

# Crediting Handbook for the Child and Adult Care Food Program



**CACFP Short Course**

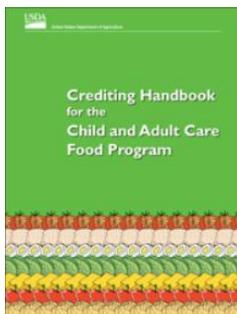
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Bureau of Nutrition and Health Services

Robin Holz



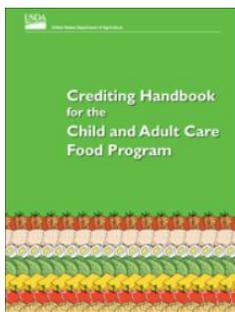
# Crediting Handbook



Published December 2013



## Crediting Handbook



<http://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>



## Crediting Handbook

- Compliments the “Food Buying Guide for Child Nutrition Programs”
- Provides information on crediting foods that are commonly served in CACFP settings
- Incorporates & updates crediting information in previous publications
- Uses current CACFP meal patterns



## Crediting Handbook

- Not all-inclusive
- Includes:
  - foods commonly served in child care programs
  - foods USDA received inquiries about
  - foods noted as being credited incorrectly



## Crediting Handbook

### Creditable foods:

- Count toward meal pattern requirements
- Contain foods as listed in the FBG
- Comply with regulations (in quantity or by definition)
- Comply with FDA Standards of Identity
- Comply with USDA standards for meat products
- Reflect USDA administrative policy decisions on the crediting of popular foods



# Crediting Handbook (Pages 6-9)

## Definitions and Explanations

- CN Labels
- Product Formulation Statements
- Standards of Identity
- Standardized Recipes



# CACFP Meal Patterns (pp 10-13)

**Child and Adult Care Food Program Meal Patterns for Children**

<b>Breakfast</b>			
Select All Three Components for a Reimbursable Meal			
Food Components	Agens 1-2	Agens 3-5	Agens 6-12 <sup>1</sup>
1 milk <sup>2</sup>	1/2 cup	3/4 cup	1 cup
1 fruit <sup>3</sup> /vegetable juice <sup>4</sup> , fruit and/or vegetable	1/4 cup	1/2 cup	1/2 cup
1 grains/bread <sup>5</sup> toast or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/2 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup

<b>Lunch or Supper</b>			
Select All Four Components for a Reimbursable Meal			
Food Components	Agens 1-2	Agens 3-5	Agens 6-12 <sup>1</sup>
1 milk <sup>2</sup>	1/2 cup	3/4 cup	1 cup
2 fruit <sup>3</sup> /vegetables juice <sup>4</sup> , fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
1 grains/bread <sup>5</sup> toast or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/2 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
1 meat/meat alternative <sup>6</sup> meat or poultry or fish or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds <sup>7</sup> or eggs <sup>8</sup>	1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1/2 oz. 4 oz.	1 1/2 oz. 1 1/2 oz. 3/4 3/8 cup 2 Tbsp. 3/4 oz. 1 1/2 oz.	2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 1 1/2 oz.

1 Children ages 12 and older may be served larger portions based on their general food needs. These may not be served from the menu.  
 2 See minimum quantities under this column.  
 3 Milk variety must be low fat (2%) or non-fat (unless for participants ages 7 and older).  
 4 Fruit or vegetable juice must be 100% strength.  
 5 Grains and grains must be made from whole-grain or enriched meal or flour. Cornmeal must be whole-grain or enriched or fortified.  
 6 A serving consists of the edible portion of a cooked bean, meat or poultry or fish.  
 7 Nuts and seeds may meet this criterion if all of the food required meal alternate serving and must be combined with another meat/meat alternative to fulfill the lunch or supper requirement.  
 8 Eggs must be hard-boiled, scrambled or omelette.



# Meal Components

## Milk pp 14-19

Milk

- CACFP regulations require that to be eligible for reimbursement, each program participant's breakfast, lunch, or supper must include fluid milk. Between the child's first and second birthday whole milk should be served. Lower fat milk should then be introduced after the child's second birthday. Only formula or breast milk should be served to infants.
- "Milk" refers to pasteurized fluid types such as unflavored or flavored whole milk, low-fat milk, fat-free (skim) milk, or cultured fermented milk that meet State and local standards for such milk. All milk should contain Vitamins A and D at levels specified by the Food and Drug Administration and must be consistent with State and local standards for such milk. Lactose-free and lactose-reduced milks may be offered as options for program participants who are lactose-intolerant.
- For children, the breakfast meal pattern requires that a serving of fluid milk be served as a beverage or used on cereal, or used in part for such purposes. Such milk and sugar must contain a serving of fluid milk as a beverage. Refer to the CACFP meal pattern for the quantity requirements by age. If milk is one of the two components served for a snack, it must be fluid milk served as a beverage or used on cereal, or used in part for such purposes. For children, milk may not be credited for snacks when juice is served as the other component. Milk is not creditable when used in cooking for such foods as cooked cereals, casseroles, puddings, etc.
- Please note that yogurt may not be substituted as a milk serving in the CACFP meal patterns. However, yogurt may credit toward the meat/alternate component.

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# Creditable Milk Products

## pp 15-17

Milk

Food	Creditable		Comments
	Yes	Maybe	
Acidified Milk, kefir Milk, Acidophilus Milk	x		Acidified milk is a fluid milk produced by souring fluid whole, low fat, or fat-free (skim) milk with an acidifying agent. Examples of acidified milk are "acidified kefir milk" and "acidified acidophilus milk."
Buttermilk	x		Must be low fat or fat free for participants 2 years of age and older. Only commercially prepared buttermilk may be offered to program participants.
Certified Raw Milk		x	Regulations require the use of pasteurized milk.
Cultured Milk	x		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid milk, low fat, or fat-free (skim) milk under controlled conditions to produce a product with a specific flavor and/or consistency. Examples are cultured buttermilk, cultured kefir milk, and cultured acidophilus milk. Only commercially prepared buttermilk may be offered to program participants.
Flavored Milk (chocolate, strawberry, etc.)	x		Flavored milks must meet State and local standards for milk. Flavored milks may include flavorings, coloring agents, and sweeteners. Different flavors may contain differing levels of sweeteners.
Gout's Milk		x	Must meet State standards in order to be credited.
Lactose-Free Milk, Lactose-Reduced Milk	x		Lactose-free and lactose-reduced milks are fluid milks that have been modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children or adults who cannot digest lactose may benefit from the use of lactose-free or lactose-reduced milk.
Low-fat Milk, Reduced-fat Milk	x		Low-fat milk (1% fat) or fat-free milk should be served to participants 2 years of age and older.
Milk, Fluid (unflavored)		x	The milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk.
Fat-free Milk, Nonfat Milk, Skim Milk	x		Should be served to participants 2 years of age and older.
Soy Beverages/ Drinks		x	Soy drinks and beverages are not fortified and are not functionally equivalent to fluid milk.

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## Creditable Milk Products

Milk				
Food	Creditable			Comments
	Yes	Maybe	No	
Acidified Milk, Kefir Milk, Acidophilus Milk	x			Acidified milk is a fluid milk produced by souring fluid whole, low-fat, or fat-free (skim) milk with an acidifying agent. Examples of acidified milk are "acidified, kefir milk" and "acidified, acidophilus milk."
Buttermilk	x			Must be low-fat or fat-free for participants 2 years of age and older. Only commercially prepared buttermilk.



## Questions & Answers About Milk

pp 18-19

Milk

**Questions and Answers About Milk**

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

Reconstituted milk is not included in the definition of milk in the Program Regulations. It is not possible to ensure that the quantity of dry milk and water used are adequate to provide the nutritional equivalency of fluid milk. Reconstituted milk may only be used in an emergency situation where the availability of fluid milk has been affected. This provision is discussed in 7 CFR Part 20.20. In addition, Part 20.20 of the Regulations also permits the ongoing use of dry milk only when the center is unable to obtain a supply of fluid milk on a continuing basis. In either of these situations, contact the Regional Office, State agency, or the sponsoring agency as applicable for guidance prior to taking action.

2. If a participant cannot have milk, can I be reimbursed for breakfast and lunch?

Yes, you may be reimbursed if a child is unable to have milk for medical reasons or other special dietary needs when you obtain a written medical statement from a recognized medical authority or parent request stating that the participant should not be served milk. An appropriate substitution must be provided for the participant. Non-dairy beverages offered as fluid milk substitution must be nutritionally equivalent to milk and provide specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12.

