

# Handy Guide to Creditable Foods

## Iowa CACFP Home Program

Revised July 2017  
New CACFP Meal Pattern

### General Information

1. Creditable foods are used to meet Child and Adult Care Food Program (CACFP) meal pattern requirements for participants ages one and over.
2. The Handy Guide to Creditable Foods for the CACFP Home Program was established by the Iowa Department of Education, Bureau of Nutrition and Health Services to help assure good nutrition for CACFP participants. This list is based on the USDA Crediting Handbook for CACFP <http://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>, and does not include all foods that may be creditable. Home providers may refer to the Crediting Handbook or contact their Home Sponsor with questions regarding specific foods or required quantities.
3. Non-creditable foods may be served as extra foods in CACFP meals, but do not contribute toward meeting meal component requirements. Use of non-creditable foods may increase costs and contribute excess calories.
4. The minimum required quantity of each food component must be served to contribute toward a reimbursable meal.
5. Final menus must document specific names of actual foods served. For example, record "apple slices" instead of fruit.
6. Foods must be of appropriate texture for participants' eating abilities.
7. Food must not be used as a reward or punishment.
8. Follow the CACFP Infant meal pattern and Reimbursable Foods for Infants list when preparing and serving meals to children under one year of age.

### Religious Exceptions

1. Religious preferences may be accommodated as long as the substitutions meet CACFP requirements. Making accommodations is encouraged, but not required.
2. Contact your Home Sponsor if accommodations are requested for Jewish dietary requirements.

### Water Availability in CACFP

1. Water is **not** part of the reimbursable meal and must **not** be served instead of fluid milk or 100% juice.
2. Providers are required to offer drinking water to children throughout the day, including at meal times and upon children's request; water does not have to be available for children to self-serve. Offering water means asking children whether they would like water at different times throughout the day. For very young children, this may require visual cues such as showing the cup or pitcher while verbally offering the water. A good time to offer water more frequently might be during or after physical activity, on hot summer days, or cold winter months when the air is drier because of indoor heating.
3. While drinking water must be made available to children during meal times, it does not have to be served alongside the meal. Serving too much water to young children immediately before and during meal times may reduce the amount of food and milk they can consume.
4. When both snack components are solid foods, it is recommended water also be served. Non-creditable high calorie, sweetened beverages (juice drinks, soda, sports drinks, etc.) should be avoided due to cost and minimal nutritional value.
5. Water can be made available in a variety of ways such as: having cups available next to the kitchen sink, having water pitchers and cups set out, or providing a water bottle for each participant. Water pitchers, water bottles, and cups (if not disposable) need to be washed and sanitized each day.
6. Circumstances may arise in which safe water is not readily available in a day care home. In these instances, safe water from a reliable source must be purchased/obtained for children to drink.

## Iowa DHS Child Development Home Registration Guidelines (Comm. 143)

1. Regular meals and snacks shall be provided which are well balanced, nourishing, and in appropriate amounts as defined by the USDA Child and Adult Care Food Program.
2. Children may bring food to the child development home for their own consumption, but shall not be required to provide their own food.

## Food Not Supplied by the Home Provider for Children age 1 and older

### CACFP Requirements

1. Providers must not require parents or families to provide or donate food for meals or snacks claimed for reimbursement.
2. Providers should have a policy regarding foods from parents for special occasions (i.e.: birthday). For example the policy may state foods must be purchased and in original food packages, fresh fruits and/or vegetables not peeled or sliced, etc., and sufficient amount of food must be provided for all children to be served.
3. **Parents** - Families may elect to provide a food item to be shared with other children for special occasions. Meals including the food can be claimed if the food provided is creditable, required serving sizes are met, and the provider supplies the rest of the required components for the meal.
4. **Preferences** —If a meal includes food brought from home because the child does not like food served by the provider, or the family does not want their child to have food served by the provider, the meal cannot be claimed.

The United States Department of Agriculture (USDA) allows exceptions when claiming meals served to participants who have medical dietary needs. All substitutions and who supplies them (provider or parent) must be recorded on menus.

5. **Medical Reason:** If a meal includes food brought from home because of a medical reason, the meal may be claimed if the need is documented on a Diet Modification Request Form signed by a prescribing medical professional as indicated below:

- a. **Disability** – If a participant has a disability restricting his/her diet, the disability must be identified on the Diet Modification Request Form signed by a prescribing medical professional and include why the disability restricts the diet. Foods to omit and foods to substitute written on the form must be followed in order to claim the meals for reimbursement.

The provider is required to offer to supply the substitute food(s), unless the cost places an undue financial burden on the provider. The financial hardship must be documented.

The family may provide the food substitution(s) by indicating their choice on the Form. The substitutions must follow what is written on the Form in order to claim the meal. The meal(s) may be claimed for reimbursement if the provider supplies at least one component.

- b. **No Disability** – Providers are encouraged, but not required, to supply food substitutions if a participant has a special dietary need for a medical reason not due to a disability affecting their diet. Substitutions must meet meal pattern requirements in order to claim the meal.

The family may provide the substitution by indicating their choice on the Form. The meal may be claimed if the provider supplies all but one component.



# Milk



1. Milk must be pasteurized fluid milk, fortified with vitamins A and D.
2. Participants must be served milk at breakfast, lunch, and supper. Serving milk at supper to an adult participant is optional.
3. Milk may be one of the two required components for snacks. Milk may not be credited for snacks when juice is served as the other component.
4. The type of milk served to each age group must always be recorded on menus to document what was served.
5. CACFP allows children one month to transition from breastmilk or formula to whole cow's milk after the first birthday.
6. There is no upper age limit to serve mother's breastmilk to her child.
7. A Diet Modification Request Form is required to serve iron-fortified formula to an infant after 13 months of age.
8. Unflavored whole milk must be served to children one to two years of age.
9. One month is allowed for transition from whole milk to low fat (1%) or fat free (skim) milk when a child turns two years old (25<sup>th</sup> month).
10. Unflavored low fat (1%) or fat free (skim) milk must be served to children two through five years of age.
11. Low fat (1%) or fat free (skim) must be served to participants age six years and older.
12. Flavored fat free (skim) milk is allowed only for participants six years of age and older.
13. For adult participants only, 6 ounces or  $\frac{3}{4}$  cup yogurt may be served to meet the equivalent of 8 ounces fluid milk once per day.
14. Milk must be served as a beverage or over cereal.
15. Milk is not credited when used in cooking (e.g., soup).
16. Families may request in writing non-dairy substitutes nutritionally equivalent to cow's milk.

