down
- Encourage children to chew their food well
- Make sure that the foods served are appropriate in size for their chewing and swallowing abilities

Food Service Responsibilities

- No bones or skin
- Remove pits from fruit before it goes to the classroom

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Alternate Protein Product	33, 38, 39	Cheetos®	32	Doritos®	32	Gingerbread	32
Animal Cracker	28, 29, 42, 43	Cheez Doodles®	32	Doughnut	5, 21, 29, 30	Goat's Milk	11
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