3. If a participant cannot drink milk for religious or ethical reasons, can I be reimbursed for breakfast, lunch, or supper?

Children who do not consume milk for religious reasons must be covered by an exemption granted by the National Office. Meals for Jewish participants have been granted an exemption from the service of fluid milk for lunches and dinners containing meat or poultry under FNS Instruction 790-13 Rev. 3. Please see this instruction for options and documentation requirements. The exemption requested (FNS Instruction 790-14 Rev. 1) for Seventh Day Adventist participants only covers the use of alternate protein products to meet the nutritional alternate requirements. It is not an exemption from milk consumption. An exemption is not currently in place to exempt Muslim participants from other meal pattern requirements.

The religious exemptions cited above do not extend to ethical reasons such as vegetarian ethical dietary practices. Meals served without milk for ethical reasons are not reimbursable.

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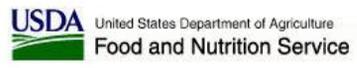
# Questions & Answers About Milk

Milk

## Questions and Answers About Milk

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# Meal Components

Meat

- CACFP regulations require that a lunch or supper must contain the meat alternate specified in the meal pattern. The meat/meat alternate served in the main dish or in the main dish and one other menu item.
- When a meat/meat alternate is served as one of the two required components, the amount specified in the meal pattern must be served.
- There is an requirement that a meat/meat alternate be served as part served as an optional component. A menu item must provide a minimum meat or its equivalent to be counted toward meeting any part of requirement.
- Meat and meat alternates include lean meats, poultry, fish, chicken, eggs, peas, nuts and seeds and their butters (except for salmon, cheddar, or quantity of any combination of these foods). Cooked, dry beans or pea alternates may not also be credited as a vegetable in the same meal. Portion sizes. Creditable portion sizes for beans used as meat alternate differ a vegetable. Creditable portion sizes for beans as vegetables and as Food Buying Guide. Remember that facilities may use the cooked of the CACFP and are not required to use dry beans or peas in a food to use.
- Crediting for shellfish has been included. However, when including consider cost factors, acceptability, and potential food intolerances in diet care populations.

Vegetables and

- A reimbursable breakfast shall contain a serving of vegetable(s) or fruit(s), full strength or fruit juice, or an equivalent quantity of any combination of these foods. Each lunch or shall contain two or more different vegetables or fruits or a combination of both. The creditable portion size is 1/2 cup or 2 tablespoons. Full strength vegetable or fruit juice is counted to meet not more than one-half of this requirement at lunch or supper.
- It is extremely important to read the product label. FULL-STRENGTH FREUIT OR VEGETABLE JUICE is an undiluted product obtained by extraction from small fruit. It may be fresh, frozen, or reconstituted from concentrate and served in either liquid or frozen state or as ingredient in a recipe. The name of the full-strength fruit or vegetable juice as it appears label must include the words "juice" or "full-strength juice" or "single-strength juice" or "percent juice" or "reconstituted juice" or "juice from concentrate." See FNS Instruction 7 Rev 1 for more information on the use of juice and juice products.
- Please note that, traditionally, cranberry juice cocktails were disallowed, as no cranberry-cranberry juice cocktails meet juice requirements. Currently there are 100% juice blends include 100% cranberry juice in a blend with other 100% juices. If you wish to serve the products, please maintain a label on file for documentation purposes in the event of need also encourage you to specify that you are using a 100% juice or full-strength juice blend.
- All fruit juices must be pasteurized. Some kinds of juice and cider have not been pasteurized and may contain harmful bacteria. Children and the elderly are particularly susceptible to bacteria.
- Two forms of the same fruit or vegetable served at the same meal cannot count toward the requirement of two or more different fruits and/or vegetables. For example, if apple juice and apples are served, an additional and different fruit and/or vegetable must be served. requirement is intended to provide the variety of fruits and vegetables needed for healthy growth. A serving of vegetable or fruit may be credited as one component of the required components of the meal pattern. However, juice may not be credited as one of the components of the meal pattern.
- Cooked, dry beans or peas may be counted either as a vegetable or as a meat alternate; both in the same meal. Roasted soy nuts may be credited as meat alternate only. Fresh soy (edamame) may credit as a vegetable only.

Grains/Breads Requirement (Bread/Bread Alternate)

- The meal pattern for breakfast, lunch, or supper each contains a bread or bread alternate requirement in the amount specified for each age group. A bread or bread alternate may also be served as one of the two components of a snack.
- FNS Instruction 783-1 Revision 2 updates the criteria used to determine minimum portion sizes, qualifying criteria, and examples of foods that qualify as bread/bread alternates. The instruction also redefines the bread/bread alternate requirement as the grains/breads requirement. Carefully both of these terms are used interchangeably. The term grains/breads requirement will be used in this section for easy referral to the instruction.
- Grains/breads products are important dietary sources of iron, thiamin, niacin, riboflavin, and, often, fiber in the diet. The 2010 Dietary Guidelines for Americans encourage that at least half of daily grain servings be whole-grain for all ages at each calorie level. Therefore, additional varieties of whole grains consumed by various populations have been added to this revision.
- There is a religious exemption granted under FNS Instruction 783-13 Rev 2 from the enrichment portion requirements of the Child Nutrition Programs during the religious observance of Passover. Enriched grains may not be substituted during that period of time only. Enriched or whole-grain matzo used as a grain must be served at all other times of the year.

**Grains/breads served in the CACFP must meet the following criteria:**

- Grains/breads must be whole-grain, enriched, or made from whole-grain or enriched meal or flour. Cereal products must be whole-grain, enriched, or fortified. Bran and germ are credited the same way as enriched or whole-grain meals or flours.
- The product label must indicate that the product is enriched or whole-grain; made from enriched or whole-grain meal, flour, bran, and/or germ; or is fortified. If a grain/bread product is enriched, it must meet the U.S. Food and Drug Administration's (FDA) Standards of Identity for enriched bread, macaroni and noodle products, rice, or enriched cornmeal. Serving sizes for items listed on the chart in this section were calculated based upon FDA Standards of Identity and adjusted to meet program requirements.
- French, Vienna, Italian, Syrian, and other specialty breads are commercially made and sometimes prepared with unenriched flour. Check the ingredient statement or contact the manufacturer to be sure that the product is made with enriched or whole-grain flour/meal, bran, or germ.

# Handy Guide to Creditable Foods

## Chapter 2. Serve Meals that Meet Requirements

- Goals:**
- Serve reimbursable meals that meet CACFP meal pattern requirements
  - Meet CACFP age, enrollment, attendance, and meal service requirements
  - Keep required records



### Key Points for Workshop Discussion

1. Follow CACFP meal patterns
  - a. Infant Meal Pattern (p. C-7)
    - Infants (birth to 1st birthday)
  - b. Child Meal Pattern (p. 2-3)
    - Child care (1 through 12 years)
    - Migrant programs (through age 18)
    - Emergency shelters (through age 18)
    - Afterschool Programs (through age 18, or age 19 if still in high school)
    - Disabled participants enrolled in an institution that serves primarily children (any age)
    - Disabled participants enrolled in emergency shelters that serve children (any age)
    - The school meal pattern may be substituted for the CACFP meal pattern if a school provides the meals. This includes the option to follow "Offer Versus Serve" (OVS).
  - c. Adult Meal Pattern (Appendix D)
    - Adults in day care (55+ years or under age 60 if documented as disabled)
    - "Offer Versus Serve" (OVS) is an option. All required components must be served (on the table at the beginning of the meal). All components must be served to each participant at snack, one or two of the items offered.
  - d. Allergy/Food Exceptions and Other Substitutions (pp. 2-20 through 2-23)
    - An allergy/food exception statement is required when a participant cannot follow the meal pattern (accommodated if the participant has a food allergy, but can follow the meal pattern).
    - The center must provide food substitutions when the participant has a disability that has been documented by a medical professional unless doing so would be a documented hardship.
    - Food substitutions must be noted on the menu (may be a footnote)
    - If a food substitution is indicated by a medical professional for a participant who does not have a disability, the center is encouraged but not required to make the substitution.
    - Parents may provide food substitutions for their children when there is a documented medical reason. The center may claim the meal if the center provides at least one required meal component.
    - Participants may make a written request for a milk substitute. The substitute must be nutritionally equivalent to milk (see p. 2-21 and 2-22 for details).
    - See pp. 2-20 and 2-21 for other circumstances regarding food provided by parents.
  - e. Religious Exceptions (p. 2-3)
    - Religious preferences may be accommodated as long as the substitutions meet CACFP requirements. Making accommodations is encouraged, but not required.
    - Contact the State agency for other accommodations are requested for Jewish organizations.

