

# CACFP Center Handy Guide to Creditable Foods

November 2019

## General Information

1. Creditable foods are used to meet Child and Adult Care Food Program (CACFP) meal pattern requirements for participants ages one and over. This information is now available in the CACFP Shopper free phone app in the Google Play Store and App Store.
2. The Handy Guide to Creditable Foods list was established by the Iowa Department of Education, Bureau of Nutrition and Health Services based USDA guidance to help assure good nutrition for CACFP participants. This list does not include all foods that may be creditable. Contact the State agency with questions regarding specific foods or required quantities.
3. Non-creditable foods do not contribute toward meeting meal component requirements but may be served as extra foods. Non-creditable foods may increase costs and contribute to excess calories.
4. The minimum required quantity of each food component must be served to contribute toward a reimbursable meal.
5. Final menus must document specific names of actual foods served. For example, record “apple slices” instead of “fruit”.
6. Foods must be of appropriate texture for participants’ eating abilities.
7. Food must not be used as a punishment or reward.
8. Follow the CACFP Infant Meal Pattern and Creditable Foods for Infants when preparing and serving meals to child under one year of age.
9. Some brand names are included on lists, but this does not imply product endorsement.

## Legend for Symbols

+ = If creditable, limit use since product may be high in sugar, salt and/or fat.

\* = Examples of binders and extenders: calcium phosphate, calcium sulfate, carrageenan, cellulose, cereals, collagen, fibers, flour, gelatin, glucono delta-lactone, guar gum, inulin, meat or poultry byproducts, milk, pectin, psyllium husk, silicon dioxide, sodium alginate, sodium aluminum phosphate, sodium bicarbonate, sodium carbonate, sodium phosphate, soy protein, starch, transglutaminase, whey protein concentrate, xanthan gum.

HM = Homemade

eq. = equivalent

g. = Grams

oz. = Ounce

mg. = milligrams

iu = international units

mcg = micrograms

## Milk

1. Milk must be pasteurized fluid milk, fortified with vitamins A and D.
2. Participants must be served milk at breakfast, lunch, and supper. Serving milk at supper to an adult participant is optional.
3. Milk may be one of the two required components for snacks. For children, milk may not be credited for snacks when juice is served as the other component.
4. Unflavored whole milk must be served to children one to two years of age. One month is allowed for transition from whole milk to low fat (1%) or fat free (skim) milk when a child turns two years old.
5. Always record the type of milk served to each age group on menus to document what was served.
6. Unflavored low fat (1%) or fat free milk (skim) must be served to children two through five years of age.
7. 1% or fat free (skim) milk must be served to participants age six years and older.
8. Flavored milk is allowed only for participants six years of age (or in Kindergarten) and older, and must be fat free (skim) or 1%.
9. For adult participants only, 6 ounces or  $\frac{3}{4}$  cup yogurt may be served to meet the equivalent of 8 ounces fluid milk once per day.
10. Milk must be served as a beverage or over cereal.
11. Milk may not be credited when used in cooking (e.g., soup, custard, and pudding).
12. Families may request in writing non-dairy substitutes nutritionally equivalent to cow's milk.

## Creditable

- Acidified milk (acidophilus)
- Breastmilk, no upper age limit
- Buttermilk, cultured milk or kefir
- Cow's milk
- Goat's milk
- Lactose-free cow's milk
- Lactose-reduced cow's milk
- Smoothies, only the milk portion credits
- Soymilk, if family's written request is on file and nutrients are nutritionally equal to cow's milk<sup>1,2,3</sup>. Products meeting this requirement are:
  - 8th Continent Soymilk (Original or Vanilla<sup>2,3</sup>)
  - Great Value Original Soy Milk
  - Kirkland Signature™ Organic Plain Soymilk
  - Pacific Natural Ultra Soymilk (Plain or Vanilla<sup>2,3</sup>)
  - PEARL Organic Soymilk (Smart Original, Smart Creamy Vanilla<sup>2,3</sup> or Smart Chocolate<sup>2,3</sup>)
  - Silk Original Soymilk
  - Sunrich Naturals Soymilk (Plain, Original, Unsweetened or Vanilla<sup>2,3</sup>)
  - Westsoy® Organic Plus (Plain or Vanilla<sup>2,3</sup>)
- Ultra-high Temperature (UHT) shelf stable cow's milk, skim or 1%

## Creditable for Specific Age Groups

- Cocoa<sup>2,3</sup> made only from fluid skim or 1% milk, for participants age 6 and over
- Flavored skim or 1% milk<sup>2,3</sup>, for participants age 6 and over
- Skim or 1% milk, for participants age 2 and over
- Whole milk, for children ages 12 through 23 months only
- Yogurt<sup>4</sup>, served instead of milk once a day for adult participants only

## Non-creditable

- Almond milk
- Cocoa mix made with water
- Coconut milk
- Coffee creamers
- Cream
- Cream sauce
- Cream soup
- Custard
- Dry milk
- Eggnog
- Evaporated milk
- Half and half
- Ice cream and frozen yogurt
- Ice milk
- Imitation milk
- Pudding
- Pudding pops
- Raw milk (certified or uncertified)
- Reconstituted dry milk, only with State approval
- Rice milk<sup>5</sup>
- Sherbet or sorbet
- Sour cream
- Soymilk, beverage or drink when not nutritionally equal to cow's milk
- Sweetened condensed milk
- Yogurt is creditable only as a meat alternate or milk substitute for adult participants at one meal per day.

## Non-creditable for Specific Age Groups

- Flavored milk for children under 6 years of age
- 1% or skim milk for children under age two
- Whole and 2% milk for participants over age one

<sup>1</sup> Documentation from a prescribing medical professional is required for other brands.

<sup>2</sup> Contact your State agency if you have questions about a specific product.

<sup>3</sup> Flavored milk may be served only to participants 6 years and over.

<sup>4</sup> Yogurt may contain no more than 23 g. sugar per 6 oz.

<sup>5</sup> Serving this food is prohibited. It must not be served as an "extra" food.

## Meat/Meat Alternates

1. Meat/meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or split peas, and yogurt. Meats must be state or federally inspected. Eggs must be federally inspected.
2. A combination of two meat/meat alternates may be served at the same meal to total the required serving size.
3. A meat/meat alternate must be served at lunch and supper, and may be served as one of the two required components at snacks.
4. A meat/meat alternate may be served ounce for ounce in place of the grain component at breakfast no more than three times per week.
5. At least  $\frac{1}{4}$  ounce or  $\frac{1}{2}$  Tablespoon of cooked, lean meat or its equivalent must be served to credit as part of the required serving.
6. Cooked, dry beans or split peas may be credited as a vegetable or as a meat alternate, but one food item cannot count for both components in the same meal.
7. Nuts or seeds may fulfill no more than 50% of the required meat/meat alternate serving size at lunch and supper.
8. Another meat or meat alternate should be provided with peanut butter or cheese when served at lunch and supper.
9. Only the meat portion in breaded products and meat sauces, is credited toward meeting serving size requirements.
10. Child Nutrition (CN) labels or Product Formulation Statements (PFS) are required for processed combination products. See following pages for more information about CN labels and PFS.
11. Standardized recipes must be maintained for homemade foods prepared from scratch.
12. Deep-fat fried foods (submerged in hot oil or other fat) cannot be prepared on-site and served as part of a reimbursable meal. Foods purchased from a vendor may be deep-fat fried. Pre-fried foods baked at the center may be served.

## Creditable

- Bologna (no byproducts, cereals, binders or extenders\*) +
- Canadian bacon and ham +
- Cheese, natural (e.g., Colby, Swiss, Cheddar, Monterrey Jack)
- Cheese food and cheese spread<sup>1</sup> +
- Cheese substitute +
- Cottage cheese, ricotta cheese<sup>1</sup> +
- Crab meat
- Crab meat imitation (4.4 oz.=1.5 oz., 3 oz.=1 oz., 1 oz.=.25 oz. meat)
- Dried split peas, beans, lentils, refried beans, soy beans (canned or cooked from dry – ¼ c. = 1 oz. meat alternate)
- Eggs, whole only – fresh, frozen, dried or liquid (must be federally inspected)
- Fish and shellfish, cooked (only the meat portion credits)
- Hot dogs (no byproducts, cereals, binders or extenders\*) +
- Liver, kidney, tripe
- Peanuts, nuts, seeds, soy nuts
- Peanut, nut, soy or seed butter, regular (not reduced-fat)
- Sausage (fresh pork, fresh Italian, Vienna) +
- Soup, bean or split pea (½ cup = 1 oz. meat)
- Spare ribs (only lean meat portion credits) +
- Tahini (credited as a seed butter)
- Tempeh, seitan
- Tofu<sup>2</sup>
- Turkey ham +
- Yogurt (dairy or soy)<sup>3</sup>, commercial only

## Combination Items:

Creditable only with a CN label or Product Formulation Statement if not listed in the Food Buying Guide. Use standardized recipes for homemade items; a serving must contain at least ¼ oz. meat/meat alternate per serving. This list is not exhaustive.

