

CREDITABLE FOODS GUIDE

Child and Adult Care Food Program (CACFP) Summer Food Service Program (SFSP)



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Creditable Foods Guide

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INTRODUCTION

The goals of the Child and Adult Care Food Program (CACFP) are to improve the health and nutrition of children and adults participating in the program while promoting the development of good eating habits. The Summer Food Service Program (SFSP) helps assure that eligible populations have access to nutritious meals during the summer months.

The *Creditable Food Guide* (CFG) has been prepared to provide information on creditable and non-creditable foods used in the CACFP and in the Summer Food Service Program (SFSP).

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

- ✓ Nutrient content of foods;
- ✓ Customary function in a meal;
- ✓ Meets the regulations governing the Child Nutrition Programs (on quality requirements and/or by definition);
- ✓ Meets the Food and Drug Administration (FDA) Standards of Identity;
- ✓ Meets the United States Department of Agriculture (USDA) standards for meat and meat products; and
- ✓ Meets administrative policy decisions on the crediting of particular foods.

Non-creditable foods are not allowable because the foods do not meet the above criteria. Non-creditable (“extra” foods) or food listed in the “Other Foods” Section in the FBG do not meet the requirement for any components of the meal pattern. These items are frequently used as condiments and seasonings to round out the meal, to improve acceptability, and to satisfy the participant’s appetite. CACFP does not provide additional reimbursement for “extra” foods.

USDA reimburses child care centers, family child care homes, outside-school-hours centers, at risk after school centers, emergency shelters, and adult day care centers participating in the CACFP for the complete meals it serves – not for individual foods. A meal or snack is reimbursable if it contains creditable foods in the amounts outlined in the CACFP meal pattern charts.

Effective with the 2012 Summer Food Service Program (SFSP), foods that are not based on the SFSP meal patterns are no longer an allowable cost. If a

sponsor chooses to purchase additional food with SFSP funds, the food must be a creditable food under the meal pattern requirements. Condiments served with a creditable food are exempt from this restriction. Sites that serve additional foods that do not meet SFSP meal pattern standards must use non-Program funds.

Foods listed in the *Creditable Foods Guide* are organized in sections, according to the food component in which they are most commonly credited. Some foods are cross-referenced. For example, dried peas and beans are listed under both the fruit/vegetable and the meat/meat alternate sections. The **Food Item** is listed with an **X** in either the Creditable **Yes** or **No** column. In some instances there are restrictions on how a food is credited. In these examples, an explanation of how the food items may be credited (counted towards the meal pattern) and/or why some foods are not creditable are found in the **Comments** column.

A **Question & Answer (Q & A)** section follows each food component section. The Questions & Answers provide additional clarification on the creditability of food items commonly used in the Programs.

The *Creditable Foods Guide* can be viewed or downloaded from the CACFP website under Laws, Regulations & Manuals at: <http://health.mo.gov/cacfp>

The *Food Buying Guide (FBG) for Child Nutrition Programs* is the principal tool used to determine the contribution foods make toward the meal pattern requirements, whether meals are produced on-site or purchased commercially. This USDA (Team Nutrition) *FBG* resource is only available to download and view or print at: <http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>. The *Food Buying Guide Calculator* interactive tool is available from the *FBG* link.

Remember: The food listed in the *CFG* is not all-inclusive. Refer to the *Food Buying Guide (FBG)* for foods not included in the *CFG*. The *FBG* can be viewed or information downloaded at:
<http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>



MILK

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MILK COMPONENT

Federal Regulation requires that to be eligible for cash reimbursement each breakfast, lunch, and supper meal must contain a serving of fluid milk for the CACFP and SFSP. There is one exception; fluid milk is not required at supper for adult day care facilities. A snack may contain fluid milk as one of the two required components; however, **milk may not be served for snack when juice is served as the only other component.**

Milk served in CACFP (not SFSP*) must be consistent with the most recent version of the Dietary Guidelines for Americans. Per the 2010 Dietary Guidelines, fluid milk served in CACFP to participants two years of age and older must be: unflavored or flavored fat free (skim) or low-fat (1%) milk; fat free (skim) or low-fat (1%) lactose reduced milk; fat free (skim) or low-fat (1%) lactose free milk; fat free (skim) or low-fat (1%) buttermilk; or fat free (skim) or low-fat (1%) acidified milk. **Reconstituted dry milk does not fit the definition of fluid milk and is not creditable.** A full serving of milk shall be served as required in the chart below. Fat free and/or 1% milk is also strongly encouraged for use in the SFSP for children two years of age and older.

At breakfast, fluid milk may be served as a beverage or on cereal, or used in part for each purpose. Both lunch and supper must contain a serving of fluid milk as a beverage. Refer to the Food Chart for your Program type (child care, at-risk, adult day care, summer food service) for meal pattern requirements and the minimum fluid milk serving requirements noted below.

Programs participating in Child Nutrition Programs are *required* to make substitutions or modifications to the meal pattern for a participant with a *disability* (e.g. peanut or tree nut allergy) that restricts his/her diet. Child care centers *may* make substitutions for participants who are unable to consume a food item (e.g. intolerance to milk products) because of medical or other special dietary needs (non-disability). Meal pattern substitutions must be made on a case by case basis and only when supported by a written statement signed by a recognized medical authority which explains the need for substitutions and includes recommended alternate foods.

A non-dairy beverage, such as soy milk, rice milk, or almond milk, may be served in lieu of fluid milk only when the non-dairy beverage is nutritionally equivalent to fluid milk and meets the minimum nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. Refer to your respective policy manual for compliance information.

MILK

Minimum Serving Sizes for Breakfast, Lunch, Supper and Snack

	1 thru 2	3 thru 5	6 thru 12	13 thru 18 ¹	Adult Care
Breakfast	½ cup	¾ cup	1 cup	1 cup	1 cup ²
Lunch	½ cup	¾ cup	1 cup	1 cup	1 cup ²
Supper	½ cup	¾ cup	1 cup	1 cup	Not Required
Snack	½ cup	½ cup	1 cup	1 cup	1 cup

¹At-risk after school programs, shelters and summer food service programs (SFSP) provide meals for participants through age 18. SFSP sponsors may request permission, in writing, to serve smaller amounts of milk to children under age 6.

²Adult day care centers may participate in Offer versus Serve meal service option and must *offer all of the required food components listed above* but, at the discretion of the adult day care center, adult participants may be permitted to decline: One of the four food items required at **breakfast** (1 milk, 1 fruit/vegetable, 2 bread); two of the six food items required at **lunch** (1 milk, 2 fruit/vegetables, 1 meat/meat alternate, 2 bread), and; two of the five food items required at **supper** (2 fruit/vegetables, 1 meat/meat alternate, 2 bread).



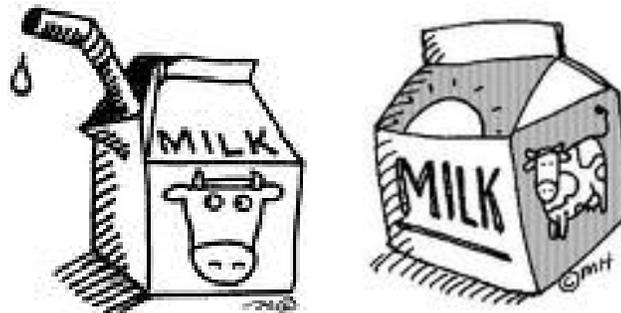
Remember: The foods listed in the *CFG* is not all-inclusive. Refer to the *Food Buying Guide (FBG)* for foods not included in the *CFG*. The *FBG* can be viewed or information downloaded at:

<http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>

MILK

- ✓ Fluid milk is a required meal component for participants one year and older at breakfast, lunch, and supper in child care, shelters, at-risk and summer food service programs.
- ✓ Participants 2 years of age and older*, must be served low-fat (1%) or fat-free (skim) fluid milk; 1% or skim lactose milk; 1% or skim buttermilk or 1% or skim acidified milk.
- ✓ Milk must be pasteurized fluid milk that meets State and local standards, and may be flavored or unflavored.
- ✓ Fluid milk is optional (not required) at supper for adult day care centers.
- ✓ Fluid milk may be one of the two required components at snack.
- ✓ Milk must be served as a beverage at lunch and supper.
- ✓ Milk may be served as a beverage, on cereal, or used for some of both at breakfast and snack. Milk used in cooking may not be credited.
- ✓ Whole milk is recommended (but not required) for children from 12 months through 23 months of age (1 year olds).
- ✓ Whole milk may not be introduced before an infant's first birthday.
- ✓ One gallon of fluid milk equals:
 - 16 – 1 cup (8 oz) servings
 - 21 – $\frac{3}{4}$ cup (6 oz) servings
 - 32 – $\frac{1}{2}$ cup (4 oz) servings

*At the time of printing, there was no regulation on the fat level of fluid milk required in the SFSP although it is recommended that all children two years of age and older be served fat-free (skim) or low-fat (1%) milk.



MILK

Food Item	Creditable		Comments
	Yes	No	
Acidified Milk (acidophilus)	X		A fluid milk produced by souring fluid low-fat (1%), or fat-free (skim) milk with an acidifying agent. See milk question #9.
Almond Milk		X	Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards of fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. Refer to "Milk Substitutions for Medical or Special Dietary Needs (Non-Disability)" policy for your Program.
Breast Milk	X		Creditable through 23 months of age; CACFP supports breastfeeding for infant nutrition.
Butter or Margarine		X	Does not fit the definition of a milk component.
Buttermilk	X		The sour liquid that remains after the butterfat has been removed from whole milk. Buttermilk is low in fat, despite its name. Must serve 1% or skim buttermilk to be creditable.
Cheeses, all types		X	Does not meet the definition of fluid milk. Creditable as a meat/meat alternate. See section on meat/meat alternates. See milk question #3.
Cocoa	X		When made with fluid milk (1% or skim) is creditable. Cocoa made from water is not creditable. See milk question #7.
Coconut Milk		X	Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards of fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. Refer to "Milk Substitutions for Medical or Special Dietary Needs (Non-Disability)" policy for your Program.
Cream		X	Does not fit the definition of a milk component.
Cream Soups, sauces		X	Does not fit the definition of a milk component.
Cultured Milk	X		A fluid milk produced by adding selected microorganisms to fluid, lowfat, or skim milk under controlled conditions to produce a product with specific flavor and/or consistency. See milk question #10.
Custard		X	Does not fit the definition of a milk component.
Dry Milk, reconstituted		X	Does not fit the definition of a milk component. See milk question #1. Also see Federal Regulations 7 CFR 226.20(f) on continuing unavailability of milk.

MILK

Food Item	Creditable		Comments
	Yes	No	
Eggnog		X	Commercially produced eggnog is not creditable because the fluid milk portion is too difficult to determine. Homemade eggnog is not acceptable because eating uncooked eggs may cause illness.
Evaporated Milk		X	Does not fit the definition of a milk component.
Flavored Milk	X		Flavored fluid milk (1% or skim) is creditable.
Frozen Yogurt		X	Does not meet the definition of fluid milk.
Goat's Milk	X		Must be pasteurized and vitamin D fortified.
Half and Half		X	Does not fit the definition of a milk component.
Hot Chocolate	X		Made with fluid 1% or skim milk.
Ice Cream		X	Does not fit the definition of a milk component.
Ice Milk		X	Does not fit the definition of a milk component.
Imitation Milk		X	Does not fit the definition of a milk component.
Lactose-Reduced or Lactose-Free Milk (flavored or unflavored)	X		Lactose free (skim) or lactose reduced (1%) milk is a fluid milk modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Participants who cannot digest the lactose in milk may benefit from a lactose reduced/free milk. See milk question #8. NOTE: Shatto brand root beer and orange cream milk are not creditable; products exceed fat requirements
Low-Fat Milk (1%) (flavored or unflavored)	X		Low-fat (1%) or skim milk is required for children 2 years of age and older. May be used (but not recommended) for children 12 months through 23 months of age (1 year olds).
Milk, fluid (flavored or unflavored)	X		Milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk (1% or skim).
Pudding or Pudding Pops		X	Does not fit the definition of a milk component.
Raw Milk, Certified or Uncertified		X	Does not fit the definition of a milk component. Regulations require the use of pasteurized milk. See milk question #12.
Rice Milk		X	Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards of fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. Refer to "Milk Substitutions for Medical or Special Dietary Needs (Non-Disability)" policy for your Program.
Reduced Fat Milk (2%) (flavored or unflavored)		X	Not creditable for participants 2 years of age and older. May be used (but not recommended) for children 12 months through 23 months of age (1

MILK

Food Item	Creditable		Comments
	Yes	No	
			year olds).
Sherbet or Sorbet		X	Does not fit the definition of a milk component.
Skim Milk (Fat Free Milk) (flavored or unflavored)	X		Skim or low-fat (1%) milk is required for children 2 years of age and older. May be used (but not recommended) for children 12 months through 23 months of age (1 year olds).
Sour Cream		X	Does not fit the definition of a milk component.
Soy Milk	X		Only if it is nutritionally equivalent to fluid cow's milk, with adequate calcium, riboflavin, and vitamin A. Before using soy milk, follow all the instructions from Meal Service Section of your Program Policy and Procedure Manual or Section 10.5 of the Sponsors of Homes Policy and Procedure Manual. See milk question #11.
Sweetened Condensed Milk		X	Does not fit the definition of a milk component
UHT (Ultra High Temperature Milk)	X		UHT is Grade A pasteurized milk that has been heated to about 280 degrees F. for a few seconds, then cooled and packaged. It can be stored without refrigeration until opened.
Whole Milk – 1 year olds	X		Recommended (but not required) for children 12 months through 23 months of age (1 year olds).
Whole Milk		X	Not creditable for participants 2 years of age and older
Yogurt		X	Does not fit the definition of fluid milk. Creditable as a meat/meat alternate for lunches, suppers, and snacks. See milk question #3.



Milk Questions and Answers (Q & As)

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

A: When the Program regulations were written, reconstituted milk was not included in the definition of milk and therefore, is not creditable. Federal Regulation 7 CFR 226.20(f) permits dry milk to be used only when a center is unable to obtain a supply of fluid milk on a continuing basis. In such cases, prior approval must be obtained from the Missouri Department of Health and Senior Services – Bureau of Community Food and Nutrition Assistance (MDHSS-BCFNA).

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

A: Yes. To be creditable, homemade milkshakes served as part of a reimbursable lunch or supper must contain the required type (1% or skim) and amount of milk required by each Program's food chart.

NOTE: Because it is difficult to determine the amount of milk in commercial milkshakes, they are not creditable.

3. Q: Are ice cream, yogurt, pudding, cream, cream cheese, other cheeses, sweetened condensed milk, and milk in cooked products creditable as an alternative to fluid milk?

A: No. The CACFP requirement is for fluid milk only. Milk must be served as a beverage or on cereal for breakfast and snack.

4. Q: Is a beverage made of milk and solid fruit(s) or vegetable(s) credited?

A: Yes. This type of beverage is creditable as both milk and fruit/vegetable when served for any meal or snack. The beverage must contain the full required serving amounts of each food ingredient.

5. Q: Can fluid milk mixed with grape juice, orange juice, and other juices be creditable for any meal?

A: Yes. The milk-juice mixture is creditable as both the milk and fruit/vegetable categories when served for breakfast, lunch, or supper. The beverage must contain the required amount and type of each food component. The milk-juice mixture may only count as one component at snack, either milk or a fruit/vegetable, because you may not claim two liquid foods at snack. It is required that low-fat (1%) or fat-free (skim milk) be used in preparation for children 2 years of age and older.

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

A: Yes. When made with fluid milk, this beverage is creditable. It is required that hot chocolate or cocoa be made with low-fat (1%) or fat-free (skim) milk for participants 2 years of age and older.

NOTE: Flavored hot chocolate dry mixes that are reconstituted with water are not creditable.

7. Q: What is lactose-reduced or lactose-free milk and is it creditable in the CACFP?

A: Yes. Lactose-reduced (1%) and lactose-free (skim) milk is a fluid milk modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. People who cannot digest the lactose in milk may benefit from a lactose-reduced (1%) or lactose-free (skim) milk.

8. Q: What is acidified milk and is it creditable in the CACFP?

A: Yes. Acidified milk is a fluid milk produced by souring fluid low-fat (1%), or fat-free (skim) milk with an acidifying agent. Examples of acidified milk are “acidified kefir milk” and “acidified acidophilus milk.” Acidified milk is creditable in the CACFP provided it is purchased as low-fat (1%) or fat-free (skim).

9. Q: What is cultured milk and is it creditable in the CACFP?

A: Yes. Cultured milk is fluid milk produced by adding selected microorganisms to fluid low-fat (1%), or fat-free (skim) milk under controlled conditions to produce a product with specific flavor and/or consistency. Cultured milk (1% or skim) is creditable. Examples of cultured milk are “cultured buttermilk”, “cultured kefir milk”, and “cultured acidophilus milk.”

10. Q: What do I do if a participant cannot have milk?

A: A medical statement must be on file, completed by a recognized medical authority, that states the reason (disability or non-disability) the participant should not be served milk and specify the food to substitute or the meal may not be claimed for reimbursement. Refer to the Meal Service section of your Program Policy and Procedure Manual for specific information.

11. Q: Can milk be purchased directly from a farm?

A: Yes. As long as it is pasteurized fluid milk that meets state and local health standards. In addition, it must include vitamins A and D in levels consistent with state and local standards. NOTE: Raw or certified raw milk is not creditable as it does not fit the definition of a milk component.

12. Q: Is pudding or pudding pops creditable?

A: No. These products do not fit the definition of a milk component and are not creditable.

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

A: No. The milk must be served as a beverage and/or poured over cereal at breakfast or snack.

14. Q: What if a parent requests that their child be served a non-dairy beverage, such as soy, rice or almond milk?

A: A parent or guardian may request in writing a non-dairy milk substitution for a special dietary need without providing a medical statement. Any reasonable request could be accommodated, such as a dairy intolerance or for religious, cultural or ethical reasons. The non-dairy beverage must be nutritionally equivalent to fluid milk for nine nutrients and purchased by the center in order to claim the meal. *Such substitutions are at the option and expense of the center.*

15. Q: What if a parent requests a milk (non-dairy) substitute that does not meet the minimum nutritional standards?

A: The parent provided request will be denied due to non-compliance of the nutritional standard requirement. The center may choose to provide substitutions for special dietary needs on a case by case basis only when supported by a written statement signed by a recognized medical authority.

16. Q: What nutritional criteria are required for non-dairy substitutes (rice, soy, almond milk) to be creditable in CACFP?

A: Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. Only a beverage meeting the nutrient standards at levels specified may be substituted for fluid milk as follows:

Nutrient	Per one (1) cup (8 ounces)
Calcium	276 mg.
Protein	8 gm.
Vitamin A	500 IU.
Vitamin D	100 IU.
Magnesium	24 mg.
Phosphorus	222 mg.
Potassium	349 mg.
Riboflavin	0.44 mg.
Vitamin B-12	1.1 mcg.

17. Q: What sort of documentation is required for a parent requested fluid milk substitute?

A: The written request must specify the medical or special dietary reason for the non-dairy substitute. Any reasonable request could be accepted which is at the discretion and expense of the center. Examples of reasonable requests that could be accommodated would be due to milk intolerance, vegan diet, as well as for religious, cultural or ethnic reasons. A request that only states that a child “does not like milk” would *not* be a reasonable request for a non-dairy substitute. In order to claim the meal, the non-dairy substitute must be nutritionally equivalent as noted above and purchased by the center. A parent provided milk substitute cannot be claimed for reimbursement.

18. Q: Will centers receive additional meal reimbursements if they provide a non-dairy milk substitute?

A: No. All non-dairy milk substitutions are at the option and expense of the center.



MEAT AND MEAT ALTERNATES

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MEAT AND MEAT ALTERNATE COMPONENT

CACFP regulations require that a lunch or supper meal contain the amount of meat or meat alternate specified in the meal pattern. A serving of meat or meat alternate may be used as one of the two required components at snack. A meat/meat alternate may be served as an extra food at breakfast, but it is not required by CACFP regulations.

A serving of meat is defined as lean meat without bone. Meat includes lean meat such as beef, pork, lamb, veal, chicken, turkey or fish. Meat alternates include cheese, peanut butter, eggs, cooked dry beans or peas, yogurt, nuts and seeds and their butters.

The meat/meat alternate food must be served in a main dish, or in a prepared (combination) main dish that includes up to two other components in the minimum meal pattern requirement.

Meats may not contain extenders or binders such as: dried milk; soy flour*; soy protein concentrate*; calcium-reduced dried skim milk; starchy vegetable flour/oat flour; cereal; or isolated soy protein*. *The starred items are alternate protein products (APP). APPs can be counted toward the meat/meat alternate requirement; however, before using, contact MDHSS-BCFNA for assistance in the preparation, serving, and crediting of these products.

Nuts, seeds and nut or seed butters may fulfill only ½ of the meat/meat alternate requirement at lunch and supper and the entire meat/meat alternate requirement at snack.

Commercially processed food such as ravioli, pizza, spaghetti with meat sauce and breaded meat products, such as beef patties, chicken nuggets and fish sticks may not count as a meat/meat alternate unless one of the following applies:

- Extra cheese or meat is added to the required portion; or
- Child Nutrition (CN) label documentation is retained; or
- Manufacturer's Product Formulation Statement (product analysis) sheet is retained, signed by an official (not a sales person) which states the amount of cooked lean meat/meat alternate per serving is on file; or
- The center documents the amount of meat/meat alternate per portion of a breaded (whole meat/meat alternate) item by removing the breading from the cooked meat product and weighing the meat portion. This option is only acceptable for child care centers and family child care homes participating in the CACFP.

Documentation of commercially processed foods must verify the serving size (portion) and how the product contributes to the meal pattern requirement(s). Documentation must be maintained in the center (or sponsoring organization) files to verify that creditable meals are served and claimed for reimbursement.

Meat/Meat Alternates - Minimum Serving Sizes for Lunch and Supper

Age Groups	1 thru 2	3 thru 5	6 thru 12	13 thru 18 ¹	Adult Care
Lean Meat, Poultry or Fish;	1 ounce	1 ½ ounces	2 ounces	2 ounces	2 ounces
or Cheese;	1 ounce	1 ½ ounces	2 ounces	2 ounces	2 ounces
or Cottage Cheese, Cheese Spread or Cheese Food;	2 ounces (or ¼ cup)	3 ounces (or 3/8 cup)	4 ounces (or ½ cup)	4 ounces (or ½ cup)	4 ounces (or ½ cup)
or Eggs;	1 egg				
or Cooked Dry Beans/Peas;	¼ cup	3/8 cup	½ cup	½ cup	½ cup
or Bean/Pea Soup (Reconstituted);	½ cup	¾ cup	1 cup	1 cup	1 cup
or Peanut Butter, Soy Butter, or other Nut and Seed Butters ² ;	2 Tbsp*	3 Tbsp*	4 Tbsp* (¼ cup)*	4 Tbsp* (¼ cup)	4 Tbsp* (¼ cup)
or Peanuts, Soy nuts, Tree Nuts & Seeds ³	½ ounce* Requires an additional ½ oz. meat/meat alt	¾ ounce* Requires an additional ¼ oz. meat/meat alt	1 ounce* Requires an additional 1 oz. meat/meat alt	1 ounce* Requires an additional 1 oz. meat/meat alt	1 ounce* Requires an additional 1 oz. meat/meat alt
or Alternate Protein Products ⁴	1 ounce	1 ½ ounces	2 ounces	2 ounces	2 ounces
or Yogurt, commercial, plain or flavored	4 ounces (½ cup)	6 ounces (¾ cup)	8 ounces (1 cup)	8 ounces (1 cup)	8 ounces (1 cup)

¹ At risk after school programs, shelters and Summer Food Service Programs (SFSP) serve participants through 18 years of age. SFSP sponsors may request written permission to serve smaller portions to children under the age of 6.

^{2*} Nut and seed **butters** do not fulfill the meat/meat alternate requirement, a second meat or meat alternate is required at lunch/supper.

^{3*} **Nuts and seeds** may only be credited for 50% (½) of the meat/meat alternate requirement at lunch and supper. **NOTE:** *½ ounce nuts or seeds is equal to 2 tablespoons of whole peanuts, cashews, or almonds, or chopped pecans or walnuts, or 1 tablespoon of sunflower seeds.

⁴An alternate protein product (APP), whether used alone or in combination with meat or other meat alternates, must meet specific criteria.

Meat/Meat Alternates - Minimum Serving Size for Snack

A snack may contain a meat/meat alternate as one of the two required meal components as follows:

- Ages 1 thru 5, ½ ounce; and
- Ages 6 thru 18 and adults, 1 ounce meat/meat alternate is required.

Nuts and seeds and nut and seed butters may fulfill the entire meat/meat alternate requirement at snack. Yogurt may be served as a meat/meat alternate at snack as follows: ages 1 thru 5, ¼ cup (2 oz.); ages 6 thru 18 and adults, ½ cup (4 oz.) of yogurt is required.