## Creditable

Acidified milk (acidophilus), skim or 1%  
Breastmilk, no upper age limit  
Buttermilk, cultured milk or kefir  
Cow's milk, unflavored skim or 1%  
Cocoa <sup>1,5</sup> made only from fluid skim  
Flavored milk, skim <sup>1,5</sup>  
Goat's milk, unflavored skim or 1%  
Lactose-reduced milk, skim or 1%  
Milkshakes, only the skim or 1% milk portion credits  
Organic milk, skim or 1%  
Smoothies, only the skim or 1% milk portion credits  
Soy milk, if family's written request is on file and nutrients are nutritionally equal to cow's milk <sup>2,3,5</sup>. Products meeting this requirement are:  
8th Continent (Original or Vanilla Soy milk <sup>1,5</sup>)  
Great Value Original Soy Milk  
Kirkland Signature <sup>TM</sup> Organic Plain Soy milk  
Pacific Natural Ultra Soy milk (Original or Vanilla <sup>1,5</sup>)  
PEARL Organic Soy milk-Smart (Original, Smart Creamy Vanilla <sup>1,5</sup> or Smart Chocolate<sup>1,5</sup>)  
Silk Original Soy milk  
Sunrich Naturals (Original, Vanilla or Unsweetened Vanilla Soy milk <sup>1,5</sup>)  
Westsoy <sup>®</sup> Organic Plus, Plain and Vanilla Soy milk <sup>1,5</sup>  
Ultra-high Temperature (UHT) shelf stable cow's milk, skim or 1%  
Whole milk, for children one to two years of age only  
Yogurt <sup>6</sup>, served instead of milk once a day for adult participants only

## Non creditable

Almond milk  
Cocoa mix made with water  
Coconut milk  
Coffee creamers  
Cream  
Cream sauce  
Cream soup  
Custard  
Dry milk  
Eggnog  
Evaporated milk  
Flavored milk for children under 6 years of age  
Half and half  
Ice cream and frozen yogurt  
Ice milk  
Imitation milk  
1% or skim milk for children under age two  
Pudding  
Pudding pops  
Raw milk, certified or uncertified <sup>4</sup>  
Reconstituted dry milk, only with State approval  
Rice milk  
Sherbet or sorbet  
Sour cream  
Soy milk, beverage or drink when not nutritionally equal to cow's milk  
Sweetened condensed milk  
Whole and 2% milk for participants over age one  
Yogurt (commercial only), is creditable only as a meat alternate or milk substitute for adult participants at one meal per day

<sup>1</sup> It is recommended flavored milk not exceed 22 grams of sugar per 8 fl oz, or select flavored milk with lowest sugar content available.

<sup>2</sup> Diet Modification Request Form is required for other brands.

<sup>3</sup> Contact your Home Sponsor if you have questions about a specific product.

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

<sup>5</sup> Flavored milk may be served only to participants 6 years and over.

<sup>6</sup> Yogurt may contain no more than 23 grams sugar per 6 ounces.

# Meat/Meat Alternates



1. Meat/meat alternates may include lean meat, poultry, fish, cheeses, eggs, nuts, seeds, nut or seed butters, cooked dry beans or split peas, and yogurt. Meats must be state or federally inspected. Eggs must be federally inspected.
2. A combination of two meat/meat alternates may be served at the same meal to total the required serving size.
3. A meat/meat alternate must be served at lunch and supper, and may be served as one of the two required components at snacks.
4. A meat/meat alternate may be served ounce for ounce in place of the grain component at breakfast no more than three times per week.
5. At least ¼ ounce or ½ tablespoon of cooked, lean meat or its equivalent must be served to credit as part of the required serving.
6. Cooked dry beans or split peas may be used either as a vegetable or as a meat alternate, but the same food item cannot count for both components in the same meal.
7. Nuts or seeds may fulfill no more than 50% of the required meat/meat alternate serving size at lunch and supper.
8. Another meat or meat alternate should be provided with peanut butter or cheese when served at lunch and supper.
9. In breaded products and meat sauces, only the meat portion is credited toward meeting serving size requirements.
10. Child Nutrition (CN) labels or a manufacturer's statement is required for processed combination products. Examples include meat products containing cereal, binders and extenders\*; commercially prepared stew; pizza; pot pie; ravioli; lasagna; canned pasta; and breaded meats such as chicken nuggets or fish sticks. See pages 17-18 for CN label and manufacturer's statement information.
11. Recipes must be maintained for combination foods prepared from scratch (homemade = **HM**), page 16.
12. Deep-fat fried foods (submerged in hot oil or other fat) cannot be prepared in the day care home. Purchased foods may be deep-fat fried. Pre-fried foods baked at the day care home may be served.