Participants must meet the age requirements listed here and on p. 4-1. Larger quantities may be served depending on participants' needs.

2-1

## CACFP Center Handy Guide to Creditable Foods

Green  
 Revised 4/14

1. Creditable foods are used to meet CACFP meal pattern requirements. This list is established by USDA and the Iowa Department of Education, Bureau of Nutrition and Health Services to help assure good nutrition for all participants. The USDA reference is the Crediting Handbook for the CACFP <http://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>. Organizations are encouraged to consult the Crediting Handbook or contact the State agency with questions regarding specific foods or quantities.
2. This is a partial listing of creditable foods for children one year of age and older, and adult participants.
3. Foods are creditable only if the minimum required quantity of each food component is served. The amount required depends on the age of the participant, the type of meal, the type of food product used and the number served.
4. Water must be made available during meals and throughout the day. It is not a creditable food and cannot replace any required meal component.
5. If a participant cannot follow the meal pattern, an allergy/exception statement from a medical authority must be on file stating the problem, listing foods to avoid and alternate foods to be substituted.

### Milk

Milk must be pasteurized fluid milk fortified with vitamins A and D. Milk must be served as a beverage or used as a ingredient. Milk is not creditable when used in cooking, as milk, cottage, and dressing. For children, milk may not be credited for formula when juice is served as the other component. Participants must be served only one type of milk and water. For children, milk may be served only once per meal. For adults, milk may be served if a separate milk is of the type 2-21 & 2-22. Serving milk at snack, meal or supper is optional. It is recommended that whole milk be served to children between one and two years of age. A separate meal pattern and reimbursable foods list is available and must be followed for infants. CACFP requires that breast milk or top-dressed infant formula be used until the infant is 12 months. In child care, child care center, emergency shelter, require whole milk from birth to 12 months only. Milk after the first birthday, an allergy/exception statement is needed to serve substituted formula after 12 months of age. Breast milk may be served to children until two years of age.

### Creditable

- Aseptically milk (aseptic), non-fat, or fat free (skim), low fat (1%), (2%)
- Sterilized milk with one year of age, two years of age
- Substituted, cultured milk or milk
- Cooked milk, frozen or otherwise, including chocolate milk or fat free (skim), low fat (1%), (2%)
- Cooked milk, frozen or otherwise, including chocolate milk or fat free (skim), low fat (1%), (2%)
- Cooked milk, frozen or otherwise, including chocolate milk or fat free (skim), low fat (1%), (2%)
- Milk substitute when nutritionally equal to cow's milk (with a written request from a participating parent)
- Organic milk, flavored or unflavored, including chocolate milk or fat free (skim), low fat (1%), (2%)
- Soy milk - only if a parent note on file and the national nutrition assistance program's "milk" label
- UHT milk - ultra high temperature (ultra-sterile) cow's milk - to 12 months of age only
- To 12 months of age only

### Non creditable

- Acidophilus
- Cocoa mix made with water
- Cocoa powder
- Cream cheese
- Cream sauce
- Cream soup
- Cottage cheese
- Dry milk
- Evaporated milk
- Half and half
- Instant and frozen yogurt
- Ice milk
- Nonfat milk
- Pasting process
- Raw milk (certified or uncertified)
- Reconstituted dry milk (only with State approval)
- Milkshake
- Milk or cream
- Soy milk (except for infants when not nutritionally equal to cow's milk)
- Sweetened condensed milk
- Sterilized milk for children age 1-2 years (Creditable only as a meal alternative)
- Having the food is purchased, it may not be served as a "food" item.

2-10

# What's New?

## CACFP Center Handy Guide to Creditable Foods

Green  
 Revised 4/14

1. Creditable foods are used to meet CACFP meal pattern requirements. This list is established by USDA and the Iowa Department of Education, Bureau of Nutrition and Health Services to help assure good nutrition for all participants. The USDA reference is the Crediting Handbook for the CACFP <http://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>. Organizations are encouraged to consult the Crediting Handbook or contact the State agency with questions regarding specific foods or quantities.
2. This is a partial listing of creditable foods for children one year of age and older, and adult participants.
3. Foods are creditable only if the minimum required quantity of each food component is served. The amount required depends on the age of the participant, the type of meal, the type of food product used and the number served.
4. Water must be made available during meals and throughout the day. It is not a creditable food and cannot replace any required meal component.
5. If a participant cannot follow the meal pattern, an allergy/exception statement from a medical authority must be on file stating the problem, listing foods to avoid and alternate foods to be substituted.



# Milk

## Milk



1. Milk must be pasteurized fluid milk, fortified with vitamins A and D.
2. Milk must be served as a beverage or over cereal.
3. Milk is not creditable when used in cooking (e.g., soup, custard, and pudding).
4. For children, milk may not be credited for snacks when juice is served as the other component.
5. Participants must be served milk at breakfast, lunch, and supper. Non-dairy beverages that are nutritionally equivalent to milk may be served if a parent note is on file (see p. 2-21 & 2-22). Serving milk at adult care suppers is optional.
6. It is recommended that whole milk be served to children between one and two years of age.
7. A separate meal pattern and reimbursable foods list is available and must be followed for infants. CACFP requires that breast milk or iron-fortified infant formula be fed until the infant's first birthday. In Iowa, current child care center licensing standards require whole milk, iron-fortified formula or breast milk for children under two years, unless otherwise directed by a physician. CACFP allows children one month to transition to whole cow's milk after the first birthday. An allergy/exception statement is needed to serve iron-fortified formula after 13 months of age. Breast milk may be served to children until two years of age.



# Milk

## Creditable

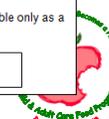
Acidified milk (acidophilus), non-fat or fat free (skim), low fat (1%)  
 Breast milk, until the child turns two years of age  
 Buttermilk, cultured milk or kefir  
 Cow's milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)  
 Cocoa – made only from fluid skim or 1% milk  
 Goat's milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)  
 Lactose-reduced milk non-fat or fat free (skim), low fat (1%)  
 Milkshakes – only the milk portion  
 Milk substitutes when nutritionally equal to cow's milk\* (with a written request from a parent/guardian)  
 Organic milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)  
 Smoothies – only the milk portion credits for milk  
 Soy milk – only if a parent note is on file and the nutrients are nutritionally equivalent to cow's milk\*  
 UHT milk – ultra high temperature (shelf stable) cow's milk  
 Whole milk – for children 1-2 years of age only  
 Yogurt – for adult participants only

\*Products known to meet this requirement are 8th Continent Soy Milk (regular and vanilla), Silk Original Soymilk, Pacific Natural Ultra Soymilk (plain and vanilla), Great Value Original Soymilk, Westsoy (organic, plain and vanilla) and Kikkoman shelf-stable product in individual containers (vanilla and chocolate). Allergy/exception statements are required for other brands. Contact the State agency if you have questions about a specific product.

## Non creditable

Almond milk  
 Cocoa mix made with water  
 Coconut milk  
 Coffee creamers  
 Cream  
 Cream sauce  
 Cream soup  
 Custard  
 Dry milk  
 Eggnog  
 Evaporated milk  
 Half and half  
 Ice cream and frozen yogurt  
 Ice milk  
 Imitation milk  
 Pudding  
 Pudding pops  
 Raw milk (certified or uncertified)<sup>1</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 children over age 2  
 Yogurt – for children ages 1-12 years (creditable only as a meat alternate).

<sup>1</sup>Serving this food is prohibited. It may not be served as an 'extra' food.



## New Soy Milk Options

### Creditable

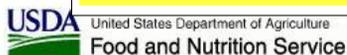
Acidified milk (acidophilus), non-fat or fat free (skim), low fat (1%)  
 Breast milk, until the child turns two years of age  
 Buttermilk, cultured milk or kefir  
 Cow's milk, flavored or unflavored including chocolate  
     non-fat or fat free (skim), low fat (1%)  
 Cocoa – made only from fluid skim or 1% milk  
 Goat's milk, flavored or unflavored including chocolate  
     non-fat or fat free (skim), low fat (1%)  
 Lactose-reduced milk  
     non-fat or fat free (skim), low fat (1%)  
 Milkshakes – only the milk portion  
 Milk substitutes when nutritionally equal to cow's milk\* (with a written request from a parent/guardian)  
 Organic milk, flavored or unflavored including chocolate  
     non-fat or fat free (skim), low fat (1%)  
 Smoothies – only the milk portion credits for milk  
 Soy milk – only if a parent note is on file and the nutrients are nutritionally equivalent to cow's milk\*  
 UHT milk – ultra high temperature (shelf stable) cow's milk  
 Whole milk – for children 1-2 years of age only  
 Yogurt – for adult participants only

\*Products known to meet this requirement are 8th Continent Soy Milk (regular and vanilla), Silk Original Soymilk, Pacific Natural Ultra Soymilk (plain and vanilla), Great Value Original Soymilk, Westsoy (organic, plain and vanilla) and Kikkoman shelf-stable product in individual containers (apple and chocolate). Allergy/exception statements are required for other brands. Contact the State agency if you have questions about a specific product.

