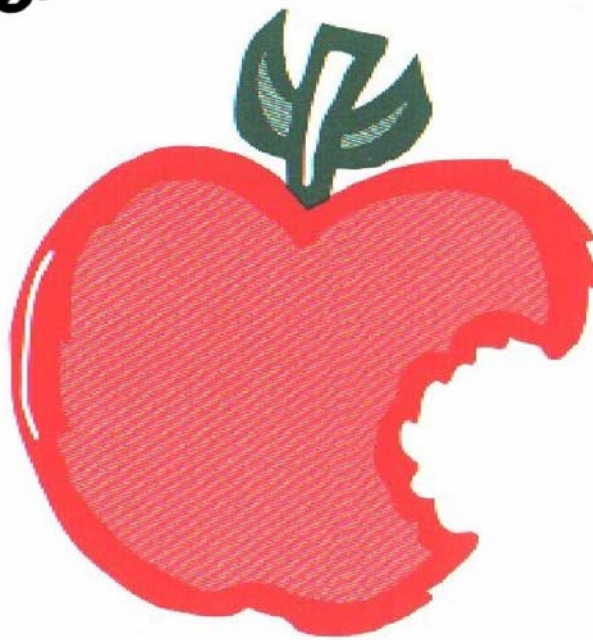


# CREDITING FOODS

*Where Healthy Eating Becomes a Habit*



**CHILD & ADULT CARE FOOD PROGRAM**

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# INTRODUCTION

The goal of the Child and Adult Care Food Program (CACFP) is to improve the health and nutrition of children and adults in the Program while promoting the development of good eating habits and the furtherance of nutrition education. USDA reimburses child and adult care centers and day care homes participating in the CACFP for the meals served, not for individual foods. A meal is reimbursable if it contains foods in the amounts outlined in the CACFP meal patterns. Therefore, a meal may be made up of both creditable foods and non-creditable foods.

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

1. Nutrient content
2. Customary function in a meal
3. Whether they meet regulations governing the Child Nutrition Programs (on quantity requirements and/or by definition)
4. Whether they meet FDA's Standards of Identity
5. Whether they meet the USDA's standards for meat and meat products
6. Agreement with administrative policy decisions on the crediting of particular foods

Non-creditable or "other" foods are those that are not creditable because they do not meet the above criteria. "Other" foods do not meet the requirements for any components in the meal patterns. Non-creditable 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.

This publication does not address the CACFP infant meal patterns. For information, please contact Child Nutrition & Wellness at the Kansas State Department of Education (KSDE) or a day care home sponsoring organization.

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**THE LISTS OF CREDITABLE AND NON-CREDITABLE  
FOODS IN THIS PUBLICATION ARE NOT ALL INCLUSIVE.**

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# DEFINITIONS AND EXPLANATIONS

1. **Alternate Protein Products (APP)** are food components that may be used to substitute in part or in full for meat, poultry, or seafood. These products must conform with the requirements or as stated in CACFP regulations. These products still do not include tofu, seitan, or tempeh.
2. **Child Nutrition (CN) Label** - This is a voluntary federal labeling program for the Child Nutrition Programs. The CN label statement identifies the contribution of a product toward the meal pattern. See Additional Information section for an example.
3. **Child Nutrition Programs** – Programs funded by the United States Department of Agriculture (USDA) which include the Child and Adult Care Food Program (CACFP), National School Lunch (NSLP), School Breakfast, Special Milk and Summer Food Service.
4. **Combination Foods** – Any single serving of food that contains two or more of the required meal components. For more information on crediting combination foods, see Additional Information section.
5. **Component** – A food grouped in a certain category according to the CACFP Meal Pattern; i.e., milk component, meat/meat alternate component, fruit/vegetable component, and the bread/grain component.
6. **Home Canned Foods** – For safety reasons, home canned foods are not allowed in meals reimbursed under the CACFP. Clostridium botulinum is dangerous and can produce a deadly toxin in canned food. This poison can be present even when there is no evidence of spoilage.
7. **Honey/Corn Syrup/Maple Syrup** – Honey must not be given to or used in foods for infants under one year of age because it may contain botulism spores. In addition, it is strongly recommended that corn syrup and maple syrup not be given or used in foods for infants since studies regarding their safety for this age group are inconclusive.
8. **Medical Exceptions** – The USDA Instruction regarding substitutions to be made for medical or dietary reasons has been updated to require substitutions to the standard meal pattern for participants who are considered to be persons who are disabled as stated in CACFP regulations. It also permits substitutions for other participants who are not disabled but are unable to consume regular program meals because of medical or other special dietary needs. This condition must be supported by a statement from a recognized medical authority. The statement must be signed by a licensed physician if the allergy or condition is severe and life-threatening. The medical statement should specify the food or foods to be omitted from the child's or adult's diet and specify a choice of foods that may be substituted.

9. **Product Analysis Sheet** (Product Specification Sheet) provides a detailed explanation of what the product actually contains and the amount of each ingredient by weight. An analysis sheet should be obtained from the manufacturer for any product purchased which is “pre-prepared” or “ready-to-eat.” Commonly served items requiring an analysis sheet include pizza, chicken patties or nuggets, beef or pork patties or fingers, fish patties or sticks, and ravioli. All product analysis sheets must be retained on file to verify the ingredients in the product. We strongly recommend that it contain the original signature of the company official, and not the signature of a sales representative who may or may not have the necessary technical background. See Additional Information section for sample form.
  
10. **Reimbursement** – Money received for serving creditable meals and snacks.
  
11. **Serving Size or Portion** – The weight, measure, or number of pieces or slices. The serving specified in the meal patterns can be credited toward meeting the meal pattern requirements.
  
12. **Standards of Identity** - Government standards for content, preparation, and labeling of food before it is manufactured and sold in commerce. Standards of Identity set specific (and optional) ingredients that a food must contain when a product is to be labeled or identified by a common product name. Standards for meat products are developed by the U.S. Department of Agriculture and for other food products by the U.S. Food and Drug Administration (FDA).
  
13. **United States Department of Agriculture (USDA)** – Federal agency which funds Child Nutrition Programs.

## CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

This chart lists the amounts and types of food to be served to children one year and older.

<b>BREAKFAST</b>	<b>Age:</b>	<b>1-2</b>	<b>3-5</b>	<b>6 and older</b>
<b>Fluid milk</b> .....		½ cup	¾ cup	1 cup
<b>Fruit or vegetable or juice</b> .....		¼ cup	½ cup	½ cup
<b>Bread or grain</b> <sup>1</sup> .....		½ slice (or ½ oz)	½ slice (or ½ oz)	1 slice (or 1 oz)
or cold dry cereal.....		¼ cup (or ⅓ oz)	⅓ cup (or ½ oz)	¾ cup (or 1 oz)
or cooked cereal.....		¼ cup	¼ cup	½ cup
<b>LUNCH/SUPPER</b>	<b>Age:</b>	<b>1-2</b>	<b>3-5</b>	<b>6 and older</b>
<b>Fluid milk</b> .....		½ cup	¾ cup	1 cup
<b>Meat or poultry or fish</b> .....		1 oz	1½ oz	2 oz
or cheese.....		1 oz	1½ oz	2 oz
or cottage cheese, cheese food.....		2 oz	3 oz	4 oz
or cheese spread.....		¼ cup	⅜ cup	½ cup
or yogurt.....		4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)
or egg.....		½	¾	1
or cooked dry beans or peas.....		¼ cup	⅜ cup	½ cup
or peanut butter, soynut butter, nut or seedbutter .....		2 Tbsp.	3 Tbsp.	4 Tbsp.
or peanuts, soynuts, tree nuts, seeds or an equivalent quantity of any combination of the above meat/meat alts. <sup>2</sup> .....		½ oz = 50%	¾ oz = 50%	1 oz = 50%
<b>Fruits and/or vegetables</b> (from 2 or more sources).....		¼ cup (Total)	½ cup (Total)	¾ cup (Total)
<b>Bread or grain</b> <sup>1</sup> .....		½ slice	½ slice	1 slice
<b>SNACK</b>	<b>Age:</b>	<b>1-2</b>	<b>3-5</b>	<b>6 and older</b>
Select two of the four components:				
<b>Fluid milk</b> .....		½ cup	½ cup	1 cup
<b>Fruit or vegetable or juice</b> <sup>3</sup> .....		½ cup	½ cup	¾ cup
<b>Meat or meat alternate</b> .....		½ oz	½ oz	1 oz
or yogurt.....		2 oz (or ¼ cup)	2 oz (or ¼ cup)	4 oz (or ½ cup)
<b>Bread or grain</b> <sup>1</sup> .....		½ slice	½ slice	1 slice

<sup>1</sup> An equivalent serving of an acceptable bread product such as cornbread, biscuits, rolls, muffins, etc., made of enriched meal or flour or whole grain, or a serving of cooked enriched or whole grain rice or macaroni or pasta products.

<sup>2</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement. Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

<sup>3</sup> For snack, juice may not be served when milk is served as the only other component.

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# MILK

At breakfast you must provide a serving of fluid milk as a beverage or use it on cereal, or use it in part for each purpose. Both lunch and supper must contain a serving of fluid milk as a beverage. Refer to the CACFP meal pattern for quantity requirements by age. If milk is one of the two components served for a snack, it must be fluid milk served as a beverage or used on cereal, or used in part for each purpose. However, milk may not be credited for snacks when juice is served as the other component.

In the CACFP, "milk" means pasteurized fluid types of unflavored or flavored whole milk, low-fat milk, skim milk, or cultured buttermilk which meet state and local standards for such milk. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration and be consistent with state and local standards for such milk. Milk supplies most of the calcium in our diets. Riboflavin, protein, vitamins A and D, and other nutrients are also provided.

Cow or goat milk may not be served in the CACFP for children under one year of age. Breast milk and/or iron fortified infant formula must be served to infants until their first birthday. (Refer to the Infant Feeding Guide.) Between the child's first and second birthday, whole milk should be served. After age two, lower fat milk can then be introduced.

Milk is a good beverage to use for morning or afternoon snacks. If you serve only snacks, or a meal and two snacks, it is a good idea (but not mandatory) to include milk in at least one snack. To improve the nutritional quality of your meals, you may use additional milk in preparing soups, puddings, baked products, and other dishes although milk used for these purposes cannot be credited toward meeting the milk requirement.

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# MILK

## FLUID MILK SOURCES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Milk, Fluid (Unflavored or Flavored)	X		Milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk.
Acidified Milk	X		Acidified milk is a fluid milk produced by souring fluid whole, low-fat, or skim milk with an acidifying agent. Examples of acidified milk are "acidified kefir milk" and "acidified acidophilus milk."
Buttermilk	X		
Certified Raw Milk		X	Regulations require the use of pasteurized milk. See Question and Answer #4.
Chocolate Milk (Cold or Hot)	X		Chocolate milk is creditable if it meets state and local standards for milk.
Cocoa	X		Must be made with fluid milk; only the fluid milk portion is creditable. Hot chocolate/cocoa made from water is not creditable.
Cocoa Mix, Homemade		X	Cocoa mix made with nonfat dry milk is not creditable. See Question and Answer #1.
Cream		X	Does not meet the definition of milk.
Cultured Milk	X		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid whole, low-fat, or skim milk under controlled conditions to produce a product with specific flavor and/or consistency. Examples of cultured milk are "cultured buttermilk," "cultured kefir milk," and "cultured acidophilus milk."
Eggnog, Commercial	X		Only the fluid milk portion is creditable.
Eggnog, Homemade		X	Use of raw eggs presents a health hazard.
Evaporated Milk		X	Does not meet the definition of milk.
Goat Milk	X		It must be pasteurized and meet state and local standards.
Half and Half		X	Does not meet the definition of milk.
Imitation Milk		X	Does not meet the definition of milk.

