

Child Nutrition Services

Child and Adult Care Food Program

Creditable Foods Guide for Family Day Care Homes, Child Care Centers, and Adult Day Service Centers Participating in the Child and Adult Care Food Program



Dr. Terry Bergeson
State Superintendent of
Public Instruction

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Office of Superintendent of Public Instruction
Old Capitol Building
P.O. Box 47200
Olympia, WA 98504-7200

For more information about the contents
of this document, please contact:
Carol Griffith, OSPI
E-mail: carol.griffith@k12.wa.us
Phone: 360-725-6200

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CREDITABLE FOODS GUIDE
for
**Family Day Care Homes,
Child Care Centers, and
Adult Day Service Centers
Participating in the
Child and Adult Care Food Program**

Carol Griffith, M.S., R.D., C.D., Supervisor
Nicki Christoferson, Program Specialist
Celia Kennedy, Program Specialist
Dianna Perrine, Program Specialist
Adele Roberts, Program Specialist
Judy Larsen, Program Specialist
Jennifer Mitchell, Program Specialist

Dr. Terry Bergeson
Superintendent of Public Instruction

Catherine Davidson, Ed.D.
Chief of Staff

Martin T. Mueller
Assistant Superintendent, Student Support

George C. Sneller
Director, Child Nutrition Services

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CREDITABLE FOODS

This resource has been prepared to provide information on creditable foods in child care centers, outside-school-hours centers, emergency shelters, at-risk centers, family day care homes, and adult day service centers participating in the Child and Adult Care Food Program (CACFP).

The primary goal of the CACFP is to improve the health and nutrition of children and adults in the program. The program promotes good eating habits and nutrition education. The *Food Buying Guide for Child Nutrition Programs* is the main resource used to determine the contribution foods make toward the meal requirements. The same rules apply for foods prepared on-site or purchased commercially.

Creditable foods are those foods that may be counted toward meeting the requirements for a reimbursable meal. The following factors are considered when determining whether a food is creditable:

- Nutrient content.
- Customary function in a meal.
- Regulations governing the Child Nutrition Programs.

It is important to note that meeting the CACFP meal pattern requirements does not guarantee compliance with state licensing minimum standards or vice versa.

- Food and Drug Administration (FDA) Standards of Identity.
- U.S. Department of Agriculture (USDA) standards for meat and meat products.
- Administrative policy decisions on the crediting of particular foods.

Noncreditable or **other** foods are not creditable toward the meal pattern. These foods do not meet the requirements for any component in the meal pattern. However, noncreditable or other foods may supply calories which help meet the energy needs of participants and may contribute additional protein, vitamins, and minerals. They can be used to supplement the required meal components, to improve acceptability, and to satisfy appetites.

USDA reimburses child and adult day service centers and family day care home providers participating in the CACFP for the **meals served, not for individual foods**. A meal is reimbursable if it contains foods in the amounts required by the meal pattern for the specific age group.

See the amounts of food outlined in the CACFP Meal Pattern for Children (page 3), for Adults (page 4).

The list of creditable and noncreditable foods in this publication are not all inclusive. If you have questions regarding foods not included in this guide, contact your CACFP specialist.

Child and Adult Care Food Program FOOD CHART

Meal Pattern Requirements for Children Ages 1 Through 12 Years

	Children 1 and 2 years	Children 3 through 5 years	Children 6 through 12 years
BREAKFAST			
Fluid milk	1/2 cup	3/4 cup	1 cup
Juice or fruit or vegetable	1/4 cup	1/2 cup	1/2 cup
Grains/breads	1/2 slice (or 1/2 serving)	1/2 slice (or 1/2 serving)	1 slice (or 1 serving)
or cold dry cereal or cooked cereal	1/4 cup (or 1/3 ounce) ¹ 1/4 cup	1/3 cup (or 1/2 ounce) ² 1/4 cup	3/4 cup (or 1 ounce) ³ 1/2 cup
SNACK			
Select two different items from the following four components. Juice may not be served when milk is served as the only other component.			
Fluid milk	1/2 cup	1/2 cup	1 cup
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
Meat or meat alternate or yogurt	1/2 ounce 2 ounces (or 1/4 cup)	1/2 ounce 2 ounces (or 1/4 cup)	1 ounce 4 ounces (or 1/2 cup)
Grains/breads	1/2 slice (or 1/2 serving)	1/2 slice (or 1/2 serving)	1 slice (or 1 serving)
LUNCH/SUPPER			
Fluid milk	1/2 cup	3/4 cup	1 cup
Meat or poultry or fish or cheese	1 ounce 1 ounce	1-1/2 ounces 1-1/2 ounces	2 ounces 2 ounces
or cottage cheese, cheese food or cheese spread	2 ounces (1/4 cup)	3 ounces (3/8 cup)	4 ounces (1/2 cup)
or egg	1 egg	1 egg	1 egg
or cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
or peanut butter, soynut butter, or nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons
or peanuts, soynuts, tree nuts, or seeds	1/2 ounce = 50 percent ⁴	3/4 ounce = 50 percent ⁴	1 ounce = 50 percent ⁴
or yogurt or an equivalent quantity of any combination of the above meat/meat alternates	4 ounces (1/2 cup)	6 ounces (3/4 cup)	8 ounces (1 cup)
Vegetables and/or fruit (2 or more)	1/4 cup (total)	1/2 cup (total)	3/4 cup (total)
Grains/breads	1/2 slice (or 1/2 serving)	1/2 slice (or 1/2 serving)	1 slice (or 1 serving)

¹ 1/4 cup (volume) or 1/3 ounce (weight), whichever is less.

² 1/3 cup (volume) or 1/2 ounce (weight), whichever is less.

³ 3/4 cup (volume) or 1 ounce (weight), whichever is less.

⁴ This portion can meet only one-half of the total serving of the meat/meat alternate requirement for lunch or supper. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.

NOTE: For family day care home providers in Department of Early Learning licensed homes, the age limit for the meal pattern is through 11 years of age instead of 12.

Child and Adult Care Food Program
FOOD CHART
Meal Pattern Requirements for Adults

BREAKFAST

Fluid milk	1 cup
Juice or fruit or vegetable	1/2 cup
Grains/breads or cold dry cereal or cooked cereal	2 slices (or 2 servings) 1-1/2 cup (or 2 ounces) 1 cup (or 2 servings)

SNACK

Select two different items from the following four components.

Fluid milk	1 cup
Juice or fruit or vegetable	1/2 cup
Meat or meat alternate or yogurt	2 ounces 8 ounces (or 1 cup)
Grains/breads	1 slice (or 1 serving)

LUNCH/SUPPER

Fluid milk (lunch only, not required at supper)	1 cup
Meat or poultry or fish or cheese or meat alternate or cheese or cottage cheese, cheese food or cheese spread or egg or cooked dry beans or peas or peanut butter, soynut butter, or nut or seed butters or peanuts, soynuts, tree nuts, or seeds or yogurt or an equivalent quantity of any combination of the above mentioned alternates	2 ounces 2 ounces 4 ounces 1 egg 1/2 cup 4 tablespoons 1 ounce = 50 percent 8 ounces (or 1 cup)
Vegetables and/or fruit (2 or more)	1 cup (total)
Grains/breads or cooked pasta or noodle product	2 slices (or 2 servings) 1 cup

Yogurt, natural cheese, or processed cheese may be substituted to meet the milk requirement for breakfast, lunch, or supper. However, if you substitute, fluid milk must be served at one of the other meals.

When cheese or yogurt is used to fulfill the dairy requirement, it cannot be used as a meat/meat alternate at the same meal service.

GRAINS/BREADS COMPONENT

Federal regulations for the CACFP require that breakfast, lunch, and supper contain grains or breads in the amount specified for each age group served. A food item from the grains/breads components may also be served as one of the two components of a snack.

Bread products can be credited only when they are made from whole grain or enriched meal or flour. Bran and germ products are nutritionally equivalent to whole grain and enriched products; therefore, items such as bran muffins will be credited at the same level as items made from whole grain or enriched flour. The primary ingredient by weight (first ingredient on the label's ingredient list, or the heaviest ingredient in the recipe) must be whole grain and/or enriched flour/meal.

The grains/breads item must serve the customary function of bread in a meal. For a lunch or supper, this means that the item must be served as an accompaniment to the main dish (i.e., dinner roll), **or** as a recognizable integral part of the main dish (i.e., taco shell, pot pie crust, or spaghetti).

The required serving size is based on the nutrients (iron, thiamin, riboflavin, and niacin) provided by the grain content of a 25-gram (or 0.9 ounce) slice of enriched white bread or an equal amount of enriched or whole grain meal or flour. The practicality of the serving size is also taken into consideration. Finally, the serving size is based on the total solids content of the item.

Grains/breads has been divided into nine groups according to moisture content. Within each group, all bread items have approximately the same nutrient content, percent solids, and grain content per serving. The minimum serving size is based on the **grain content** of the product (it does not include fillings, toppings, etc.). A chart with this information, adapted from the *Food Buying Guide for Child Nutrition Programs*, is included on the next page.





EASY TO USE GRAINS/BREADS CHART

NOTE: Some of the grains or breads 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.

Serving sizes listed below are specified for children 1–5 years old and children 6 and above.

Group A	1–5 year olds should have a minimum weight of 10 grams (0.4 ounces)	6 and above should have a minimum weight of 20 grams (0.7 ounces)
Bread Type Coating	10 grams (0.4 ounce)	20 grams (0.7 ounce)
Bread Sticks (hard-approx. 7-3/4")	2 sticks	3 sticks
Chow Mein Noodles	1/4 cup	1/2 cup
Crackers (saltines)	4 squares	8 squares
Crackers (snack-rounds, ovals, squares)	4 crackers	8 crackers
Crackers (one inch squares)	6 crackers	12 crackers
Croutons	1/4 cup	1/2 cup
Melba Toast	3 slices	5 slices
Pilot Bread	1 slice	2 slices
Pretzels (hard-mini pretzel twists)	7 pretzels	14 pretzels
Pretzel Chips	7 chips	14 chips
Bread Stuffing (dry)	1/4 cup	1/2 cup
Wafers (rye)	2 wafers	4 wafers
Zwieback	2 pieces	3 pieces

Group B	1–5 year olds should have a minimum weight of 13 grams (0.5 ounces)	6 and above should have a minimum weight of 25 grams (0.9 ounces)
Bagels (approx. 4" diameter)	1/4 bagel	1/2 bagel
Bagels (approx. 3" diameter)	1/2 bagel	1 bagel
Batter Type Coating	13 grams (0.5 ounces)	25 grams (0.9 ounces)
Biscuits (approx. 2-1/2" diameter)	1/2 biscuit	1 biscuit
Breads (white, wheat, whole wheat, rye, French, Italian, Vienna, raisin)	1/2 slice	1 slice
Buns (hamburger, hot dog)	1/2 bun	1 bun
Crackers (goldfish)	19 crackers	37 crackers
Crackers (animal)	6 crackers	12 crackers
Crackers (small cheese-flavored)	12 crackers	24 crackers
Crackers (graham—2-1/2" x 5")	1 cracker	2 crackers
Crackers (graham—animal shapes, unfrosted)	6 crackers	12 crackers
Egg Roll Skins (approx. 7" square)	1/2 skin	1 skin
English Muffins	1/2 muffin	1 muffin
Fry-Bread	1/2 piece	1 piece
Gingersnaps* (purchased box)	2 cookies	4 cookies
Oyster Crackers	1/3 cup (30 crackers)	2/3 cup (60 crackers)
Pita Bread (white, wheat—6-1/2" round)	1/4 medium	1/2 medium
Pizza Crust	1 serving	2 servings
Pretzels (soft)	1/2 pretzel	1 pretzel
Rolls (dinner, white, wheat, whole wheat, potato)	1/2 roll	1 roll
Tortillas 6" (corn or wheat)	1/2 tortilla	1 tortilla
Tortillas 8" (flour)	1/3 tortilla	2/3 tortilla
Tortilla Chips (round or large)	6 chips (9 mini rounds)	12 chips (18 mini rounds)
Taco shells 6" (fried corn tortilla)	1/2 shell	1 shell

* Snack only ** Breakfast or Snack Only

**EASY TO USE
GRAINS/BREADS CHART
(continued)**

Group C	1–5 year olds should have a minimum weight of 16 grams (0.6 ounces)	6 and above should have a minimum weight of 31 grams (1.1 ounces)
Cookies* (plain—approx. 2-1/4")	2 cookies	4 cookies
Cookies* (vanilla wafers)	3 cookies	6 cookies
Cornbread (2-1/4" x 1-1/2")	1 piece	2 pieces
Corn Muffin	1/2 muffin	1 muffin
Croissant	1/2 croissant	1 croissant
Dumplings	1/2 serving	1 serving
Hush Puppies (large)	1/2 serving	1 serving
Pancakes (approx. 4" diameter)	1/2 serving	1 serving
Pie Crust (meat/meat alternate pies)	1/2 serving	1 serving
Popovers	1/2 popover	1 popover
Sopapillas	1/2 serving	1 serving
Spoon bread	1/2 serving	1 serving
Waffles (frozen—square or round)	1/2 waffle	1 waffle
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Group D	1–5 year olds should have a minimum weight of 25 grams (0.9 ounces)	6 and above should have a minimum weight of 50 grams (1.8 ounces)
Doughnuts** (cake and yeast, raised, unfrosted)	1/2 doughnut	1 doughnut
Granola Bars** (plain—minimum 25 grams bar).....	1 bar	2 bars
Muffins (all but corn muffins)	1/2 muffin	1 muffin
Sweet Roll** (unfrosted—2" x 2-1/2")	1 roll	2 rolls
Toaster Pastry** (unfrosted)	1/2 pastry	1 pastry
<hr/>		
Group E	1–5 year olds should have a minimum weight of 31 grams (1.1 ounces)	6 and above should have a minimum weight of 63 grams (2.2 ounces)
Crepe Filled Cookies*	2 cookies	4 cookies
Cookies* (with nuts, raisins, chocolate pieces, and/or fruit puree)	3"-1 cookie	3"-2 cookies
	2"-2 cookies	2"-4 cookies
Doughnuts** (cake and yeast, raised, frosted or glazed)	1/2 doughnut	1 doughnut
French Toast	1/2 slice	1 slice
Grain Fruit Bars* (minimum 31 gram bar)	1 bar	2 bars
Granola Bars* (with nuts, raisins, chocolate pieces, and/or fruit—minimum 31 gram bar)	1 bar	2 bars
Sweet Rolls** (frosted—2" x 2-1/2")	1 roll	2 rolls
Toaster Pastry** (frosted)	2/3 pastry	1 1/3 pastry