### Non creditable

Almond milk  
 Cocoa mix made with water  
 Coconut milk  
 Coffee creamers  
 Cream  
 Cream sauce  
 Cream soup  
 Custard  
 Dry milk  
 Eggnog  
 Evaporated milk  
 Half and half  
 Ice cream and frozen yogurt  
 Ice milk  
 Imitation milk  
 Pudding  
 Pudding pops  
 Raw milk (certified or uncertified)<sup>1</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 children over age 2  
 Yogurt – for children ages 1-12 years (creditable only as a meat alternate).

<sup>1</sup>Serving this food is prohibited. It may not be served as an 'extra' food.



## 2. Non-dairy Beverages

Non-dairy beverages may now be served in lieu of fluid milk to children who cannot consume fluid milk due to medical or other special dietary needs (other than a disability). 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, as listed below.

Nutrient	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

Products that meet this requirement include 8th Continent Soy Milk (regular and vanilla); Silk Original Soymilk, Pacific Natural Ultra Soymilk (plain and vanilla); Great Value Original Soymilk; Westsoy (organic, plain and vanilla); Kikkoman shelf-stable product in individual containers (vanilla and chocolate). Allergy/exception statements are required for other brands. Contact the State agency if you have questions about a specific product.

Parents or guardians may request, in writing, non-dairy milk substitutions without providing a medical statement. The written request must identify the medical or other special dietary need that restricts the diet of the child. If the milk substitute is not nutritionally equivalent to cow's milk, an allergy/food exception statement is needed. The center has the option to provide the substitution at their expense. If the center does not agree to provide the food substitution, the parent has the option of providing it; the meal is still reimbursable if the center supplies at least one required component and the written parent request is on file.

# OK TIME TO WAKE UP



## Crediting Combination Foods (p. 61)

### Crediting Combination Foods

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

1. Meat/meat alternate
2. Grains/breads
3. Vegetable/fruit (count as one component only)

Combination items such as pizzas vary greatly as to how they may be credited. Crediting for pizza typically includes the crust, the cheese and/or meat, and vegetable/fruit. This crediting will vary by pizza. Use items that have a % label, product formulation statement, or a standardized recipe. Maintain a copy of the documentation on file for review. Examples for crediting other combination foods are listed below.

**Example 1:** Hamburger on a bun with lettuce and tomatoes.

**Credit as:**

Meat/meat alternate	Hamburger (at least 1/2 ounce per serving)
Grains/breads	Hamburger bun (at least 1/2 serving)
Vegetable/fruit	Lettuce and tomatoes (at least 1/2 cup per serving)

**Example 2:** Chef Salad with hard-boiled egg, turkey, cheese, lettuce, tomato, celery, cucumber.

**Credit as:**

Meat/meat alternate	Egg, turkey, cheese (at least 1/2 ounce per serving)
Vegetable/fruit	Lettuce, tomato, celery, cucumber (at least 1/2 cup total per serving)

**Example 3:** Fruit salad with cottage cheese, peaches, pineapple, pears, bananas, blueberries. In this case the fruits are not mixed together and are separately identifiable. For example, peach or pear halves set on a glazer with pineapple rings in comparison with bits of peaches, pears, and pineapple mixed together in a fruit cocktail.

**Credit as:**

Meat/meat alternate	Cottage cheese (at least 1/2 ounce per serving)
Vegetable/fruit	A combination of the separate pear or peach halves, pineapple rings/ chunks, banana slices, or blueberries (at least 1/2 cup total)

**Example 4:** Banana/Strawberry Smoothie (with banana, strawberries, and milk). Combination foods in beverage form made from milk and solid fruits (or juice concentrates) may be credited at all meals and snacks as meeting the following meal components. However, the amounts served must meet meal pattern requirements.

**Credit as:**

Milk	Milk (at least 1/2 cup per serving)
Vegetable/fruit (count as one component only)	Bananas and strawberries (at least 1/2 cup total per serving)



## Crediting Combination Foods

Credit for a total of 3 different meal components:

- Combination items such as pizzas vary greatly as to how they may be credited.
- Use items that have a **CN label, product formulation statement, or a standardized recipe.**
- Maintain a copy of the documentation on file for review.



## Crediting Commercial Frozen or Canned Combination Foods (p. 62)

### Crediting Commercial Frozen or Canned Products

- The Food Buying Guide lists a number of standard commercially prepared foods. These are foods for which there is a Federal Standard of Identity. The name on the product label must exactly match the Food Buying Guide description in the "Food as Purchased" column. Check the Food Buying Guide to determine if the combination product has a Federal Standard of Identity and use the Food Buying Guide table information. See page 13 of the Food Buying Guide for clarification. If a product is not listed, it does not have a government standard of identity.
- When crediting such products as chili-meat, pizzas, pot pie, sloppy joes, and ravioli toward the meat/meat alternate component, the amount of meat/meat alternate per serving (not the total portion size) is the determining factor for crediting purposes. Because of the uncertainty of the actual amount of meat/meat alternate contained in these products, they should not be used unless (1) they are CN-labeled or (2) you obtain a Product Formulation Statement signed by an official of the manufacturer (not a sales person) that shows how the crediting has been determined. Remember that only a CN-labeled product carries a warranty that protects against financial malfeasance. See the sample formulation statement on page 73 with required information and documentation.
- Based on the USDA Meat and Poultry Product Standards for these commercial products, the user may need to serve a very large portion in order to meet requirements. For example, a 1.5 ounce serving of canned ravioli is needed to provide the 1.5 ounce of the required meat/meat alternate; while the same amount of ravioli greatly exceeds the grains/breads requirement. As a result, a smaller portion of ravioli may need to be served with a second meat/meat alternate in order to meet this requirement without serving an excessive amount of grains/breads.



## Crediting Commercial Frozen or Canned Combination Foods

**The *Food Buying Guide* lists a number of standard commercially prepared foods:**

- Federal Standard of Identity
- The name on the product label must exactly match the FBG description in the “Food as Purchased” column.
- Check the FBG to see if the product has a Standard of Identity. If so, use the FBG yield information.



## From Food Buying Guide

Bean Products, dry beans, canned <b>Beans with Frankfurters in Sauce</b>	Pound	5.30	1/3 cup serving (about 1.0 oz meat/meat alternate)	18.9	
	Pound	3.53	1/2-cup serving (about 1.5 oz meat/meat alternate)	28.4	

Section 1—Meat/Meat Alternates ■ 1-11



## Name Must Match Exactly (p1-22)

Section 1—Meat / Meat Alternatives						
1 Food as Purchased, AP	2 Pounds	3 Net Weight Per Package, OZ, AP	4 Serving Size per Meal Contribution	5 Pounds per 100% Serving	6 Additional Information	
<b>BEEF, COOKED<sup>11</sup></b>						
<b>Beef, cooked</b>						
Beef with Natural Juice	No. 2 (21 oz)	14.7	1 oz heated lean meat	6.9	1 lb AP = 0.11 lb heated meat	
USDA Commodity <sup>12</sup>	No. 2 (1/2 lb) (25.46)	9.86	1 1/2 oz heated lean meat	10.2		
	Pound	6.56	1 oz heated lean meat	12.3		
	Pound	5.44	1 1/2 oz heated lean meat	18.4		
<b>BEEF PRODUCTS, cooked or broiled<sup>13,14</sup></b>						
Beef Products	Pound	3.05	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat	
Beef Products	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat	
Beef Products	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat	
Beef Products	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat	
Beef Products	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat	
Beef Products	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat	
Beef Products	Pound	3.05	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.28 lb cooked lean meat	
Beef Products	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat	
Beef Products	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat	

**USDA** United States Department of Agriculture  
 Food and Nutrition Service



## Name Must Match Exactly (p1-22)

<b>Beef Products</b> <b>Beef Stew<sup>12, 13</sup></b>	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP – 0.18 lb cooked lean meat
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**USDA** United States Department of Agriculture  
 Food and Nutrition Service



# Beef Goulash

Beef Products <b>Beef Goulash<sup>12, 13</sup></b>	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP – 0.18 lb cooked lean meat
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**USDA** United States Department of Agriculture  
 Food and Nutrition Service



Beef Products <b>Corned Beef Hash<sup>12, 13</sup></b>	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP – 0.35 lb cooked lean meat
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**USDA** United States Department of Agriculture  
 Food and Nutrition Service



## Crediting Commercial Frozen or Canned Combination Foods (1-62)

- The amount of meat/meat alternate per serving (not the total portion size) is the determining factor for crediting purposes.
  - chili-macs
  - pizzas
  - pot pies
  - sloppy Joes
  - raviolis



## Crediting Commercial Frozen or Canned Combination Foods

- Uncertainty of the actual amount of meat/meat alternate in a serving
- They should not be used unless
  - (1) they are CN-labeled; or
  - (2) you obtain a Product Formulation Statement signed by an official of the manufacturer (not a sales person) that shows how the crediting has been determined.