- Beef patties
- Breaded items (fish, meat and poultry) +
- Burritos
- Canned pasta with meat +
- Corndogs +
- Egg rolls +
- Falafel
- Frozen Entrees +
- Hummus
- Lasagna +
- Macaroni and cheese +

- Meatballs
- Meat loaf
- Meat sauce
- Pizza +
- Pot pie +
- Quiche +
- Ravioli
- Salisbury Steak
- Soups
- Spaghetti with meat sauce
- Stews

## Non-creditable

- Bacon, bacon-bits, imitation bacon products
- Canned cheese sauce
- Cheese product (Velveeta) or imitation cheese
- Cheese, jarred
- Chestnuts
- Coconut
- Cream cheese
- Deep-fat fried foods prepared on-site
- Egg substitutes, whites and yolks alone, uninspected
- Fish, home caught or home pickled<sup>4</sup>
- Game: venison, squirrel, fish, etc. (credit only if USDA or State inspected)
- Ham hocks, pigs' feet, neck bones, tail bones
- Home canned meats<sup>4</sup>, home slaughtered meats<sup>4</sup>
- Imitation meats/meat alternates (e.g., imitation crab meat)
- Nutella
- Potted, pressed or deviled canned meat (e.g., Spam)
- Powdered cheese, boxed macaroni and cheese
- Soup, commercial canned (except bean or split pea)
- Yogurt<sup>4</sup>, **HM**
- Yogurt, covered fruits or nuts
- Yogurt, frozen

## Non-creditable except with a CN label or Product Formulation Statement.

- Jerky (any type)
- Lunch meat +
- Meat analogs<sup>5</sup> (veggie burgers, breakfast links, textured vegetable protein crumbles)
- Pepperoni +
- Salami +
- Sausage (Polish, Summer) +
- Snack meat sticks (any type) +
- Soy cheese +
- Turkey bacon +

<sup>1</sup> A double portion must be served.

<sup>2</sup> 2.2 oz. or ¼ cup = 1 oz. meat (must contain > 5 g. protein per oz.).

<sup>3</sup> No more than 23 g. sugar per 6 oz.

<sup>4</sup> Serving these foods is prohibited. It must not be served as an "extra" food.

<sup>5</sup> Alternate protein products may be up to 100% non-meat protein.

## Vegetables

1. Most vegetables are creditable. Serve a variety for optimal nutrition.
2. Vegetables must be served as a required meal component at lunch and supper.
3. A vegetable may be used to fulfill the fruit component when two different vegetables are served for lunch or supper.
4. One vegetable or one fruit or portions of each must be served for breakfast.
5. A vegetable and a fruit can be served for the two required components at snack.
6. Juice may be served only one time per day.
7. Juice may not be served for snack if milk is the only other required component served.
8. Juice may be served at lunch or supper.
9. At least  $\frac{1}{8}$  cup (2 Tablespoons) of vegetable must be served to credit as part of the minimum serving size requirement. If only  $\frac{1}{8}$  cup of vegetable is served, the second vegetable (or fruit) serving must fulfill the rest of the total required amount of both components combined.
10. All juice must be full strength (100%) juice and pasteurized. Juices labeled “juice”, “full strength juice”, “100% juice”, “single strength juice”, “juice from concentrate” or “reconstituted juice” are full strength. Juices naturally high in or fortified with vitamin C are recommended.
11. Vegetable and fruit juice blends are creditable as either a fruit or a vegetable depending on the first ingredient.
12. Two forms of the same food (e.g., cooked cabbage and coleslaw) are not creditable in the same meal.
13. Combinations such as mixed vegetables, peas and carrots, stew vegetables and casserole vegetables credit as one vegetable when the amount of each vegetable is not known.
14. Cooked, dry beans or split peas may be credited as a vegetable or as a meat alternate, but the food item cannot count for both components in the same meal.
15. Vegetables combined with other foods in mixed dishes must be recognizable in order to be creditable.

### Creditable

- Avocado
- Carrots
- Dried split peas, beans, lentils, baked beans, refried beans, soy beans (canned or cooked from dry)
- Coleslaw<sup>1</sup> (only the vegetable credits)
- Dehydrated vegetables (measure when re-hydrated)
- Edamame (green soy beans)
- Hominy
- Kale<sup>2</sup>
- Leafy vegetables<sup>2</sup>
- Mixed vegetables (credits as one vegetable)
- Mixed vegetables in HM casseroles, stews<sup>1</sup>
- Mushrooms
- Mustard greens
- Pasta, made with 100% vegetables or vegetable flour
- Pizza sauce<sup>1</sup>
- Potatoes
- Potato skins
- Salsa, all vegetable including spices
- Smoothies, vegetable (puree = juice)
- Soup, tomato or vegetable (If commercial, 1 c. soup =  $\frac{1}{4}$  c. vegetable)
- Spaghetti sauce<sup>1</sup>
- Tomato paste – 1 Tablespoons =  $\frac{1}{4}$  c. vegetable
- Tomato puree – 2 Tablespoons =  $\frac{1}{4}$  c. vegetable
- Tomato sauce – 4 Tablespoons or  $\frac{1}{4}$  c. =  $\frac{1}{4}$  c. vegetable
- Tomato juice
- Vegetable juice blend (e.g., V-8 juice)

### Non-creditable

- Chili sauce
- Corn chips (credit as grain if whole grain or enriched)
- Dry spice mixes
- Home canned vegetables<sup>3</sup>
- Ketchup, condiments and seasonings
- Pickle relish
- Potato chips, potato sticks
- Raw sprouts<sup>3</sup>
- Salsa, commercial with non-vegetable ingredients
- Tomato-based sauce on canned pasta and commercial pizza<sup>4</sup>
- Vegetable straws, crisps, or chips

<sup>1</sup> The minimum serving size to contribute toward meeting meal pattern requirements is  $\frac{1}{8}$  c. (2 Tablespoons).

<sup>2</sup> 1 cup leafy vegetable =  $\frac{1}{2}$  cup vegetable

<sup>3</sup> Serving these foods is prohibited. It must not be served as an “extra” food.

<sup>4</sup> Credited only with CN label or Product Formulation Statement.

## Fruits

1. Most fruits are creditable. Serve a variety for optimal nutrition.
2. Fruits must be served as a required meal component at lunch and supper.
3. The entire fruit component may be replaced by serving a second vegetable at lunch or supper.
4. A fruit or vegetable or portions of each must be served at breakfast.
5. A fruit and vegetable can be served for the two required components at snack.
6. Juice may be served only one time per day.
7. Juice may not be served at snack if milk is the only other required component served.
8. Juice may be served at lunch or supper.
9. At least  $\frac{1}{8}$  cup (2 Tablespoons) of fruit must be served to credit as the minimum serving size requirement. If only  $\frac{1}{8}$  cup of fruit is served, the vegetable serving must fulfill the rest of the total required amount of both components combined.
10. All juice must be full strength (100%) juice and pasteurized. Juices labeled "juice", "full strength juice", "100% juice", "single strength juice", "juice from concentrate" or "reconstituted juice" are full strength. Juices naturally high in or fortified with vitamin C are recommended.
11. Fruit and vegetable juice blends are creditable as either a fruit or a vegetable depending on the first ingredient.
12. Two forms of the same food (e.g., applesauce and apple slices) are not creditable in the same meal.
13. Combinations such as fruit cocktail, fruit salad, or mixed fruit credit as one fruit serving when the amount of each fruit is not known.
14. Fruits combined with other foods in mixed dishes must be recognizable in order to be creditable.