* Snack only ** Breakfast or Snack Only

**EASY TO USE
GRAINS/BREADS CHART
(continued)**

Group F	1–5 year olds should have a minimum weight of 38 grams (1.3 ounces)	6 and above should have a minimum weight of 74 grams (2.6 ounces)	
Coffee Cake** (2-1/4" x 1-3/4")	1 piece	2 pieces	
Group G	1–5 year olds should have a minimum weight of 58 grams (2 ounces)	6 and above should have a minimum weight of 115 grams (4 ounces)	
Brownies* (plain—2" x 2-1/2")	1 piece	2 pieces	
Group H	NOTE: All breakfast cereals should be whole grain, enriched, or fortified	The serving sizes for 1–5 year olds is 1/4 cup	The serving sizes for 6 and above is 1/2 cup
Barley	1/4 cup	1/2 cup	
Breakfast Cereals (cooked)	1/4 cup	1/2 cup	
Bulgur (cracked wheat)	1/4 cup	1/2 cup	
Corn Grits or Meal	1/4 cup	1/2 cup	
Macaroni (all shapes)	1/4 cup	1/2 cup	
Noodles Egg (all varieties)	1/4 cup	1/2 cup	
Pasta (all shapes)	1/4 cup	1/2 cup	
Ravioli (noodles only)	1/4 cup	1/2 cup	
Rice (enriched or brown)	1/4 cup	1/2 cup	
Group I	The serving sizes for 1–2 year olds is 1/4 cup or .33 ounce whichever is less	The serving sizes for 3–5 year olds is 1/3 cup or .5 ounce whichever is less	The serving sizes for 6 and above is 3/4 cup or 1 ounce whichever is less
Breakfast Cereal—dry	1/4 cup	1/3 cup	3/4 cup

* Snack only ** Breakfast or Snack Only

GRAINS/BREADS

Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Bagels	X		Bagels are in Group B.	Bagels are relatively low in fat and high in complex carbohydrates. Enriched bagels contain significant amounts of thiamin, riboflavin, iron, and niacin. Whole grain varieties are good sources of fiber.
Bagel chips	X		Chips, grain-based.	
Banana, carrot, pumpkin, and/or zucchini bread	X		See: quick bread.	
Batters and breadings		X	If the product has a CN label, batters and breadings on foods such as commercial fish sticks, chicken nuggets, or fish nuggets may be credited for bread. Batters and breadings are in Group A and/or B.	Battered and breaded foods can be high in fat. Read label of battered and breaded products for nutrition information.
Biscuits	X		Biscuits are in Group B.	Biscuits contain more fat than most other breads.
Bread (white, rye, wheat, whole wheat, pumpernickel, Boston brown bread, brown bread, Roman meal, French, Italian, Vienna, raisin, etc.)	X		Bread must be made from enriched or whole grain meal or flour. Bran and germ products will be credited at the same level as enriched products. Breads are in Group B.	Bread is an excellent source of complex carbohydrates and fiber along with thiamin, riboflavin, iron, and niacin. Bread is usually low in fat.
Bread pudding	X		The bread in bread pudding is creditable only as a snack . Bread pudding must contain a minimum of one-half slice of bread per serving.	
Bread sticks	X		Bread sticks are in Group A.	
Bread stuffing	X		If the product is made from enriched or whole grain meal or flour, quick commercial stuffing mixes are creditable. Flour/meal must be the primary ingredient(s) by weight or first ingredient on the label. Bread stuffing is in Group A.	Bread stuffing may be high in fat depending on the recipe used.
Brownies, plain	X		See: cookies. Plain brownies may be credited for snack only, based on the amount of whole-grain, bran, germ and/or enriched meal and/or flour in the recipe. No more than two dessert type items may be served as a snack each week. Brownies are in Group G.	Since flour is not usually the main ingredient in brownies, a large serving will be needed. This may be impractical for young children.
Bulgur	X		Bulgur is in Group H.	



GRAINS/BREADS Creditable and Noncreditable Foods



Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Cake		X	Cake does not meet the general criteria for breads. The first ingredient by weight is usually sugar. Cake is in Group F.	
Caramel corn		X	Popcorn does not meet the definition of bread.	Popcorn is a good source of fiber. Caramel corn is high in sugar and fat.
Cereal	X		Cereal must be: (1) Served for breakfast and snacks only; (2) Whole grain, bran, or enriched; (3) Credited only when sugar is not the primary ingredient by weight. Use only those cereals with 9 grams of sugar or less. Specify type of cereal on menu. Cereal is in Group I.	Recommend keeping labels of cereal used on file.
Chips		X	Chips such as corn chips, potato chips, etc., are considered snack foods and are not creditable.	Chips may be high in fat and salt.
Chips, grain-based	X		If made from whole grain and/or enriched meal or flour, chips such as bagel chips, pretzel chips, or tortilla chips are creditable. Chips are in Group A and B.	
Chow mein noodles	X		Chow mein noodles are in Group A.	
Churros	X		Snack only. Serve no more than twice a week.	Churros may be high in fat and sugar.
Cinnamon/sweet rolls, coffee cake, Danish pastry	X		These are creditable only for breakfast and snacks . These rolls are in Group D and E.	Recommend limiting as these rolls may be high in fat and sugar.
Cookies/bars/granola, multi-grain/fruit grain bars, brownies, and cereal bars	X		Cookies are creditable for snacks only. Serve no more than twice per week because of the high sugar content. Specify the type of cookie on the menu. The cookies must contain whole grain or enriched meal or flour (as specified on the label or according to the recipe) as the primary ingredient by weight. Vanilla wafers are considered a cookie. These items are in Group C, D, E, and G.	
Corn bread/hush puppies	X		Corn bread must meet the general criteria for the grain/bread alternate. These items are in Group C.	
Corn chips		X	See: chips.	
Corn dogs	X		If enriched flour or meal in the batter is the primary ingredient by weight, the batter or breading on corn dogs may be credited. Batter coating is in Group B.	
Couscous	X		This is in Group H.	

GRAINS/BREADS

Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Crackers	X		Crackers must meet the general requirement for grain/bread alternate; the first ingredient must be enriched or whole grain flour. Crackers are in Group A and B. Animal crackers and teddy grahams are creditable crackers not cookies. Refer to the chart on page 23 for information on serving sizes for different types of crackers.	Some crackers are high in fat and/or salt. They should be served in moderation.
Crepes	X		Flour may not outweigh the liquid in a recipe for crepes. Most of the water is lost through evaporation during cooking. Serve as an accompaniment to, or as an integral part of, the main dish.	
Croissants	X		Croissants are in Group C.	Croissants are high in fat.
Croutons	X		Croutons made from enriched or whole grain bread are creditable. Croutons must be served as an integral part of the main dish to be creditable for lunch or supper. Croutons are in Group A.	
Cupcakes		X	See: cake.	
Danish pastry	X		See: cinnamon rolls.	
Doughnuts	X		Doughnuts are creditable for breakfast and snacks only. Doughnuts are in Group D and E.	Recommend limiting as doughnuts are high in fat and sugar.
Dumplings	X		Dumplings are in Group C.	
Egg roll or wonton wrappers	X		Egg rolls or wonton wrappers are in Group B.	
English muffins	X		English muffins are in Group B.	
Fry/Fried bread	X		Enriched or whole grain meal or flour must be the primary ingredient by weight in the recipe. Fry bread is in Group B.	Fry/Fried bread is high in fat.

GRAINS/BREADS
Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Gingerbread	X		Serve for breakfast and snacks only.	
Granola bars (homemade or commercial), multi-grain and fruit grain bars/cookies	X		Granola and multi-grain bars are creditable for snacks only. These items are to be served no more than twice per week because of their high sugar content. These items are in Group D and E. (See cookies.)	These bars are high in sugar and/or fat. They can be a good source of fiber and complex carbohydrates.
Grits and corn	X		If they are whole grain or enriched, grits are creditable.	
Hush puppies	X		Hush puppies are in Group C.	
Ice cream cones		X	One cone weighs only 3 grams which is insufficient to credit as a grain/bread alternate.	
Lefsa	X		Lefsa is creditable when enriched or whole grain meal or flour is the primary ingredient by weight. Lefsa may not be credited as both a vegetable and bread item in the same meal. Lefsa is a Scandinavian unleavened bread made primarily of potatoes and flour. Lefsa is often served with butter, brown sugar, jam, or cinnamon and sugar.	
Macaroni	X		Macaroni must be enriched and served in sufficient quantity to be creditable. Macaroni is in Group H.	
Muffins	X		If they meet the general criteria for grain/breads, muffins are creditable. Muffins are in Group D.	Some muffins may be high in fat and more like cake.
Nachos	X		Nachos made with tortilla pieces or chips made from whole grain and/or enriched meal or flour can be credited. Nachos are in Group B.	
Noodles	X		Noodles must be enriched and served in a sufficient quantity to be creditable. Noodles are in Group H.	
Nut or seed meal or flour		X	Nuts and seeds are not grains.	

GRAINS/BREADS
Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Oat bran	X		Credited the same as enriched or whole grain meal or flour.	
Oatmeal	X			
Pancakes	X		Pancakes are in Group C.	
Party mix	X		Party mix (mixed cereals) is creditable for snacks only. Only the weight of the cereals is creditable as a grain/bread item. Specify the cereals used in mix.	Some party mixes are high in salt.
Pasta	X		Pasta must be enriched and served in a sufficient quantity to be creditable. Pasta is in Group H.	
Pie crust, dessert pastry		X	Not considered an integral part of the meal.	Pies and pastries can be high in fat and sugar.
Pie crust, main dish	X		If the pie crust is a recognizable, integral part of the main dish, and is served as an accompaniment to or as part of the main dish, it is creditable. Examples: quiche crust, hamburger pie crust, pizza crust. Pie crust is in Group C.	Pie and pastry crusts are high in fat.
Pineapple upside-down cake		X	This is a cake. It does not meet the criteria for a grain/bread item.	
Pita bread	X		Pita bread is in Group B.	Pita bread is a good source of complex carbohydrate. Enriched pita bread is a good source of thiamin, riboflavin, and iron. Whole wheat pita bread can be high in fiber.
Pizza crust, homemade or commercial	X		Pizza crust must meet the general requirement for grain/bread. Pizza crust is in Group B.	
Pop Tarts	X		See: toaster pastry.	

GRAINS/BREADS
Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Popcorn		X	Popcorn does not meet the general requirement for grain/bread.	Choking can occur in small children. Popcorn is high in fiber.
Popcorn cakes		X		
Popovers	X			
Potato chips		X	See: chips.	
Potato pancakes		X	Potato pancakes contain a minimal quantity of flour.	
Potatoes	--	--	See fruit and vegetable.	
Pound cake		X	See: cake.	
Pretzels, Dutch (soft)	X		Dutch pretzels are in Group B.	
Pretzels, thin (hard)	X		Must be made from whole grain and/or enriched meal or flour. Pretzels, thin (hard) are in Group A.	
Puff pastry	X		If: (1) it is made from enriched or whole grain meal or flour, and (2) it serves the customary function of bread in a meal, puff pastry is creditable	Puff pastry can be high in fat.
Pumpernickel bread	X		See: bread.	

GRAINS/BREADS
Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Quick bread	X		<p>If the recipe shows enriched or whole grain flour is the primary ingredient by weight.</p> <p>These items are called bread because they are usually baked in a loaf shaped pan. The recipes are commonly cake recipes. If you can demonstrate that the above criteria is met, then the quick bread can be credited.</p>	
Quinoa	X		Quinoa is a cereal-like plant product derived from an herb. The seeds may be red, black, or white.	
Raisin bread	X		See: bread.	
Ravioli	X		Ravioli is in Group H. If meat or cheese ravioli see canned or frozen ravioli on page 43.	
Rice	X		If it is whole grain or enriched, rice is creditable. One serving equals 1/4 cup cooked rice. Rice is in Group H.	Rice is a good source of complex carbohydrate.
Rice cakes	X		Rice cakes must be enriched or whole grain. Serve at breakfast and snacks only.	
Rice cereal bars	X		See: cookies.	

GRAINS/BREADS
Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Rice pudding	X		Rice pudding is creditable for breakfast and snacks only when whole grain or enriched rice is the primary ingredient by weight.	
Rolls, all types	X		All type rolls are in Group B. The rolls must be made from whole grain or enriched meal or flour.	
Rye wafers	X			
Sopapillas	X		Sopapillas are in Group C.	High in fat.
Stuffing, bread	X		See: bread stuffing.	
Sweet rolls	X		See: cinnamon rolls.	
Taco shells and taco shell pieces	X		Whole grain or enriched meal or flour must be the predominant ingredient by weight. If the label lists only "corn," the manufacturer must verify that whole grain corn has been used. Taco shells and shell pieces are in Group B.	
Tapioca pudding		X		Low in nutrients. High in sugar.
Toaster pastry	X		If served, they are creditable only for breakfast and snacks . They are in Group D and E.	Recommend limiting use due to the high sugar content.

GRAINS/BREADS
Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Tortilla chips	X		See: chips, grain-based.	
Tortillas	X		Tortillas must be enriched or whole grain to be credited. Tortillas are in Group B. Corn tortillas may be credited if the primary ingredient is whole grain corn, whole ground corn or cornmeal, enriched cornmeal, corn flour, enriched corn flour, or enriched corn grits. Corn grits, degerminated corn flour, and degerminated cornmeal are not creditable.	
Trail mix (party mix, gorp)	X		List ingredients on the menu that are counted toward the meal pattern. May be credited based on the amount of cereal served.	
Turnovers	X		Not recommended. If turnovers are served, turnover pastry may be credited as a grain/bread item for breakfast and snacks only.	Turnovers are high in fat.
Waffles	X		Waffles are in Group C.	
Wheat germ	X		Wheat germ is creditable. It is nutritionally equivalent to whole grain and enriched flour products. Must be used as part of a grain/bread item.	
Wild rice	X			

QUESTIONS AND ANSWERS ABOUT GRAINS/BREADS

Q:

Are cold dry cereals an acceptable grains/breads item? Can they be mixed and served as a "party mix?"

A:

Yes, dry cereal may be served for **breakfast and snacks** only. Cold dry cereal or hot cooked cereal is not acceptable for lunch or supper. The cereal must be bran, whole grain, enriched, or fortified. Cereals that meet this criteria may be mixed and served as a snack. Only the weight or measure of the creditable cereals that go into a party mix is creditable.

Q:

Are rice cereal bars (e.g., Rice Krispie bars) made from a cereal product creditable?

A:

Yes, but rice cereal bars may be credited based only on the amount of cereal in a serving and only at snack.

Q:

Are shoe string potatoes, popcorn, potato chips, ice cream cones, and similar foods creditable?

A:

No.

Q:

Are bagel chips, tortilla chips, taco shell pieces, and hard pretzels creditable?

A:

Yes, if made with whole grain and/or enriched meal or flour.

Q:

Is pineapple upside-down cake creditable?

A:

No.

Q:

Can pie crust be credited as a grains/breads item?

