

**CREDITABLE/NON-CREDITABLE FOODS
FOR THE USDA CHILD AND ADULT CARE FOOD PROGRAM**

MILK/DAIRY PRODUCTS

Definition of Milk: Pasteurized fluid types of unflavored or flavored whole milk, lowfat, milk, skim milk, or cultured buttermilk, which meet the following stipulations:

- It must meet state and local standards* for fluid milk;
- It must be served in at least the quantity required for the applicable age in the CACFP;
- All milk should contain vitamins A and D. Reduced fat, lowfat and skim milk are required to be fortified with Vitamin A at levels specified by the Food and Drug Administration (FDA); added Vitamin D must also meet FDA specifications; and it can not be served to infants younger than 1 year of age unless a medical statement is on file with the food program.

Types of Milk: In 1996, the Food and Drug Administration implemented new regulations that renamed some dairy products. This made the descriptive terms on the label consistent with other foods on the grocery shelves. The only difference between these types of milk is in the amount of fat they have. They are all excellent or good sources of nine other essential nutrients: protein; calcium; phosphorus; potassium; riboflavin; niacin; Vitamin B₁₂; Vitamin A; and Vitamin D. Product names for the different milk sources are:

| Previous Name | New (1996) Name |
|---------------------------------|--|
| Lowfat Milk (2% fat) | Reduced Fat Milk (2% fat) |
| Lowfat Milk (½%, 1% or 1½% fat) | Lowfat or Light Milk (½%, 1% or 1½% fat) |
| Skim or Nonfat milk | Skim, Nonfat or Fat Free Milk |
| Whole Milk (3.3% or more fat) | Whole Milk (3.3% or more fat) |

CACFP requirements: To be eligible for reimbursement, each breakfast, lunch and dinner must contain fluid milk. A snack may contain fluid milk as one of the two food components served. At breakfast, fluid milk may be served as a beverage or on cereal, or as both in combination. Both lunch and supper must contain a serving of fluid milk as a beverage. Yogurt, cheese, ice cream, pudding, or custard may not be used as a substitute for fluid milk.

If milk is one of the two components served for snack, it must be fluid milk served as a beverage or on cereal. **Milk may not be served for snacks when juice is served as the only other item.**

Milk used in cooking, such as puddings, hot cereals, and baked products, cannot be

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counted toward the milk component.

Milk may be purchased from a farm as long as the preceding minimum requirements are met.

Children under the age of two (2) need additional fat in their diets for normal growth and development. For this reason, reduced fat, lowfat or skim milk is **not recommended** for children under two (2) years of age.

Exceptions to CACFP Regulations: If a child is unable to drink milk, a **medical statement** from a recognized medical authority must be on file which states the substitute the child can have.

*To clarify the milk standards in a given area or state, contact the State Department of Agriculture, State Health Department, or the State Milk Commissioner, as appropriate.

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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Acidified milk | X | | Acidified milk is a fluid milk produced by souring fluid whole, reduced fat, lowfat or skim milk with an acidifying agent. Examples include "acidified kefir milk" and "acidified acidophilus milk." |
| Buttermilk | X | | Buttermilk is low in fat. |
| Certified raw milk | | X | Certified raw milk is not pasteurized. Regulations require the use of pasteurized milk. |
| Cheese | | X | See: Meat/Meat alternate section. Cheese cannot be credited toward the <u>milk</u> requirement as it does not meet the definition of milk. |
| Chocolate milk | X | | It is recommended that chocolate milk be limited due to the high sugar content. |
| Cocoa | (X) | | Cocoa made from fluid milk is creditable. Cocoa made from water is not creditable. Record on menus as "cocoa made from milk," or "milk." |
| Cream | | X | Cream does not meet the definition of milk. |
| Cream cheese | | X | Not creditable for reimbursement. High in fat and low in protein. |
| Cream sauces | | X | To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces or other foods. |
| Cream soup | | X | To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces or other foods. |
| Cultured milk | X | | Cultured milk is a fluid milk produced by adding selected microorganisms to fluid whole, reduced fat, lowfat or skim milk under controlled conditions to produce a product with specific flavor and/or consistency. Examples include "cultured buttermilk," "cultured kefir milk," and "cultured acidophilus milk." |
| Custard | | X | To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces or other foods. |
| Dry milk, reconstituted, nonfat | | X | Since regulations state milk must be fluid, nonfat <u>dry</u> milk does not meet the definition of milk. |

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| Eggnog (commercial or homemade) | (X) | | The eggnog must be made with milk. Eggnog, <u>made with uncooked eggs</u> , is not creditable due to the possibility of contracting salmonella enteritis, a food borne illness related to the consumption of uncooked or undercooked eggs. Commercial eggnog is high in cholesterol, sugar and fat. Record on menus as “eggnog made with milk” or “milk.” |
| Eggnog flavored milk | X | | It is recommended that the use of flavored milks be limited due to a high sugar content. |
| Evaporated milk | | X | Evaporated milk does not meet the criteria for milk. |
| Fat free milk | X | | See: Nonfat milk |
| Flavored milk | X | | It is recommended that the use of flavored milks be limited due to a high sugar content. |
| Frozen yogurt | | X | Frozen yogurt does not meet the criteria for milk. |
| Goat’s milk | (X) MS | | Goat’s milk must meet State standards for fluid milk to be creditable. A medical statement must be on file. |
| Half and half | | X | Half and half does not meet the definition of milk. |
| Hot chocolate | (X) | | Hot chocolate made from fluid milk is creditable. Record on menus as “hot chocolate made with milk,” or “cocoa made with milk,” or “milk.” It is recommended that the use of flavored milks be limited due to a high sugar content. |
| Ice cream, ice milk | | X | To be credited, milk must be provided as fluid milk. Ice cream contains 11-20% fat. Ice milk contains 2-6% fat. |
| Imitation milk | | X | Imitation milk does not meet the definition of milk. |
| Milk and fruit beverage (using <u>fruit juice</u>) | | X | Does not count as a milk <u>or</u> a fruit requirement. |
| Milk and fruit drink (using solid fruit) | X | | Creditable as both a milk and a fruit component if the required amounts per age of each component are used. Ex: milk and bananas blended. |

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| Lactose reduced milk | X | | Lactose reduced milk is a fluid milk modified by the addition of lactase enzymes from a yeast source. People who cannot digest lactose found in standard milk may benefit from lactose reduced milk. |
| Lowfat milk (½%, 1% , 1½% or 2%) | X | | Creditable for children over 12 months of age only. The American Academy of Pediatrics, and health and nutrition experts do not recommend serving reduced fat, lowfat or nonfat milk to children under 2 years of age. Children under the age of two need additional fat in their diets for normal growth and development. Whole, reduced fat, lowfat and skim milk provide equivalent amounts of the same nutrients. The difference in the milks is the fat content and therefore, the number of calories per serving. |
| Milkshakes, commercial | | (X) | Most commercial milkshakes are made with dry milk and cannot be counted. Any shake made with fluid milk and served for credit must be thoroughly documented with a recipe, or a valid product analysis must be on record. |
| Milkshakes, homemade | X | | Milkshakes containing the minimum required quantity of fluid milk per serving for the appropriate age group are creditable. Record on menus as "milkshake made with milk," or "milk." |
| Nonfat milk (skim) | X | | Creditable for children over 12 months of age only. The American Academy of Pediatrics and health and nutrition experts do not recommend serving lowfat or nonfat milk to children under 2 years of age. Children under the age of two need additional fat in their diets for normal growth and development. Skim milk contains less fat than other milk. Skim milk provides equivalent amounts of the same nutrients as whole or lowfat milk. |
| Nonfat dry milk, reconstituted | | X | Since regulations state milk must be fluid, nonfat <u>dry</u> milk does not meet the definition of milk. |
| Pudding | | X | To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces or other foods. |

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| Pudding pops | | X | To be credited, milk must be provided as a serving of fluid milk. |
| Sherbet | | X | Sherbet does not meet the criteria for milk. |
| Skim milk | X | | See: Nonfat milk. |
| Sour cream | | X | Sour cream does not meet the criteria for milk. It is also high in fat. |
| Soybean milk | (X) MS | | Soybean milk is creditable only if used as a substitution because of medical or other dietary needs. A medical statement must be on file. |
| Ultra-High Temperature Milk (UHT) | X | | UHT milk is a fluid milk which is pasteurized by heating to 280° F for 2 - 3 seconds, then cooled and packaged. It can be stored without refrigeration for 3 - 12 months (unopened). |
| Whipped cream/toppings | | X | Do not meet the criteria for milk. |
| Whole milk | X | | Not creditable for infants under 12 months of age. "Fluid milk" is defined as pasteurized fluid unflavored or flavored milk. Each main meal (breakfast, lunch or dinner) must contain fluid milk. May be used as one of the two components at snack. If juice is served at a snack, fluid milk may not be served as the only other component (a solid food must be the second component). |
| Yogurt | | X | See Meat/Meat alternate section. Yogurt may not be credited in place of fluid milk. It does not meet the definition of milk. Yogurt is a good source of calcium, phosphorus and protein. |

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MEAT/MEAT ALTERNATES

Meat/Meat Alternates are important sources of protein, iron, B-Vitamins (Thiamin, Riboflavin, Niacin) and other nutrients.

Each lunch and dinner must contain a Meat/Meat alternate. A snack may contain a Meat/Meat alternate as one of the two food components served. A Meat/Meat Alternate is not required at breakfast in the CACFP.

A Meat/Meat Alternate must be served in the main dish or the main dish and one other menu item for lunch/dinner. No more than two Meat/Meat Alternate items in the same meal can be used to meet the requirement.

A serving of cooked meat is defined as lean meat without bone. **Meats containing extenders or binders such as dried milk, whey, soy flour, soy protein, isolated soy protein, starchy vegetable flour, calcium-reduced skim milk, or cereal must have a CN label or valid product analysis to be counted.** Meat includes lean meat such as pork, lamb, veal, turkey, chicken and fish. Meat alternates include cheese, peanut butter, eggs, cooked dry beans or peas, nuts and seeds and their butters and commercial yogurt.

Serve only USDA inspected meat and/or state inspected meats. Donated food such as wild game, poultry, or game fish have the same inspection regulations.

Entrees: Commercially purchased processed foods such as ravioli, chili, spaghetti with meat sauce, beef stew and pot pies may not count as a Meat/Meat Alternate unless:

- The product is CN* labeled;
- A valid product analysis* sheet signed by an official of the manufacturer (not a salesperson), stating the amount of cooked lean Meat/Meat Alternate per serving; or
- A protein product such as hamburger or cheese may be added to the entree to increase the amount.

Small amounts of Meat/Meat Alternate used as garnishes, seasonings, or in breading cannot be counted towards meeting the Meat/Meat Alternate requirement of the meal.

Beans/Peas: Dry beans or peas may count as a Meat/Meat Alternate or as a Vegetables/Fruits component, but **not both in the same meal**. Also, dry beans that are included in more than one menu item, may **not be counted as both** a Meat/Meat Alternate and a Vegetables/Fruits component. Example: if you serve a burrito filled with refried beans and a serving of pinto beans in a side dish you may not count each as a separate item. You would only be able to claim the beans from both sources as one (1) item; either as the Meat/Meat Alternate or the Vegetables/Fruits component.

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VPP: Vegetable Protein Product (VPP) is made from soybeans, wheat or corn to stretch or extend meats, poultry or fish. The purpose for using VPP is to reduce the cost of the food item by extending the meat. Enriched macaroni products that have been fortified with protein, are allowed if they contain a CN label. Enriched macaroni products that have been fortified with protein cannot meet more than one-half ($\frac{1}{2}$) of the Meat/Meat Alternate requirement and must be combined with one (1) or more ounces of cooked meat, poultry, fish or cheese. Both VPP and enriched protein macaroni can be counted to meet either a Grains/Breads or Meat/Meat Alternate requirement, but **not as both in the same meal.**

Peanut Butter: Peanut butter, soynut butter or other nut and seed butters, may fulfill the Meat/Meat Alternate requirements. Nuts and seeds must be served with another Meat/Meat Alternate and can fulfill **no more than one-half ($\frac{1}{2}$) the requirement of lunch and supper.** Nuts and seeds and their butters may fulfill **all the Meat/Meat Alternate requirement at snack.**

To be creditable, reduced fat peanut butter must be 90% peanuts (peanuts and/or peanut flour). Peanut butter spreads which claim lower fat do not meet the 90% peanut requirement and cannot receive credit as a Meat/Meat Alternate.