## Creditable

Canadian bacon and ham ○  
 Cheese, natural (e.g., Colby, Swiss, Cheddar, Monterrey Jack)  
 Cheese food and cheese spread <sup>6</sup>, ○  
 Corndogs <sup>3</sup>, ○  
 Cottage cheese and ricotta cheese <sup>6</sup>, ○  
 Dried split peas, beans, lentils, refried beans, soy beans  
 (canned or cooked from dry – ¼ c. = 1 oz. meat alternate)  
 Eggs, whole only – fresh, frozen, dried or liquid (must be  
 federally inspected)  
 Falafel, only the bean portion credits  
 Fish and shellfish, cooked (only the meat portion credits)  
 Fish sticks or portions ○  
 Hot dogs, ○ all meat (no cereals, binders or extenders\*)  
 Hummus, **HM**  
 Liver, kidney, tripe  
 Peanuts, nuts, seeds, soy nuts  
 Peanut, nut, soy or seed butter, regular (not reduced-fat)  
 Pizza, ○ **HM** with at least ¼ oz. or equivalent of meat/meat  
 alternate per serving to credit  
 Pot pies, ○ **HM** with at least ¼ oz. or equivalent of meat/meat  
 alternate per serving to credit  
 Quiche, ○ **HM** with at least ¼ oz. or equivalent of meat/meat  
 alternate per serving to credit  
 Sausage, ○ all meat (no cereals, binders or extenders \*)  
 Soups, **HM** with at least ¼ oz. or equivalent of meat/meat  
 alternate per serving to credit  
 Spare ribs, ○ only lean meat portion credits  
 Tahini, credited as a seed butter  
 Tofu <sup>4</sup>  
 Yogurt (dairy or soy) <sup>5</sup>, commercial only  
 Yogurt <sup>5</sup> in smoothies

## Non creditable

Alternate protein products, such as vegetarian patties <sup>1,3</sup>  
 Bacon, bacon-bits, imitation bacon products  
 Canned cheese sauce  
 Canned or frozen combination foods <sup>3</sup>, ○  
 Cheese product (Velveeta) or imitation cheese  
 Cheese, jarred  
 Chestnuts  
 Coconut  
 Commercial breaded meat, poultry, and fish products <sup>3</sup>, ○  
 Cream cheese  
 Deep-fat fried foods prepared on-site  
 Egg substitutes, whites and yolks, uninspected  
 Fish, home caught or home pickled <sup>2</sup>  
 Frozen yogurt  
 Game <sup>2</sup>, venison, squirrel, fish, etc. (credit only if USDA or State  
 inspected)  
 Ham hocks, pigs' feet, neck bones, tail bones  
 Home canned meats <sup>2</sup>, home slaughtered meats <sup>2</sup>  
 Imitation meats/meat alternates (e.g., imitation crab meat)  
 Jerky (beef, turkey, salmon)  
 Lunch meat <sup>3</sup>, ○  
 Meat products made with binders or extenders <sup>1,3</sup>  
 Nutella  
 Pepperoni <sup>3</sup>, ○  
 Pizza <sup>3</sup>, ○, commercial  
 Pot pies <sup>3</sup>, ○, commercial  
 Potted, pressed or deviled canned meat (e.g., Spam)  
 Powdered cheese, ○ boxed macaroni and cheese <sup>3</sup>  
 Processed meats with binders or extenders\* <sup>1,3</sup>, ○  
 Salami <sup>3</sup>, ○  
 Snack meat sticks○, smoked, beef, poultry <sup>3</sup>  
 Soup, commercial canned  
 Soy cheese <sup>1,3</sup>, ○  
 Sausage <sup>3</sup>, ○ Polish, Summer  
 Sausage <sup>3</sup>, ○ Vienna  
 Turkey bacon <sup>3</sup>, ○  
 Tempeh, seitan  
 Vegetable protein/meat protein mixtures <sup>1,3</sup>  
 Yogurt, **HM** <sup>2</sup>  
 Yogurt, covered fruits or nuts  
 Yogurt, frozen

<sup>1</sup> Alternate protein products may be up to 100% non-meat protein, and creditable only with CN label or manufacturer's statement.

<sup>2</sup> Serving these foods is prohibited, and may not be served as extra food.

<sup>3</sup> Creditable only with CN label or manufacturer's statement.

<sup>4</sup> 2.2 oz or ¼ cup = 1 oz meat (must contain ≥ 5 gm protein per oz).

<sup>5</sup> No more than 23 grams sugar per 6 ounces.

<sup>6</sup> A double portion must be served.

○ If creditable, limit use since product may be high in salt and/or high in saturated fat.

\* Examples include: starch, soy flour, soy protein isolate, isolated soy protein, dried milk, cereal, and by-products.

**HM** = Homemade

# Vegetables and Fruits



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

## Creditable Vegetables

Avocado  
Carrots  
Dried split peas, beans, lentils, baked beans, refried beans, soy beans (canned or cooked from dry)  
Chopped vegetables **HM** in casseroles, stews <sup>2</sup>  
Coleslaw <sup>2</sup> (only the vegetable credits)  
Dehydrated vegetables, measure when re-hydrated  
Edamame (green soy beans)  
Vegetable Juice, 100% full strength  
Vegetable Juice blends, 100% full strength  
Vegetable Juice concentrates, reconstituted to equal 100% juice  
Kale <sup>5</sup>  
Leafy vegetables <sup>5</sup>  
Mixed vegetables, credits as one vegetable if amounts unknown  
Mushrooms  
Mustard greens  
Pizza sauce <sup>2</sup>  
Potatoes  
Potato skins  
Salsa, all vegetable including spices  
Smoothies, vegetable; puree = juice  
Soup, tomato or vegetable  
If commercial, 1 c. soup = 1/4 c. vegetable  
Spaghetti sauce <sup>2</sup>  
Tomato paste – 1 Tbsp. = 1/4 c. vegetable  
Tomato puree – 2 Tbsp. = 1/4 c. vegetable  
Tomato sauce – 4 Tbsp. or 1/4 c. = 1/4 c. vegetable  
Tomato juice  
Vegetable Juice blend (e.g., V-8 juice)  
Vegetable/Fruit Juice blends (if vegetable is the first ingredient)

## Creditable Fruits

Apple cider – must be pasteurized  
Cranberry sauce made with whole cranberries (not jellied)  
Dried fruit (apricots, dates, figs, prunes, raisins, cranberries) <sup>1</sup>  
Frozen juice bars, made with 100% fruit and/or juice  
Fruit cocktail, credits as one fruit  
Fruit sauce **HM** <sup>1,2</sup> (only the fruit credits)  
Fruit in gelatin or pudding <sup>1,2</sup> (only the fruit credits)  
Fruit in dessert pies, crisps and cobblers (only the fruit credits), at least the minimum portion size (2 T.) must be served  
Fruit Juice, 100% full strength  
Fruit Juice blends, 100% full strength  
Fruit Juice concentrates, reconstituted to equal 100% juice  
Fruit/Vegetable Juice blends (if fruit is the first ingredient)  
Kiwi fruit  
Smoothies, fruit; puree = juice