MEAT AND MEAT ALTERNATE COMPONENT

- ✓ Required component at lunch and supper as a main dish (entrée).
- ✓ May be served as one of the two required components at snack.
- ✓ Meat includes lean meat such as beef, pork, lamb, veal, chicken, turkey or fish. Meat alternates include cheese, peanut butter, eggs, cooked dry beans or peas, yogurt, nuts and seeds and their butters.
- ✓ Nuts, seeds, and nut and seed butters may fulfill only ½ of the meat/meat alternate requirement at lunch and supper but may fulfill the entire meat/meat alternate requirement at snack. An additional meat/meat alternate must be served with nuts, seeds and nut butters at lunch and supper.
- ✓ Commercially processed main dish items require additional documentation to verify the meal pattern contribution.
- ✓ Cooked dry beans or peas may be credited as a meat/meat alternate, or as a fruit/vegetable, but not as both in the same meal.
- ✓ A serving of cooked meat is understood to be lean meat without bone.
- ✓ A serving of commercial yogurt includes plain or flavored, unsweetened or sweetened.

Foods listed in the *Creditable Foods Guide (CFG)* are organized into component group sections, according to the food component in which they are most commonly credited. The **Food Item** is listed with an **X** in either the Creditable **Yes** or Creditable **No** column. An explanation of how the food item may be credited (counted towards the meal pattern) and/or why some foods are not creditable are found in the **Comments** column.

Remember: The foods listed in the *CFG* are not all-inclusive. Refer to the *Food Buying Guide (FBG)* for foods not included in the *CFG*. The *FBG* can be viewed or information downloaded at:

<http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>

MEAT AND MEAT ALTERNATES

Food Item	Creditable		Comments
	Yes	No	
Acorns		X	Low protein content.
Alternate Protein Products (APP)	X		Must meet specific criteria. See meat questions 23-24.
Bacon-Bits and Imitation Bacon Products (Sizzlean)		X	Low protein content.
Bacon		X	Low protein content and high fat.
Turkey Bacon		X	Creditable only with a CN label or Manufacturer's documentation.
Beans, Canned or Dry	X		Includes beans and peas cooked from dry. Canned and dry beans may be credited as a meat/meat alternate or as a fruit/vegetable, but not both. Canned green beans, yellow beans, or peas are only creditable as a fruit/veg. See meat question #19.
Bologna, Lunchmeat, Spam, Frankfurters, Hot Dogs, Pepperoni, Polish and smoked Sausage, Salami, Breakfast sausage patties/links, Summer Sausages, Liverwursts, other Cold cuts, canned meats	X		All-meat products that do <u>not</u> contain by-products, cereals, or extenders. See meat questions #30-34. These products are high in fat and sodium. As a group these meats are limited to no more than one time per week to be served.
Canadian Bacon	X		Can be high in sodium.
Canned or Frozen Food: Beef Stew, Chili Mac, Meat Stew, Pizza, Pot Pies, Ravioli, etc.	X		Creditable only when: 1) CN labeled; or 2) product analysis sheet signed by an official of the manufacturer (not a sales person), stating the amount of cooked lean meat/meat alternate per serving. See meat question #36.
Canned Luncheon Meat and Pressed Luncheon Meat	X		Must be all meat with no binders, fillers, by products or extenders. See bologna and meat questions #32-34.
Cheeses: Natural, Processed (American brick, cheddar, Colby, Monterey Jack, Swiss, mozzarella, Muenster, provolone)	X		1 ounce serving equals 1 ounce meat alternate. See meat questions #10-15.
Cheese Sauce or cheese soup, canned		X	There is no standard of identity on this product. Creditable only with a CN label or Manufacturer's documentation.
Cheese, Cottage	X		2 ounce serving (1/4 cup) equals one ounce of meat/meat alternate. See meat question #11.
Cheese, Cream		X	Includes regular, light (Neufchatel cheese) and fat free

MEAT AND MEAT ALTERNATES

Food Item	Creditable		Comments
	Yes	No	
Cheese Dip		X	There is no standard of identity on this product. Ex: Cheez Whiz (retail product).
Cheese Food , Cheese Spread , Cheese Substitute	X		Portion size must be doubled; 2 oz. serving equals 1 oz. meat alternate. See meat question #11.
Cheese, Imitation		X	There is no standard of identity on this product. See meat question #15.
Parmesan Cheese	X		Six tablespoons (3/8 cup) equals one ounce of meat alternate. See meat question #12.
Pimento Cheese	X		A two ounce serving is equal to one ounce of meat/meat alternate. See meat #12 and 14.
Ricotta Cheese	X		A two ounce serving is equal to one ounce of meat/meat alternate. See meat question #12.
Romano Cheese	X		Six tablespoons (3/8 cup) equals one ounce of meat/meat alternate. See meat question #12.
Cheese, Powdered		X	Boxed macaroni and cheese products. See meat question #13.
Cheese Product		X	Pasteurized process cheese products may not be credited as a meat/meat alternate. See meat question #15.
Cheese Spreads	X		2 oz. serving equals 1 oz. meat alternate. See meat question #11.
Cheese Substitutes	X		See meat question #14.
Chestnuts		X	Low protein content.
Chitterlings		X	Considered as fat (extra item).
Coconut		X	Low protein content. Cannot be credited as a meat alternate or a fruit/vegetable component. See meat question #2.
Corn Dogs, meat portion does not contain cereal, binders or extenders	X		The breading is credited as a grain/bread. The all-meat wiener may be credited as a meat/meat alternate. See meat question #29-34. Servings limited by question #29. See grain/bread question #9.
Cottage Cheese	X		4 ounces (1/2 cup) of cottage cheese is equal to 2 ounces of meat/meat alternate. See question #11.
Crab, imitation	X		Only when the label state the product is ALL fish (chopped). The yield factor of 75% must be used (1 oz. of imitation crab equals ¾ ounce meat/meat alternate).
Cream Cheese		X	Contains less protein and more fat than creditable cheeses.

MEAT AND MEAT ALTERNATES

Food Item	Creditable		Comments
	Yes	No	
Deviled Eggs	X		
Deli Meats; sliced ham, turkey, chicken, roast beef	X		Deli meats include lean ham, turkey, and roast beef, chicken breast meats that are sliced for sandwiches and salads and are at least 95% fat free.
Drinkable Yogurt		X	
Eggs	X		Fresh, dried, pasteurized, liquid, or hard boiled eggs. Cooked eggs may be credited. Eggs cannot be credited when part of a cooked custard or pudding or as an ingredient in other foods.
Fish, self or locally caught		X	For safety reasons, self caught fish may not be served.
Fish, purchased	X		Cooked, count only meat portion.
Fish sticks, Commercial processed fish shapes	X		Must be CN labeled or must have a signed product analysis from the manufacturer. See meat question #17.
Frankfurters (Hot Dogs)	X		Only all-meat with no cereal, binder or extenders. High fat, high sodium. Limit service to one time per week. See meat questions #30-34 and Appendix D.
Frozen Yogurt Products		X	All commercial products/bars.
Game (venison, squirrel, rabbit, etc.)		X	For health and safety reasons, these may not be served.
Garbanzo beans	X		See beans, canned or dry.
Gizzards	X		
“GoGurt”	X		
Ham hocks		X	High in fat and low in protein.
Home Canned/Slaughtered Meat		X	For safety reasons may not be served.
Hot Dogs	X		See frankfurters and Appendix D.
Hummus	X		If Homemade from canned or dry garbanzo beans (chick peas).
Imitation Meat/Fish		X	
Jerky, All types		X	Jerky is not creditable due to its high salt content, its high cost, and the need to serve large portions to meet the requirement. See meat question #26.
Kidney, Liver, Tripe	X		
Kidney Beans	X		See beans, canned or dry.
Legumes	X		See beans, canned or dry.
Liverwurst with No cereal, binders or extenders	X		Cannot contain cereals, binders, or extenders. This product is high in fat; limited use. See question #31.

MEAT AND MEAT ALTERNATES

Food Item	Creditable		Comments
	Yes	No	
Lunch Meat with No cereal, binders or extenders	X		See bologna and meat question #31. Products are high in fat and sodium; serve no more than one time per week.
Macaroni & Cheese (commercial)		X	Powdered cheese is not creditable. Macaroni may be credited as a grain/bread component. See meat question #13.
Macaroni & Cheese (homemade)	X		May be credited based on the amount of cheese used per serving.
Meat Sauce (commercial)		X	Cannot verify the amount of meat/meat alternate in a serving. Creditable only with a CN label or Manufacturer's documentation.
Meat Products made with cereal, binders or extenders	X		ONLY if CN labeled; includes CN labeled meat analogs
Meat Sauce (homemade)	X		Meat amount verified by a recipe.
Nacho Cheese Sauce (canned or soft pack)		X	Percentage of natural or processed cheese used may be very low. Creditable only with a CN label or Manufacturer's documentation.
Neufchatel Cheese		X	Soft un-ripened high moisture cheese; low in protein.
Nuts and Seeds and their Butters (peanuts, soy nuts, walnuts, pecan, almond, cashews, sesame, sunflower seeds, etc.)	X		Full meat/meat alternate credit for snack, but no more than 50% credit for lunch or supper. Do not to serve nuts to children under 3 years of age to avoid choking. See meat questions #1-9.
Oxtails		X	
Pasta Products with meat (commercial)	X		See canned or frozen food.
Pea Soup	X		One half cup soup equals 1/4 cup cooked peas (1 oz equivalent meat alternate). Credit as a meat/meat alternate or as a vegetable, not both. See meat question #19.
Peanut Butter	X		Cannot be served as the only meat/meat alternate at the lunch or supper meal. See meat question #1-3. Caution: highly allergenic food.
Peas, canned, green		X	May be credited only as a fruit/vegetable component.
Peas, cooked dry	X		See beans, canned or dry.
Pig's Feet, Tails, Neck Bones		X	Not creditable due to the small amount of meat.
Pimento Cheese	X		2 ounce serving equals 1 ounce of meat/meat alternate..
Pinto Beans	X		See beans, canned or dry.

MEAT AND MEAT ALTERNATES

Food Item	Creditable		Comments
	Yes	No	
Pizza (Commercial)	X		Must have a CN label or a product analysis signed by the manufacturer.
Pizza (Homemade)	X		Homemade pizza is creditable if the amount of each ingredient used can be identified. See meat question #28.
Polish Sausage	X		See bologna. See meat questions #30-34.
Pot Pies (commercial)	X		See canned or frozen food.
Pot Pies (homemade)	X		May be credited based on the amount of meat/meat alternate per serving.
Potted Meat		X	High in sodium, includes binders and extenders.
Powdered Cheese (in boxed cheese sauce, macaroni and cheese, etc.)		X	Powdered cheese mix is not credited toward any of the food components. See meat question #13.
Processed Cheese Sauce (canned or soft packed)		X	Percentage of natural or processed cheese may be very low. Many contain added water and cream cheese.
Pressed Meat Products	X		Must have a CN label or signed product analysis sheet from the manufacturer to credit as a meat/meat alternate. Limit to once a week. See question #31.
Quiche	X		If Homemade, the eggs, meat, and/or cheese may be credited. Commercial product creditable only with a CN label or manufacturer's documentation. Crust may be credited as a grain if meets minimum weight requirement.
Ravioli (commercial)	X		See canned and frozen food.
Salt Pork		X	Low protein content.
Sausage, with No cereal, binders or extenders	X		High fat, high sodium content. Limit to one time per week. See meat questions #29-34.
Scrapple		X	Insufficient meat content.
Seeds	X		Full meat/meat alternate credit for snack, but no more than 50% credit for lunch or supper. Do not to serve to children less than 3 years.
Shellfish	X		Cooked, count only meat portion.
Sizzlean		X	Imitation "bacon" product.

REMEMBER: For pasteurized, processed cheese items: **always read the food name on the label.** There may be a difference from one manufacturer to another for what appears to be the same item. The item name will determine if the item is creditable (if named cheese "food", cheese "spread" or cheese "substitute") or non-creditable (if named cheese "product" or "imitation" cheese).

MEAT AND MEAT ALTERNATES

Food Item	Creditable		Comments
	Yes	No	
Snack meat sticks (smoked, beef, poultry, pepperoni)		X	Creditable only with a CN label or Manufacturer's documentation.
Soups, commercially prepared		X	Insufficient meat/meat alternate content per serving. Bean, lentil, or split pea soup may be credited as a meat/meat alternate. 1/2 cup equals one ounce of meat/meat alternate. See meat question # 27.
Soups, homemade containing meat, fish, poultry, or other meat alternate	X		Creditable if made with at least ¼ ounce meat/meat alternate per serving and can be identified and documented.
Soy cheese, burgers and other soy products	X		Must meet criteria for alternate protein products or have a CN label. See meat questions 23-25.
Soy butter	X		May be credited like peanut butter. See meat question #1-3, and 9.
Spam and Treet (pressed meat)	X		High in sodium. Limit use to no more than one time per week. See meat question #31.
Sunflower Seed Butter	X		
Tempeh		X	Fermented soybean; USDA has no Standard of Identity for product.
Tofu		X	Tofu is a soybean curd which has the general color and shape of cream cheese. There is no Standard of Identity for tofu, so the product can vary from one manufacturer to another. See meat question #18.
Tripe		X	
Vienna Sausage		X	
Wild Game		X	Venison, squirrel, rabbit, etc., for safety reasons, is not creditable in the CACFP unless inspected and approved by the appropriate State or Federal Agency (USDA).
Yogurt, plain or flavored sweetened or unsweetened	X		Creditable as a meat/meat alternate for lunch and snack for children and adults. See meat question #35.
Yogurt, Homemade		X	
Yogurt covered products bars, nuts and/or fruits		X	Insufficient "yogurt" in the coating mixtures.

MEAT AND MEAT ALTERNATE COMPONENT

1. **Q: Are peanut butter and other nut or seed butters creditable as meat alternates?**

A: Yes. However, the serving size of such butters is impractical for lunch or supper (two tablespoons equals 1 ounce of meat alternate). CACFP and SFSP require that an additional source of meat/meat alternate be served at lunch or supper. Nuts or seeds and nut or seed butters must be limited to no more than one lunch or supper per week. **Caution** should be taken to assure that a child is not allergic to nuts or nut butters before serving. Allergic reactions to peanuts and tree nuts can be severe or life threatening.

2. **Q: Can nuts and seeds be served as acceptable meat alternates?**

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

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

Acorns, chestnuts, and coconuts are not creditable as a meat alternate due to their low protein content and low iron content. Serve only ground or finely chopped nuts and seeds to children under three years of age to reduce the risk of choking. Nuts are not recommended for children under three years of age.

3. **Q: Do seeds and nuts have to be combined with another meat or meat alternate in a single menu item to be counted as a meat alternate?**

A: No. They can be combined *within* one menu item such as the main dish or the total meat/meat alternate can be split between the main dish and one other menu item. However, the requirement cannot be met with the combination of, for example, bread (as in a sandwich) and dessert (as in a peanut butter cookie).

4. **Q: May nut/seed meal or flour be used as a meat alternate?**

A: No. A nut or seed meal or flour may not be used as a meat alternate unless it meets the criteria for an alternate protein product. See meat questions 23, 24, and 25.

5. **Q: How do you plan amounts of nuts and seeds to be served or credited for several different age groups of children?**
- A:** If various age groups of children are being served it would be best to plan for the amount of nuts or seeds in a meal based on the younger age group. If one-half of the meat/meat alternate requirement for that age group is not exceeded, the amount for the older group will not be exceeded. Do not serve nuts and seeds to children younger than three years of age to avoid choking and allergic reactions.
6. **Q: Why are nuts and seeds and nut or seed butters now being allowed as a meat alternate in Child Nutrition Programs?**
- A:** Peanut butter has always been included as a meat alternate in the Child Nutrition Programs. Other nut and seed butters are now becoming available on the market. However, nuts including peanuts have always been considered a snack food. Food consumption habits and food preferences are influenced by many cultural, ethnic, economic, religious, and environmental factors and are constantly changing. These changes can affect how foods are used in meals. Nuts and seeds and a variety of nut and seed butters are now playing a more conventional and popular role in meals as main dish items.
7. **Q: How do nuts and seeds have to be combined with meat or other meat alternate(s) to meet the meat/meat alternate requirement?**
- A:** Nuts and seeds do not necessarily have to be combined in a menu item with another meat alternate or meat. As nuts and seeds can count no more than one-half of the meat/meat alternate requirement, they must be combined in a meal to meet the total requirement. Any meat or meat alternate may be used to combine with nuts and seeds: lean meat, poultry, fish, cheese, eggs, or cooked dry beans or peas.
8. **Q: Can nuts and seeds in a granola bar be counted towards the meat/meat alternate component?**
- A:** Yes, but only for snack. Must be able to verify that the granola bar contains at least $\frac{1}{4}$ ounce nuts and/or seeds to count towards the meat alternate component.
9. **Q: Is soy or sunflower seed butter creditable as a meat/meat alternate?**
- A:** Yes. Soy or sunflower seed butters are creditable as a meat/meat alternate. It is a good alternative for those who are allergic to peanut

butter. Two tablespoons of soy butter are equal to one ounce of meat/meat alternate. As with peanut butter, when soy butter is served at lunch or supper, an additional meat/meat alternate must also be served because of the large amount needed to meet requirements.

10. Q: Is cheese a meat alternate?

A: Yes. Natural cheese and pasteurized processed cheese are creditable as meat alternates. One ounce of these cheeses equals one ounce of meat alternate. For variety, cheese should be limited to no more than two meals (breakfast, lunch or supper) per week if used as the only source of meat/meat alternate.

11. Q: Are cottage cheese, ricotta, cheese foods and cheese spreads creditable meat alternates?

A: Yes. But twice as much is needed (double the portion) because these cheeses contain less protein and more moisture than natural and processed cheese. A two ounce serving of cheese food, cheese spread or cottage cheese is equivalent to only one ounce of meat/meat alternate.

12. Q: Are grated Romano and Parmesan cheeses creditable in the CACFP?

A: Yes. Both are creditable; **however**, small amounts used as a garnish, seasoning, or in breading should **not** be counted toward meeting the meat/meat alternate requirement of the meal. For both Romano and Parmesan cheeses, a 3/8 cup serving (6 tablespoons) provides one ounce of meat alternate. This would not be a reasonable serving of these strong flavored cheeses.

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

A: No. The macaroni can be credited as a grain/bread alternate if the pasta is enriched or whole grain or made from enriched or whole grain flours. The dry cheese mix is not creditable as a meat alternate.

14. Q: Are cheese substitutes creditable as a meat/meat alternate?

A: Yes. Cheese substitutes are products which appear, taste, and have a nutritional value similar to cheese; however, they do not melt or cool the same as a natural cheese. Cheese substitutes, which are labeled under FDA regulations, may be credited the same way as natural or processed cheese. Cheese food substitutes and cheese spread

substitutes may be credited the same as cheese foods and cheese spreads. The portion size must be doubled: **two ounces of cheese food or cheese spread is equal to one ounce of meat/meat alternate.**

15. Q: Are cheese products and imitation cheeses creditable?

A: No. The term “cheese product” is a category name and is non-standardized; therefore, any item which has only the name *cheese product* would **not** be creditable. Similarly, any cheese labeled “imitation” may not be credited as a meat/meat alternate.

16. Q: What is the minimum amount of meat/meat alternate that a menu item must provide in order to obtain partial credit?

A: The minimum amount of meat/meat alternate provided by a serving of a menu item should be 0.25 ounce ($\frac{1}{4}$ oz.) in order to receive partial credit. Credit is indicated in quarter ounce ($\frac{1}{4}$ oz.) increments over 0.25 ounces.

17. Q: How many fish sticks are needed to meet CACFP requirements?

A: Fish sticks are only creditable when served in amounts indicated by a CN label or Manufacturers Product Statement that describes the amount of meat/meat alternate by portion size.

18. Q: Is tofu a creditable meat alternate?

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

19. Q: Can cooked dry beans, lentils, or peas be credited as meat alternates?

A: Yes. These foods may be creditable as either meat alternates or as fruits/vegetables, but not both in the same meal. Also, one-half cup of bean, lentil, or split pea soup may be served to meet the equivalent of one ounce of meat alternate.

20. Q: Is the meat or meat alternate in casseroles creditable?

A: Yes. However, the required amount is often insufficient in a serving and may require an additional meat/meat alternate on the side (cheese cube, peanut butter, hard cooked egg). A recipe that lists ingredients (amount of meat or meat alternate) used and the number of servings prepared should be available in order to determine creditability.

21. Q: Can all sources of protein (i.e., eggs, meat, poultry, dried beans or peas, lentils, cheese) in a combination dish be counted toward meeting the meat/meat alternate component, even if they are not recognizable as in the case of eggs in meat loaf or cheese in a casserole?

A: Yes. The different sources of protein in a combination dish may all be counted toward meeting the meat/meat alternate requirement. The minimum amount of meat/meat alternate provided by a child size serving must be $\frac{1}{4}$ (0.25) ounce. A recipe that lists ingredients (amount of meat or meat alternate) used and the number of servings prepared should be available in order to determine creditability.

23. Q: Are alternate protein products (APP) acceptable as meat alternates in the CACFP and SFSP?

A: Yes. APPs are acceptable as meat alternates when the following criteria are met.

- a. The APP must be processed so that some portion of the non-protein constituents of the food is removed. These APPs must be safe and suitable edible products produced from plant or animal sources.
- b. The biological quality of the protein in the APP must be at least 80 percent that of casein, determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS).
- c. The APP must contain at least 18 percent protein by weight when fully hydrated or formulated. ("When hydrated or formulated" refers to a dry alternate protein product and the amount of water, fat, oil, colors, flavors, or any other substances which have been added).
- d. Manufacturers supplying an APP to participating schools or institutions must provide documentation that the product meets a through c above.
- e. Manufacturers should provide information on the percent protein contained in the dry APP and on an as prepared basis.
- f. For an APP mix, manufacturers should provide information on:
 - i. The amount by weight of dry APP in the package;
 - ii. Hydration instructions; and
 - iii. Instructions on how to combine the mix with meat or other meat alternates.

24. Q: How are APPs used in the CACFP & SFSP?

A: Schools, institutions, and service institutions may use APPs to fulfill all or part of the meat or meat alternate component.

The following terms and conditions apply:

- a. The APP may be used alone or in combination with other food ingredients. Examples of combination items are beef patties, beef crumbles, pizza topping, meat loaf, meat sauce, taco filling, burritos, and tuna salad.
- b. APPs may be used in the dry form (not hydrated), partially hydrated, or fully hydrated form. The moisture content of the fully hydrated APP (if prepared from a dry concentrated form) must be such that the mixture will have a minimum of 18 percent protein by weight or equivalent amount for the dry or partially hydrated form (based on the level that would be provided if the product were fully hydrated).

25. Q: How are commercially prepared products used in the CACFP and SFSP?

A: Schools, institutions, and service institutions may use a commercially prepared meat or meat alternate product combined with APPs or use a commercially prepared product that contains only APPs.

26. Q: Is beef jerky creditable in the CACFP?

A: No. Beef jerky is not creditable as it is high in salt (sodium) content, it is expensive, it is difficult for a child to chew, and a large portion is needed to meet the meal component requirement.

27. Q: Are any canned soups creditable toward the meat/meat alternate requirement?

A: Only a few. Most canned soups do not contain enough meat to make a substantial contribution toward the meat requirement. Both bean and pea soup, condensed and ready-to-serve, provide a half-cup of cooked beans or peas per one cup of soup. One cup of bean or pea soup is equivalent to two ounces of meat alternate.

28. Q: Can pizza be credited as a meat/meat alternate?

A: Yes, if it is CN labeled or homemade. Homemade pizza must have adequate meat and cheese as documented on a standardized recipe. Pizza crust may also be counted as a grain/bread. Commercially

prepared pizza is creditable if center has a CN label documentation or a manufacturer's Product Formulation Statement verifying the amount of meat/meat alternate provided by the pizza. If this documentation is not secured, the pizza may be creditable if enough meat and/or cheese is added to a commercial pizza to provide the minimum serving size.

29. Q: Are corn dogs creditable?

A: Yes. Both the frankfurter and the breading may be credited toward meal pattern requirements. The frankfurter is credited as a meat/meat alternate on an ounce per ounce basis provided it meets the established standard for frankfurters (see question #31). The breading is credited like cornbread. Limit all types of high fat and salty meats to once a week.

30. Q: Are all types of frankfurters creditable?

A: No. Only all meat (beef, pork, etc.) or all poultry (turkey, chicken) frankfurters that do not contain by-products, cereals, binders, or extenders are creditable. (See questions #32-34 and Appendix D). Meat and poultry frankfurters that meet this standard are credited on an ounce per ounce basis, or one ounce of product provides one ounce of cooked lean meat. For example, a two-ounce frankfurter provides two ounces of cooked lean meat. Look for products labeled "All Meat", "All Beef", "All Pork", etc.