## Creditable

- Apple cider, must be pasteurized
- Coconut, fresh, frozen or dried<sup>1, 2</sup>
- Cranberry sauce made with whole cranberries (not jellied)
- Dried fruit (e.g., apricots, cherries, dates, figs, prunes, raisins, cranberries)<sup>3</sup>
- Frozen juice bars or popsicles made with 100% fruit and/or juice
- Fruit cocktail, credits as one fruit
- Fruit puree, 100% fruit
- Fruit sauce<sup>2</sup> **HM**
- Fruit in gelatin or pudding<sup>2</sup> (only the fruit credits)
- Fruit in dessert pies, crisps and cobblers<sup>2</sup> (only the fruit credits)
- Juice, 100% full strength
- Juice, 100% with coconut water
- Juice blends, 100% full strength
- Juice concentrates, reconstituted to equal 100% juice
- Kiwi fruit
- Smoothies (fruit puree = juice)

## Non-creditable

- Apple butter
- Banana chips, commercial
- Barbecue sauce
- Caffeinated drinks
- Coconut (dried, flaked)
- Frozen fruit flavored bars (less than 100% juice)
- Fruit "drink" (less than 100% juice)
- Fruit flavored syrup or powder
- Fruit in cookies, breads, muffins and grain bars
- Fruit in commercial fruited yogurt
- Fruit snacks, leather, rollups, shapes (less than 100% fruit)
- Fruit flavored ice cream
- Fruit flavored water
- Gummy fruit candy
- Home canned fruits<sup>4</sup>
- Honey, syrup, jam, jelly, preserves
- Jellied cranberries, canned
- Jell-O, gelatin
- Juice cocktails (less than 100% juice)
- Juice drinks
- Kool-Aid
- Lemon pie filling
- Lemonade
- Orangeade
- Popsicles (less than 100% juice)
- Pudding with fruit, commercial
- Punch (less than 100% juice)
- Sherbet, sorbet, commercial<sup>5</sup>
- Syrup from canned fruit
- Toaster pastry filling

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<sup>1</sup>  $\frac{1}{8}$  cup dried coconut =  $\frac{1}{4}$  cup fruit

<sup>2</sup> The minimum serving size to contribute toward meeting meal pattern requirements is  $\frac{1}{8}$  cup (2 Tablespoons).

<sup>3</sup>  $\frac{1}{4}$  cup dried fruit =  $\frac{1}{2}$  cup fruit

<sup>4</sup> Serving these foods is prohibited. It must not be served as an "extra" food.

<sup>5</sup> Creditable only with CN label or Product Formulation Statement.

## Grains

1. Creditable grains must list whole grain, enriched flour/meal, bran, or germ as the first ingredient. Cereals must be whole grain, enriched, or fortified. Carefully read ingredient labels to ensure grain products meet requirements.
2. At least one serving of grains per day must be whole grain-rich across all eating occasions. Whole grain-rich means the product must contain at least 50% whole grains and the remaining grain ingredients are creditable.
3. Menus must be labeled clearly identifying whole grain-rich foods to document they were served. Keep label information or recipes on file for whole grain-rich items to document requirements were met.
4. A grain item must be served for lunch and supper, and may be one of the two required components at snack.
5. Meat and meat alternates may be served ounce for ounce in place of the grain component a maximum of three times per week at breakfast.
6. At least  $\frac{1}{4}$  serving of a grain item must be served to credit toward the required serving size.
7. Breakfast cereals must contain no more than 6 g. of sugar per dry oz.
8. Grain-based desserts are not creditable as the grain component at any meal or snack. The fruit in cobblers, crisps, and pies is creditable toward the fruit requirement if the minimum required portion is served (2 Tablespoons). An additional fruit or vegetable must be served to fulfill the remainder of the required portion.
9. Instructions to credit commercial grain products, grain foods made from purchased mixes, and from scratch are on the following pages "Determining Portion Sizes for Grain Products".
10. Ounce equivalents must be used to determine the serving sizes of grain food items. A serving must provide one ounce equivalent or 16 g. of grain. Use the Grain Chart to find how much to serve.

## Creditable

**All must list whole grain, bran, germ, or enriched flour/meal as the first ingredient, or be fortified.**

- Animal crackers +
- Appleways (Darlington) sweet crackers +
- Bagels
- Belvita (breakfast biscuits, soft baked) +
- Biscuits +
- Boston brown bread
- Breeding or batter on meats HM +
- Bread sticks, hard or soft
- Bread stuffing
- Cereal, dry or cooked
- Cheetos +
- Chips, grain based, +
- Chow Mein noodles +
- Cornbread and corn muffins +
- Corn tortillas
- Couscous
- Crackers, savory +
- Crepes
- Croissants +
- Croutons<sup>1</sup> +
- Dumplings
- Egg roll skins, won ton wrappers
- English muffins
- Fry bread +
- Graham Crackers +
- Grains (e.g., barley, millet, oats, quinoa, rice, wheat)
- Granola cereal +
- Grits (hominy)
- Hushpuppies +
- Kasha (buckwheat)
- Macaroni, noodles, spaghetti and other pasta shapes
- Muffins +
- Pancakes
- Pie crust or shell in main dish pie or quiche +
- Pita bread
- Pizza crust
- Popcorn (3 cups = 1 oz. eq.)
- Popovers
- Pretzels, soft and hard
- Puff pastry in main dish +
- Quick breads including banana, carrot, pumpkin, zucchini breads +
- Rice cakes<sup>1</sup>
- Scones +
- Snack crackers +
- Sun Chips +
- Taco or tortilla shells +
- Tortillas (corn or wheat)
- Waffles

## Non-creditable

**Foods with sugar listed before grain on the ingredient list.**

**Sweet flavored or coated items (made with sprinkles, cocoa, chocolate, caramel, toffee, glaze, icing, frosting, candy pieces, jam, sweetened fruit puree, custard, flavored chips, and marshmallows).**

- Belvita sandwich cookies
- Bread pudding
- Brownies
- Cake, cupcakes
- Caramel corn
- Cereal bars, commercial and HM
- Chips, grain based (if not whole grain or enriched)
- Churros
- Cinnamon rolls
- Coffee cake
- Commercial breeding or batter on meat products<sup>2</sup> +
- Cookies (wafer, sandwich and bars)
- Cream puff shells
- Crisp and cobbler crust
- Doritos<sup>3</sup>
- Doughnuts
- Fig or fruit bars
- Fritos<sup>3</sup>
- Gingerbread
- Grain-based desserts
- Grain fruit bars, granola bars
- Grains included in smoothies
- Ice cream cones
- Jiffy brand mixes
- Nut, legume (bean), or seed flour
- Pastries
- Pie crust for dessert pies
- Pop tarts, toaster pastries
- Potatoes (credit as a vegetable)
- Potato chips, potato sticks
- Rice pudding
- Sopapillas
- Sweet biscotti
- Sweet croissants
- Sweet pita chips
- Sweet rice cakes
- Sweet rolls, buns
- Sweet scones
- Tapioca
- Turnover crust
- Vanilla wafers (plain cookies)

<sup>1</sup> Serving size probably not reasonable.

<sup>2</sup> Creditable only with CN label or Product Formation Statement.

<sup>3</sup> Creditable products may be available for school food service.

## Grain<sup>1</sup> Serving Size Chart

Grain products are divided into seven groups (A – G) according to the serving size needed to provide 16 grams of creditable grain per ounce equivalent (oz. eq.). When other ingredients such as water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of grain. See “Determining Portion Sizes for Grain Products”.

### Group A

**1 oz. eq. – 22 g. or 0.8 oz.**

**½ oz. eq. – 11 g. or 0.4 oz.**

- Bread type coating
- Bread sticks (hard)<sup>2</sup>
- Chow Mein noodles<sup>2,3</sup>
- Crackers, savory (saltines and snack crackers)
- Croutons<sup>2,3</sup>
- Pretzels (hard)<sup>2</sup>
- Rice cakes, plain<sup>3</sup>
- Stuffing, bread portion (dry)

### Group B

**1 oz. eq. = 28 g. or 1 oz.**

**½ oz. eq. = 14 g. or 0.5 oz.**

- Bagels<sup>2,4</sup>
- Batter type coating<sup>4</sup>
- Biscuits<sup>4</sup>
- Breads (white, whole wheat, French, Italian, pumpernickel)
- Buns (hamburger and hot dog)
- Crackers, sweet (graham – all shapes, animal crackers)
- Egg roll skins
- English muffins
- Pita bread (white, whole wheat)
- Pizza crust
- Popcorn (3 c. = 1 oz. eq.)<sup>2</sup>
- Pretzels (soft)
- Rolls (white, whole wheat)
- Tortillas (wheat or corn)
- Tortilla chips (wheat or corn)<sup>2,4</sup>
- Taco Shells<sup>2,4</sup>

### Group C

**1 oz. eq. = 34 g. or 1.2 oz.**

**½ oz. eq. = 17 g. or 0.6 oz.**

- Cornbread<sup>4</sup>

- Corn muffins<sup>4</sup>
- Croissants<sup>4</sup>
- Pancakes or crepes<sup>4</sup>
- Pie crust for meat/meat alternate pies<sup>4</sup>
- Waffles<sup>4</sup>

### Group D

**1 oz. eq. = 55 g. or 2 oz.**

**½ oz. eq. = 28 g. or 1 oz.**

- Muffins (except corn, and those considered to be grain-based desserts – see the prior page describing non-creditable grains)<sup>4</sup>
- Quick breads (e.g., banana, pumpkin, zucchini)<sup>4</sup>

### Group E

**1 oz. eq. = 69 g. or 2.4 oz.**

**½ oz. eq. = 35 g. or 1.2 oz.**

- French toast<sup>4</sup>

### Group F

**1 oz. eq. = ½ cup cooked or 1 oz. (28 g.) dry**

**½ oz. eq. = ¼ cup cooked or 0.5 oz. (14 g. dry)**

- Breakfast cereals (cooked)<sup>5,6</sup>
- Bulgur or cracked wheat
- Cereal Grains (barley, quinoa, etc.)
- Grits (hominy)
- Macaroni (all shapes)
- Noodles (all varieties)
- Pasta (all shapes)
- Ravioli (noodle only)
- Rice (enriched white or brown)

### Group G

**1 oz. eq. = 1 cup or 1 oz. flakes or rounds**

**1 oz. eq. = 1¼ cups or 1 oz. puffed cereal**

**1 oz. eq. = ¼ cup or 1 oz. granola**

- Ready to eat breakfast cereal (cold dry)<sup>5,6</sup>

<sup>1</sup> Must be whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, or germ.