Eggs: Eggs may fulfill all the Meat/Meat Alternate requirements. The serving size is based on large eggs. When using other sizes of eggs in place of large size eggs, multiply the number of large size eggs by a factor as follows: Extra large size, 0.87; medium size, 1.14; small size, 1.35.

Shell eggs must be clean and whole with shells intact (without cracks or checks**). Do not use an egg if:

- the shell is cracked;
- the egg's contents are leaking through the shell;
- the egg is stuck to the carton; or
- the egg shell is dirty, prominently stained, or has foreign material sticking to it.

Yogurt: Commercial yogurt (not homemade) may be used to fulfill the Meat/Meat Alternate requirements at all meals. At least two (2) ounces of yogurt must be served to fulfill $\frac{1}{2}$ ounce of Meat/Meat Alternate. Four (4) ounces of yogurt is equal to 1 ounce of Meat/Meat Alternate. These serving sizes apply to either commercially fruited or unfruited yogurt. However, it must be remembered that the fruit in commercially fruited yogurt does not fulfill a Vegetables/Fruits requirement.

Soups: Requirements for homemade soups containing meat are the same as other meat dishes. The required serving size of cooked meat needs to be provided for each child so you must know the amount of meat in the soup. If your homemade beef stew contains vegetables as well as beef, these creditable items would count toward the

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following meal pattern requirements: Meat/Meat Alternates and Vegetables/Fruits (one item only). Remember to record on menus with an "HM" to indicate the soup is homemade.

Combination Foods: Combination foods such as homemade pizza and homemade beef stew may be used on your menus. If your pizza contains meat or cheese, tomato sauce or vegetables, and an enriched or whole-grain crust, these creditable items would count toward the following meal pattern requirements: Meat/Meat Alternate, Grains/Breads, and one Vegetables/Fruits (tomato sauce and/or other vegetables).

*If the CN label or a product analysis indicates that the product contributes less than the required amount of Meat/Meat alternate, you must supplement the product with an appropriate amount of additional Meat/Meat alternate.

** "Checks" refer to cracks in the shell in which the membrane remains intact and no leaking occurs. "Cracks" imply that the membrane has broken and the egg contents are leaking.

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| Acorns | | X | Acorns have a low protein content. |
| Bacon-bits | | X | Bacon-bits are low in protein and high in fat. |
| Bacon and imitation bacon products | | X | Bacon is low in protein and high in fat. Also, since the meat is cured and/or smoked, it is high in sodium. |
| Bean/pea soup, homemade or commercial | X | | |
| Beans and peas, canned or dry | X | | Beans and and peas cooked from a dry state (black beans, black-eyed peas, chick peas, garbanzo beans, kidney beans, lentils, pintos, refried beans, split peas) and canned black, garbanzo, kidney, pinto, pork and beans, refried beans, etc. may be credited as a meat alternate or a vegetable requirement, but not both in the same meal. Canned green or yellow beans and green peas may be credited only as vegetables. Beans and peas (those from a dry state that are creditable as meat alternates) are good sources of protein and fiber and are low in fat. |
| Beef Jerky | | X | Does not meet the criteria of a Meat/Meat alternate and is also high in sodium. |
| Braunschweiger | X | | |
| Bologna | (X) | | All-meat or poultry products that do not contain by-products, binders, cereal or extenders are creditable (see page 7 for a listing of these items). Processed meats are usually high in fat and sodium, and are lower in protein than fresh meat. |
| Canadian bacon | X | | One pound (16 oz) will yield 11 one-ounce servings of cooked meat. High in sodium. |

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| Canned or frozen entrees: beef stew, chili mac, meat stew, pizza, pot pies, ravioli, etc. | (X) | | Creditable only if product contains a CN label , or if a product analysis sheet signed by an official of the manufacturer (not a salesperson) is on file. The product analysis should state that the product contains the proper amount per serving of cooked lean Meat/Meat alternate. Or, additional meat or cheese may be added to the product. If additional meat or cheese is added, record on menus as “pizza with meat/cheese added,” etc. Processed combination foods such as these are usually higher in fat and sodium than homemade foods. |
| Canned pressed luncheon meat (Spam) | (X) | | Can be served only with a <u>valid</u> product analysis. Canned pressed luncheon meat is usually high in fat and sodium. |
| Cheese, cottage | X | | Must double the portion size. Due to low protein, a two-ounce (1/4 c) serving of cottage cheese is equivalent to a one-ounce serving of meat. |
| Cheese, cream | | X | Not creditable for reimbursement. High in fat and low in protein. |
| Cheese food and cheese spread (Velveeta, Cheez Whiz) | X | | Must double the portion size. A two-ounce serving of these products is equivalent to a one-ounce serving of meat. Processed cheeses are often high in sodium, and low in protein. |
| Cheese food substitutes and cheese spread substitutes | X | | See cheese food and cheese spread. |
| Cheese, imitation | | X | See: Imitation cheese |
| Cheese, natural or pasteurized processed (American, brick, cheddar, Colby, Monterey jack, mozzarella, Muenster, provolone, Swiss) | X | | A one-ounce serving of natural cheese is equivalent to one ounce of meat. Some cheeses are high in fat and cholesterol. Cheese is a good source of protein and calcium. |
| Cheese, Neufchatel | | X | Not creditable for reimbursement. High in fat and low in protein. |

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| Cheese, Parmesan | X | | Six tablespoons (3/8 cup) equals one ounce of meat. If served as a garnish, the cheese is not creditable because the serving size is too small. |
| Cheese, pimento | X | | Must double the portion size. A two-ounce serving of this product is equivalent to a one-ounce serving of meat alternate. |
| Cheese product | | X | Cheese product is a category name and is nonstandardized. Similarly, any product labeled as an imitation is not creditable. |
| Cheese, ricotta | X | | Must double the portion size. A two-ounce serving of this product is equivalent to a one-ounce serving of meat alternate. |
| Cheese, Romano | X | | Six tablespoons (3/8 cup) equals one ounce of meat. If served as a garnish, the cheese is not creditable because the serving size is too small. |
| Chestnuts | | X | Chestnuts are very low in protein. |
| Chicken Nuggets | X | | Must have a CN label or product analysis on file. Or, remove the breading and weigh the meat in order to determine the number of nuggets per serving so as to meet the minimum serving size. Document results. |
| Chitterlings | | X | Chitterlings are considered a fat. |
| Coconuts | | X | Coconut is very low in protein. |
| Corndogs | X | | The frankfurter can be credited as a meat requirement if it meets the criteria for frankfurters (see frankfurters). The breading can also be credited as a Grains/Breads requirement (like cornbread). Corndogs are high in fat. |
| Crab, imitation | | X | See: Imitation seafood |
| Cream cheese | | X | See: Cheese, cream |
| Deviled eggs | X | | Cooked eggs may be credited if one whole large egg per child is served. See: Eggs. Deviled eggs are high in fat if prepared with mayonnaise. |

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| Dips containing cheese or meat | X | | Creditable if made with creditable food items and if the quantities of the dip meet the minimum amounts per age requirements of the children served. Consider using peanut butter, cheddar cheese, refried beans or cottage cheese. |
| Eggs | X | | Cooked eggs may be credited if one large (2 oz.) whole egg per child is served (see pg. 8 for information concerning eggs that are not large). Eggs cannot be credited when part of a homemade custard or pudding. Eggs should be served as the <u>main dish item</u> to be credited. Only <u>egg yolks</u> are creditable for infants under 12 months of age. Eggs are an excellent source of protein. However, eggs also contain a significant amount of cholesterol. The American Heart Association recommends a limit of 4 eggs per week. |
| Eggs, commercially frozen or egg product | | X | |
| Fish, commercial | X | | Fish is a good source of protein and iron. Many varieties of fish are lower in fat than other types of meat. |
| Fish, non-commercial (home-caught) | | (X) | For health and safety reasons, home-caught fish are creditable only if inspected and approved by the appropriate federal, state or local agency. |
| Fish sticks or nuggets | (X) | | Only the edible fish portion is creditable toward the meat requirement. Since breaded fish sticks have a Standard of Identity, they do not require a CN label or product analysis. However, battered fish sticks do not have a standard of identity, so a CN label or product analysis would be required. Or, remove the breading and weigh the fish in order to determine the number to serve in order to meet the minimum amount per serving. Document the results. |
| Frankfurters | (X) | | All-meat or poultry products that do not contain by-products, cereal, binders or extenders are creditable. Frankfurters are high in fat and cholesterol. |

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| Game (venison, squirrel, rabbit, etc.) | (X) | | For health and safety reasons, these items are creditable only if inspected and approved by the appropriate agency. |
| Garbanzo beans | X | | See: Beans, canned or dry |
| Hamhocks | | X | Low in protein and high in fat. |
| Home-slaughtered meat | (X) | | To be credited, home-raised animals must be slaughtered at a USDA facility that has a USDA inspector on duty. |
| Hotdogs | (X) | | All-meat or poultry products that do not contain by-products, cereal, binders or extenders are creditable. |
| Imitation cheese | | X | See: Cheese product |
| Imitation seafood | | X | Not creditable. |
| Kidney (meat) | X | | |
| Kidney beans | X | | See: Beans, canned or dry |
| Lamb | X | | |
| Legumes | X | | See: Beans, canned or dry. Also includes split peas and lentils. |
| Liver | X | | Liver is high in fat and cholesterol, but is an excellent source of iron. |
| Liverwurst | (X) | | Must have a CN label or valid product analysis. High in fat and cholesterol. |
| Luncheon meat | (X) | | A valid CN label or product analysis is required for all luncheon meats except bologna, frankfurters, knockwurst and Vienna Sausage if they do not contain meat or poultry byproducts, cereals, binders or extenders (see page 7 for a listing of binders/extendere). All other luncheon meats require a CN label or product analysis , and those mentioned above do as well if they <u>do</u> contain binders/extendere or the other products. |

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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Macaroni and cheese | (X) | | Must be homemade, have a CN label or valid product analysis for cheese to count toward the Meat/Meat Alternate requirement. The powdered cheese in boxed macaroni cannot be credited toward the meat requirement, but real cheese can be added and credited. If homemade or cheese is added, record on menus as “HM,” or “cheese added.” |
| Macaroni, enriched protein | (X) | | Must contain a CN label. Cannot meet more than ½ of the Meat/Meat Alternate requirement and MUST be combined with one (1) or more ounces of cooked meat, poultry, fish or cheese. |
| Meat sauce | X | | Must be homemade, have a CN label or valid product analysis or have additional meat added. If adding meat, record on menus as “homemade meat sauce,” or “meat sauce with meat added.” |
| Menudo | X | | See: Tripe |
| Neufchatel cheese | | X | See: Cheese, Neufchatel |
| Nuts and seeds and their butters | X | | Nuts may be credited as a serving of Meat/Meat Alternate for snack, or ½ of a serving of a Meat/Meat Alternate requirement for lunch or dinner. Peanuts in Cracker Jack type products do not count towards the requirement. Serve only ground or finely chopped nuts and seeds to children under 5 years of age to prevent choking. Nut butters (like peanut butter) will count as a full meat requirement. Nuts are good sources of protein, but are high in fat and low in iron. |
| Nut or seed meal or flour | | X | Nut or seed meal or flour cannot be credited unless it meets the requirements for vegetable protein products. See: Vegetable Protein Products (VPP). |
| Oxtails | | X | Oxtails do not contain sufficient meat and are high in fat. |
| Parmesan cheese | (X) | | A 6 Tbsp. (3/8 cup) serving would provide 1 ounce of Meat/Meat Alternate. Not creditable when used as a garnish. |