# MILK

FLUID MILK SOURCES			
FOOD	CREDITABLE		COMMENTS
	YES	NO	
Lactose-reduced Milk	X		Lactose-reduced milk is a fluid milk modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children or adults who cannot digest the lactose in milk may benefit from a lactose-reduced milk.
Low-fat Milk/Light Milk or Reduced Fat Milk	X		Not recommended for children under 2 years of age.
Nonfat Dry Milk (Reconstituted)		X	See Questions and Answers #1 and #2.
Rice Milk	-	-	Rice milk does not meet the definition of milk. Can be substituted with a medical statement. See Question and Answer #8.
Skim Milk/Nonfat or Fat Free Milk	X		Not recommended for children under 2 years of age.
Soy Beverage/Drink		X	Soy drinks and beverages are not fortified and do not contain calcium, or vitamins D or A.
Soy Milk	-	-	May be used as a substitution because of medical or other special dietary needs. Medical needs must be supported by a statement from a recognized medical authority which includes recommended alternate foods. See Question and Answer #8.
Sweetened Condensed Milk		X	Does not meet the definition of milk.
UHT (Ultra High Temperature) Milk	X		UHT is Grade A pasteurized milk that has been heated to about 280°F for a few seconds, then cooled and packaged. It can be stored without refrigeration until opened.
Whole Milk	X		See Question and Answer #7.

# MILK

MILK PRODUCTS			
FOOD	CREDITABLE		COMMENTS
	YES	NO	
Cheese, all types		X	Does not meet the definition of milk (see meat/meat alternate section).
Cream Sauces		X	Do not meet the definition of milk. See Question and Answer #3.
Cream Soup		X	Does not meet the definition of milk.
Custard		X	Does not meet the definition of milk.
Frozen Yogurt		X	Does not meet the definition of milk
Ice Cream		X	Does not meet the definition of milk. See Question and Answer #3.
Ice Milk		X	Does not meet the definition of milk.
Milkshakes, Commercial		X	See Question and Answer #5.
Milkshakes, Homemade	X		The milkshake must contain the minimum required quantity of <u>fluid milk</u> per serving appropriate for the age group being served. See Question and Answer #6.
Pudding		X	Does not meet the definition of milk. See Question and Answer #3.
Pudding Pops		X	Do not meet the definition of milk.
Sherbet/Sorbet		X	Does not meet the definition of milk.
Smoothies, Commercial		X	See Question and Answer #5.
Smoothies, Homemade	X		The smoothie must contain the minimum required quantity of <u>fluid milk</u> per serving appropriate for the age group being served. See Question and Answer #6.
Sour Cream		X	Does not meet the definition of milk.
Yogurt		X	Does not meet the definition of milk for children (see meat/meat alternate section).

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# QUESTIONS AND ANSWERS ABOUT MILK

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

Reconstituted milk is not included in the definition of milk in the Program regulations. It is not possible to ensure that the quantities of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk.

Dry milk shall be used only when an institution is unable to obtain a supply of fluid milk on a continuing basis. In such cases Child Nutrition & Wellness may approve service of meals without fluid milk, provided that an equivalent amount of canned, whole dry, or nonfat dry milk is used in the preparation of the components of the meal. Prior approval must be obtained.

## **2. Can dry milk powder be mixed with fluid milk and served to meet the milk requirement?**

Yes. However, the required amount of fluid milk for the appropriate age group must be served. While the addition of dry milk powder does increase the nutrient content of the fluid milk, it is not credited toward meeting any part of the meal requirements. This should not be given to infants.

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

No. Milk must be served as a beverage and/or poured over cereal at breakfast or snack.

## **4. Can milk be purchased directly from a farm?**

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

## **5. Can commercial milkshakes/smoothies be served to meet the milk requirement?**

No, because it is impossible to determine the amount of milk in commercial milkshakes/smoothies.

## **6. Can homemade milkshakes/smoothies be served to meet the milk requirement for meals?**

Yes, homemade milkshakes/smoothies must contain a serving of milk to be a part of a reimbursable meal. Only the milk portion counts toward the milk requirement. Milkshakes/smoothies are not encouraged for meals.

**7. Is whole milk recommended for children one to three years of age?**

Yes. The American Association of Pediatrics recommends whole milk for children 1 to 3 years of age. For most young children, 3 years of age or older, lower fat milk is appropriate.

**8. Can rice/soy milk be served in the CACFP?**

Rice/soy milk may be served as a substitution to meet medical or other special dietary needs. The use of this product must be supported by a statement from a recognized medical authority.

## MEAT AND MEAT ALTERNATE

CACFP regulations require that a lunch or supper contain the amount of meat or meat alternate specified in the meal pattern. You may use a serving of meat/meat alternate as one of the two components of a snack. When a meat/meat alternate is served as one of the two required components of a reimbursable snack, the amount specified in the snack pattern must be served. There is no requirement that a meat/meat alternate be served at breakfast, but it may be served as an optional component.

As a group, meat/meat alternates provide protein, iron, B vitamins (thiamin, riboflavin, niacin), and other nutrients. To count toward the meat/meat alternate, a menu item must provide a minimum of ¼ ounce of cooked lean meat or equivalent.

Meat and meat alternates include lean meat, poultry, fish, cheese, egg, yogurt, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chestnut and coconut), or any combination of these foods. These foods must be served in a main dish, or in a main dish and one other item. Cooked, dry beans or peas may count as a meat alternate or as a vegetable, but not both in the same meal.

Nuts and seeds may fulfill: (1) no more than one-half of the meat/meat alternate requirement for lunch/supper and (2) all of the meat/meat alternate requirements for the snack. Nuts should not be served to children under 3 years old since they present a choking hazard. When serving nuts and seeds you should also be aware of potential food intolerances or allergies. In such circumstances, you should make appropriate accommodations under the medical substitution requirement.

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# MEAT AND MEAT ALTERNATES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Bacon		X	
Bacon, Imitation Products (i.e. Baco-Bits®)		X	
Bacon, Turkey	-	-	The creditable amount of the meat/meat alternate is stated on the CN label or the product analysis sheet.
BBQ Beef, Commercial	-	-	See Question and Answer #8.
Beans, Dried or Canned	X		May be credited as a meat/meat alternate or as a vegetable but not as both in the same meal.
Beans, Green or Yellow		X	Creditable as a vegetable.
Beef Jerky	X		Beef jerky made with pure beef may be credited; 1 oz dried jerky equals 1 oz cooked lean meat. Limit use due to its high salt (sodium) content.
Beef Stew, Commercial	-	-	See Question and Answer #8.
Bologna, Luncheon Meat, Hot Dogs, Sausage, or Polish Sausage	X		Only if items do not contain by-products, cereal or extenders. These products are high in fat and sodium. Recommend no more than one time per week. See Question and Answer #11.
Buffalo	X		Buffalo is creditable as long as the meat is inspected by the appropriate government agency.
Burritos, Commercial	-	-	See Question and Answer #8.
Canadian Bacon	X		
Canned Pressed Luncheon Meat		X	
Cheese, Natural or Processed	X		1 oz serving equals 1 oz meat alternate.
Cheese Food, Cheese Spread, or Cheese Substitute	X		2 oz serving equals 1 oz meat alternate. See Question and Answer #4.
Cheese, Imitation or Powdered		X	
Cheese Products		X	There is no Standard of Identity for these products.

## MEAT AND MEAT ALTERNATES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Cheese Sauce, Commercial	-	-	The creditable amount of meat/meat alternate is stated on the CN label or in the product analysis sheet.
Cheese, Cottage	X		2 oz serving (or ¼ cup) equals 1 oz meat alternate.
Cheese, Grated	X		See Question and Answer #5.
Cheese, Ricotta	X		2 oz serving (or ¼ cup) equals 1 oz meat alternate.
Chestnuts		X	
Chicken Nuggets, Patties, or "Fingers"	-	-	Only the edible chicken portion is creditable as a meat. See Question and Answer #7.
Chicken Salad	X		Only the meat in the salad may be credited.
Chili Macaroni, Commercial	-	-	See Question and Answer #8.
Chitterlings		X	
Coconuts		X	
Corndogs or Mini Corndogs	X		The hot dog is credited as a meat/meat alternate. The bread is credited like cornbread as a bread/grain. These products are high in fat and sodium. Recommend no more than one time per week. See Question and Answer #11.
Crab, Imitation		X	The processing washes away all nutrients.
Cream Cheese		X	
Eggs	X		Cooked only. Raw eggs are a health hazard.
Egg Rolls, Commercial	-	-	See Question and Answer #8.
Falafel	X		The pre-ground weight of the garbanzo bean is creditable.
Fish	X		
Fish, Home-caught		X	See Question and Answer #9.
Fish Sticks, Patties, or Nuggets	-	-	Only the edible fish portion is creditable. See Question and Answer #7.
Game	-	-	Venison, squirrel, rabbit, etc., are not creditable in the CACFP unless inspected and approved by the appropriate state or federal agency.

## MEAT AND MEAT ALTERNATES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Ham Hocks		X	Ham hocks are high in fat and low in protein.
Ham Salad	X		Only the meat in the salad may be credited.
Home-slaughtered Meat		X	See Question and Answer #9.
Hot Dogs or Frankfurters	X		These products are high in fat and sodium. Recommend no more than one time per week. See Question and Answer #11.
Hummus	X		The pre-ground weight of the beans is creditable.
Lamb	X		
Lentils	X		Can be credited as a meat/meat alternate or as a vegetable, but not as both in the same meal.
Liver	X		
Liverwurst	X		These products are high in fat and sodium. Recommend no more than one time per week. See Question and Answer #11.
Luncheon Meat	X		These products are high in fat and sodium. Recommend no more than one time per week. See Question and Answer #11.
Meat Sauce	X		Count only the amount of meat added to the sauce.
Neufchatel Cheese		X	
Nuts	X		Full meat/meat alternate credit for snack but no more than one-half credit for lunch or supper. Nuts should not be served to children under 3 years of age to avoid choking. See Question and Answer #1.
Oxtails		X	
Peanut Butter, Nut/Seed Butters	X		See Questions and Answers #2 and #3.
Peanut Butter, Reduced Fat	X		See Questions and Answers #2 and #3.
Peanut Butter Spreads		X	Peanut butter spreads do not meet FDA Standards of Identity and may not be credited.
Peas, Dried	X		May be credited as a meat/meat alternate or as a vegetable, but not as both in the same meal.

# MEAT AND MEAT ALTERNATES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Peas, Green Snap		X	Creditable as a vegetable only.
Pepperoni	-	-	Only pepperoni with a CN label or a product analysis sheet may be credited. This product is high in sodium and fat. Recommend no more than one time per week.
Pig's Feet, Neck Bones, or Tail		X	
Pizza, Commercial	-	-	The creditable amount of the meat/meat alternate is stated on the CN label or in the product analysis sheet or the addition of cheese/meat may be credited toward the meat/meat alternate requirement. See Question and Answer #6.
Pizza, Homemade	X		If the amount of meat/meat alternate ingredients are identified and documented. See Question and Answer #6.
Pizza Rolls, Commercial	-	-	See Question and Answer #6.
Polish Sausage	X		Only cooked sausage containing not more than 35% fat, similar in composition to frankfurters, knockwurst and similar sausage products may be credited. Recommend no more than one time per week.
Popcorn Shrimp	-	-	See Question and Answer #7.
Pork and Beans	X		Includes beans cooked from dry. Can be credited as a meat/meat alternate or as a vegetable but not as both in the same meal. See Question and Answer #10.
Pot Pie or Pot Pie Filling, Commercial	-	-	The creditable amount of the meat/meat alternate is stated on the CN label or in the product analysis sheet. See Question and Answer #8.
Pot Pie, Homemade	X		The meat in homemade pot pies can be credited if there is sufficient meat/meat alternate per serving.
Potted or Deviled Meat		X	
Powdered Cheese in Boxed Macaroni		X	The powdered cheese mix is not credited toward any of the food components. The macaroni, if enriched, may be credited toward the bread/grain requirement.
Pressed Meat Products (i.e. Spam®)	X		This product is high in sodium and fat. Recommend no more than one time per week.
Quiche	X		The egg, cheese and/or meat used may credit as the meat/meat alternate. Crust is creditable as a bread/grain.