<sup>2</sup> Hard, dry food may cause choking.

<sup>3</sup> Serving size probably not reasonable.

<sup>4</sup> Some foods may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve.

<sup>5</sup> Breakfast cereals are traditionally served as a breakfast menu item, but may be served in other meals.

<sup>6</sup> Breakfast cereals must contain no more than 6 g. sugar per dry ounce. (No more than 21 g. sucrose and other sugars per 100 g. dry cereals).

## How Much to Serve?

Grain serving sizes are based on ounce equivalents.

<b>Common Grain Foods</b> Grain serving sizes are based on ounce equivalents (oz. eq.)	<b>Serving Size for 1-5 year olds</b> (1/2 oz. eq.)	<b>Practical Measure for 1-5 year olds</b>	<b>Serving Size for 6 year olds to Adults</b> (1 oz. eq.)	<b>Practical Measure for 6 year olds to Adults</b>	<b>Cost for 1 oz. eq. *</b> (Spring 2019)
Animal crackers – store brand (Aldi)	5 crackers .5 oz.	¼ cup	10 crackers 1 oz.	½ cup	.14
Bagel, 3.2 oz. - store brand (HyVee)	⅙ bagel (.5 oz.)	¼ bagel	⅓ bagel (1 oz.)	½ bagel	.20
Bagel (mini) – 1 oz. store brand (HyVee)	.5 oz.	½ bagel	1 oz.	1 bagel	.17
Bread, 1 oz. 100% whole wheat – store brand (HyVee)	.5 oz.	½ slice	1 oz.	1 slice	.125
Cereal, Cheerios (Fareway)	.5 oz. dry	½ cup	1 oz. dry	1 cup	.22
Cheeze-It snack crackers (HyVee)	10 crackers	¼ cup	20 crackers	½ cup	.20
Chicken in a Biskit crackers (HyVee)	5 crackers (.4 oz.)	¼ cup (heaping)	9 crackers (.8 oz.)	½ cup (heaping)	.32
English muffin – national brand (HyVee)	.5 oz.	¼ muffin	1 oz.	½ muffin	.29
Fish crackers (6.6 oz.) – national brand (Aldi)	20 (.4 oz.)	¼ cup	40 (.8 oz.)	½ cup	.20
Graham crackers – national brand (Fareway)	.5 oz.	1 sheet	1 oz.	2 sheets	.30
Graham crackers – store brand (Aldi)	.5 oz.	1 sheet	1 oz.	2 sheets	.125
Oatmeal, cooked - store brand (Fareway)	.5 oz. dry	¼ cup	1 oz. dry	½ cup	.08
Oyster crackers – store brand (Fareway)	.4 oz.	¼ cup	55	⅓ cup	.11
Pretzels, large ring – store brand (HyVee)	.4 oz.	4 pretzels	.8 oz.	8 pretzels	.10
Pretzels, stick – store brand (HyVee)	13 (.4 oz.)	n/a	26 (1 oz.)	n/a	.11
Rice crisps, small – national Brand (HyVee)	.4 oz.	6 crisps	.8 oz.	12 crisps	.43
Rice cakes, large – national brand (HyVee)	.4 oz.	2 cakes	.8 oz.	3 cakes	.58
Ritz snack crackers – national brand (Fareway)	.4 oz.	3 crackers	.8 oz.	7 crackers	.19
Saltines – national brand (Fareway)	.4 oz.	4 crackers	.8 oz.	8 crackers	.12
Saltines – store brand (Aldi)	.4 oz.	4 crackers	.8 oz.	8 crackers	.09
Snack crackers – store brand (HyVee)	.4 oz.	4 crackers	.8 oz.	8 crackers	.20
Sun Chips (HyVee)	.5 oz.	8 chips	1 oz.	15 chips	.47
Teddy Grahams – national brand (Fareway)	9 (.5 oz.)	¼ cup	17 (1 oz.)	⅓ cup	.33
Tortilla, small (28 g – 8" diameter) (Trader Joe)	.5 oz.	½ tortilla	1 oz.	1 tortilla	.17
Tortilla Chips, whole grain only – store brand (Aldi)	4 chips	½ cup	7 chips	1 cup	.20
Triscuits (HyVee)	.4 oz.	3 crackers	.8 oz.	5 crackers	.25
Wheat Thins (HyVee)	.4 oz.	6 crackers	.8 oz.	12 crackers	.23

\*Cost as of Spring 2019

<b>Vegetables and Fruits</b>	<b>Description</b>	<b>Yield</b>
Carrot sticks	4 x ½"	6 sticks – ½ cup
Carrot sticks	4 x ½"	3 sticks – ¼ cup
Baby carrots	1 pound	10 – ¼ cup servings
Cauliflower	1 medium head	6 cups flowerets
Celery sticks	4 x ¾"	6 sticks – ½ cup
Celery sticks	4 x ¾"	3 sticks – ¼ cup
Cucumber sticks	3 x ¾"	6 sticks – ½ cup
Cucumber sticks	3 x ¾"	3 sticks – ¼ cup
Radishes	Small	7 – ¼ cup
Lettuce (½ cup = ¼ cup vegetable)	1 pound bag	1 pound bag
Lettuce	Iceberg only	14 – ½ cup servings
Lettuce	Salad mix (mostly iceberg)	13 – ½ cup servings
Lettuce	Salad mix (mixed lettuce)	12 – ½ cup servings
Tomatoes	Cherry	5 halves = ¼ cup
Tomatoes	Slices	2 slices = ¼ cup
Apples	125-138 ct.	½ apple = ½ cup
Bananas	Regular – small/medium	½ banana = ¼ cup
Oranges	138 ct.	1 orange = ½ cup
Juice (12 oz. can concentrate)	12 oz. can concentrate	12 – ½ cup servings 8 – ¾ cup servings
Juice	64 oz. bottle	16 – ½ cup servings 10 – ¾ cup servings
Juice	46 oz. can	11 – ½ cup servings 7 – ¾ cup servings
Raisins, dried cherries, cranberries, etc. (½ cup – ¼ cup fruit)	Pound	25 – ⅓ cup fruit servings 12.5 – ¼ cup fruit servings

## Creditable Breakfast Cereals

### 1. Breakfast cereal is as a grain component.

- Breakfast cereal may be served to all CACFP participants over age one.
- Ready-to-eat cereal credits at snack for infants 6-11 months of age only. Hot-cooked cereals, such as oatmeal and farina, are not creditable for infants.
- Breakfast cereal may be ready-to-eat or hot-cooked.
- Keep labels on file to document cereals served meet CACFP requirements.

### 2. Cereals must be whole grain, enriched or fortified.

- Whole grain cereals will list one or more whole grains first on the ingredient label.
- Enriched cereals will list enriched grain first on the ingredient label.
- Fortified cereals will list added vitamins and minerals on the ingredient label and Nutrition Facts label.
- Grits made from hominy are creditable and considered whole grain-rich.

### 3. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

- All cereals approved by the Women, Infants, and Children (WIC) Program are creditable. Many other cereals are also creditable.
- Use one of the following methods to determine if a cereal meets the sugar limit:
  - The free CACFP Shopper phone app,
  - Any State agency's WIC-approved cereal list,
  - Cereals approved for the WIC program on grocery store shelves, or
  - The chart below from the Team Nutrition training worksheet, "Choose Breakfast Cereals that are Lower in Added Sugars."