A:

Yes, if the crust is being served as an accompaniment to, or as an integral part of, the main dish (the main dish contains the meat/meat alternate). Also, the primary ingredient by weight must be whole grain or enriched flour or meal. Pie crust served as part of a dessert is not creditable because bread is not customarily served in a meal as part of a dessert.

Q:

Is granola cereal a creditable grains/breads item?

A:

Yes, commercial and homemade granola cereals are acceptable for **breakfast and snacks** only; however, only the grain portion of the cereal is creditable. In other words, any nuts, seeds, coconut, dried fruit, etc., are not to be included when determining the serving size requirement for grains/breads.

**QUESTIONS AND ANSWERS ABOUT
GRAINS/BREADS
(continued)**

Q: Can crackers be served as a grains/breads item?

A: Yes, crackers can be served for **breakfast, lunch, supper, or snacks**. Some crackers are high in fat, sugar, or salt and should be avoided. Low sodium brands are encouraged. Some popular crackers have been evaluated to determine serving sizes; see chart on page 23.

Q: Are granola bars, multi-grain, or fruit-grain bars a creditable grains/breads item?

A: Yes, if they contain enriched or whole grain meal or flour as the first ingredient. These may be served for **snacks** only a maximum of twice per week.

GRAINS/BREADS
Creditable Crackers

Crackers	Serving Size for Ages 1 through 5 year olds	Serving Size for Ages 6 and above
Animal Crackers.....	6	12
Breton Original or Reduced Fat.....	3	5
Cheese Nips or Cheezits.....	9	18
Cheezits, Reduced Fat.....	10	20
Cheese Nips, Reduced Fat.....	11	21
Chicken in a Biscuit.....	4	8
Goldfish Crackers.....	19	37
Graham Crackers.....	2 squares	3 squares
Graham Crackers, animal shapes, unfrosted.....	6	12
Kavali Crispy Thins.....	2	4
Matzo Crackers.....	1/2 large	1 large
Meal Mates.....	3	6
Melba Toast.....	4 small or 2 large	7 small or 3 large
Mini Ritz.....	10	18
Oyster Crackers.....	15	30
Rice or Rye Cakes.....	1	2
Ritz Crackers, Original.....	4	7
Ritz Crackers, Reduced Fat.....	4	7
Rye Krisp, Triples.....	2	3
Saltines, Soda Crackers.....	4 squares	7 squares
Sociables.....	4	8
Stoned Wheat.....	4	8
Toasted.....	4	7
Townhouse Crackers, Original.....	4	7
Townhouse Crackers, Reduced Fat.....	3	6
Triscuits, Any flavor.....	3	5
Twigs.....	6	12
Vegetable Thins.....	4	8
Wasa Crisp Bread, Any Flavor.....	1	2
Waverly Wafers Club Crackers.....	3	6
Waverly Wafers Club Crackers Reduced Fat.....	4	7
Wheat Thins, Any Flavor.....	5	10
Wheat Thins, Original.....	6	11
Wheat Thins, Reduced Fat	6	12
Wheatables, Original.....	6	11
Wheatables, Reduced Fat	7	13
Wheatbury.....	6	12
Wheatworth Stoneground Wheat.....	4	7
Zwieback.....	2	3

FRUIT AND VEGETABLE COMPONENT

Federal regulations for the CACFP require that breakfast contain a serving of vegetable or fruit or full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods.

Both lunch and supper must contain two servings of fruit or vegetable or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement. **In order to be creditable, a juice must contain 100 percent full-strength juice.**

A serving of vegetable or fruit may be credited as one component of the required two components of a snack. **Two items from different food groups (components) need to be served at snack.** Juice may not be credited as one of the components of a snack when milk is served as the only other component except for adults participating in the adult portion of the CACFP.

Vegetables and fruits are an important source of fiber, iron, minerals, vitamins A and C, and other nutrients. Fresh fruits and vegetables usually have the most nutrients and offer children variety. However, frozen and commercially canned fruits and vegetables are also a good source of nutrients. Serving a variety of fruits and vegetables is encouraged to expose children to new food experiences and provide them with varied nutrients.



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

Small amounts (less than 1/8 cup) of fruits and vegetables used as flavorings or garnishes may not be counted toward the fruit/vegetable requirement. These small amounts are generally not controlled, and no determination can be made of the contribution to the meal.

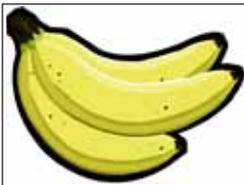
Fruits or vegetables, served as a combination item, e.g., fruit cocktail, peas and carrots, succotash, or other mixed fruits or mixed vegetables, may be credited to meet only one of the two required servings for lunch and supper.

Home-canned products are not creditable because of health and safety concerns. Home frozen products are creditable.

Dehydrated vegetables can be credited. Yields for dehydrated vegetables must be based on the rehydrated volume, not the dry volume stated on the label. Rehydration yields vary from brand to brand.

To determine the rehydrated volume for vegetables refer to page 38.

It is recommended a vitamin C source be provided daily and a vitamin A source at least two or three times a week or as required by the licensing agency.



FRUIT AND VEGETABLE Creditable and Noncreditable Foods



Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
"Ade" drinks (lemonade, limeade, etc.)		X	"Ade" drinks are not 100 percent full-strength juice.	"Ade" drinks are usually high in sugar.
Apple butter		X	Apple butter does not contain enough fruit for crediting purposes.	
Apple cider	X		Apple cider is a full-strength juice.	
Apple fritters, homemade	X		If each serving has at least 1/8 cup of apple, apple fritters may be credited at breakfast or snacks as part of the total requirement for fruit/vegetable.	Apple fritters are high in fat.
Banana chips	X		See dried fruit page 29.	Banana chips may be high in fat.
Banana in pudding	X		If each serving has at least 1/8 cup of bananas, pudding with bananas can be credited as part of the total requirement for fruit/vegetable. If the pudding contains less than 1/8 cup of fruit per serving, then the fruit may not be counted toward the fruit/vegetable requirement.	
Banana or carrot bread		X	Fruit and vegetable breads, such as banana bread or carrot bread, do not contain enough fruit/vegetable to be credited toward the fruit/vegetable requirement. They contain less than 1/8 cup per serving. See: quick breads in the Grain/Bread section, page 17.	
Barbecue sauce		X	Barbecue sauce does not contain enough vegetable per serving to be credited.	Barbecue sauce may be high in salt. Choose lower sodium varieties or limit the use of barbecue sauce.
Bean and pea soup	X		One cup commercial, reconstituted soup is equivalent to 1/4 cup vegetable.	
Bean sprouts	X		If at least 1/8 cup is served, bean sprouts can be credited.	
Beans and peas, canned or dry	X		Beans and peas cooked from a dry state or canned (kidney, garbanzo, black beans, etc.) may be credited as a vegetable. They cannot be credited toward the meat/meat alternate and the fruit/vegetable requirement in the same meal.	Beans and peas are good sources of protein, fiber, and iron and are naturally low in fat.



FRUIT AND VEGETABLE Creditable and Noncreditable Foods



Creditable

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Beverage or fruit drinks		X	Fruit beverages (ades, drinks, juice drinks, punches) contain less than 50 percent full-strength juice. Fruit drinks are primarily sugar, flavoring, and water.	
Cake containing fruit		X	Cake containing less than 1/8 cup fruit per serving cannot be credited.	
Catsup		X	There is not enough vegetable to be creditable.	Catsup has a high sodium content.
Chili sauce		X	Chili sauce does not contain enough vegetable to be creditable.	
Coconut		X	Coconut does not contribute toward the meal pattern.	In comparison to other fruits, coconut is high in fat with approximately 7 grams of fat per every 1/4 cup serving. Most other fruits have less than 1 gram of fat per serving.
Coleslaw	X		Only the fruit/vegetable ingredients can be counted toward the fruit/vegetable requirement.	Cabbage is a good source of vitamin C.
Corn syrup		X	Corn syrup is primarily sugar and does not make a contribution to the fruit/vegetable requirement.	
Cranberries	X		See dried fruit page 29.	Cranberries are a good source of vitamin C and fiber.
Cranberry juice blend	X		Cranberry juice (not cocktail) in a blend with another full-strength juice is creditable (for example, 100 percent cranberry juice mixed with 100 percent apple juice). Cranberry juice (100 percent) that is not blended with other juices is not commercially available as a fruit juice.	

FRUIT AND VEGETABLE Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Cranberry juice cocktail		X	Cranberry juice cocktail contains less than 50 percent full-strength juice.	
Cranberry relish or sauce	X		Only sauces made with whole or crushed berries can be credited. Jellied sauces may be half sugar and cannot be credited. Most cranberry sauces are served in small amounts as an accompaniment. At least 1/8 cup must be served to be counted.	
Dried fruit (e.g., figs, apricots, cranberries, prunes), apple or banana chips	X		The serving size is based on volume and may be impractical.	Apple and banana chips may be high in fat.
Dry spice mixes		X		
Figs in fig bar cookies		X	The amount of figs in the cookies is too small to count toward the fruit/vegetable component.	
Frozen fruit flavored bars (commercial)		X	Frozen fruit flavored bars contain less than 50 percent full-strength fruit juice, therefore, they are not creditable.	
Frozen fruit juice bars (homemade or commercial)	X		If homemade, the fruit juice portion of the bar may be counted to meet the fruit/vegetable requirement. Commercial fruit juice bars containing only 100 percent juice can be credited. Other commercial fruit juice bars cannot be credited because it is impossible to determine the amount of fruit juice in each bar.	
Fruit cobblers or crisps (homemade)	X		If one serving contains at least 1/8 cup fruit, the fruit may contribute toward the fruit/vegetable requirement. See fruit pie filling.	Depending on the recipe, fruit cobblers/ crisps may be high in sugar and fat.
Fruit cocktail	X		Creditable as only one fruit item.	

**FRUIT AND VEGETABLE
Creditable and Noncreditable Foods**

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Fruit flavored powders (e.g., Tang) and syrups		X	Fruit flavored powders and syrups do not contain enough fruit to contribute toward the fruit/vegetable requirement.	Fruit flavored powders are primarily sugar and flavoring.
Fruit flavored punch		X	Fruit flavored punch does not contain enough full-strength juice to be creditable.	Fruit punch is high in sugar.
Fruit leathers	X		If homemade and if the amount of fruit meets the requirements, fruit leathers are creditable. If made from 100 percent fruit juice, commercial products are creditable. Manufacturer's information must be on file. The serving size is based on volume and may be impractical.	
Fruit pie filling, commercial	X		If the first item listed in the ingredient is fruit, (1/2 cup of fruit pie filling will provide 1/4 cup of the fruit component).	Recommend limiting the use of fruit pies to meet the fruit/vegetable requirement due to high fat and sugar contents.
Fruit pie filling, homemade	X		In a homemade pie, the amount of fruit can be credited based on the amount of fruit divided by the number of servings.	Recommend limiting the use of fruit pies to meet the fruit/vegetable requirement due to high fat and sugar contents.
Fruit sauces, homemade	X		The fruit portion of the sauce may be credited. One serving must provide a minimum of 1/8 cup of fruit (2 tablespoons).	
Gelatin desserts or salads with fruit/fruit juice/vegetable/vegetable juice	X		If each serving contains a minimum of 1/8 cup fruit, full-strength fruit juice, vegetable, or vegetable juice, the fruit/vegetable in gelatin desserts may be credited toward the fruit/vegetable requirement.	
Gelatin, flavored or unflavored		X	Low in nutrients, high in sugar.	
Gravy bases		X		
Green chiles or green chile sauce	X		One serving must provide a minimum of 1/8 cup of vegetable (2 tablespoons). If served as a garnish or in a casserole, the green chile is not creditable because the serving size is too small.	

FRUIT AND VEGETABLE Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Green peppers	X		One serving must provide a minimum of 1/8 cup of vegetable (2 tablespoons). If served as a garnish or in a casserole, the green pepper is not creditable because the serving size is too small.	
Hominy		X	Hominy is not creditable. It is not made from the whole kernel of corn and therefore does not meet the criteria for fruit and vegetable.	Because of processing, hominy has minimal nutritional value with only small amounts of starch and fiber.
Ice cream, fruit flavored		X	Fruit flavored ice cream contains an insufficient amount of fruit per serving to credit toward the meal pattern.	
Jam/jelly/preserves/ butters		X	Jam/jelly/preserves/butters do not contain a sufficient amount of fruit per serving to credit toward the meal pattern.	Jellies are high in sugar.
Jicama	X		A Mexican white tuber vegetable resembling a turnip.	
Juice blends— <u>all fruit</u>	X		Juice blends that are combinations of full-strength juices are creditable.	Specify the kind of juice on the menu.
Kiwi	X		1 kiwi = 1/2 cup serving	Kiwi is a good source of vitamin C.
Kool-Aid		X	See: fruit flavored powders.	
Lefsa	X		<p>Lefsa containing at least 1/8 cup of potatoes per serving is creditable.</p> <p>Lefsa may not be creditable as both a vegetable and a bread item in the same meal.</p> <p>Lefsa is a Scandinavian unleavened bread made primarily of potatoes and flour. Lefsa is often served with butter, butter and brown sugar, jam, or cinnamon and sugar.</p>	

FRUIT AND VEGETABLE Creditable and Noncreditable Foods



Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Lemon pie filling		X	Lemon pie filling contains an insufficient amount of fruit per serving.	
Lettuce/tomato salad	X		Creditable as only one vegetable item even when served in tacos and sandwiches.	
Mango	X		Tropical, sweet, juicy, yellow-orange fruit.	
Mixed vegetables, frozen	X		Creditable as only one vegetable item.	
Muffins with fruit		X	See: banana bread.	
Mushrooms	X		One serving must provide a minimum of 1/8 cup of vegetable (2 tablespoons). If served as a garnish or in a casserole, mushrooms are not creditable because the serving size is too small.	
Mustard/dandelion greens	X		If used, they should be purchased from a reputable commercial source.	
Nectar (apricot, pear, peach, etc.)		X	Nectars commonly contain less than 50 percent full-strength juice.	
Olives		X		Olives are high in salt and fat.
Onions	X		One serving must provide a minimum of 1/8 cup of vegetable (2 tablespoons). If served as a garnish or in a casserole, onions are not creditable because the serving size is too small.	
Papaya	X		Tropical yellow fruit.	
Pickle relish		X	Pickle relish is considered a garnish or condiment.	
Pickles		X	Pickles are considered a condiment.	Pickles are high in sodium.
Pizza sauce	X		If at least 1/8 cup (2 tablespoons) per serving is provided, pizza sauce can be credited as tomato sauce.	Recommend choosing a pizza sauce low in sugar and sodium.