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| MEAT/MEAT ALTERNATES | | | |
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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Pasta products containing meat | (X) | | Must be homemade, have a CN label or valid product analysis or have additional meat added. If adding meat, record on menus as "pasta with meat added." If homemade, record on menus as "HM." |
| Peanut butter | X | | Consult meal pattern charts in Provider Handbook to determine minimum amounts. Peanut butter is high in fat. |
| Peas, dry or canned | X | | See: Beans, dry or canned or Legumes |
| Pepperoni | X | | Must have a CN label or valid product analysis; or additional meat/meat alternate (such as cheese) can be added to food item. Record on menus as "pepperoni with cheese added." |
| Pig's feet, tails and neck bones | | X | Pig's feet, tails and neck bones do not contain sufficient meat and are high in fat. |
| Pimento cheese | X | | See: Cheese, pimento |
| Pinto Beans | X | | See: Beans, canned or dry |
| Pizza | (X) | | Must be homemade, have a CN label or valid product analysis, or another meat alternate (such as cheese) added. If homemade, record on menus as "HM," or "meat/cheese added." |
| Polish sausage | X | | Polish sausage is a cooked, smoked sausage containing not more than 30% fat. It is similar in composition to frankfurters, knockwurst and other sausage products. To be creditable, sausage cannot contain binders, extenders, or cereal and must have a CN label. |
| Pork and Beans | X | | Creditable as a Meat/Meat Alternate or as a Vegetables/Fruits requirement, but not both in the same meal. One serving must equal 3/8 cup (about 1/4 cup cooked beans). |
| Pot pies | (X) | | Only homemade pot pies are creditable unless they have a CN label or valid product analysis. If homemade, record on menus as "HM." |
| Potted meats | | X | Potted meat cannot be credited as they contain binders and extenders and are high in fat. |
| MEAT/MEAT ALTERNATES | | | |

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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Powdered cheese in macaroni | | X | See: Macaroni and cheese |
| Pressed meat products | | X | Pressed meat products are high in fat and sodium. Also see: Canned, pressed luncheon meats (Spam) |
| Quiche | X | | The eggs, meat and/or cheese in quiche may be credited toward the meat requirement. |
| Rabbit | (X) | | Only creditable if purchased in a grocery store or you can prove it was USDA inspected. |
| Refried beans | X | | See: Beans, canned or dried |
| Romano cheese | (X) | | A 6 Tbsp. (3/8 cup) serving would provide 1 ounce of Meat/Meat Alternate. Not creditable when used as a garnish. |
| Ravioli | (X) | | Must be homemade, have a CN label or valid product analysis, or another meat alternate (such as cheese) added. If homemade, record on menus as "HM," or "meat/cheese added." |
| Salt pork | | X | Salt pork is not creditable due to its high fat and low protein content. |
| Sausage, fresh, smoked, Italian | X | | |
| Scrapple | | X | Scrapple does not contain sufficient meat. |
| Seeds | X | | See: Nuts and seeds and their butters |
| Shellfish | X | | Only the edible portion of shellfish is creditable. The shellfish must be fully cooked. |
| Soups, homemade containing: meat, fish, poultry or other meat alternates (beans/peas) | X | | Homemade soups may count toward the Meat/Meat alternate requirement if a minimum of 1/4 ounce meat per serving is provided. Additional servings of other Meat/Meat alternate products should be served to complete the requirement per age. If homemade, record on menus as "HM." |
| MEAT/MEAT ALTERNATES | | | |
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**CREDITABLE/NON-CREDITABLE FOODS
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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Soups, commercially prepared (bean, lentil or split pea only) | X | | Three-fourths cup of bean, lentil or split-pea soup may count as a 1½ ounce serving of meat alternate. Other commercially prepared soups do not contain sufficient meat per serving. Commercially prepared soups are often high in sodium. |
| Soups, commercially prepared other than bean, lentil or split pea | | X | |
| Soy burgers or other soy products | | X | One hundred percent soy products are not creditable. |
| Spaghetti Sauce, commercial | | X | Only homemade spaghetti sauce will count as a Meat/Meat Alternate. |
| Spam | (X) | | See: Canned pressed luncheon meat. |
| Tahini | X | | Tahini is ground roasted sesame seeds or sesame butter. This would count in the same way as peanut butter. |
| Tempeh | | X | Tempeh is fermented soybean. Because there is no established standard of identity for this food and it could vary from manufacturer to manufacturer, it cannot be credited. |
| Tofu | | X | Tofu is soybean curd that has the general color and shape of cream cheese. Because there is no established standard of identity for this food and it could vary from manufacturer to manufacturer, it cannot be credited. |
| Tripe | X | | May be counted on a 100% basis, when purchased in a processed (precooked) form. The amount of cooked lean meat will be 70% of the raw weight. (1 lb raw tripe = 11.2 one-ounce servings per pound). Tripe has low quality protein. |
| Turkey bacon | (X) | | Creditable as a Meat/Meat Alternate only if it has a CN label or product analysis. |
| Veal | X | | |
| MEAT/MEAT ALTERNATES | | | |
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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Vegetable protein product (VPP) | X | | Simulated meat analog made from soy protein. Must be served in combination with meat, poultry, or fish. A maximum of 30% rehydrated VPP to 70% meat, poultry or fish MUST be served. |
| Vienna Sausage | X | | All-meat or poultry products that do not contain by-products, cereal, binders or extenders are creditable. |
| Yogurt, plain, sweetened and fruit flavored (commercial) | X | | Yogurt is creditable as a Meat/Meat Alternate for children over 12 months of age. Commercially added fruit, juice, nuts, seeds or granola cannot be used as a second component at snack. Homemade yogurt is not creditable. Yogurt is a good source of calcium and phosphorus. |
| Yogurt covered fruits or nuts; yogurt flavored products; yogurt bars | | X | |

CREDITABLE/NON-CREDITABLE FOODS FOR THE USDA CHILD AND ADULT CARE FOOD PROGRAM

VEGETABLES/FRUITS

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

For health and safety reasons, home canned products are NOT acceptable. However, home frozen products are creditable. Small amounts (less than 1/8 cup) of vegetables and fruits used for flavorings or garnishes are not creditable.

Breakfast must contain a serving of a vegetable, a fruit, or a full-strength juice. Lunch and dinner must contain a serving of two or more vegetables or fruits, or a combination of both. Full-strength juice at lunch or dinner can count for no more than one-half of the Vegetables/Fruits component regardless of how much is served. A CACFP snack may contain a fruit, a vegetable, or a full-strength juice as one of the two food items served. However, juice may not be credited when milk is served as the only component. All facilities must serve two different varieties (in two separate menu items) of Vegetables/Fruits at both lunch and dinner.

A serving of mixed vegetables or fruit cocktail will count as one (1) serving of Vegetables/Fruits. Lettuce and tomato on tacos, vegetables in stew, and vegetables in salad may count as one (1) Vegetables/Fruits serving.

A menu item, as a minimum, must provide 2 Tablespoons or 1/8 cup of vegetable or fruit to count towards the requirement.

Beans/Peas: Dry beans or peas may count as a Meat/Meat Alternate or a Vegetables/Fruits component, but not both in the same meal. Also, dry beans that are included in more than one menu item, may not be counted as both a Meat/Meat Alternate and a Vegetables/Fruits. Example: If you serve a burrito filled with refried beans and a serving of pinto beans in a side dish, you may not count each as a separate item. You would only be able to claim the beans from both sources as one (1) item; either as the Meat/Meat Alternate or the Vegetables/Fruits component.

Juice: Full-strength fruit or vegetable juice is an undiluted product obtained by extraction from sound fruit (healthy fruit, free from defect or decay). It may be fresh, canned, frozen or reconstituted from concentrate and may be served in either a liquid or frozen state or as an ingredient in a recipe.

Juice Drink: A Juice drink is a product resembling juice which contains full-strength juice along with added water and possibly other ingredients such as sweeteners, spices

CREDITABLE/NON-CREDITABLE FOODS FOR THE USDA CHILD AND ADULT CARE FOOD PROGRAM

or flavorings. A juice drink may be canned, frozen, or reconstituted as from a frozen state, or a drink base, or as an ingredient in a recipe. Examples include apple juice drink, grape juice drink, orange juice drink, and pineapple-grapefruit juice drink. A juice drink may be used toward meeting the Vegetables/Fruits component of the CACFP under these conditions:

- It must contain a minimum of 50% full-strength juice. (Note: Some nectars and some common juice drinks, such as lemonade and cranberry juice cocktail, do not contain sufficient quantities of full-strength juice to meet this criterion. Nectars do not commonly contain 50% juice and lemonade and cranberry juice cocktail require dilution beyond the 50% limit for palatability.)
- Only the full-strength juice portion of the juice drink may be counted toward meeting the Vegetables/Fruits component.
- The name of the product as it appears on the label must contain words such as “juice drink” or “diluted juice beverage” and will indicate the percent of full-strength juice in the product.
- The label ingredient statement must list “juice”, “full-strength juice”, “single-strength juice”, or “juice concentrate.”

Juice Concentrate: A juice concentrate may be used toward meeting the Vegetables/Fruits component of the CACFP. When a juice concentrate or a juice drink concentrate is used in its *reconstituted* form, it is considered a full-strength juice or a juice drink, as appropriate, and is credited accordingly. When a juice concentrate is used in its *concentrated* form, it may be credited on a reconstituted basis; that is, credited as if it were reconstituted. Example: A gelatin product containing 1 tablespoon of orange juice concentrate per serving could receive 1/4 cup Vegetables/Fruits in a ratio of 1 part concentrate to 3 parts water (1 Tbsp concentrate + 3 Tbsp Water = 4 Tbsp or 1/4 credit).

Full-strength fruit or vegetable juice must include the word(s) “juice” or “full-strength juice” or “single strength juice” or “100 percent juice” or “reconstituted juice” or “juice from concentrate” on the label. The percentage of juice must also be stated on the juice container.

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| VEGETABLES/FRUITS | | | |
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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Ade drinks (lemonade, limeade, etc.) | | X | "Ade" drinks are not 50% full-strength juice and are usually high in sugar. |
| Apple butter | | X | Apple butter does not contain sufficient fruit. |
| Apple cider | X | | Apple cider is a full-strength juice. |
| Apple fritters, homemade | X | | See: Fritters, homemade |
| Artichokes | X | | Although creditable, it may be difficult to determine a proper serving size if the artichoke leaves are served. The artichoke hearts would be easier to measure. |
| Banana bread | | X | Vegetable and fruit breads, such as banana bread or zucchini bread, do not contain sufficient vegetables/fruits (less than 1/8 cup per serving). However, may be counted as a Grains/Breads if the requirements for bread are met. See: Grains/Breads section: Banana bread. |
| Banana chips | | X | See: Chips |
| Banana fritters, homemade | X | | See: Fritters, homemade |
| Banana in pudding | X | | Fresh bananas in pudding can be credited as part of the total requirement for Vegetables/Fruits if each serving has at least 1/8 cup of bananas. Remainder of fruit item must be provided by serving an additional fruit or vegetable. Record on menus as "banana." |
| Barbecue sauce | | X | Barbecue sauce does not contain sufficient vegetable, and may be high in salt. |
| Bean sprouts | X | | Bean sprouts can be credited if at least 1/8 cup are served. |
| Beans and peas, canned or dry | X | | Beans and peas cooked from a dry state or canned (kidney, garbanzo, pinto, black beans, etc) may be credited as a vegetable. They cannot be credited toward the Meat/Meat Alternate and a Vegetables/Fruits requirements in the same meal. Beans and peas are good sources of protein, fiber, and iron and are naturally low in fat. |
| Cakes containing fruit | | X | Cakes with fruit usually contain less than 1/8 cup fruit per serving and therefore cannot be credited. |

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| Carrot in bread | | X | Vegetable and fruit breads, such as banana bread or zucchini bread, do not contain sufficient vegetables/fruits (less than 1/8 cup per serving). However, may be counted as a Grains/Breads if the requirements for bread are met. |
| Catsup | | X | Catsup does not contain sufficient vegetable. |
| Chili sauce | | X | Chili sauce does not contain sufficient vegetable. |
| Chips: potato, banana, etc. | | X | Chips are high in fat. |
| Cilantro | X | | Minimum of 1/8 cup per serving. |
| Coconut | | X | Coconut does not contribute toward the meal pattern. |
| Coleslaw | X | | Only the vegetable/fruit ingredients can be counted toward the Vegetables/Fruits requirement. Weights and volumes of other ingredients must be excluded when crediting a serving of coleslaw. Cabbage is a good source of Vitamin C and fiber. |
| Corn fritters, homemade | X | | See: Fritters, homemade |
| Corn syrup | | X | Corn syrup is primarily sugar and does not make a contribution to the Vegetables/Fruits requirement. |
| Cranberries | X | | Most cranberry sauces are served in small amounts as an accompaniment; must have at least 1/8 cup to be counted. Cranberries are a good source of Vitamin C and fiber. |
| Cranberry Bread | | X | See: Banana Bread |
| Cranberry juice blend | (X) | | Cranberry juice (not cocktail) in a blend with another full-strength juice is creditable (for example, 100% apple juice). Cranberry juice (100%) that is not blended with other juices is not commercially available as a fruit juice. If blended, record on menus as "Cran-Apple juice," etc. The remainder of the Vegetables/Fruits requirement per age must be met by serving additional fruits/vegetables. |
| Cranberry juice cocktail | | X | Cranberry juice cocktail contains less than 50% full-strength juice and has added sugar. |