## Sugar Limits in Cereal

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	12 grams
8-11 grams	2 grams	59-63 grams	13 grams
12-16 grams	3 grams	64-68 grams	14 grams
17-21 grams	4 grams	69-73 grams	15 grams
22-25 grams	5 grams	74-77 grams	16 grams
26-30 grams	6 grams	78-82 grams	17 grams
31-35 grams	7 grams	83-87 grams	18 grams
36-40 grams	8 grams	88-91 grams	19 grams
41-44 grams	9 grams	92-96 grams	20 grams
45-49 grams	10 grams	97-100 grams	21 grams

## Whole Grain-Rich Requirement

1. One of the grain items served each day must be whole grain-rich.
  - a. If a snack is the only meal served, and a grain is served, it must be whole grain-rich.
  - b. Label whole grain-rich foods on menus with the letters “WG”.
  - c. The whole grain-rich requirement does not apply to infant meals.
  - d. Two or more whole grain-rich foods are recommended per day.
  
2. Use one of the options below to identify whole grain-rich food items:
  - a. The product is labeled “whole wheat” and has a Standard of Identity issued by the U.S. Food and Drug Administration (FDA).
  - b. The product is on any State agency’s Women, Infants, and Children (WIC)-approved *whole grain* foods list (this is different than the WIC cereal list).
  - c. The product includes one of the following FDA approved whole-grain health claims on its packaging:
    - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”
    - OR
    - “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”
  - d. The product meets the *Rule of Three*:
    - The first grain ingredient (or second after water) must be a whole grain.
    - The next two grain ingredients (if any) must be creditable (whole grain, enriched grain, bran, or germ).
      - All ingredients in flour blends must be creditable
      - Any grain derivatives (byproducts of grains) may be disregarded.
      - Any non-creditable grain ingredients labeled as 2 percent or less of product weight are considered insignificant and may also be disregarded.
    - For ready-to-eat cereals, the first grain ingredient must be a whole grain and the product must be fortified.

☞ Refer to the “Grain Ingredients Chart” for a list of grain ingredients that are creditable, non-creditable or can be disregarded.
  - e. The first ingredient in ready-to-eat breakfast cereals must be a whole grain. If there are additional grain ingredients, the product must be fortified.
  - f. The product meets the whole grain-rich criteria under the National School Lunch Program.
  - g. Proper documentation from a manufacturer or a standardized recipe demonstrates whole grains are the primary grain ingredient by weight.
  
3. Grain-based desserts are not creditable.
  - a. Grain-based desserts are identified on the non-creditable grains list.
  - b. Fruit in pies, crisps and cobblers can credit if the fruit serving size requirement is met.
  - c. Pancakes and waffles served with sweet toppings such as syrup, jam or honey are creditable. Limiting sweet toppings is recommended.
  - d. Grain-based desserts may be served as extra food items but cannot be purchased using CACFP reimbursement and reported as a food cost.
  
4. Keep documents on file to show whole grain-rich requirements were met (labels, recipes or Product Formulation Statements).
  
5. Additional Resources
  - a. [USDA Policy Memo CACFP 09-2018](#)
  - b. [Identifying Whole Grain-Rich](#) - published by the National CACFP Association

## Grain Ingredients Chart

Creditable Grains	Creditable Grains	Non-Creditable Grains
<p><b>Enriched grains</b></p> <ul style="list-style-type: none"> <li>• Enriched bromated flour</li> <li>• Enriched cornmeal or corn flour</li> <li>• Enriched durum flour</li> <li>• Enriched durum wheat flour</li> <li>• Enriched rice or rice flour</li> <li>• Enriched rice flour</li> <li>• Enriched wheat flour</li> <li>• Enriched white flour</li> <li>• Grains with added nutrients or “enriched” in front of the name</li> </ul> <p><b>Bran</b></p> <ul style="list-style-type: none"> <li>• Corn bran</li> <li>• Oat bran</li> <li>• Rice bran</li> <li>• Rye bran</li> <li>• Wheat bran</li> </ul> <p><b>Germ</b></p> <ul style="list-style-type: none"> <li>• Wheat germ</li> </ul> <p><b>Whole grains (examples listed below)</b></p> <p><b>Barley</b></p> <ul style="list-style-type: none"> <li>• Dehulled barley</li> <li>• Dehulled barley flour</li> <li>• Whole barley</li> <li>• Whole barley flakes</li> <li>• Whole barley flour</li> <li>• Whole grain barley</li> <li>• Whole grain barley flour</li> </ul> <p><b>Corn</b></p> <ul style="list-style-type: none"> <li>• Corn treated with lime</li> <li>• Corn masa/masa harina</li> <li>• Grits (hominy)</li> <li>• Popcorn</li> <li>• Whole corn</li> <li>• Whole grain corn</li> <li>• Whole grain corn flour</li> <li>• Whole grain cornmeal</li> <li>• Whole grain ground corn</li> </ul> <p><b>Oats</b></p> <ul style="list-style-type: none"> <li>• Instant oatmeal</li> <li>• Oat groats</li> <li>• Oatmeal</li> <li>• Old fashioned oats</li> <li>• Quick cooking oats</li> <li>• Rolled oats</li> <li>• Steel cut oats</li> <li>• Whole grain oats</li> <li>• Whole grain oat flour</li> <li>• Whole oats</li> </ul> <p><b>Rice</b></p> <ul style="list-style-type: none"> <li>• Brown/wild rice</li> <li>• Brown/wild rice flour</li> <li>• Sprouted brown rice</li> <li>• Whole rice</li> </ul>	<p><b>Whole Grains (continued)</b></p> <ul style="list-style-type: none"> <li>• Rye</li> <li>• Rye berries</li> <li>• Rye flakes (flaked rye)</li> <li>• Rye groats</li> <li>• Sprouted whole rye</li> <li>• Whole rye</li> <li>• Whole rye flakes</li> <li>• Whole rye flour</li> </ul> <p><b>Wheat</b></p> <ul style="list-style-type: none"> <li>• Bromated whole wheat flour</li> <li>• Bulgur</li> <li>• Cracked wheat</li> <li>• Crushed wheat</li> <li>• Entire wheat flour</li> <li>• Graham flour</li> <li>• Sprouted wheat berries</li> <li>• Sprouted whole wheat</li> <li>• Stone ground whole wheat flour</li> <li>• Toasted crushed whole wheat</li> <li>• Wheat berries</li> <li>• Wheat flakes (flaked wheat)</li> <li>• Wheat groats</li> <li>• White whole wheat flour</li> <li>• Whole bulgur</li> <li>• Whole durum flour</li> <li>• Whole grain wheat</li> <li>• Whole grain wheat flakes</li> <li>• Whole grain wheat flour</li> <li>• Whole wheat flour</li> <li>• Whole wheat pasta</li> <li>• Whole wheat pastry flour</li> <li>• Whole wheat flakes</li> </ul> <p><b>Other whole grains</b></p> <ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Amaranth flour</li> <li>• Buckwheat</li> <li>• Buckwheat flour</li> <li>• Buckwheat groats</li> <li>• Millet</li> <li>• Millet flour</li> <li>• Quinoa</li> <li>• Sorghum (milo)</li> <li>• Sorghum flour</li> <li>• Spelt berries</li> <li>• Sprouted buckwheat</li> <li>• Sprouted einkorn</li> <li>• Sprouted spelt</li> <li>• Teff</li> <li>• Teff flour</li> <li>• Triticale</li> <li>• Triticale flour</li> <li>• Whole einkorn berries</li> <li>• Whole grain einkorn flour</li> <li>• Whole grain spelt flour</li> </ul>	<p><b>Grits</b></p> <ul style="list-style-type: none"> <li>• Barley grits</li> <li>• Corn grits</li> <li>• Durham grits</li> <li>• Soy grits</li> </ul> <p><b>Flours – not enriched</b></p> <ul style="list-style-type: none"> <li>• Bromated flour</li> <li>• Durum flour</li> <li>• Malted barley flour</li> <li>• Rice flour</li> <li>• Wheat flour</li> <li>• White flour</li> </ul> <p><b>Other flours</b></p> <ul style="list-style-type: none"> <li>• Almond flour</li> <li>• Bean flour (any)</li> <li>• Coconut flour</li> <li>• Garbanzo bean flour</li> <li>• Nut flour (any)</li> <li>• Potato flour</li> <li>• Rice flour</li> <li>• Seed flour</li> <li>• Soy flour</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>• Barley malt</li> <li>• Corn</li> <li>• Corn fiber</li> <li>• Degerminated cornmeal</li> <li>• Farina</li> <li>• Oat fiber</li> <li>• Semolina</li> </ul> <p><b>Grains ingredients that can be disregarded:</b></p> <ul style="list-style-type: none"> <li>• Any ingredient in amount less than 2%</li> <li>• Grain derivatives <ul style="list-style-type: none"> <li>○ Cellulose fiber</li> <li>○ Corn dextrin</li> <li>○ Corn starch</li> <li>○ Gluten</li> <li>○ Modified food starch</li> <li>○ Potato starch</li> <li>○ Rice starch</li> <li>○ Tapioca starch</li> <li>○ Wheat dextrin</li> <li>○ Wheat gluten</li> <li>○ Wheat starch</li> </ul> </li> </ul>

## Determining Portion Sizes for Grain Products

Grain products may be made from a mix, purchased, or homemade from scratch. Record the serving size and yield of each product on the food production record.