Note: Binders and extenders must always be listed in descending order of their predominance along with the other ingredients. Note also that such products are high in salt and fat and shall be restricted to service no more than one time per week. See question #32.

31. Q: Are luncheon and cold cut meats creditable?

A: Yes. Luncheon/cold cut meats include hot dogs, Frankfurters, bologna, pepperoni, Polish and smoked sausage, salami, all-meat *Little Smokies*, summer sausages, liverwurst, and other pressed type meats (*Spam*, *Treet*). Luncheon meats must not contain meat by-products, cereals, binders, or extenders to be creditable on an ounce-per-ounce basis or one ounce of product provides one ounce of cooked lean meat. Look for products labeled "All Meat." (See questions #31-35.)

Note: Luncheon/cold cut meats are high in salt and fat and shall not be served more than one time per week.

32. Q: What specific ingredients are considered binders and extenders?

A: Soy flour, soy protein, isolated soy protein, starchy vegetable flour, dried milk, calcium reduced dried skim milk, and cereal are all binders or extenders.

33. Q: Are binders and extenders always listed on the product's label?

A: Yes. Binders and extenders must be listed in the ingredient statement and will be listed in descending order of their predominance along with the other ingredients.

34. Q: How can you tell if a product is made of only red meat and poultry?

A: By the product name on the label. A product meets the standard if the name of the product does not include products considered to be by-products, binders, or extenders. For example, "frankfurters – soy flour added" would not meet the standard.

Products that meet the CACFP
Standard will be labeled:

Frankfurters
with

Beef frankfurters

Pork frankfurters

Poultry frankfurters

- Cereal added

- Vegetable starch added

- Nonfat dried milk added

- Isolated soy protein added

- Dried milk added

- By-products added

- Variety meats added

Products that **do not** meet the
CACFP Standard will be labeled:

Frankfurters (beef, pork, poultry)

- Soy flour added

- Starchy vegetable flour added

- Calcium reduced dry skim
milk added

35. Q: Is yogurt creditable in the CACFP and SFSP?

A: Yes. Yogurt is creditable as a meat/meat alternate for lunch and snacks for children and adults. One cup of yogurt is equal to 2 ounces of meat/meat alternate. See page 19 for amounts of yogurt needed for lunch and snack.

36. Q: Can purchased frozen or canned products such as ravioli, pizza, meat stew, sloppy joes, and chili mac be credited in the CACFP and the SFSP?

A: Yes. However, when crediting the above products toward the meat/meat alternate component, the amount of meat and/or meat alternate in the product is the determining factor. These products cannot be used without one of the following to verify the meal pattern contribution: 1) Child Nutrition (CN) label; or 2) Manufacturer's product analysis signed by an official of the manufacturer which states the amount of cooked lean meat/meat alternate per serving.

37. Q: How many menu items containing meat/meat alternate can be credited in a meal?

A: Two menu items are the maximum number which may be used to meet the meat/meat alternate requirement. The meat/meat alternates must be served in the main dish (entrée), or in the main dish and one other menu item. However, the requirement cannot be met with the combination of bread and dessert. In addition, a second meat/meat alternate is not creditable as a dessert type item (e.g., peanut butter pudding, egg custard), because a meat/meat alternate is not customarily served in a meal as a dessert. The use of a dessert item to fulfill any of the required meal components (e.g., slice of cheese with apple pies, cobblers (grain/bread), etc.) is not allowable.

38. Q: Can vegetarian meals be served in the CACFP and SFSP?

A: Yes. The meals must meet CACFP and SFSP meal pattern requirements. Examples of meat alternates that are creditable in the CACFP include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, eggs, cooked dry beans and peas, nuts and seed butters or any combination of the above.

39. Q: We have several participants that cannot eat certain foods because of religious reasons or special dietary reasons. How do we claim these participants?

A: Refer to milk questions #14-18 for information on fluid milk substitutes and substitutions for food and milk.



FRUITS/VEGETABLES

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FRUITS AND VEGETABLES COMPONENT

Breakfast must contain a serving of a vegetable, a fruit or a full-strength (100%) vegetable or fruit juice, or an equivalent quantity of any combination of these foods. Lunch and supper must contain a serving of two or more different vegetables or fruits, or a serving of both. Full-strength juice may be served to meet one component at lunch or supper. At snack may contain a fruit, a vegetable or a full-strength juice as one of the two required meal components; however, juice may not be served when milk is served as the only other snack component.

Full strength juice is creditable when it is 100% full-strength juice. Products labeled 100% juice, 100% pure juice, 100% fruit juice, 100% fruit juice blends, and 100% juice concentrate are creditable. CACFP recommends that juice be limited to no more than three servings per week and encourages the use of fresh, frozen, canned or dried forms of fruit.

Vegetables and fruits are credited as served. Small amounts (less than 2 Tablespoons or 1/8 cup) of vegetables and fruits used for flavorings or as optional ingredients, such as garnishes, should not be counted to meet the vegetable/fruit requirement. These small amounts are generally not controlled, and no determination can be made of the contribution to the meal. In addition, condiments and seasonings are not creditable since they serve as accessories to enhance the acceptability of the meal.

In order for a fruit or vegetable to be credited as a meal component, there must be a minimum of 1/8 cup (2 Tablespoons) serving per participant. When 1/8 cup is served, another fruit/vegetable must be served to meet the total requirement, depending on the participant's age and the meal served. See the chart on the next page to determine the total amount of fruit/vegetable needed.

Vegetables or fruits served as a combination item, e.g. fruit cocktail, succotash, peas and carrots, mixed vegetables, etc. may be credited to meet only one of the two required fruit/vegetable components for lunch and supper. Cooked dry beans or peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.

Home canned products **do not** meet the definition of an approved food source and are not allowed for health and safety reasons. Combinations of fruits and vegetables on items such as sandwiches (example: lettuce, tomato) or pizza (example: mushrooms, green peppers) count only as one vegetable.

Remember: The foods listed in the *CFG* are not all-inclusive. Refer to the *Food Buying Guide (FBG)* for foods not included in the *CFG*. The *FBG* can be viewed or information downloaded at:

<http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>

Fruits & Vegetables – Minimum Serving Sizes for Breakfast, Lunch & Snacks

Ages	1 thru 2	3 thru 5	6 thru 12	13 thru 18 ¹	Adult Care
Breakfast	¼ cup	½ cup	½ cup	½ cup	½ cup
Lunch and Supper - serve 2 or more different fruits &/or vegetables	¼ cup (total)	½ cup (total)	¾ cup (total)	¾ cup (total)	1 cup (total)
Snack	½ cup	½ cup	¾ cup	¾ cup	½ cup

¹At-risk after school programs, shelters and Summer Food Service Program (SFSP) serve participants through age 18. Sponsors may request permission, in writing, to serve smaller amounts to children under age 6.

Vegetables and fruits are an important source of fiber, iron, minerals, vitamins A and C, and other nutrients. To help meet nutritional standards and goals it is recommended that:

- Meals include a vitamin A rich vegetable or fruit at least two or three times a week. Vitamin A rich foods include orange and dark green fruits and vegetables such as sweet potatoes, carrots, broccoli, peaches, melons, and spinach;
- Meals include a vitamin C rich vegetable or fruit three to four times a week at lunch and/or supper, and frequently at the breakfast meal. Vitamin C rich foods include orange and orange juice, potatoes, broccoli, strawberries, fortified 100% fruit juices;
- Menus should include a variety of fresh vegetables and fruits; and
- Meals include foods that are good sources of fiber, such as fresh fruits and vegetables as well as whole grain products.



FRUITS AND VEGETABLES

- ✓ Includes fresh, canned, frozen, dried and dehydrated fruits and vegetables with no added sugars.
- ✓ It is recommended that canned fruit be packed in water or fruit juice.
- ✓ Two different fruits and/or vegetables must be served at lunch and supper.
- ✓ One serving of a fruit or vegetable or juice is required at breakfast.
- ✓ Snacks may contain a fruit **or** a vegetable as one of the two required components of a snack.
- ✓ Cooked dry beans/peas may be counted as a vegetable **or** a meat alternate, but not as both in the same meal.
- ✓ Juice must be 100% full strength fruit or vegetable juice. It is recommended that juice be served no more than a total of two times per week for breakfast, lunch and snack.
- ✓ Juice may be used to meet the total fruit/vegetable requirement at breakfast and snack.
- ✓ Juice may not be served when milk is served as the only other snack component.
- ✓ Juice may meet only ½ of the fruit/vegetable requirement at lunch or supper. It is not recommended that juice be served at lunch or supper.
- ✓ It is recommended that juice be served no more than three times per week and no more than 4 ounces of juice is served in a day.

FRUITS AND VEGETABLES

Food Item	Creditable		Comments
	Yes	No	
Ade Drinks		X	Not 100% full-strength juice. Examples include lemonade, Kool-Aid, fruit punches, sports drinks, etc.
Alfalfa Sprouts		X	Not creditable due to food safety hazards. Sprouts are a high risk for children and elderly people with compromised immune systems.
Apple Butter		X	Not enough fruit present.
Apple Chips		X	Low vitamin/mineral content.
Apple Cider	X		Due to safety reasons, use only pasteurized cider.
Apple Fritters		X	Not enough fruit present
Apples, Spiced Slices	X		
Avocados (and center prepared guacamole)	X		Must contain at least 1/8 cup of avocado per serving.
Banana Bread, Muffins or Cake		X	Less than 1/8 cup of bananas per serving. May only be credited as a grain/bread component.
Banana Chips		X	Low vitamin/mineral content.
Banana in Pudding	X		Must contain at least 1/8 cup of bananas per serving.
Barbecue Sauce		X	Does not contain enough fruit/vegetable per serving.
Beans, Baked	X		Beans may not be credited as a fruit/vegetable and a meat alternate in the same meal.
Bean Sprouts		X	Not creditable due to food safety hazards. Sprouts are a high risk for children and elderly people with compromised immune systems.
Beverages, fruit		X	Are not 100% full-strength juice.
Cake (containing fruit)		X	Less than 1/8 cup fruit per serving.
Carrots, fresh, frozen, canned	X		All are creditable but caution should be used with baby carrots - they are a choking hazard.
Carrot Bread, Muffins or Cake		X	See banana bread.
Catsup or Chili Sauce		X	These products are condiments - not enough vegetable present.
Cobbler (Fruit Cobbler)	X		Must be at least 1/8 cup fruit per serving.
Coconut		X	Not a fruit/vegetable - is considered a nut or seed, although coconut is not creditable as a meat/meat alternate.
Coleslaw	X		Counts as one vegetable but must have at least 1/8 cup cabbage/slaw mix per serving. See vegetable/fruit question #1. Purchased coleslaw requires a CN label.
Commercial Pizza	X		The pizza sauce is creditable as a vegetable

FRUITS AND VEGETABLES

Food Item	Creditable		Comments
	Yes	No	
			only with CN label or Manufacturer's documentation. CN must be stated on the menu.
Corn, canned, fresh, frozen	X		
Corn Chips		X	Not creditable as a vegetable; see grain/bread section.
Corn Syrup		X	Corn syrup is a sugar.
Cranberries, fresh, frozen, dried	X		
Cranberry Juice Blend	X		Cranberry juice (not cranberry cocktail) blended with 1 or more 100% juices is creditable. 100% cranberry juice (not in a juice blend) is generally not commercially available or contains added sugars which would not be a 100% juice.
Cranberry Juice Cocktail or Drink		X	Contains less than 100% fruit juice. 100% cranberry juice is generally not commercially available.
Cranberry Sauce (Jellied)		X	Not enough fruit present.
Cranberry Sauce (Whole Berry) or Cranberry Relish	X		Must contain at least 1/8 cup of fruit per serving – is typically considered a condiment.
Dehydrated Vegetables	X		Yields must be based on the rehydrated volume. See fruit/vegetable question #14.
Dried Beans, peas, lentils, refried beans, red beans, soy beans (canned or cooked from dry)	X		Can be credited as a vegetable or a meat/meat alternate but cannot be credited as both in the same meal.
Dried Fruit, i.e., raisins, apricots, prunes, dates, figs	X		Caution should be used with children as dried fruit may be a choking hazard. See fruit/vegetable question #6.
Drinks, Fruit		X	Not 100% fruit juice. See vegetable/fruit question #11.
Dry Spice Mixes		X	
Fig Bar Cookies		X	Amount of fruit is too small to count toward vegetable/fruit component.
Formulated Fruit-Grain products		X	May be credited only as a grain/bread. Example: <i>Powerball</i>
French Fries	X		See potatoes.
Frozen Fruit Flavored Bars (commercial purchase)		X	Only creditable with CN label documentation verifying meal pattern contribution.

FRUITS AND VEGETABLES

Food Item	Creditable		Comments
	Yes	No	
Frozen Fruit Juice Bar/Cup (center prepared)	X		Must be made with 100% fruit and/or juice.
Fruit Flavored Powders or Syrups		X	Not enough fruit present. Example: Tang
Fruits or Vegetables added to Quick Bread, muffins, cake (banana, zucchini, pumpkin, carrot, etc.)		X	Not enough fruit present. See banana bread; may be credited as a grain/bread.
Fruit, Dried	X		See vegetable/fruit question #6.
Fruit Bar, Dried		X	It is impractical and difficult to measure actual fruit portion, and each participant would need an extremely large quantity to meet the requirement. Also contributes to dental caries.
Fruit Cobblers, Crisps, or Pies (homemade)	X		1/8 cup minimum of fruit per serving; creditable at snack only. Use of such items should be minimized due to high sugar content.
Fruit Cocktail	X		Counts as one serving.
Fruit in Dry Cereal		X	It is impractical and difficult to measure actual fruit portion and each participant would need an extremely large quantity to meet the requirement.
Fruit in Gelatin	X		Must contain at least 1/8 cup of fruit per serving.
Fruit Flavored Punch		X	Not 100% fruit juice. Example: Hawaiian Punch.
Fruit Leathers, Bars, Snacks, Roll-Ups, Shapes, etc.		X	Not enough fruit present. These sticky products contribute to dental caries.
Fruits or Vegetables added to snack cakes, breads, muffins, etc.		X	Not enough fruit present. See banana bread; may be credited as a grain/bread.
Fruit Nectar		X	Not 100% fruit juice. Commonly contains less than 50% full strength juice.
Fruit Pie Filling (commercial purchase)	X		If the predominant ingredient is fruit, it will provide ½ credit. Example: ½ cup of fruit pie filling will credit as ¼ cup of fruit. See vegetable/fruit questions #23 and #24.



FRUITS AND VEGETABLES

Food Item	Creditable		Comments
	Yes	No	
Fruit Pie Filling (center "home"made)	X		May be credited based on the amount of fruit in each serving.
Fruit Sauces	X		If center ("home") made-count the fruit portion of the sauce. Must contain at least 1/8 cup fruit per serving. See fruit/vegetable question #25.
Fruit Syrup, from canned fruit		X	
Gelatin, Plain or Flavored		X	Low in nutrients and high in sugar. Example: Jello-O
Gelatin Desserts or Salads with Fruit and/or Vegetable	X		Must contain at least 1/8 cup of fruit or full-strength fruit or vegetable juice per serving. See fruit/vegetable question #29.
Gravy Bases		X	
Hominy		X	Not made from the whole kernel of corn - considered as "other food." See vegetable/fruit question #20.
Home Canned Fruits or Vegetables		X	Due to food safety concerns, home canned fruits and vegetables are not creditable. This includes homemade jams, jellies and preserves.
Honey, Syrups		X	These are condiments.
Ice Cream or Ice Milk, Fruit Flavored		X	Do not contain enough fruit per serving.
Jam or Jelly, Preserves		X	Insufficient fruit content per serving.
Jell-O		X	or gelatin is considered an "other food" or extra item; even though it is used to round out or enhance a meal, it is not a creditable food item.
Jicama, Yam bean root, Mexican turnip	X		Can be eaten raw, steamed baked, boiled, mashed.
Juice Blends	X		Combinations of full-strength fruit juices are creditable.
Ketchup, Chili Sauces, Bar-B-Que Sauces		X	Not enough vegetable; considered a condiment.
Kiwi Fruit	X		See Food Buying Guide for yields.
Kool Aid		X	Not 100% juice.
Lefsa		X	Bread made of potatoes and flour. May be credited as a grain/bread.
Lemon Pie Filling		X	High in sugar.
Lemonade		X	Not 100% fruit juice.
Lemons		X	Not feasible to serve whole (or cut pieces) of

FRUITS AND VEGETABLES

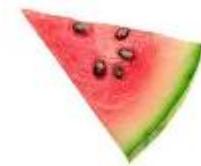
Food Item	Creditable		Comments
	Yes	No	
			lemons or full strength lemon juice. Use as a meal accompaniment or garnish.
Maple (Pancake/Waffle) Syrup		X	This is a sugar and is used as a condiment.
Mixed Vegetables, Canned, Frozen	X		Counts as one serving.
Muffins with Fruit		X	Less than 1/8 cup per serving. See banana bread.
Nectar (apricot, guava, peach, pear)		X	Not 100% fruit juice.
Oil, Vegetable		X	
Olives, Black or Green & Pimentos		X	Very high in sodium. Considered a garnish or condiment.
Onion Rings	X		May not be able to serve enough to credit as a vegetable. Creditable only if homemade or if a CN label verification.
Pea (Split Pea) Soup	X		One cup soup equals ½ cup cooked peas. Credit as vegetable or meat alternate but not both in the same meal.
Pickles or Pickle Relish		X	High in sodium; considered a garnish or condiment.
Pizza Sauce	X		Tomatoes or tomato sauce must be a first ingredient; or if made with tomato paste, water can be 1 st ingredient or product is verified with CN label documentation.
Popsicles (commercial prepared)		X	Commercial popsicles do not contain 100% fruit juice. See vegetable/fruit question #15.
Posole		X	Not made from whole kernel corn.
Potato Chips or Canned Potato Sticks		X	Snack type chips are not creditable as a vegetable. See Grains/Breads section for grain-based chips.
Potatoes: French Fries, Tater Tots, Potato Skins, etc.	X		Potatoes are creditable as a vegetable component. Recommend limited use of commercially produced fried or pre-fried potatoes as they contribute to fat in the diet.
Raisins	X		The serving size is ½ cup at breakfast or snack is impractical. A second fruit/vegetable is recommended when raisins are served at breakfast and snack.
Raisin Bread		X	Amount of fruit is too small to count towards a fruit component; only creditable as a grain/bread.

FRUITS AND VEGETABLES

Food Item	Creditable		Comments
	Yes	No	
Salad Dressing		X	This is a condiment or “extra item”.
Salsa, Center (“home”) made	X		Homemade salsa made with fresh tomatoes or commercially canned tomatoes is creditable; min. serving size is 1/8 cup vegetable per serving. See vegetable/fruit question #31.
Salsa, Commercial purchased		X	Cannot determine the creditable portion unless verified with CN label documentation. See fruit/vegetable question #31.
Sauerkraut	X		Very high in sodium.
Sherbert/Sorbet		X	Not enough fruit present; high in sugar. Creditable only with CN label documentation.
Soup – Vegetable or vegetable/meat			Only vegetables are creditable.
Canned Condensed (one part soup to one part water)	X		One cup (8 oz.) reconstituted (or ready-to-serve) will yield about one-fourth ¼ cup vegetable. Lentil, split pea soups: ½ cup (4 oz.) reconstituted (or ready-to-serve) will yield ¼ cup vegetable. See vegetable/fruit question #12.
Dehydrated Soup Mixes		X	Amount of vegetables per serving is too difficult to determine.
Vegetable Soup: (canned, ready-to-serve)			One cup serving will yield about one-fourth cup vegetable. One-half cup (4 oz.) soup equals 1/8 cup vegetable. A serving of less than ½ cup does not contribute to the fruit/vegetable requirement.
Soybean, Fresh (Edamame), Dry, Canned	X		High in protein and fiber
Spaghetti Sauce (commercial)	X		It is creditable if tomatoes are the first ingredient listed on the label and water is not listed as an ingredient; or tomato paste is the first ingredient listed; or there is a statement from the manufacturer that the sauce can be credited on a one to one basis.
Sports Drinks, Sparkling Waters		X	Not 100% juice.
Toaster Pastry Filling		X	Not enough fruit present. Example: Pop Tarts

FRUITS AND VEGETABLES

Food Item	Creditable		Comments
	Yes	No	
Tomato Paste, Puree, or Sauce	X		See fruit/vegetable question #2.
Tater Tots	X		See potatoes
Tomato Juice or V-8 Juice	X		
Vegetable Juice Blends	X		Vegetable juice blends are mixed, full-strength vegetable juice.
Vegetables in center made (HM) casserole or stews	X		Must have at least 1/8 cup of a vegetable per serving.
Vinegar, any variety		X	Considered an ingredient or condiment.
Water Chestnuts	X		
Yogurt, with fruit		X	Commercial fruit yogurt is not creditable – it has less than 1/8 cup per serving. Fruit added to plain yogurt may be credited if there is at least 1/8 cup fruit per serving.
Zucchini Bread		X	See banana bread.



VEGETABLES AND FRUITS

Questions and Answers (Q & As)

- 1. Q: Are center/site produced foods like coleslaw, potato salad, or Waldorf salad creditable?**

A: Center (“home”) made - The fruit and vegetable ingredients in these items count towards meeting the fruit/vegetable requirement. Other ingredients such as mayonnaise, nuts, or marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a $\frac{1}{4}$ cup serving of coleslaw containing non-creditable ingredients would not equal a one-fourth cup of fruit/vegetable. **Commercially prepared salads** – require a Child Nutrition (CN) label to document the meal pattern contribution.
- 2. Q: How much tomato paste, tomato puree, or tomato sauce would I need to equal $\frac{1}{4}$ cup of vegetable for each 3 through 5 year old at lunch or supper?**

A: Tomato Paste - 1 Tablespoon (used as an ingredient in a recipe) = $\frac{1}{4}$ cup
Tomato Puree - 2 Tablespoons (used as an ingredient in a recipe) = $\frac{1}{4}$ cup
Tomato Sauce – 4 Tablespoons (used as an ingredient in a recipe) = $\frac{1}{4}$ cup
- 3. Q: Is catsup creditable?**

A: No. Catsup is a condiment and must be served as an extra item.
- 4. Q: Is the tomato paste, puree, or sauce on homemade pizza creditable?**

A: Yes. The tomato product is creditable in an amount equal to its reconstituted volume. Only individual servings equaling at least one-eighth cup reconstituted are creditable.

Exception: To credit commercially prepared pizza, a CN label is required, or you must have a product analysis sheet from the manufacturer stating the meal contribution amount of tomato paste, sauce, or puree per serving.
- 5. Q: Are commercial spaghetti sauces creditable?**

A: Commercial spaghetti sauce is creditable if tomatoes are the first ingredient listed on the label and water is not listed as an ingredient; or tomato paste is the first ingredient listed; or there is a statement from the manufacturer that the sauce can be credited on a one to one basis.
- 6. Q: Are raisins and other dried fruits creditable?**

A: Yes, however, the fruit/vegetable requirement is based on volume. A serving of raisins or other dried fruit may be impractical for a participant to consume.

The minimum creditable serving size is one-eighth (1/8) cup (or 2 Tablespoons). If dried fruit is served at the breakfast or snack meal, it is recommended that another fruit/vegetable component be served with the dried fruit.

7. Q: Are raisins in homemade rice pudding or bread pudding creditable?

A: Yes. However, at least one-eighth cup of raisins must be in each serving to be creditable. In most recipes, not enough raisins are used to meet this requirement.

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

A: Creditable juices will include “**juice**” as part of the name such as: “**juice**”, “full-strength **Juice**”, “single-strength **juice**”, “reconstituted **juice**”, “**juice** from concentrate”, or “**juice** concentrate.” Fruit or vegetable products that have the following descriptions in their name are **not** creditable (**not** 100% juice): “cocktail”, “natural”, “beverage”, “drink” or “sweetened with” sugar, sucrose, or corn syrup.

9. Q: Are juices and juice concentrates acceptable?

A: Yes. “Juice” is defined as any product, liquid or frozen, labeled “juice”, “full-strength juice”, “single-strength juice”, “100% juice”, “all-juice blends”, or “reconstituted juice.” **Juice concentrates are creditable as reconstituted.** One tablespoon (Tbsp.) of frozen juice concentrate equals one-fourth (¼) cup of fruit juice when the directions call for three parts water to one part juice (3:1 ratio). Two tablespoons of frozen juice concentrate equal one-fourth cup of fruit juice when the directions call for one part water to one part juice concentrate (1:1 ratio).

10. Q: Are “V-8” juice and apple cider creditable as juices?

A: Yes. Both of these are full-strength juices. Be sure apple ciders and juices are labeled “pasteurized” to avoid E. Coli food poisoning.