# MEAT AND MEAT ALTERNATES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Ravioli, Commercial	-	-	The creditable amount of the meat/meat alternate is stated in the CN label or in the product analysis sheet. The pasta is creditable as a bread/grain.
Salt Pork		X	
Sausage (Bulk, Link or Patties)	X		This product is high in sodium and fat. Recommend no more than one time per week.
Scrapple		X	
Seeds	X		Full meat/meat alternate credit for snack but no more than one-half credit for lunch or supper. See Question and Answer #1. It is not recommended that seeds be served to children under 3 years of age because of the danger of choking.
Shellfish	X		Must be fully cooked. Only the edible fish portion is creditable.
Soups, Commercial	-	-	Insufficient meat/meat alternate content per serving. Bean, lentil, or split pea soup may be credited as a meat/meat alternate. ½ cup equals 1 oz of meat/meat alternate.
Soups, Homemade (Containing: Meat, Fish, Poultry, Dried Beans or Peas, or Other Meat Alternate)	X		Count only the amount of meat/meat alternate in the soup.
Soy Beans, Raw		X	Creditable as a vegetable only.
Soy Beans, Roasted	X		
Soy Burgers and Other Soy Products	-	-	The creditable amount of the meat/meat alternate is stated in the CN label or in the product analysis sheet.
Soy Butter	X		Soy butter provides a good alternate to peanut butter for those participants who are allergic to peanut butter. Soy butter is credited like peanut butter. See Question and Answer #2.
Tempeh		X	Tempeh is fermented soybeans. There is no Standard of Identity for this product.
Tofu		X	Tofu is soybean curd. There is no Standard of Identity for this product.
Tripe	X		
Tuna Salad	X		Only the meat in the salad may be credited.

## MEAT AND MEAT ALTERNATES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Turkey Salad	X		Only the meat in the salad may be credited.
Vienna Sausage	X		This product is high in sodium and fat. Recommend no more than one time per week. See Question and Answer #11.
Yogurt in a Tube (i.e. Go-Gurt®)	X		This product must meet all requirements to be labeled as yogurt on the ingredient label. The 2.2 oz size tube may be credited as .5 oz of the meat/meat alternate requirement.
Yogurt Plain, Sweetened, or Flavored	X		8 oz serving (or 1 cup) equals 2 oz meat alternate. 6 oz serving (or ¾ cup) equals 1 ½ oz meat alternate. 4 oz serving (or ½ cup) equals 1 oz meat alternate. 2 oz serving (or ¼ cup) equals ½ oz meat alternate.
Yogurt Products, Frozen Yogurt Bars, or Yogurt Covering on Fruit and/or Nuts		X	
Yogurt, Homemade		X	
Yogurt, Liquid		X	This product does not meet the definition of yogurt.

# QUESTIONS AND ANSWERS ABOUT MEAT/MEAT ALTERNATES

## 1. Are nuts or seeds allowed as a meat/meat alternate?

Nuts and seeds such as peanuts, soy nuts, almonds, cashews, pecans, walnuts, pine nuts, pumpkin seeds, sunflower seeds, etc., may fulfill:

a. No more than one-half of the meat/meat alternate requirement for lunch or supper;

and

b. All of the meat/meat alternate requirement for snack.

**Nuts and seeds are not recommended for children under 3 years old because choking may occur.**

## 2. Are nut/seed butters allowed as a meat/meat alternate?

Peanut butter has always been included as a meat/meat alternate. Other nut and seed butters are now becoming available on the market. Food consumption habits and food preferences are influenced by many cultural, ethnic, economic, religious, and environmental factors and are constantly changing. These changes can affect how foods are used in meals. In the past, nuts have always been considered as a snack food. Nuts and seeds and a variety of nut or seed butters are becoming more popular at mealtime in main dishes.

However, the serving size of such butters may be impractical for lunch or supper (3 tablespoons = 1 ½ oz of meat alternate). CACFP recommends that an additional source of meat/meat alternate be served with lunches or suppers containing nut butters.

## 3. How do I credit a peanut butter and jelly sandwich?

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 ages three through five, to meet the minimum portion size. However, three tablespoons of peanut butter is often too much peanut butter to be consumed by a preschool child. We recommend that a second meat/meat alternate (such as cheese cubes or ½ of a cooked egg) be served along with a smaller serving of the peanut butter.

## 4. How can I use cheese food, cheese spreads, or cheese substitutes as a meat/meat alternate?

Two ounces of cheese food, cheese spread or cheese substitute is equal to 1 oz of meat/meat alternate. Cheese substitutes are products which appear, taste, and have a nutritional value similar to cheese. However, they may not melt or cool the same as cheese.

**5. Are grated romano and parmesan cheeses creditable?**

Yes. However, small amounts used as a garnish, seasoning, or in breadings should not count toward meeting the meat/meat alternate requirement. For both romano and parmesan cheeses,  $\frac{3}{4}$  cup serving provides 1 oz of meat alternate.

**6. Can pizza or pizza rolls be credited as a meat/meat alternate?**

Yes, if a Child Nutrition (CN) label or product analysis sheet is on file or the amount of meat/meat alternate used in making the product is documented. See Additional Information section for examples of a CN label and a product analysis sheet.

**7. Items such as chicken nuggets, fish sticks and novelty shaped products are very popular in our facility, how many pieces should we serve to meet requirements?**

Check either the CN label or the product analysis sheet. The label or sheet will provide crediting information specific to the product. This documentation must be maintained on file and is especially important when serving novelty shaped products. See Additional Information section for examples of a CN label and a product analysis sheet.

**8. Are convenience food items such as beef stew, egg rolls, or burritos creditable?**

The creditable amount of the meat/meat alternate is stated on the Child Nutrition (CN) label or documented on the manufacturer's product analysis sheet. See Additional Information section for examples of a CN label and a product analysis sheet.

**9. Can home-caught fish or home-slaughtered meat be credited?**

Home-caught fish is not creditable because it can be a safety hazard due to the danger of pollution and contamination. Home-slaughtered meat is not creditable.

**10. How are pork and beans credited?**

Pork and beans may be credited as a meat alternate or as a vegetable, but not as both in the same meal. For example, if you serve hot dogs cut up in pork and beans, you may credit both the hot dogs and pork and beans toward the meat/meat alternate requirement. Or, you may serve adequate portions of hot dogs to fulfill the meat requirement and credit the pork and beans as a vegetable.

**11. Are luncheon meats, sausages, or hot dogs creditable?**

Yes, if they do not contain meat by-products, cereals, binders, or extenders. One ounce of product provides 1 oz of cooked lean meat. Look for products labeled "All Meat." These products are high in fat and sodium. Recommend no more than one time per week.

# FRUITS AND VEGETABLES

A breakfast must contain a serving of fruit or vegetable, 100% full-strength juice, or an equivalent quantity of any combination of these foods. Both lunch and supper shall contain two or more fruits or vegetables, or a combination of both. Use of juice at lunches and suppers is discouraged because of the volume of liquid consumed. Juice may be counted to meet not more than one-half ( $\frac{1}{2}$ ) of the fruit or vegetable requirement at lunch or supper. For example, for children ages 3-5, no more than  $\frac{1}{4}$  cup may be counted toward meeting the requirement or for children 6 and older, no more than  $\frac{3}{8}$  cup juice may be counted toward the fruit/vegetable requirement.

A serving of fruit or vegetable may be credited as one component of the required two components of a snack. However, juice may not be credited as one of the components of a snack when milk is served as the only other component.

Fruits and vegetables provide most of the vitamin C and vitamin A in the daily diet. They also supply iron, vitamins, minerals, and fiber.

Fruits and vegetables that are creditable in the CACFP include those that are fresh, frozen, canned and dried as well as 100% full-strength fruit and vegetable juices.

Fruits or vegetables served as a combination item, i.e., fruit cocktail, mixed vegetables, succotash, etc., may be credited to meet only one of the two required components for lunch and supper. 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  $\frac{1}{8}$  cup) of fruits and vegetables used for flavorings or as optional ingredients, such as garnishes, may not be counted toward the fruit/vegetable requirement. These small amounts are generally not controlled, and it is hard to determine the contribution to the meal.

Home canned products are not acceptable because of health and safety reasons. Home frozen fruits and vegetables may be served as components of a creditable meal.

Fresh fruits and vegetables should be served 2-3 times per week. Vitamin A sources should be served a minimum of two times per week and vitamin C and iron sources should be included daily. See Additional Information section for vitamin A, C and iron sources. Juice should not be served more than once per day.

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## FRUITS AND VEGETABLES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Apple Butter		X	Insufficient fruit content per serving.
Apple Cider	X		Cider must be pasteurized. See Question and Answer #8.
Apple Fritters		X	Not enough fruit present.
Banana added to Pudding	X		A minimum of 1/8 cup of fruit per serving must be served to count toward the total requirement. See Question and Answer #11.
Banana in Bread		X	See Question and Answer #16.
Beans, Dried or Canned	X		May be credited as a vegetable or as a meat/meat alternate but not as both in the same meal.
Beans, Green or Yellow	X		
Cactus	X		
Carrot in Bread		X	See Question and Answer #16.
Catsup or Chili Sauce		X	
Coleslaw	X		See Question and Answer #1.
Cranberry Juice Blend	-	-	Must be 100% juice.
Cranberry Juice Cocktail		X	Contains less than 100% full-strength juice.
Cranberry Sauce, Whole Berry or Jellied	X		
Dehydrated Vegetables	X		See Question and Answer #13.
Dried Fruit (i.e. Raisins, Apricots, Prunes, Cranberries, etc.)	X		Measured by volume in dry form (not rehydrated).
Edamame	X		Raw soybeans. May come in pod or shelled.
Figs	X		
Figs in Fig Bar Cookies		X	Not enough fruit present.

# FRUITS AND VEGETABLES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Frozen Fruit-flavored Bars		X	Do not contain enough, if any, fruit juice.
Frozen Fruit Juice Bars	X		Must consist of 100% fruit juice or the creditable amount of fruit as stated on the Child Nutrition (CN) label. At snack, juice bars may not be served as one of the creditable components when milk is the only other component.
Fruit added to Pudding	X		A minimum of $\frac{1}{8}$ cup of fruit per serving must be served to count toward the total requirement. See Question and Answer #11.
Fruit Cobblers or Crisps	X		A minimum of $\frac{1}{8}$ cup of fruit per serving must be served to count toward the total requirement. If canned fruit pie filling is used, refer to fruit pie filling in this section.
Fruit in Cake		X	See Question and Answer #16.
Fruit Juice Base or Concentrate	X		See Question and Answer #9.
Fruit Juices	X		
Fruit Pies	X		A minimum of $\frac{1}{8}$ cup of fruit per serving must be served to count toward the total requirement. Use of such items should be limited due to high sugar content. If canned fruit pie filling is used, refer to fruit pie filling in this section.
Fruit Pie Filling	X		If the predominant ingredient is fruit, it will provide one-half credit; $\frac{1}{2}$ cup of fruit pie filling will provide $\frac{1}{4}$ cup of fruit credit, unless otherwise documented. Use of such items should be limited due to high sugar content.
Fruit Snacks		X	Fruit bars, roll-ups, wrinkles, cakes, and candy do not contain sufficient amount of fruit per serving.
Fruit Toppings	X		A minimum of $\frac{1}{8}$ cup of fruit per serving must be served to count toward the total requirement. See Question and Answer #12.
Fruit/Vegetable Beverages		X	Contain less than 100% full-strength fruit juice.
Fruit/Vegetable Bread or Muffin		X	See Question and Answer #16.