### 1. If made from a mix:

- A serving of the final product must be weighed on a scale (digital preferred) and compared to the required weight on the "Grains Serving Size Chart".
- If the serving is too large or too small, the serving size should be adjusted and reweighed to achieve the required portion size based on the children's age(s) served. Larger, but not smaller portions may be served.
- Record the serving size and yield on the food production record.

### 2. If commercially purchased (4 methods):

- Method 1 - Refer to the Nutrition Facts label to determine the weight of a serving and compare to the required weight on the "Grains Serving Size Chart". If Nutrition Facts label serving size is larger or smaller than the required serving size, divide the required weight listed on "Grains Serving Size Chart" by Nutrition Facts label serving size weight to determine the serving sizes needed.

Example: Savory Crackers

NUTRITION FACTS	
Serving Size: 6	
Serving per container about 9	
<hr/>	
Amount Per Serving	6 Crackers (28g)
Calories 120	
Calories from Fat 30	
<hr/>	
	% Daily Value*
Total Fat NaNg	5%
Saturated Fat 0.5g	3%



- A Nutrition Facts label serving is 6 crackers, weighing 28 grams (g.).
- Crackers are in Group A on the "Grains Serving Size Chart". The required serving size is 22 g. for school aged children (ages 6-12), and 11 g. for children ages 1-5.
- The Nutrition Facts label serving size (28 g.) is larger than required for school aged children (22 g.), and children ages 1-5 (11 g.).
  - $22 \div 28 = .78$  servings x 6 crackers = 4.68 crackers for school aged children (round up to 5 crackers).
  - $11 \div 28 = .39$  servings x 6 crackers = 2.34 crackers for children ages 1-5 (round up to 3 crackers).

- Method 2 - A Product Formulation Statement (PFS) may be obtained from the manufacturer. The statement must be signed by an authorized company representative (not a salesperson). Documentation must indicate how much grain (by weight) or how many oz. equivalents are in a portion.
- Method 3 - A serving may be weighed on a scale (digital preferred) and compared to the required weight on the "Grains Serving Size Chart". If the serving is too large or too small, the serving size should be adjusted and reweighed to achieve the required portion size based on the children's age(s) served. Larger, but not smaller portions may be served.
- Use the CACFP Shopper free phone app ("Grains", select "Determine Serving Size").

### 3. If homemade from scratch (2 methods):

- Method 1 - A serving of the final product may be weighed on a scale (digital preferred) and compared to the required weight on the "Grain Serving Size Chart". If the serving is too large or too small, the serving size should be adjusted and reweighed to achieve the required portion size based on the children's age(s) served. Larger, but not smaller portions may be served.
- Method 2 - The total weight of creditable flour, meal, bran or germ in the recipe may be calculated to determine the number of grain oz. equivalents the recipe provides. Follow the directions below:

- Add together the weight of each grain item in the recipe using the following chart.

**Weights of Common Grain Products**

Grain Product	Weight of 1 cup (grams)
All Bran®	30 g.
Bran Buds®	30 g.
Cheerios®	28 g.
Corn Chex®	31 g.
Corn Flakes®	28 g.
Rice Chex®	27 g.
Rice Krispies®	28 g.
Wheaties®	27 g.
Cornmeal (regular)	122 g.
All-purpose (AP) flour <sup>1</sup>	125 g.
Bread flour <sup>1</sup>	137 g.
Wheat germ	115 g.
Whole wheat flour <sup>1</sup>	120 g.
Oats (uncooked)	80 g.

<sup>1</sup>Unsifted flour, spooned into measuring cup.

- Divide the total grain weight by 16 g. (the amount of grain required to provide one grain oz. equivalent). The result is the number of grain oz. equivalents in the recipe.
- Divide the number of grain oz. equivalents in the recipe by the yield (number of servings in the recipe). The result is the number of grain oz. equivalents per portion.

**Example: Moist & Easy Cornbread\***



3 Videos | Photo: Moist and Easy Cornbread Recipe

★ ★ ★

● **Total Time:** 45 min

Prep 15 min

Inactive 10 min

Cook 20 min

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● **Yield:** 4 to 6 servings

▲ **Level:** Easy

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**Ingredients**

- 6 tablespoons unsalted butter, melted, plus butter for baking dish
- 1 cup cornmeal
- 3/4 cup all-purpose flour
- 1 tablespoon sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs, lightly beaten
- 1 1/2 cups buttermilk

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**Directions**

Preheat the oven to 425 degrees F. Lightly grease an 8-inch baking dish.

In a large bowl, mix together the cornmeal, flour, sugar, baking powder, baking soda, and salt.

In a separate bowl, mix together the eggs, buttermilk, and butter. Pour the buttermilk mixture into the cornmeal mixture and fold together until there are no dry spots (the batter will still be lumpy). Pour the batter into the prepared baking dish.

Bake until the top is golden brown and tester inserted into the middle of the corn bread comes out clean, about 20 to 25 minutes. Remove the cornbread from the oven and let it cool for 10 minutes before serving.

**Example: Moist and Easy Cornbread (credit: Paula Deen)**

The grains in this recipe include:

- 1 cup cornmeal
- $\frac{3}{4}$  cup all-purpose (AP) flour

1. The total weight of the grains in this recipe is:

1 cup cornmeal	122.00 g.
AP flour	$125 \times .75 = 93.75$ g.
Total	215.75 g.

2. One grain oz. equivalents = 16 grams of grain.

3. 215.75 divided by 16 = 13.48 oz. equivalents per recipe.

4. Divide 13.4 by the recipe yield (6 servings).

13.4 divided by 6 = 2.2.

When cut into 6, each piece of cornbread provides 2.2 oz. equivalents of grain.

5. Meal pattern requirements:

a. One oz. equivalent is required for school aged children ages 6-12.

- A half piece of cornbread provides 1.1 grain oz. equivalents and fulfills the requirement for school-aged children.
- Recommendation: Cut into 12 pieces, serve 1 piece per child.

b.  $\frac{1}{2}$  oz. equivalent is required for children ages 1-5

- A quarter piece of cornbread provides .5 grain oz. equivalent and fulfills the requirement for children ages 1-5.
- Recommendation: Cut into 12 pieces, serve  $\frac{1}{2}$  piece per child.

## Fluid Milk and Non-Dairy Beverages

### 1. Fluid Milk Requirements

- a. 1-2 year olds – unflavored whole milk only
- b. 2-5 year olds – unflavored fat-free (skim) or low-fat (1%)
- c. 6 years and older – fat-free (skim) or low-fat (1%)
  - unflavored
  - flavored
- d. Adults - fat-free (skim) or low-fat (1%)
  - unflavored
  - flavored
  - 6 oz. yogurt may substitute for 8 oz. fluid milk one time per day
- e. Lactose-free and lactose-reduced cow's milk, non-dairy beverages nutritionally equivalent to cow's milk, and breastmilk may be served as the milk component to children over age one without obtaining a statement from a prescribing medical professional. A statement must be on file for other exceptions to these requirements.

### 2. Non-dairy Beverages

- a. Cow's milk has naturally occurring vitamins and minerals, and is the most nutritious milk option. Some non-dairy beverages may contain little of the advertised ingredient and are mostly water with added vitamins. Non-dairy beverages may be served, in lieu of fluid cow's milk, to participants with medical or other special dietary needs if they are nutritionally equivalent to cow's milk according to the nutritional standards in the chart below.