## Crediting Commercial Frozen or Canned Combination Foods

- Very large portions may be needed to meet requirements.
  - A 15-oz canned ravioli provides 1.5 ounces meat/meat alternate
  - This amount far exceeds the grains/breads requirement
  - A smaller portion of ravioli should be served with a second meat/meat alternate to meet requirements and avoid serving an excessive amount of grains/breads.



## Meat/Meat Alternates



Green

### Meat/Meat Alternates

1. Meat/meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or split peas, and yogurt. Meats must be inspected by the appropriate health authority. A combination of two meat/meat alternates may be served at the same meal to total the required serving size. A meat/meat alternate is required at lunch and supper; may be served as a component at snack; and may be served as an extra food at breakfast.
2. At least ¼ ounce or ½ tablespoon of cooked lean meat or its equivalent must be served to count as part of the required serving.
3. Cooked dry beans or split peas may be used either as a vegetable or as a meat alternate, but not both in the same meal.
4. Nuts or seeds may fulfill no more than ½ of the required meat/meat alternate serving at lunch and supper.
5. In breaded products, and meat sauces only the meat portion is counted.
6. For commercial combination products, read labels carefully:
  - a. If the product name exactly matches a food item listed in the Food Buying Guide (FBG), use it to determine how much to serve.
  - b. If the product is not listed in the FBG, a Child Nutrition (CN) label (see p 2-15) or signed Product Formulation Statement (PFS) from the manufacturer (not a salesperson or distributor) is required. Examples of commercial combination foods include meat products that contain cereal, binders and extenders, canned or frozen stew, commercial lasagna, canned pasta; pizza; pot pie; ravioli; and breaded meats like chicken nuggets or fish sticks.
7. If combination foods are prepared from scratch at the center, a standardized recipe must be on file that includes the amount of all ingredients, the serving size, the number of servings it yields, and amount of meat/meat alternate per serving (see p. 2-18)
8. Shell fish or nuts may cause food intolerances, especially among preschool participants.



## Meat/Meat Alternate Changes



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### Meat/Meat Alternates

- Meat/meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or split peas, and yogurt. Meats must be inspected by the appropriate health authority. A combination of two meat/meat alternates may be served at the same meal to total the required serving size. A meat/meat alternate is required at lunch and supper; may be served as a component at snack; and may be served as an extra food at breakfast.
- At least ¼ ounce or ½ tablespoon of cooked lean meat or its equivalent must be served to count as part of the required serving.
- Cooked dry beans or split peas may be used either as a vegetable or as a meat alternate, but not both in the same meal.
- Nuts or seeds may fulfill no more than ½ of the required meat/meat alternate serving at lunch and supper.
- In breaded products, and meat sauces only the meat portion is counted.
- For commercial combination products, read labels carefully.
  - If the product name exactly matches a food item listed in the Food Buying Guide (FBG), use it to determine how much to serve.
  - If the product is not listed in the FBG, a Child Nutrition (CN) label (see p 2-15) or signed Product Formulation Statement (PFS) from the manufacturer (not a salesperson or distributor) is required. Examples of commercial combination foods include meat products that contain cereal, binders and extenders; canned or frozen stew, commercial lasagna, canned pasta, pizza, pot pie, ravioli; and breaded meats like chicken nuggets or fish sticks.
- If combination foods are prepared from scratch at the center, a standardized recipe must be on file that includes the amount of all ingredients, the serving size, the number of servings it yields, and amount of meat/meat alternate per serving (see p. 2-18)
- Shell fish or nuts may cause food intolerances, especially among preschool participants.



## Chapter 2 – CN Labels (p. 2-15)

### CN (Child Nutrition) Labels

The Child Nutrition Labeling program is a voluntary Federal labeling program for Child Nutrition Programs, including CACFP. CN Labels clearly identify the contribution of a commercial combination food product toward meal pattern requirements. Only entrees and juice products may be CN labeled.

Examples of foods that may be CN labeled:  
 Meat products that are not 100% meat; canned or frozen stew; commercial lasagna; canned meat and pasta products; frozen pizza, pot pie; and breaded meats like chicken nuggets or fish sticks.

Below is a sample CN label:



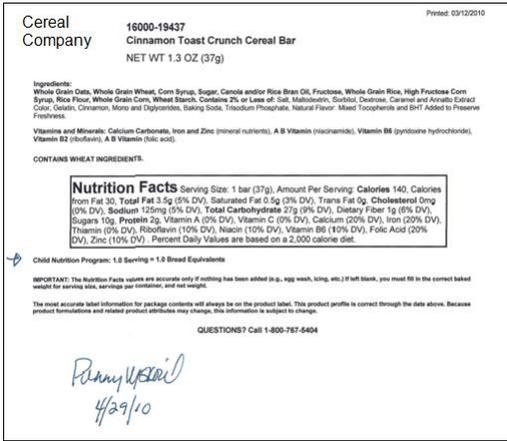
CN labeled products are more common through large food distributors that sell to schools, but may be found on products sold by bulk retailers such as Sam's Club and Costco. Few if any items purchased in regular grocery stores are CN labeled.

**IMPORTANT:** If CN labeled products are purchased, read the label carefully to determine how much must be served to meet meal pattern requirements. Record the planned serving size and total amount used on the food production record. Keep all CN labels on file to document how requirements were met for products used at the center.



## Chapter 2 – PFS - (p. 2-16)

## Chapter 2 – PFS - (p. 2-16)



The image shows a nutrition facts label for Cinnamon Toast Crunch Cereal Bar. The label includes the product name, net weight (1.3 oz), ingredients, and a detailed nutrition facts table. The nutrition facts table lists: Serving Size 1 bar (37g), Amount Per Serving, Calories 140, Total Fat 3.5g (7% DV), Total Carbohydrate 27g (9% DV), Protein 2g (4% DV), and various vitamins and minerals. A handwritten signature 'Penny W. [unclear]' and date '4/29/10' are visible on the label.



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## Chapter 2 Standardized Recipes (p. 2-18)

## Chapter 2 Standardized Recipes (p. 2-18)

### Standardized Recipes

1. A recipe must be on file and used for items with two or more ingredients.
2. Standardized recipes should be used.
  - a. Standardized recipes are recipes that have been tried, adapted, refined and produce the same results every time.
  - b. Standardized recipes should include:
    - Recipe title.
    - Ingredients, name and measurable amount of each (by weight or volume).
    - Preparation instructions.
    - Cooking temperature and time.
    - Serving size of one portion (volume or weight).
    - Yield (total number of servings the recipe makes).
    - How a serving contributes toward meeting meal pattern requirements.

*A State agency review cannot be completed if recipes are missing information or provide inaccurate information on ingredients, ingredient amounts, yield, or serving size.*
3. Options for Standardized Recipes
  - a. Use USDA standardized recipes whenever possible:  
<http://www.fns.gov/Teamates/TemplateDefault.aspx?cs=CEFT&int=TWdyPXRydlU=>
  - b. If center recipes are used, they must be standardized and kept on file at the center. Each center recipe must list how a serving contributes toward CACFP meal pattern components.