# FRUITS AND VEGETABLES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Fruit-flavored Drink Powders		X	See Question and Answer #10.
Gelatin/Jello® with Fruit, Juice and/or Vegetables	X		A minimum of 1/8 cup of added fruit per serving may be counted toward the total requirement. "Fruit-flavored" gelatins are not creditable. See Question and Answer #11.
Greens	X		Example of greens includes collard, turnip, and mustard greens.
Hominy		X	No nutritional value other than minimal amounts of fiber and starch.
Ice Cream, Fruit-flavored		X	
Jam, Jelly, or Preserves		X	Insufficient fruit content per serving.
Juice	X		See Question and Answer #7.
Juice Base or Concentrate	X		See Question and Answer #9.
Juice Blends	X		Must be combinations of 100% fruit/vegetable juices. See Question and Answer #7.
Juice Drink		X	
Ketchup		X	
Kiwi	X		
Kool-Aid®		X	
Lemon Pie Filling		X	
Lemonade		X	
Mixed Fruit and/or Vegetables	X		See Questions and Answers #2 and #3.
Nectar (i.e. Apricot, Pear, Peach, etc.)		X	Does not meet the definition of juice. See Question and Answer #7.
Olives	X		A minimum of 1/8 cup must be served to count toward the total requirement. Limit use due to high salt content.

# FRUITS AND VEGETABLES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Onion Rings	X		If homemade, or if a product specification is available, only the onion, not breading, is creditable. A minimum of 1/8 cup of onion per serving must be served to count toward the total requirement.
Pasta or Macaroni Salad	-	-	Pasta is not a vegetable. Only the vegetables added to the pasta may be credited. A minimum of 1/8 cup of vegetable per serving may be counted toward the total requirement.
Peas, Dried	X		May be credited as a vegetable or as a meat/meat alternate but not as both in the same meal.
Pickles	X		A minimum of 1/8 cup must be served to count toward the total requirement. Limit use due to high salt content.
Pineapple Upside Down Cake		X	See Question and Answer #16.
Pizza, Commercial or Homemade	-	-	Only the amount of fruit/vegetable topping is creditable. A minimum of 1/8 cup of fruit/vegetable per serving must be served to count toward the total requirement.
Pizza Sauce, Commercial		X	
Pizza Sauce, Homemade	X		A minimum of 1/8 cup of vegetables per serving may be counted toward the total requirement.
Popcorn		X	
Pop-Tart <sup>®</sup> Filling		X	Insufficient fruit content per serving.
Pork and Beans	X		See Question and Answer #15.
Posole		X	Not made from whole kernel corn.
Potato (i.e. Mashed, French Fries, Tator Tots, Hashbrowns, etc.)	X		
Potato Chips		X	Fruit or vegetable chips are not creditable.
Potato Pancakes (Latkes)	X		
Potato Salad	X		See Question and Answer #1.
Powdered Drink Mix		X	See Question and Answer #10.

# FRUITS AND VEGETABLES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Pumpkin Bread		X	See Question and Answer #16.
Raisins	X		A minimum of 1/8 cup must be served to count toward the total requirement. See Questions and Answers #5 and #6.
Rice		X	Rice is not a vegetable.
Salsa, Commercial		X	Contains non-vegetable ingredients. Unable to determine the amount of vegetables per serving.
Salsa, Homemade	X		Only the documented amount of vegetables is creditable.
Sherbet/Sorbet		X	
Soup (Chowders, Minestrone, Tomato, Tomato Rice, Vegetable, Vegetable Beef, or Vegetable Chicken):			
Canned Condensed (1 part soup to 1 part water)	X		1 cup reconstituted will yield about 1/4 cup vegetable. See Question and Answer #14.
Dried Bean or Pea (Canned or Frozen)	X		1 cup reconstituted will yield about 1/4 cup vegetable. See Question and Answer #14.
Dehydrated Mixes		X	
Homemade	X		Use quantities of vegetables in recipe to calculate credit. See Question and Answer #3.
Ready-to-serve (Canned or Frozen)	X		1 cup serving will yield 1/4 cup vegetable. See Question and Answer #14.
Soy Beans, Raw	X		
Soy Beans, Roasted		X	Creditable as a meat/meat alternate only.
Spaghetti Sauce, Commercial		X	
Spaghetti Sauce, Homemade	X		A minimum of 1/8 cup of vegetables per serving may be counted toward the total requirement.

# FRUITS AND VEGETABLES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Sprouts (i.e. Alfalfa, Bean, etc.)	X		A minimum of 1/8 cup must be served to count toward the total requirement. Recommend that canned sprouts be used because of food safety concerns with fresh.
Squash in Bread		X	See Question and Answer #16.
Syrup, Fruit-flavored		X	
Toaster Pastries with Fruit		X	
Tomato Sauce, Paste, or Puree	X		See Question and Answer #4.
Vegetable Juice	X		Must state 100% full-strength juice.
Vegetables, Chopped	X		Items such as celery and onions, in a prepared dish providing that a minimum of 1/8 cup must be served to count toward the total requirement.
Waldorf Salad	X		See Question and Answer #1.
Yogurt with Fruit	X		Only the amount of fruit added by the caregiver may be credited. Must contain 1/8 cup fruit per serving to count toward the total requirement.
Zucchini in Bread		X	See Question and Answer #16.

# QUESTIONS AND ANSWERS ABOUT FRUITS AND VEGETABLES

**1. Are foods like coleslaw, potato salad, or waldorf salad creditable?**

The fruit and vegetable ingredients in these items all count toward 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  $\frac{1}{4}$  cup serving of waldorf salad containing non-creditable ingredients would **not** equal  $\frac{1}{4}$  cup of fruit/vegetable.

**2. Can fruit cocktail, mixed vegetables, or succotash be used to meet the requirement of serving two or more fruits/vegetables at lunch and supper?**

No. These types of items are considered as only one item.

**3. How are fruits and vegetables counted in combination dishes such as beef stew?**

Only one component of a fruit/vegetable can be counted in a combination dish. For example, if the beef stew contained stew meat, potatoes, carrots, and onions, the beef stew counts for one fruit/vegetable component and an additional fruit or vegetable would need to be served.

**4. How much tomato paste, tomato puree, or tomato sauce would I need to equal  $\frac{1}{4}$  cup vegetable for each 3 through 5 year-old at lunch/supper?**

Tomato paste, 1 tablespoon =  $\frac{1}{4}$  cup vegetable  
Tomato puree, 2 tablespoons =  $\frac{1}{4}$  cup vegetable  
Tomato sauce, 4 tablespoons =  $\frac{1}{4}$  cup vegetable

**5. Are the raisins in rice or bread pudding creditable?**

Yes. However, at least  $\frac{1}{8}$  cup (2 Tbsp.) must be served in each serving to be creditable. In most recipes, not enough raisins are used to meet this requirement.

**6. Can raisins served in hot or cold cereal be credited toward the fruit/vegetable requirement?**

Yes, but  $\frac{1}{8}$  cup (2 Tbsp.) must be in each serving to be creditable. Any amounts less than  $\frac{1}{8}$  cup is considered a garnish. If only  $\frac{1}{8}$  cup is served in or on the cereal an additional fruit must be served to meet the total requirement.

**7. How can I tell if juice is creditable?**

The label will state “Juice,” “Full-strength Juice,” “100% Juice,” “Single-strength Juice,” “Reconstituted Juice,” “Juice from Concentrate,” or “Juice Concentrate.” **Juice that has the word “cocktail,” “nectar,” “beverage,” or “drink” on the label is not 100% juice.**

**8. Can we purchase homemade juices such as apple cider from local farm stands?**

Yes, however, it must be pasteurized. Due to safety problems with the consumption of unpasteurized ciders and juices, children and the elderly are often at increased risk for potentially toxic bacteria. Most local farmers now pasteurize these products.

**9. Are juice bases or concentrates creditable in the CACFP?**

The label must state 100% full-strength juice. A juice base or concentrate may be used to meet the fruit/vegetable component if diluted according to instructions to make juice (not juice drink) from the concentrate.

**10. Are fruit-flavored powdered drink mixes creditable?**

No. These do not include 100% full-strength juice so they do not meet the requirement for juice.

**11. Can the fruit, juice or vegetable in pudding or gelatin be counted toward the fruit/vegetable requirement?**

Yes. At least  $\frac{1}{8}$  cup must be present in each serving. Gelatin or pudding alone will not meet the CACFP requirement.

**12. Are fruit toppings, such as orange sauce made with orange juice or blueberry sauce made with canned blueberries, creditable?**

Yes. However, only the fruit portion of the topping, i.e. the orange juice or blueberries, is creditable. At least  $\frac{1}{8}$  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.

**13. Are dehydrated vegetables creditable and how are yields determined?**

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 stated procedure must be followed for each brand of dehydrated product to determine the yield.

**14. Are canned/frozen soups creditable toward meeting any part of the meal pattern?**

The following condensed soups (1 part soup to 1 part water) and ready-to-serve soups may be credited toward the fruit/vegetable requirement: chowders; dried bean or pea; minestrone; tomato; tomato with other basic components, such as rice; vegetable (all vegetable); and vegetable with other basic components such as meat or poultry. One cup reconstituted or ready-to-serve soup is equivalent to about  $\frac{1}{4}$  cup of vegetable.

**15. How are pork and beans credited?**

Pork and beans may be credited as a vegetable or as a meat alternate, but not as both in the same meal. For example, if you serve hot dogs cut up in pork and beans, you may credit both hot dogs and pork and beans toward the meat/meat alternate requirement. Or you may serve adequate portions of hot dogs to fulfill the meat requirement and credit the pork and beans as a vegetable.

**16. Can the fruit or vegetable added to bread items (such as muffins, cakes, or quick breads) be counted toward meeting the fruit/vegetable component?**

No, there is less than  $\frac{1}{8}$  cup of fruit or vegetable per serving.

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# BREADS AND GRAINS

The meal patterns for breakfast, lunch and supper contain a bread/grain requirement in the amount specified for each age group. A bread/grain may also be served as one of the two components of a snack.

Bread/grain products are an important source of iron, thiamine, niacin, riboflavin, and often fiber, in the diet.

Bread/grains served in the CACFP must meet the following criteria to be creditable:

- The primary ingredient by weight (as specified by the label or according to the recipe) must be enriched meal or flour and/or whole grain; bran and/or germ; or the product must be enriched in preparation or processing and labeled "enriched." As a reminder, a label may state wheat flour but may not contain whole wheat flour. It may contain caramel coloring added to enriched flour.
- If a cereal is fortified, the label must indicate it is fortified.
- Quantities must meet or exceed the minimum serving sizes as specified in the regulations and the Program Agreement. (See Bread/Grain Chart at the end of this section for minimum serving sizes.)
- For a lunch or supper a bread/grain must be served as an accompaniment to, or an integral part of, the main dish.

Enriched crackers are appropriate to serve to young children as snacks. Although most crackers are made with enriched flour, it is recommended that "party" crackers, i.e. snack crackers, onion crackers, etc., be served infrequently because of low nutritional value.

Sweet desserts are limited to two times per week at snack and served not more than once per day. Sweet desserts include: cookies, dessert pies, granola bars, brownies and any other bread/grain item that contains a high amount of sugar (i.e. puppy chow).

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# BREADS AND GRAINS

(For serving sizes, see Bread/Grain Chart at end of section.)

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Animal Crackers	X		Snack only. See Questions and Answers #1 and #2.
Bagels	X		
Banana Bread	X		See Question and Answer #12.
Biscuits	X		
Bread (i.e. White, Whole Wheat, Rye, Pumpernickle, Seven Grain, etc.)	X		
Bread Pudding, Homemade	X		Snack only. See Question and Answer #13.
Bread Sticks	X		
Bread Stuffing/Dressing	X		See Question and Answer #9.
Breading or Batter Coating	-	-	See Questions and Answers #6 and #8.
Brownies	X		Snack only. See Questions and Answers #1 and #2.
Bulgur (Cracked Wheat)	X		
Buns (i.e. Hamburger, Hot Dog, Dinner, etc.)	X		
Cake		X	Does not meet the definition of bread.
Caramel Corn		X	Does not meet the definition of bread.
Carrot Bread	X		See Question and Answer #12.
Cereal, Cooked	X		
Cereal, Ready-to-eat	X		See Questions and Answers #3 and #17.
Cereal Bars	X		Snack only. See Questions and Answers #1 and #2.
Chips		X	
Chow Mein Noodles	X		

## BREADS AND GRAINS

(For serving sizes, see Bread/Grain Chart at end of section.)