## Non creditable Vegetables/Fruits

Apple butter  
Banana chips, commercial  
Barbecue sauce  
Caffeinated drinks  
Chili sauce  
Coconut  
Corn chips (credit as grain if whole grain or enriched)  
Dry spice mixes  
Frozen fruit flavored bars, popsicles (less than 100% juice)  
Fruit "drink" (less than 100% juice)  
Fruit flavored syrup or powder  
Fruit in cookies, breads, muffins and grain bars  
Fruit in commercial fruited yogurt  
Fruit snacks, leather, rollups, shapes (creditable if 100% fruit) <sup>2</sup>  
Fruit flavored ice cream  
Fruit flavored water  
Fruit syrup from canned fruit  
Home canned fruits and vegetables <sup>3</sup>  
Hominy  
Honey, syrups, jam, jelly, preserves  
Jellied cranberries, canned  
Jell-O, gelatin  
Juice cocktails, less than 100% juice  
Juice drinks  
Ketchup, condiments and seasonings  
Kool-Aid  
Lemon pie filling  
Lemonade and Orangeade  
Pickle relish  
Tomato-based sauce on canned pasta and commercial pizza <sup>4</sup>  
Popsicles, less than 100% juice  
Potato chips, potato sticks  
Pudding with fruit, commercial  
Punch, creditable if 100% juice  
Raw sprouts  
Salsa, commercial with non-vegetable ingredients  
Sherbet, sorbet, commercial <sup>4</sup>  
Sports drinks  
Toaster pastry filling  
Vegetable straws, crisps, or chips

<sup>1</sup> 1/4 cup dried fruit = 1/2 cup fruit

<sup>2</sup> The minimum serving size to contribute toward meeting meal pattern requirements is 1/8 cup (2 tablespoons).

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

<sup>4</sup> Creditable only with CN label or manufacturer's statement.

<sup>5</sup> 1 cup leafy vegetable = 1/2 cup vegetable

**HM** = Homemade

# Grains



1. Creditable grains must be whole grain or enriched. Breakfast cereals must be whole grain, enriched, or fortified. Carefully read ingredient labels to ensure the grain product meets requirements.
2. At least one serving of grains per day must be whole grain-rich across all eating occasions. Whole grain-rich means the product must contain at least 50% whole grains and the remaining grain ingredients are enriched. Menus must be labeled clearly identifying whole grain-rich foods to document they were served. Keep label information or recipes on file for whole grain-rich items to document requirements were met.
3. A grain item must be served for lunch and supper, and may be one of the two required components served at snack.
4. Meat and meat alternates\* may be served in place of the grain component a maximum of three times per week at breakfast.
5. At least ¼ serving of a grain item must be served to credit toward the required serving size.
6. Breakfast cereals must contain no more than six grams of sugar per dry ounce (21 grams per 100 grams).
7. Grain-based desserts are not creditable as the grain component at any meal or snack. The fruit in cobblers, crisps, and pies is creditable toward the fruit requirement if the minimum portion is served (2 Tablespoons).
8. Instructions to credit commercial grain products, grain foods made from purchased “mixes” and from “scratch” (homemade) are on pages 14-16.
9. Ounce equivalents must be used to determine the quantity of creditable grains by October 1, 2019. Ounce equivalents means a serving must provide 16 grams of grain. The Grains Serving Size Chart (next page) uses 16 grams as the reference. The previous version of the Grain/Bread Serving Size Chart may be used until October 1, 2019 if desired.
10. The minimum serving size specified in the meal pattern chart for ready-to-eat breakfast cereals must be served by October 1, 2019. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; ½ cup for children ages 3-5; ¾ cup for children 6-12; and 1½ cups for adults.

## Creditable

Animal Crackers   
 Bagel  
 Biscuits  
 Boston brown bread  
 Breeding or batter on meats, **HM**  
 Bread sticks, hard or soft  
 Bread stuffing  
 Cereal, dry or cooked  
 Chips, grain based, enriched or whole grain   
 Chow Mein noodles   
 Cornbread and corn muffins   
 Corn tortillas  
 Couscous  
 Crackers, savory   
 Crepes  
 Croissants   
 Croutons  <sup>2</sup>  
 Dumplings  
 Egg roll skins, won ton wrappers  
 English muffins  
 Fry bread   
 Graham crackers   
 Grains (barley, cornmeal, millet, oats, quinoa, rice, wheat)  
 Granola cereal  <sup>1</sup>  
 Grits, whole grain or enriched  
 Hushpuppies   
 Kasha (buckwheat)  
 Macaroni, noodles, spaghetti and other pasta shapes  
 Macaroni in boxed or **HM** macaroni and cheese  
 Muffins   
 Pie crust or shell in main dish pie or quiche, **HM**   
 Pita bread  
 Pizza crust  
 Popovers  
 Pretzels, soft and hard  
 Puff pastry in main dish   
 Quick breads including biscuits, banana, carrot, pumpkin, zucchini breads or muffins, **HM**   
 Rice cakes <sup>2</sup>  
 Scones   
 Snack crackers   
 Taco or tortilla shells   
 Tortillas  
 Waffles  
 Wheat germ, bran

## Non-creditable

Bread pudding  
 Cake, cupcakes  
 Caramel corn  
 Commercial breading or batter on meat products <sup>3</sup>  
 Commercial cereal bars  
 Cinnamon roll  
 Coffee cake  
 Cookies, brownies or bars  
 Cream puff shells  
 Crisp or cobbler crust  
 Doughnuts  
 Fig bars  
 Gingerbread  
 Grain-based desserts  
 Grain fruit bars, granola bars  
 Grains included in smoothies  
 Grits, only if whole grain or enriched  
 Hominy  
 Jiffy brand mixes  
 Nut, legume (bean), or seed flour  
 Pie crust for dessert pies  
 Popcorn  
 Pop tarts, toaster pastries  
 Potatoes, potato pancakes (credit as a vegetable)  
 Potato chips, potato sticks  
 Rice pudding  
 Sopapillas  
 Sweet rolls, buns, pastries  
 Tapioca  
 Turnover crust  
 Vanilla wafers (plain cookies)

<sup>1</sup> Only the amount of flour, meal or grain credits.