FRUIT AND VEGETABLE Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Pop Tarts		X	See: toaster pastry filling.	
Popsicles		X	See: water ices.	
Posole		X	Posole is a thick soup. It usually contains pork or chicken, broth, hominy, onion, garlic, dried chili peppers, and cilantro. It is not made from the whole kernel corn.	
Potato and potato skins	X		Creditable as a fruit/vegetable, not a grains/breads component.	Potato skins are high in fiber. If fried, potatoes and potato skins can be high in fat. Toppings such as sour cream, cheeses, butter, or margarine are also high in fat.
Potato chips		X		Potato chips are high in fat and salt.
Puddings with fruit	X		Pudding must contain at least 1/8 cup (2 tablespoons) fruit per serving.	
Raisins/craisins	X		The serving size, 2–8 tablespoons, is based on volume and may be impractical. Serve raisins/craisins with other fruit or vegetable at breakfast and snacks .	Raisins are high in sugar (1/4 cup contains almost 3 tablespoons sugar). Raisins are high in fiber.
Rice		X	Rice is a grain and is creditable only as a bread. See Grain/Bread.	
Salad	X		Specify the type of salad (e.g., tossed green) on the menu.	
Salsa, homemade	X		Salsa that contains all vegetable ingredients plus minor amounts of flavorings is creditable. At least 1/8 cup (2 tablespoons) per serving is needed. 1/8 cup salsa = 1/8 cup of vegetable. If salsa contains nonvegetable components, like gums, starches, or stabilizers, only the portion that is vegetable may be credited.	
Sherbet/sorbet		X	Sherbets and sorbets do not contain a sufficient amount of fruit per serving to be creditable.	

FRUIT AND VEGETABLE Creditable and Noncreditable Foods

Creditable

Food Item	Yes	No	Comments	Nutrition Information
Soup, canned: beef (with vegetables and barley), beef, chicken or turkey noodle, chicken gumbo, chicken with rice or stars, cream of celery, cream of chicken, cream of mushroom, French onion, homestyle beef or chicken, pepper steak, chicken corn chowder		X	Canned soups, such as these, do not contain a sufficient amount of vegetable to contribute toward the fruit/vegetable requirement.	
Soup, canned, condensed (1 part soup to 1 part liquid) or ready to serve: clam chowder, minestrone, potato, split pea, tomato, tomato with other basic components such as rice or vegetables, vegetable with other basic components such as meat or poultry	X		1 cup serving = 1/4 cup vegetable 1/2 cup serving = 1/8 cup vegetable A serving of less than 1/2 cup does not contribute to the fruit/vegetable requirement.	Soups made from broths containing a variety of vegetables can be a nutritious, low-calorie main dish or accompaniment to a meal. Cream soups are high in fat. Some canned soups may be high in sodium.
Soup: dehydrated soup mixes		X	Not enough vegetable present.	
Soup: homemade	X		When making homemade soups, use a quantity of vegetables that results in at least 1/8 cup (2 tablespoons) vegetable per serving.	
Spaghetti sauce	X		Spaghetti sauce is credited as tomato sauce if 1/8 cup (2 tablespoons) per serving is provided.	Choose a sauce that is low in sugar and/or sodium.
Sprouts (alfalfa, bean, etc.)	X			
Star fruit (carambola)	X			
Toaster pastry filling (e.g., Pop Tarts)		X	Toaster pastry fillings do not contain enough fruit per serving to be creditable. See Grain/Bread.	
Tomato paste	X		One tablespoon = 1/4 cup vegetable	
Tomato puree	X		Two tablespoons = 1/4 cup vegetable	
Tomato sauce	X		Four tablespoons = 1/4 cup vegetable	
V-8 juice	X		See: vegetable juice blends.	
Vegetable juice blends	X		Vegetable juice blends are a mixture of full-strength vegetable juices.	Vegetable juice blends may contain a variety of nutrients; however, they may be high in sodium.

FRUIT AND VEGETABLE Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Vegetables, raw	X		It is recommended that two kinds of raw vegetables be served at breakfast and snacks to ensure required portion size is met. Can be supplemented with a fruit or vegetable juice.	
Water chestnuts	X			
Water ices (e.g., Popsicles)		X	Water ices do not contain a sufficient amount of fruit juice to be creditable.	Popsicles are high in sugar.
Yogurt with fruit, commercial		X	Commercially prepared yogurt with fruit contains less than 1/8 cup fruit per serving. Fruit added to yogurt is creditable.	
Yoj (a combination of yogurt and fruit juice)		X	Yoj does not contain enough fruit to be creditable.	

QUESTIONS AND ANSWERS ABOUT FRUIT AND VEGETABLES

Q: Are raisins creditable?

A: Yes, however, the fruit/vegetable requirement is based on volume. A serving of raisins may be impractical for a participant to consume. The minimum creditable serving size is 1/8 cup. If raisins are served at **breakfast or snacks**, another fruit/vegetable should supplement the raisins.

Q: Are juices and juice concentrates creditable?

A: Yes, "juice" is defined as any product, liquid or frozen, labeled "juice," "full-strength juice," "single-strength juice," "100 percent juice," "all-juice blends," or "reconstituted juice." One tablespoon of frozen juice concentrate equals 1/4 cup of fruit juice when the directions call for one part juice to three parts water. Two tablespoons of frozen juice concentrate equal 1/4 cup of fruit juice when the directions call for one part juice concentrate to one part water.

Q: Can the fruit or vegetable in pudding or gelatin be counted toward the fruit/vegetable requirement?

A: Yes, however, at least 1/8 cup must be in each serving. Gelatin or pudding alone will not meet the fruit/vegetable requirement.

Q: Are pickles and olives creditable as fruit/vegetable?

A: No, traditionally they are considered garnishes and therefore are not creditable. In addition, they are very high in salt compared to other fruits and vegetables.

Q: Are commercially canned, ready-to-use fruit pie fillings creditable toward the fruit/vegetable requirement?

A: Yes, if the first ingredient is fruit. 1/2 cup of fruit pie filling would provide 1/4 cup of fruit component.

Q: Are raw vegetables (carrots and celery sticks) creditable as one serving of fruit/vegetable for snack?

A: Yes, it depends upon the amount of vegetable sticks that are served. Serve an additional fruit/vegetable with a raw vegetable in order to fulfill the quantity requirement for one serving of fruit/vegetable because of the large volume it takes to meet the requirement. A 1/4 cup serving of celery sticks is approximately 4 sticks that are 3 inches by 3/4 inch in size. A 1/4 cup serving of carrot sticks is approximately 6 strips that are 4 inches by 1/2 inch in size.

Q: Are juice drinks creditable?

A: No, juice that has the word "cocktail," "natural," "beverage," or "drink" on the label or juice that is sweetened with sugar, sucrose, or corn syrup, is not 100 percent juice and is not creditable.

QUESTIONS AND ANSWERS ABOUT FRUIT AND VEGETABLES (continued)

Q:

Are foods such as coleslaw, potato salad, or waldorf salad creditable?

A:

Yes, the fruit and vegetable ingredients in these items all count toward meeting the fruit/vegetable requirement. 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 1/4 cup serving of coleslaw containing noncreditable ingredients would not equal a 1/4 cup of fruit/vegetable.

Q:

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

A:

No, these mixed foods are considered only one fruit/vegetable item.

Q:

Are dehydrated vegetables creditable and how are yields determined?

A:

Yes, dehydrated vegetables are creditable. Yields for dehydrated vegetables must be based on the rehydrated volume, not the fresh volume that may be stated on the container. Keep in mind that rehydration yields on the container often vary from brand to brand. This means that the following procedure must be used for each brand of dehydrated product to determine the yield.

Determine the rehydrated volume as follows:

- a) Rehydrate (add water or liquid to) the dehydrated vegetables according to the manufacturer's directions. If the directions are not on the container, request rehydration directions from the manufacturer.
- b) Measure the rehydrated volume.
- c) Measure the number of 1/4 cup servings of rehydrated product one purchase unit provides.
- d) Keep a record of the yield data obtained at the child or adult day service facility for verification. Records should include information on the size of the purchase unit, the number of 1/4 cup servings of rehydrated product per purchase unit, the name of the manufacturer, and the manufacturer's directions for how to rehydrate the product.

**QUESTIONS AND ANSWERS ABOUT
FRUIT AND VEGETABLES
(continued)**

Q:

Are fruit sauces, such as orange sauce made with orange juice or blueberry sauce made with canned blueberries, creditable?

A:

Yes, however, only the fruit portion of the sauce, i.e., the orange juice or blueberries, is creditable. At least 1/8 cup must be in each serving. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the number of servings prepared.

Q:

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

A:

A homemade pizza may be counted as one fruit/vegetable component. In order to do this, 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 Child Nutrition Labeled (see page 75).

MEAT AND MEAT ALTERNATE COMPONENT

Federal regulations for the CACFP require all lunches and suppers contain a serving of meat or meat alternate as specified in the meal pattern. A meat or meat alternate may also be served as one of the two components of a snack.

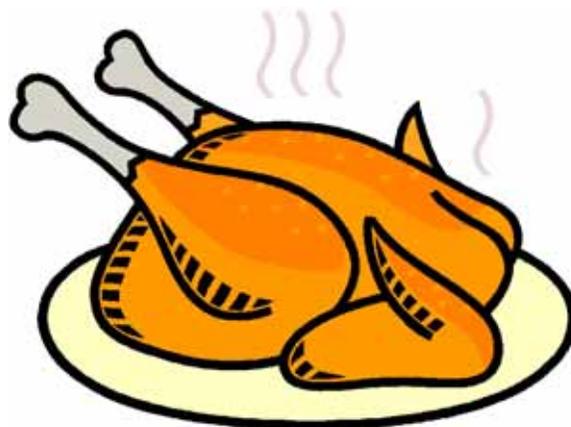
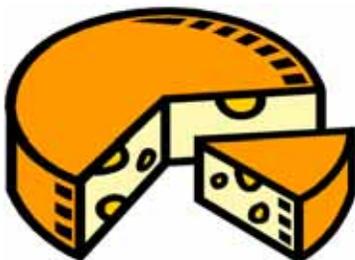
Meat includes lean meat, poultry, or fish. Meat alternates include cheese, eggs, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chestnut, and coconut), and yogurt. These foods must be served in a main dish, or in a main dish and one other item, to meet this requirement.

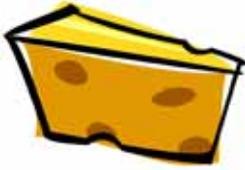
Meat and meat alternates are an important source of protein, iron, B vitamins (thiamin, riboflavin, and niacin) and other nutrients.

The usual serving size of meat or meat alternate for preschool (ages 1 through 5) children ranges from 1 to 1.5 ounces.

Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for lunch and supper or all of the meat/meat alternate requirement for a snack.

Alternate protein products may be counted as meeting part of the meat or meat alternate requirement. Your sponsor or the state agency can provide additional information on alternate protein products.





MEAT AND MEAT ALTERNATE Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Acorns		X		Acorns have a low protein content.
Alternate protein product (APP)	X		Must have CN label or manufacturer's information on file.	
Baco-bits		X		Baco-bits are low in protein and high in fat.
Bacon and imitation bacon products		X		Bacon is low in protein and high in fat. Also, since the meat is cured and/or smoked, it is high in sodium.
Beans and peas, canned or dry	X		Beans and peas cooked from a dry state may be used to count as a meat or meat alternate. Canned black, garbanzo, kidney, pinto, etc., beans may be credited as a meat/meat alternate. Canned green or yellow beans and green peas may be credited only as vegetables. They cannot be credited toward the meat/meat alternate and the fruit/vegetable requirement in the same meal.	Beans and peas (those that can be credited as a meat/meat alternate) are good sources of protein and fiber and are low in fat.
Beef	X			
Beef jerky	X		Beef jerky made with pure beef may be credited. The label should state: beef jerky chopped and formed, natural jerky, or beef jerky sausage.	Beef jerky is very high in sodium.
Braunschweiger	X		Cannot contain binders or extenders.	Cooked pork liver sausage.
Canadian bacon	X		One pound (16 ounces) will yield 11 one-ounce servings of cooked meat.	Canadian bacon is high in sodium.
Canned or frozen: beef stew, burritos, chili mac, meat stew, pizza, pot pies, ravioli, etc.		X	If: (1) the food is CN labeled; or (2) a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the amount of cooked lean meat/meat alternate in the product per serving is on file, these combination items are creditable.	Processed combination foods such as these are usually higher in fat and sodium than homemade foods.
Canned pressed luncheon meat (e.g., Spam)	X		Must be all-meat with no binders, fillers, by-products, or extenders. See: corndogs.	Canned-pressed luncheon meat is usually high in fat and sodium.

**MEAT AND MEAT ALTERNATE
Creditable and Noncreditable Foods**

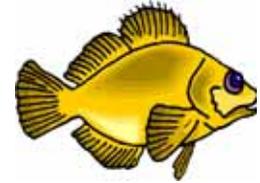
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Cheese, cottage	X		A 2 ounce (1/4 cup) serving of cottage cheese is equivalent to a 1 ounce serving of meat.	Cottage cheese contains less protein per ounce, therefore, the required serving size is greater.
Cheese, cream and neufchatel		X	Due to low protein and high fat content, a serving size that would provide enough protein would be excessive, especially for preschool children.	These cheeses are high in fat and low in protein in comparison to other cheeses.
Cheese, feta	X			
Cheese food, cheese food substitute, cheese spread, and cheese spread substitutes	X		These cheeses are products made from a mixture of one or more varieties of cheeses with one or more dairy ingredients such as cream, milk, or cheese whey. The moisture content is higher than natural and processed cheese; therefore a 2 ounce serving of these products is equivalent to a 1 ounce serving of meat.	These cheeses are often high in sodium. Try to select lower sodium varieties.
Cheese, imitation		X	Products labeled as imitation cheese are not creditable.	
Cheese, low fat and reduced fat	X		Low fat cheese must contain 3 grams or less total fat per 50 grams of product, and reduced fat cheese must have at least 25 percent less fat per 50 grams of the regular product.	
Cheese, natural and processed (American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone, and Swiss)	X		A 1 ounce serving of cheese is equivalent to a 1 ounce serving of meat. Natural cheeses are made from milk and are cured by different methods and for different lengths of time. Processed cheese is made by blending one or more types of cheese. Types include American processed cheese.	
Cheese, parmesan or romano		X	A serving size that would provide enough protein would be excessive, therefore, it is not creditable.	