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Coffee Cake, Cinnamon or Danish Rolls	X		Creditable for breakfast and snack only. Limit usage due to high sugar and fat content.
Cookies	X		Snack only. See Questions and Answers #1 and #2.
Corn		X	Creditable as a vegetable only.
Corn Products	X		See Question and Answer #7.
Cornbread or Corn Muffin	X		
Corndog Breading	X		See Questions and Answers #6 and #8.
Couscous	X		
Crackers	X		For crediting purposes, specify the type served (i.e. saltines). See Question and Answer #16.
Cream Puff Shell		X	Dessert crust does not serve the customary function of bread.
Croissant	X		
Croutons	X		See Question and Answer #14.
Cupcake		X	Does not meet the definition of bread.
Danish Rolls	X		Creditable for breakfast and snack only. Limit usage due to high sugar and fat content.
Doughnut	X		Creditable for breakfast and snack only. Limit usage due to high sugar and fat content.
Dumplings	X		
Egg Roll or Won Ton Wrappers	X		
English Muffin	X		
Fig Bar (i.e. Fig Newton <sup>®</sup> )	X		Snack only. See Questions and Answers #1 and #2.
French Toast	X		

# BREADS AND GRAINS

(For serving sizes, see Bread/Grain Chart at end of section.)

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Fritters	X		
Fruit Grain Bars	X		Snack only. See Questions and Answers #1 and #2.
Fry Bread	X		
Gingerbread		X	This is a cake which does not meet the definition of bread.
Graham Crackers, all types	X		Snack only. See Questions and Answers #1 and #2.
Granola Bars	X		Snack only. See Questions and Answers #1 and #2.
Granola Cereal	X		See Question and Answer #4.
Grits	X		
Hominy		X	
Hushpuppies	X		
Ice Cream Cone		X	Does not meet the definition of bread.
Lavosh	X		
Macaroni and Cheese	X		Only the macaroni portion is creditable as a bread/grain.
Masa	X		
Melba Toast	X		See Question and Answer #16.
Muffin	X		See Question and Answer #12.
Noodles	X		
Nut, Seed, Soy Meal or Flour		X	Nuts and seeds are not grains.
Oatmeal	X		
Pancakes	X		
Party Mix	X		Snack only. See Question and Answer #17.

# BREADS AND GRAINS

(For serving sizes, see Bread/Grain Chart at end of section.)

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Pasta	X		
Pasta or Macaroni Salad	X		Only the pasta portion is creditable as a bread/grain.
Peas		X	Creditable as a vegetable only.
Pie Crust	-	-	See Question and Answer #5.
Pita Bread	X		Must be made with enriched or whole grains.
Pizza Crust	X		
Pop-Tart®	X		Breakfast and snack only. See Question and Answer #11.
Popcorn		X	
Popovers	X		See Question and Answer #10.
Potato		X	Creditable as a vegetable only.
Potato Chips		X	
Potato Pancakes (Latkes)		X	Creditable as a vegetable only.
Pound Cake		X	
Pretzel, Dutch Style (Soft)	X		
Pretzel, Thin (Hard)	X		Snack only.
Puff Pastry	X		See Question and Answer #10.
Pumpkin Bread	X		See Question and Answer #12.
Quick Bread	X		See Question and Answer #12.
Quinoa	X		
Raisin Bread	X		See Question and Answer #15.
Ravioli	X		Only the pasta portion is creditable as a bread/grain.
Rice, all types	X		
Rice Cakes	X		

## BREADS AND GRAINS

(For serving sizes, see Bread/Grain Chart at end of section.)

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Rice Krispie Treats®/Bars	X		Snack only. See Questions and Answers #1 and #2.
Rice Pudding	X		Snack only. See Question and Answer #13.
Rolls (i.e. Hard, Dinner, Kaiser, Whole Wheat, etc.)	X		
Rye Wafers	X		
Sopapillas	X		Creditable for breakfast and snack only.
Stuffing, Bread	X		See Question and Answer #9.
Sweet Rolls and Buns	X		Breakfast and snack only. Limit usage due to high fat and sugar content.
Taco Shells	X		
Tapioca		X	
Toaster Pastries	X		Breakfast and snack only. See Question and Answer #11.
Tortilla Chips	X		Corn/cornmeal chips must use whole grain or enriched flours.
Tortillas	X		
Waffles	X		
Zucchini Bread	X		See Question and Answer #12.

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# QUESTIONS AND ANSWERS ABOUT BREADS AND GRAINS

## 1. How are cookies credited in the CACFP?

Cookies are creditable as a bread/grain for snacks only and may be served no more than twice a week and not more than once per day when:

- Enriched or whole grain meal or flour is the predominant ingredient by weight as specified on the label or according to the specific recipe; and
- The total weight of a serving for children under 6 years of age is a minimum of 0.6 oz or 16 gm and for children over 6 years, a minimum of 1.1 oz or 31 gm.

The stated serving size does not include the weight of cookie filling or frosting. The USDA does not publish a list of acceptable cookies and recommends that good judgment be used when selecting cookies to be served in the CACFP. See Additional Information, Crediting Commercial and Homemade Bread Products, to determine creditability of a bread/grain product or recipe. Some popular cookies have been evaluated to determine quantities for 1-6 year olds. See Cookie and Cracker Charts for details.

## 2. What other items are considered cookies?

Brownies, Fig-Newtons<sup>®</sup>, Rice Krispie Treats<sup>®</sup>/bars, vanilla wafers, granola bars, graham crackers, animal crackers, fruit grain bars and all products related to any of the previous are considered a cookie item.

## 3. Which cereals are creditable in the CACFP?

The first ingredient must be either enriched flour or meal and/or whole grain. USDA does not publish a list of creditable or non-creditable cereals and recommends that good judgment be used when selecting cereals to be served in the CACFP.

## 4. Is granola cereal creditable?

Yes. Commercial and homemade granola cereals are creditable as a bread/grain for **breakfast and snack only**. However, only the grain portion of the cereal is creditable as a bread/grain. Any nuts, seeds, coconut, dried fruit, etc., are not to be included when determining the serving size.

## 5. Can pie crust be credited as a bread/grain?

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) it is creditable as a bread/grain. The heaviest ingredient in a pie crust by weight must be enriched or whole grain flour or meal. **Pie crusts served as part of a dessert are not creditable because bread is not customarily served in a meal as a dessert.**

**6. Are breadings or batter coatings creditable?**

For breadings or batters to be creditable, the product must have a Child Nutrition (CN) label or a product analysis sheet which documents the weight and serving size of the breaded product. The analysis sheet should indicate the weight of the breading product.

If the CN label or the product analysis is not available, the breading can not be counted toward meeting the bread/grain requirement (for corndogs, see Question and Answer #8).

**7. How are corn tortillas and other corn products credited?**

When crediting corn tortillas or other corn products as a bread/grain, enriched, whole grain corn or cornmeal must be the primary ingredient by weight.

**8. Are there any requirements corndog breadings must meet to be credited?**

Yes. To be credited toward the bread/grain requirement, the cornmeal and enriched flour combined must be a greater percentage of the batter than the water and must be the primary ingredients by weight.

The breadings are credited the same as crediting cornbread. The serving size for children under 6 years old is 0.6 oz or 16 gm and for children 6 years and older, 1.1 oz or 31 gm.

**9. How is bread stuffing credited?**

Only the bread portion of homemade or commercial bread stuffing is credited as a bread/grain. The amount of bread in a serving of stuffing should weigh at least 0.4 oz or 10 gm for children under 6 years old and 0.7 oz or 20 gm for children 6 years and older.

**10. Are puff pastry or popovers creditable?**

Yes, puff pastry and popovers are creditable bread/grains for all meals, as long as enriched or whole grain meal or flour is the primary ingredient and they serve the customary function of bread in a meal. For a lunch or supper, they must be served as an accompaniment to, or as a recognizable integral part of, the main dish (not merely as an ingredient). The serving size for children under 6 years is 0.6 oz or 16 gm and for children 6 years and older, 1.1 oz or 31 gm. The shell of a dessert-filled cream puff would not be credited as a bread/grain, since it is not an integral part of the main dish and does not serve the function of bread in a meal.

**11. Are toaster pastries creditable?**

Toaster pastries meet the bread requirement only for breakfast and snacks when (1) enriched or whole grain flour is the predominant ingredient and (2) the crust component weighs at least 0.9 oz or 25 gm for children under 6 years old and 1.8 oz or 50 gm for children 6 years and older. Jelly-filled or fruit-filled toaster pastries do not meet any part of the fruit/vegetable requirement for any meal.

**12. Are muffins and/or quick breads creditable?**

If fruits or vegetables are added to muffins and/or quick breads, the primary ingredient may no longer be flour. The primary ingredient by weight must be enriched flour or whole grain and it must serve the customary function of bread in a meal to be credited. A serving for children under 6 years is 0.9 oz or 25 gm and children 6 years and older must have a minimum of 1.8 oz or 50 gm. See Additional Information, Crediting Commercial and Homemade Bread Products, to determine creditability of a bread/grain product or recipe.

**13. Are rice and bread pudding creditable?**

Both rice used in rice pudding and bread used in bread pudding are creditable for snacks only.

**14. Are croutons creditable?**

Croutons with enriched or whole grain meal or flour listed as the primary ingredient are creditable as a bread/grain. Each serving for children under 6 years must weigh 0.4 oz or 10 gm and for children 6 years and older, 0.7 oz or 20 gm. In addition, to be creditable at lunch or supper, the croutons must be served as an accompaniment to or a recognizable integral part of the main dish (not merely as an ingredient).

**15. Is raisin bread, toasted or untoasted, creditable?**

Raisin toast and bread are creditable toward the bread/grain requirement. The raisins in the bread are not creditable toward the fruit/vegetable requirement in any of the meals.

**16. Are crackers or melba toast creditable?**

Yes. Children under 6 years of age need 0.4 oz or 10 gm per serving and for children 6 years and older, 0.7 oz or 20 gm. "Party" crackers, high in sugar, fat and/or salt, are not recommended. Some popular crackers have been evaluated to determine quantities for 1-6 year olds. See Cookie and Cracker Charts for details.

**17. Are cold dry cereals an acceptable bread/grain? Can they be mixed and served as a "party mix"?**

Yes, dry cereal is an acceptable bread/grain for breakfast and snack only. Cold dry cereal or hot cooked cereal is not an acceptable bread/grain for lunch or supper. The cereal must be enriched or whole grain. Cereals that meet this criteria may be mixed and served as a snack. However, foods such as nuts, seeds, or candies added to the mix are not creditable as bread/grains and their weight must be subtracted from the party mix. Only the weight or measure of the creditable cereals that are added to the party mix is creditable as the bread/grain component.

# BREAD/GRAIN CHART\*

½ serving is for 1 through 5 year olds  
1 serving is for 6 through 12 year olds

<b>Group A</b>	<b>Minimum Serving Size for Group A</b>
Bread Sticks (hard) Chow Mein Noodles Crackers (saltines and snack crackers) Croutons Lavosh Melba Toast Pretzels (hard) Stuffing (dry) (Note: weights apply to bread in stuffing)	½ serving = 0.4 oz or 10 gm 1 serving = 0.7 oz or 20 gm
<b>Group B</b>	<b>Minimum Serving Size for Group B</b>
Bagels Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hot dog) Cookie-Crackers (graham crackers - all shapes, animal crackers) Egg Roll Skins, Won Ton Wrappers English Muffins Pita Bread (white, wheat, whole wheat) Pizza Crust Pretzels (soft) Rice Cakes Rolls (white, wheat, whole wheat, potato) Taco Shells Tortilla Chips Tortillas (wheat or corn)	½ serving = 0.5 oz or 13 gm 1 serving = 0.9 oz or 25 gm
<b>Group C</b>	<b>Minimum Serving Sizes for Group C</b>
Cookies (plain, sugar, peanut butter) Corn Muffins Cornbread Croissants Pancakes Pie Crust (meat/meat alternate pies) Popovers Puff Pastry Waffles	½ serving = 0.6 oz or 16 gm 1 serving = 1.1 oz or 31 gm

\*Check individual items for meal component creditability.