<sup>2</sup> Serving size probably not reasonable.

<sup>3</sup> Creditable only with CN label or manufacturer's statement.

Limit use since may be high in sugar, salt or fat.

**HM** = Homemade

\* Only creditable meats and meat alternates may be used to fulfill the breakfast grain component requirement. Refer to the Meat and Meat Alternate (page 4).

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

Grain products are divided into seven groups (A – G) according to the serving size needed to provide 16 grams<sup>2</sup> of creditable grain per ounce equivalent (oz eq). When other ingredients such as water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide the required amount of grain.

<b>Group A</b> 1 oz eq = 22 gm or 0.8 oz ½ oz eq = 11 gm or 0.4 oz	<b>Group D</b> 1 oz eq = 55 gm or 2 oz ½ oz eq = 28 gm or 1 oz
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)<sup>3</sup></li> <li>• Chow Mein noodles<sup>3,4</sup></li> <li>• Croutons<sup>3,4</sup></li> <li>• Pretzels (hard)<sup>3</sup></li> <li>• Rice cakes, plain<sup>4</sup></li> <li>• Savory Crackers (saltines, soda crackers, and snack crackers)</li> <li>• Stuffing, bread portion (dry)</li> </ul>	<ul style="list-style-type: none"> <li>• Muffins (all, except corn)<sup>5</sup></li> <li>• Quick breads (e.g.: banana, pumpkin, zucchini)<sup>5</sup></li> </ul>
<b>Group B</b> 1 oz eq = 28 gm or 1 oz ½ oz eq = 14 gm or 0.5 oz	<b>Group E</b> 1 oz eq = 69 gm or 2.4 oz ½ oz eq = 35 gm or 1.2 oz
<ul style="list-style-type: none"> <li>• Bagels<sup>3</sup></li> <li>• Batter type coating<sup>5</sup></li> <li>• Biscuits<sup>5</sup></li> <li>• Breads (white, whole wheat, French, Italian, pumpernickel)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, whole wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, whole wheat)</li> <li>• Sweet crackers (graham-all shapes, animal crackers)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)<sup>3,5</sup></li> <li>• Taco shells<sup>3,5</sup></li> </ul>	<ul style="list-style-type: none"> <li>• French toast<sup>5</sup></li> </ul>
	<b>Group F</b> 1 oz eq = ½ cup cooked or 1 ounce (28 gm) dry ½ oz eq = ¼ cup or ½ ounce (14 gm) dry
<b>Group C</b> 1 oz eq = 34 gm or 1.2 oz ½ oz eq = 17 gm or 0.6 oz	<b>Group G</b> 1 oz eq = 1 cup or 1 oz flakes or rounds ½ oz eq = 41 gm or 1.5 oz 1 oz eq = 1¼ cups or 1 oz puffed cereal 1 oz eq = ¼ cup or 1 oz granola
<ul style="list-style-type: none"> <li>• Cornbread<sup>5</sup></li> <li>• Corn muffins<sup>5</sup></li> <li>• Croissants<sup>5</sup></li> <li>• Pancakes or crepes<sup>5</sup></li> <li>• Pie crust for meat/meat alternate pies<sup>5</sup></li> <li>• Waffles<sup>5</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold dry)<sup>6,7,8</sup></li> </ul>

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

<sup>2</sup> Grain ounce equivalents (16 grams) will be effective October 1, 2019. The old Grains/Breads Serving Size Chart may be used until then.

<sup>3</sup> Hard, dry foods may cause choking.

<sup>4</sup> Serving size probably not reasonable.

<sup>5</sup> Some foods may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>6</sup> Breakfast cereals are traditionally served as a breakfast menu item but may be served in other meals.

<sup>7</sup> Breakfast cereals must contain no more than 6 grams sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

<sup>8</sup> Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals may be ¼ cup for 1-2 year olds, ½ cup for 3-5 year olds, ¾ cup for 6-12 year olds, and 1½ cups for adults.

# How Much to Serve?

Grain serving sizes are based on ounce equivalents, effective October 1, 2019.

Common Grain Items 	Serving Size		Cost*
	1-5 year olds	6 year olds-adults	
Bagel - 3.3 oz. national brand	1/6	1/3	.24
Bread, 100% whole wheat - store brand 	1/2 slice	1 slice	.10
Oatmeal, cooked store brand 	1/4 cup	1/2 cup	.04
Cereal, Cheerios	1/2 cup	1 cup	.19
Cheez-it snack crackers	20	40	.20
Ritz snack crackers - national brand	4	7	.19
Snack crackers - store brand 	4	7	.13
English muffin	1/4	1/2	.21
Fish crackers (30 oz box)	21	41	.20
Pretzels, large ring – store brand 	4	8	.11
Pretzels, stick – store brand 	13	26	.11
Saltines - national brand	4	8	.15
Saltines - store brand 	4	8	.04
Oyster cracker - store brand 	28	55	.10
Tortilla, small (28 g)	1/2	1	.15
Triscuits	4	8	.23
Wheat Thins	9	17	.21

\*Approximate prices in February 2017 at HyVee in central Iowa. Instead of counting out crackers, place the correct amount in a measuring cup to determine the required volume and scoop out the serving.  Low cost option.