MEAT AND MEAT ALTERNATE Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Cheese product (Velveeta, Cheese Whiz Squeeze)		X	The term cheese product is a category name and is nonstandardized; therefore, any item that has only the name cheese product is not creditable.	
Cheese, ricotta	X		A 2 ounce (1/4 cup) serving of ricotta cheese is equivalent to a 1 ounce serving of meat.	Ricotta cheese has less protein and a greater moisture content than natural cheeses per ounce.
Cheese sauce, canned or packaged		X	No standard of identity at this time.	
Chestnuts		X		Chestnuts are very low in protein.
Chicken nuggets	X		Only the chicken is creditable. See page 52. For crediting of the batter, see batters and breading, page 11.	
Chili, canned	X		Only the beans in this product are creditable. If: (1) it is CN labeled; or (2) a product analysis sheet signed by an official of the manufacturer (not a salesperson), states the amount of meat/meat alternate in the product per serving and is on file, the meat in this product is creditable.	
Chili, homemade	X			
Chitterlings		X	The small intestines of pigs.	Chitterlings are a high fat item.
Coconut		X	Coconut cannot be credited as a meat/meat alternate.	Coconut is very low in protein.
Corndogs/bratwurst/frankfurters/hot dogs/polish and Vienna sausage, luncheon meat such as bologna, and canned pressed luncheon meat such as Spam.	X		All meat and poultry products that do not contain by-products, cereal, binders, or extenders are creditable. The breading on corndogs can be credited as a grain/bread (like cornbread). Serve these items no more than a total of once a week.	Frankfurters can yield up to 80 percent of their calories from fat. They can be high in cholesterol and contain a large quantity of sodium. Corndogs are high in fat.
Corn nuts		X		These nuts are high in fat and salt.
Cured pork products	X		Example: pepperoni.	Recommend limiting the use because of high sodium and fat content.



MEAT AND MEAT ALTERNATE Creditable and Noncreditable Foods



Creditable

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Deviled eggs	X		Cooked eggs may be credited. See: eggs.	Due to the egg and the addition of mayonnaise, deviled eggs are high in cholesterol and fat. Rather than preparing deviled eggs with mayonnaise, try a lower fat variety of the spread.
Egg custard	X		Snacks only. Must be homemade.	
Eggs	X		Fresh or dried.	Eggs are a good source of protein; however, they also contain a significant amount of cholesterol.
Fish, commercial	X		Commercial sources include grocery stores or a wholesales.	Fish is a good source of protein and iron. Many varieties of fish are lower in fat than other types of meat. (Broil or bake fish, rather than frying, to decrease the amount of fat.)
Fish, non-commercial (home caught)		X		WAC 246-215 says fish must be commercially and legally caught or approved by the regulatory board on health standards.
Fish sticks or nuggets	X		Only the edible fish portion is creditable toward the meat requirement. See page 52. For crediting of the batter, see batters and breading, page 11.	
Garbanzo beans	X		See: beans, canned or dry.	
Hamhocks		X		Hamhocks are high in fat and low in protein by weight.
Home-slaughtered meat		X	To be credited, home-raised animals must be slaughtered at a USDA facility that has a USDA inspector on duty. Poultry is subject to state inspection.	
Imitation seafood		X	No standard of identity.	
Kidney beans	X		See: beans, canned or dry.	
Kidneys	X			
Lamb	X			
Legumes	X		See: beans, canned or dry.	
Liver	X			Liver is high in cholesterol and fat.

MEAT AND MEAT ALTERNATE Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Liver mush	X		Made from hog liver and cornmeal.	
Liverwurst	X		To be creditable, liverwurst cannot contain binders and extenders.	Liverwurst is high in fat and cholesterol.
Luncheon meat, such as bologna	X		See: corndogs.	Bologna, and other processed meats are commonly high in fat and sodium. Like all processed meats, bologna is lower in protein than fresh meat by weight.
Macaroni and cheese	X		The cheese in homemade macaroni and cheese can be credited toward the meat requirement. The powdered cheese in boxed macaroni and cheese cannot be credited toward the meat requirement. See: canned or frozen foods.	
Meat analogs (e.g., Loma Linda meat or similar products)		X	Federal regulations do not allow except in certain situations. You must contact the state agency first for approval.	
Meat sauce	X		The meat in homemade , but not commercial, sauce can be credited. The portion requirement must be met. See: canned or frozen foods.	
Nut or seed meal or flour		X	Nut or seed meal or flour cannot be credited unless it meets the requirements for vegetable protein products.	
Nuts, seeds, or their butters	X		Nuts may be credited as a serving of meat alternate for snack; but only one-half serving of meat alternate at lunch or supper. Serve only ground or finely chopped nuts and seeds to children under 5 years of age to avoid choking. Examples: peanuts, soynuts, walnuts, pecans, almonds, cashews, sesame, sunflower.	Nuts are good sources of protein. Nuts do not contain cholesterol, as they are of plant origin. However, nuts are high in fat and have low iron content.
Oxtails		X	Oxtails do not contain a sufficient quantity of lean meat or protein.	Oxtails are high in fat.
Pasta products with meat		X	Because it is difficult to determine the amount of meat/meat alternate present in commercially prepared pasta products, they are not creditable unless criteria listed for canned or frozen foods are met. See: canned or frozen foods.	



MEAT AND MEAT ALTERNATE Creditable and Noncreditable Foods

Creditable

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Peanut butter/nut butters	X		Serve peanut butter in combination with another meat/meat alternate at lunch and supper since the required serving size is too large for small children.	Peanut butter is high in fat. It does not contain cholesterol as it is of plant origin.
Peanut butter spread (lowfat)		X	Not enough protein in product to meet requirements.	
Peanuts in caramelized popcorn type products		X	Not enough peanuts in product. Considered a snack type item.	
Pepperoni	X		Pepperoni must be all meat and/or poultry and may not contain by-products, cereals, binders, or extenders to be credited.	Pepperoni is high in fat and sodium.
Pig's feet, neck bones, and tails		X	Pig's feet, neck bones, and tails do not contain sufficient meat content.	These are high in fat.
Pinto beans	X		See: beans, canned or dry.	
Pizza, commercial		X	Only the crust is creditable as a bread item unless a CN label is available. See: canned or frozen foods.	
Pizza, homemade	X		If the meat/meat alternate is included in a sufficient quantity to meet the required amount, homemade pizza can be credited. Indicate homemade on the menu.	
Pork	X			
Pot pies, commercial		X	Commercially made pot pies cannot be credited as they do not contain enough meat.	
Pot pies, homemade	X		If of sufficient quantity, the meat in homemade pot pies can be credited.	The crust and sauce may both be high in fat.
Potted meat		X	Potted meat cannot be credited as it contains binders and extenders.	Potted meat is high in sodium.
Poultry	X		Examples: chicken, turkey, cornish game hen.	

MEAT AND MEAT ALTERNATE Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Pressed meat products	X		See: corndogs.	Use pressed meat products infrequently as they are high in sodium. They may also be high in fat.
Quiche	X		The eggs, meat, and/or cheese in homemade quiche may be credited toward the meat requirement. See: Grains/breads section for crediting pie crust.	
Ravioli, commercially prepared		X	Because it is almost impossible to determine the amount of meat/meat alternate in commercially prepared ravioli, it is not creditable unless criteria for canned or frozen foods are met. See: canned or frozen foods.	
Salt pork		X	Salt pork is not creditable due to its high fat and low-protein content.	
Sausage (bulk sausage, links, patties)	X		To be creditable, sausage cannot contain binders, extenders, or cereal products.	Most sausage products are high in fat and sodium.
Seafood	X		Examples: shrimp, crab, scallop, clam, oyster.	
Shellfish, commercial	X		Only the edible portion of shellfish is creditable. The shellfish must be fully cooked.	
Shellfish, non-commercial (home caught)		X		To be creditable must be from a DOH approved growing area.
Soups, commercially prepared (only bean, lentil, or split pea)	X		Three-fourths cup of bean, lentil, or split-pea soup may be credited as 1-1/2 ounces meat alternate.	Commercially prepared soups are often high in sodium.
Soups, commercially prepared, other than bean, lentil, or split pea		X	These soups contain insufficient quantities of meat.	
Soups, homemade containing: meat, fish, poultry, or other meat alternate	X		Homemade soups may contribute toward the meat requirement. Soup must contain enough meat to meet the meal pattern requirement.	
Soy burgers or other soy products		X	100 percent soy products are not creditable.	

MEAT AND MEAT ALTERNATE Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Surimi		X	Imitation shellfish is not nutritionally equivalent to fish/shellfish. A minced fish product.	
Tempeh		X	Tempeh is a cake of fermented soybean cornbread with other beans or grains. Because there is no standard of identity for this food, and it could vary from manufacturer to manufacturer, it cannot be credited.	Often flavored with herbs, seaweed, or tamari.
Tofu		X	Tofu is soybean curd. Because there is no standard of identity for this food, and it could vary from manufacturer to manufacturer, it cannot be credited.	
Tripe	X		Tripe is the stomach lining of cattle or other herded, cud chewing mammals.	Tripe has low quality protein.
Veal	X			
Wild game and fowl		X	Not allowed.	For health and safety reasons, these are not creditable on the CACFP.
Yogurt, plain or sweetened and flavored (commercial only)	X		4 ounces (weight) or 1/2 cup (volume) is equivalent to 1 ounce of meat/meat alternate.	Yogurt is a good source of calcium, phosphorus, and protein.
Yogurt products (frozen yogurt and yogurt bars)		X	There is not enough yogurt in these products to be creditable.	

QUESTIONS AND ANSWERS ABOUT MEAT AND MEAT ALTERNATES

Q:

Are peanut butter and other nut or seed butters creditable as a meat alternate?

A:

Yes, however, the serving size of such butters may be **impractical** for lunch or supper (3 tablespoons equals 1-1/2 ounces of meat alternate). CACFP requires that an additional source of meat/meat alternate be served with lunches or suppers containing nut butters.

Q:

Is tofu a creditable meat alternate?

A:

No, tofu is a soybean curd which has the general color and shape of cream cheese. Currently, tofu is not a creditable meat alternate in the CACFP. There is no standard of identity for tofu, so the product can vary from one manufacturer to another.

Q:

Can boxed macaroni and cheese be credited as a meat/meat alternate in the CACFP?

A:

No, however, if it is enriched or whole grain macaroni, the macaroni can be credited as a bread alternate. The dry cheese mix is not creditable as a meat alternate.

Q:

Is yogurt creditable in the CACFP?

A:

Yes, yogurt is creditable as a meat/meat alternate except for infants.

Q:

Are cottage cheese, cheese foods, and cheese spreads creditable meat alternates?

A:

Yes, but twice as much is needed because these products contain less protein and more moisture than natural and processed cheese. A 2 ounce serving of cheese foods, cheese spread, or cottage cheese is equivalent to only 1 ounce of meat/meat alternate.

Q:

Can pizza be credited as a meat/meat alternate?

A:

Yes, if it is homemade or has a CN label or product analysis sheet from the manufacturer. Pizza may be credited for up to three different components (one meat/meat alternate, one grain/bread, one fruit/vegetable), provided that sufficient quantities of each component are used. If homemade, indicate that on the menu.

**QUESTIONS AND ANSWERS ABOUT
MEAT AND MEAT ALTERNATES
(continued)**

Q: Can canned or frozen products such as ravioli, pizza, meat stew, and sloppy joes be credited in the CACFP?

A: Generally no, these products cannot be used unless: (1) they are a CN labeled product; or (2) you have a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the amount of cooked lean meat/meat alternate per serving.

Q: How many fish sticks do I need to serve to meet CACFP requirements?

A: CACFP serving size refers to cooked edible fish, not the breading. The examples below show how much fish must be served to meet the creditable amount of actual fish.

Fish Product	Portion Size	Creditable Amount
Frozen fried breaded fish sticks	3 one-ounce sticks	1.5 ounces
Frozen raw breaded fish sticks	3 one-ounce sticks	1.5 ounces
Frozen fried breaded fish portions	3 ounces	1.6 ounces
Frozen raw breaded fish portions	3 ounces	1.7 ounces
Frozen unbreaded fish portions	3 ounces	2.3 ounces

Q: Are chicken nuggets creditable?

A: Yes, however, products vary as to how much poultry must be served to meet the creditable amount of actual product. The CACFP serving size refers to cooked edible poultry, not the breading.

Q: Can vegetarian meals be served in the CACFP?

A: Yes, however, the meals must meet meal pattern requirements. Examples of vegetarian meat alternates creditable in the CACFP include natural and processed cheese, cheese food, cheese spreads, cottage cheese, eggs, yogurt, cooked dry beans and peas, nut and seed butters, or any combination of the above. Please be aware that such meat alternatives as tofu, seitan and tempeh are not creditable meat alternatives.

Q: Can peanut butter and jelly sandwiches be served in the CACFP?

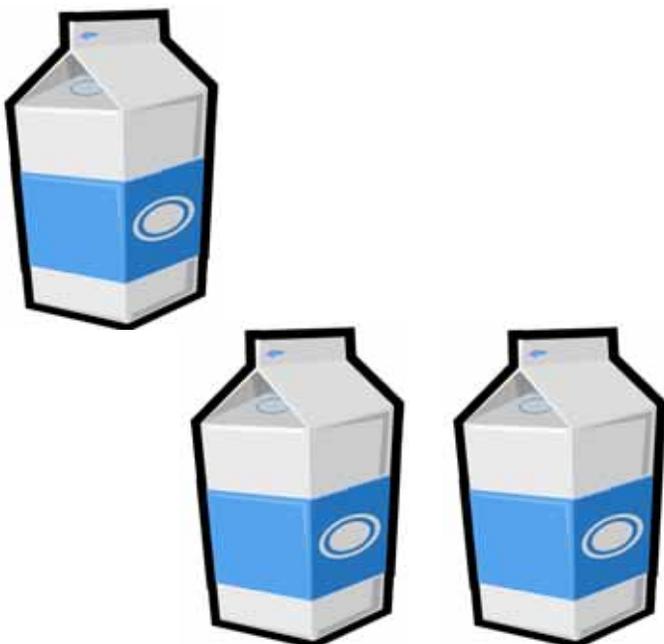
A: When a peanut butter and jelly sandwich is served as the only meat alternate, the sandwich must contain three tablespoons of peanut butter for children 3 through 5 years to meet the minimum portion size. However, three tablespoons of peanut butter is often too much peanut butter to be consumed at one meal. A second meat/meat alternate (such as cheese cubes or 1/2 of a hard cooked egg) must be served along with a smaller serving of the peanut butter. Choking might also be an issue with the required amount of peanut butter.

MILK COMPONENT

Federal regulations for the CACFP meal pattern require **fluid milk** to be served for breakfast, lunch, and supper. Additionally, fluid milk may be served as one of the meal pattern components for snacks.

To be credited, milk must be pasteurized, and meet state or local standards for fluid milk. Flavored or unflavored whole milk, lowfat milk, skim milk, or cultured buttermilk may be served. **Reconstituted dry milk does not fit the definition of fluid milk and is not creditable.** All milk must contain vitamins A and D at levels specified by the Food and Drug Administration and state law.

At breakfast, fluid milk can be served as a beverage, used on cereal, or used in part for each purpose.



Both lunch and supper must contain a serving of fluid milk as a beverage. There is no milk required at supper for adults participating in the CACFP at adult day service centers.

If milk is one of the two components served for a snack, it must be fluid milk as a beverage or used on cereal, or used in part for each purpose. **Milk may not be credited for snacks when juice is served as the only other component except for adults participating in the adult portion of the CACFP.**

Milk may never be credited when cooked in cereals, puddings, or other foods.