## BREAD/GRAIN CHART\* (continued)

½ serving is for 1 through 5 year olds

1 serving is for 6 through 12 year olds

<b>Group D</b>	<b>Minimum Serving Size for Group D</b>
Doughnuts (cake and yeast raised, unfrosted) Fritters Granola Bars (plain) Hushpuppies Muffins/Quick Breads (all except corn) Sopapillas Sweet Roll (unfrosted) Toaster Pastry (unfrosted)	½ serving = 0.9 oz or 25 gm 1 serving = 1.8 oz or 50 gm
<b>Group E</b>	<b>Minimum Serving Size for Group E</b>
Cookies (with nuts, raisins, chocolate pieces, and/or fruit purees) Doughnuts (cake and yeast raised, frosted, or glazed) French Toast Fruit Grain Bars Granola Bars (with nuts, raisins, chocolate pieces, and/or fruit) Sweet Rolls (frosted) Toaster Pastry (frosted)	½ serving = 1.1 oz or 31 gm 1 serving = 2.2 oz or 63 gm
<b>Group F</b>	<b>Minimum Serving Size for Group F</b>
Coffee Cake	½ serving = 1.3 oz or 38 gm 1 serving = 2.7 oz 75 gm
<b>Group G</b>	<b>Minimum Serving Size for Group G</b>
Brownies	½ serving = 2 oz or 58 gm 1 serving = 4 oz or 115 gm
<b>Group H</b>	<b>Minimum Serving Size for Group H</b>
Barley Breakfast Cereals (cooked) Bulgur or Cracked Wheat Couscous Macaroni (all shapes) Masa Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	½ serving = ¼ cup cooked (or 13 gm dry) 1 serving = ½ cup cooked (or 25 gm dry)
<b>Group I</b>	<b>Minimum Serving Size for Group I</b>
Ready to eat breakfast cereal (cold, dry)	½ serving = ⅓ cup or ½ oz, whichever is less 1 serving = ¾ cup or 1 oz, whichever is less

\*Check individual items for meal component creditability.

## COOKIES

<u>Name of Cookie*</u>	<u>Amount Needed for One Serving</u>	
	<u>Age 1 up to Age 6</u>	<u>Age 6 and older</u>
Animal Crackers .....	6 (¼ cup) .....	12 (½ cup)
Cookies, approximately 2 ¼" round .....	2 .....	4
Graham Crackers (3" square) .....	2 squares .....	4 squares
(large rectangle) .....	1 .....	2
(small rectangles) .....	4 .....	8
Granola Bar .....	1 .....	2
Rice Krispie Treat®/Bars (3 x 3 square).....	1 .....	2
Teddy Grahams .....	¼ cup .....	½ cup
Vanilla Wafers.....	3 .....	6

*\*Limit all cookie and cookie-type items to 2 times per week and not more than once per day.*

## CRACKERS

<u>Name of Cracker</u>	<u>Amount Needed for One Serving</u>	
	<u>Age 1 up to Age 6</u>	<u>Age 6 and older</u>
Cheez-its® .....	12 .....	24
Club® Crackers (squares) .....	2 .....	4
Hi-Ho's® or Ritz Crackers® .....	4 .....	8
(mini size) .....	10 .....	20
Melba Toast .....	2 .....	4
Pretzels (regular size).....	4 .....	7
(rod) .....	1 .....	2
(sticks) .....	20 .....	40
Rice or Rye Cakes (regular size) .....	2 .....	3
(mini size) .....	5 .....	10
Rye Wafers .....	2 .....	4
Saltines or other crackers the same size .....	4 .....	8
Soup and Oyster Crackers .....	10 (¼ cup) .....	20 (½ cup)
Triscuits® .....	4 .....	8
Wheat Thins® .....	6 .....	12

## ADDITIONAL ITEMS

<u>Name of Item</u>	<u>Amount Needed for One Serving</u>	
	<u>Age 1 up to Age 6</u>	<u>Age 6 and older</u>
Cornbread (3 x 3 square) .....	1 .....	2
Muffin (regular size) .....	½ .....	1
Tortilla Chips (regular size).....	8 .....	14

# ADDITIONAL INFORMATION

This section contains additional information referenced in previous sections. The following is a list of topics covered in this section:

- Additional Questions and Answers
- Vitamin A, C and Iron Sources
- Nutrient Chart
- Crediting Combination Foods
- Crediting Commercial and Homemade Bread Products
- Weights of Commonly Used Ingredients
- Child Nutrition (CN) Label
- Product Analysis Sheet
- Sample Product Analysis Sheet
- Menu Shape Up...Try These Ideas

For additional information, please contact Child Nutrition & Wellness at the Kansas State Department of Education (KSDE) or a day care home sponsoring organization.

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# ADDITIONAL QUESTIONS AND ANSWERS

**1. Are picnics or cold meals acceptable?**

Yes, as long as they meet the meal pattern requirements and all components are supplied by the caregiver.

**2. Should I force a child to eat? How long is a reasonable amount of time to allow a child to eat?**

No, children should be encouraged, but not forced, to eat. Encouragement may be offered verbally and also by setting an example. If children lose interest or dawdle, give them a reasonable time to eat—about 30 minutes—then quietly but firmly remove their food.

**3. Can vegetarian meals be claimed for CACFP reimbursement?**

Yes, however, the meals still must meet the meal pattern requirements. Meat alternates that are creditable in the CACFP include: cheese (natural, processed and cheese foods, and cheese spreads), cottage cheese, ricotta cheese, eggs, cooked dry beans and peas, nuts and nut butter, yogurt or any combination of the above. Meat analogues (100 percent vegetable protein products) are not creditable in the CACFP.

**4. What about birthday treats brought in by the parents?**

Meals claimed for reimbursement must meet the meal pattern requirements. “Other” foods may be served but not in place of the required components. Non-creditable food items including birthday treats provided by the child’s family are not reimbursable. If creditable birthday treats are provided by the child’s family, the caregiver must supply at least one creditable component to be reimbursable.

**5. Are meals purchased from a restaurant or from a fast food establishment reimbursable?**

Restaurant and fast food meals may meet CACFP component requirements but are not reimbursable in CACFP.

**6. May home canned foods be served in the CACFP?**

No, home canned foods are not allowed in meals reimbursed in the CACFP.

**7. Are home frozen vegetables and fruits allowable?**

Home frozen vegetables and fruits may be served as components of a creditable meal.

**8. Do items such as syrup, barbeque sauce, ketchup, mustard, vinegar or mayonnaise count as creditable meal components?**

No, these foods do not meet the requirements for any component in the meal patterns for CACFP. These items are frequently used as condiments and seasonings to improve acceptability and satisfy children's appetites.

The calories supplied by these foods help to meet the energy needs of growing children. However, many of these foods are high in salt, sugar or fat. For that reason, you may want to consider how often and in what amount you use them.

**9. May meals be modified to meet religious requests?**

CACFP regulations do not require a center or home to meet individual requests for special diets for religious reasons. However, the facility may choose to work with parents to meet such needs. Meals with substitutions for religious reasons must meet all CACFP requirements to be claimed for reimbursement.

**10. If a child cannot have milk, can I still be reimbursed for breakfast and lunch?**

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

# FOODS HIGH IN VITAMINS A, C, AND IRON

<i>Include a <b>VITAMIN A</b> fruit or vegetable at least twice a week.</i>	<i>Include a <b>VITAMIN C</b> fruit or vegetable daily.</i>	<i>Include an <b>IRON</b> source daily.</i>
<p><b><u>FRUIT SOURCES:</u></b></p> <ul style="list-style-type: none"> <li>✓ Apricots</li> <li>✓ Cantaloupe</li> <li>✓ Cherries, red sour (canned)</li> <li>✓ Grapefruit juice (pink or red)</li> <li>✓ Guava</li> <li>✓ Mandarin oranges</li> <li>✓ Mangoes</li> <li>✓ Nectarines</li> <li>✓ Papayas</li> <li>✓ Peaches</li> <li>✓ Plantains, cooked</li> <li>✓ Prunes</li> <li>✓ Purple plums (canned)</li> <li>✓ Starfruit (Carambola)</li> <li>✓ Tangerine</li> <li>✓ Tangerine juice</li> <li>✓ Tropical fruit salad (canned)</li> </ul> <p><b><u>VEGETABLE SOURCES:</u></b></p> <ul style="list-style-type: none"> <li>✓ Acorn squash (baked only)</li> <li>✓ Asparagus</li> <li>✓ Avocado</li> <li>✓ Bell peppers (red only)</li> <li>✓ Bok Choy</li> <li>✓ Broccoli</li> <li>✓ Brussel sprouts</li> <li>✓ Butternut squash</li> <li>✓ Carrots</li> <li>✓ Greens (collard, turnip, mustard, etc.)</li> <li>✓ Hubbard squash</li> <li>✓ Lettuce (romaine and leaf lettuce only)</li> <li>✓ Mixed vegetables (peas, carrots, green beans, lima beans)</li> <li>✓ Okra</li> <li>✓ Peas, green (frozen or canned)</li> <li>✓ Pumpkin</li> <li>✓ Spinach</li> <li>✓ Sweet potatoes</li> <li>✓ Tomatoes</li> <li>✓ Tomato products (juice, paste, puree, sauce, soup, marinara sauce, spaghetti sauce, pizza sauce)</li> <li>✓ Vegetable juice (i.e. V-8<sup>®</sup>)</li> </ul> <p><b><u>OTHER SOURCES:</u></b></p> <ul style="list-style-type: none"> <li>✓ Liver</li> </ul>	<p><b><u>FRUIT SOURCES:</u></b></p> <ul style="list-style-type: none"> <li>✓ Apple juice (fortified with vitamin C)</li> <li>✓ Apricots (fresh)</li> <li>✓ Banana</li> <li>✓ Blackberries</li> <li>✓ Breadfruit</li> <li>✓ Cactus</li> <li>✓ Cantaloupe</li> <li>✓ Casaba melon</li> <li>✓ Clementines</li> <li>✓ Grape juice (fortified with vitamin C)</li> <li>✓ Grapefruit (all varieties)</li> <li>✓ Grapefruit juice</li> <li>✓ Guavas</li> <li>✓ Honeydew melon</li> <li>✓ Kiwi</li> <li>✓ Kumquats</li> <li>✓ Mandarin oranges</li> <li>✓ Mangoes</li> <li>✓ Oranges</li> <li>✓ Orange juice</li> <li>✓ Papayas</li> <li>✓ Passion fruit</li> <li>✓ Pineapple</li> <li>✓ Pineapple juice</li> <li>✓ Prickly pears, raw</li> <li>✓ Prune juice</li> <li>✓ Pummello (Pomelo)</li> <li>✓ Raspberries</li> <li>✓ Starfruit (Carambola)</li> <li>✓ Strawberries</li> <li>✓ Tangelos</li> <li>✓ Tangerines</li> <li>✓ Tangerine juice</li> <li>✓ Ugli fruit</li> </ul> <p><b><u>VEGETABLE SOURCES:</u></b></p> <ul style="list-style-type: none"> <li>✓ Acorn squash (baked only)</li> <li>✓ Asparagus</li> <li>✓ Avocado</li> <li>✓ Bean sprouts</li> <li>✓ Bell peppers (red and green)</li> <li>✓ Bok Choy</li> <li>✓ Broccoli</li> <li>✓ Brussel sprouts</li> <li>✓ Cabbage (all varieties)</li> <li>✓ Cauliflower</li> <li>✓ Edamame (green, boiled soybeans)</li> <li>✓ Greens (collard, turnip, mustard, etc.)</li> <li>✓ Hubbard squash (baked only)</li> <li>✓ Kohlrabi</li> <li>✓ Okra (boiled only)</li> <li>✓ Peas, green (frozen)</li> <li>✓ Potatoes, red, white or purple (baked only)</li> <li>✓ Potatoes, instant flakes (not granulated)</li> <li>✓ Potato wedges (skin on)</li> <li>✓ Radishes</li> <li>✓ Rutabagas</li> <li>✓ Sauerkraut</li> <li>✓ Snowpeas</li> <li>✓ Spinach</li> <li>✓ Sweet potatoes (except those canned in syrup)</li> <li>✓ Tomatoes</li> <li>✓ Tomato products (juice, paste, puree, sauce, soup, marinara sauce, spaghetti sauce, pizza sauce)</li> <li>✓ Vegetable juice (i.e. V-8<sup>®</sup>)</li> </ul> <p><b><u>OTHER SOURCES:</u></b></p> <ul style="list-style-type: none"> <li>✓ 100% fruit or vegetable juices fortified with vitamin C</li> </ul>	<p><b><u>MEAT AND MEAT ALTERNATE</u></b></p> <ul style="list-style-type: none"> <li>✓ Dried beans and peas</li> <li>✓ Fish (catfish, white fish)</li> <li>✓ Meats in general (especially liver)</li> <li>✓ Nuts (almonds, brazil nuts, cashews, walnuts)</li> <li>✓ Nut butters (almond, cashew, peanut, sunflower seed)</li> <li>✓ Poultry</li> <li>✓ Shellfish</li> <li>✓ Soybeans, roasted or soy nut butter</li> <li>✓ Sunflower seeds</li> <li>✓ Tuna</li> <li>✓ Turkey</li> </ul> <p><b><u>FRUITS AND VEGETABLES</u></b></p> <ul style="list-style-type: none"> <li>✓ Artichoke hearts (fresh, boiled)</li> <li>✓ Asparagus</li> <li>✓ Avocado</li> <li>✓ Breadfruit</li> <li>✓ Cherries, red sour (canned)</li> <li>✓ Dried beans and peas</li> <li>✓ Dried fruits (apricots, dates, figs, peaches, pears, prunes, raisins)</li> <li>✓ Edamame (green, boiled soybeans)</li> <li>✓ Greens (collard, turnip, mustard, etc.)</li> <li>✓ Lima Beans</li> <li>✓ Prune juice</li> <li>✓ Pumpkin</li> <li>✓ Sauerkraut (canned)</li> <li>✓ Snow peas</li> <li>✓ Spinach</li> <li>✓ Tomato paste</li> <li>✓ Vegetable juice (i.e. V-8<sup>®</sup>)</li> </ul> <p><b><u>BREAD AND BREAD ALTERNATES</u></b></p> <ul style="list-style-type: none"> <li>✓ All enriched, whole-grain or fortified bread and bread alternates.</li> </ul>