**Example:**  
 Eggly Spaghetti – Yields 40 - ½ cup servings  
 5 lb ground beef  
 2 lb thin whole wheat spaghetti noodles  
 #10 can spaghetti sauce  
**Directions:** Brown ground beef. Drain off fat. Meanwhile boil spaghetti noodles according to package directions. Drain. Combine ground beef, noodles and sauce. Heat to 180°F.  
 Hold at 140°F until served.  
 CACFP Crediting: ½ cup serving provides 1.5 oz meat, ¼ cup vegetable, ½ grain/bread



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## Vegetables and Fruits

### Vegetables and Fruits



Green

1. Most fruits and vegetables are creditable. Serve a variety for improved nutrition.
2. A minimum of two different vegetables and/or fruits must be served at lunch and supper. One fruit, vegetable, or juice must be served at breakfast.
3. At least ½ cup (2 tablespoons) of fruit or vegetable must be served to each participant in order to count toward meeting the minimum serving size requirement.
4. All fruit juices must be pasteurized. Full strength (100%) juice must be served. Juices labeled "juice", "full strength juice", "100% juice", "single strength juice", "juice from concentrate" or "reconstituted juice" are full strength. Juices that are naturally high in or fortified with vitamin C are recommended.
5. Juice may count up to ½ of the total fruit/vegetable requirement for lunch or supper.
6. Juice may not be served for snack if milk is the only other required food served.
7. Two different fruits and/or vegetables cannot be served as the two required components at snack. A second food item from a different component group must be served.
8. Two forms of the same food (e.g. apples and apple juice) cannot be credited in the same meal.
9. Combinations such as fruit cocktail, fruit salad, succotash, mixed vegetables, peas and carrots, stew vegetables and casserole vegetables, count as one fruit/vegetable.
10. Cooked dry beans or split peas may be credited as either a vegetable or meat alternate, but not as both in the same meal.



## Grains/Breads

### Grains/Breads



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1. Creditable grains/breads must list whole grain or enriched flour/meal, bran or germ as the first ingredient. Cereals must be whole grain, enriched or fortified. Carefully read the ingredient labels to ensure these requirements are met.
2. A grain/bread must be served for breakfast, lunch and supper, and may be one of the two components served at snack.
3. At least ¼ serving of grains/breads must be served to count as part of the required serving size.
4. Children and older adults need nutrient dense foods. Sweets may not be credited as grains/breads at lunch, and must be limited to no more than twice a week at snack. Limiting sweet grains/breads is recommended at breakfast. Sweet food items are indicated with a footnote of 3 or 4.
5. See pages 2-14, 2-17 and 2-18 to determine portion sizes for grains/breads.



# Grains/Breads

Green



## Grains/Breads

- Creditable grains/breads must list whole grain or enriched flour/meal, bran or germ as the first ingredient. Cereals must be whole grain, enriched or fortified. Carefully read the ingredient labels to ensure these requirements are met.
- A grain/bread must be served for breakfast, lunch and supper, and may be one of the two components served at snack.
- At least 1/4 serving of grains/breads must be served to count as part of the required serving size.
- Children and older adults need nutrient dense foods. Sweets may not be credited as grains/breads at lunch, and must be limited to no more than twice a week at snack. Limiting sweet grains/breads is recommended at breakfast. Sweet food items are indicated with a footnote of 3 or 4.
- See pages 2-14, 2-17 and 2-18 to determine portion sizes for grains/breads.

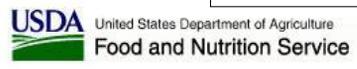


### Grains/Breads<sup>1, 2</sup> Serving Size Chart

Grain bread products are divided into nine groups according to the serving size needed to provide 14.75 grams of flour. When water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of flour.

Group A	Group B	Group C	Group D	Group E	Group F	Group G	Group H	Group I
1 serving = 20 gm or 0.7 oz % serving = 10 gm or 0.4 oz • Bread-type coating • Bread sticks (hand) • Chow mein noodles • Crackers (saltines or soda crackers and snack crackers) • Croutons • Flatbreads (hand) <sup>1</sup> • Rice cakes, plain <sup>1</sup> • Stuffing, bread portion (dry) <sup>1</sup>	1 serving = 25 gm or 0.9 oz % serving = 12 gm or 0.5 oz • Bagels, bagel chips • Batter-type coating, breading • Biscuits • Breads (white, wheat, whole wheat, French, Italian, pumpernickel, raisin) • Buns (hamburger and hot dog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (soft or corn) • Tortilla chips (wheat or corn) <sup>1</sup> • Taco or tortilla shells • Wonton wrappers	1 serving = 31 gm or 1.1 oz % serving = 16 gm or 0.6 oz • Cookies (plain) • Combread, Johnny cake or hushpuppies • Corn muffins • Crepes • Pancakes or crepes • Pie crust (dessert pie) <sup>1</sup> , fruit turnovers <sup>1</sup> , and meat/meat alternate pies • Waffles	1 serving = 50 gm or 1.8 oz % serving = 25 gm or 0.9 oz • Doughnuts (cake and yeast raised, unfrosted) • Granola bars (plain) • Muffins (all, except corn) • Sweet rolls (unfrosted) • Sweet quick breads (e.g. banana, pumpkin, zucchini) • Toasted pastries (unfrosted)	1 serving = 60 gm or 2.2 oz % serving = 31 gm or 1.1 oz • Cookies (with nuts, raisins, chocolate pieces and/or fruit pieces) • Doughnuts (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars <sup>1</sup> • Granola bars <sup>1</sup> (with nuts, raisins, chocolate pieces and/or fruit) • Rice cakes, with chocolate chips or peanut butter • Sweet rolls (frosted) • Toasted pastries (frosted)	1 serving = 75 gm or 2.7 oz % serving = 38 gm or 1.3 oz • Cake (plain, unfrosted) • Coffee cake	1 serving = 115 gm or 4 oz % serving = 58 gm or 2 oz • Brownies (plain) • Cake (all varieties, frosted)	1 serving = 1/2 cup cooked (or 25 gm dry) % serving = 1/4 cup • Branley • Breakfast cereals (cooked) <sup>1</sup> • Bulgur, couscous or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (meat only) • Rice (enriched white or brown)	1 serving = 1/2 cup or 1 oz, whichever is less % serving = 1/4 cup or 1/2 oz, whichever is less • Ready to eat breakfast cereal (cold dry) <sup>1</sup> • Cereal bars <sup>1</sup>

<sup>1</sup>The following foods are whole grain or enriched or made with enriched or whole grain flour, bran, and/or germ:  
 • Some of the following foods, if their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.  
 • Sweet food products (including for snacks only)  
 • Sweet food products (including for snacks and breakfasts only)  
 • Enriched cereals are a nutritionally enriched or a sweetened meal item but may be served in meals other than breakfast.  
 • Cereals must be whole grain, enriched, or fortified, list whole grain, bran or germ as the first ingredient on the label, or meet nutrient criteria.  
 • Cereal bars must be cereal only.  
 • To count as one 1/2 serving of grains/breads, a homemade cereal bar must contain 1/2 cup or 1 ounce of the cereal, whichever is less. Purchased cereal bars may not be automatically credited. A Product Formulation Statement must be obtained from the manufacturer. Crediting will depend on the volume or weight of the ready-to-eat cereal in each bar.



# Determining Portion Sizes for Grain/Bread Products (p.2-16 & 2-17)

## Determining Portion Sizes for Grain/Bread Products

- Grain/bread products may be made from a mix, purchased or homemade from scratch.
- 1. If made from a mix:**
    - a. A serving of the final product must weigh on a scale (digital preferred) and compare to the required weight on the Grain/Bread Serving Size Chart.
    - b. If the servings are too large or too small, the serving size should be adjusted and reweighed to achieve the required portion size based on the cup/gram weight of the grain being served. (Larger, but not smaller portions may be served if desired).
    - c. Record the serving size and yield of the product for current use and future reference.
  - 2. If commercially purchased: (3 alternate methods)**
    - a. Refer to the Nutrition Facts label to determine the weight of a serving and compare to the required weight on the Grain/Bread Serving Size Chart. If the serving on the Nutrition Facts label is larger or smaller than the required weight, divide the required weight on Grain/Bread Chart by the weight of a Nutrition Facts label serving to determine the number of servings needed.

**Example:**

**Country Style Oatmeal with Raisins**

**Nutrition Facts**

1. A Nutrition Facts label serving is 2 scoops and weighs 25 grams.

2. Refer to the Grain/Bread Serving Size Chart (columns, grams). The required serving size is 32 grams for children 1-3 years, 48 grams for children 4-5 years, and 64 grams for children 6-12 years.

3. The Nutrition Facts label serving (25 grams) is smaller than the required weight for children 4-5 years (48 grams).

- $48 \div 25 = 1.92$  1.92 servings = 2 scoops = 2.2 scoops for actual use.
- $64 \div 25 = 2.56$  2.56 servings = 3 scoops = 3.2 scoops for children 6-12 years old = 3 scoops.

- b. If a Product Formulation Statement (PFS) may be obtained from the manufacturer. The documentation must indicate how much grain by weight or how many grain/bread servings a different portion provides.

