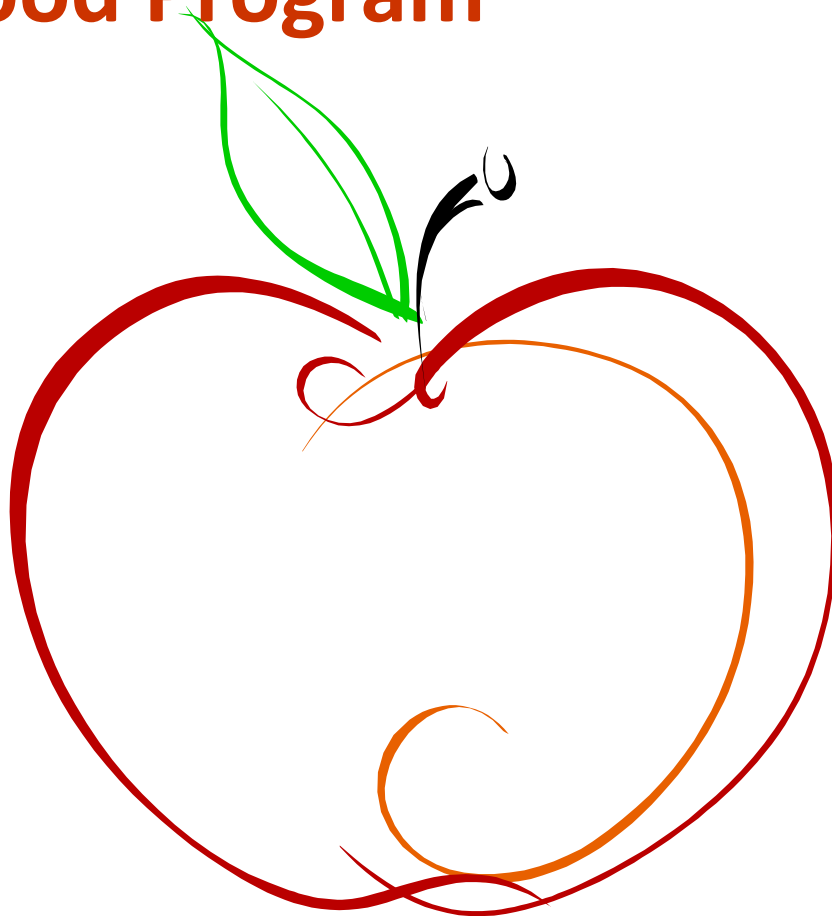


Crediting Foods in the **Child and Adult Care** **Food Program**



Nebraska Department of Education
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Crediting Foods
in the
Child and Adult Care Food Program

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Introduction

This is an exciting time for everyone who works in the field of nutrition. The science and art of food and nutrition make headlines almost daily. With the release of the *Healthy People 2010* and the *2005 Dietary Guidelines for Americans*, we can anticipate even further changes. How we apply this information to food preparation and menu planning becomes a positive challenge for all of us. The meals we prepare now are very different in some fundamental ways from those we served only a few years ago.

This edition of *Crediting Foods in the Child and Adult Care Food Program* contains those crediting issues which are ongoing concerns based upon repeated questions which we have received over the years. We encourage you to continue asking questions regarding the crediting of foods as new products are introduced in the marketplace.

The goals of the Child and Adult Care Food Program (CACFP) are to improve the health and nutrition of children and adults participating in the program while promoting the development of good eating habits and to advance nutrition education. *The Food Buying Guide (FBG) for Child Nutrition Programs* is the principal tool used to determine the contribution foods make toward the meal pattern requirements, whether meals are produced on-site or purchased commercially. *Crediting Foods in the Child and Adult Care Food Program* has been prepared to provide additional information on creditable and noncreditable foods in child and adult care centers, outside-school-hours care centers and family day care homes.

Creditable foods are those foods that may be counted toward meeting the requirements for a reimbursable meal. Foods are determined to be creditable based on the following factors: 1) nutrient content; 2) customary function in a meal; 3) compliance with regulations governing Child Nutrition Programs (in quantity requirements and/or by definition); 4) compliance with the Food and Drug Administration's (FDA) Standards of Identity; 5) if meat or meat products comply with the U.S. Department of Agriculture's standards for meat and meat products; and 6) compliance with administrative policy decisions on the crediting of particular foods.

Noncreditable foods are those foods that do not count toward meeting meal pattern requirements because they do not meet the above criteria. "Other" foods do not meet the requirements for any components in the meal patterns. Noncreditable foods may supply calories which help meet the energy needs of participants. They can be used to supplement the required meal components to improve acceptability and to satisfy appetites. For example, if cream cheese is served with a bagel at breakfast, the cream cheese is not creditable but it contributes additional nutrients and satisfies appetites.