11. Q: What is a “juice drink” and is it creditable?

A: No. 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, or flavorings. A juice drink may be canned, frozen, or reconstituted from a frozen concentrate or a “juice base.” It may be served in either liquid or frozen state or as an ingredient in a recipe. Examples of juice drinks are apple juice drink, grape juice drink, orange juice drink, and pineapple-grapefruit juice drink. **A juice drink may not be credited as a fruit/vegetable component in the CACFP or SFSP.**



12. Q: Are canned soups creditable toward meeting the vegetable/fruit requirement?

A: Some are. The following soups, condensed at one part soup to one part water ratio (1:1) **and** ready-to-serve soups may be credited toward the vegetable/fruit requirement: minestrone; tomato; tomato with other basic components, such as rice; vegetable (all vegetable); vegetable with other basic components such as meat or poultry; and bean and pea soups, including cream of pea. One cup (8 ounces) reconstituted or ready-to-serve soup is equivalent to about one-fourth (1/4) cup of vegetable. One-half (1/2) cup (4 ounces) of cooked bean (not green bean), lentil, or split pea soup equals one-fourth (1/4) cup of the vegetable requirement.

13. Q: Are dehydrated soups creditable?

A: No. Some dehydrated soups are creditable. Tomato and split pea soups are creditable with one cup of soup equaling one-fourth cup serving of vegetables/fruits. Dehydrated vegetable are not creditable because the amount of vegetable per serving is difficult to determine.

14. Q: Are dehydrated vegetables creditable and how are yields determined?

A: Yes, dehydrated vegetables are creditable. Yields for dehydrated vegetables must be based on the **rehydrated** volume, not the fresh volume that may be stated on the container. Keep in mind that rehydration yields often vary from brand to brand. This means that the following procedure must be used for each brand of dehydrated product to determine the yield. Yields for dehydrated products are published in the vegetable/fruit section of the *Food Buying Guide*.

Determine the rehydrated volume as follows:

1. Rehydrate (add water or liquid to) a purchase unit of the dehydrated vegetable according to manufacturer's directions. If directions are not on the container, request rehydration directions from the manufacturer.
2. Measure the rehydrated volume.
3. Measure the number of one-fourth (1/4) cup servings of rehydrated product that one purchase unit provides.
4. Keep a record of the yield data obtained at the center as verification. Records should include information on the size of the purchase unit, the number of one-fourth (1/4) cup servings of rehydrated product per purchase unit, the name of the manufacturer, and the manufacturer's directions for how to rehydrate the product.

15. Q: Can popsicles or frozen fruit/juice bars be credited as fruits/vegetables?

A: Yes and No. Only center ("home") prepared frozen juice cups or bars, made with 100% juice are creditable. You must put HM (homemade) on the menu and have a recipe that documents the ingredients, number of servings and serving size(s). If commercially produced frozen juice bars are used, a CN

label is required that documents the meal pattern contribution. A non-creditable Popsicle or frozen fruit based novelty may only be served as an extra item; however, it is not recommended, due to the high sugar content.

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

A: No. These type items are considered only one fruit/vegetable component.

17. Q: How are fruits and vegetables counted (credited) in combination dishes such as beef stew?

A: Homemade beef stew made from a standardized recipe (indicating the number of servings and serving sizes for each age group) with beef, carrots, potatoes and onions would count as a meat component and up to two vegetable components. Items such as chef's salad or fruit plate (with meat or meat alternate) may be creditable as two servings of fruit/vegetables if two or more fruits/vegetables are identifiable as individual servings and served as part of an entrée. Refer to Appendix C for more information on crediting combination foods.

18. Q: Can the fruit and/or vegetable in glorified rice, gelatin, or in holiday fruitcake be counted towards the fruit/vegetable requirement?

A: Yes, however, the fruit and/or vegetable used must equal at least one-eighth (1/8) cup per serving. Plain gelatin does not meet any of the CACFP meal pattern requirements and can only be served as an extra item.

19. Q: Are edible plants such as dandelion greens, burdock, lamb's quarter (pigweed) and amaranth creditable?

A: Yes, these are considered a vegetable.

20. Q: Is hominy creditable?

A: No. Hominy is not creditable as it is not made from the whole corn kernel.

21. Q: Can all fruit or vegetables in recipes or combination dishes be counted toward meeting the fruit/vegetable component?

A: Yes. All fruits or vegetables in a recipe or combination dish may be combined and counted toward meeting the fruit/vegetable component of a meal or snack if the combined volume provides at least one-eighth cup fruit/vegetable per

may be a fruit/vegetable. Refer to Appendix E for additional information on crediting combination foods.

22. Q: Are pickles and olives creditable as fruits/vegetables?

A: No, these items are considered to be condiments or garnishes and are very high in sodium.

23. Q: Are commercially canned, ready-to-use fruit pie fillings creditable in the CACFP?

A: Yes, however, only one-half ($\frac{1}{2}$) credit is allowed. One-half ($\frac{1}{2}$) cup of fruit pie filling would provide one-fourth ($\frac{1}{4}$) cup of fruit credit unless otherwise documented by the center. This applies to commercially canned, ready-to-use pumpkin pie filling. From a nutritional viewpoint, the serving of these products is discouraged because the sugar content is high. Providing fresh fruits as a dessert may be a better choice because it encourages participants to develop and maintain positive food habits.

24. Q: Are homemade (center prepared) fresh fruit pie fillings fully creditable?

A: Yes, creditable only as a fruit component. This also applies to canned 100% pumpkin. You must indicate "HM" on the menus to indicate a homemade (center prepared) recipe.

25. Q: Are fruit sauces such as orange sauce made with orange juice or blueberry sauce made with canned blueberries creditable?

A: Yes. However, **only** the fruit portion of the sauce, i.e., the orange juice or canned blueberries are creditable. To determine the creditable portion size, the amount of fruit in each serving would need to be determined by dividing the total amount of fruit used by the number of servings prepared.

26. Q: Are fruits and vegetables that are canned at home allowable?

A: No. The USDA and Missouri Department of Health and Senior Services prohibit the use of home canned foods in centers. Home canned foods have no standards of inspection, testing, or approval as required for commercially canned products. While the likelihood of danger related to the use of home canned food products may be small, the use of any food item that has potential for endangering the health and well-being of participants must be prohibited.

27. Q: Are fruits and vegetables that are frozen on site creditable?

A: Yes, provided the items are accurately labeled, dated, stored and used within a timeframe acceptable to retain product integrity.

28. Q: Are fruits and vegetables grown in center/site gardens creditable?

A: Yes, but the center must maintain receipt documentation of the plants, seeds and tools used to care for the garden foods as a means to verify non-profit food service.

29. Q: Are garden donations of fresh fruits and vegetables creditable?

A: Yes, donations of fresh produce grown in gardens other than the center garden may be used as part of a reimbursable meal and is limited to: whole, uncut fruits and vegetables, in-shell nuts and fresh herb sprigs. Foods may not be processed or prepared beyond their natural state except for usual harvesting and cleaning processes.

30. Q: Can the fruit or vegetable in pudding or gelatin be counted towards the fruit/vegetable requirement?

A: Yes, however at least 1/8 cup fruit/vegetable must be present in each serving to be creditable. Plain gelatin and puddings are not creditable and can only be served as an extra item.

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

A: A homemade pizza may be counted as one fruit/vegetable component. In order to do this, the pizza should include pizza sauce **and** vegetables or fruit toppings. Purchase of commercially prepared pizza requires a CN label to document the meal pattern contribution.

32. Q: Is commercial Salsa creditable as a vegetable/fruit component?

A: Commercially produced salsa may receive credit towards the vegetable/fruit component if it meets the following criteria:

- The minimum amount that can be used to receive credit is one-eighth cup.
- For products that contain all vegetable ingredients plus minor amount of spices or flavorings, 100% of the product may be used to meet the volume requirement. These salsas may be credited on a volume for volume basis. The USDA commodity salsa fits into this category.
- For products that contain non-vegetable components, like gums, starches or stabilizers, documentation (CN label or manufacturer verification) of the percentage of vegetable in the product is required to count the salsa as a vegetable/fruit component.

GRAINS/BREADS

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GRAINS/BREADS COMPONENT

The meal pattern for the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP) requires grains/breads be served for the breakfast, lunch and supper meals. Grains/breads may also be served as one of two required components for the snack meal. The amount required at each meal is specified in the meal pattern required for the CACFP and SFSP.

The following criteria are the basis for crediting items to meet the grains/breads component of a reimbursable meal:

- ✓ All grains/breads must be enriched or whole-grain, or made from enriched or whole-grain meal and/or flour, bran and/or germ. Creditable cereal grains, both cooked and ready-to-eat, must be enriched, whole-grain, or fortified;
- ✓ Enriched or whole-grain flour, or meal, or germ, or bran must be the heaviest ingredient or listed first on the product ingredient panel; and
- ✓ One-quarter ($\frac{1}{4}$) of a serving is the smallest amount allowed to be creditable.

Grains/breads must serve the customary function of bread for lunch and supper. This means that the grain/bread item be served as an accompaniment to, or an integral part of the main dish, not as an ingredient or a dessert. At lunch and supper, the grains/breads may not be a dessert.

Sweet bread items, such as muffins, doughnuts and others described in this guide are allowed at breakfast and can be served no more than one time each week. Cookies, cake and other sweet “dessert” items are creditable at snacks and can be served no more than two times each week.

The most common way to determine the minimum serving size for the wide variety of prepared grains/breads food products is to use the Weight Table provided on pages 57-58. Food types having similar concentrations of creditable grains are **grouped** together (Groups A through I) based on their average grain content. The weight (amount) needed for the different groups of grain/bread food products are different since each group has a different concentration of enriched or whole-grain meal and/or flour, bran, and/or germ.



Amounts of Grains/Breads Needed for Breakfast, Lunch, Supper, and Snack¹

Ages	1 thru 2	3 thru 5	6 thru 12 and SFSP 1 thru 18 ¹	Adult Care	Adult Care (snack)
Bread or	½ slice	½ slice	1 slice	2 slices	1 slice
Roll, biscuit, muffin, cornbread or	½ serving	½ serving	1 serving	2 servings	1 serving
Cold dry cereal ² or	¼ cup (or 1/3 oz.)*	1/3 cup (or ½ oz.)**	¾ cup (or 1 oz.)***	1 ½ cup (or 2 oz.)	¾ cup (or 1 oz.)
Pasta/noodles/rice or	¼ cup	¼ cup	½ cup	1 cup	½ cup
Cooked cereal/grains	¼ cup	¼ cup	½ cup	1 cup	½ cup

¹ Children ages 13 through 18 must be served minimum or larger portion sizes specified in this section for children ages 6 through 12. At risk after school programs, shelters and summer food service (SFSP) Programs serve participants through 18 years of age. SFSP sponsors may request written permission to serve smaller portions to children under the age of 6.

² Cold dry cereal is not creditable at lunch or supper.

* ¼ cup or 1/3 oz., whichever is less; **1/3 cup or ½ oz., whichever is less; ***¾ cup or 1 oz., whichever is less

Foods listed in the *Creditable Foods Guide (CFG)* are organized into component group sections, according to the food component in which they are most commonly credited. The **Food Item** is listed with an **X** in either the Creditable **Yes** or Creditable **No** column. An explanation of how the food item may be credited (counted towards the meal pattern) and/or why some foods are not creditable are found in the **Comments** column.

The grains/breads creditable (“Yes/No”) section also has a **Group** column that identifies which group the food product fits in. Using that information, find the Group (A through I) on the Weight Table chart (pages 57-58) containing the name of the food product. Read the minimum serving size for that group on the right-hand side of the chart which is organized according to an age range or Program type.

Remember: The foods listed in the CFG is not all-inclusive. Refer to the *Food Buying Guide (FBG)* for foods not included in the CFG. The FBG can be viewed or information downloaded at:

<http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>

GRAINS/BREADS REQUIREMENT

- ✓ All grains/breads must be enriched or whole-grain, made from enriched or whole-grain flour and/or meal. Bran and germ are credited the same as enriched or whole-grain meal and/or flour.
- ✓ Cooked or ready-to-eat cereals must be whole-grain, enriched, or fortified and may be served at breakfast or snack only.
- ✓ The ingredient label must indicate that the product is enriched or whole-grain; made from enriched or whole grain meal and/or flour, bran, or germ.
- ✓ If the grain/bread is enriched, it must meet the Food and Drug Administration's Standard of Identity for enriched bread, macaroni and noodle products, rice, or cornmeal.
- ✓ The grain/bread product must contain enriched flour and/or whole-grain, germ or bran as specified on the label or according to the recipe, or must be enriched in the preparation and processing and labeled "enriched."
- ✓ A serving of grains/breads must contain no less than 14.75 grams of enriched flour and/or whole-grain, germ or bran. The Weight Table for Grains/Breads provides information on equivalent minimum serving sizes for a wide variety of items.
- ✓ The grains/breads item must be provided in the quantities specified in the regulations. One quarter (1/4) of one serving is the smallest amount allowable to be credited toward the minimum quantities of grains/breads specified in program regulations.
- ✓ For lunch and supper, the grains/breads may not be a dessert.
- ✓ Sweet bread items can be served no more than one time per week at breakfast and no more than two times per week at snack.
- ✓ Grain based chips may be served up to two times per week at lunch and snack only.

Grains/Breads Serving Sizes / Weight Table

Minimum Serving Size for Grains/Breads Component

Ages	1 thru 5	6 thru 12 and SFSP 1 thru 18 ²	Adult Care	Adult Care (snack)
Group A: 1 serving = 20 gm or 0.7 oz –Bread type coating –Bread sticks (hard) –Chow Mein noodles –Croutons –Crackers (Saltines, soda crackers and snack crackers) –Stuffing (dry) –Pretzels (hard)	10 gm or 0.4 oz	20 gm or 0.7 oz	40 gm or 1.4 oz	20 gm or 0.7 oz
Group B: 1 serving = 25 gm or 0.9 oz –Bagels –Batter type coating, breading –Biscuits –Breads (white, wheat, French, Italian, rye) –Buns (hamburger, hot dog) –Crackers (all shapes-graham and animal) –Egg roll skins –English muffins –Pita bread (white, wheat, whole wheat) –Pizza crust –Pretzels (soft) –Rolls (white, wheat, whole wheat, potato) –Tortilla chips (wheat or corn) –Taco or tortilla shells –Wonton wrappers	13 gm or 0.5 oz	25 gm or 0.9 oz	50 gm or 1.8 oz	25 gm or 0.9 oz
Group C: 1 serving = 31 gm or 1.1 oz –Cookies (plain) ³ –Croissants –Cornbread, Johnny cake or hushpuppies –Corn muffins –Pancakes or crepes –Pie crust (dessert pies ³ fruit turnovers ⁴ and meat/meat alternate pies) –Waffles	16 gm or 0.6 oz	31 gm or 1.1 oz	62 gm or 2.2 oz	31 gm or 1.1 oz
Group D: 1 serving = 50 gm or 1.8 oz –Doughnuts (cake and yeast raised, unfrosted) ⁴ –Granola bars (plain) ⁴ –Muffins (all except corn) ⁴ –Sweet roll (unfrosted) ⁴ –Sweet Quick breads ⁴ (ex. banana, zucchini) –Toaster pastry (unfrosted) ⁴	25 gm or 0.9 oz	50 gm or 1.8 oz	100 gm or 3.6 oz	50 gm or 1.8 oz

¹ The source of this information is Section 3 of the USDA Food Buying Guide. See Food Buying Guide for more information.

² At-risk after school programs, shelters and summer food service programs serve participants through age 18. SFSP sponsors may request permission, in writing, to serve smaller portions to children under the age of 6.

³ Creditable for snack only; limited to no more than two times per week and no more than one time per day.

⁴ Creditable for breakfast or snack only; limited to no more than one breakfast and/or two snacks per week

Minimum Serving Size for Grains/Breads Component (continued)

Ages	1 thru 5	6 thru 12 and SFSP 1 thru 18 ²	Adult Care	Adult Care (snack)
Group E: 1 serving = 63 gm or 2.2 oz –Cookies ³ (with nuts, raisins, chocolate pieces and/or fruit purees) –Granola bars ⁴ (with nuts, raisins, chocolate pieces and/or fruit) –Doughnuts ⁴ (cake and yeast raised, frosted or glazed) –French toast ⁴ –Grain fruit bars ⁴ –Granola bars ⁴ (with nuts, raisins, chocolate pieces and/or fruit) –Rice cakes, with chocolate chips or peanut butter –Sweet rolls ⁴ (frosted) –Toaster pastries ⁴ (frosted)	31 gm or 1.1 oz	63 gm or 2.2 oz	126 gm or 4.4 oz	63 gm or 2.2 oz
Group F: 1 serving = 75 gm or 2.7 oz –Cake ³ (plain, unfrosted) –Coffee cake ⁴	38 gm or 1.3 oz	75 gm or 2.7 oz	150 or 5.4 oz	75 gm or 2.7 oz
Group G: 1 serving = 115 gm or 4 oz –Brownies (plain) ³ –Cake ³ (all varieties, frosted)	58 gm or 2 oz	115 gm or 4 oz	230 gm or 8 oz	115 gm or 4 oz
Group H: 1 serving = ½ C. cooked (or 25 gm dry) –Barley –Breakfast cereals (cooked) –Bulgur, couscous or cracked wheat –Macaroni (all shapes) –Noodles (all varieties) –Pasta (all shapes) –Ravioli (noodle only) –Rice (enriched white or brown)	¼ cup cooked or 13 gm dry	½ cup cooked or 25 gm dry	1 cup cooked or 50 gm dry	½ cup cooked or 25 gm dry
Group I: 1 serving = ¾ cup or 1 oz., whichever is less –Ready-to-eat breakfast cereals (cold dry) –Cereal bars ⁴	1/3 cup or ½ oz	¾ cup or 1 oz	¾ cup or 1 oz	1 ½ cup or 2 oz

¹ The source of this information is Section 3 of the USDA Food Buying Guide. See Food Buying Guide for more information.

² At-risk after school programs and emergency shelters may serve children through age 18 and SFSP sponsors may request permission, in writing, to serve smaller portions to children under the age of 6.

³ Creditable for snack only; limited to no more than two times per week and no more than one time per day.

⁴ Creditable for breakfast or snack only; limited to no more than one breakfast and/or two snacks per week.



GRAINS/BREADS

Food Item	Creditable			Comments
	Yes	No	Group	
Animal Crackers (no icing)	X		B	Considered a cracker; not a cookie. Creditable at breakfast and snack. See grain/bread question #30.
Bagel	X		B	
Bagel Chips	X		B	See Chips; Grains/Breads question #10.
Banana Bread	X		D	See Quick Bread and Grains/Breads question #24 and 31.
Barley	X		H	Must be enriched or whole grain.
Batter-Type Coating	X		B	See Breeding/Batter.
Biscuits	X		B	See Weight Table for Grains/Breads, Group B.
Boston Brown Bread	X		B	See Quick Bread and Grains/Breads question #24 and 31.
Bread Pudding	X		A	The bread portion is creditable for snack if made with whole grain or enriched bread. Grains/Breads question #2 and 31.
Breads (white, rye, whole wheat, pumpernickel, multi-grain, Italian, Roman meal, French, etc.)	X		B	Breads may be credited based on the amount of whole-grain, bran, germ and/or enriched flour or meal in the recipe. See Weight Table for Grains/Breads, Group B.
Bread Sticks, hard	X		A	
Bread Stuffing/Dressing	X		A	Homemade and commercial types. The weight of the dry bread must meet minimum requirements. See Grains/Breads question #20.
Breeding/Batter	X		A	May be credited when served as part of the main dish (meat/meat alternate). The weight must meet minimum requirements and may be difficult to determine. If in doubt, recommend that an additional grain/bread be served. See question #8.
Brownies, plain	X		G	Creditable for snack only. Such dessert type snacks may not be served more than two times per week, and no more than once per day. See Grains/Breads question #4 and 31.
Bulgur, cooked (cracked wheat)	X		H	
Bun, hamburger and hot dog	X		B	
Cake	X		F & G	Creditable for snack only; served no more than two times per week and no more than once per day. See Grains/Breads questions #17 and 31.

GRAINS/BREADS

Food Item	Creditable		Group	Comments
	Yes	No		
Caramel Corn		X		Popcorn does not meet the definition of grains/breads. See Grains/Breads question #11.
Carrot Bread	X		D	See Quick Bread and Grains/Breads questions #24 and 31.
Cereal Bars (rice krispie bars, etc.)	X		G	Creditable at snack only. See Grains/Breads questions #6 and 31.
Cereal, cooked	X		H	
Cereal, (cold, dry)	X		I	See Grains/Breads question #23.
Cheese Puffs (all shapes & manufacturers)		X		See Chips and Grains/Breads questions #10 (exception) and 25.
Chips, whole grain	X		B	Chips made from whole grain or enriched flour or meal are creditable. Snack chips are creditable for lunch, supper, and snack and are limited to a total of no more than two times per week. See Grains/Breads question #10.
Chow Mein Noodles	X		A	
Cinnamon/Danish Rolls	X		D & E	Creditable for breakfast and snack only. See Grains/Breads questions #7 and 31.
Cobbler, Topping		X		Serving size is not reasonable
Coffee Cake	X		F	Creditable for breakfast and snack only. See Grains/Breads questions #7 and 31.
Cookies	X		C & E	Cookies made with whole grain or enriched flour or meal are creditable for snack only. Dessert items such as cookies are limited to no more than twice a week for snack and no more than once/day; see Grains/Breads questions #4 and 31.
Corn		X		See Fruits/Vegetable section.
Cornbread & Cornbread Muffin	X		C	
Corn Chips	X		B	See Grains/Breads question #10.
Corn Dog Batter	X		B	See Breeding/Batter and Grains/Breads question #9.
Couscous, cooked	X		H	Must be enriched or whole grain
Crackers, plain or saltines	X		A	Must be made from whole-grain or enriched meal or flour and are creditable at breakfast, lunch/supper and snacks if a compliment to or part of the main dish.
Crackers, graham or animal (all shapes)	X		B	Must be made from whole-grain or enriched meal or flour and are creditable at breakfast and snacks.

GRAINS/BREADS

Food Item	Creditable			Comments
	Yes	No	Group	
Crackers, cheese and flavored (Goldfish)				Must be made from whole-grain or enriched meal or flour and are creditable at breakfast, lunch/supper and snacks if a compliment to or part of the main dish.
Cream Puff Shells	X		D	Creditable for snack if made from whole grain or enriched flour or meal; may not be served more than twice a week, or more than once per day. See Grains/Breads questions #1 and 31.
Crepes	X		C	
Crisp Topping		X		Serving size is not reasonable
Croissants	X		C	High in fat; limit frequency.
Croutons	X		A	See Grains/Breads question #21.
Cupcakes	X		F & G	Creditable at snack only; see Cakes and Grains/Breads questions #17 and 31.
Danish Pastries	X		D & E	Creditable for breakfast and snack only; see Cinnamon/Danish Rolls and Grains/Breads questions #7 and 31.
Doughnuts	X		D & E	Creditable for breakfast and snack only. Because of the high fat and sugar content, limit service to no more than once a week. See Grains/Breads questions #22 & 31.
Dressing, bread	X		A	See Bread Stuffing/Dressing and Grains/Breads question #20.
Dumplings	X		B	See Breeding/Batter.
Egg Roll or Won Ton Wrappers	X		B	See Group B Weight Table
English Muffins	X		B	
Fig Newtons	X		E	See Grains/Breads questions #5 and 31.
Focaccia (pizza bread)	X		B	
French Bread	X		B	
French Toast	X		E	
Fritters	X		C	Limit frequency.
Funyuns		X		Puffed corn products are not creditable.
Gingerbread	X		F	See Quick bread and Grains/Breads questions #24 and 31.
Glorified Rice	X			See Rice Pudding and Grains/Breads questions #2 and 31.
Graham Crackers	X		B	Includes all shapes of traditional graham crackers; creditable at breakfast and lunch.
Graham Snacks (Teddy Graham and similar brand snacks)	X		B	Chocolate, chocolate chip, cinnamon and similar sweet snack flavors are creditable at snack only.
Grain Fruit Bars/Nutrigrain	X		E	Creditable for breakfast and snack only.