Lowfat or skim milk should not be served to children under two years of age.

If a participant is unable to drink milk, a medical statement signed by a recognized medical authority that states the substitute the participant may have must be on file.

MILK
Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Acidified milk	X		Acidified milk is a fluid milk produced by souring fluid whole, lowfat, or skim milk with an acidifying agent. Examples of acidified milk include: acidified kefir milk and acidophilus milk.	
Buttermilk	X		Cultured milk that meets state and local standards. The sour liquid that remains after the butterfat has been removed from whole milk.	Buttermilk is low in fat despite its name.
Certified raw milk		X	Certified raw milk is not pasteurized. Regulations and state law require the use of pasteurized milk. Pasteurized milk is heated at a high temperature for a period of time to destroy microorganisms.	
Cheese		X	Cheese cannot be credited toward the milk requirement because it does not meet the definition of milk. To be credited, the milk provided must be fluid. Cheese can be counted toward the meat requirement.	
Chocolate milk	X			It is recommended that the use of flavored milk be limited due to the high sugar content.
Cream		X	Cream does not meet the definition of milk.	
Cream sauces		X	To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces, or other foods.	
Cream soups		X	To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces, or other foods.	

MILK Creditable and Noncreditable Foods

Creditable

Food Item	Yes	No	Comments	Nutrition Information
Cultured milk	X		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid whole, lowfat, or skim milk under controlled conditions to produce a product with specific flavor and/or consistency. Examples of cultured milk include: cultured buttermilk and acidified kefir milk.	
Eggnog, Commercial		X	Because it is difficult to determine the amount of fluid milk in commercially prepared eggnog, it is not creditable.	
Eggnog, Homemade		X	Homemade is not acceptable because eating uncooked eggs may cause illness.	Eggnog is high in cholesterol, sugar, and fat. Use of raw eggs presents a health hazard.
Evaporated milk		X	Evaporated milk does not meet the definition of fluid milk.	
Flavored milk	X			It is recommended that the use of flavored milks be limited due to a high sugar content.
Frozen yogurt		X	Frozen yogurt does not meet the definition of fluid milk.	
Goat's milk		X	Does not meet FDA standards.	If a signed medical statement indicating this is a substitute for cow's milk, goat's milk is creditable.
Half and half		X	Half and half does not meet the definition of fluid milk.	
Hot chocolate/cocoa	X		Hot chocolate/cocoa made from fluid milk is creditable. Credit the fluid milk portion only. Cocoa made from water is not creditable. Milk must be listed on the menu when cocoa is served.	It is recommended that the use of flavored milks be limited due to a high sugar content.
Ice cream/ice milk		X	Ice cream/ice milk does not meet the definition of fluid milk.	Ice cream contains 11–20 percent fat. Ice milk contains 2–6 percent fat.

MILK
Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Milk, imitation		X	Imitation milk does not meet the definition of fluid milk.	
Milk, lactose reduced	X		A fluid milk modified by the addition of lactose enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children who cannot digest the lactose in milk may benefit from a lactose-reduced lowfat milk.	
Milk, lowfat milk (2 percent or 1 percent), nonfat (skim) milk, and whole	X		The American Academy of Pediatrics and health and nutrition experts do not recommend serving lowfat or nonfat milk to children under 2 years of age. Children under the age of 2 need additional fat in their diets for normal growth and development.	Whole, lowfat (1 percent or 2 percent), and skim milk provide equivalent amounts of the same nutrients. The difference in the milks is the fat content and, therefore, the number of calories per serving. Whole milk contains 3.3 percent fat, skim milk contains less fat than other milk.
Milk, organic	X		If it is pasteurized, it is creditable.	
Milkshakes, commercial		X	Because it is impossible to determine the amount of fluid milk in a commercial milkshake, they are not creditable.	
Milkshakes, homemade	X		Milkshakes containing the minimum required quantity of fluid milk per serving for the appropriate age group are creditable. Only the fluid milk portion is creditable.	
Nonfat dry milk, reconstituted		X	Nonfat dry milk may not be used unless in emergency situations where the availability of milk has been affected. See Federal Regulation 7 CFR 226.20 on continuing the use of nonfat dry milk due to the unavailability of fluid milk.	

MILK
Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Pudding or custard		X	To be creditable, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces, or other foods.	
Pudding pops		X	To be creditable, milk must be provided as a serving of fluid milk.	
Rice milk		X	If used as a substitution because of medical or other dietary needs, rice milk is creditable. A statement signed by a medical authority must be on file for a person being served rice milk. Recommend calcium fortified. Contact your state agency or sponsor for information.	
Sherbet		X	Sherbet does not meet the definition of fluid milk.	
Sour cream		X	Sour cream does not meet the definition of fluid milk.	Sour cream is high in fat.
Soybean milk		X	If used as a substitution because of medical or other dietary needs, soybean milk is creditable. A statement signed by a medical authority must be on file for a person being served soy milk. Contact your state agency or sponsor for information.	
UHT (ultra-high temperature) milk	X		UHT milk is Grade A pasteurized milk heated to 280° F, then cooled and packaged. It can be stored without refrigeration until it is opened. Example: "Real Fresh®."	
Yogurt		X	Yogurt may never be credited in place of fluid milk except for adult day service centers. See page 50 for credit as a meat/meat alternate.	Yogurt is a good source of calcium, phosphorus, and protein.

QUESTIONS AND ANSWERS ABOUT MILK

Q: Is milk required at snack?

A: No, milk may be one of the two snack components, but it is not required.

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

A: Reconstituted milk is not included in the definition of milk in the program regulations. It is not possible to ensure the quantities of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk. Federal Regulation 7 CFR 226.20(f) permits dry milk to be used only when the center is unable to obtain a supply of fluid milk on a continuing basis. Contact the state agency for approval.

Q: What is acidified milk?

A: Acidified milk is produced by souring fluid whole, lowfat, or skim milk with an acidifying agent. Examples of acidified milk are "acidified kefir milk" and "acidophilus milk." Acidified milk is creditable in the CACFP.

Q: Is acidified milk creditable in the CACFP?

A: Yes.

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

A: Yes, homemade milkshakes containing the required amount of fluid milk are creditable. **Exception:** Commercial milkshakes from restaurants cannot be monitored for the amount of milk they contain and therefore are not creditable.

Q: Can hot chocolate or cocoa be served to meet the milk requirement?

A: Yes, when made with fluid milk, this beverage is creditable. **Exception:** Flavored hot chocolate dry mixes that are made to be reconstituted with water are not creditable. Note that hot chocolate is made with fluid milk on the menu.

Q: Can the milk used in preparation of products such as puddings, cream sauces, and ice cream count toward the milk requirements?

A: No, the milk served must be served as a beverage and/or poured over cereal at breakfast or snacks.

QUESTIONS AND ANSWERS ABOUT MILK (continued)

Q: Is milk obtained directly from a farm creditable?

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

Q: If a participant cannot have milk for medical reasons, can I still be reimbursed for breakfast and lunch?

A: Yes, if you obtain a written medical statement from a recognized medical authority stating that the participant should not be served milk. The statement must specify a substitute food.

Q: What meals in adult day service centers require milk?

A: There is no milk required at supper. However, ONE SERVING A DAY MUST BE FLUID MILK. When cheese or yogurt is used to fulfill the dairy requirement, it may not be used as a meat/meat alternate at the same meal service.

FEEDING INFANTS

The Infant Meal Pattern

The infant meal pattern chart shows the types and amounts of foods that must be served to infants. The first year of life, from birth until the baby's first birthday, is divided into three age groups, each consisting of four months.

There are ranges given for each food portion in the meal pattern to allow for flexibility in how much food is served to the baby, based on his or her appetite and development. The amounts listed are the minimum portions required to meet the meal pattern requirements. Some babies may need more than these amounts. Babies can be served larger portions or additional foods.

In the 4 through 7 month age group, the portions for solid foods are listed as 0 to 3 tablespoons. Solid foods are optional for this age group. Children who are not developmentally ready for solid foods should not be fed them.

Food served should always be of appropriate texture and consistency. Solid food can be introduced gradually to infants, who are 4 months of age or older. The decision to introduce solid foods should always be made in consultation with the parents.

Babies may have small appetites. They may not be able to eat a complete meal at one time. Foods may be served over a period of time, rather than at one time. For example, the food items shown for lunch can be served at two or more feedings, such as between 11:30 a.m. and 1:30 p.m.

Purchasing Commercially Prepared Baby Foods

For babies 6 through 11 months of age, choose baby foods of increased thickness and consistency to challenge the baby to learn new mouth skills.

To meet the meal pattern requirements, avoid combination foods or dinners because it is difficult to determine the amount of each component in combination foods. Also, they generally have less nutritional value by weight than single-ingredient foods and cost more than items purchased separately.

Read the ingredient list on the food label carefully. Avoid those with added fat, salt, sugar, modified corn starch, or modified tapioca starch.

Desserts, such as baby puddings, custards, cobblers, and fruit desserts, should be avoided because they are high in sugar. Babies do not need added sugar. They should be given the opportunity to eat naturally sweet foods, such as fruit.

Fruit juices containing 100 percent juice are creditable as snacks only for infants 8 through 11 months old. No other juices or juice drinks are creditable.

Infant cereals that are iron-fortified must be provided until the infant turns one year of age. Other noninfant cereals can be served as additional food.

Foods That Cannot Be Credited

Foods that cannot be credited toward the infant meal pattern include:

- Foods with water listed as the first ingredient.
- Combination foods or dinners.
- Baby desserts.
- Fruit juice and juice drinks that contain less than 100 percent fruit juice.
- Vegetable juice.
- "Adult" cereals.
- Cereals, in jars, with or without fruit.
- Iron-fortified dry infant cereals containing fruit.

Iron-Fortified Infant Formula

Iron-fortified infant formula is the best food for the baby when the baby is not being breastfed or when a supplement to breastfeeding is needed.

Commercially prepared iron-fortified infant formula is specially formulated to have the right balance of nutrients and to be easily digested by the baby.

Program rules require formula be an iron-fortified infant formula intended for dietary use as a sole source of food for normal, healthy infants served in liquid state at the manufacturer's recommended dilution.

The formula label must state "with iron" or "iron-fortified." Formula labels which say "low-iron" do not meet the meal pattern requirement. Low-iron or other formulas may be served only as a dietary substitute when a note from a medical doctor or other recognized medical authority requiring its use is on file.

Child and Adult Care Food Program Meal Pattern for Infants

	Birth through 3 months	4 through 7 months	8 through 11 months
Breakfast	4 to 6 fluid ounces formula ¹ and/or breast milk	4 to 8 fluid ounces formula ¹ and/or breast milk 0 to 3 tablespoons infant cereal ² (optional)	6 to 8 fluid ounces formula ¹ and/or breast milk and 2 to 4 tablespoons infant cereal ² and 1 to 4 tablespoons fruit and/or vegetable
Lunch or Supper	4 to 6 fluid ounces formula ¹ and/or breast milk	4 to 8 fluid ounces formula ¹ and/or breast milk 0 to 3 tablespoons infant cereal ² (optional) 0 to 3 tablespoons fruit and/or vegetable (optional)	6 to 8 fluid ounces formula ¹ and/or breast milk, and 2 to 4 tablespoons infant cereal ² and/or 1 to 4 tablespoons lean meat, fish, poultry, egg yolk, cooked dry beans, or cooked dry peas ⁵ or 1/2 to 2 ounces cheese or 1 to 4 ounces cottage cheese, cheese food, or cheese spread and 1 to 4 tablespoons fruit and/or vegetable
Snack	4 to 6 fluid ounces formula ¹ and/or breast milk	4 to 6 fluid ounces formula ¹ and/or breast milk	2 to 4 fluid ounces formula ¹ , and/or breast milk or fruit juice ³ 0 to 1/2 slice of crusty bread ⁴ (optional) or 0 to 2 crackers (optional)

1 **Formula** served must be iron-fortified infant formula. The formula must be intended as the sole source of food for normal, healthy infants and must be served in the liquid state at the manufacturer's recommended dilution. Menu must indicate that the infant formula served is iron-fortified.

Note: Reimbursable meals for infants may contain either breast milk or iron-fortified infant formula, or both, supplied by the provider/center or by the parent. The meal must be served and fed to the infant by the caregiver. If only breast milk is served by the parent to a child age birth through 3 months, a provider/center cannot claim the meal.

2 **Infant cereal** must be iron-fortified, dry infant cereal. Infant cereal is often mixed with breast milk, formula, or milk. The menu must indicate the infant cereal served is iron-fortified.

3 **Fruit juice** must be full-strength. Juice may only be claimed as a supplement component and only given at 8–11 months.

4 **Bread or crackers** must be made from whole grain or enriched meal or flour.

5 **Nuts, seeds, or nut butters** are not allowed as a meat alternate.

INFANTS

Creditable and Noncreditable Foods

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Adult cereal		X	"Adult" cereal, including oatmeal, farina, and cheerios, are not creditable for infants.	Iron and other nutrients in "adult" cereals are provided to meet the needs of older children and adults rather than infants. Raisins and nuts in "adult" cereals may cause choking.
Baby food fruit desserts		X	Not 100 percent fruit.	
Baby food pudding		X		
Bread crusts	X		Must meet general criteria for grain/bread. For infants 8 through 11 months of age for snacks only.	
Breastmilk	X			
Buttermilk		X		Should not be given to infants.
Cheese or cottage cheese	X			
Combination dinners (commercial)		X	Examples: Meat/vegetable dinners, meat dinners, and dehydrated dinners. Prepared combination infant foods have water as the first ingredient and may not be used.	
Crackers	X		Must meet the general criteria for grain/bread and served for snacks only.	
Cream		X		
Dry milk, (reconstituted)		X		
Egg white		X		
Egg yolk, cooked	X		Only for infants 8 through 11 months of age.	
Evaporated milk (includes canned goat's milk)		X	To be used, must have a signed medical statement on file.	
Fish sticks, patties, nuggets, or other commercial breaded or battered seafood products		X		
Fruit juice	X		100 percent fruit juices, for snacks only, and only for 8 through 11 months of age.	
Half and half		X		
Heinz instant baby food	X		Dehydrated, single-item foods.	
High meat dinners or lean meat dinners		X		
Homemade baby food	X		Avoid salt, other seasonings, and fat.	
Honey		X	Contains harmful botulinum spores.	