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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Cranberry relish or sauce | X | | Only sauces with <u>whole or crushed berries</u> can be credited. <u>Jellied sauces</u> are up to half sugar and cannot be credited. |
| Dehydrated vegetables | X | | Yields of dehydrated vegetables must be based on the rehydrated volume, not the fresh volume that may be stated on the container. Rehydration yields often vary from container to container. |
| Dried fruit | X | | Includes raisins, dates, prunes and other dehydrated fruits. Be sure minimum amounts are met. |
| Drinks, fruit | (X) | | Fruit drinks containing 50% or more full strength juice may be credited. Fruit drinks are primarily sugar, flavors and water. |
| Dry spice mixes | | X | |
| Edible plants (dandelion greens, burdock, pigweed) | X | | |
| Figs in fig bar cookies | | X | The amount of figs in the cookies is too small to count toward the Vegetables/Fruits requirement. |
| Fritters, homemade (apple, banana or corn) | X | | Creditable as a Vegetables/Fruits provided there is a minimum of 1/8 cup fruit/vegetable per serving. To count as a Grains/Breads component, each serving must contain at least 14.75 grams of enriched or whole-grain meal or flour. |
| Frozen fruit <u>flavored</u> bars (commercial) | | X | Commercial fruit <u>flavored</u> bars are not made with 100% fruit juice and therefore cannot be counted. |
| Frozen fruit <u>juice</u> bars (homemade or commercial) | X | | The fruit juice portion of the bars may be counted to meet the Vegetables/Fruits requirement. <u>Commercial fruit juice bars containing 100% juice can be credited.</u> Other commercial fruit juice bars are credited for the amount of full strength juice, if they contain 50% or more juice. If milk is the only other component at snack, juice bars are not creditable. |
| Fruit/vegetables in breads or muffins (banana, carrot, cranberry, pumpkin, zucchini, etc.) | | X | See: Banana bread |

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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Fruit cobblers (homemade) | X | | If homemade , the fruit may contribute toward the Vegetables/Fruits requirement if one serving contains at least 1/8 cup fruit. The remainder of the fruit/vegetable requirement per age must be met by serving additional fruits/vegetables. If homemade, record on menus as "HM." Depending on the recipe, fruit cobblers may be high in sugar and fat. |
| Fruit crisps (homemade) | X | | If homemade , the fruit may contribute toward the Vegetables/Fruits requirement if one serving contains at least 1/8 cup of fruit. The remainder of the Vegetables/Fruits requirement per age must be met by serving additional fruits/vegetables. If homemade, record on menus as "HM." Fruit crisps are commonly high in fat. |
| Fruit drinks | (X) | | See: Drinks, fruit |
| Fruit <u>flavored</u> punch | | X | Fruit flavored punch contains less than 50% full-strength juice and is high in sugar. |
| Fruit flavored powders and syrups | | X | Fruit flavored powders and syrups contain less than 50% full-strength juice. Fruit flavored powders are primarily sugar and flavoring. |
| Fruit juice bases | | X | Fruit juice bases contain less than 50% full-strength juice. |
| Fruit pie filling, commercial | X | | Count ½ cup of fruit pie filling as 1/4 cup of fruit. The use of fruit pies and pastries to meet the Vegetables/Fruits requirement should be limited due to high fat and sugar content. |
| Fruit pie filling, homemade | X | | In a <u>homemade pie</u> , the amount of fruit can be credited based on the amount of fruit divided by the yield. |
| Fruit sauces, homemade | X | | The fruit portion of the sauce may be credited. One serving must provide a minimum of 1/8 cup (2 Tbsp.) of fruit. |

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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Fruit snacks | X | | A CACFP snack only. It is difficult to determine the amount of fruit in products such as fruit bars, roll-ups, wrinkles, cakes, or candy. Fruit snacks must be 100% fruit to be credited; they are credited on a volume to volume basis (i.e., 1/8 cup fruit leather = 1/8 cup fruit). |
| Garlic | X | | Minimum of 1/8 cup per serving. |
| Gelatin desserts or salads with fruit, fruit juice or vegetable | X | | The vegetables/fruits in gelatin desserts may be credited toward the Vegetables/Fruits requirement if each serving contains a minimum of 1/8 cup fruit, full-strength fruit juice or vegetable. The remainder of the Vegetables/Fruits requirement per age must be met by serving additional fruits/vegetables. |
| Gelatin, fruit flavored | | X | |
| Green chilies | X | | |
| Green chili salsa | | X | |
| Gravy bases | | X | |
| Home grown vegetables/fruits | X | | If the food item is in compliance with all pesticide uses (using only a pesticide that is labeled for that specific vegetable or fruit, and following all label directions) and if the vegetables/fruits are properly washed before consumption. |
| Hominy | | X | Hominy is not creditable since it is not made from the whole kernel of corn. |
| Honey | | X | |
| Ice cream, fruit flavored | | X | Fruit flavored ice cream does not contain a sufficient amount of fruit. |
| Jam/preserves | | X | Jam does not contain a sufficient amount of fruit and is high in sugar. |
| Jelly | | X | Jelly does not contain a sufficient amount of fruit and is high in sugar. |
| Jicama | X | | |
| Juice blends - <u>all fruit</u> | X | | Juice blends that are combinations of full-strength juices may be credited. |

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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Ketchup | | X | Ketchup does not contain a sufficient amount of vegetable. Ketchup is considered a condiment and has a high sodium content. |
| Kiwi fruit | X | | 1 kiwi = ½ cup serving. Kiwi is a good source of Vitamin C. |
| Lemon juice | X | | Lemon juice is 100% juice and may be counted toward the Vegetables/Fruits requirement if a minimum of 1/8 cup per serving is used. |
| Lemon pie filling | | X | Lemon pie filling does not contain a sufficient amount of fruit. |
| Lemonade, Limeade | | X | See: Ade drinks |
| Lime juice | X | | Lime juice is 100% juice and may be credited toward the Vegetables/Fruits requirement if each serving contains a minimum of 1/8 cup. |
| Muffins with fruit | | X | See: Banana bread |
| Nectar (apricot, pear, peach, etc.) | X | | Nectars may be credited if they contain 50% or more full-strength juice. |
| Nopalitos | X | | Nopalitos are from the cactus family. Good source of carbohydrate, fiber and several vitamins and minerals. |
| Olives | X | | Olives can be credited if each serving is at least 1/8 cup (2 Tbsp.) . Olives are high in fat and sodium. |
| Onion rings | X | | Must be homemade, or have a CN label or valid product analysis . Because they are fried, onion rings are high in fat. If homemade, record on menus as "HM." |
| Orange juice with calcium | X | | |
| Papaya | X | | |
| Parsley | X | | Minimum of 1/8 cup per serving. |
| Persimmons | X | | |

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| VEGETABLES/FRUITS | | | |
|--|------|-----|--|
| <p>Note: An "X" in the CRED column indicates the item is creditable; an "(X)" in the CRED column means creditable <u>only if</u> certain conditions exist. An "X" in the NON column indicates the item is not creditable; an "(X)" in the NON column means not creditable <u>unless</u> certain conditions exist. MS means a medical statement must be on file.</p> | | | |
| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Pickles | X | | Pickles can be credited if each serving is at least 1/8 cup (2 Tbsp). The remainder of the fruit/vegetable requirement per age must be met by serving additional fruits/vegetables. |
| Pickle relish | | X | Pickle relish is considered a garnish or condiment. |
| Pineapple upside down cake | X | | Must contain at least 2 Tbsp. (1/8 cup) fruit per serving to be creditable as a Vegetables/Fruits requirement. |
| Pizza sauce | X | | Must be homemade, or have a CN label or valid product analysis , and at least 1/8 cup (2 Tbsp) per serving. The remainder of the Vegetables/Fruits requirement per age must be met by serving additional fruits/vegetables. Pizza that does not contain a Meat/Meat alternate is not eligible for a CN label. If homemade, record on menus as "HM." |
| Pork and beans | X | | Creditable as either a Vegetables/Fruits or as a Meat/Meat Alternate, but not both in the same meal. |
| Posole | | X | Posole is a thick soup. It usually contains pork or chicken, broth, hominy, onion, garlic, dried chili peppers and cilantro. It is not made from whole kernel corn. |
| Potato chips | | X | See: Chips |
| Potatoes and potato skins | X | | Potato skins are high in fiber. Potatoes and potato skins can be high in fat if fried. Toppings such as sour cream, cheeses, butter or margarine, are also high in fat. |
| Potato salad | X | | Only the vegetable components are creditable as a Vegetables/Fruits component. The weights and volumes of other ingredients must be excluded when crediting a serving of potato salad. |
| Preserves | | X | See: Jams/Preserves |
| Pudding with fruit or vegetables | X | | The fruit/vegetable component may be credited if at least 2 Tbsp. (1/8 cup) fruit/vegetable is served. |
| Pumpkin in bread | | X | See: Banana bread |

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| VEGETABLES/FRUITS | | | |
|--|------|-----|---|
| <p>Note: An "X" in the CRED column indicates the item is creditable; an "(X)" in the CRED column means creditable <u>only if</u> certain conditions exist. An "X" in the NON column indicates the item is not creditable; an "(X)" in the NON column means not creditable <u>unless</u> certain conditions exist. MS means a medical statement must be on file.</p> | | | |
| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Raisins | X | | Must be able to verify that the minimum amount of fruit per child is served. It is a good idea to serve raisins with other fruits/vegetables in order to be sure that adequate amounts of fruit per age is provided. |
| Rice | | X | Rice is a grain and is creditable as a Grains/Breads requirement only. See: Grains/Breads: Rice. |
| Salsa | X | | Only the vegetable portion of salsa may be credited toward the meal pattern. |
| Sherbet/sorbet | | X | Sherbets and sorbet do not contain sufficient fruit. |
| Sparklers/sparkling water | X | | If the product contains a minimum of 50% full-strength juice. |
| Soup, canned, condensed (1 part soup to 1 part liquid): clam chowder; minestrone; split pea; tomato; tomato with other basic items such as rice or vegetables; vegetable with other basic items such as meat or poultry | X | | <p>1 cup serving = 1/4 cup vegetable 1/2 cup serving = 1/8 cup vegetable</p> <p>A serving of less than 1/2 cup does not contribute to the Vegetables/Fruits requirement. Soups made from broths containing a variety of vegetables can be a nutritious, low-calorie main dish or accompaniment to a meal. Cream soups are high in fat. Some canned soups may be high in sodium.</p> |
| Soup, canned, ready-to-serve: clam chowder, minestrone; split pea; tomato; tomato with other basic items such as rice or vegetables; vegetable with other basic items such as meat or poultry | X | | <p>1 cup serving = 1/4 cup vegetable 1/2 cup serving = 1/8 cup vegetable</p> <p>A serving of less than 1/2 cup does not contribute to the Vegetables/Fruits requirement. Soups made from broths containing a variety of vegetables can be a nutritious, low-calorie main dish or accompaniment to a meal. Cream soups are high in fat. Some canned soups may be high in sodium.</p> |

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| VEGETABLES/FRUITS | | | |
|--|------|-----|---|
| <p>Note: An "X" in the CRED column indicates the item is creditable; an "(X)" in the CRED column means creditable <u>only if</u> certain conditions exist. An "X" in the NON column indicates the item is not creditable; an "(X)" in the NON column means not creditable <u>unless</u> certain conditions exist. MS means a medical statement must be on file.</p> | | | |
| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Soup, canned: beef (with vegetables and barley); beef, chicken, or turkey noodle; chicken gumbo; chicken with rice or stars; cream of celery; cream of chicken; cream of mushroom; French onion; home style beef or chicken; pepper steak; chicken corn chowder | | X | Canned soups such as these, do not contain sufficient vegetables. Soups made from broths containing a variety of vegetables can be a nutritious, low-calorie main dish or accompaniment to a meal. Cream soups are high in fat. Some soups may be high in sodium. |
| Soups, dehydrated soup mixes | X | | To credit vegetables in dehydrated soup mixes: Determine the volume measurement by rehydrating the soup according to the manufacturer's directions. Heat, then remove and measure the quantity of vegetables as compared to broth and meat. |
| Soup, homemade | X | | When making homemade soups, use a quantity of vegetables that results in at least 1/8 cup (2 Tbsp) vegetable per serving. The remainder of the Vegetables/Fruits requirement per age must be met by serving additional fruits/vegetables. If homemade, record on menus as "HM." |
| Spaghetti sauce | X | | Spaghetti sauce is credited as tomato sauce if 1/8 cup (2 Tbsp) per serving is provided. The remainder of the Vegetables/Fruits requirement per age must be met by serving additional fruits/vegetables. If homemade, record on menus as "HM." |
| Sprouts (alfalfa, bean, etc.) | X | | |
| Squash in bread | | X | See: Banana bread |
| Toaster pastries, poptarts | | X | Toaster pastries do not contain sufficient fruit. See: Grains/Breads: Toaster pastries, poptarts |
| Tomato paste | X | | One (1) Tbsp = 1/4 cup vegetable |
| Tomato puree | X | | Two (2) Tbsp = 1/4 cup vegetable |
| Tomato sauce | X | | Four (4) Tbsp = 1/4 cup vegetable |
| V-8 juice | X | | See: Vegetable juice blends |