GRAINS/BREADS

Food Item	Creditable		Group	Comments
	Yes	No		
Bars				See Grains/Breads question #31.
Granola Bars	X		D & E	Creditable for breakfast and snack only. See Grains/Breads questions #26 & 31.
Grits, Corn	X		H	Must be enriched or whole grain.
Hominy		X		Hominy is not made from the whole kernel of corn and therefore, does not meet the criteria for grains/breads.
Hushpuppies	X		C	Must use whole grain or enriched cornmeal; limit frequency.
Ice Cream Cones, Novelties & Sandwiches		X		Amount required is impractical.
Johnny Cake	X		C	
Macaroni (all shapes)	X		H	Must use enriched or whole grain flour.
Melba Toast	X		A	
Millet	X		H	
Muffins	X		B, C & D	Creditable for breakfast and snack only (except for corn muffins); see Grains/Breads question #31.
Nacho Chips	X		B	Must be enriched or whole-grain; see Chips and Grains/Breads question #10.
Noodles (all shapes)	X		H	Must be enriched; see Group H.
Noodles in canned soup	X		H	Product must meet minimum portion sizes; maintain documentation on file.
Nut or Seed Meal or Flour		X		Nuts and seeds are not grains and there are no standards for enrichment. See Grains/Breads question #28.
Oat Bran	X			Credited the same as enriched or whole grain flour or meal.
Pancakes	X		C	See Group C Weight Table.
Party Mix	X			May be credited based on the amount of cereal per serving. See Grains/Breads question #23.
Pasta, all shapes	X		H	See Macaroni.
Pie Crust (pastry), dessert pies & fruit turnovers	X		C	Creditable for snacks only; must meet minimum weight requirement.
Pie Crust (pastry), meat/meat alternate pies (pot pies, for example)	X		C	Must meet minimum weight requirement.
Pineapple Upside-Down Cake	X		G	See Cake and Grains/Breads questions #18 and 31. Dessert type grains/breads may not be served more than two times per week, or more than once per day.
Pita Bread	X		B	
Pizza Crust	X		B	

GRAINS/BREADS

Food Item	Creditable			Comments
	Yes	No	Group	
Pop Tarts and Toaster Pastries	X		D & E	Creditable for breakfast and snack only; see Grains/Breads questions #19 and 321.
Popcorn		X		Does not meet the criteria for grains/breads; see Grains/Breads question #11.
Popcorn Cakes		X		Does not meet the criteria for grains/breads.
Popovers	X		C	Creditable for breakfast and snack only
Potato Chips or Shoestring Potato Sticks		X		Not grain-based. See Grains/Breads question #12.
Potato Pancakes		X		Contain a minimal amount of flour or meal.
Potatoes		X		Creditable as a fruit/vegetable component.
Pound Cake	X			For snack only. See Cakes and Grains/Breads questions #17 and 31. Dessert type grains/breads may not be served more than twice a week or once per day.
Pretzels, hard or chips	X		A	See Chips and Grains/Breads question #10.
Pretzels, soft	X		B	
Puff Pastry with meat filling			D	See Grains/Breads questions #1 and 25.
Pumpkin Bread	X		D	See Quick Breads and Grains/Breads questions #24 and 31.
Quick Bread	X		D	Creditable for breakfast and snack only; see Grains/Breads questions #24 and 31.
Quinoa	X			Must be enriched or whole grain; see Grains/Breads question #29.
Raisin Bread	X		B	See Grains/Breads question #15.
Ravioli	X		H	Only the pasta portion is creditable.
Rice Cakes	X		I	Must be enriched or whole grain. Creditable for breakfast and snack only; see Grains/Breads question #3.
Rice Cereal Bars	X			Creditable for snack only. Dessert type snacks may be served no more than twice a week, and no more than one time per day. See Grains/Breads questions #6 and 31.
Rice Pudding	X		H	Creditable for snack only; rice must be the heaviest or first ingredient. Dessert type snacks may be served no more than twice a week, and no more than one time per day. See Grains/Breads questions #2 and 31.
Rice, white or brown	X		H	Must be enriched or whole grain; see Weight Table for Grains/Breads Group H.
Rolls, all varieties	X		B	See Breads.
Rye Wafers	X		A	See Grains/Breads question #16.
Scones (sweet biscuits)	X		E	
Sopapillas	X		B	Creditable for snack only. Dessert type

GRAINS/BREADS

Food Item	Creditable			Comments
	Yes	No	Group	
				snacks may not be served more than two times per week, or more than once per day.
Spoonbread	X		C	
Squash Bread	X			See Quick Breads and Grains/Breads question #24.
Stuffing, Bread	X			See Bread Stuffing/Dressing and Grains/Breads question #20.
Sweet Rolls – sticky buns, cinnamon rolls, Danish pastries, caramel rolls, snack cakes	X			Creditable for breakfast and snacks only; see Cinnamon/Danish rolls. See question #31.
Taco Chips	X		B	See Chips and Grains/Breads question #10.
Taco Shells	X		B	See Grains/Breads question #13.
Tapioca Pudding		X		Tapioca does not meet the definition of grains/breads.
Toaster Pastry	X		D & E	Creditable for breakfast and snack only; see Pop Tarts. See Grains/Breads questions #19 and 31.
Tortilla Chips, wheat or corn	X		B	See Chips and Grains/Breads question #10.
Tortillas, wheat or corn	X		B	See Grains/Breads question #13.
Trail Mix	X		A & I	May be credited if enriched or whole-grain flour or meal or germ or bran is the heaviest ingredient or listed as the first ingredient (amount of cereal and/or pretzels per serving).
Turnover Crust	X		C	Creditable for breakfast and snack only; see Grains/Breads question #1.
Vanilla Wafers	X		C	Considered a dessert & creditable at snack only; see Grains/Breads question #16.
Waffle Cones		X		Amount required is impractical.
Waffles	X		C	
Wheat Germ	X			Credited at the same level as enriched or whole grain flour or meal.
Wild Rice	X		H	
Zucchini Bread	X		D	See Quick Breads and Grains/Breads questions #24 and 31.
Zwieback	X		A	See Group A Weight Table.

REMINDER: The heaviest ingredient must be enriched or whole-grain flour, meal, germ, or bran to be creditable as a grain/bread. The heaviest ingredient is the first item listed on the product ingredient label.

GRAINS/BREADS

Questions and Answers

1. Q: Can piecrust and puff pastry be credited as a grain/bread?

A: Yes, if the pie crust (puff pastry) is being served as an **integral part** of the main dish (the main dish contains the meat/meat alternate). The heaviest ingredient in a pie crust by weight must be enriched or whole-grain flour, meal, germ or bran.

Pie crust may also be credited as a sweet item only at snack. Pie crust served as part of a dessert is NOT creditable as a grain/bread at lunch/supper.

2. Q: Are glorified rice and bread or rice pudding creditable as a grain/bread?

A: Yes. These foods are creditable for snacks. The amount of cooked rice in rice pudding and glorified rice must equal one-fourth (1/4) cup per serving. They are **not** creditable for breakfast, lunch, or supper because they are considered a dessert. Dessert items are creditable for snack no more than two times per week, and no more than one time per day.

3. Q: Are rice cakes an acceptable grain/bread?

A: Yes, for breakfast and snack only. One grain/bread serving is about 3 (puffed) rice cakes and must weigh 20 grams or 0.7 oz. See Weight Chart, Group A.

4. Q: Are cookies, bars, and brownies creditable?

A: Yes, for snacks only. The Missouri Department of Health and Senior Services (MDHSS) limits the service of "sweet breads" such as cookies, bars, brownies, and cake to no more than two times per week, and no more than one time per day. These items are high in fat and/or sugar. See question #32.

5. Q: Are fruit filled (Fig Newton type) cookies creditable?

A: Yes, creditable for snacks only if the first ingredient on the label is enriched or whole grain flour, meal, germ or bran. Cookies are a dessert and are limited to no more than two times per week and no more than one time per day. See questions # 4 and 32.

6. **Q: Are puffed rice bars or similar bars such as Rice Krispies bars made from a cereal product creditable?**
- A:** Yes, creditable for snack only if the cereal is enriched, fortified or whole-grain flour, meal, germ or bran. Cereal bars are considered a snack dessert and are limited to no more than two times per week, and no more than one time per day. See question #31.
7. **Q: Can cinnamon rolls, Danish rolls, coffee cake or similar “sweet” bread items be credited as a grain/bread?**
- A:** Yes. Those that are made with enriched or whole-grain flour, meal, germ or bran are creditable for breakfast and snack only. See question #31.
8. **Q: Are batter-type coatings and/or breading creditable as grains/breads?**
- A:** Yes, batter-type coatings and/or product breading are creditable as grains/breads in the CACFP and SFSP if (a) served as part of the main dish (meat/meat alternate), and (b) are made with enriched or whole grain flour, meal, bran, or germ. To determine the credit for a product containing batter-type coating and/or breading, use one of the following methods:
- Child Nutrition (CN) label documentation of meal pattern contribution;
 - Remove and document the weight of the cooked batter and/or breading from a serving of the product. A serving of bread must weigh 0.7 ounces, a half serving, 0.4 ounces. A serving of batter must weigh 0.9 ounces, a half serving, 0.5 ounces. Refer to the Weight Table for Grains/Breads for portion sizes.
9. **Q: Is the breading on corndogs creditable?**
- A:** Yes, if made with enriched or whole grain flour or meal. Document the weight of the breading as indicated in question #8. See Meat question #29.
10. **Q: Are corn chips and taco (tortilla) chips creditable?**
- A:** Yes, as long as they are made with whole-grain or enriched flour or meal or bran or germ. These products are creditable for lunch, supper, and snack; however, since many snack chips are high in fat and salt, MDHSS limits the serving of snack type chips to no more than a total of two times per week. **Exception:** Puffed corn snacks such as Cheetos and Funyuns are not creditable. See question #25.

11. Q: Is popcorn creditable?

A: No. The amount of popcorn needed to meet minimum serving size requirements would not be practical for small children. Also, popcorn is low in nutrients and can be a choking hazard for children under three.

12. Q: Are shoestring potatoes and potato chips creditable?

A: No. These items are made from potatoes and do not contain whole grain or enriched flour or meal.

13. Q: Are tortillas (flour and corn) and taco shells creditable?

A: Yes, if made from whole-grain or enriched flour, meal, bran or germ.

14. Q: How are corn tortillas and other corn products credited?

A: When crediting corn tortillas or other corn products as a grain/bread, whole-grain or enriched corn must be used. Use the following reference when reading the ingredient list:

May Be Credited

Corn
Whole-ground corn
Whole-germed corn
Cornmeal
Corn flour
Enriched cornmeal
Enriched corn flour
Enriched corn grits

May Not Be Credited

Corn grits
Degerminated corn flour
Degerminated corn meal

15. Q: Is raisin bread (toasted or untoasted) creditable?

A: Yes. Raisin toast and bread are creditable toward the grain/bread requirement for breakfast and snack. The raisins in the bread are **not** creditable toward the fruit/vegetable requirement for any of the meals.

16. Q: Are wafer type products considered a creditable grain/bread in the CACFP?

A: Yes, if made with whole grain or enriched flour, meal, germ or bran. When serving wafers, specify the type on the menu. Vanilla wafers are considered a dessert and are creditable for snacks only. Desserts are creditable for snack no more than two times per week and no more than one time per day. Crackers such as rye or wheat wafers are creditable

for breakfast and snack and may be creditable at lunch/supper if the cracker is a compliment to, or a part of, the main dish. See question #31.

17. Q: Are dessert cakes, Little Debbie's, Hostess snack products and similar cake/snack items creditable?

A: Yes, if made with whole grain or enriched flour, meal, bran or germ. Cake and cake like items are creditable for snack only. The use of cake, brownies, cookies, and other dessert items are limited to no more than two times per week, and no more than once per day. See question #31.

18. Q: Is pineapple upside-down cake creditable?

A: Yes. The cake portion is creditable as a grain/bread if made with whole grain or enriched flour. The fruit portion is **not** creditable unless a minimum of 1/8 cup fruit is provided by each serving. Cake is creditable for snack only. Dessert items such as cake are limited to no more than two times per week and no more than once per day. See question #31.

19. Q: Are toaster pastries creditable as a grain/bread?

A: Yes. Toaster pastries (Pop tarts, for instance) meet the bread requirement for breakfast and snacks only when (a) enriched or whole grain flour or meal or bran or germ is used and (b) minimum serving size requirements are met. Jelly filled or fruit filled toaster pastries do not meet any part of the fruit/vegetable requirement for any meal. See weight chart on pages 57 and 58. See question #31.

20. Q: Is bread stuffing creditable in the CACFP?

A: Yes. Homemade and commercial type stuffing mixes are creditable if the product is made with whole grain or enriched flour, meal, bran or germ.

21. Q: Are doughnuts a creditable grain/bread?

A: Yes, if made with whole grain or enriched flour, meal, germ or bran. Doughnuts are creditable for breakfast and snack only. Because of their high sugar and fat content, doughnuts are limited to no more than one breakfast or two snacks per week per question #31.

22. Q: Are croutons a creditable grain/bread?

A: Yes, if made from whole grain or enriched flour, meal, bran or germ and the minimum serving size is met.

- 23. Q: Are cold dry cereals an acceptable grain/bread? Can they be mixed and served as a “party mix”?**
- A:** Yes. Dry cereal is an acceptable grain/bread for breakfast and snack only. Cold dry cereal or hot cooked cereal is not an acceptable grain/bread for lunch or supper. The cereal must be whole-grain, enriched or fortified. Cereals that meet this criteria may be mixed and served as a snack. However, foods such as nuts, seeds, or candies added to the mix are not creditable as grains/breads and their weight must be subtracted from the party mix. Only the weight or measure of the creditable cereals that go into a party mix is creditable as the grain/bread component.
- 24. Q: Can quick breads be served as an acceptable grain/bread?**
- A:** Yes. Quick breads such as pumpkin, zucchini, banana, carrot, or gingerbread may be credited as a grain/bread if made with whole grain or enriched flour or meal. They are creditable for breakfast and snack only. See question #31.
- 25. Q: Are Cheetos and similar puffed corn snack products creditable?**
- A:** No, any shape, size or brand of puffed corn snacks, such as Cheetos or Funyuns are not creditable as a grain/bread.
- 26. Q: Are granola bars creditable?**
- A:** Yes, granola bars are creditable for breakfast and snack if enriched or whole-grain flour, meal, germ or bran is the heaviest ingredient or listed as the first ingredient on the product panel. See question #31.
- 27. Q: Is granola cereal an acceptable grain/bread?**
- A:** Yes. Commercial and homemade granola cereals are acceptable grain/bread components for breakfast and snack only. However, any nuts, seeds, coconut, dried fruit, etc. is not to be included when determining the serving size requirements. Refer to the Weight Table for Grains/Breads for information on minimum weights per serving.
- 28. Q: May nut or seed meal or flour be used to meet the grain/bread requirement?**
- A:** No. Nuts and seeds are not grains, and there are no standards for enrichment for these foods.

29. Q: Is quinoa creditable?

A: Yes, quinoa is creditable. Quinoa is a cereal-like grain product derived from the seed of a leafy plant, creditable as a whole-grain type flour. Seeds may be red, white, or black.

30. Q: Are graham crackers, teddy grahams, animal crackers and other snack crackers considered a cracker or a cookie?

A: The items in the Group B Weight Table (page 58) labeled as a “cracker” or “snack” are considered crackers and plain varieties (graham or animal with no icing) are creditable at breakfast and snack. Other flavored (chocolate, chocolate chip, cinnamon, sugar, iced, etc.) graham snack varieties are creditable at snack only and should be served no more than two times per week.

31. Q: Is there a limit to how many times sweet pastry items, cookies, cakes, pie, quick breads, breakfast type pastries, toaster pastries, sweet rolls, doughnuts, muffins, cereal/granola bars, and other sweet breads or desserts can be served?

A: Yes. All foods normally served as a sweet breakfast pastry, dessert item or sweet snack food are **limited to no more than one breakfast per calendar week and two snack meals per calendar week**. It is encouraged that fewer of these are served each week as they are high calories, high in sugar, high in fat, and have minimal nutritional value per serving. **Fruit crisp and cobbler toppings are not creditable as a grains/bread component**. The fruit pie filling may be creditable as a vegetable/fruit component. **See Vegetables and Fruits questions #23 and 24.**

32. Q: What type of corn flour/meal can be used?

A: Corn must be labeled as “whole corn” or other designations, such as whole-grain corn, whole ground corn, whole corn meal, whole corn flour, etc. or “enriched” yellow corn meal, enriched corn flour, enriched corn grits, etc.

33. Q: Are saltines and soda crackers creditable?

A: Yes. All Grains/Breads crackers listed in the Group A Weight Table (page 58) are creditable at breakfast and snack. Group A crackers are creditable at lunch/supper only when they serve the customary function

of a bread in a meal, that is, as an accompaniment to, or integral part of, the main dish, **not as a dessert**. For example, saltine crackers are a creditable accompaniment to a chef salad or cheddar-flavored crackers (such as Goldfish) are creditable as an accompaniment to tomato soup.



INFANT FEEDING

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INFANT FEEDING

Child care centers and family child care homes must provide infant meals if infants are enrolled and in care. CACFP defines the infant age as birth through 11 months (up to the first birthday). The Infant Meal Pattern allows for a gradual introduction of solid foods and requires breastfeeding or formula feeding up to the first birthday. The texture and amount of the feeding should be consistent with the developmental age of the infant. For emotional, nutritional and physical growth, infants need foods that are rich in nutrients. Food such as strained meat, fruit, vegetables, iron-fortified dry infant cereal, iron-fortified infant formula, and breastmilk provide the maximum amount of vitamins and minerals for growing babies. Commercially produced infant food, such as combination or mixed baby foods are *not creditable* because water often is listed as the first ingredient, and it is difficult to determine from the ingredient label the actual amounts of the food components in the product.

Meals for infants participating in the CACFP may contain either breastmilk or iron-fortified infant formula, or both, supplied by the child care provider or by the parent or guardian. **In order to claim infant meals in the CACFP, the child care provider must offer each infant a complete, developmentally appropriate meal that complies with the CACFP Infant Food Chart for the age of the infant.** Fluid cow's milk is not creditable for infants under 1 year of age.

Breastmilk provided by the infant's mother may be served from birth until the child is weaned from breastmilk. **Meals containing breastmilk only are reimbursable for infants through 7 months of age provided the breastmilk is fed to the infant by child care staff.** For infants eight through eleven months of age, the child care provider must supply (purchase) the required component(s) other than breastmilk in order to claim the meals. Breastmilk may continue to be served after the infant's first birthday if requested by the mother.

Some infants consume, on average, less than the minimum serving of breastmilk established for the age group. Consequently, if the full portion of breast milk is offered to an infant who does not consume that much, some of the breastmilk may be wasted. Since breastmilk is provided in very limited quantities, as much as possible should be conserved. USDA allows centers and providers to serve less than the minimum regulatory serving of breastmilk to infants who regularly do not consume that amount of breast milk. However, if the full portion of breastmilk is not initially offered, the center or provider must offer additional breastmilk if the infant is still hungry. USDA emphasizes that this provision is being adopted solely in recognition of the needs of some infants and the desire to avoid wasting already limited quantities of breast milk.

Under no circumstances can centers or providers offer less than the stipulated minimum serving of infant formula or other components of the infant meal pattern.

Each center is required to have at least one milk-based or soy-based, iron-fortified infant formula on hand that meets the needs of the majority of infants in care. A parent or guardian may elect to decline the infant formula provided by the child care provider and supply a formula of the parents' choice. Meals containing only iron-fortified formula only supplied by the infant's parent may be reimbursed for infants through 7 months of age provided the meal is served and fed by the child care provider. Meals containing only formula provided by the parent may be reimbursed for infants 8 through 11 months if the child care facility provides all other meal components as indicated by the Infant Food Chart, the child care staff feed the infant, and the parent has refused the formula offered by the facility. A current list of Iron-Fortified Infant Formulas that do not require a Medical Statement in CACFP is available at the end of this section and at: <http://www.fns.usda.gov/cnd/care/Regs-Policy/InfantMeals/FormulaList.htm>

100 percent fruit juice is creditable only at snack when the infant is 8 months of age or older. Juice should not be offered to infants until they are ready to drink from a cup. Drinking juice from a bottle can promote tooth decay. Never prop a bottle or give a bottle to a baby during naptime. This can cause choking as well as tooth decay and ear infections.

Infants must be recorded on the daily attendance and meal count forms and claimed for reimbursement the same as older children. Even though infants are fed on-demand (many times during the day), you may only claim two meals and one snack per infant per day or two snacks and one meal per infant per day. **An Infant Feeding Preference (IFP) form must be on file, signed by the parent or guardian and updated according to age (birth through 3 months; 4 through 7 months; and, 8 through 11 months) for every infant enrolled in care.** In addition, the child care facility or provider must maintain a daily individual infant meal record (menu) according to the age groups described above.



INFANT FEEDING

- ✓ Meals containing expressed breast milk only may be claimed for infants birth through 7 months if served to the infant by child care staff.
- ✓ Meals can be claimed when parents provide expressed breastmilk and the center provides all other meal components according to the food chart.
- ✓ Providers must offer at least one iron-fortified infant formula to claim infant meals for reimbursement. The formula offered must meet the needs of the majority of infants in care.
- ✓ Parents may provide iron-fortified infant formula if they have signed a statement refusing the formula offered by the provider. Meals containing only formula provided by the parent may be claimed for infants through 7 months when fed by the child care staff.
- ✓ Iron fortified dry infant cereal must be provided at the breakfast meal to infants between 4 through 11 months of age when developmentally ready. Iron-fortified infant cereal is an optional component of the lunch and supper meal.
- ✓ Whole milk may not be served in place of iron-fortified infant formula or breast milk. Iron-fortified infant formula or breast milk is required for infants up to one year of age.
- ✓ 100% fruit juice is creditable only at snack for infants 8 through 11 months of age, but only when the infant is developmentally ready to drink juice from a cup.
- ✓ Breast milk or formula must not be warmed in the microwave because uneven heating can occur and burn the infant's mouth.



CACFP promotes breastfeeding

Food Chart – Infants*

		Birth through 3 months of age	4 through 7 months of age	8 through 11 months of age
Breakfast	Iron-fortified Infant Formula ¹ or Breastmilk ²	4 to 6 fluid ounces	4 to 8 fluid ounces	6 to 8 fluid ounces
		4 to 6 fluid ounces ³	4 to 8 fluid ounces ³	6 to 8 fluid ounces ³
	Iron-fortified Dry Infant Cereal		0 to 3 Tbsp (when ready) ⁴	2 to 4 Tbsp.
	Fruit and/or Vegetable ⁵ (not juice)			1 to 4 Tbsp.
Snack	Iron-fortified Infant Formula ¹ or Breastmilk ² or Full Strength Fruit Juice (8 months+)	4 to 6 fluid ounces	4 to 6 fluid ounces	2 to 4 fluid ounces
				2 to 4 fluid ounces
	Whole grain or enriched Crusty bread or Cracker type products			0 to ½ slice (when ready) ⁴ 0 to 2 (when ready) ⁴
Lunch or Supper	Iron-fortified Infant Formula ¹ or Breastmilk ²	4 to 6 fluid ounces	4 to 8 fluid ounces	6 to 8 fluid ounces
	Fruit and/or Vegetable (not juice) ⁵		0 to 3 Tbsp (when ready) ⁴	1 to 4 Tbsp.
	One or more of the following: Iron-fortified Dry Infant Cereal Meat or Poultry or Fish (8 months+) ⁶ Egg Yolk Cooked Dry Beans or Peas Cheese Cottage Cheese Cheese food or cheese spread		0 to 3 Tbsp (when ready) ⁴	2 to 4 Tbsp. 1 to 4 Tbsp. 1 to 4 Tbsp. 1 to 4 Tbsp. ½ to 2 ounces 1 to 4 ounces (volume) 1 to 4 ounces (weight)

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* Even though the infant meal pattern specifies breakfast, snack, lunch, and supper, these are just guidelines. Infants should be fed on demand and should not, in any way, be restricted to a rigid feeding schedule. Each infant should be fed according to his/her demands. In order for centers to claim CACFP meals, every infant enrolled in care must be served creditable meals documented daily on an age appropriate Individual Infant Meal Record (menu), and maintain an Infant Feeding Preference record.

¹Meals containing iron-fortified infant formula provided by the infant's parent can be claimed for reimbursement. When age appropriate, all other food components must be provided by the center or child care home provider in order to claim for reimbursement.

²Meals containing only breastmilk can be claimed for reimbursement. All other food components (per the infant food chart) must be provided by the center or child care home provider.

³A serving of less than the minimum amount of **breastmilk** may be offered for the infant who regularly consumes smaller portions. Additional **breastmilk** must be offered if the infant is still hungry.

⁴Foods listed as "0" tablespoons let you know that the food is offered when developmentally appropriate for the infant and in conjunction with the parent designated Infant Feeding Preference form and medical authority recommendation.

⁵100% fruit juice does not fulfill the fruit/vegetable requirement at breakfast, lunch or supper; juice is only creditable when served for snack to infants 8 months and older.

⁶Hot dogs, corndogs, chicken nuggets, yogurt, sausages and other foods are NOT creditable for infants. Commercial fish sticks and other commercial breaded or battered seafood products or canned, fresh or frozen fish with bones are NOT creditable for infants.

INFANT FEEDING - Milk Component Amount Needed for Breakfast, Lunch, Supper and Snack

	Age Birth thru 3 months	Age 4 thru 7 months	Age 8 thru 11 months
Iron-Fortified Infant Formula ¹	4 to 6 fluid ounces	4 to 8 fluid ounces	6 to 8 fluid ounces
Breastmilk ²	4 to 6 fluid ounces ³	4 to 8 fluid ounces ³	6 to 8 fluid ounces ³

¹Meals containing iron-fortified infant formula provided by the parent can be claimed for reimbursement only when fed by the child care staff. All other food components on the Infant Feeding Chart must be provided (purchased) by the center or home provider.