INFANTS
Creditable and Noncreditable Foods
(continued)

Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Iron-fortified dry infant cereal	X			Must meet at least 45 percent of the recommended daily intake (RDI).
Iron-fortified infant formula (includes soy based)	X			
Lowfat milk (1 percent, 2 percent, skim)		X	To be used, must have a signed medical statement on file.	
Low-iron formulas (includes soy based)		X	To be used, must have a signed medical statement on file.	
Meat sticks, hot dogs, corn dogs, sausages		X	Meat sticks are not intended for infant consumption. These items may cause choking. They also contain binders/extenders.	
Milupa		X		
Mixed cereal with fruit, commercial		X		
Mocha mix		X		
Peanut butter, nuts, seeds		X	May cause choking.	
Pedialyte		X		
Raw or certified raw milk		X		
Single-item baby foods (commercial)	X		Such as vegetables, fruits, and meats.	
Vegetable juice		X	Only 100 percent fruit juices are creditable toward the infant meal pattern requirements.	
Whole egg		X		
Whole milk		X		
Yogurt		X		

QUESTIONS AND ANSWERS ABOUT INFANT FEEDING

Q:

How can you serve "0" tablespoons of food according to the Infant Meal Pattern Food Chart?

A:

Certain foods are listed as "0" tablespoons to let you know that the food is optional and should be served at your discretion. Also, you may serve less than 1 tablespoon of those foods.

Q:

Does an infant have to eat only at the specified meal times?

A:

No, the meal pattern states breakfast, lunch, supper, and snack, but that is only a guideline. Babies may need to eat every two to four hours or more frequently than the specified times.

Q:

Why are some of the food portions so small?

A:

The portions listed are the minimum amount required by the infant feeding regulations. You may serve larger portions to those babies who would like more.

Q:

Why is fruit juice not required at breakfast, lunch, and supper?

A:

The use of fruit juice, in addition to the required amount of formula or breast milk at each meal would be too much liquid and could discourage the baby from eating solids.

Q:

Can infants less than four months of age be claimed for reimbursement?

A:

Reimbursable meals for infants may contain either breast milk or iron-fortified infant formula, or both, supplied by the provider/center or by the parent. The meal must be served and fed to the infant by the caregiver. A provider/center cannot claim the meal if only breast milk is served by the parent to a child age birth through 3 months.

Q:

Are low-iron formulas creditable?

A:

Yes, but only if the infant's parents obtain a signed medical statement from the infant's physician stating the reason why the infant may not have iron-fortified infant formulas and the formulas to be substituted.

Q:

Can infants less than twelve months of age be claimed if receiving whole milk instead of iron-fortified infant formula or breastmilk?

A:

No.

Exception: If there is a signed medical statement on file.

QUESTIONS AND ANSWERS ABOUT INFANT FEEDING (continued)

Q:

Can fortified adult cereals be substituted for the iron-fortified dry infant cereal for older infants (> 8 months of age)?

A:

No, adult cereals do not provide infants with the same kind of easily absorbed iron as the iron-fortified infant cereals do. In addition, adult cereals often contain added sugar or salt. USDA requires providers to supply iron-fortified infant cereal up to the infant's first birthday to claim the infant's meal for reimbursement. Iron-fortified infant cereal is a requirement at breakfast; however, at lunch and supper, iron-fortified cereal is optional. Note that cereal is iron-fortified on the menu.

Q:

Which infant formulas purchased by the child care provider require a medical statement?

A:

A medical statement is required in order to serve infant formulas which do not meet the Food and Drug Administration (FDA) definition for iron-fortified infant formula (or "infant formula with iron") to any infants.

Q:

When parents provide infant formula that does not meet FDA requirements for iron-fortified infant formula, is a medical statement required in order for the caregiver to claim the meal for reimbursement?

A:

Any time an infant is served formula which does not meet the FDA requirements mentioned above, the substitution must be supported by a statement from a recognized medical authority.

The need for a medical statement is dictated by the type of formula that the parent provides. If it meets the FDA requirements for iron-fortified infant formula, then none is required. If the formula provided is any other type of formula, then a medical statement is required.

Q:

Which infant formulas do not meet the FDA definition for iron-fortified infant formula?

A:

Enfamil
Similac
Gerber Baby Formula
SMA lo-iron

QUESTIONS AND ANSWERS ABOUT INFANT FEEDING (continued)

Q:

Which iron-fortified infant formulas meet the FDA definition of an iron-fortified formula and do not require a medical statement?

A:

Milk-Based Infant Formula:

- Carnation Follow-up Formula (milk-based)
- Carnation Good Start with Iron
- Enfamil AR
- Enfamil Lactofree
- Enfamil with Iron
- Similac Advance
- Similac Lactose Free with Iron
- Similac with Iron

Soy-Based Infant Formula:

- Carnation Alsoy
- Carnation Follow-up Soy Formula (soy-based)
- Isomil
- ProSobee

Even though a medical statement is not required for the above infant formulas, child care centers or providers should follow the recommendations given to the infant's parent by the infant's health care provider regarding the type of infant formula to feed the infant.

Q:

Are these formulas the only formulas that are creditable?

A:

No. For a more detailed list contact the state agency or your sponsor.

MISCELLANEOUS

Questions and Answers

Q:

Can foods brought in by the parents be used to fulfill meal pattern requirements?

A:

No, the participating CACFP institution or provider must provide all the required meal components in order to claim the meal for reimbursement. Foods provided by parents must be considered "extras." Foods that are not creditable (i.e., cupcakes, candy) should be served only after the meal.

Q:

Can foods donated to the center be used to fulfill meal pattern requirements? For example, a case of apples donated by a fruit company.

A:

Yes, if available to **all** children. Include in the food receipts that it was received as a donation.

Q:

Are picnics or cold meals acceptable?

A:

Yes, as long as they meet the meal pattern requirements.

Q:

Are foods from fast food restaurants creditable?

A:

No, all required meal components must be provided by the institution.

Q:

Can vegetarian meals be claimed for CACFP reimbursement?

A:

Yes, however, the meals must still meet the meal pattern requirement. Meat alternates that can be credited toward meeting the CACFP meat requirement include cheese (natural, process, cheese foods, and cheese spreads), cottage cheese, and ricotta cheese; eggs, yogurt, cooked dry beans, and peas; peanut butter; nuts and seeds; nut or seed butters; or any combination of the above. 100 percent vegetable protein products are not creditable in the CACFP except under certain conditions. Contact the state agency for more information.

Q:

Can home canned foods be served in the child care centers?

A:

USDA guidance has advised against the use of home canned foods in a group feeding situation.

COMBINATION FOODS

Definition: "**Combination food**" means any single serving of food that contains two or more of the required meal components.

Definition: "**Entree or main dish**" means the main course of a meal. The main course may be a combination of food which contains a meat/meat alternate as one of the components.

Requirements for meals:

- I. Combination foods served as an entree or main dish may be credited as the meat/meat alternate plus a maximum of two of the required meal components if amounts of each are sufficient to meet meal pattern requirements.

Examples:

Beef Stew with beef, carrots, potatoes, and onions; credit as:

1. Meat/meat alternate component.
2. Fruit/vegetable component.
3. Fruit/vegetable component.

Chef Salad with egg, turkey, cheese, lettuce, tomatoes, celery, and cucumber; credit as:

1. Meat/meat alternate component.
2. Fruit/vegetable component.
3. Fruit/vegetable component.

Grilled Cheese Sandwich; credit as:

1. Meat/meat alternate component.
2. Grain/bread component.

Homemade Pizza; credit as:

1. Meat/meat alternate component.
2. Fruit/vegetable component (can count as only 1 component).
3. Grain/bread component.

Sloppy Joes (ground beef and tomato sauce on a bun); credit as:

1. Meat/meat alternate component.
2. Fruit/vegetable component (can count as only 1 component).
3. Grain/bread component.

Spaghetti with ground beef and tomato sauce; credit as:

1. Meat/meat alternate component.
2. Fruit/vegetable component (can count as only 1 component).
3. Grain/bread component.

II. Combination foods in dishes served as an accompaniment to the entree or main dish may be credited for one of the two required meal components if the amount is sufficient to meet meal pattern requirements:

Examples:

Carrots and Peas with cooked peas and carrots; credit as:

One fruit/vegetable component.

Green Salad with lettuce, tomato, sometimes served on sandwiches or in tacos, credit as:

One fruit/vegetable component.

III. Some combination foods may be credited for two of the required meal components if amounts of each are sufficient to meet meal pattern requirements:

Example:

Fresh fruit with peaches, melons, and bananas served for lunch or supper; credit as:

1. Fruit/vegetable component.
2. Fruit/vegetable component.

IV. Combination foods in beverage form made from milk and solid fruits or vegetables may be credited as meeting the following meal components if amounts of each are sufficient to meet meal pattern requirements:

Example:

Banana Cow with banana and milk; credit as:

1. Milk component.
2. Fruit/vegetable component (can count as only 1 component).

Note: Serving size is based on volume and may be impractical for young children.

CHILD NUTRITION (CN) LABEL

CN LABEL

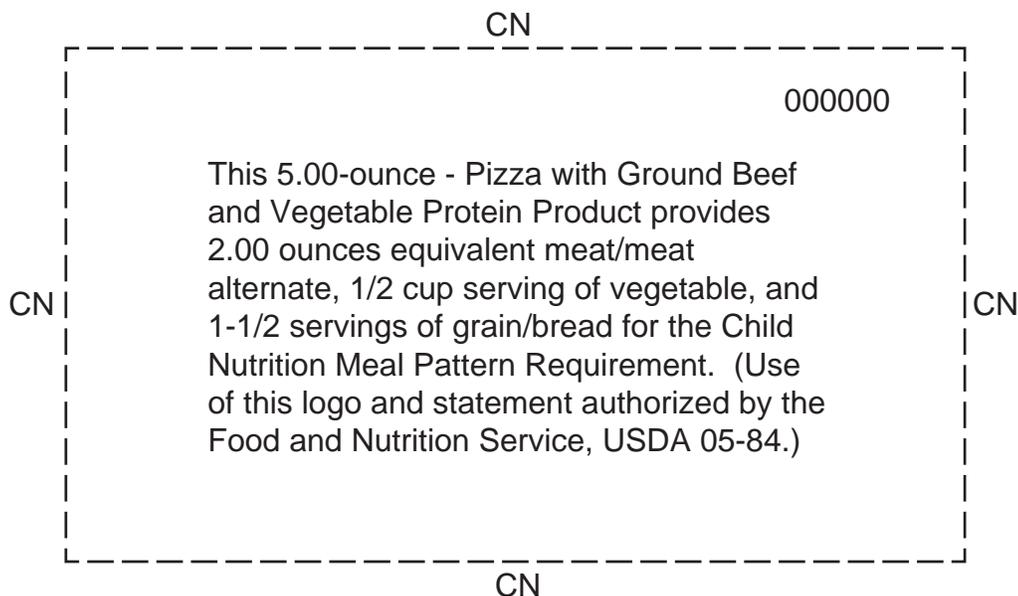
- Is a voluntary federal labeling program for the Child Nutrition Programs.
- Provides a warranty for CN labeled products.
- Allows manufacturers to state a product's contribution to the meal pattern requirements on their labels.

HOW TO IDENTIFY A CN LABEL

A CN label will always contain the following:

- The CN logo which is a distinct border.
- The meal pattern contribution statement.
- A six-digit product identification number.
- USDA/FNS authorization.
- The month and year of approval.

SAMPLE LABEL



MANUFACTURER'S PRODUCT SPECIFICATION SHEET

A Manufacturer's Product Specification Sheet must be an official product analysis sheet from the food manufacturer, not an analysis or spec sheet from a salesperson. The Product Specification Sheet for a commercially prepared combination food **must** include the following:

- The *ingredient weight* per serving of each ingredient to be credited.
- The weight of ingredients specified as raw or cooked weight.
- The weight or volume of the food product serving size, or number of pieces per serving.
- A description of all ingredients, i.e., grain products must be specified as whole grain or enriched.
- Signature of a company official.

Call the 1-800 number on the food package to request a Manufacturer's Product Specification sheet from the manufacturer for products.

HOW TO READ AN INGREDIENT LIST

Ingredient lists can be used to determine if foods meet the meal pattern requirements.

Cookies

Ginger Snaps

Ingredients: enriched flour (flour, niacin, reduced iron, thiamine mononitrate [vitamin B₁], riboflavin [vitamin B₂], sugar, molasses, vegetable shortening (contains one or more of the following partially hydrogenated oils: soybean, cottonseed, canola), high fructose corn syrup, ginger, baking soda, salt, oil of lemon.

These cookies are **creditable** because enriched flour is the primary ingredient by weight.

Chocolate Sandwich Cookies

Ingredients: sugar, enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate [vitamin B₁], riboflavin [vitamin B₂]), vegetable and animal shortening (partially hydrogenated soybean oil with hydrogenated cottonseed oil, lard), cocoa (processed with alkali), high fructose corn syrup, corn flour, whey, chocolate, baking soda, salt, soy lecithin (emulsifier), vanillin, and artificial flavoring.

These cookies are **not creditable** because whole grain and/or enriched flour is not the primary ingredient by weight. Grain/bread must have whole grain, enriched flour, or meal listed first on the list of ingredients in order to be creditable.

Cereals

Wheat Flakes

Ingredients: whole wheat, sugar, salt, calcium chloride, trisodium phosphate, vitamin C (sodium ascorbate), niacinamide, iron, vitamin A (palmitate), riboflavin (vitamin B₂), thiamin mononitrate (vitamin B₁), folic acid, and vitamin D.

This cereal is **creditable** toward the meal pattern because whole wheat (a whole grain) is the primary ingredient by weight.

Sweetened Apple Cereal

Ingredients: sugar, corn, wheat, oat flour, salt, dried apples, apple juice concentrate, and cinnamon, color added.

This cereal is **not creditable** because sugar, not whole wheat and/or enriched flour, is the primary ingredient by weight. Whole grain and/or enriched flour or meal must be listed first in the ingredient list.

*Cereals served on the CACFP must contain 9 grams or less of sugar.

Crackers

Toasted Rye Crackers

Ingredients: enriched wheat flour (containing niacin, reduced iron, thiamine mononitrate [vitamin B₁] and riboflavin [vitamin B₂]), vegetable shortening (partially hydrogenated soybean and cottonseed oils with TBHQ to preserve freshness), rye flour, sugar, corn syrup, salt, caraway seeds, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), artificial color (caramel).

These crackers are **creditable** because enriched flour is the primary ingredient by weight.

Wheat Crackers with Wheat Germ

Ingredients: unbleached flour, wheat germ, coconut oil (contains citric acid), vegetable oil shortening, sugar, salt, ammonium bicarbonate, skim milk powder, bran, hydrolyzed soya protein, baking soda, sodium metabisulphite (a preservative), protease.

These crackers are **not creditable** because the flour is not whole grain or enriched. If the flour or the product were enriched, the crackers would be creditable.

Processed Meats

Frankfurters

Ingredients: pork, turkey, water, salt, corn syrup, dextrose, flavoring, sodium erythorbate, sodium nitrate.

These frankfurters are **creditable** toward the meal pattern because they are all meat and do not contain binders/ extenders.