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| VEGETABLES/FRUITS | | | |
|--|------|-----|--|
| <p>Note: An "X" in the CRED column indicates the item is creditable; an "(X)" in the CRED column means creditable <u>only if</u> certain conditions exist. An "X" in the NON column indicates the item is not creditable; an "(X)" in the NON column means not creditable <u>unless</u> certain conditions exist. MS means a medical statement must be on file.</p> | | | |
| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Vegetable juice blends | X | | Vegetable juice blends are mixed, full-strength vegetable juices. May contain a variety of nutrients, however, may be high in sodium. |
| Vegetable, chopped | X | | Vegetables may be credited toward the meal pattern when at least 1/8 cup (2 Tbsp) is provided per serving. |
| Waldorf Salad | X | | Only the vegetable and fruit ingredients would be creditable. Weights and volumes of other ingredients must be excluded when crediting a serving. |
| Wild plants | X | | USDA does not recommend using wild plants due to the possibility of gathering look-alikes or poisonous plants. Mustard or dandelion greens, if used should be purchased from a reputable commercial source. Dark green leafy vegetables and greens are good sources of iron and Vitamin A. |
| Yogurt with fresh or canned fruit added | X | | Fruit <u>added</u> to yogurt is creditable provided at least 1/8 cup of <u>fresh or canned</u> fruit per serving is used. If served this way, record on menus as "fresh strawberries," etc. |
| Yogurt with fruit, commercial | | X | Yogurt is only creditable as a Meat/Meat alternate for children over 12 months of age. Yogurt with commercially added fruit contains less than 1/8 cup fruit per serving. |
| Zucchini bread | | X | See: Banana bread |

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GRAINS/BREADS

Grains and bread products are important sources of iron, thiamin, niacin, riboflavin, and often fiber in our diets. The Grains/Breads component includes food items which contain enriched or whole-grain meal or flour, or bran and/or germ. Cereal items under the Grains/Breads component must be whole-grain, enriched or fortified. Family day homes must provide one serving of Grains/Breads at breakfast, lunch and dinner. A CACFP snack may contain a Grains/Breads as one of the two food components served.

There are several key terms that will help you to understand the new requirements for Grains/Breads:

- **Enriched** - The addition of vitamins and minerals (iron, thiamin, niacin and riboflavin) to cereal and grain products to restore those lost during milling and processing. **Note that these nutrients must be listed on the label.**
- **Flour** - The product derived by finely grinding and bolting (sifting) wheat or other grains. Flour includes all grains (wheat, rye, corn, etc.).
- **Fortified** - The addition of one or more nutrients (vitamins, minerals or protein) to a food so it contains MORE of the nutrients than were originally present.
- **Meal** - The product derived by coarsely grinding corn, oats, wheat, etc.
- **Whole-Grain** - Whole-grain flour or meal is the product derived by grinding the entire grain minus the husk/hull. If a flour or meal does not contain all edible parts of the grain, it is not whole-grain. Parts of the grains such as the **germ** or the **bran** are not considered whole-grain, but are credited at the same level as whole-grains.

The following changes concerning the crediting of Grains/Breads became effective October 1, 1997:

- Each serving of Grains/Breads must contain at least **14.75 grams** (0.52 ounces) of enriched or whole-grain meal or flour, bran and/or germ.
- Enriched or whole-grain meal or flour, bran and/or germ does not have to be the main ingredient by weight for a food item to count as a Grains/Breads. This means that some foods like enriched, whole-grain or fortified ready-to-eat breakfast cereals that list sugar as the first ingredient may be counted as a Grains/Breads. However, due to the high sugar content, it is recommended that these cereals be served less often than other cereal choices.

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- Items such as bran muffins and other products containing bran or germ are counted at the same level as items made from enriched or whole-grain meal or flour.
- Snack products such as hard pretzels, hard bread sticks and chips made from enriched or whole-grain meal or flour, bran and/or germ may be counted as Grains/Breads. Due to their high fat content, it is recommended that grain-based chips be served less often than more nutritious snack choices.
- For snacks served in the CACFP, dessert products made with enriched or whole-grain meal or flour, bran and/or germ may be counted as Grains/Breads. It is recommended that these types of dessert products be served as part of a supplement no more than twice a week.

Foods that Qualify as Grains/Breads:

Foods that qualify as Grains/Breads for the CACFP include but are not limited to:

- **Breads** that are enriched or whole-grain;
- **Biscuits, bagels, rolls, tortillas, muffins or crackers** made with enriched or whole-grain meal or flour;
- **Cereal grains (cooked) such as rice, bulgur, oatmeal, corn grits, wheat or couscous** that are enriched or whole-grain;
- **Ready-to-eat breakfast cereals** that are enriched, whole-grain, or fortified;
- **Cereals or bread products that are used as an ingredient in another menu item such as crispy rice treats, oatmeal cookies or breading on fish or poultry** when they are enriched, whole-grain or fortified;
- **Macaroni or noodle products (cooked)** made with enriched or whole-grain flour;
- **Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, cakes or formulated grain-fruit products** when made with enriched or whole-grain meal or flour and served as permitted in Exhibit A (it is recommended that sweet snack foods be served as part of a snack no more than twice a week);
- **Pie crust** when made with enriched or whole-grain meal or flour (and served as permitted in Exhibit A); and

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- **Non-sweet snack products such as hard pretzels, hard bread sticks and chips** made from enriched or whole-grain meal or flour;

Criteria for Determining Acceptable Grains/Breads

Use the following criteria as a basis for counting items to meet the Grains/Breads requirement:

- The item must be whole-grain or enriched or made from whole-grain or enriched meal or flour. If it is a cereal, the product must be whole-grain, enriched or fortified. Bran and germ are counted the same as enriched or whole grain meal or flour.
- The label must show that the product is enriched or whole-grain; made from enriched or whole-grain meal or flour, bran and/or germ; or fortified.
- The item must be provided in quantities specified in the regulations (see Exhibit A). One-quarter (1/4) of a serving is the smallest amount that can be counted toward the minimum quantities of Grains/Breads specified in program regulations.

Determining the Minimum Weight of a Serving

If you do not use the minimum serving sizes provided in Exhibit A, you must use the following criteria for counting a particular item.

- A serving of Grains/Breads must contain at least 14.75 grams (0.52 ounces) of enriched or whole-grain meal of flour. The Grains/Breads servings provided by foods will be determined by the total amount of enriched or whole-grain meal of flour in the recipe divided by the portion yield. Bran and germ are counted in the same manner as enriched or whole-grain meal and flour. For the types of food items listed in Groups H and I of Exhibit A to count as one full serving, the weights and volumes listed must be used.
- One-fourth (1/4) of a serving is the smallest amount allowable to be credited toward the Grains/Breads requirement.

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**EXHIBIT A
GRAINS/BREADS FOR THE CHILD NUTRITION PROGRAMS***

| Group | Serving Size | Food Items | Meals |
|----------------|---|--|--|
| Group A | 1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz | Breading Type Coating Bread Sticks (hard) Chow Mien Noodles Crackers (saltines and snack crackers) Croutons Ice Cream Cones (waffle, sugar, plain) Pretzels (hard) Rice Cakes Stuffing (dry) Note: weights apply to the bread in the stuffing | All meals/snacks All meals/snacks All meals/snacks All meals/snacks All meals/snacks Snack only All meals/snacks All meals/snacks All meals/snacks |
| Group B | 1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz | Bagels Batter Type Coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hotdog) Crackers (graham - all shapes, animal crackers) Egg Roll Skins English Muffins Pita Bread (white, wheat, whole wheat) Pizza Crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla Chips (wheat or corn) Taco Shells | All meals/snacks All meals/snacks |

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| Group | Serving Size | Food Items | Meals |
|----------------|--|--|--|
| Group C | 1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz | Cookies (plain) Cornbread Corn Muffins Cream Puffs (served as entree) Cream Puffs (as dessert) Croissants Dumplings Graham Crackers (thinly glazed or iced) Hush Puppies Pancakes Pie Crust (meat/alternate pies) Pie Crust (dessert pies) Pie Crust (fruit turnovers) Popovers Puff Pastry (served as entree) Puff Pastry (fruit turnover) Sopaipillas Waffles | Snack only All meals/snacks All meals/snacks All meals/snacks Snack only All meals/snacks All meals/snacks All meals/snacks All meals/snacks All meals/snacks All meals/snacks Snack only Breakfast/Snack All meals/snacks All meals/snacks Breakfast/Snack Snack only All meals/snacks |
| Group D | 1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz | Boston Brown Bread Cookies (plain, thinly glazed or iced) Doughnuts (cake and yeast raised, unfrosted) Fruit or Vegetable Breads (banana, zucchini, etc.) Granola Bars (plain) Muffins (all except corn) Sweet Roll (unfrosted) Toaster Pastry (unfrosted) | All meals/snacks Snack only Breakfast/Snack All meals/snacks Breakfast/Snack All meals/snacks Breakfast/Snack Breakfast/Snack |
| Group E | 1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz | Cookies (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts (cake and yeast raised, frosted or glazed) French Toast Grain Fruit Bars Granola Bars (with nuts, raisins, chocolate pieces and/or fruit) Sweet Rolls (frosted) Toaster Pastry (frosted) | Snack only Breakfast/Snack All meals/snacks Breakfast/Snack Breakfast/Snack Breakfast/Snack Breakfast/Snack |

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| Group | Serving Size | Food Items | Meals |
|----------------|--|---|--|
| Group F | 1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2.0 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz | Cake (plain, unfrosted) Coffee Cake | Snack only Breakfast/Snack |
| Group G | 1 serving = 115 gm or 4.0 oz 3/4 serving = 86 gm or 3.0 oz 1/2 serving = 58 gm or 2.0 oz 1/4 serving = 29 gm or 1.0 oz | Brownies (plain) Cake (all varieties, frosted) | Snack only Snack only |
| Group H | 1 serving = 1/2 cup cooked (or 25 grams dry) | Barley Breakfast Cereals (cooked)^ Bulgur (cracked wheat) Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown) Wild Rice | All meals/snacks All meals/snacks All meals/snacks All meals/snacks All meals/snacks All meals/snacks All meals/snacks All meals/snacks All meals/snacks |
| Group I | For children ages 1 - 2: 1 serving = 1/4 cup or 1/3 oz, whichever is less For children ages 3 - 5: 1 serving = 1/3 cup or 1/2 oz, whichever is less For children ages 6 - 12: 1 serving = 3/4 cup or 1 oz, whichever is less For adults: 2 servings = 1 1/2 cups or 2 oz, whichever is less | Ready-to-eat breakfast cereal (cold, dry) | All meals/snacks |

^For children ages 1 - 5:

1 serving = 1/4 cup

^For adults:

2 servings = 1 cup

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Requirements for Grains/Breads:

- Each breakfast, lunch, or supper must contain one Grains/Breads item for family day homes. A Grains/Breads may be served as one of the two components of a snack for all CACFP contractors.
- Grains/Breads must be provided in amounts shown in Exhibit A according to ages of the children served.
- **Look for these ingredients when selecting Grains/Breads:**

Bran and/or germ

Bulgur

Corn meal or enriched corn meal

Corn* (whole-grain, whole ground, whole germed, stone ground or corn flour)

Enriched corn grits

Enriched or whole grain meal or flour

Oats

Rice (enriched or whole-grain)

Whole wheat

***Note: When the type of “corn” is not specified, you must request a product analysis to verify that whole grain corn is used.**