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

# Fluid Milk and Non-Dairy Beverages

## 1. Fluid Milk Requirements

- a. 1-2 year olds – unflavored whole milk only
- b. 2-5 year olds – unflavored fat-free (skim) or low-fat (1%)
- c. 6 years and older
  - **unflavored** fat-free (skim) or low-fat (1%) OR
  - flavored fat-free (skim)
- d. Adults
  - unflavored fat-free (skim) or low-fat (1%) OR
  - flavored fat-free (skim)
  - 6 oz yogurt may substitute for 8 oz fluid milk one time per day

Lactose reduced milk, milk substitutes nutritionally equivalent to cow's milk, and breastmilk may be served as the milk component to children over age one. A Diet Modification Request Form must be on file for any exceptions to these requirements.

## 2. Non-dairy Beverages

Cow's milk has naturally occurring vitamins and minerals, and is the most nutritious milk option. Nut- and plant-based beverages may contain little of the advertised ingredient and may be mostly water and added vitamins. Non-dairy beverages may be served, in lieu of fluid cow's milk, to participants with medical or other special dietary needs. Non-dairy beverage must be nutritionally equivalent to cow's milk and meet the nutritional standards below. Non-dairy beverages do not have a fat level restriction. If the non-dairy beverage is not nutritionally equivalent to cow's milk, the meal cannot be claimed, unless the substitution is due to a documented disability.

Nutrient	Nutritional Standards USDA requirements per cup
Calcium	276 mg
Protein	8 gm
Vitamin A	500 iu
Vitamin D	100 iu
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	.44 mg
Vitamin B12	1.1 mcg

Non-dairy beverages meeting requirements are included in the creditable milk list (page 3) and on the following page. Contact your Home Sponsor if you have questions about products not listed.

Parents may request a non-dairy beverage in writing without submitting a Diet Modification Request Form. However, the Form includes a place to request a non-dairy beverage. If this Form is not used, a written request must identify the medical or special dietary need.

Providers may offer to supply non-dairy beverages at their expense. If a provider does not agree to supply the substitution, the parent has the option of providing it. The meal is reimbursable **if** the provider supplies the remaining required meal components, the non-dairy beverage supplied by the parent is nutritionally equivalent to cow's milk, and the written request is on file.

Milk and non-dairy beverages not meeting requirements are not creditable and will be disallowed.

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

**Note:** As of October 1, 2017 any creditable CACFP non-dairy milk substitute beverage must be unflavored. Each time the product is purchased check for changes by comparing the label against the USDA criteria.

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

This institution is an equal opportunity provider.

The Bureau of Nutrition and Health does not endorse specific products. Call (515)281-5356 if you have questions. Updated 3/17/2017.

# Creditable Yogurts

## 1. Yogurt may be served as a meat/meat alternate to all CACFP participants.

- a. Yogurt may be:
  - Greek or regular, any fat level
  - Any fat level (whole, reduced-fat, low-fat, or fat free)
  - Plain or flavored
  - Sweetened or unsweetened
- b. Liquid drinkable yogurts, homemade yogurt and frozen yogurt products are not creditable.
- c. Adults may substitute 6 ounces (oz.) of a creditable yogurt for 8 oz. of fluid milk one time each day. Yogurt cannot be served as a meat/meat alternate at the same meal.
- d. Keep labels on file to document yogurt served meets CACFP requirements.

## 2. To be creditable, yogurt must:

- a. be commercially prepared,
- b. be ready to serve, and
- c. **contain no more than 23 grams (gm) of sugar per 6 oz. serving.**

## 3. To determine if a yogurt product is creditable:

- a. **Each ounce must contain less than 3.8 gm of sugar ( $23 \div 6 = 3.8$ ).**
- b. Multiply the serving size from the Nutrition Fact label by 3.8 to determine the maximum amount of total sugar allowable in the serving (use standard rounding rules).  
 Example: For a 4 oz portion, multiply 4 (oz) x 3.8 (gm of sugar per oz) = 15.2 (use standard rounding rules). The product must contain no more than 15 gm of sugar in 4 oz to be creditable. If the sugar content is above this level, the product is not creditable (see 2<sup>nd</sup> example in chart below).
- c. Enter the grams of sugar and portion size in ounces for a specific product on the Creditable Yogurts worksheet (request the document from your Home Sponsor). The worksheet will determine if products are creditable.

The third line in the chart below shows the maximum sugar content for different container sizes.

					
<b>Common packaging:</b>	2.2 oz. tubes	4 oz. container	6 oz. container	32 oz. tub	5.3 oz. container (Greek)
<b>Serving size:</b>	1-2.2 oz. tube	1-4 oz. container	1-6 oz. container	4-8 oz. servings per container	1-5.3 oz. container
<b>Maximum sugar content per serving:</b>	$2.2 \times 3.8 =$ 8 gm per tube	$4 \times 3.8 =$ 15 gm per container	$6 \times 3.8 =$ 23 gm per container	$8 \times 3.8 =$ 30 gm per serving	$5.3 \times 3.8 =$ 20 gm per container
<b>M/MA ounce equivalents</b>	0.5 M/MA	1.0 M/MA	1.5 M/MA	2 M/MA	1.25 M/MA

\*Pictures are included to illustrate potential container sizes. The Iowa Department of Education does not endorse any particular brand of yogurt.

# Creditable Breakfast Cereals

1. **Cereal may be served as a grain component to all CACFP participants.**
  - a. Cereal may be ready-to-eat, instant, or hot-cooked.
  - b. Ready-to-eat cereal credits at snack only for infants 6-11 months of age. Instant and hot cereals are not creditable for infants.
  - c. Keep labels on file to document cereals served meet CACFP requirements.
2. **Cereals must be whole grain, enriched or fortified.**
  - a. Whole grain cereals will list one or more whole grains first on the ingredient label.
  - b. Enriched cereals will list enriched grain first on the ingredient label.
  - c. Fortified cereals will list added vitamins and minerals on the ingredient label and Nutrition Facts label.
3. **Creditable cereals must contain no more than 6 grams of sugar per dry ounce.**
  - a. All cereals approved by the Women, Infants, and Children (WIC) Program are creditable. Many other cereals are creditable too.
  - b. To determine if a cereal meets the sugar limit:
    - Use the Iowa WIC-approved cereal list. Request the cereal list from your CACFP Sponsor or look for it on the Iowa DHS WIC website.
    - Download the WICShopper free phone app from the Google Play Store,
    - Look for cereals approved for the WIC program on grocery store shelves,
    - Look at the Nutrition Facts label and do a quick calculation:
      - Divide the number of grams of sugar per serving by the number grams of cereal in a serving. Use standard rounding rules. If the result is 0.212 or less, the cereal is creditable.