#### USDA Criteria for Required Nutrient Levels to Qualify as Non-Dairy Beverage Substitute

Nutrient	Required Amount Per Cup	Percent Daily Value
Calcium	276 mg	28%
Protein	8 grams	8 grams
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	23%
Potassium	349 mg	10%
Riboflavin	.44 mg	26%
Vitamin B12	1.1 mcg	19%

- b. Only certain soy beverages meet the nutrition standards. Products currently meeting requirements are listed in the creditable milk section and "Non-Dairy Beverages Meeting USDA Substitution Criteria for Milk". Contact the State agency if you have questions about products not listed. Non-dairy beverages do not have a fat level restriction and must be unflavored for participants under age six.
- c. Families may request a creditable soy milk in writing without submitting a statement from a medical professional. If the Diet Modification Request Form is not used, the request must identify the medical or other special dietary need. The center may offer to provide the non-dairy beverage substitution at their expense. If the center does not agree to provide the substitution, the family has the option of providing it. The meal is reimbursable if the center supplies the rest of the required components.
- d. If a non-dairy beverage is not nutritionally equivalent to cow's milk, the meal cannot be claimed, unless the substitution is due to a documented disability. To claim meals including a non-creditable milk substitute, a statement or the Diet Modification Request Form must be on file from a prescribing medical professional listing the non-dairy beverage to serve. If the information from the medical authority is unclear or incomplete regarding what to serve and whether the participant has a disability affecting their diet, seek clarification and accommodate the request as a disability in the meantime.

## Non-Dairy Beverages Meeting USDA Substitution Criteria for Milk

**Note:** CACFP non-dairy milk substitute beverages served to children under age 6 must be unflavored. Each time the product is purchased check for changes by comparing the label against the USDA criteria.

								
<b>Product Name</b>	<b>WESTSOY® Organic Plus Plain &amp; Vanilla Soy milk</b>	<b>Sunrich Naturals Original, Vanilla, Unsweetened Vanilla Soy milk</b>	<b>Silk Original Soy milk</b>	<b>8th Continent Original or Vanilla Soy milk</b>	<b>Pacific Natural Ultra Soy Original or Vanilla</b>	<b>PEARL Organic Soy milk-Smart Original, Smart Creamy Vanilla, or Smart Chocolate</b>	<b>Great Value Original Soy Milk</b>	<b>Kirkland Signature™ Organic Plain Soy milk</b>
<b>Possible Vendors</b>	Wholesale Food Suppliers	Wholesale Food Suppliers	Retail Grocers	Retail Grocers	Wholesale Food Suppliers	Wholesale Food Suppliers	Retail Grocer	Costco
<b>Container Size</b>	32 oz. or 64 oz.	8 oz. or 32 oz. carton	Quart, Half Gallon, Twin Pack, or Three Pack	Half gallon or 8 oz. carton (12 or 40/case)	8.25 oz. carton (24/case) or 32 oz. carton	8.25 oz. boxes (24/case)	64 oz. carton	32 oz. container or 12-pack
<b>Shelf Stable</b>	No	Yes	No	No	Yes	Yes, 1 year unopened	No	Yes
<b>Storage Tips</b>	Refrigerate	12 month shelf life	Refrigerate	Refrigerate, use in 7-10 days. 8 oz. has refrigerated shelf life of 30 days.	Refrigerate after opening	Refrigerate after opening	Refrigerate	Refrigerate, use within 7-10 days after opening.
<b>Web Site for More Information</b>	<a href="http://www.westsosoy.com/products/organic-plus/">http://www.westsosoy.com/products/organic-plus/</a>	<a href="http://www.sunrich.com/pdfs/sovmilk.pdf">http://www.sunrich.com/pdfs/sovmilk.pdf</a>	<a href="https://silk.com/products/original-soymilk">https://silk.com/products/original-soymilk</a>	<a href="http://www.heritagefoods.com/ind-ex.php?id=18">http://www.heritagefoods.com/ind-ex.php?id=18</a>	<a href="http://www.pacificfoods.com/food/non-dairy-beverages/soy-beverages/ultra-soy-original.aspx">http://www.pacificfoods.com/food/non-dairy-beverages/soy-beverages/ultra-soy-original.aspx</a>	<a href="http://www.kikkomanusa.com/foodservice/products/products_fs_sublist.php?dep=2&amp;fam=211">http://www.kikkomanusa.com/foodservice/products/products_fs_sublist.php?dep=2&amp;fam=211</a>	<a href="https://www.walmart.com/ip/Great-Value-Original-Soy-milk-1.89-l/19500254">https://www.walmart.com/ip/Great-Value-Original-Soy-milk-1.89-l/19500254</a>	<a href="https://www.costco.com/Kirkland-Signature%20Organic-Plain-Soy-milk-32-oz.-Container-12-pack.product.100129024.html">https://www.costco.com/Kirkland-Signature%20Organic-Plain-Soy-milk-32-oz.-Container-12-pack.product.100129024.html</a>

The Bureau of Nutrition and Health does not endorse specific products. Call (515)281-5356 if you have questions. Updated 8/2019.

This institution is an equal opportunity provider.

## Creditable Yogurts

1. Yogurt may be served as a meat/meat alternate.
  - a. Yogurt may be Greek or regular and any fat level (whole, reduced-fat, or fat-free).
  - b. Liquid drinkable yogurts, homemade yogurt and frozen yogurt products are not creditable.
  - c. Adults participants may substitute 6 oz. of a creditable yogurt for 8 oz. of fluid milk one time each day. Yogurt cannot be served as a meat/meat alternate at the same meal.
  - d. Keep labels on file to document yogurt served meets CACFP requirements.
  
2. To be creditable, yogurt must:
  - a. be commercially prepared,
  - b. ready to serve,
  - c. plain or flavored,
  - d. sweetened or unsweetened, and
  - e. **contain no more than 23 g. of sugar per 6 oz. serving.**
  
3. Options to determine if a yogurt is creditable:
  - a. Use the CACFP Shopper free phone app.
  - b. Use the chart below from the Team Nutrition training worksheet, "Choosing Yogurts that are Lower in Added Sugars."

**Sugar Limits in Yogurt**

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars	Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars
If the serving size is:		Sugars must not be more than:	If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

## Standardized Recipes

### 1. What is a standardized recipe?

- a. Standardized recipes have been tried, adapted, and retried to produce the same results every time.
- b. Standardized recipes must include the following information:
  - Recipe name
  - Ingredients (name, form, and amount by weight or volume)
  - Preparation instructions
  - Cooking temperature and time
  - Serving size of one portion (by volume or weight)
  - Yield (number of servings the recipe makes)
  - Serving size of one portion by volume, weight and/or piece
    - i. For liquids or soft foods, measure the total volume in cups or ounces and divide by the yield to determine serving size.
    - ii. For pieces, divide the yield by the number of pans to determine the number of pieces to cut from each pan; the serving size will be a fraction of a pan = 1 piece.
  - Pan size and number of pans needed, when applicable
  - How a serving contributes toward meeting meal pattern requirements by age group

### 2. CACFP requirements:

- a. Recipes with two or more ingredients must be standardized and maintained on file.
- b. Standardized recipes must be followed for items prepared at the center or by a vendor.

### 3. Use recipes already standardized whenever possible.

- a. Below is an example of a USDA standardized recipe.
- b. Links to standardized recipes are located under Resources for Menu Planning in Chapter 2 of the Iowa CACFP Administrative Manual for Centers.

# Lentil Soup

Meat Alternate-Vegetable

Soups

H-07

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Dry lentils	11 oz	1 ½ cups	1 lb 6 oz	3 cups	1. Rinse lentils and sort out any unwanted materials. Drain well. 2. In a heavy pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes. 3. Add potatoes, onions, celery, carrots, parsley, granulated garlic, bay leaves, and cumin. Simmer, uncovered, about 50 minutes. CCP: Heat to 165° F or higher. 4. Remove bay leaves. CCP: Hold at 140° F or warmer.	
Beef stock, non-MSG		3 qt		1 gal 2 qt		
Canned tomato paste	10 oz	1 cup 1 Tbsp (¼ 12 oz can plus 1 Tbsp)	1 lb 4 oz	2 cups 2 Tbsp (1 ½ 12 oz cans)		
*Fresh potatoes, peeled, ¼" cubes	3 oz	½ cup	6 oz	1 cup		
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¼ cup 2 Tbsp OR ½ cup		
*Fresh celery, ¼" diced	4 oz	1 cup	8 oz	2 cups		
*Fresh carrots, ½" chopped	4 oz	1 cup	8 oz	2 cups		
Dried parsley		1 Tbsp		2 Tbsp		
Granulated garlic		1 tsp		2 tsp		
Dried bay leaf		1 each		2 each		
Ground cumin		¼ tsp		¼ tsp		
<b>SERVING:</b>						
½ cup (4 oz ladle) provides ¼ cup of lentils or the equivalent of ½ oz cooked lean meat and ¼ cup of vegetable.		<b>YIELD:</b>		<b>VOLUME:</b>		
		<b>25 Servings:</b> 6 lb 8 oz		<b>25 Servings:</b> 3 quarts ½ cup		
		<b>50 Servings:</b> 13 lb		<b>50 Servings:</b> about 1 gallon 2 ¼ quarts		
Tested 2004						

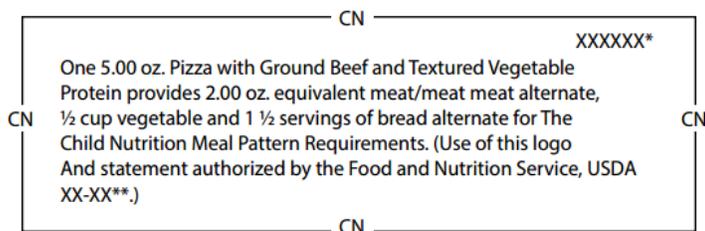
## Child Nutrition (CN) Labels

Processed foods include multiple ingredients and may contribute more than one required CACFP meal component. Ingredient and Nutrition Fact labels generally do not provide enough information to determine how much of each component a serving contributes.