Low-Fat Polish Sausage

Ingredients: pork, water, turkey, beef, starch (modified food and vegetable), hydrolyzed milk protein, dextrose, corn syrup, salt, flavorings, autolyzed yeast, sodium lactate, sodium phosphate, gelatin, vitamin C (ascorbic acid), sodium nitrite.

These sausages are **not creditable** because they contain **modified food and vegetable starch and hydrolyzed milk protein** which are binders/ extenders. To be creditable, most sausages and processed meats must be all meat and not contain any binders/ extenders.

Fruit Juices

Apple Mixed Fruit Juice - 100 percent Pure Fruit Blend

Ingredients: concentrated juices (apple, grape, pear, and boysenberry); water; a combination of citric acid, calcium hydrate, and malic acid (calcium fortification); natural flavor; and vitamin C.

This juice is **creditable** because it is a full-strength fruit juice. Juices are not full-strength when sweeteners, spices, and flavorings are added.

Fruit Punch

Ingredients: water, corn syrup, fruit juice from concentrate (apple, pineapple, cherry), citric acid, xanthan gum, sodium citrate, ascorbic acid (vitamin C), gum arabic, glycerol abietate, brominated vegetable oil, citrus oils, and natural and artificial flavors, artificially colored (red #40).

Fruit punch is **not creditable**. Fruit punch commonly contains less than 50 percent full-strength fruit juice.

MENU PLANNING

Menus are required and must meet the USDA meal pattern requirements. Planning menus means thinking about what foods to serve together. A healthful diet offers a variety of foods that are low in fat, saturated fat, and cholesterol, as well as being moderate in salt and sugar. The menus should meet the nutritional needs of children.

Good menu planning should include:

- Menu items that meet the meal pattern requirements.
- Meals that meet the USDA dietary guidelines.
- Foods rich in fiber.
- A variety of colors, shapes, textures, temperatures, and flavors.
- The likes and dislikes of children and their parents.
- Culturally diverse foods.
- Standardized recipes when available.
- Efficient use of time, labor, and costs.
- Milk as a beverage.
- A combination of fruits and vegetables that go together (spinach salad with mandarin oranges).
- Starting with the main entree or dish in mind—consider a source of protein from the meat/meat alternate group.
- Offer more fresh fruits or vegetables.

Menus should be planned in advance. One way to do this is to develop a **cycle menu**. A cycle menu is a set of planned menus that are repeated in the same order for a period of time (2 weeks, 6 weeks, 1 month, 3 months). The menu is different every day during the cycle. It offers a variety of foods and is flexible to allow for substitutions. It is the master plan of meal planning. They must be **dated** to reflect each day meals are served.

Poor Menu Planning (All One Color)	Good Menu Planning
Baked White Fish Mashed Potatoes Steamed Cauliflower Dinner Roll Milk	Baked White Fish Steamed Snap Sugar Peas Tri-colored Pasta Salad Red Pepper Strips Milk

Menus must also meet the meal pattern requirements in order to receive reimbursement for meals. Therefore, the menu must be specific enough that each food component is clearly stated on each menu.

Does Not Meet Meal Pattern	Meets Meal Pattern
Spaghetti Green Beans Salad Bread Milk	Spaghetti with Meat Sauce Green Beans Tossed Green Salad Bread Milk

A MENU CHECKLIST

Use this checklist as a reminder when planning menus. Remember, menus must meet the Child and Adult Care Food Program meal pattern requirements in order to be reimbursed for those meals or snacks.

Variety in Meals

- Prepare a 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 or vegetables.
- Offer unusual fresh fruits or vegetables such as kiwi fruit, jicama, etc.
- Serve special menus for holidays, theme days, or serve cultural or ethnic foods for a change.
- Serve foods with a variety of color, texture, shape, flavor, and temperature.
- Review for changes periodically if you are using cycle menus. Use seasonal foods.
- Serve a variety of meat or meat alternates during the week. For example, during one week serve fish, dried beans, chicken, beef, and pork.

Healthier Menus

- Serve foods lower in salt.
- Serve foods lower in fat.
- Serve foods lower in sugar.
- Enhance flavors with spices, herbs, or lemon juice instead of salt or fat.
- Use fruit packed in its own juice, light syrup or water, rather than fruit packed in heavy syrup when serving canned or frozen fruit.
- Serve dried fruit such as raisins, prunes, and apricots, only occasionally, since they stick to children's teeth and promote tooth decay.
- Limit servings of 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 fat frying them.
- Serve lean meats, trim visible fat, and drain grease from meat.
- Serve foods high in vitamins A, C, D, and iron frequently. (See the chart Some Foods High in Vitamins A, C, and Iron on pages 85, 86, 87.)

A MENU CHECKLIST (continued)

Use this checklist as a reminder when planning menus. Remember, menus must meet the Child and Adult Care Food Program meal pattern requirements in order to be reimbursed for those meals or snacks.

Positive Attitudes Toward Food

- Have a positive attitude toward foods and the mealtime experience. Remember, a negative attitude expressed by adults and children may influence other children not to try that food.
- Serve a small amount of the new food along with more popular and familiar foods when introducing new foods to children.
- Include children in food activities to encourage children 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 cut smaller are easier for children to handle.
- Do not force a child to eat. Children often go through food jags. It is normal for a child to ask for second helpings of food one day, yet eat very lightly the next day.
- Provide a comfortable atmosphere at mealtime. Mealtime is also a social activity. Therefore, 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 when children are more hungry.
- Expose children to new foods five or six times instead of only once or twice. The more exposure children have to a food, the more familiar and comfortable it becomes and the more likely they will be to try the food.
- Offer the new food first to a child who eats most foods. Children will usually 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.
- Do not offer bribes or rewards for eating foods. This only reinforces that certain foods are not desirable.

Foods High in Vitamin A

Serve a fruit or vegetable that is an excellent or good source of vitamin A at least every other day.

The following fruits and vegetables are EXCELLENT sources of vitamin A.		
<ul style="list-style-type: none"> • Carrots • Mixed vegetables (with carrots) 	<ul style="list-style-type: none"> • Pumpkin • Spinach, cooked 	<ul style="list-style-type: none"> • Sweet potatoes • Winter squash: butternut, hubbard

The following fruits and vegetables are GOOD sources of vitamin A.		
<ul style="list-style-type: none"> • Cantaloupe • Mango 	<ul style="list-style-type: none"> • Greens: beet, turnip, Swiss chard 	<ul style="list-style-type: none"> • Sweet red peppers

The following fruits and vegetables are FAIR sources of vitamin A.		
<ul style="list-style-type: none"> • Apricots • Cabbage, Chinese 	<ul style="list-style-type: none"> • Greens: collards, mustard • Nectarine 	<ul style="list-style-type: none"> • Spinach, uncooked • Tomato, uncooked, juice, sauce

Vegetables

Asparagus
 Bok choy, raw
 Broccoli
 Broccoli
 Chili peppers, red
 Chives
 Dandelion greens, raw
 Endive
 Kale
 Parsley
 Peas and carrots
 Peppers, red chili
 Squash, winter
 Vegetable juice
 Watercress, raw

Fruits

Cherries, red sour
 Papayas
 Peaches (not canned)
 Plums, purple (canned)
 Prunes

Other

Egg yolk
 Liver
 Whole milk

Foods High in Vitamin C

Serve at least one fruit or vegetable that is an excellent or good source of vitamin C every day. Include fruits/vegetables that are fair sources of vitamin C to meet the other fruit/vegetable requirements.

The following fruits and vegetables are EXCELLENT sources of vitamin C.		
<ul style="list-style-type: none"> • Brussels sprouts • Grapefruit • Grapefruit juice (1/2 cup)* • Green peppers 	<ul style="list-style-type: none"> • Honeydew melon • Kiwi • Mandarin oranges, canned, in juice 	<ul style="list-style-type: none"> • Orange juice (1/2 cup)* • Sweet red pepper • Tomato juice (1/2 cup)*

The following fruits and vegetables are GOOD sources of vitamin C.		
<ul style="list-style-type: none"> • Broccoli • Cantaloupe • Cauliflower • Kale 	<ul style="list-style-type: none"> • Mango • Orange • Pineapple juice (1/2 cup) • Potato, baked 	<ul style="list-style-type: none"> • Sweet potato • Strawberry • Tangerine • Tomato, uncooked

The following fruits and vegetables are FAIR sources of vitamin C.		
<ul style="list-style-type: none"> • Asparagus • Cabbage, green and Chinese • Greens: Collards, beet, mustard, turnip, and Swiss chard 	<ul style="list-style-type: none"> • Lettuce, romaine • Potato, mashed from flakes • Spinach, fresh, cooked, or uncooked 	<ul style="list-style-type: none"> • Tomato, canned or sauce • Winter squash: acorn, butternut, hubbard

* The CACFP encourages centers to serve whole fruits and vegetables for the fiber and other nutrients that are missing in juices. If you are serving juices, grapefruit, orange, and tomato juice are preferred over other juices. It is recommended that juices not be served more than once per day.

Vegetables

Broccoli
Cabbage, raw
Chili peppers
Chives
Collards
Dandelion greens, raw
Kohlrabi
Okra
Parsley
Peppers, sweet
Peppers, chili
Swiss chard, raw
Turnip greens
Turnips
Watercress

Fruits

Guava
Kiwi
Lemons
Limes
Papayas
Raspberries

Foods High in Iron

Vegetables

Asparagus (canned)
Beans, green, wax, lima
(canned)
Bean sprouts
Beets (canned)
Broccoli
Brussels sprouts
Dark, green leafy: beet greens,
Swiss chard, collard, kale,
mustard greens, parsley,
spinach,
turnip greens
Parsnips
Peas, green
Potatoes (canned)
Sauerkraut (canned)
Squash, winter
Sweet potatoes
Tomato juice, paste, puree,
sauce
Tomatoes (canned)
Vegetable juice (canned)

Fruits

Apricots (canned)
Cherries (canned)
Dried fruits: apples, apricots,
dates, figs, peaches,
prunes, raisins
Grapes (canned)

Meat/Meat Alternates

Dried beans and peas
Eggs
Meat
Peanut butter
Shellfish
Turkey

Bread/Bread Alternates

All enriched, whole grain, or
fortified bread and bread
alternates

GLOSSARY

Child and Adult Care Food Program (CACFP): The Child and Adult Care Food Program (CACFP) is a U.S. Department of Agriculture (USDA) program which provides reimbursement to child care centers, family day care homes, Head Start centers, and adult day service centers so that nutritious meals can be provided to participants.

Child Nutrition labeling: A Child Nutrition (CN) label is a voluntary federal labeling program for food manufacturers regulated by the USDA. The CN label allows manufacturers to state a product's contribution to the Child and Adult Care Food Program meal pattern requirements on their label. CN labeled products are not usually found in grocery stores, but are found at larger food retailers where food products are purchased in bulk.

Combination food: Any single serving of food that contains two or more of the required meal components is considered a combination food.

Component: A food grouped in a certain food category according to the CACFP Meal Pattern. Milk component, meat/meat alternate component, fruit/vegetable component, and the grain/bread component are examples.

Creditable food: A food that counts toward meeting the requirement for a reimbursable meal or snack.

Entree or main dish: The main course of a meal that contains a meat and/or meat alternate.

Food and Nutrition Service (FNS): The Food and Nutrition Service is the federal administering agency for the Child and Adult Care Food Program. It is a division of the USDA. The FNS develops regulations, policies, and publications and provides supervision necessary to states to administer the CACFP.

Infant cereal: Iron-fortified infant cereal is cereal specially formulated for and generally recognized as cereal for infants. It is routinely mixed with formula or milk before served to infants.

Infant formula: Iron-fortified infant formula is intended for dietary use as a sole source of food for normal, healthy infants. It is served in a liquid state at the manufacturer's recommended dilution.

Manufacturer's product specification sheet (sometimes called a product analysis sheet): This is a product information sheet obtained from the manufacturer detailing the ingredients by weight or by percentage weight of the product. It must have an original signature of a company official.

Meal pattern: Refers to the USDA meal pattern for infants, children, and adults as required in Federal Regulation 7 CFR Part 226.20.

Office of Superintendent of Public Instruction: The state agency which administers the CACFP in Washington State.

Recognized medical authority: A recognized medical authority, for the purposes of identifying the need for food substitutions in children's meals and for recommending alternate foods, is defined as one of the following health care professionals:

1. A physician, either a M.D. (Medical Doctor) (RCW 18.71.011) or a D.O. (Doctor of Osteopathy) (RCW 18.57).
2. A licensed physician's assistant who is licensed to a physician and has prescriptive authority. Prescriptions shall be signed and dated.
3. An advanced licensed registered nurse practitioner (ARNP) who has prescriptive authority. "Prescriptions shall be signed by the prescriber with the initials ARNP and the prescriber's identification number assigned by the board" (WAC 308-120-420).
4. A licensed Naturopathic Physician mentioned in the law relating to nursing care (RCW 18-79-260(1)).

Reimbursement: Money received for serving creditable meals and snacks.

Serving size or portion: The portion size is described by the weight or measure. The serving size specified in the meal patterns must be provided to meet the meal pattern requirements in order for meals to be reimbursable.

Sponsor: The organization that is responsible for the administration of the food program in day care homes, child care centers, or adult day service centers.

Standard of identity: Government standard for content, preparation, and labeling of a food before it is manufactured and sold in commerce. Standards of Identity specify ingredients a food must contain when a product is to be labeled or identified by a common product name. Standards for meat and poultry products are developed by USDA. For other food products, standards are set by the U.S. Food and Drug Administration (FDA).

State agency: See Office of Superintendent of Public Instruction above.

U.S. Department of Agriculture (USDA): Federal agency which funds and administers Child Nutrition programs. (See Food and Nutrition Service.)

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Office of Superintendent of Public Instruction Child Nutrition Programs

PART OF THE TOTAL EDUCATIONAL PROGRAM PROMOTING HEALTH AND NUTRITION

The Child Nutrition Programs administered in the state of Washington by Child Nutrition Services, Office of Superintendent of Public Instruction are:

- National School Lunch Program
- School Breakfast Program
- Child and Adult Care Food Program
- Summer Feeding Programs
- Special Milk Program
- Commodity Distribution Program

Child Nutrition Services Mission Statement

Assist school districts and other program sponsors in providing quality nutrition programs that promote life-long healthful living while providing nutritious meals each day that prepare children for learning.

Goals

- To provide leadership for the child nutrition meal programs through advocacy, assistance, and administration.
- To manage program resources for the benefit of recipients.
- To incorporate nutrition education in all phases of services.

Objectives

- Assist Child Nutrition Program sponsors.
- Advocate for good nutrition.
- Administer the Child Nutrition Programs.



DR. TERRY BERGESON
STATE SUPERINTENDENT OF PUBLIC INSTRUCTION
OLD CAPITOL BUILDING, PO BOX 47200
OLYMPIA WA 98504-7200