The Nebraska Department of Education reimburses child and adult care centers and family day care home sponsoring organizations, at risk after school programs and homeless shelters participating in the CACFP for the meals served to participants, not for individual foods. A meal is reimbursable if it contains those creditable foods in the amounts outlined in the CACFP meal pattern requirements.

This guide will serve as the definitive source for the creditability of certain foods in all child and adult care centers and family day care homes in Nebraska. The lists of creditable and noncreditable foods in this publication are not all inclusive. This publication includes those foods about which we have received inquiries or have noted as being credited incorrectly. Child and adult care centers having questions regarding the creditability of foods not listed in this publication should contact the Nebraska Department of Education, Nutrition Services office. Providers in family day care homes should submit inquiries to their sponsoring organization. Those items requiring additional clarification will be included in future editions and addenda to this publication.

This guide includes references to federal regulations or instructions issued by the U.S. Department of Agriculture. Copies of these documents are on file with the Nebraska Department of Education, Nutrition Services programs and with sponsors of family day care homes, if further clarification is needed.

Foods are listed according to the food group(s) in which they are most commonly credited. Some foods are cross-referenced. For example, beans are listed under both the fruit/vegetable and meat/meat alternate sections. A food is listed with a check mark in either the YES or the NO column. In some instances, there are restrictions on how a food is credited. In these examples, an asterisk (*) appears in both the YES and NO columns, with an explanation of how the food item may be credited. Explanations of why some foods are not creditable are found in the comments column.

This publication also provides additional guidelines on creditable and noncreditable foods for infants. This publication is not designed to provide complete guidance on feeding infants. For additional information in this area, please contact the Nebraska Department of Education's Nutrition Services office or your sponsoring organization for the publication, *Feeding Infants*. This publication may also be viewed or downloaded from the Nutrition Services web site:

http://www.nde.state.ne.us/NS/cacfp/feeding_infants.pdf

Child and Adult Care Food Program

FOOD CHART

Meal Pattern Requirements for Children Ages 1 through 12 years

Age:	1-2	3-5	6-12
BREAKFAST			
Fluid milk	1/2 cup	3/4 cup	1 cup
Juice or fruit or vegetable	1/4 cup	1/2 cup	1/2 cup
Grains/breads	1/2 slice (or 1/2 serving)	1/2 slice (or 1/2 serving)	1 slice (or 1 serving)
or cold dry cereal	1/4 cup (or 1/3 oz.)	1/3 cup (or 1/2 oz.)	3/4 cup (or 1 oz.)
or cooked cereal	1/4 cup	1/4 cup	1/2 cup
SNACK	Select two of the following four components. Juice or yogurt may not be served when milk is served as the only other component.		
Fluid milk	1/2 cup	1/2 cup	1 cup
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.
or yogurt	2 oz. (or 1/4 cup)	2 oz. (or 1/4 cup)	4 oz. (or 1/2 cup)
Grains/breads	1/2 slice (or 1/2 serving)	1/2 slice (or 1/2 serving)	1 slice (or 1 serving)
LUNCH/SUPPER			
Fluid milk	1/2 cup	3/4 cup	1 cup
Meat or poultry or fish	1 oz.	1 1/2 oz.	2 oz.
or cheese	1 oz.	1 1/2 oz.	2 oz.
or alternate protein products (must meet regulatory requirements)	1 oz.	1 1/2 oz.	2 oz.
or cottage cheese, cheese food or cheese spread	2 oz. (1/4 cup)	3 oz. (3/8 cup)	4 oz. (1/2 cup)
or egg	1/2 egg	3/4 egg	1 egg
or cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
or peanuts or soynuts or tree nuts or seeds	1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%
or peanut butter, soy nut butter or nut or seed butters	2 T.	3 T.	4 T.
or yogurt	4 oz. (1/2 cup)	6 oz. (3/4 cup)	8 oz. (1 cup)
or an equivalent quantity of any combination of the above meat/meat alternates			
Vegetables and/or fruits (2 or more kinds)	1/4 cup total	1/2 cup total	3/4 cup total
Grains/breads	1/2 slice (or 1/2 serving)	1/2 slice (or 1/2 serving)	1 slice (or 1 serving)