²Meals containing only breastmilk can be claimed for reimbursement when fed by the center staff or home provider. All other food components per the Infant Feeding Chart must be provided (purchased) by the center or home provider.

³Child care center staff and home providers may serve less than the minimum regulatory requirement of breastmilk to avoid waste. If the full regulatory portion of breastmilk is not offered initially, then additional breastmilk must be offered when the infant is hungry (on demand).

INFANT FEEDING – Milk

Food Item	Creditable		Comments
	Yes	No	
Breastmilk	X		Meals containing only breastmilk may be claimed for reimbursement when fed by the child care provider.
Buttermilk		X	See question #18.
Cow's Milk (whole, 2%, 1%, skim)		X	Not appropriate until 1 year of age; see #18.
Cream		X	See question #18.
Cream Soups		X	Cow's milk used in this product.
Custard		X	Cow's milk used in this product.
Dry Milk (reconstituted)		X	See question #18.
Evaporated cow's milk or home prepared evaporated cow's milk formula		X	See question #18.
Goat's Milk		X	See question #18.
Half & Half		X	See question #18.
Ice Cream (or ice milk)		X	
Imitation Milk		X	See question #18.
Iron Fortified Infant Formula (includes soy based)	X		
Low-Iron Formulas (includes soy based)		X	See question #18.
Milupa		X	See question #18.

Non-Dairy Creamer		X	
Pudding		X	Cow's milk used in this product.
Raw or Certified Raw Milk		X	Can cause serious illness in infants.
Reduced Fat Milk		X	See question #18.
Soy Milk		X	See question #18.
Sweetened Condensed Milk		X	See question #18.
Yogurt		X	Cow's milk used in this product.

INFANT FEEDING – Grains/Bread Component
Amount Needed for Breakfast, Lunch, Supper and Snack

	Age Birth thru 3 months	Age 4 thru 7 months	Age 8 thru 11 months
Iron-Fortified Dry Infant Cereal	None	0 to 3 Tbsp ¹ (when ready)	2 to 4 Tbsp
Whole Grain or Enriched Crusty Bread	None	None	0 to ½ slice (when ready) ¹ Optional
Cracker Type Products	None	None	0 to 2 pieces (when ready) ¹ Optional

¹Foods listed as "0" tablespoons let you know that the food is offered when developmentally appropriate for the infant and in conjunction with the parent designated Infant Feeding Preference form and medical authority recommendation.

INFANT FEEDING - Grains/Bread

Food Item **Creditable** **Comments**
Yes No

Animal crackers	X		
Bread /Bread Crusts for snack only	X		Must meet general criteria for a grain/bread component; see question #19.
Bread Products (biscuit, bagel, English muffin, pita bread, rolls and soft corn or flour tortillas)	X		Plain types (no nuts, seeds, whole grains) only for infants 8 months or older.
Brownies		X	Not age appropriate.
Cake (commercial or homemade)		X	Not age appropriate.
Cooked rice, barley and wheat		X	Whole kernels should be mashed or ground before feeding, if served as an extra item.
Cookies (commercial or homemade)		X	Not age appropriate.
Corn grits		X	May be fed as an extra item.
Crackers for snack only (saltines, low-salt crackers or snack crackers)	X		Must meet the general criteria for the grain/bread component.

Croutons		X	Possible choking hazard.
Doughnuts & sweet pastries		X	Not age appropriate.
Farina (example: Cream of Wheat)		X	Even enriched is not creditable.
Graham crackers (without honey)	X		Honey grahams are not age appropriate.
Grain bars/Granola bars		X	Not age appropriate.
Infant teething biscuits	X		Infants 4 months & older with parent approval.
Iron-fortified dry infant cereal	X		Rice, whole grain, oatmeal, barley, made with formula.
Iron-fortified wet infant cereal		X	Prepared infant cereal with fruit or prepared infant cereal in a jar are not appropriate.
Matzo crackers	X		
Oatmeal (instant or old-fashioned)		X	Not age appropriate.
Pasta (cooked and uncooked noodles)		X	Cooked pasta may be served to infants 9 months & older as an extra item.
Popcorn		X	Possible choking hazard.
Pretzels (all types)		X	Possible choking hazard.
Puffs (all types)		X	May be fed as an extra item.
“Ready to Eat” cold cereals		X	May be fed as an extra item.
Rolls made with nuts, seeds, whole grain kernels		X	See question #19.
Tapioca		X	Cow’s milk used in this product.
Teething biscuits	X		

**INFANT FEEDING - Fruits and Vegetables Component
Amount Needed for Breakfast, Lunch, Supper and Snack**

	Age Birth thru 3 months	Age 4 thru 7 months	Age 8 thru 11 months
Fruit and/or Vegetable ^{1, 2}	None	None <small>To be introduced gradually with parental approval.</small>	1 to 4 Tbsp
Full Strength Juice (Creditable at Snack only)	None	None	2 to 4 fluid ounces

¹A serving of the fruit and/or vegetable component is required only when the infant is developmentally ready to accept it.

²Juice does not fulfill the fruit/vegetable requirement at breakfast, lunch or supper.

Food Item	Creditable		Comments
	Yes	No	
Baby food fruit desserts		X	Not 100% fruit.
Baby food puddings		X	
Canned vegetable soups		X	
Citrus fruit (example: orange, grapefruit)		X	Not appropriate for infants.
Commercial baby food fruits and vegetables or mixed fruit or mixed vegetable items	X		Single food item, the first ingredient must be the fruit or vegetable name(s).
Creamed vegetable soups		X	Cow's milk is used in these products.
Dry iron-fortified infant cereals with Fruit		X	Fruit is not the first item on the ingredient list.
Fruit and vegetables with DHA		X	See question #16.
Fruit/vegetables, fresh, canned, or frozen	X		Serve age appropriate, pureed, mashed, diced, soft.
Fruit drinks		X	Not 100% fruit juice.
Fruit juice with Yogurt		X	Cow's milk used in this product.
Fruit flavored powders & syrups		X	Not a creditable source of nutrients.
Fruit or vegetable Puffs or Wheels		X	Can be fed as an extra item.
Home canned fruit/vegetables		X	
Homemade (center/home provider) baby food – fruit/vegetables	X		Avoid salt, fat and other seasonings; age appropriate with parental approval.
Jarred fruit/vegetable with water as the first ingredient		X	Fruit/vegetable must be the first ingredient.
Juice, 100% fruit juice		X	Pasteurized juice is only creditable at snack for infants 8 months and older.
Fruit cocktails/Juice drinks		X	
Mixed fruit yogurt dessert		X	Cow's milk used in these products.
Pudding – plain or with fruit		X	Cow's milk used in these products.
Sports drinks		X	Not 100% fruit juice.
Sticky, sweet food such as raisins, fruit snacks, roll-ups, leathers, gushers, strips		X	
Vegetable juice/vegetable juice blends		X	These products are a high risk for allergies; only 100% fruit juice is creditable.



	Age Birth thru 3 months	Age 4 thru 7 months	Age 8 thru 11 months
Meat, Poultry or Fish ¹	None	None	1 to 4 Tbsp
Egg Yolk	None	None	1 to 4 Tbsp
Cooked Dry Peas or Beans	None	None	1 to 4 Tbsp
Cheese	None	None	½ to 2 ounces
Cottage Cheese	None	None	1 to 4 ounces (volume)
Cheese Food or Cheese Spread	None	None	1 to 4 ounces (weight)

¹Hot dogs, corn dogs, chicken nuggets, yogurt, sausages and other foods are NOT creditable for infants. Commercial fish sticks and other commercial breaded or battered seafood products or canned, fresh or frozen fish with bones are NOT creditable for infants.

INFANT FEEDING – Meat/Meat Alternate

Food Item	Creditable		Comments
	Yes	No	

Food Item	Yes	No	Comments
Baby food meat sticks or finger sticks (ex. miniature hot dogs)		X	Includes breaded meat products; possible choking hazard.
Commercial Baby food Combination Dinners		X	May be fed as an extra item.
Bacon		X	High in fat and low in protein.
Bologna		X	High in fat and low in protein.
Canned fish with bones		X	Salmon, sardines, etc.
Cheese or Cottage cheese	X		Only for infants 8 months and older.
Chicken nuggets		X	
Cooked dry beans or peas	X		Cooked, skin removed & proper texture.
Cream soups		X	Cow's milk used in these products.
Cured meats		X	High in salt and fat.
Dehydrated dinners		X	
Egg whites, cooked		X	Caution – possible allergic reaction.
Eggs, whole		X	Caution – possible allergic reaction.
Egg yolks, cooked	X		Infants 8 months and older.
Fat or skin trimmed from meat		X	High in fat and low in protein.
“Ham & Ham Gravy” Gerber (2.5 oz. jar)	X		Gerber brand ONLY (2.5 oz. jar)

High meat dinners or lean meat dinners		X	Dinners contain binders, extenders and starches; cannot determine meat
Fish/shellfish		X	Canned with bones is not appropriate; see question #20.
Fish Sticks, patties, nuggets or other commercial breaded or battered seafood products		X	Choking hazard and may have accidental bones.
Home (center) canned meats		X	Risk of food borne illness(es).
Hot dogs (frankfurters) or Corndogs		X	High in fat and low in protein; possible choking hazard.
Infant Meats, Any texture with Broth or Gravy (2.5 oz. jar)	X		Beech-Nut, Gerber and Nature's Goodness brands - ONLY beef, chicken, ham (Gerber only), lamb, turkey and veal (2.5 oz. jar)
Luncheon meats		X	High in fat and low in protein.
Meat, Poultry or Fish	X		No fried meats; must be appropriate consistency and texture.
Nuts, nut butters, seeds, or seed butters		X	May cause choking or infant allergies.
Peanut butter		X	Caution – possible allergic reaction.
Sausage or Salami		X	High in fat and low in protein; possible choking hazard.
Wild game or home canned meats		X	
Yogurt		X	Cow's milk product.

INFANT FEEDING – Miscellaneous Foods

Food Item	Creditable		Comments
	Yes	No	
Artificial sweeteners		X	Have not been proven safe for infants.
Candy, any kind		X	Added calories/possible tooth decay and can be a choking hazard.
Chips, any kind		X	Higher in fat and possible choking hazard.
Chocolate Cocoa		X	Added calories; possible tooth decay.
Coffee		X	Not applicable; high in caffeine.
Desserts in a jar		X	Added calories; possible tooth decay. Example: Hawaii delight, blueberry buckle and cobblers.
Desserts, commercial and home (center) made		X	Added calories; possible tooth decay.
Drinks with artificial sweeteners		X	Have not been proven safe for infants.
Honey		X	Contains harmful Botulism spores; high risk of serious food borne illness.
Pedialyte		X	Only with prescription for medical need.
Syrups and sweeteners		X	Promote development of tooth decay.
Tea, sweetened and unsweetened carbonated beverages		X	Not age appropriate; high in sugar and caffeine.

INFANT FEEDING

Questions and Answers (Q & As)

1. Q: How can you serve “0” tablespoons of food according to the Infant Meal Pattern Food Chart?

A: Certain foods are listed as “0” tablespoons to let you know that the food is *optional* and should be served when the infant is developmentally ready and as determined by the parent. You may serve less than 1 tablespoon of these foods based on the infant’s appetite.

2. Q: Does an infant have to eat only at the specified meal times?

A: No. The approved meal times for breakfast, lunch, supper, and snack, are only a guideline for infant feeding. Infants may need to eat every 2 to 4 hours or more frequently than the specified times depending the infant’s hunger cues. So you may feed an infant 4 or 5 times during the time in care, but can claim only for the 2 meals and one snack (or 2 snacks and one meal) per infant per day during the time the infant is in care.

3. Q: Why are some of the food portions so small?

A: The portions listed are the minimum amount required for infant meals. You may serve larger portions to infants who will eat more.

4. Q: Why is fruit juice not allowed as an option for fruit and/or vegetable at breakfast, lunch, and supper?

A: The use of fruit juice, in addition to the required amount of formula or breastmilk at each meal would be too much liquid and may discourage the infant from eating more nutritious solid foods. Also, fruits and juices served too young are a high allergy risk.

5. Q: Are low iron formulas creditable?

A: No. Infants whose parents provide low iron formula may not be claimed for reimbursement, even if the provider is supplying the other required meal components.

Exception: The parent may obtain a signed medical statement from the infant’s physician stating the reason why the infant may not have iron-fortified infant formula and provide the name of the formula to be substituted. The low-iron formula must be medically necessary for the meals to be claimed.

6. **Q: Can infants less than one year of age be claimed if on whole milk instead of iron-fortified infant formula or breastmilk?**
- A:** No. The only exception would be if a signed medical statement is on file from a recognized medical authority stating the need for cow's milk or a substitute formula prior to the first birthday. It must be medically necessary for an infant to be on cow's milk before one year of age for the meals to be reimbursable.
7. **Q: Can fortified adult cereals be substituted for the iron-fortified dry infant cereal for older infants (over 8 months of age)?**
- A:** No. Adult cereals do not provide infants with the same kind of easily absorbed iron as the iron-fortified infant cereals do. In addition, adult cereals often contain added sugar or salt. USDA requires providers to supply iron-fortified infant cereal up to the infant's first birthday to claim the infant's meals for reimbursement. Iron-fortified infant cereal is a requirement at breakfast.
8. **Q: Infant food manufacturers have products called "desserts." Are these products creditable in the CACFP?**
- A:** No. Products labeled as a "dessert" are not reimbursable in the CACFP. Commercial baby foods in the dessert category, generally having "dessert" or "pudding" as part of the product name on the label may list a fruit as the first ingredient but are not reimbursable meal components in the CACFP.
9. **Q: When an infant is transitioning from breastmilk to formula, it is common to provide the infant with both, to gradually ease the infant into consuming formula in place of breastmilk. During this transition, when an infant is receiving both breastmilk and formula, is the meal reimbursable?**
- A:** Yes. Any one meal that contains portions of both breastmilk and infant formula is reimbursable from birth through eleven months (up to the infant's first birthday).
10. **Q: Is the meal reimbursable if the mother breastfeeds her infant at the child care center or home?**
- A:** No. While we support all efforts for mothers to breastfeed their infants, it is our intention that the provider must provide some type of "service" in order to be reimbursed for a meal. If the provider bottle-feeds an infant breastmilk that has been previously expressed by the mother, then the

meal is reimbursable. CACFP reimburses child care facilities for the cost of preparing and serving nutritious meals and snacks to infants and children receiving day care. In the case of breastfed infants, CACFP reimburses the facility for the cost of preparing the bottle and feeding the infant. When a parent nurses her own child, the services for which the center or the provider would receive reimbursement are not being performed.

11. Q: Is the meal reimbursable if the provider breastfeeds her own infant?

A: Yes, as long as the infant is enrolled in care at the facility or home and is otherwise eligible to receive reimbursement.

12. Q: Meals containing breastmilk or iron-fortified formula only served by center staff for infants birth through 7 months are reimbursable. For infants 8 through 11 months at snack, breastmilk or formula or full strength juice are the only required components while bread/crackers are noted as “when ready.” If the parent provides breastmilk served by center staff to a 9 month old infant, is the snack reimbursable if the infant is not ready for crusty bread or cracker products?

A: Yes. The 8 through 11 month snack meal pattern requires iron-fortified infant formula or breastmilk or full strength juice and, when the infant is developmentally ready, a serving of whole grain or enriched crusty bread or cracker type product. Once the infant is deemed ready, the center must purchase/provide all other meal/snack components in order to claim for reimbursement.

13. Q: Are meals served to children 12 months and older (1 year olds), reimbursable if they contain infant formula?

A: Yes, for a period of three months, when a child is transitioning from infant formula to whole cow’s milk, meals that contain infant formula may be reimbursable. When a child is weaned from formula (or breast milk) to cow’s milk, it is a common practice to provide the infant with both foods at the same meal service, to gradually ease the infant to accept some of the new food. However, unlike breast milk, infant formula is not an alternative type of milk, which can be substituted to meet the fluid milk requirement for the CACFP meal pattern for children over the age of one year. Thus, for a child 15 months of age and older who is not in this transitional stage, a statement from a recognized medical authority is required for a meal containing infant formula to be eligible for reimbursement.

14. Q: A mother would like her 5-month old infant to receive breast milk, which she provides, and solid foods, which are listed as options in the meal pattern. Because the infant is developmentally ready for solid foods, whose responsibility is it to provide them?

A: If an infant is developmentally ready for one or more solid food items and the parent or guardian requests that the infant be served solid foods, the center or provider is responsible for purchasing and serving them to the infant.

The CACFP infant meal pattern takes into consideration that infants develop at different paces. Some food items such as fruit and cereal are listed as options in the infant meal pattern to account for an infant's "readiness" to accept these foods (i.e., some infants are developmentally ready for solid foods earlier than others). This occurs in the breakfast and lunch/supper meal service for infants 4-7 months of age and for the snack meal service for infants 8-11 months of age. A childcare center or home provider must serve a complete meal to every infant or child enrolled. Therefore, if a child is developmentally ready for these solid foods and the parent or guardian requests that the infant is served solid foods, the components are no longer considered as options and should be served to the infant to provide him/her with the optimal nutrition he/she needs to develop and grow.

15. Q: Cottage cheese is a meat alternate in the lunch and supper meal pattern for infants aged 8 through 11 months. How much cottage cheese must be offered to fulfill the meat/meat alternate meal pattern requirement?

A: Cottage cheese, cheese food, and cheese spread are acceptable meat alternates in the CACFP infant meal pattern. The amount that may be offered as a meat alternate to infants aged 8 through 11 months is 1 to 4 ounces of cottage cheese ($\frac{1}{4}$ cup) or 1 to 4 ounces (weight) of cheese spread. See the Meat/Meat Alternate list for more specific information.

16. Q: Can baby food fruits and vegetables containing DHA be served as part of the infant meal pattern?

A: No. DHA is an omega-3 fatty acid known as docosahexanoic acid that may be added to commercially prepared fruits or vegetables. The source of DHA in some lines of baby food products, such as Beech-Nut First Advantage Sweet Potato Soufflé or Tropical Blend, is egg yolk. These DHA-added products combine fruits or vegetables with dried egg yolk, heavy cream, rice flour, vanilla extract, and other ingredients.

They are not labeled or marketed as desserts, but they contain similar ingredients that may not be appropriate for an infant younger than 8 months of age.

Introducing these “dessert-like” ingredients into an infant’s diet at an earlier age could result in a food sensitivity or food allergy. Although DHA-added products cannot contribute to the infant meal pattern, they may be served as additional foods to infants 8 months of age and older.

17. Q: The “Feeding Infants” guide discusses introducing yogurt into an infant’s diet. However, the infant meal pattern in the Regulations does not list yogurt as an acceptable meat/meat alternate. Is yogurt creditable for infants ages 8-11 months old?

A: No. Yogurt may be served as an additional food item. The “Feeding Infants” publication discusses introducing yogurt in small amounts.

18. Q: Why are certain milk products not recommended for infants younger than 12 months and are not reimbursable in the Infant Meal Pattern?

A: Milk products such as cow’s milk, buttermilk, evaporated cow’s milk or home-prepared evaporated cow’s milk formula, sweetened condensed milk, goat’s milk, soy milk, and imitation milks made from rice, nuts or non-dairy creamer do not contain the right amount of all the nutrients that infants need and these products may be detrimental to the infant’s health. Breastmilk is the preferred nutrition for the infant and iron-fortified formula is the best substitute for breastmilk.

19. Q: What type of breads can be served to infants?

A: Consult with each infant’s parent about bread and cracker items being introduced at home. You can serve the same food when in care. At 8 to 9 months, reimbursable breads are white, whole wheat, French, Italian, and similar breads, all *without* nuts, seeds, or hard pieces of whole grain kernels. Breads should not be made with honey.

20. Q: Why are certain fish and shellfish not allowed in the Program?

A: Shellfish such as shrimp, lobster, crab, crawfish, scallops, oysters and clams are not allowed for infants. Shellfish is a high risk food that can cause severe allergic reactions in some infants. Also, do not feed infants or young children any of the following fish which may contain high levels of mercury: shark, swordfish, king mackerel, or tilefish.

21. **Q: Can dry powdered or liquid concentrated infant formulas be used instead of ready-to-use formula?**

A: Yes. Powdered iron-fortified and liquid concentrated iron-fortified infant formulas may be used as long as they are prepared according to the product dilution ratios and are in conformance with the definition of infant formula as described on page vii.

22. **Q: A parent wants her infant to receive only organic foods. The parent uses an organic baby food that she wants the center or provider to purchase which is more expensive than the infant cereal used by the center or provider. Is the center or provider required to purchase this special baby food for one infant?**

A: No. The center provides a dry iron-fortified infant cereal. If the parent does not want this cereal, the parent can furnish their preferred cereal; however, the center or provider cannot claim any meals with parent provided food.

23. **Q: Can a CACFP center or home provider use and claim infant formula past the product expiration date?**

A: No. Expired formula supplied by either the parent or the child care provider is not creditable and may not be claimed for meal reimbursement.

24. **Q: Can a parent bring homemade baby food to a facility to be served only to their child?**

A: Sanitation requirements indicate food must come from an approved source; however this does not included a parent bringing in an individual meal for an infant. If a provider is uncomfortable with this practice, the provider is free to decline the parent's request for liability reasons. Missouri sanitarians do not recommend this practice; however, it is not prohibited. If allowed by the center or home provider, the home provided food would have to be stored separately from other food. It would have to appear fresh (unadulterated), labeled with the child's name, kept in a leak-proof container, and returned to the parent at the end of each day. Adulterated foods include examples such as: unpasteurized milk/juice, home canned food, undercooked/raw meats, obvious temperature or sanitary abuse.





Pages 89-91 Revised July 2014

Iron Fortified Infant Formulas That Do Not Require a Medical Statement in the CACFP CACFP Infant Formula List Information

CFNA requires that child care centers and day care homes provide (purchase) at least one brand of iron fortified *infant formula* (“house formula”) and have on hand when infants are enrolled and in care. The “house” formula should be one that is commonly used by the majority of infants in care. If the facility or provider offers a type of formula different than what is tolerated by the infant, the infant’s parent may decline the offered formula and supply another type.

The United States Department of Agriculture’s Food and Nutrition Service (USDA-FNS) *formerly* provided a list of iron fortified formulas that do not require medical statements when offered to infants in the child nutrition programs which were available to access on USDA’s website.

June 2014 - USDA will no longer update and maintain the list of *Iron-Fortified Infant Formulas That Do Not Require a Medical Statement* because new and re-formulated infant formula products are continually being developed making the list not-all inclusive and causing confusion regarding what formulas are reimbursable. In place, the Missouri Department of Health and Senior Services, Community Food and Nutrition Services (State Agency) or child care facility may **use the following criteria to determine whether or not a formula is reimbursable under the CACFP without the need of a medical statement:**

- Ensure the formula is not an FDA Exempt Infant Formula. To check whether or not an infant formula is an FDA Exempt Infant Formula visit: <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/InfantFormula/ucm106456.htm>. Formulas classified as an Exempt Infant Formula by FDA require a medical statement in order to be served to infants. A medical statement must be signed by a licensed physician if an infant is considered disabled or a recognized medical authority specified by the State agency if an infant has medical (non-disability) or other special dietary needs.
- Look for the statement “Infant Formula with Iron” or a similar statement on the front of the formula package. All iron-fortified infant formulas must have this type of statement on the package.
- Use the nutrition facts label as a guide to ensure that the formula is iron-fortified. To be considered iron-fortified an infant formula must have 100 milligrams (mg) of iron or more per 100 kilocalories (calories) of formula when prepared in accordance with label directions.



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
COMMUNITY FOOD and NUTRITION ASSISTANCE
CHILD and ADULT CARE FOOD PROGRAM

It is important to be aware that all infant formulas sold in the U.S. must meet the nutrient specifications outlined by FDA. If a formula is purchased outside of the U.S., it is likely that the formula is not regulated by the FDA and therefore may not be credible under the CACFP.

USDA will provide updated guidance reflecting this information on how to identify credible iron-fortified infant formula in the near future. Missouri Department of Health and Senior Services - Community Food and Nutrition Assistance (CFNA) will subsequently communicate the updated guidance to CACFP sponsors when it is officially issued.