Nutrition Facts	
Serving Size	1 Cup (53g/1.9 oz.)
Servings Per Container	About 8
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Potassium</b> 300mg	<b>9%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 8g	<b>32%</b>
Soluble Fiber 3g	
Insoluble Fiber 5g	
<b>Sugars</b> 13g	

$$\frac{\text{grams of sugar per serving}}{\text{grams of cereal per serving}} = \text{Is it 0.212 or less?}$$

☑ Yes, it is creditable!

**Example: 13/53=.245**  
**This cereal is not creditable**

- Use the Cereal Worksheet (request from your Sponsor) to do the calculation.
- Use the chart below.

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

# Whole Grain-Rich Requirement

## 1. One serving of the grain items served per day must be whole grain-rich.

- a. Label whole grain-rich foods on menus with the letters “WG”.
- b. The whole grain-rich requirement does not pertain to infants.
- c. Two or more whole grain-rich foods are recommended per day.

## 2. Whole grain-rich foods contain either:

- a. 100% whole grains or
- b. 50% or more whole grains, plus the remaining grains in the food are enriched.

## 3. Examples of whole grain foods:

- a. Whole (any grain such as wheat, corn, barley, rye)
- b. Brown rice
- c. Wild rice
- d. Oatmeal and rolled oats
- e. Bulgur
- f. Quinoa, millet, triticale, teff, amaranth, buckwheat and sorghum
- g. Grain “berries” or “groats”

## 4. Identifying whole grain-rich food items

- a. Whole grains are the primary ingredient by weight.
  - Breads, cereals and other dishes (non-mixed)
    - 1) A whole grain is listed as the first ingredient or is listed first after water and the remaining grain ingredients are whole grain or enriched OR
    - 2) A manufacturer’s statement or recipe documents combined weight of all whole grains are at least 50% of the total weight of all grains and the remaining grains in the item are enriched, bran, or germ.
  - Mixed dishes such as pizza, burritos, etc.
    - 1) The same criteria apply except the first grain ingredient is a whole grain OR multiple whole grains are the primary *grain* ingredient by weight.
    - 2) A recipe or manufacturer’s statement must document requirements are met.
    - 3) All grains in the food that are not whole grain must be enriched, bran, or germ.
- b. The product includes a Food and Drug Administrative (FDA) approved whole-grain health claim:
  - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.” OR
  - “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”
- c. The product has a CN label stating the number of ounce equivalents to meet the whole grain-rich criteria.
- d. The Whole Grain Stamp cannot be used to identify whole grain-rich foods unless the item is 100% whole grain.

**Maintain recipes and labels on file to document whole grain-rich requirements were met.**

## 5. Grain-based desserts

- a. Are not creditable as grain components and cannot count toward whole grain-rich requirements.
- b. May be served as extra food items.
- c. Examples of grain-based desserts:
  - Cookies, cakes and brownies
  - Breakfast bars, cereal bars, and granola bars
  - Doughnuts and sweet rolls
  - Pie crust used to make sweet pies
  - Toaster pastries
- d. Fruit in certain grain-based desserts such as pies, crisps and cobblers can credit toward the fruit component if serving size requirements are met.
- e. Pancakes and waffles served with sweet toppings such as syrup, jam or honey are still creditable. Limiting sweet toppings is recommended.

# Determining Portion Sizes for Grain Products

Grain products may be made from a mix, purchased, or homemade from scratch.

## 1. If made from a mix:

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

## 2. If commercially purchased: (3 alternate methods).

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

Example: Triscuit Crackers

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

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

- A written manufacturer's statement may be requested to document how much of each meal component a serving of the product contributes. Documentation must indicate how much grain (by weight) or how many grain servings a defined portion provides.
- If a Nutrition Facts label or manufacturer's statement is not available, a serving may be weighed on a scale and compared to the required weight on the Grains Serving Size Chart. If the serving is too large or too small, the serving size should be adjusted and reweighed to achieve the required portion size based on the children's age(s) served. Larger, but not smaller portions may be served if desired.

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

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

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

### Weights of Common Grain Products

Grain Product	Weight of 1 cup (grams)
All Bran®	30 g
Bran Buds®	30 g
Cheerios®	28 g
Corn Chex®	31 g
Corn Flakes®	28 g
Rice Chex®	27 g
Rice Krispies®	28 g
Wheaties®	27 g
Corn meal (regular)	122 g
Cake flour <sup>1</sup>	111 g
All purpose flour <sup>1</sup>	125 g
Bread flour <sup>1</sup>	137 g
Wheat germ	115 g
Whole wheat flour <sup>1</sup>	120 g
Oats (uncooked)	80 g

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

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

#### Example:

#### Moist & Easy Cornbread\*



3 Videos | Photo: Moist and Easy Cornbread Recipe

★ ★ ★ Rate This Recipe  
Read 115 Reviews

● Total Time: 45 min

- Prep 15 min
- Inactive 10 min
- Cook 20 min

■ Yield: 4 to 6 servings

▲ Level: Easy

#### Ingredients

6 tablespoons unsalted butter, melted, plus butter for baking dish

1 cup cornmeal

3/4 cup all-purpose flour

1 tablespoon sugar

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

2 large eggs, lightly beaten

1 1/2 cups buttermilk

#### Directions

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

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

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

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

\*Recipe from [Food Network](#) by Paula Deen

The grains in this recipe include:

**1 cup corn meal**  
**3/4 cup all purpose (AP) flour**

1. The total weight of the grain in this recipe is:  
1 cup cornmeal **122.00 grams**  
AP flour **125 x .75 = 93.75 grams**  
**Total 215.75 grams**

One grain/bread serving = **16 grams** of grain.