### 1. What is a CN label?

- CN Labeling is a voluntary federal program for Child Nutrition Programs.
- CN labels tell how certain processed food products credit toward meeting meal pattern requirements.
- CN labels include:
  - The CN logo with distinct border
  - The meal pattern contribution statement
  - A unique six-digit product identification number in the upper right hand corner
  - The USDA/FNS authorization statement
  - The month and year of the approval at the end of the authorization statement

Sample CN Logo:



\* CN identification number

\*\* Month and Year of original approval

### 2. When are CN labels needed?

- CN labels are needed for processed combination foods when served to meet CACFP meal component requirements if the product is not listed in the Food Buying Guide.
- Products that can be CN labeled include main dish products contributing at least ½ oz. meat/meat alternate. Examples include, but are not limited to beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, breaded fish, and chicken nuggets.
- If a CN label is not available, a Product Formulation Statement may be requested from the manufacturer, or serve a double portion of breaded meat products, serve an additional meat alternate, or remove the breading (after cooking) and weigh the meat portion (must be all meat with no binders, fillers or extenders) to determine required serving sizes.

### 3. How to obtain CN labeled products:

- CN labels are usually not found on product labels in grocery stores, but are more common through large food distributors selling to schools.
- CN labels may be on products sold by bulk retailers such as Sam's Club and Costco.
- Remove the label from the product carton, take a picture, or make a copy.
- A list of CN labeled products and manufacturers can be found on the [USDA "CN Labeling"](#) website, select "Authorized Labels and Manufacturers".

### 4. How to use CN labels:

- Maintain a current file of CN labels for processed combination entrees served.
- The CN label on file must match the product purchased on the receipt.
- Check the label each time an item is served and obtain a new CN label when products change.
- Read CN labels carefully to determine how much must be served to meet meal pattern requirements for each age group.**
- Using the CN label information, record the product name and planned serving size on the food production record.

## Product Formulation Statements (PFS)

Processed foods include multiple ingredients and may contribute more than one required CACFP meal component. Ingredient and Nutrition Fact labels generally do not provide enough information to determine how much of each component a serving contributes.

### 1. What is a PFS?

A PFS is a written statement from a food manufacturers documenting how much of each meal component a serving of the product contributes. PSF must be signed by a company official, not a sales representative.

### 2. When is a PFS needed?

A PFS is needed for a processed combination food when served to meet CACFP meal component requirements, and the product is not listed in the Food Buying Guide or CN labeled.

### 3. How to obtain a PFS:

- PFS are not found on product labels or in grocery stores.
- Find the company contact information on the product label or online.
- Check online to see if a PFS is posted for the product you want to serve. If so, print and keep the PFS on file.
- If a PFS is not available online, contact the company and request a PFS for the product.
  - Request the information be provided in writing and signed by a company official.
  - The company can complete a PFS on the [USDA Food Buying Guide Interactive Tool](#) (Product Formulation Statement Workbook).

### 4. How to use PFS:

- Maintain a current file of PFS for processed combination entrees served as needed.
- The PFS on file must match the product purchased on the receipt.
- Check the label each time an item is served and obtain a new PFS when products change.
- Read PFS labels carefully to determine how much must be served to meet meal pattern requirements for each age group.**
- Based on information from the PFS, record the product name and planned serving size on the food production record.
- Product Formulation Statement (PFS) example:

 GENERAL MILLS

**Formulation Statement for Documenting Grains in School Meals**  
Required Beginning SY 2013-2014  
(Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Pillsbury® Cheesy Pull-Aparts Mozzarella and Garlic Code No.: 18000-38464  
 Manufacturer: General Mills, Inc. Serving Size: 4.06 OZ (115g)  
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes  No   
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes  No  How many grams: <3.99g  
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G, Group H or Group I. (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz eq; Group H uses the standard of 28grams creditable grain per oz eq; and Group I is reported by volume or weight.)  
 Indicate to which Exhibit A Group (A-I) the Product Belongs: B

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion <sup>1</sup>	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) <sup>2</sup>	Creditable Amount
	A	B	A ÷ B
Whole Wheat Flour, Enriched Wheat Flour	32g	16g	32g ÷ 16g = 2
<b>Total Creditable Amount<sup>3</sup></b>			<b>2.00</b>

\*Creditable grains are whole-grain meal/flour and enriched meal/flour.  
<sup>1</sup>(Serving size) X (% of creditable grain in formula). Please be aware serving size other than grams must be converted to grams.  
<sup>2</sup>Standard grams of creditable grains from the corresponding Group in Exhibit A.  
<sup>3</sup>Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 4.06 OZ (115g)  
 Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 115g/4.06-ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

  
 Susan Coult, MS, MBA, RD, LD, SNS  
 Quality and Regulatory Manager, K - 12  
 August 26, 2016  
 Phone Number : 1-800-767-5404

Number One General Mills Boulevard, Minneapolis, MN 55428

## Rules for Supplying Food (Ages 1 and Older)

### 1. CACFP Requirements

**CACFP organizations may not ask or require families to provide part or all of a meal or snack to be claimed for reimbursement.**

- a. **Preferences** - If a meal includes components brought from home, because the participant does not like them or the family does not want the child to have food supplied by the center, the meal cannot be claimed.
- b. **Medical Reasons** - If a meal includes food brought from home because of a medical reason, the meal may be claimed if the need is documented with a statement from a prescribing medical professional as indicated below:
  - **Disability** –The center is required to offer to provide the substitute food item(s). It is best practice to obtain a Diet Modification Request Form as documentation. The family may choose to provide the substitution if they wish. The meal may be claimed if the center provides at least one component. The meal does not have to meet meal pattern requirements to be claimed as long as the substitutions follow what is prescribed.
  - **No Disability** - Centers are encouraged, but not required, to provide food substitutions for participants who have a medical need affecting their diet that is not considered a disability. The substitutions must meet meal pattern requirements for the center to claim the meal. The family may choose to provide the substitution if they wish, and the center may claim the meal if the center provides all but one of the required meal components. It is best practice to obtain a Diet Modification Request Form as documentation. If it is unclear whether the participant has a disability, seek clarification and accommodate the request in the meantime. Meals can be claimed while seeking clarification.
- c. **Special Occasions** - Families may elect to bring a food item for a birthday or special occasion to share with all participants. The meal or snack can be claimed if the food is creditable, it can be incorporated into a reimbursable meal or snack, required serving sizes are met, and the center provides the rest of the components. Potlucks, food activities or other meals planned or coordinated by the center, where parents bring any of the food, may not be claimed for reimbursement.
- d. **Donated Food** - The center may accept donated food. The items received must be documented by date and amount. Foods obtained from the WIC Program may not be donated, but a parent may bring WIC foods for their own infant. A form to record donated food is in Chapter 5 of the CACFP Administrative Manual for Centers. The completed form should be placed in the monthly CACFP file. Meals that include donated foods may be claimed for reimbursement if the foods served are creditable and the meal meets meal pattern requirements.
- e. **Extra items** - Families may bring creditable or non-creditable food items to be served in addition to the components required in a reimbursable meal or snack. However, be aware these foods contribute extra calories.

### 2. DHS Child Care Center Provider Handbook Regulations

Section: Food Services, Rule Citation 441 IAC 109.15(4)(p. 166):

- a. "The center shall establish policies regarding food brought from home for children under five years of age who are not enrolled in school. A copy of the written policy shall be given to the parent at admission. Food brought from home for children under five years of age who are not enrolled in school shall be monitored and supplemented if necessary to ensure CACFP guidelines are maintained.
- b. The center may not restrict a parent from providing meals brought from home for school-aged children or apply nutritional standards to the meals.
- c. Perishable foods brought from home shall be maintained to avoid contamination or spoilage.
- d. Snacks that may not meet CACFP nutrition guidelines may be provided by parents for
- e. special occasions such as birthdays or holidays."

*A sample policy on food from home is provided in Chapter 2b of the CACFP Administrative Manual and includes guidelines to address food safety and sanitation.*