**Example:**

**General Company**

10000 Blvd  
 10000 Blvd  
 10000 Blvd

**Nutrition Facts**

1. The total weight of the grain in this recipe is 14.75 grams (the amount of grain required to provide one grain/bread serving). The result is the number of grain bread servings in the recipe.

2. Divide the number of grain/bread servings in the recipe by the yield (number of servings in the recipe). The result is the number of grain/bread servings per serving.

- c. If a Nutrition Facts label or Product Formulation Statement from the manufacturer is not available, a serving may be weighed on a scale and compared to the required weight on the Grain/Bread Chart. If the serving is too large or too small, the size of the serving should be adjusted to meet the required portion size based on the (grams) of the children being served. (Larger, but not smaller portions may be served if desired).

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

- a. A serving of the final product may be weighed on a scale (digital preferred) and compared to the required weight on the Grain/Bread Chart. If the serving is too large or too small, the size of the serving should be adjusted and reweighed to achieve the required portion size based on the (grams) of the children being served. (Larger, but not smaller portions may be served if desired).
- b. The amount of credentialed flour, meal, bran or germ (by weight) in the recipe may be calculated to determine the number of grain/bread servings the recipe provides. Directions are below or in the Food Buying Guide starting on page 3-10. Directions for credentialed grain/bread recipe.
  - Add together the weight in grams of each grain item in the recipe (see chart on the following page).
  - Divide the total grain weight by 14.75 grams (the amount of grain required to provide one grain/bread serving). The result is the number of grain bread servings in the recipe.
  - Divide the number of grain/bread servings in the recipe by the yield (number of servings in the recipe). The result is the number of grain/bread servings per serving.

**Example:**

**Mix & Easy Cereal**

**Nutrition Facts**

The grain in this recipe is 14.75 grams (the amount of grain required to provide one grain/bread serving).

1. The total weight of the grain in this recipe is 14.75 grams (the amount of grain required to provide one grain/bread serving).

2. Divide the number of grain/bread servings in the recipe by the yield (number of servings in the recipe). The result is the number of grain/bread servings per serving.

3. Divide 14.75 by the yield (44 servings, 10000) to get 0.33 servings per serving.

4. Each serving would provide 14.75 grams of grain per serving of each brand.

**To meet meal pattern requirements:**

- School aged children (age 6-12 yr) need 1 serving
- Preschool aged children (age 3-5 yr) need 1/2 serving

Can't get a grain product? Call in a grain product. Call in a grain product. Call in a grain product.

Call in a grain product. Call in a grain product. Call in a grain product.

Call in a grain product. Call in a grain product. Call in a grain product.



# Weights of Common Grain Products (p. 2-18)

**Grains/Breads Requirement (Bread/Bread Alternate)**

**Weights of Commonly Used Grains**

When using a recipe with smaller units for grain/meals, ingredients are listed in cups or portions. This list provides the number of grains per cup. Use of this chart saves smaller programs the additional step of converting recipes from cups to pounds to grams. Of course, conversion to dollar or multiply the number of grains to reflect the number of cups or portions of cups required in your recipe.

Food Item	Description	Weight of 1 cup to grams	
Cereals	All Bran <sup>®</sup>	30	
	Bran Buds <sup>®</sup>	30	
	Corn Chex <sup>®</sup>	31	
	Corn Flakes <sup>®</sup> , whole	28	
	Cheerios <sup>®</sup>	28	
	Box Raisins <sup>®</sup>	29	
	Rice Chex <sup>®</sup>	27	
	Wheaties <sup>®</sup>	27	
	Flour, All Purpose	Unbleached, spooned	112
		Bread Flour	137
Whole wheat Flour		120	
Oats		80	
Wheat Germ		115	

Source: USDA National Nutrition Monitoring System, National Health and Medical Research Council

## Weights of Common Grain Products

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

† Spooned into measuring cup.



## Creditable Grains/Breads

### Creditable

- Bagels
- Banana, carrot, pumpkin, zucchini bread
- Biscuits
- Boston brown bread
- Bread pudding, homemade <sup>1</sup> (must have standardized recipe)
- Breading or batter on meats (must have CN label, PFS, or standardized recipe)
- Bread sticks, hard<sup>2</sup> or soft
- Bread stuffing<sup>3</sup>
- Cake, cupcakes
- Cereal—dry or cooked, 6 gm. of sugar or less is recommended
- Cereal bars <sup>1, 2</sup> (must have standardized recipe if homemade or PFS (purchased))
- Cereal—dry or cooked, 6 gm. of sugar or less is recommended
- Cereal bars <sup>1, 2</sup> (must have standardized recipe if homemade or PFS (purchased))
- Chips – grain based, enriched or whole grain
- Chow mein noodles
- Cinnamon roll <sup>1</sup>
- Coffee cake
- Cookies, brownies or bars <sup>3, 4</sup>
- Corn bread or corn muffins
- Corn pone, hoe cake
- Corn tortillas
- Couscous
- Crackers<sup>5</sup>
- Cream puffs/shells<sup>6</sup>
- Croissants<sup>7</sup>
- Croissants
- Croissants
- Doughnuts<sup>8</sup>
- Dumplings
- Egg roll skins, wonton wrappers
- English muffins
- Fig bars<sup>9</sup> (only the cookie credits)
- Fruit crisp or cobbler crust, homemade <sup>1, 4, 5</sup> (must have recipe)
- Fry bread
- Gingerbread
- Graham crackers
- Grain flut-buns, granola bars <sup>1, 4</sup>
- Grains – barley, cornmeal, farina, millet, oats, quinoa, rice, wheat
- Granola <sup>10</sup>
- Hushpuppies
- Kasha (buckwheat)

Limit use since may be high in salt and/or high in fat.

- Macaroni, noodles, spaghetti and other pasta shapes
- Macaroni in boxed or homemade macaroni and cheese
- Muffins
- Pie crust or shell<sup>11</sup> - dessert pies<sup>12</sup>, or in main dish pie (must have recipe)
- Pita bread
- Rice crust
- Popovers
- Pretzels, soft and hard<sup>13</sup>
- Pop tarts, toaster pastries (only the crust) <sup>14</sup>
- Puff pastry with main dish
- Quick breads (including biscuits, cornbread, muffins, banana, carrot, pumpkin, zucchini)
- Rice cakes<sup>15</sup>
- Rice pudding <sup>16</sup>  (must have standardized recipe)
- Scones
- Snack crackers
- Sobabolles
- Spoon bread
- Sweet rolls, buns, pastries <sup>17</sup>
- Taco or tortilla shells
- Tortillas
- Turnover crust
- Vanilla waffles (plain cookies)<sup>18</sup>
- Waffles
- Wheat germ, bran

### Non creditable

- Caramel corn
- Commercial cereal bars (creditable only with CN label or PFS)
- Crisps (only if whole grain or enriched)
- Hominy
- Ice cream cones<sup>19</sup> (only if whole grain or enriched)
- Native seed flour
- Popcorn
- Potatoes, potato pancakes (credit as a vegetable)
- Potato chips, potato sticks
- Tapioca

Only the amount of bread, flour, meal or grain counts.  
 Hard, dry foods may cause choking.  
 Sweet food product-creditable for snacks only.  
 Sweet food product-creditable for snacks and breakfast only.  
 Serving size probably not reasonable.



## Grains/Breads Footnotes

- Hushpuppies
- Kasha (buckwheat)

Limit use since may be high in salt and/or high in fat.

Only the amount of bread, flour, meal or grain counts.  
 Hard, dry foods may cause choking.  
 Sweet food product-creditable for snacks only.  
 Sweet food product-creditable for snacks and breakfast only.  
 Serving size probably not reasonable.



## Crediting Popular Foods (p 63)

### Crediting of Popular Foods

#### Snack/Party Mixes, Trail Mixes (sometimes also called "bird seed")

These are snack food mixtures with a variety of items including nuts, cereals, seeds, dried fruits, etc. These items cannot be credited unless there is an explanation of the creditable ingredients included in the mix on the menu.

#### Peanut Butter and Jelly Sandwich

When a peanut butter and jelly sandwich is served as the only meat alternate, the sandwich must contain 3 tablespoons of peanut butter for children ages 3 to 5 to meet the minimum portion size. However, 2 tablespoons of peanut butter is often too much to be consumed by a preschool child. We strongly suggest that a second meat/alternate (such as cheese cubes or 1/4 of a hard boiled egg) be served along with a smaller serving of the peanut butter.

#### Pickle Slices

Since pickles are high in sodium and low in nutrients, sponsors are encouraged to serve them as a garnish in combination with other fruits and/or vegetables.