- **The following terms are NOT considered whole grains:**

Barley

Corn

Degermed corn

Milled rice

Rice

Rye

Wheat

Wheat flour

Yellow degermed corn

- A menu item, as a minimum, must provide one-fourth (1/4) of a serving of Grains/Breads to count towards the requirement.
- Enriched or whole-grain pie crust in a fruit pie or cobbler will count as a Grains/Breads at snack only. Enriched or whole-grain crust on a fruit turnover will count as a Grains/Breads at breakfast and snack.
- Whole-grain, enriched or fortified breakfast cereal, cold dry or cooked, may be

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served at any meal. When the ingredient label does not specify that the cereal contains one or more of the creditable grains (see above), check the Nutrition Facts label to determine if the cereal was enriched or fortified with all four (4) of the following nutrients:

Iron
Thiamin
Riboflavin
Niacin

- Coffee cake, doughnuts, sweet rolls or formulated grain-fruit products may be served at breakfast and snack when made with enriched or whole grain meal or flour.
- Enriched or whole-grain rice used in rice pudding or enriched or whole-grain bread used in bread pudding may be counted toward meeting meal pattern requirements for snack only.
- Cookies may be served for snack only when made with enriched or whole-grain meal or flour.
- Vegetable and fruit breads such as banana, zucchini, carrot, and cranberry may be counted as a Grains/Breads at all meals if made with enriched or whole-grain meal or flour.
- Bran and germ are credited the same as enriched or whole-grain meal or flour.
- It is important to keep a file of food labels for items you serve such as cookies, crackers, Grains/Breads, and cereals. When reviewed or audited, you will have proof that the products meet requirements. Also, keep a file of all recipes used in order to calculate contribution of the item toward the meal or snack.
- To determine the Grains/Breads crediting for a product containing batter or breading, use one of the following methods (note that breading is generally “dry” (food items are rolled in breading), and batters are generally “wet” (food items are dipped into batter)).
 1. Use information provided on CN labeled products.
 2. Determine the percentage of batter or breading on the product from the processor and multiply this percentage by the weight of a serving in ounces. Multiply by 28.35 to convert to grams. Divide this number by 20 (for breading) or by 25 (for batter) to determine the number of Grains/Breads credits. **Document the results and**

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submit a copy to the Food and Nutrition Program for your file.

3. Remove the batter or breading from a serving and weigh. If weight is in ounces, multiply by 28.35 to convert to grams. Divide this number by 20 (for breading) or by 25 (for batter) to determine the number of Grains/Breads credits. **Document the results and submit a copy to the Food and Nutrition Program for your file.**

Determining if *Homemade* Grains/Breads Products are Creditable:

The following information will help you determine if your recipes are creditable by calculating the number of servings of each recipe based on the minimum serving size for Grains/Breads. The next two pages contain some helpful resources for your calculations:

- *Grains/Breads Recipe Calculations* provides three different math formulas for determining the contribution of Grains/Breads in a serving.
- Use the *Weights of Commonly Used Ingredients* chart to determine the weights of various ingredients from dry measures (for use with Method 1B of *Grains/Breads Recipe Calculations*).

Once you are familiar with these two resources, you will be able to do your own calculations.

To meet meal pattern requirements, the Grains/Breads you prepare must be whole-grain or enriched or made from whole-grain or enriched meal or flour. Bran and germ are credited the same as enriched or whole-grain meal or flour. Determine the weight of similar foods together. Group the flours together to determine the weight.

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GRAINS/BREADS RECIPE CALCULATIONS

METHOD 1A: For flour- or meal-based products
Use for flour or meal-based products when you know the weight

1. Determine total flour and/or meal weight in ounces or pounds
2. Multiply total ounces x 28.35 to find grams
Multiply total pounds x 453.6 to find grams
3. Divide by 14.75 to get the total Grains/Breads serving
4. Divide by the total servings the recipe yields (portion yield) to get the number of Grains/Breads serving per portion

METHOD 1B: For flour- or meal-based products (Alternate Method)
Use for flour or meal based products when you know the dry measure

1. Determine the total amount of flour and/or meal in the recipe (dry measure)
2. Convert the amount to grams using the *Weights of Commonly Used Ingredients* chart (pages 42-43)
3. Divide by 14.75 to get the total Grains/Breads servings
4. Divide by the total servings the recipe yields (portion yield) to get the number of Grains/Breads servings per portion

METHOD 2: For whole-grain or enriched cereal grain products or pasta
Use for whole-grain or enriched cereal grain products or pasta

1. Determine total uncooked weight of grain or pasta/noodles in ounces or pounds
2. Multiply total ounces x 28.35 to find grams
Multiply total pounds x 453.6 to find grams
3. Divide by 25 to get the total Grains/Breads servings
4. Divide by the total servings (portion yield) to get the number of Grains/Breads servings per portion

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WEIGHTS OF COMMONLY USED INGREDIENTS

Key to Metric Units

- 1 pound (lb) = 453.6 grams (g)
- 1 ounce (oz) = 28.35 grams (g)
- 1 gram (g) = 1,000 milligrams (mg)
- 1 milligram (mg) = 1,000 micrograms (mcg)

Food Weights and Approximate Equivalents

| 1 pound of: | is equal to: | this measure: | is equal to: |
|-------------------------------|---------------------|--|---------------------|
| Banana | 3 medium | 1 cup banana, mashed 1 cup banana, sliced | 226 g 145 g |
| Butter | 2 cups | 1 cup | 227 g |
| Carrots, shredded | 4 1/8 cups | 1 cup | 109 g |
| Cornmeal, course | 3 cups | 1 cup | 150 g |
| Eggs, whole, large size | 8-9 eggs | 1 whole egg | 50 g |
| Flour, all-purpose, enriched | 4 cups | 1 cup, unsifted 1 cup, sifted | 126 g 116 g |
| Flour, whole wheat | 3 3/4 cups | 1 cup | 120 g |
| Oats, rolled, dry | 6 cups | 1 cup | 73 g |
| Oil, vegetable | 2 cups | 1 cup | 209 g |
| Peanut butter, smooth | 1 3/4 cups | 1 cup | 251 g |
| Pumpkin, mashed | 1 7/8 cups | 1 cup | 242 g |
| Raisins | 3 1/8 cups | 1 cup | 144 g |
| Shortening, hydrogenated fat | 2 1/4 cups | 1 cup | 187 g |
| Sugar, brown, light pack | 3 cups | 1 cup | 151 g |
| Sugar, brown, solid pack | 2 cups | 1 cup | 227 g |
| Sugar, granulated | 2 cups | 1 cup | 196 g |
| Sugar, powdered, extra sifted | 3 cups | 1 cup | 113 g |
| Wheat, rolled | 4 3/4 cups | 1 cup | 98 g |
| Zucchini, shredded | 3 1/2 cups | 1 cup | 130 g |

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| 1 pound of: | is equal to: | this measure: | is equal to: |
|----------------------|---------------------|----------------------|---------------------|
| Honey | | 1 cup | 325 g |
| Milk | | 1 cup | 241 g |
| All-Bran | | 1 cup | 61 g |
| Corn Chex | | 1 cup | 29 g |
| Corn Flakes, crushed | | 1 cup | 80 g |
| Cheerios | | 1 cup | 28 g |
| Rice Krispies | | 1 cup | 27 g |
| Puffed Rice | | 1 cup | 13 g |

Source adapted from: Food for Fifty, Shugart, et. al., 9th ed., Macmillian Publishing Co., New York, New York, 1993, and Average Weight of a Measured Cup of Various Foods, Home Economics Research Report No. 41.

**CREDITABLE/NON-CREDITABLE FOODS
FOR THE USDA CHILD AND ADULT CARE FOOD PROGRAM**

| GRAINS/BREADS | | | |
|--|------|-----|--|
| Note: An "X" in the CRED column indicates the item is creditable; an "(X)" in the CRED column means creditable <u>only if</u> certain conditions exist. An "X" in the NON column indicates the item is not creditable; an "(X)" in the NON column means not creditable <u>unless</u> certain conditions exist. MS means a medical statement must be on file. | | | |
| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Angel Food cake | X | | Weigh the finished product to ensure no less than 14.75 grams enriched or whole grain meal or flour per serving is used. |
| Animal crackers | X | | Creditable at any meal or snack. |
| Bagels | X | | Group B. Bagels are low in fat, high in complex carbohydrates, contain significant amounts of thiamin, riboflavin, iron, niacin, and fiber. |
| Banana bread | X | | See: Breads, fruit |
| Bagel chips | | X | See: Chips |
| Batter type coating | X | | Group B. A batter is wet and is generally made of flour or meal and liquid. Battered foods can be high in fat. Read labels of battered products for nutrition information. |
| Biscuits | X | | Group B. Biscuits contain more fat than most other breads. |
| Boston brown bread | X | | Group D. |
| Bran | X | | Bran and germ are credited at the same level as items made from enriched or whole-grain flour or meal. |
| Bread pudding | X | | Group B. The bread in bread pudding is creditable for snack only . Bread pudding must contain a minimum of 1/4 slice of bread per serving and be made from enriched or whole-grain meal or flour, or from bran and/or germ. The serving size is determined from the weight of bread in the recipe, not from the weight of the cooked product. |
| Breads (white, rye, whole wheat, pumpernickel, brown bread, French, etc.) | X | | Group B. Breads are excellent sources of complex carbohydrates, fiber, thiamin, riboflavin, iron and niacin, and are low in fat. |
| Breads, fruit (banana, cranberry, etc.) | X | | Group D. These items are called bread because they are usually baked in a loaf shaped pan. The recipes are commonly cake recipes. |
| Breads, vegetable (pumpkin, squash, zucchini, etc.) | X | | Group D. These items are called bread because they are usually baked in a loaf shaped pan. The recipes are commonly cake recipes. |

**CREDITABLE/NON-CREDITABLE FOODS
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| GRAINS/BREADS | | | |
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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Bread sticks, hard | X | | Group A. |
| Bread sticks, soft | X | | Group B. |
| Bread stuffing, dry | X | | Group A. Bread stuffing may be high in fat depending on the recipe followed. |
| Breading type coating | X | | Group A. Breading is dry and is generally made of bread crumbs, cracker crumbs, flour or meal. Breaded foods can be high in fat. Read labels of breaded products for nutrition information. |
| Brownies | X | | Group G. May be credited at snack only . |
| Bulgur | X | | Group H. |
| Cakes (angel food cake, chocolate cake, cupcakes, pineapple upside down cake, white cake, yellow cake, etc.) | X | | Groups F and G. For snack only. The cake would need to be weighed without the pineapple to obtain the portion size weight. Also, the pineapple would count as a Vegetables/Fruits serving if at least 1/8 cup per child is served. |
| Carmel corn | | X | Popcorn does not meet the definition of bread, but is a good source of fiber. |
| Carrot bread | X | | See: Breads, vegetables |
| Cereals | X | | Groups H and I. Cereals must be enriched, whole-grain or fortified. |
| Cereal, granola | X | | Groups D and E. Granola cereal is credited the same as granola bars. |
| Cereal bars | X | | Cereal bars made with enriched or whole grain meal or flour are creditable at snack only . |
| Chips, grain-based | X | | Group B. Chips can be high in fat and salt. |
| Chips, other | | X | Chips such as fruit chips, potato chips, etc. are considered snack foods and are not creditable. |
| Chow mein noodles | X | | Group A. |
| Cinnamon rolls | X | | See sweet rolls. |
| Coffee cake | X | | Group F. For breakfast and snack only . |

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| GRAINS/BREADS | | | |
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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Cookies/bars | X | | Groups C, D, and E. Cookies are creditable for snack only . |
| Cornbread | X | | Group C. |
| Corn chips | X | | See: Chips, grain-based |
| Corn dog coating | X | | See: Batter type coating |
| Crackers | X | | Groups A, B and C. Some crackers are high in fat and/or salt. They should be served in moderation. |
| Cranberry bread | X | | See: Breads, fruit |
| Cream puff shells | X | | Group C. Cream puff shells may be credited at any meal if served as an entree and for snack only if served as a dessert. High in fat. |
| Crepes | X | | Must contain a minimum of 14.75 g enriched or whole-grain flour or meal in each full serving. |
| Croissants | X | | Group C. High in fat. |
| Croutons | X | | Group A. |
| Cupcakes | X | | See: Cakes |
| Danish pastry | X | | Groups D and E. Creditable for breakfast and/or snack only . |
| Doughnuts | X | | Groups D and E. Creditable for breakfast and snack only . They are high in fat and sugar. |
| Dumplings, pirogies | X | | Group C. |
| Egg roll or wonton wrappers | X | | Group B. |
| English muffins | X | | Group B. |
| Fig type cookies | X | | Group E. |
| French bread | X | | See: Breads |
| French toast | X | | Group E. |