- 215.75 ÷ 16 = **13.4 grain servings per recipe.**
- Divide 13.4 by the yield (6 servings). When cut into 6, each piece provides **13.4 ÷ 6 = 2.2 servings of grain per piece of corn bread.**

Meal pattern requirements:

- **School aged children (age 6-12 yr):**  
1 serving grain
- **Preschool aged children (age 1-5 yr):**  
1/2 serving grain

A half piece provides 1.1 serving (2.2 ÷ 2 = 1.1) and fulfills the requirement for school aged children.

A quarter piece provides .5 servings (2.2 ÷ 4 = .5) and fulfills the required serving for children age 1-5.

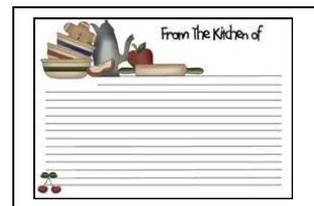
**Recommendation: Cut the recipe into 12.**

- Serve school agers 1 piece
- Serve preschoolers 1/2 piece

# Home Recipes

Home providers are encouraged to use recipes for items with two or more ingredients and to keep them in a file or computer. Recipes should be tried several times to be sure they produce the same results every time. Each recipe should include the following information:

- Recipe name—name to adequately describe the recipe.
- Ingredients (name, form, and measurable amount by weight or volume).
- Preparation instructions.
- Cooking temperature and time (as applicable).
- Serving size of one portion (volume or weight)
- Yield:
  - Number of servings the recipe makes
  - Total volume or measure (gallons, pieces, pans)
  - Pan size, if applicable
  - Number of servings per pan
- How a serving contributes toward CACFP meal pattern component(s) requirements by age group.



## USDA Home Recipes

Providers are encouraged to use USDA recipes “Recipes for Healthy Kids: Cookbook for Homes” whenever possible. Below is a winning recipe from this cookbook.

<http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>

<http://www.whatscooking.fns.usda.gov/> (click on Household Recipes)



### Porcupine Sliders

#### Ingredients

- ½ cup Brown rice, long grain, regular, dry
- 1 tsp Canola oil
- 1 ½ Tbsp Fresh onion, peeled, diced
- ¼ cup Fresh celery, diced
- 1 ½ tsp Fresh garlic, minced
- 1 lb Raw ground turkey, lean
- 1 Egg, beaten
- 5 Tbsp Dried cranberries, chopped
- ¾ cup Fresh baby spinach, chopped
- 1 tsp Worcestershire sauce
- ½ tsp Salt
- ½ tsp Ground black pepper
- 1 dash Ground white pepper
- 6 (1 oz each) Mini whole wheat rolls (small dinner roll size)

**Preparation Time: 30 minutes**

**Cooking Time: 1 hour 20 minutes**

#### Makes six sliders

1 slider provides 1¼ oz equivalent meat/meat alternate, ⅛ cup other vegetable, and 1 oz equivalent grains.

#### Directions

- Preheat oven to 350 °F.
- Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
- Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
- In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
- Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
- Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
- May be served with onion, lettuce, tomatoes, ketchup,

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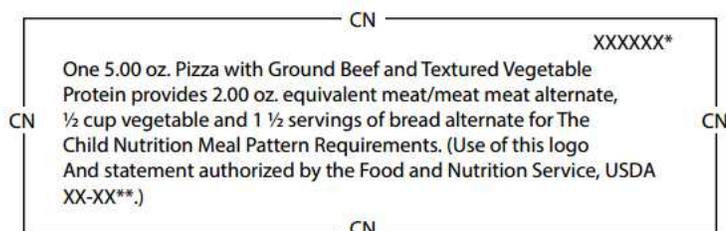
# Child Nutrition (CN) Labels

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

## 1. What is a CN label?

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

Sample CN Logo:



\* CN identification number

\*\* Month and Year of original approval

- d. CN labels may be available for some processed combination foods, such as: Main dish products contributing at least ½ ounce meat/meat alternate. Examples include, but are not limited to, beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, breaded fish, and chicken nuggets.
- e. If a CN label is not available, request a manufacturer's statement.

**If a processed food item's contribution toward meal pattern requirements is questionable, do not purchase or serve the food.**

## 2. How to obtain CN labeled products

- a. CN labels are usually not found on product labels in grocery stores, but are more common through large food distributors selling to schools.
- b. CN labels may be on products sold by bulk retailers such as Sam's Club and Costco.
- c. Remove the actual label from the product carton, take a picture, or make a copy.
- d. A list of CN labeled products and manufacturers can be found at:  
<https://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>

## 3. How to use CN labels

- a. Maintain a current file of CN labels for processed combination entrees served.
- b. Check the label each time an item is served and obtain a new CN label when products change.
- c. **Read CN labels carefully to determine how much must be served to meet meal pattern requirements for each age group.**

# Manufacturer's Statement

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

A manufacturer's statement is a written statement from a food manufacturer documenting how much of each meal component a serving of the product contributes.

The statements are needed for processed combination foods when served to meet CACFP meal component requirements, and the product is not listed in the Food Buying Guide, and is not CN labeled.

## 1. How to obtain a Manufacturer's Statement

- a. Manufacturer's statements are not found on product labels or in grocery stores.
- b. Find the company contact information on the product label or online.
- c. Check online to see if a statement is posted. If so, print and keep the document on file.
- d. If not available online, contact the company to request a statement for the product.

## 2. How to use a Manufacturer's Statement

- a. Check the food label each time a combination food is served.
- b. Obtain a new manufacturer's statement when food products change.
- c. Maintain a current file of manufacturer's statements for processed combination entrees served.
- b. **Read manufacturer's statements carefully to determine how much must be served to meet meal pattern requirements for each age group.**