#### Popcorn

Popcorn is not creditable in the CACFP because of its low nutritive value. The use of popcorn as an "add-on" food is also discouraged because of the potential risk of choking with preschoolers and elderly participants.

#### Quiche

Quiche may be credited toward the meat/alternate component if it contains sufficient egg, cheese, and meat to meet portion size requirements. Please note that bacon is considered an "add-on" food and is not creditable. The crust may be credited toward the grain/bread requirement if it is a recognizable, integral part of the main dish or served as an accompaniment to the main dish. If program operators decide to use processed meats, they will need to be CN labeled or accompanied by a manufacturer's formulation statement. A sample Product Formulation Statement is located on page 73.

#### Raisins

We recommend that smaller portions of raisins be served, such as 1/4 cup (2 Tbsp). This smaller portion size must be supplemented with another fruit or vegetable to meet at least the minimum portion size required by age and meal pattern requirement. The pattern permits a combination of two fruits and/or vegetables. This combination is permitted even when only one portion is required. As always, there is a minimum portion size of 1/4 cup for the smaller portion of the two vegetables/fruits. This recommendation is made because preschoolers may not be able to digest larger portions of dried fruit. In addition, since raisins have a sweet, sticky consistency potentially increasing the risk of dental caries, the menu planner may wish to consider adding a crunchy item to the menu to help preclude this concern. Please note that dried cherries, cranberries, and blueberries are credited in the same manner as raisins.

#### Sauces, Garnishes, and Condiments

Condiments, garnishes, and seasonings such as mustard, ketchup, and mayonnaise are not creditable food items. They serve as extras to enhance the acceptability of the meal.



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## General Guidance for Menu Planning (p 64)

### General Guidance for Menu Planning

- Each snack must include at least two full food components of the four options: fluid milk, vegetable/fruit, grain/bread, meat/meat alternate. For children, juice cannot be used as the second component if milk is the only other component for the snack.
- When serving two vegetables/fruits at the same meal, two forms of the same product cannot be served. For example: oranges and orange juice, applesauce and apple slices, grapes and raisins.
- The menu should document what was served. It should include the foods actually served and the serving sizes. If the meal, as planned, differs from the meal as served, the last copy of the menu should document the change(s) made. There are a number of valid reasons why menus are added or should change. These include unavailability of the planned items, the unanticipated availability of a quality product at a reasonable price, various kitchen emergencies, non-delivery of orders, replacements for spoiled or out-of-condition foods and labor shortages. Whatever the reason, the records should accurately reflect the actual meal service. In addition, the corrected menu serves as an excellent planning tool as to feasible alternatives when the menu, as planned, must be adjusted.
- Be flexible and adventurous in taking advantage of an especially good buy and in planning specific menus for field trips, holidays, and special occasions.
- Use a menu format that allows adequate space for listing the menu items and for noting adjustments, as needed. The format should be clear and easy to follow.
- The use of cycle menus is encouraged to allow for ease in planning and for effective purchasing. These cycle menus should be reviewed on a regular basis, since conditions affecting the meal preparation may change. A few popular, more costly, and labor intensive menus should be revised, deleted, replaced, or scheduled on a less frequent basis. We also encourage the use of seasonal menu cycles to provide increased variety and to take advantage of local seasonal fruits and vegetables.

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## Vegetable Subgroups

- Dark green
- Red & orange
- Dry beans and split peas
- Starchy
- Other



## Whole Grains(p. 68-69)

- Definition
  - whole grains listed as the primary ingredient by weight or as the first grain ingredient.
- Examples (p. 68)
- Ideas for adding to Menus (p. 69)



## Ways To Encourage Children To Have Positive Attitudes Toward Food (p. 70)

### Ways To Encourage Children To Have Positive Attitudes Toward Food

- Have a positive attitude toward foods and the mealtime experience. Remember, a negative attitude expressed by adults and other children may influence children not to try that food.
- When introducing a new food to children, serve a small amount of the new food along with more popular and familiar foods.
- Include children in food activities to encourage them to try new foods and also to gain self-confidence.
- Serve finger foods such as meat or cheese cubes, vegetable sticks, or fruit chunks. Foods that are cut into smaller pieces are easier for children to handle.
- Do not force a child to eat. It is normal for a child to ask for second helpings of food one day and yet eat very lightly the next day.
- Provide a comfortable atmosphere at mealtimes. Mealtime is also a social activity, so 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 time when children are more hungry.
- Expose children to new foods five or six times instead of only once or twice. The more exposure that children have to a food, the more familiar and comfortable it becomes, and the more likely it is that they will try the food.
- Offer the new food first to a child who eats most foods. Children will often 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.
- Present food attractively. Remember that we all make decisions to try or not to try food depending upon how food looks and smells.
- Do not offer bribes or rewards for eating foods. This practice only reinforces the idea that certain foods are not desirable.

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## Safety and Sanitation Tips (p. 71)

### Safety and Sanitation Tips

- The area of food technology is expanding. New products require that providers continue to examine potential safety and sanitation concerns. This page addresses some safety and sanitation issues that have received recent media attention. For in-depth training regarding safety and sanitation concerns, contact either your State agency or Regional Office. A number of excellent training resources are available.
- Wash your hands before preparing food and see that children wash their hands before eating. Never touch ready-to-eat foods with your bare hands. If using gloves, wear disposable plastic gloves and do not touch anything unclean with the gloves. Throw the gloves away after eating or touching anything other than food.
- Do not serve foods made with raw eggs, or allow children to eat raw batters; such products are at risk for bacterial contamination.

#### Handling Produce

- Wash all produce thoroughly under running water prior to serving or cutting. Do not rewash "prepackaged produce labeled "ready-to-eat" "washed" or "triple washed."
- Rinse fruits such as melons and oranges just before cutting them. This prevents bacteria from spreading from the surface to the inside.
- Remove stems, which collect dirt.
- Inspect produce for obvious signs of soft or damage prior to cutting, slicing, or dicing. When in doubt about damaged produce, either cut away the affected areas or do not use the item.
- Keep cut fruit refrigerated. Bacteria multiply rapidly at room temperature.

#### Avoiding Cross-Contamination

- Wash utensils and surfaces that have touched raw meat or poultry with soap and hot water to avoid contaminating other foods. Do not use the same platters, cutting boards, and/or utensils for uncooked and cooked meat or poultry dishes and ready-to-eat foods. You may want to use two sets of cutting boards: one for meats and poultry, and one for vegetables and fruits. Keeping plastic cutting boards in different colors will help to keep them straight.
- Prevent juices from raw meat, poultry, or seafood from dripping on ready-to-eat foods, such as salad greens, either in the refrigerator or during preparation.



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# Sample Product Formulation Statement

**Sample Product Formulation Statement (Product Analysis)  
 for Meat/Meat Alternate (M/M) Products**

Child Nutrition Program operators should include a copy of the label from the purchased product in addition to the following information on Interleaf signed by an official company representative.

Product Name: \_\_\_\_\_ Code No.: \_\_\_\_\_  
 Manufacturer: \_\_\_\_\_ Case/Pack/Count/Portion/Size: \_\_\_\_\_

**I. Meat/Meat Alternate**

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate (M/M).

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per One Portion of Creditable Ingredient	Multiply by	FBG Yield Servings Per Ounce	Creditable Amount*
		X		
		X		
		X		
<b>A. Total Creditable M/M Amount</b>				

\* Creditable Amount - Multiply ounces per one portion of creditable ingredient by the FBG Yield information.  
 \*\* 1/4 lb in the percent of protein when fully hydrated.

**II. Alternate Protein Product (APP)**

If the product contains APP, please fill out the chart below to determine the creditable amount of APP. You must provide documentation as described in Attachment A for each APP used.

Description of APP, manufacturer's name, and code number	Ounces Dry APP Per Portion	Multiply by	% of Protein As Is†	Divide by 18**	Creditable Amount APP***
		X		÷ by 18	
		X		÷ by 18	
		X		÷ by 18	
<b>B. Total Creditable APP Amount</b>					
<b>C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest 1/2 oz.)</b>					

† Percent of protein as is provided on the attached APP documentation.  
 \*\* 18 is the percent of protein when fully hydrated.  
 \*\*\* Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as is divided by 18.  
 Total Creditable Amount must be rounded down to the nearest 1/2 oz. If the result is rounded down to 1/2 oz. or more equivalent, round round-up. If you are crediting M/M and APP you do not need to round down to box A. Total Creditable M/M amounts until after you have added the Total Creditable APP Amount from box B to box C.




# Questions?