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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Fritters (apple, banana or corn) | X | | Creditable as a Grains/Breads and/or Vegetables/Fruits item. To credit as a Grains/Breads, each full serving must contain at least 14.75 grams of enriched or whole-grain meal or flour. See Vegetables/Fruits: Fritters for determining amounts of vegetable/fruit per serving. |
| Gingerbread | X | | Group D. |
| Graham crackers | X | | Group B. |
| Granola bars (homemade or commercial) | X | | Groups D and E. Granola bars are creditable for breakfast or snack only . They may be high in sugar and fat, but can be a good source of fiber and complex carbohydrates. |
| Granola cereal | X | | Credited the same as granola bars - for breakfast and/or snack only . |
| Grits | X | | Group H. |
| Hominy | | X | Hominy is not creditable. It is not made from the whole kernel of corn and, therefore, does not meet the criteria for bread. Because of processing, hominy has minimal nutritional value with only small amounts of starch and fiber. |
| Hushpuppies | X | | Group C. |
| Ice cream cones (waffle, sugar, plain) | X | | Group A. For snack only . |
| Lefsa | (X) | | Creditable only if homemade when enriched or whole-grain meal or flour is used. Lefsa is a Scandinavian unleavened bread made primarily of potatoes and flour. If made with potatoes, the potatoes are <u>not</u> considered a creditable Vegetables/Fruits item. Lefsa is often rolled with butter, brown sugar, jams or cinnamon and sugar. If homemade, record on menus as "HM." |
| Long Grain and Wild Rice | X | | See: Rice (long grain, wild rice, etc.) |
| Melba toast | X | | |
| Millet | X | | Group H. |

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| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Muffins | X | | Groups C and D. |
| Nachos | X | | Group B. Nachos made with taco shell pieces, tortillas, and tortilla chips are creditable if made from enriched or whole-grain meal or flour, bran and/or germ. |
| Noodles | X | | Group H. |
| Nut or seed meal or flour | | X | Nuts and seeds are not grains and there are no standards for enrichment of these products. |
| Oat bran | X | | See: Bran |
| Pancakes | X | | Group C. |
| Party mix | X | | Group I. Party mix (mixed cereals only) is creditable for all meals. Only the weight of the cereals is creditable. Some party mixes are high in fat and salt. |
| Pasta | X | | Group H. |
| Pie crust/dessert pastry | X | | Group C. Pie crusts are creditable at any meal if served as an entree Meat/Meat alternate pie, at snack only if served as a dessert pie or for breakfast and snack only if served as a fruit turnover. They can be high in fat and sugar. It is recommended that they be served no more than two times per week. |
| Pie crust, main dish | X | | Group C. |
| Pineapple-upside-down cake | X | | See: Cakes |
| Pita, Syrian or Arabic bread | X | | Group B. Enriched pita, Syrian or Arabic bread is a good source of complex carbohydrates, thiamin, riboflavin, iron and fiber. |
| Pizza crust | X | | Group B. |
| Popcorn | | X | Popcorn does not meet the general criteria for Grains/Breads. |
| Popcorn cakes | | X | Popcorn does not meet the general criteria for Grains/Breads. Includes Quaker popcorn cakes with degermed corn meal as the first ingredient. |
| GRAINS/BREADS | | | |

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|--|------|-----|---|
| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Popovers | X | | Group C. May be high in fat. |
| Poptarts | X | | See: Toaster pastries |
| Potato chips | | X | See: Chips. Potato chips are considered a snack food and are not creditable unless they are homemade . If homemade, record on menus as "HM." |
| Pound cake | X | | See: Cakes |
| Pretzels, Dutch (soft) | X | | Group B. Should be labeled on menus as "soft" or "HM" for homemade. |
| Pretzels, (hard) | X | | Group A. |
| Puff pastry | X | | Group C. May be creditable for any meal if served as an entree or for breakfast and snack only if served as a fruit turnover. Puff pastry can be high in fat. |
| Pumpernickel bread | X | | See: Breads |
| Pumpkin bread | X | | See: Breads, vegetables |
| Quick breads | X | | See: Breads, fruits and Breads, vegetables |
| Raisin Bread | X | | See: Breads, fruits |
| Rice (long grain, wild rice, etc.) | X | | Group H. Must use enriched or whole-grain white or brown rice. Rice is an excellent source of complex carbohydrates. |
| Rice cakes | X | | Group A. The rice cereal must be enriched or whole-grain or fortified. Does not include popcorn cakes. |
| Rice cereal bars | X | | Group C. Creditable for snack only if the cereal is whole-grain, enriched or fortified. Example: Rice Krispie Treats |
| Rice pudding | X | | Group H. Rice pudding is creditable for snack only when whole-grain or enriched rice is used in the recipe. The amount of rice per serving must equal 1/8 cup cooked rice. |
| Rolls/buns all types | X | | Group B. |
| Rye wafers | X | | Group A. |
| Sopaipillas | X | | Group C. For snack only . |
| GRAINS/BREADS | | | |

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|---|-------------|------------|---|
| FOOD ITEM | CRED | NON | COMMENTS/NUTRITION INFORMATION |
| Spaghettios | X | | Creditable as a Grains/Breads and as a Vegetables/Fruits requirement. Not creditable as a meat requirement unless meat is added to product. |
| Squash bread | X | | See: Breads, vegetables |
| Stuffing, bread | X | | See: Bread stuffing, dry |
| Sweet rolls | X | | Groups D and E. Sweet rolls may be credited as a Grains/Breads for breakfast and snack only . |
| Taco chips | X | | See: Chips, grain-based |
| Taco shells and taco shell pieces | X | | Group B. |
| Tapioca pudding | | X | Pudding is not creditable and tapioca is not a grain. |
| Toaster pastries, poptarts, tarts | X | | Groups D and E. Toaster pastries, poptarts and tarts may be credited for breakfast or snack only . |
| Tortillas | X | | Group B. |
| Tortilla Chips | X | | Group B. See: Chips, grain-based |
| Turnovers (crust) | X | | Group C. Turnover pastry may be credited as a Grains/Breads for breakfast or snack only . Turnovers are high in fat. |
| Vanilla Wafers | (X) | | Group C. Vanilla wafers are considered a cookie and are creditable at snack only . |
| Waffles | X | | Group C. |
| Wheat bran | X | | See: Bran |
| Wheat germ | X | | Germ (as well as bran) is credited at the same level as items made from enriched or whole-grain flour or meal. |
| Wild rice | X | | See: Rice (long grain, wild rice, etc.) |
| Zucchini bread | X | | See: Breads, vegetables |

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INFANT FEEDING

The Infant Meal Pattern Chart: The Infant Meal Pattern allows for a gradual introduction of solid foods and encourages breast-feeding or formula feeding up to the first (1st) birthday. The texture and amount of the feeding should be consistent with the age of the infant.

For emotional, nutritional and physical growth, infants need foods that are rich in nutrients. Foods such as strained meat, fruit, vegetables, iron-fortified dry infant cereal, iron-fortified infant formula and breast milk provide the maximum amount of vitamins and minerals for growing babies.

Parents will also give you important information to help you in feeding their babies. You should communicate frequently with the parents so that you can coordinate foods served at home with foods served in your care. In this way, you can assure the best care for the babies.

If a doctor requires formula or foods not on the Infant Meal Pattern Food Chart, a medical statement must be on file and a substitute food must be listed on the statement. The caregiver may then claim the baby's meals for reimbursement.

Until they turn 1 year old, infants who participate in the CACFP program must be offered meals based on the infant meal pattern chart in the main part of the handbook. The infant meals must contain at least the minimum amounts of each of the items in the infant meal pattern chart.

Breast Milk: Breast milk may be served to infants under 12 months of age in the CACFP at meals and snacks. Expressed breast milk must be brought to you by the parent. Note: The parent *cannot nurse the infant on site* and be claimed for reimbursement. Exceptions: if the infant is at least four months of age, the provider may feed an optional component to claim the child for reimbursement, and a day home provider who nurses her own eligible infant is not required to express and measure the milk.

Care/Handling of Breast Milk: You must properly store and handle breast milk to prevent possible tainting or spread of disease. Parents must label the breast milk with the child's name and the date that the milk was collected (expressed). You must make sure that each child receives only the breast milk supplied by his or her parent/guardian. Store expressed breast milk in the refrigerator or freezer in either sterilized bottles or disposable plastic nursing bags. Breast milk will keep for up to 48 hours in the refrigerator or up to three months in the freezer after it is collected. While in the freezer, breast milk should be protected in an airtight container. Thaw frozen breast milk by holding the container under cool water and then under warm water, followed by gentle shaking to mix the contents. *Do not refreeze breast milk!*

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Do not use a microwave to warm bottles because of the potential dangers of hot liquid seriously burning the baby and the possible explosion of a covered bottle during microwave heating. Always discard any breast milk remaining in the bottle after a feeding.

Required Quantities of Breast Milk: Because breast milk may be available in limited quantities, you are permitted to serve less than the minimum regulatory serving of breast milk to infants who regularly do not consume the minimum amount of breast milk. However, if the infant is still hungry, you must offer the infant additional breast milk. You may not offer less than the stipulated minimum serving of infant formula or other components of the meal pattern under any circumstances.

You are allowed to claim reimbursement for meals containing only breast milk (ages birth through 7 months of age) under the following conditions:

- Breast milk or infant formula is the only required item for the meal; and,
- the infant's parent/guardian provided the breast milk (this includes breast milk provided to the parent/guardian by a wet nurse).

Infant formula is defined as follows: "any iron-fortified formula intended for dietary use solely as a food for normal, healthy infants; excluding those formulas specifically formulated for infants with inborn errors of metabolism or digestive or absorptive problems. Infant formula, as served, must be in liquid state at recommended dilution."

A medical statement which includes the recommended formula is required and must be on file with the Food and Nutrition Program to be reimbursed for infants on the following formulas:

Low-iron infant formulas. These formulas contain less than one (1) milligram of iron per 100 kilocalories. Examples include low-iron versions of Enfamil and Similac. The labels on these formulas do not indicate that they are fortified with iron.

"Follow-up" formulas served to infants less than a specified age. These formulas are designed for older infants or toddlers who are consuming solid foods, and are not intended for dietary use as a sole source of food for infants.

A **medical statement** is required in order to serve the following follow-up formulas manufactured to any infant less than **four (4) months of age**. Such formulas include:

Carnation Follow-up Formula with Iron (milk-based) - This formula is specifically designed for infants 4 to 12 months of age and older who are eating cereal and

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other baby foods.

Carnation Follow-up Soy Formula (soy-based) - This formula is specifically designed for infants 4 to 12 months of age and older who are eating cereal and other baby foods.

Gentle Moments 2 Infant Formula with Iron (milk-based, sold through Wal-Mart) – This formula is designed for infants 4 months and older as the infant grows and adjusts to solid foods.

Wyeth-produced Private Label Store Brand “Follow-on” Infant Formulas – These types of formulas are designed for infants 4 months as older and are intended to replace traditional starter formula when an infant is eating cereal and other baby foods. They are not intended to replace breastmilk. These formulas have been specially formulated for use as a supplement to the solid food portion of the older infant’s diet:

- Albertson’s Baby Basics 2 Follow-on Formula Powder (sold through a variety of stores)
- Hill Country Fare 2 Follow-on Infant Formula (sold through H.E. Butt or H-E-B)
- Kroger Comforts 2 Follow-on Infant Formula Powder
- Parents’ Choice 2 Follow-on Infant Formula (sold through Wal-Mart)
- Safeway Select 2 Follow-on Infant Formula (sold through a variety of stores)
- Target Healthy Baby Formula for Older Infants
- Wegman’s 2 Follow-on Infant Formula

A **medical statement** is required in order to serve the following follow-up formulas to any infant less than **six (6) months of age**. Such formulas include:

Enfamil Next Step Toddler Formula (milk-based) - This formula is designed as an alternative to cow’s milk for the older infant (6 months of age or older, according to the manufacturer) or toddler. It is not marketed as an alternative to “Enfamil with Iron” or any other iron-fortified infant formulas that are designed for infants birth to 12 months of age.