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
COMMUNITY FOOD and NUTRITION ASSISTANCE
CHILD and ADULT CARE FOOD PROGRAM

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MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
COMMUNITY FOOD and NUTRITION ASSISTANCE
CHILD and ADULT CARE FOOD PROGRAM

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APPENDIX A



Food Chart - Children

Missouri Department of Health and Senior Services
Child and Adult Care Food Program

Meal	Food Component	Minimum Serving Size	Minimum Serving Size	Minimum Serving Size
		Age 1 through 2	Age 3 through 5	Age 6 through 12
Breakfast	Fluid Milk ¹	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)
	Juice or Fruit or Vegetable	¼ cup	½ cup	½ cup
	Grains/Bread	½ slice	½ slice	1 slice
Snack (Serve 2 of 4 components)	Fluid Milk ¹	4 oz (½ cup)	4 oz (½ cup)	8 oz (1 cup)
	Juice or Fruit or Vegetable ²	½ cup	½ cup	¾ cup
	Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
	Grains/Bread	½ slice	½ slice	1 slice
Lunch or Supper	Fluid Milk ¹	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)
	Meat, Poultry, Cheese, or	1 ounce	1 ½ ounces	2 ounces
	Egg (large), or	½ egg	¾ egg	1 egg
	Cooked Dry Beans, Peas, or	¼ cup	3/8 cup	½ cup
	Peanut or other nut or seed butters ³ or	2 Tbsp.	3 Tbsp.	4 Tbsp.
	Nuts and/or Seeds ⁴	½ oz = 50%	¾ oz = 50%	1 oz = 50%
	Juice or Fruit or Vegetable ⁵ (must serve at least two different varieties)	¼ cup total	½ cup total	¾ cup total
	Grains/Bread	½ slice	½ slice	1 slice

¹ For children two years of age and older, milk must be low-fat (1%) or fat free (skim). The American Academy of Pediatrics recommends that children 12 months through 23 months (1 year olds) be served whole milk; however, this is not a requirement.

² Juice may not be served if milk is the only other component at snack.

³ Peanut butter may not be the only meat/meat alternate served for supper; another meat/meat alternate must be served with peanut butter for the meal to be creditable.

⁴ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the requirement.

⁵ A minimum of 1/8 cup of each must be served.



Food Chart – Adult*

Missouri Department of Health and Senior Services
Child and Adult Care Food Program

Meal	Food Component	Minimum Serving Size	
Breakfast	Fluid Milk ¹	8 ounces (1 cup)	
	Grains/Bread	2 slices (servings)	
Lunch	Fluid Milk ¹	8 ounces (1 cup)	
	Meat or Meat Alternate ⁶	2 ounces	
	Meat, Poultry, Fish, or Cheese, or Egg (large) or Cooked Dry Beans, Peas, or Peanut Butter ² or Nuts and/or seeds ³ or Yogurt ⁶ , plain or flavored	2 ounces 1 egg 1/2 cup 4 tablespoons 1 oz = 50%	
	Vegetables and/or Fruit ⁴	1 cup total	
	Grains/Bread	2 slices (servings)	
	Supper	Fluid Milk ¹	Optional
		Meat or Meat Alternate ⁶	2 ounces
		Vegetables and/or Fruit ⁴	1 cup total
Grains/Bread		2 slices (servings)	
Snack (Serve 2 of 4 components)	Fluid Milk ¹	8 ounces (1 cup)	
	Vegetables or Fruit or Juice ⁵	1/2 cup	
	Grains/Bread	1 slice (serving)	
	Meat or Meat Alternate ⁶	1 ounce	

*Adult is a person 60 years of age or older or a functionally impaired disabled person 18 years or older enrolled in an adult day care center.

¹ Milk must be low-fat (1%) or fat free (skim)

² Peanut butter may not be the only meat/meat alternate served for lunch or supper; another meat/meat alternate must be served with peanut butter for the meal to be creditable.

³ No more than 50% of the requirement can be met with nuts or seeds; these must be combined with another meat/meat alternate to fulfill the requirement.

⁴ Must serve at least two different varieties of vegetables and/or fruit at lunch and supper. A minimum of 1/8 cup of each must be served.

⁵ Juice may not be served if milk is the only other component at snack.

⁶ Commercially prepared yogurt may be used to meet all or part of the meat/meat alternate requirement. Four ounces (weight) or 1/2 cup (volume) of yogurt fulfills the equivalent of one ounce of the meat/meat alternate requirement in the meal pattern.

Offer versus Serve Menu Service Option: Each adult day care must *offer* the participants *all of the required food components listed above*. However, at the discretion of the adult day care center, adult participants may be permitted to decline: One of the four food items required at **breakfast** (1 milk, 1 fruit/vegetable, 2 bread); two of the six food items required at **lunch** (1 milk, 2 fruit/vegetables, 1 meat/meat alternate, 2 bread), and; two of the five food items required at **supper** (2 fruit/vegetables, 1 meat/meat alternate, 2 bread).

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MDHSS-BCFNA Revised 3/2012

Food Chart – At-Risk After School Program

Meal	Food Component	Minimum Serving Size ¹
Supper	Fluid Milk ²	8 fluid ounces (1 cup)
	Meat, Poultry, Fish, Cheese, or Egg (large), or Cooked Dry Beans, Peas, or Peanut Butter or other Nut Butters ⁴ , or Peanuts, Soy Nuts, Tree Nuts or Seeds ⁵ , or Yogurt, plain or sweetened, flavored or unflavored	2 ounces 1 egg ½ cup 4 tablespoons 1 ounce = 50% 8 ounces or 1 cup
	Vegetables and/or Fruits ⁶ (must serve at least two different varieties)	¾ cup total
	Bread, or Cornbread, Biscuits, Rolls, Muffins, etc., or Cold Dry Cereal ³ , or Cooked Cereal or Cereal Grains or Pasta, Cooked Noodles	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup
	Fluid Milk ²	8 fluid ounces (1 cup)
	Juice or Fruit or Vegetable	¾ cup
Snack⁷ Serve 2 of 4 components	Meat or Meat Alternate	1 ounce
	Grains/Breads	1 serving

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¹Children ages 13 through 18 must be served minimum or larger portions specified for children 6 through 12.

²**All milk served to children two years of age and older must be low-fat (1%) or fat-free (skim).** Milk must be served as a beverage at supper and may be served as a beverage and/or on cereal at snack.

³Dry cereal portion is either volume (cup), or weight (ounces), whichever is less. Cold dry cereal is ONLY creditable at snack.

⁴At supper, must serve an additional meat/meat alternate with peanut butter.

⁵No more than 50% of the requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement.

⁶Serve two or more kinds (1/8 cup minimum). Full-strength juice may be counted to meet not more than one-half of the requirement.

⁷Serve two food items - each must be from a different food component. Juice may not be served at snack when milk is served as the second component.

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Food Chart – Summer Food Service Program

Breakfast	Fluid Milk	1 cup (8 fluid ounces) ¹
	Juice or Fruit or Vegetable	½ cup
	Bread, or Cold Dry Cereal, or Cornbread, Biscuits, Rolls, Muffins, etc., or Cooked Cereal or Cereal Grains	1 slice ¾ cup or 1 ounce ² 1 serving
	Pasta, Cooked Noodles	½ cup ½ cup
Lunch or Supper	Fluid Milk	1 cup (8 fluid ounces) ³
	Meat, Poultry, Fish, Cheese, or Egg, or Cooked Dry Beans, Peas, or Peanut Butter or other Nut Butters, or Peanuts, Soybeans, Tree Nuts or Seeds, or Yogurt, plain or sweetened, flavored	2 ounces 1 large egg ½ cup 4 tablespoons ⁴ 1 ounce = 50% ⁵ 1 cup
	Vegetables and/or Fruits (must serve at least two different varieties)	¾ cup total ⁶
	Grains/Breads	1 serving
	Fluid Milk	1 cup (8 fluid ounces) ¹
	Juice or Fruit or Vegetable	¾ cup
Snack ⁷ Serve 2 of 4 components	Meat or Meat Alternate	1 ounces
	Grains/Bread	1 serving

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1. Serve as a beverage, or on cereal, or use part of it for each purpose.
2. Either volume (cup), or weight (ounces), whichever is less.
3. Must be served as a beverage
4. At lunch or supper, must serve an additional meat/meat alternate with peanut butter.
5. No more than 50% of the requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement.
6. Serve two or more kinds. Full-strength juice may be counted to meet not more than one-half of this requirement.
7. Serve two food items. Each food item must be from a different food component. Juice may not be served when milk is served as the only other component.

Note: All grain/bread items must be enriched or whole-grain, made from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.

Four Components in Menu Planning

Meat/Meat Alternates (m/ma)

Includes lean meat, poultry, fish, cheese, egg, cooked dry beans/peas, Nuts and seeds, nut and seed butters, alternate protein products, Yogurt (creditable at lunch, supper and snack only)

Specifics

- Required at Lunch and Supper as main dish; m/ma may be served as an extra food item at breakfast, but it is not required
- Nuts/seeds/nut butters can meet only ½ of m/ma at lunch/supper - an additional m/ma is required. Meets full m/ma requirement at snacks
- A combination food served as an entrée (main dish) may be credited as the m/ma plus up to 2 other meal components (3 total) provided *each* component meets the *minimum* meal pattern requirement
- Lunch meat/cold cuts, hot dogs and sausage products may be served *no more than 1 time per week*
- Commercially processed food must have processed food documentation (CN label, product formulation or center product analysis) to be creditable
- No more than 2 different m/ma items are creditable at 1 meal

Vegetables/Fruits

Includes fresh, canned, frozen, dried fruit, juice and vegetables, Juice must be 100% full strength fruit or vegetable juice

Specifics

- One serving is required at Breakfast
- At least 1/8 cup (2 tablespoons) must be served to meet the minimum creditable portion; an additional fruit/vegetable must be served to meet the total requirement by age
- Cooked dry beans/peas may be counted as a vegetable OR a meat alternate, but not as both in the same meal
- Juice may count up to ½ of the total requirement for lunch or supper
- Juice may not be served at snack meal when milk is served as the second component
- Two *different* fruits and/or vegetables must be served at lunch/supper.
- Combinations such as fruit cocktail, mixed vegetables or fruit salad may be credited to meet one of the two required components at lunch or supper

Milk

Participants 2 years of age & older must be served **fat-free (skim) or low-fat (1%) milk**, lactose-reduced (1%), lactose-free (skim), 1% or skim buttermilk, or 1% or skim acidified milk. Whole & Reduced fat (2%) may NOT be served to participants two years of age and older.

Specifics

- Must be pasteurized fluid milk, flavored or unflavored
- Is a required component at breakfast, lunch and supper*
- Milk may be served as a beverage, on cereal or used for some of both at breakfast and snack
- Milk used in cooking may not be credited
- Infants birth through 11 months must be provided breast milk or iron-fortified formula
- Whole milk is recommended for children 12 months through 23 months but any milk type may be served (2%, 1%, skim, etc.)
- Milk may not be served for snacks when juice is served as the second component
- *Milk is not a required supper component in adult day care centers

Grains/Breads

All grains/breads must be whole grain or enriched or made from whole grain or enriched flour or meal, bran or germ. Cereal must be whole grain, enriched or fortified

Specifics

- Required at Breakfast, Lunch, and Supper
- Minimum creditable amount is one quarter (¼) of a serving
- Ready – to - eat cereal may be served at breakfast and snack only
- Grain-based chips are creditable and may be served up to 2 times a week at lunch and snack only; however puffed snack products (Cheetos, Funyuns, etc.) are NOT creditable
- Sweet bread items such as coffee cake, muffins, granola bars, cereal bars, doughnuts or sweet rolls are creditable at breakfast and snack only and can be served *no more than 1 time per week at breakfast*
- At lunch and supper, the grains/breads may not be a dessert. Cookies and other dessert grains are creditable only at snacks and *no more than 2 times per week*

APPENDIX B

DEFINITIONS AND/OR EXPLANATIONS

Alternate Protein Products (APP) – foods which may be used to resemble and substitute, in part, for meat, poultry, or seafood in Child Nutrition Programs (CNPs). These products must conform with the requirements for Alternate Foods for Meals – Appendix A, 7 CFR Part 226. Specific criteria must be met before claiming meals containing APPs for reimbursement. Refer to the Meat/Meat Alternate section for further guidance.

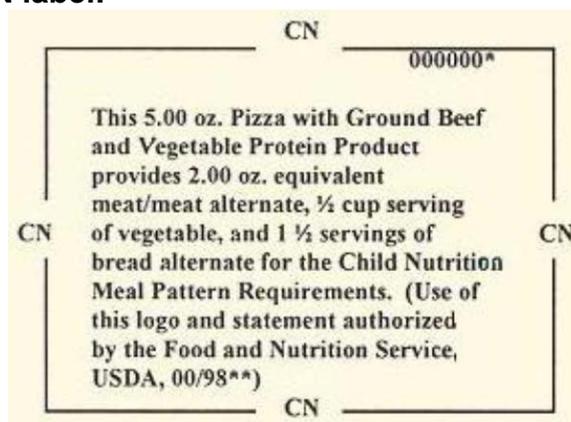
Child Nutrition (CN) Labeling:

- Is a voluntary Federal labeling program for Child Nutrition Programs;
- USDA evaluates the product formulation to determine its contribution toward the meal pattern requirement;
- Provides CNP operators a warranty against audit claims for CN labeled products when used according to the manufacturer's directions as printed on the approved CN label;
- CN labels allow manufacturers to state a product's contribution(s) to the meal pattern requirements on their labels.

A CN label will always contain the following information:

- The CN logo, which is a distinct border;
- The meal pattern contribution statement;
- *A 6-digit product identification number;
- The USDA/FNS authorization statement;
- **The month and year of final FNS approval

A sample CN label:



Child Nutrition Programs – Programs funded by the United States Department of Agriculture, Food and Nutrition Service (USDA/FNS) includes: CACFP, National School Lunch, School Breakfast, Special Milk and Summer Food Service Programs.

Combination Foods – Any single serving of food that contains up to three of the required meal components. For more information on crediting combination foods, refer to Appendix C.

DEFINITIONS AND/OR EXPLANATIONS

Commercially prepared food(s) – These are foods purchased in “ready-to-eat” or “heat and eat” form from a food service distributor, retail grocer, fast-food or restaurant.

Component – This is a certain category of food according to the CACFP meal pattern; i.e. milk component, meat/meat alternate component, fruit/vegetable component, and the grains/breads component.

Entrée or Main Dish – The main course of a meal that contains the meat and/or meat alternate.

Fish – Home or fresh caught fish is not creditable under the CACFP and can be a safety hazard because of the danger of pollution and contamination.

Food Buying Guide – a USDA resource to aid in determining the amount of food to purchase for Child Nutrition Programs.

Food and Nutrition Service (FNS) – this is the U.S. Department of Agriculture office that administers all Child Nutrition Programs.

Game – Venison, squirrel, rabbit, etc., - For safety reasons, not creditable under the CACFP unless inspected and approved by the appropriate State or Federal Agency.

Home canned foods – for safety reasons, home canned foods are not allowed in meals reimbursed under the CACFP. Refer to the Meal Service section of your Program policy manual for additional information.

Honey – should not be given to or used in foods for infants under 1 year of age because it may contain botulism spores.

Infant – a child during the first year of life, from birth through 11 months of age.

Infant cereal – means 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.

Infant Formula – means 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.

Medical Food Substitutions – food substitutions are required with a medically determined *disability* and may be made for medical or dietary reasons when supported by a statement from a recognized medical authority. The

DEFINITIONS AND/OR EXPLANATIONS

statement should specify the foods to be omitted from the child's or adult's diet, and a choice of foods that may be substituted. Refer to the Food and Fluid Milk Substitution policies in your respective Program policy and procedure manual for detailed information.

Missouri Department of Health and Senior Services (MDHSS) – is the state agency that administers the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP) and the Commodity Supplemental Food Program in Missouri.

Product Formulation Statement (also called a product analysis) – an information sheet obtained from the manufacturer with a detailed explanation of what the commercially prepared food product actually contains and the amount of each ingredient in the product by weight. It must have an original (dated) signature of a company official, and identify the amount of the component provided by the product.

Reimbursement – Money received for serving meals and snacks that meet the meal pattern requirements.

Restaurants and “Fast Food” establishments – food from all restaurant types are not eligible for CACFP meal reimbursement.

Serving size or portion – the weight, measure, or number of pieces or slices of food needed to serve one person. The serving size specified in the meal pattern food chart for each Program (child care, at-risk, adult, summer food) is the minimum amount that can be credited toward meeting the meal pattern requirements.

Standard of Identity – government standard for content, preparation and labeling of a food. Standards of Identity set specific (and optional) ingredients a food must contain when a product is to be labeled or identified by a common product name. Standards for meat products are developed by the Department of Agriculture and for other food products by the U.S. Food and Drug Administration (FDA).

United States Department of Agriculture – Federal agency which funds the Child Nutrition Programs.

Family Style Meal Service



The Child and Adult Care Food Program (CACFP) has long been recognized for its goals of providing nutritious meals to children and helping them establish good eating habits at a young age. Family style meal service provides a further opportunity to enhance these goals by encouraging a pleasant eating environment that will support and promote meal time as a learning experience.

Family style is a type of meal service which allows each child in a home or center setting to serve themselves from common platters of food with assistance from supervising adults setting the example. Family style meal service encourages supervising adults to set a personal example (role model) and provide educational activities that are centered on foods. This approach allows children to identify and be introduced to new foods, new tastes and new menus, while developing a positive attitude towards nutritious food, sharing in group eating situations and developing good eating habits.

CACFP - with cafeteria style service or unitized meals, all food items (components) must be placed on the child's plate in order to assure that a reimbursable meal or snack is served. However, using the family style method, the children determine what foods they will eat and how much they will eat.

Family style meal service is encouraged for CACFP if the following criteria are met:

- Enough food is placed in serving bowls/platters on each table to provide at least the minimum portion of each component for all children (plus adult portions) at the table and to serve the program adults who supervise the meal service at each table. **(Meals for adults may not be claimed for reimbursement.)**
- When the full regulatory portion is not initially taken by the child, supervising adults must actively encourage the child to take the full regulatory portion by asking the child if they would like the full portion or seconds during the course of the meal. However, it is ultimately the child's decision on how much or if they will take a meal component.

Food Safety Considerations:

Family style bowls and common plates of the regulatory amounts of food placed on the table may not be reused or served as a leftover at a later time. Additional serving bowls of food that have been prepared (and covered) but not placed on the table may be reused if properly cooled, stored and reheated to at least 165 degrees Fahrenheit. Extra bowls/platters of food and serving tools are commonly placed on a side cart and used as needed.

Under the Missouri Department of Health and Senior Services sanitation standards, milk should not be put on the table to sit for any period of time. Milk should be portioned into pitchers and stored in the refrigerator until meal service begins.



Summer Food Service Program (SFSP) - family style service may only be used at a camp site and should not be used at other types of SFSP sites. Family style meal service can work well at camp sites if adults are available to assist children during the meal and if staff and children are together for an extended period of time to provide a relaxed, stable environment conducive for teaching good eating habits.

Purchasing Food in Child Nutrition Programs

All institutions receiving payment (reimbursement) from the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP) are required to maintain accurate records for Program compliance. The records must support the monthly claim for reimbursement and verify that all Program requirements are met.

One of the record keeping requirements is for the institution to maintain monthly documentation of **non-profit food service**. **Non-profit food service** means the food service operation is conducted for the benefit of the participants (children) and the Program reimbursement funds are used solely for the food service operation and/or for improvement of the food service. Non-profit food service verification includes documentation of income (revenue) to the Program (if applicable) and documentation of food service expenditures. Food service expenditures includes documentation of food and non-food purchases, food service labor, food service equipment expenses and indirect costs.

This section of the Creditable Foods Guide describes the various sources that Program food (and other expenditures) can be purchased from, which are listed as “approved” or “unapproved”. This list is fairly inclusive of food sources in Missouri; however, if your institution has a question about a food purchasing source different than what is described, please contact the Missouri Department of Health and Senior Services – Bureau of Community Food and Nutrition Assistance (MDHSS-BCFNA) for an approval determination.

To claim reimbursement for meals and snacks in the CACFP and the SFSP, each institution must provide all of the meal components and the food must originate (be purchased) from a source in compliance with Missouri Food Code laws. Unless otherwise noted, CACFP purchases are creditable when **original documentation** (receipts, invoices, etc.) of purchases (expenditures) are dated and itemized. Itemized means that the items purchased are machine printed on the receipt and anyone can easily decipher each item purchased.

Traditional (approved) food sources include food purchased from food service distributors, supermarket chains, convenience stores, local grocers and other “recognizable” retail stores selling food and non-food items in compliance with Missouri Food Code laws. These are the most commonly used food sources in the CACFP/SFSP. Following is a description of less commonly used sources that may be used for Program food purchases.

Other Approved Food Sources – food can be purchased from these sources and used in the CACFP provided proper food safety practices are followed. The center must maintain itemized original receipt documentation to verify non-profit food service as described above.

Farmers Market or Roadside Produce Stands – is limited to purchase of fresh and not packaged unprepared (whole, uncut) locally grown fruits, vegetables, in-shell nuts and fresh herb sprigs. Foods may not be processed or prepared beyond their natural state except for usual harvesting and cleaning processes. Fresh fruits and vegetables shall be thoroughly washed in water to remove soil and other contaminants before being cut, combined with other ingredients, cooked, or offered to participants in ready-to-eat form.

Center (or Site) Gardens – food that is grown from seed or plant can be harvested and used for meals claimed in the CACFP/SFSP. The center must maintain documentation of the cost (itemized receipt) of the seeds and/or plants. CACFP/SFSP reimbursement funds from the non-profit food service can be used (allowable cost) to purchase items such as watering cans, fertilizer, rakes, etc. as long as the items are used for the purpose of starting and maintaining a garden. Fresh fruits and vegetables shall be thoroughly washed in water to remove soil and other contaminants before being cut, combined with other ingredients, cooked, or offered to participants in ready-to-eat form.

Garden Donations – donations of fresh produce grown in gardens other than the center/site garden may be used as part of a reimbursable meal and is limited to: whole, uncut fruits and vegetables, in-shell nuts and fresh herb sprigs. The center must maintain a donation log, denoting the source of the donation, date received and the type and amount of produce. Foods may not be processed or prepared beyond their natural state except for usual harvesting and cleaning processes. Fruits and vegetables must be thoroughly washed in water to remove soil and other contaminants before being cut, combined with other ingredients, cooked, or offered to participants in ready-to-eat form.

Food Bank and Food Pantries – Non-profit (faith based) and public centers may be eligible to “purchase” food from local food banks and pantries. The food is creditable only when these agencies charge (price per pound, etc.) for the food. Institutions must maintain itemized receipts of food purchased through food banks and food pantries to include the price per pound with total purchases extended on the invoice.

Outdated Food from Approved Retail Sources – products sold as outdated from an approved food source such as a retail grocer can be used in the CACFP; however, purchase and/or use of outdated infant formula is not permitted. The original label must be affixed to the outdated product and the integrity of the original container (can, package) cannot be compromised. Contact your local public health official with specific questions on use of outdated food in your area.

Game Animals – to be creditable, fresh or frozen “game” meat (to include but not limited to deer, buffalo, goat) must be purchased from a USDA inspected establishment. Wild game is not allowed to be used in Child Nutrition Programs.

Unapproved Food Sources – these food sources **cannot be used and are food used/purchased from these sources are not creditable in CACFP/SFSP:**

Home Canned or Home Vacuum-Packaged Foods - Food canned in a private home cannot be used or offered for human consumption in a food establishment. Without process controls, the safety of home canned food cannot be determined. Jams, jellies and fruit butters (apple butter) are included in the category of home canned foods.

Home Butchered Meat, Poultry or Wild Game Animals – does not meet the definition of an approved food source and is prohibited from being served in the CACFP/SFSP. Wild game is not allowed to be used in FNS Child Nutrition Programs.

Non-Commercial Fish – home caught fish cannot be used in the CACFP.

Food Auctions and Salvage Outlets – these are unapproved food sources due to the uncertainty of product quality and inability to determine product safety.

Documentation required for Commercially Processed Food Products

Commercially processed frozen or canned “convenience” meat/meat alternate items such as chicken nuggets, pizza, corn dogs, burritos or ravioli, purchased from an approved source (food service distributor or retail grocer), must have documentation to verify the serving size and meal pattern contribution. Commercially processed main dish (entrée) food cannot be counted toward fulfilling the meat/meat alternate and grain/bread, fruit/vegetable components (if applicable) unless the center has documentation of the composition of the processed product. The following may be used to verify the contribution of processed foods to the CACFP/SFSP meal pattern:

- The institution must have **Child Nutrition (CN) label** documentation that verifies the meat/meat alternate and other meal component contribution(s), if applicable; or
- **Product Formulation Statement** (product analysis) signed by the manufacturer that verifies the meat/meat alternate and other meal component contribution(s), if applicable. Because the quality of processed foods varies greatly from manufacturer to manufacturer and from product to product, all processed foods must have documentation to verify the meal pattern contribution; or
- **On-site product analysis** is another option that may be used to verify the edible meat/meat alternate contribution. The institution must conduct and document its own analysis by removing breading from *whole pieces* of breaded items, such as fish sticks, then weigh the amount of the cooked meat after the breading has been removed.

If the institution does not have commercial processed food verification, it must supplement the product with a creditable meat/meat alternate source. For example, the center must add cooked ground beef and/or cheese to canned ravioli to equal the required meat/meat alternate portion. This information must be documented as a recipe to verify the minimum meal contribution is met.