## NUTRIENT CHART

Nutrient	What it does	Food sources
<b>Protein</b>	Promotes growth and repair of body tissues, supplies energy, helps to fight infections, forms an important part of blood, enzymes, and hormones to regulate body functions.	Lean meats, poultry, fish, shellfish, eggs, milk, cheese, and yogurt.  Other sources include dry beans and peas, nuts, peanut butter, bread, cereals, wheat germ. If served with a complementary animal protein food, such as cheese, the combined protein value is high.
<b>Carbohydrates</b> (Starches and sugars)	Supply energy, spare protein for body building and repair, also necessary for bulk and proper elimination.	Breads, cereals, grits, corn, rice, potatoes, macaroni, noodles, sugar, honey, syrup, jam, molasses, fruit, vegetables.
<b>Fats</b>	Supply concentrated energy, improve the taste of food, help the body use other nutrients, help maintain temperature and lubricate the intestinal tract. Necessary in development of brain and nervous system.	Whole milk, cheese, egg yolk, salad oils, butter, margarine, shortening.
<b>Calcium</b>	Builds sturdy bones and teeth, helps blood clot, helps to keep nerves, muscles, and heart healthy, aids in healing wounds, and helps fight infection.	Milk, cheese, cottage cheese, yogurt, kale, collards, mustard and turnip greens, broccoli, spinach, salmon, sardines.
<b>Iron</b>	Necessary to form hemoglobin in blood which carries oxygen from lungs to body cells.	Lean meats, egg yolks, whole grain and enriched cereals, dry beans, molasses, raisins and other dried fruits, dark green leafy vegetables, liver, heart, kidneys, oysters, clams.
<b>Vitamin A</b>	Anti-oxidant. Helps maintain eyesight, especially dim light, aids growth of healthy skin, bones, teeth and mucous membranes, promotes growth, and helps resist infection.	Broccoli, carrots, papaya, mango, pumpkin, sweet potatoes, winter squash, apricots, greens, egg yolk, cantaloupe, fish liver oils, liver.

## NUTRIENT CHART (continued)

Nutrient	What it does	Food sources
<b>Vitamin C</b> (Ascorbic acid)	Anti-oxidant. Aids in building the materials that hold cells together, helps in healing wounds and resisting infection, needed for healthy teeth, gums, and blood vessels.	Citrus fruits, strawberries, cantaloupe, tomatoes, potatoes, brussel sprouts, cabbage, broccoli, green and sweet red peppers, kiwi.
<b>Vitamin D</b>	Helps body use calcium and phosphorus to build strong bones and teeth.	Fortified milk, egg yolk, salmon, tuna, liver, fish liver oils. Direct sunlight also produces vitamin D.
<b>Vitamin E</b>	Anti-oxidant. Prevents breakdown of vitamin A and unsaturated fatty acids.	Wheat germ oil, salad oils, green leafy vegetables, nuts, dry beans and peas, margarine.
<b>Thiamine</b> (Vitamin B1)	Helps body cells obtain energy from food, aids in keeping nerves healthy, and promotes good appetite and digestion.	Lean meats, poultry, fish, pork, liver, dry beans and peas, egg yolk, whole grain and enriched cereals and breads, soybeans.
<b>Riboflavin</b> (Vitamin B2)	Helps body use protein, fats, and carbohydrates for energy and for building tissues, aids in maintaining eyesight, and promotes radiant skin.	Milk, cheese, eggs, green leafy vegetables, enriched cereals and breads, yeast, liver, kidneys, heart.
<b>Niacin</b>	Required for healthy nervous system, skin, and digestive tract, aids energy production in cells.	Lean meats, poultry, fish, variety meats, dark green leafy vegetables, whole grain and enriched cereals and breads, peanuts, peanut butter.
<b>Vitamin B6</b>	Aids body to use protein and maintain normal hemoglobin in blood.	Meats, wheat germ, whole grain cereals, soybeans, peanuts, liver, kidneys.
<b>Vitamin B12</b>	Necessary for producing red blood cells and for building new proteins in the body. Helps the nervous system function.	Meats, fish, eggs, milk, cheese, liver, kidneys.

Adapted from CDPHE-Child and Adult Care Food Program 9/95

# CREDITING COMBINATION FOODS

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

- 1) Meat/Meat Alternate
- 2) Fruit/Vegetable (count as one component only)
- 3) Bread/Grain

Example: Beef Stew with Beef, Carrots, Potatoes, Onions

**Credit as:**

- Meat/Meat Alternate
- Fruit/Vegetable (count as one component only)

Example: Peas and Carrots

**Credit as:**

- Fruit/Vegetable (count as one component only)

Example: Lettuce Salad

**Credit as:**

- Fruit/Vegetable (count as one component only)

Example: Taco Salad with Ground Beef, Cheese, Lettuce, Tomato, Tortilla Chips

**Credit as:**

- Meat/Meat Alternate
- Fruit/Vegetable (count as one component only)
- Bread/Grain

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

Example: Strawberry Smoothie with Milk and Strawberries

**Credit as:**

- Milk
- Fruit/Vegetable

## CREDITING COMMERCIAL BREAD PRODUCTS

Purchasing ready-made bread products can save time. Follow the information below in the selection of creditable products and determining correct serving sizes.

- Whole-grain or enriched meal or flour must be listed first in the ingredient list on the label.
- For serving sizes, refer to the chart in the Breads and Grains section. Note the serving size that is required for the age group(s) being served.

## CREDITING HOMEMADE BREAD PRODUCTS

The following steps can be used to determine if homemade bread products such as quick breads, cookies, pancakes or muffins are creditable.

**Step 1:** Find the total weight of the flour/grains in the product. Refer to the “Weights of One Cup of Commonly Used Ingredients” table following the example pages.

**Step 2:** Determine the weight of each of the other major ingredients (sugar, butter, etc.). Refer to the “Weights of One Cup of Commonly Used Ingredients” table following the example pages.

**Step 3:** Compare the total weight of the flour/grains (step 1) to the weight of each ingredient (step 2). Bread and bread products can be credited toward the meal pattern if flour/grains weigh more than each of the other ingredients. Some foods, such as pancakes or crepes, can be credited even though liquid outweighs flour/grain because the liquid evaporates during cooking.

**Step 4:** If flour/grain is the primary ingredient by weight, find the number of servings the recipe yields. This is done by dividing the total weight of the flour/grains by 15.5 (weight of flour in 1 serving of bread). The resulting figure is the number of servings for children six through twelve years of age. One serving for children 6-12 years of age is equal to two servings for children under six years old.

The next two pages are examples of muffin recipes that were evaluated following this step-by-step method.

# Example 1: Evaluating Pumpkin Muffins (creditable)

## Ingredients

1 ½ c flour, self-rising  
½ c pumpkin puree, canned  
½ c brown sugar, packed  
½ c raisins  
¼ c vegetable oil

1 large egg  
¼ t pumpkin pie spice  
¼ t ground nutmeg  
½ t salt

**Step 1:** Determine the total weight of the flour/grains in the product.

**Flour, self-rising** (1 ½ cups)  
1 c flour, self-rising = 130 grams  
1 ½ c flour x 130 = 195 grams  
(1.5 c x 130 = 195 grams)

**Step 2:** Determine the weight of each of the other major ingredients in the recipe.

**Pumpkin, canned** (½ c or 0.50 c)  
1 c pumpkin = 238 grams  
½ c pumpkin x 238 = 119 grams  
(0.50 c x 238 = 119 grams)

**Brown sugar** (½ c or 0.50 c)  
1 c brown sugar = 211 grams  
½ c brown sugar x 211 = 105.5 grams  
(0.50 c x 211 = 105.5 grams)

**Raisins** (½ c or 0.50 c)  
1 c raisins = 162 grams  
½ c raisins x 162 = 81 grams  
(0.50 c x 162 = 81 grams)

**Vegetable oil** (¼ c or 0.25 c)  
1 c vegetable oil = 209 grams  
¼ c vegetable oil x 209 = 52.25 grams  
(0.25 c x 209 = 52.25 grams)

**Egg** (1 egg)  
1 egg = 50 grams  
(1 x 50 = 50 grams)

**Step 3:** Compare the total weight of the flour/grains to the weight of each of the other ingredients.

**Flour in the recipe = 195 grams**

Compare to:

Pumpkin = 119 grams  
Brown sugar = 105.5 grams  
Raisins = 81 grams  
Vegetable oil = 52.25 grams  
Egg = 50 grams

The weight of the flour/grain is greater than the weight of each of the other ingredients compared individually. Therefore, these pumpkin muffins can be credited toward the bread/grain component of the meal pattern.

**Step 4:** Find the number of servings a recipe yields for the age group(s) being served.

The weight of the flour is divided by 15.5 grams:

- Total weight of flour = 195 grams divided by 15.5 grams = 12.58
- Round 12.58 down to the nearest whole number (12.58 rounds down to 12)

This recipe yields 12 servings for children six through 12 years of age or 24 servings for children one to five years old. Usually, one muffin is equivalent to one serving for children six through twelve years of age and two servings for children three through five years old.