Enfamil Next Step Soy Toddler Formula (soy-based) - This formula is designed as an alternative to cow’s milk for the toddler with milk sensitivities.

Ross Similac 2 Toddler Formula (milk-based) – This formula is designed as an alternative to cow’s milk for the older infant (6 months of age or older, according to the manufacturer) or toddler. It is not marketed as an alternative to “Enfamil with Iron” or any other iron-fortified infant formulas that are designed for infants birth to 12 months of age.

Ross Isomil 2 Soy Toddler Formula – This formula is designed as an alternative to cow’s milk for the toddler with milk sensitivities.

Exempt infant formulas. These specialty infant formulas are intended for use by infants who have an inborn error of metabolism or low birth weight or who otherwise have an unusual medical or dietary problem. Examples include Nutramigen,

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Pregestimil, Alimentum, Lofenalac.

Meal/Supplement Reimbursement

Reimbursement is allowed for a meal or snack served in the CACFP which includes a substituted food item provided by the parent for medical reasons, such as infant formula, as long as the provider supplies at least one other required meal component. A **medical statement** is required for all infant formulas which do not meet the regulatory definition for infant formula, as noted above. Although a medical statement is not required for the iron-fortified infant formulas listed below, (as of 6/5/2000), the infant should only be served the formula recommended to the infant's parent/guardian by the infant's health care provider.

Iron-fortified Formulas That Do Not Require a Medical Statement:

Although a medical statement is not required for the following iron-fortified formulas, you should only provide an infant with the formula recommended to the infant's parent/guardian by the infant's health care provider.

Milk-based Infant Formulas:

- Carnation Good Start
- Enfamil with Iron
- Enfamil AR
- Enfamil Lactofree
- Similac with Iron
- Similac Lactose Free with Iron
- Similac Advance
- Enfamil Lipil
- Gentle Moments Infant Formula (sold through Wal-Mart)
- Kirkland Signature Infant Formula with Iron (sold through Costco)

Wyeth-produced Private Label Store Brand Milk-based Infant Formulas:

- Albertson's Baby Basics Infant Formula Powder (sold through a variety of stores)
- Alsi Nanny's Infant Formula Powder
- Amway Kozy Kids Infant Formula Powder
- Babymil Infant Formula Powder (sold through a variety of stores)
- CVS Infant Formula Powder
- Eckerd Infant Formula Powder
- Good Sense Infant Formula Powder
- Hill Country Fare Infant Formula (sold through H.E. Butt or H.E.B.)
- K-Mart Little Ones Infant Formula Powder
- Kroger Comforts Infant Formula Powder
- Meijer Infant Formula Powder
- Parent's Choice Infant Formula (sold through Wal-Mart in powder, concentrated)

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liquid, and ready-to-feed 8 ounce can forms)

- Perfect Choice Infant Formula Powder (sold through Ralph's and Fred Meyer)
- Safeway Select Infant Formula (sold through a variety of stores)
- Shop Rite Infant Formula Powder
- Target Healthy Baby Infant Formula Powder
- Topco Infant Formula Powder (sold through a variety of stores)
- Wegman's Infant Formula

Soy-based Infant Formulas:

- Carnation Alsoy
- Isomil
- Prosobee
- Gentle Moments Soy Infant Formula (sold through Wal-Mart)

Wyeth-produced Private Label Store Brand Soy-based Infant Formulas:

- Albertson's Baby Basics Soy Infant Formula Powder (sold through a variety of stores)
- Babysoy Soy Protein Infant Formula Powder (sold through a variety of stores)
- CVS Soy Infant Formula Powder
- Good Sense Infant Soy Formula Powder
- Hill Country Fare Infant Formula (sold through H.E. Butt or H.E.B.)
- K-Mart Little Ones Soy Infant Formula Powder
- Kroger Comforts Soy Infant Formula
- Meijer Soy Protein Infant Formula Powder
- Parent's Choice Soy Infant Formula (sold through Wal-Mart in powder, concentrated liquid and ready-to-feed 8 ounce can forms)
- Perfect Choice Soy Protein Infant Formula (sold through Ralph's and Fred Meyer)
- Safeway Select Soy Infant Formula (sold through a variety of stores)
- Shop Rite Soy Infant Formula Powder
- Target Healthy Baby Soy Infant Formula Powder
- Topco Soy Infant Formula Powder (sold through a variety of stores)
- Walgreen's Soy Infant Formula Powder
- Wegman's Soy Infant Formula

**INFANT MEAL PATTERN AND EARLY
INTRODUCTION OF SOLID FOOD**

A physician's prescription – approving the addition of solid foods, specifying which solid foods, and the quantity and consistency of such foods – is required before the addition of other foods to the meal pattern of an infant younger than 4 months of age. This guidance supports current policy that any change or substitute to the required meal pattern for any child must be accompanied by a statement from the child's physician.

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This guidance is based on the following scientific references:

- “If solid foods are introduced before the infant is ready, these foods may displace breast milk or formula, resulting in inadequate energy and nutrient intake. In addition, because the digestive system is not well developed before 4 to 6 months of age, feeding solids can increase the risk of digestive problems and food allergies.” Bruno, G., Prevention of atopic disease in high risk babies (long term follow-up), 1993.

By 4 to 5 months of age, the extrusion reflex of early infancy has disappeared and the ability to swallow non-liquid foods is established.” (American Academy of Pediatrics Committee on Nutrition Pediatric Nutrition Handbook, 3rd ed., 1993.

REGULATIONS CONCERNING PARENTS’ ACKNOWLEDGMENT OF OFFERED INFANT FORMULA

All day homes that claim infant meals in the food program must:

- have available and offer at least one infant formula that meets meal pattern and program requirements (facilities are not required to satisfy the unique formula needs of every infant);
- maintain and submit required documentation when a parent declines the offered infant formula. Required documentation consists of “Parent’s Acknowledgment of Offered Formula” form (see Appendix C for a sample);
- maintain and submit required documentation from a physician when a parent provides (or the child requires) an infant formula that does not comply with the meal pattern requirements.

Infant Formula Brought by the Parents: If the parent is providing formula to the day home, the day home must be providing the other items of a meal in order to claim reimbursement for that child’s meal.

Example: Reimbursement cannot be claimed for a child from 0-3 months whose parent provides formula for his meals since breast milk or formula is the only required component in the meal pattern and it is brought by the parent.

Example: Reimbursement can be claimed for a child from 4-7 months for breakfast and lunch if the parent provides breast milk or formula and the day home provides the specific optional meal items.

Reimbursement can also be claimed for a child from 8-11 months for all

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meals and snacks if the parent provides breast milk or formula and the day home provides the specific required and/or optional meal items.

Formula served in a meal for a child over twelve (12) months, is not creditable or the CACFP unless there is a legitimate medical disability. The day home will then be required to obtain a medical statement including a doctor's prescription which needs to be kept on file both in the day home and at the Food and Nutrition Program.

Preparation/Serving:

Never prop a bottle or give a bottle to a baby during nap time. This can cause choking as well as tooth decay and ear infections.

Never use a microwave oven to heat the bottles. The bottles may explode or the milk may get too hot. Since the liquid heats unevenly, it can be much hotter than it feels. The uneven heat can burn the infant's mouth very easily.

Food within the infant meal pattern must be of texture and consistency appropriate for the ages of the infants.

For infants 4 through 7 months of age, solid foods are optional and should be introduced only if the infant is developmentally ready.

Whole Milk: Whole milk may not be served to infants under 12 months of age in the CCFP unless a medical statement is on file with the food program.

Juice: Juice should not be offered to infants until they are ready to drink from a cup in order to develop behaviors that may prevent baby bottle tooth decay. For this reason, 100% fruit juice is creditable only at snack from 8 months up to the first birthday. Juice should be full-strength.

Infant Cereal

Definition of Infant Cereal: Any iron-fortified dry cereal specially formulated for and generally recognized as cereal for infants that is routinely mixed with breast milk or iron-fortified infant formula prior to consumption. Cream of wheat and farina do not qualify as "infant cereal" because they are not specially formulated for and generally recognized as cereal for infants. The fortified infant cereals in jars do not meet the definition of infant cereal and, therefore, are not creditable.

Other Bread/Cracker Products: Bread or Cracker Products made from enriched or whole-grain meal or flour, bran and/or germ are creditable as the optional cracker items in the Infant Meal Pattern Chart at snack. They should be of appropriate texture (crusty bread - cracker type products).

CREDITABLE/NON-CREDITABLE FOODS FOR THE USDA CHILD AND ADULT CARE FOOD PROGRAM

Meat, Fish, Poultry, or Egg

Full strength meats only (egg yolk, cheese or cottage cheese, cheese food or cheese spread, or cooked dry beans and peas).

Cottage cheese, cheese food or cheese spread must be served at twice the quantity as natural or pasteurized processed cheese.

It is recommended that cheese and cottage cheese be served at meals when iron-fortified infant formula is also provided.

Non-creditable Infant Foods:

- Commercial baby food “dinners” which list fruit or vegetable as the first ingredient.
- Commercial baby foods in the “dessert” category (these generally have “dessert” as part of the product name on the front of the label).
- Commercial baby foods which list water as the first ingredient in their ingredient listing.
- Commercial baby food “combination dinners” because the actual amount of various food components in the dinners is difficult to determine.
- Iron-fortified dry infant cereal containing fruit.
- Commercial jarred baby food cereals (which are “wet,” not “dry”).
- Ready-to-eat breakfast cereal (cold, dry) and cooked breakfast cereals (such as farina or oatmeal).
- Whole eggs or egg whites due to allergy dangers.
- Honey due to allergy dangers.
- Meat sticks or “finger sticks” (which look like miniature hot dogs) because they could present a choking risk in infants and, by the manufacturer’s declaration, they are designed to match the skills of children over 12 months of age.
- Commercial fish sticks, other commercial breaded or battered fish or seafood products, canned fish with bones, **hot dogs and sausages**, because these foods are not designed by their manufacturers for consumption by infants (less than 12 months of age). Also, infants may choke on these food items and there may be an incidental bone in fish sticks and other breaded fish products.

**CREDITABLE/NON-CREDITABLE FOODS
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- Yogurt is not reimbursable, but can be served as an additional food if a parent requests that it be served.
- Nuts, seeds and nut/or seed butters (**peanut butter**), because these foods can cause an infant to choke and can cause allergic reactions in some infants.
- It would be inappropriate to serve pancakes, waffles, or muffins made with whole eggs to infants since they could cause allergies.
- It would be inappropriate to serve hard pretzels, certain cookies, bread sticks, tortilla chips, granola bars, croutons, pieces of crunchy waffles, many ready-to-eat cereals due to choking hazards.

CREDITABLE/NON-CREDITABLE FOODS FOR THE USDA CHILD AND ADULT CARE FOOD PROGRAM

Attention Provider:

This section of the handbook contains guidelines for selecting creditable foods and beverages for the Child and Adult Care Food Program (CACFP).

DISCLAIMER: Since manufacturers' ingredient lists are subject to change and since these guidelines are updated frequently by the United States Dept. Of Agriculture (USDA), the Food and Nutrition Program encourages you to read through this list carefully, then consult it regularly. Continue to read labels and call with questions if you are unsure about any product or food item. We strive to keep you updated of changes in the creditability of foods through the newsletters and/or flyers enclosed with reimbursement checks. When receiving these flyers, please be sure that these changes are transferred to your list of creditable foods in this section (Section 2) of your handbook, as this section is updated no more than annually. **It is the responsibility of the provider to ensure foods served are creditable.**

The following is a legend which will help you interpret the following pages:

| | | |
|--------------------|---|--|
| CRED | = | Creditable |
| NON | = | Non-creditable |
| X in CRED column | = | Creditable Food |
| X in NON column | = | Non-creditable Food |
| (X) in CRED column | = | Creditable Food if certain guidelines are met (must demonstrate they are met) |
| (X) in NON column | = | Non-creditable Food unless special guidelines are met (must demonstrate they are met) |
| MS | = | A medical statement must be on file at provider's facility as well as at The Food and Nutrition Program |
| CN label | = | Child Nutrition label (must indicate on menus that the product has a CN label) |
| Product Analysis | = | A product analysis is a written summary of the contents of the food item. It must be requested from the food manufacturer, must be on company letterhead, and must be signed by an official of the manufacturer (not a sales person). <i>The label information on the food container or package is not a product analysis, it is only a list of ingredients.</i> |