All documentation regarding processed foods must be maintained in the center files. If information is unavailable at the time of a monitoring review, meals containing the processed foods may be disallowed.

References: Missouri Food Code (3 302.15)

Example of a Child Nutrition (CN) label

	CN		020202*
CN		This 5.00 oz. Pizza with Ground Beef and Vegetable Protein Product provides 2.00 oz. equivalent meat/meat alternate, ½ cup serving of vegetable, and 1 ½ servings of grain/bread for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**)	CN
	CN		



MISCELLANEOUS Questions and Answers (Q & As)

1. Q: Can foods be provided by parents to fulfill meal pattern requirements?

A: No. The participating institution must provide all the required meal components in order to claim the meal for reimbursement. Foods provided by parents must be considered “extras.” Foods that are non-creditable foods (pudding, candy) are discouraged and should only be served after the meal.

2. Q: Are picnics or cold meals acceptable?

A: Yes. As long as the meals meet the meal pattern requirements, are provided and supervised by facility staff and meet sanitation guidelines.

3. Q: Should I force a child to eat? How long is a reasonable amount of time to allow a child to eat?

A: No. Children should never be forced to eat but be allowed ample time to enjoy their meal. If they lose interest or dawdle, give them a reasonable time to eat – about 30 minutes – then quietly but firmly remove their food.

4. Q: Are foods from fast food or any type of restaurant creditable?

A: No. All required meal components must be provided by the center in order to claim meals for reimbursement.

5. Q: Is it a requirement that a provider place the required minimum amount of food on each child’s plate?

A: Yes. Under the unitized method of meal service, the full amount of each required meal component in the regulatory amount by age group must be placed on each plate initially. If less than the minimum required portion is served, the meals are not creditable and cannot be claimed for reimbursement.

6. Q: Can CACFP food be purchased using an EBT card?

A: No. An electronic benefit transfer (EBT) card is provided to an individual or family as a Supplemental Nutrition Assistance Program (SNAP, formerly called Food Stamps) benefit. Use of an EBT card to purchase food for CACFP is not allowed and demonstrates a lack of business integrity. SNAP Regulation violations occur when authorization cards are intentionally used, presented, transferred, acquired, received, possessed or trafficked. The Family Support Division (Social Services) will be notified when CACFP purchases are made using an EBT card.

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APPENDIX C

Dietary Guidelines for Americans

The Dietary Guidelines for Americans, 2010 has a new message which emphasizes the following **key points** important for planning creditable CACFP meals:

- ✓ Eat more whole grains;
- ✓ Increase fruits and vegetables;
- ✓ Increase milk products; and
- ✓ Choose a variety of proteins.

Start making changes by choosing one or more of the tips to help you:

EAT MORE WHOLE GRAINS:

Make at least half your grains whole. Grains are divided into two groups, *whole grains* and *refined grains*.

Whole grains – contain the entire grain kernel – the bran, germ, and endosperm. Whole grains will often have the word “whole” listed on the ingredient list. Examples of whole grains include whole wheat bread, whole wheat flour, brown rice, oatmeal, bulgur, whole wheat tortillas.

Refined grains – do not contain the entire grain kernel: the bran and germ have been removed during the milling process. Examples of refined grains include wheat bread, wheat flour, flour tortillas, white rice, grits, white bread, and white rolls.

INCREASE FRUITS AND VEGETABLES

➤ **Increase variety of vegetables.**

Vegetables are divided into 5 groups:

- **Dark green vegetables** – broccoli, collard greens, mustard greens, green peppers, spinach and romaine lettuce
- **Red/Orange vegetables** – radishes, red peppers, beets, carrots, sweet potatoes, winter squash, and pumpkin
- **Legumes (cooked dry beans and peas)** – pinto beans, black-eyed peas, kidney beans, lentils, split peas, chickpeas and white beans
- **Starchy vegetables** – corn, white potatoes, and green peas
- **Other vegetables** – green beans, celery, cabbage, tomatoes, cucumbers, cauliflower, and zucchini

➤ **Increase fruit intake.**

- Offer a variety of fruits daily – fresh, canned (packed in fruit juice or water with no added sugar), frozen or dried.
- Introduce new fruits on a regular basis - apricots, apples, strawberries, raspberries, kiwi fruit, mangoes, grapes, watermelon, peaches, tangerines, papaya, and oranges
- Limit juice consumption

INCREASE MILK PRODUCTS.

- Serve low-fat (1%) or fat-free (skim) milk to participants two years of age and older – CACFP requirement
- Choose low fat calcium-rich foods such as cheese and cottage cheese
- If lactose intolerant, serve lactose free (skim) or lactose reduced (1%) milk

CHOOSE A VARIETY OF PROTEINS.

- Foods in this group include meats, eggs, poultry, seafood and soy products.
- Dry beans and peas (black and pinto beans, lentils, etc.) are part of this group as well as the vegetable group.
- Nuts and seeds such as almonds, peanuts, and cashews also provide protein in this group.
- Choose lean protein sources to limit your fat and cholesterol intake.

OTHER KEY POINTS OF THE 2010 DIETARY GUIDELINES INCLUDE:

CUT BACK ON FOODS HIGH IN SOLID FATS, ADDED SUGARS, AND SALT

- Replace solid fats with oils when possible.
- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Limit highly processed foods such as breaded meat entrees and convenience snack foods.

EAT THE RIGHT AMOUNT OF CALORIES FOR YOU

- How much food we need depends on age, sex and physical activity level
- What counts is eating food from each food group to gain the health benefits from each group
- Use food labels to help make better choices

BE PHYSICALLY ACTIVE YOUR WAY

- Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active
- Be a role model for others – show others how to eat well and to be active

Keep your food safe to eat—learn more at: www.FoodSafety.gov

Learn more about the Dietary Guidelines at:

<http://www.cnpp.usda.gov/DietaryGuidelines.htm>

MENU CHECKLIST

Use this checklist when planning or making menu improvements. Menus must meet the Child and Adult Care Food Program Meal Requirements in order for meals and snacks to be reimbursed.

Add VARIETY to your MENUS:

- Prepare a type of food in different ways. For instance, instead of always serving mashed potatoes, try scalloped potatoes, oven baked potatoes, etc.
- Offer more fresh fruits or vegetables.
- Limit the use of 100% fruit juice to twice per week.
- Offer unusual fresh fruits or vegetables such as kiwi fruit, jicama, etc.
- Serve only whole grain products. Be sure that the word “whole” is listed in the nutrient label.
- Serve special menus for holidays, theme days, or serve cultural or ethnic foods for a change.
- Serve food with a variety of color, texture, shape, flavor, and temperature.
- If you are using cycle menus, review for changes periodically. Use seasonal foods.
- Participants two years of age and older must be served 1% or fat-free (skim) milk.
- Serve a variety of meat alternates during the week. For example, during one week serve fish, dried beans, chicken, beef, and pork.

Prepare HEALTHIER MENUS:

- Serve foods that are lower in salt, fat and sugar.
- Enhance flavors with spices, herbs, or lemon juice instead of salt or fat.
- Serve canned fruit packed in its own juice or water - not fruit packed in light or heavy syrup.
- Serve unsweetened frozen fruit.
- Serve dried fruit such as raisins, prunes, and apricots infrequently since they tend to stick to children’s teeth and promote tooth decay.

- Limit servings of highly-processed foods such as hot dogs and bologna, which are high in fat, salt, and sugar to no more than one time per week.
- Bake, broil, or steam foods instead of pan frying or deep frying them.
- Serve lean meats, trim visible fat, and drain grease from meat.
- Serve a variety of fruits and vegetables as outlined in the *Dietary Guidelines for Americans* described in this section.

Create a POSITIVE EATING ENVIRONMENT:

- Have a positive attitude toward foods and the mealtime experience. Remember, a negative attitude expressed by adults and children may influence other children not to try that food.
- When introducing new foods to children, serve a small amount of the new food along with more popular and familiar foods.
- Include children in food activities to encourage children to try new foods and to gain self confidence.
- Serve finger foods such as meat or cheese cubes, vegetable sticks, or fruit chunks. Foods that are cut smaller are easier for children to handle.
- Never force a child to eat. Children often go through food jags. It is normal for a child to ask for second helpings of food one day, yet eat very lightly the next day.
- Provide a comfortable atmosphere at mealtime. Mealtime is also a social activity; therefore, allow children to talk with others.
- Encourage children to eat food or new foods in a low-key way. For instance, read a book about a new food that will be served that day, and serve the new food at snack when children are more hungry.
- Expose children to new foods five or six times instead of only once or twice. The more exposure children have to a food, the more familiar and comfortable it becomes, and the more likely they will be to try the food.
- Offer the new food first to a child who is accepting of most foods. Children will usually follow other children and try the food.
- Have staff eat with the children. Have them eat the same foods that have been prepared for the children.

- ❑ Never use food as a bribe or reward. This only reinforces that certain foods are not desirable.

CACFP menu forms and resources are available for Program types under Applications & Forms at: <http://health.mo.gov/living/cacfp>

Become an “Eat Smart Child Care”, a voluntary program geared specifically for child care centers and homes with standards to improve the menu and eating environment at: <http://health.mo.gov/living/wellness/nutrition/eatsmartguidelines/index.php>

CACFP Menu Planning training is available under Training at: <http://health.mo.gov/living/cacfp>

You can enroll in a group training located in a District office or learn more about menu planning through the on-line training link: www.mocacfp.com

APPENDIX D

How to Determine if Homemade Grain/Bread Recipes are Creditable

In lieu of using the serving sizes listed in the Weight Table for Grains/Breads, the contribution of grains/breads in a recipe may be calculated to determine the number of grains/breads servings the recipe provides. The following information will help determine if a recipe is creditable by calculating the weight of the major ingredients according to the serving size and determining the number of servings of each recipe. Use the ***Weights of Commonly Used Ingredients*** chart to determine the weight of various ingredients.

The crediting of a food item as a grains/breads serving is determined by the total amount of enriched or whole-grain flour and/or meal in the recipe divided by the number of servings the recipe yields. Bran and germ are calculated in the same manner as enriched or whole-grain flour or meal.

To count as one full serving, an item must contain no less than 14.75 grams of enriched or whole-grain meal and/or flour, and/or no less than 25 grams of dry whole-grain cereal, such as oatmeal, cornmeal, or grits, bulgur, etc. to equal a serving of grains/breads.

In order to comply with the CACFP requirement, a grain/bread product's heaviest ingredient must be enriched or whole-grain flour or meal, germ or bran. Determine the weight of similar foods together such as sweetening agents in the same recipe: granulated sugar, brown sugar, corn syrup, powdered sugar, honey, molasses, etc.

Exception: Homemade products with fruit/vegetable in the recipe may have the fruit/vegetable as the heaviest ingredient as long as enriched or whole-grain flour or meal, germ or bran is the second heaviest ingredient.

SAMPLE RECIPE #1: Plain Muffins (Group C) – one type of flour/grain in recipe to determine if recipe is creditable and determine number of servings per age group(s)

Plain Muffins

1 $\frac{3}{4}$ cups flour
1/4 cups granulated sugar
1 $\frac{1}{2}$ teaspoons baking powder
1 large egg
 $\frac{3}{4}$ cup milk
1/3 cup vegetable oil

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

1 $\frac{3}{4}$ cups flour = ? grams

1 cup flour = 126 grams (see Weights of Commonly Used Ingredients)

1.75 cups flour (1 $\frac{3}{4}$ converted to a decimal) X 126 grams = 220.5 grams
1 $\frac{3}{4}$ cups flour weighs 220.5 grams

Step 2: Determine the weight of each of the other major ingredients

SUGARS

$\frac{1}{4}$ cup granulated sugar = ? grams

1 cup sugar = 196 grams (see chart below)

.25 cup sugar ($\frac{1}{4}$ converted into a decimal) X 196 = 49 grams

$\frac{1}{4}$ cup sugar weighs 49 grams

EGGS

1 large egg = 50 grams (see chart)

MILK

$\frac{3}{4}$ cup milk = ? grams

1 cup milk = 241 grams (see chart)

.75 cup of milk ($\frac{3}{4}$ converted into a decimal) X 241 = 180.75 grams

$\frac{3}{4}$ cup milk weighs 180.75 grams

FATS

$\frac{1}{3}$ cup vegetable oil = ? grams

1 cup vegetable oil = 209 grams (see chart)

.33 cup vegetable oil ($\frac{1}{3}$ cup converted into a decimal) X 209 = 68.97

$\frac{1}{3}$ cup vegetable oil weighs 68.97 grams

Step 3: Compare the total weight of the flours/grains from Step 1 to the weight of the other major ingredients in Step 2.

1 $\frac{3}{4}$ cups flour	= 220.5 grams
$\frac{1}{4}$ cups granulated sugar	= 49 grams
1 $\frac{1}{2}$ teaspoons baking powder	= not a major ingredient
1 large egg	= 50 grams
$\frac{3}{4}$ cup milk	= 180.75 grams
$\frac{1}{3}$ cup vegetable oil	= 68.97 grams

Because the weight of the flours/grains is greater than the weight of the other ingredients, this product meets CACFP requirements as a grains/breads component.

Step 4: How many servings will this recipe make for children ages 1 through 5?

A. Determine the total weight of the flours/grains in your recipe.

Flour = 220.50 grams (see Step 1)

B. To count as one full serving, a grain/bread item must contain no less than 14.75 grams of enriched or whole-grain meal and/or flour. The minimum grain/bread requirement for children ages 1 through 5 years old is $\frac{1}{2}$ ($14.75 \div 2 = 7.375$ or rounded up to 8) serving at each meal and snack. So, each serving of the bread product must supply a minimum of 8 grams enriched or whole-grain flour or meal.

$220.50 \text{ grams} \div 8 \text{ grams} = 27.6$ servings for ages 1 through 5 years.

This Muffin recipe **yields 27 grain/bread servings** for children ages 1 through 5 years of age.

SAMPLE RECIPE #2: Pumpkin Bread (Group D – “Quick Bread”)

Pumpkin Bread

2 cups enriched all-purpose flour, sifted
2 tsp. baking powder
 $\frac{1}{2}$ tsp. allspice
 $\frac{1}{4}$ tsp baking soda
 $\frac{1}{2}$ cup brown sugar, packed
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{3}$ cup vegetable shortening
2 large eggs
1 cup pumpkin, canned
 $\frac{1}{2}$ cup milk

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

2 cups enriched all-purpose flour, sifted = ? grams
1 cup flour, sifted = 116 grams (see chart)
 $2 \times 116 = \mathbf{232 \text{ grams}}$

Step 2: Determine the weight of each of the other major ingredients

SUGARS

$\frac{1}{2}$ cup brown sugar, packed = 105.5 grams (see chart)
 $\frac{1}{2}$ cup granulated sugar = 98 grams (see chart)
Total sugars = **203.5 grams**

FATS

$\frac{1}{3}$ cup vegetable shortening = ? grams
1 cup veg. shortening = 187 grams (see chart)
 $.33 \text{ cup veg. shortening (} \frac{1}{3} \text{ converted to a decimal)} \times 187 = \mathbf{61.71 \text{ grams}}$
 $\frac{1}{3}$ cup veg. shortening = 61.71 grams

EGGS

2 large eggs = ? grams

1 egg = 50 grams (see chart)

2 x 50 = 100 grams

2 eggs = **100 grams**

MILK

¼ cup milk = ? grams

1 cup milk = 241 grams (see chart)

.25 (¼ converted to a decimal) X 241 = 60.25

¼ cup milk = **60.25 grams**

FRUIT/VEGETABLES

1 cup pumpkin, canned = 238 grams (see chart)

Step 3: Compare the total weight of the flours/grains from Step 1 to the weight of the other major ingredients in Step 2.

2 cups enriched all-purpose flour, sifted	= 232 grams
½ C. each brown & granulated sugar	= 203.5 grams
2 tsp. baking powder	= not a major ingredient
½ tsp. allspice	= not a major ingredient
¼ tsp baking soda	= not a major ingredient
1/3 cup vegetable shortening	= 61.71 grams
2 large eggs	= 100 grams
1 cup pumpkin, canned	= 238 grams
½ cup milk	= 60.25 grams

In this recipe, **flour is the second heaviest ingredient**. Pumpkin is the heaviest ingredient. Therefore, **this recipe would be creditable as a grain/bread component**. (Quick breads with fruit may not count as a fruit/vegetable component because the serving size would be impractical and difficult for young children to eat).

Step 4: How many servings will this recipe make for children ages 1 through 5?

A. Each serving of quick bread product must have a minimum of 8 grams enriched or whole grain flour or meal for children ages 1 through 5 years.

232 grams ÷ 8 = 29 servings

This pumpkin bread recipe **yields 29 grain/bread servings** for children ages 1 through 5 years.

SAMPLE RECIPE #3: Oatmeal Cookies (Group C) – 2 types of grains in recipe – determine serving size for the age group(s)

Oatmeal Cookies

3 ¼ cups flour
2 teaspoons baking soda
1 teaspoon salt
4 cups oats
1 cup sugar
1 ¼ cups brown sugar
1 ¼ cup shortening
¾ cup + 2 tablespoons margarine
3 eggs
1 tablespoon vanilla
1 ½ cups raisins

Yield: 100 cookies

Step 1: 3 ¼ cups **flour** (3.25) x 126 grams per cup = **409.5 grams flour**
4 cups **oats** x 81 grams per cup = **324 grams oats**

Step 2: 409.5 grams flour divided by 14.75 grams per serving
= 27.76 full servings grains/breads
324 grams oats divided by 25 grams per serving (Group H)
= 11.68 servings grains/breads

Step 3: 27.76 + 11.68 servings = 39.44 servings grains/breads per recipe

Step 4: 39.44 servings = .3944
100 cookies

Each cookie provides .4 servings of grain/bread. Two cookies (.78 oz.) meet the grain/bread requirement for children 1 to 6 years of age for snack (1/2 serving Group C). Three cookies meet the grain/bread requirement for children 6 to 12 years of age for snack (1 serving or 1.1 oz. grain/bread) or for the SFSP snack requirement.

Weights of Commonly Used Ingredients

Food Item	Description	Weight of 1 cup in grams	
Apples	Raw, chopped	124	
	Raw, diced	109	
	Raw, sliced	108	
Applesauce	Canned	257	
Bananas	Mashed	226	
	Sliced	145	
Blueberries	Raw	146	
	Frozen	154	
Carrots	Fresh, diced	144	
	Shredded	109	
	Strips	121	
Cheese	Cheddar, diced	132	
	Cheddar, shredded	98	
	Cottage cheese, cream style	223	
Cherries	Fresh, pitted	163	
	Canned	241	
	Canned, drained	180	
Chocolate chips		167	
Cocoa		86	
Coconut	Dehydrated flakes	88	
	Shredded	91	
Cornmeal	Dry	150	
Corn syrup	Light or dark	325	
Cream	Half and half	242	
	Sour cream	236	
	Whipping	232	
Eggs, large	Whole, 1 egg = 50 gm	50	
	White, 1 white = 33 gm	33	
	Yolk, 1 yolk = 17 gm	17	
Flour	All-purpose	Unsifted, dipped	143
		Unsifted, spooned	126
		Sifted, spooned	116
	Bread flour	Unsifted, dipped	136
		Unsifted, spooned	123
		Sifted, spooned	117
	Self-rising	Unsifted, dipped	130
		Unsifted, spooned	127
		Sifted, spooned	106
Whole wheat	Spooned	120	
Honey		325	

Margarine or butter	Regular Soft	225 208
Milk	Fresh, fluid Evaporated, canned Non-fat dry, instant Skim, evaporated, canned Buttermilk	241 251 74 246 243
Molasses		309
Oats Quick cooking	Uncooked Cooked	73 246
Oil, cooking		209
Peanut butter	Crunchy Smooth	261 251
Pumpkin	Fresh, cooked, mashed Canned	247 238
Raisins		144
Shortening, hydrogenated		187
Sugar	Brown, packed Confectioners, sifted Confectioners, unsifted Granulated	211 113 95 196
Walnuts	Chopped	120
Wheat germ	Spooned	115
Zucchini	Fresh, uncooked, shredded	130

Taken from Average Weight of a Measured Cup of Various Foods, Home Economic Research Report No. 41.

Also refer to *The Food Buying Guide* at:

<http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>



APPENDIX E

CREDITING COMBINATION FOODS

“**Combination food**” is a single serving of food that contains two or more of the required meal components. ***Each meal component must meet the minimum meal pattern requirement.***

“**Entrée or main dish**” is the main course of a meal that contains a meat and/or meat alternate.

I. Combination food served as an entrée (main dish) may be credited (counted) as the meat/meat alternate *plus a maximum of two other meal components (3 total)*:

- Grain/bread component
- 1st fruit/vegetable component
- 2nd fruit/vegetable component (if food item is recognizable)

Example: Homemade Beef Stew* made with beef, carrots, potatoes and onions

Credit as:

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

Example: Homemade Pizza* with cheese, tomato sauce, onions, mushrooms and zucchini

Credit as:

1. Meat/meat alternate (cheese)
2. Grain/bread component
3. Fruit/Vegetable (count as one component only)

Example: Chef Salad with hard cooked egg, turkey, cheese, lettuce, tomato, carrots and cucumber

Credit as:

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

II. Combination foods in dishes served as an accompaniment (side dish) to the entrée or main dish may be *credited for a maximum of two meal components. Each meal component must meet the minimum meal pattern requirement.*

- Grains/breads component
- Meat/meat alternate component
- Fruit/vegetable component (one component only)

CREDITING COMBINATION FOODS

Example: Mixed vegetable or mixed fruits

Credit as:

1. Fruit/vegetable component (count as one component only)

Example: Tossed lettuce salad with lettuce, celery, tomato and carrots

Credit as:

1. One fruit/vegetable component

Example: Fruited Rice: Rice, pineapple peaches and pears

Credit as:

1. Grain/bread component
2. One fruit/vegetable component

III. Combination beverages made from fluid milk and solid fruits (and/or vegetables) may be credited at all meals and snacks as meeting the following meal components.

Each meal component must meet the minimum meal pattern requirement.

Credit as:

- Milk component
- Fruit/vegetable (count as one component only)

Example: Banana Cow with banana and fluid milk

Credit as:

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

*Combination food that is purchased as processed (fully prepared) requires CN (Child Nutrition) or other processed food documentation. CN labeled products ensure that the food provides the stated meal contribution toward the CACFP meal pattern requirements in the portion size indicated.



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APPENDIX F

Creditable & Non-Creditable Hot Dogs, Wieners, and Franks

This list is **not** all inclusive and is subject to change with new and different brands. *Read the ingredient list carefully.* **Creditable hot dogs and franks must contain 100% meat (beef, turkey, chicken, pork or a mix of these meats).** **Non-creditable hot dogs** contain meat by-products, cereals, binders or extenders.

Creditable

Ballpark Beef Franks
Ballpark Premium Kosher Beef Franks
Bryan Beefy Jumbos
Bryan Wieners
Cloverdale Franks
Dubuque Hot Dogs
Farmland Bun Size Bacon & Cheddar Cheese Franks
Farmland Deli Style Cheese Franks
Farmland Deli Style Franks
Farmland Hickory Smoked Franks
Farmland Original Hot Dogs
Kahn's Jumbo Franks
Ohse Hickory Smoked Jumbo Franks
Ohse Hickory Smoked Wieners
Oscar Mayer Original Hot Dogs
Pilgrim Pride Turkey Franks
Wranglers' Beef Franks

Non-Creditable

Amour Stars Bun Size Hotdogs	Gwaltney Great Dogs
Amour Stars Regular Hotdogs	Gwaltney Hot Dogs
Ballpark Fat Free Franks	Healthy Choice Low Fat Franks
Ballpark Lite Franks	Hebrew National Reduced Fat Beef Franks
Ballpark Smoked White Turkey Franks	Hebrew National Beef Franks
Bar-S Beef Franks	Hormel's Fat Free Beef Hot Dogs
Bar-S Jumbo Franks	Hunter Bun Length Franks
Bryan Juicy Fat Free Hot Dogs	Hunter Beef Franks
Butterball Lean Franks	Hygrade's Hot Dogs
Decker Franks	John Morrell's Franks
Eckrich Jumbo Franks	Jennie-O' Jumbo Turkey Franks
Field's Old Fashion Franks	Kretschmar Gourmet Jumbo Franks
Farmland Black Angus Jumbo Beef Franks	Kroger Franks and Wieners
Farmland Bun Sized Gourmet Beef Franks	Louis Rich Bun Length Turkey Franks
Farmland Jumbo Deli Style Beef Franks	Louis Rich Lower Fat Turkey Franks
FMV Hot Dogs	Louis Rich Original Franks
Frick's Franks	Nathan's Famous Beef Franks
Great Value Beef Hot Dogs	Oscar Meyer Fat-Free Hot Dogs
Great Value Pork and Beef Hot Dogs	Oscar Meyer Lite Hot Dogs
	Pilgrim Pride Chicken Franks