## Example 2: Evaluating Pumpkin Spice Muffins (non-creditable)

### Ingredients

2 c whole wheat flour	2 t baking powder
1 ¼ c pumpkin puree, canned	1 t baking soda
1 ¾ c unsweetened applesauce	2 t ground cinnamon
2 large eggs, beaten	2 t ground nutmeg
¼ c sugar	1 t almond extract
2 T vegetable oil	

**Step 1:** Determine the total weight of the flour/grains in the product.

**Flour, whole wheat (2 c)**  
1 c flour = 120 grams  
2 c flour = 240 grams  
(2 c x 120 = 240 grams)

**Step 2:** Determine the weight of each of the other major ingredients in the recipe.

**Pumpkin, canned (1 ¼ c)**  
1 c pumpkin = 238 grams  
1 ¼ c x 238 = 297.5 grams  
(1.25 x 238 = 297.5 grams)

**Applesauce (1 ¾ c)**  
1 c applesauce = 257 grams  
1 ¾ c applesauce x 257 = 449.75 grams  
(1.75 c x 257 = 449.75 grams)

**Egg (2 eggs)**  
1 egg = 50 grams  
2 eggs x 50 = 100 grams  
(2 x 50 = 100 grams)

**Step 3:** Compare the total weight of the flour/grains to the weight of each of the other ingredients.

**Flour in the recipe = 240 grams**

Compare to:

Pumpkin = 297.5 grams  
Applesauce = 449.75 grams  
Eggs = 100 grams

Flour is **not** the primary ingredient by weight. In this recipe, both the pumpkin and applesauce weigh more than the flour.

**Therefore, this recipe for pumpkin spice muffins cannot be credited as a bread/grain because the flour is not the primary ingredient by weight.**

## WEIGHTS OF ONE CUP OF COMMONLY USED INGREDIENTS

<u>FOOD ITEM</u>	<u>DESCRIPTION</u>	<u>WEIGHT OF 1 CUP (grams)</u>
Applesauce	canned	257
Bananas	mashed	226
	sliced	145
Carrots	fresh, diced	144
	shredded	109
	strips	121
Cereals	All Bran <sup>®</sup>	61
	Bran Buds <sup>®</sup>	75
	Cheerios <sup>®</sup>	28
	Corn Chex <sup>®</sup>	29
	Corn Flakes <sup>®</sup> , crushed	80
	Corn Flakes <sup>®</sup> , whole	29
	Puffed Rice <sup>®</sup>	13
	Rice Chex <sup>®</sup>	33
	Rice Krispies <sup>®</sup>	27
Wheaties <sup>®</sup>	32	
Cheese	chopped	112
	diced	132
	shredded	98
	cottage, cream style	233
Chocolate Chips or flavored chips		167
Cocoa		86
Coconut	flakes	88
	shredded	91
Corn Syrup	light or dark	325
Cream	half and half	242
	sour	242
	whipping	232
Eggs (large)	whole, 1 egg	50
	white, 1 white	33
	yolk, 1 yolk	17

<u>FOOD ITEM</u>	<u>DESCRIPTION</u>	<u>WEIGHT OF 1 CUP (grams)</u>
Flour, All-purpose	unsifted, dipped	143
	unsifted, spooned	126
	sifted, spooned	116
Flour, Bread	unsifted, dipped	136
	unsifted, spooned	123
	sifted, spooned	117
Flour, Self-rising	unsifted, dipped	130
	unsifted, spooned	127
	sifted, spooned	106
Flour, Whole Wheat	spooned	120
Honey	strained	325
Margarine or Butter	regular	225
	soft	208
Milk	fresh, fluid	241
	evaporated	251
	nonfat, dry	74
Molasses		309
Oats, quick cooking	uncooked	73
	cooked	246
Oil, cooking		209
Peanut Butter	crunchy	261
	smooth	251
Pumpkin	fresh, cooked, mashed	247
	canned	238
Raisins		162
Shortening		187
Sugar	brown, packed	211
	confectioners, unsifted	113
	confectioners, sifted	95
	granulated	196
Walnuts	chopped	120
Wheat Germ	spooned	115
Zucchini	fresh, uncooked, shredded	130

Source: USDA, What's In A Meal, 1994

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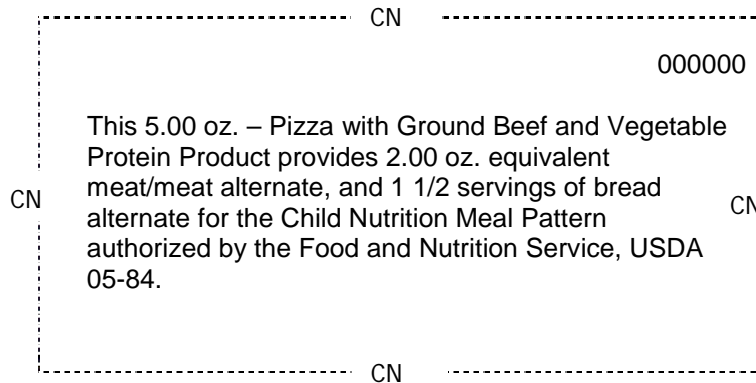
# CHILD NUTRITION (CN) LABEL

The Child Nutrition (CN) label statement clearly identifies the contribution of a product toward the meal pattern. This is a voluntary federal labeling program for the Child Nutrition Programs. Commercially produced products which contribute to the meat/meat alternates component of the meal pattern requirements are eligible for CN labels. These products are usually purchased through wholesale grocers. Examples of these products include but are not limited to chicken nuggets, beef patties, pizzas, burritos, egg rolls and breaded fish portions.

The CN label has a distinct border, contains the meal pattern contribution statement and has a unique 6-digit product identification number (assigned by USDA/FNS) which appears in the upper right hand corner. The CN label contains the USDA/FNS authorization statement explaining the serving size and the components provided by each serving.

For example, the label below states the 5.00 oz pizza serving size will contribute 2.00 oz to the meat/meat alternate component and 1 ½ servings to the bread/grain requirement.

## SAMPLE LABEL:



If the 5.00 oz pizza is cut in half, the serving equivalents are cut in half. The half serving provides only 1.00 oz meat/meat alternate. For children 3 through 5 years old, additional meat/meat alternate (i.e. adding more cheese or meat on top of pizza) needs to be served in order to meet the minimum 1 ½ oz requirement.

# PRODUCT ANALYSIS SHEET

This product analysis sheet is an example of one that provides information to enable the purchaser to determine to what extent a meat product contributes to the CACFP meal pattern requirements. Minor changes in the form would be necessary if a product with a meat alternate, such as cheese or beans, were used.

<b>Product Name:</b>	_____
<b>Product Code:</b>	_____
<b>List Variety(ies) of Meat Used in Product:</b>	_____
<b>Total Weight of Uncooked Product:</b>	_____
<b>Weight of Raw Meat:</b>	_____
<b>Percent Fat of Raw Meat:</b>	_____
<b>*Weight of Dry VPP:</b>	_____
<b>*Weight of Hydrated VPP:</b>	_____
<b>Weight of Other Ingredients:</b>	_____
<b>Total Weight of Precooked Product:</b>	_____
<b>Weight of Breading if Used:</b>	_____
<b>Weight of Precooked Meat (with VPP):</b>	_____

\* This information is needed if Vegetable Protein Product (VPP), conforming to FNS-219, is used in the product and is counted toward meeting the meat/meat alternate requirement.

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

I further certify that if the product contains Vegetable Protein Product (VPP), the product conforms to 7CFR 210 Appendix A – Alternate Foods for Meals and bears a label containing the following statement: “The product meets USDA-FNS requirements for use in meeting a portion of the meat /meat alternate requirement of Child Nutrition Programs.”

_____	_____
SIGNED	TITLE
_____	_____
COMPANY	DATE

# SAMPLE PRODUCT ANALYSIS SHEET

Product Name:	Sea Queen Fish Sticks
Product Code:	NSP 6245
List Variety(ies) of Meat Used in Product:	Minced Pollock
Total Weight of Uncooked Product:	1 stick = 0.8 oz
Weight of Raw Meat:	1 stick = 0.4 oz
Percent Fat of Raw Meat:	0.9%
*Weight of Dry VPP:	N/A
*Weight of Hydrated VPP:	N/A
Weight of Other Ingredients:	1 stick = 0.4 oz
Total Weight of Precooked Product:	1 stick = 0.8 oz
Weight of Breading if Used:	Batter and Breading, 1 stick = 0.4 oz
Weight of Precooked Meat (with VPP):	1 stick = 0.4 oz

\* This information is needed if Vegetable Protein Product (VPP), conforming to FNS-219, is used in the product and is counted toward meeting the meat/meat alternate requirement.

I certify that the above information is true and correct, and that the above meat product (ready for serving) contains 1 stick = 0.4 oz ounces of cooked lean meat/meat alternate when prepared according to directions.

I further certify that if the product contains Vegetable Protein Product (VPP), the product conforms to 7CFR 210 Appendix A – Alternate Foods for Meals and bears a label containing the following statement: “The product meets USDA-FNS requirements for use in meeting a portion of the meat /meat alternate requirement of Child Nutrition Programs.”

<i>Susan Ismail</i>	Product Development Manager
_____	_____
SIGNED	TITLE
National Sea Products, Inc.	3/5/03
_____	_____
COMPANY	DATE

# MENU SHAPE-UP...TRY THESE IDEAS

## **Breakfasts:**

Most breakfasts are planned around the bread/grain component. If your breakfasts consist of cereal or toast every day, try to add variety:

Plan your breakfasts so that one day is a cereal day (hot or cold); one day is a muffin/roll day; one a pancake/waffle/French toast day; one a toast/biscuit day and one a non-traditional breakfast day (fried rice, noodles, or even pizza). You can have something different every day of the month if you don't repeat the same item!

Does your fruit/vegetable component consist of mainly juice? To increase variety plan a juice day, a vegetable day, a canned/frozen fruit day and 2 fresh fruit days. Be careful not to repeat the same food during the week. Buy fruits and vegetables that are in season to add more variety.

## **Lunches and Suppers:**

Lunch and supper menus are usually planned around the meat/meat alternate component. Are hot dogs, peanut butter, chicken nuggets and fish sticks routine at your facility? Try planning your main dishes so that they will cycle around one poultry, one fish, one beef/pork, one meatless, and just for fun, one ethnic or new food. You may repeat one of the selections but you still won't have the same meat more than twice in any given week.

When planning the fruit/vegetable components to accompany your main dish, avoid selections that are the same color, texture and temperature. If corn is one of your selections, have the second choice be something cold, and from the green family – maybe kiwi or raw broccoli! If you serve canned peaches, accompany them with fresh green beans!

Don't limit your bread/grain selections to white bread and noodles. Try whole grain breads and rolls, spinach pasta, brown rice and a variety of crackers.

## **Snacks:**

Snacks are necessary to round out a child's diet and should supply those nutrients that are missed during regular meals. For busy days, snacks need to be fast and easy – crackers and milk or juice perhaps. But with a little thought about the rest of the day's meals, your snacks can be the way to complete the children's nutritional requirements for the day.

To plan wholesome snacks, think about foods served during the other meals of the day. Compare the number of servings recommended for children on the Food Pyramid (6-9 servings from the bread/cereal group, 3 servings of vegetables and 2 servings of fruit, 3 servings from the milk group, and 2 servings from the meat/meat alternate group) to the foods you have selected for breakfast and lunch.

Design your snacks to fill in any gaps. If you need to add a daily serving of vitamin C, have an orange or some green pepper slices. Try carrots, sweet potatoes, apricots or cantaloupe to add vitamin A. Snack time provides a great opportunity to introduce whole grain cereals and breads. For a change, try a dry cereal mix or put marinara sauce on whole grain pocket bread or breadsticks! Fruit and cheese kabobs or tortillas rolled up with tuna salad will add some fun to your snacks!

Getting out of the menu rut will require changing habits on your part. To be successful, don't try to change everything at once. Decide which meal needs the most help and work on it for a month. When you are comfortable with what you are doing, move on to the next meal. Remember that change and newness does not come easily to small children. Some things you try may be rejected. The initial reaction may be a learned response to "anything new" and not a rejection of you or the food! It may take as many as 5 -15 times before a child will accept it! If the children aren't thrilled with one of your new offerings, wait a few weeks and try it again! With thought, planning and patience, you'll soon have menus that are not only creditable, but exciting and fun!

Adapted from Nutrition Banner, April 1994, Vol. XII, No. 4 Ace Child Care Food Program, by Mary Freeman.

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