Child and Adult Care Food Program

FOOD CHART

Meal Pattern Requirements for Adults

BREAKFAST	
Fluid milk	1 cup
Juice or fruit or vegetable	1/2 cup
Grains/breads	2 slices (or 2 servings)
1 serving = 1 slice	
or cold dry cereal; 1 serving = 3/4 cup or 1 oz.	1 1/2 cup or 2 oz.
or cooked cereal; 1 serving = 1/2 cup	1 cup
SNACK	Select two of the following four components. Juice or yogurt may not be served when milk is served as the only other component.
Fluid milk	1 cup
Juice or fruit or vegetable	1/2 cup
Meat or meat alternate	1 oz.
or yogurt	4 oz. (or 1/2 cup)
Grains/breads	1 slice (or 1 serving)
LUNCH/SUPPER	
Fluid milk (lunch only, not required at supper)	1 cup
Meat or poultry or fish or cheese or meat alternate	2 oz.
or alternate protein products (must meet regulatory requirements)	2 oz.
or cheese	2 oz.
or cottage cheese, cheese food or cheese spread	4 oz. (1/2 cup)
or egg	1
or cooked dry beans or peas	1/2 cup
or peanut butter, soy nut butter or nut or seed butters	4 T.
or peanuts, soy nuts, tree nuts or seeds	1 oz. = 50%
or yogurt	8 oz. (1 cup)
or an equivalent quantity of any combination of the above meat/ meat alternates	
Vegetables and/or fruit (2 or more)	1 cup (Total)
Grains/breads	2 slices (or 2 servings)

Adult Meal Pattern Allows “Offer Versus Serve”

The CACFP adult meal pattern allows for “Offer Versus Serve” (OVS). OVS allows participants in adult care centers to decline either one or two food items they do not intend to eat. This option has several advantages. First, since many adults already have established eating habits, they will be able to choose what they eat. If participants choose only the foods they want to eat, food waste is reduced and more independence may be fostered. However, if participants are not capable of selecting their own food or if the center uses a pre-plated delivery system, the center must serve all the meal components to those participants. “Offer Versus Serve” applies only to adult care centers.

Meal	Center Must Offer:	Adult May Decline:
Breakfast	1 serving of milk 1 serving of vegetable and/or fruit 2 servings of grains/breads	1 serving
Lunch	1 serving of milk 2 servings of vegetable and/or fruit 2 servings of grains/breads 1 serving of meat/meat alternate	2 servings
Supper	2 servings of vegetable and/or fruit 2 servings of grains/breads 1 serving of meat/meat alternate	2 servings
Snack	Serve 2 of the 4 food components.	None

Source: The Golden Harvest, Colorado Department of Health

Definitions

Alternate Protein Products (APP) - These are food components that may be used to substitute in part or in full for meat, poultry or seafood. These products must conform with the requirements for Alternate Foods for Meals, Appendix A, 7 CFR, Part 226. These products still do not include tofu, seitan or tempah.

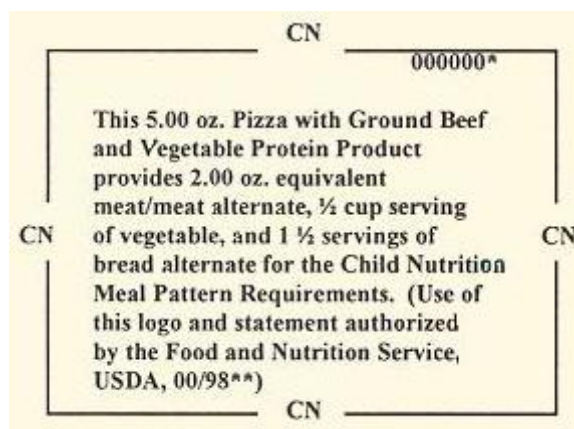
Child Nutrition (CN) label - Child Nutrition labeling is a voluntary Federal labeling program for the Child Nutrition Programs. It provides a warranty for CN labeled products and allows manufacturers to state a product's contribution to the meal pattern requirements on their labels.

How to identify a CN label:

A CN label will always contain the following information:

- The CN logo which is a distinct border.
- The meal pattern contribution statement.
- A 6-digit product identification number.
- U. S. Department of Agriculture/Food and Nutrition Service authorization.
- The month and year of approval.

SAMPLE CN LABEL:



For a detailed explanation on CN Labeling, see the Food and Nutrition Service (FNS) Regulations for the CACFP, Part 226, Appendix C.

Child Nutrition Programs - These are the programs funded by the United States Department of Agriculture which include: Child and Adult Care Food Program (CACFP), National School Lunch, School Breakfast, Special Milk and Summer Food Service programs.

Combination dishes - Combination dishes, such as stews, casseroles, etc. may be credited for up to three different components (one meat/meat alternate, one grains/breads, one fruit/vegetable) provided that sufficient quantities of each component are used. CN-labeled products which specify the contribution of each component to the meal pattern requirement are credited as stated on the label. See page 30 (question 3) for more information on crediting combination foods.

Commercially prepared food(s) - These are foods purchased in “ready-to-eat” or “heat and eat” form. This includes foods purchased at grocery stores, delicatessens, fast-food outlets or restaurants.

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

Dessert type snacks - These are primarily sweet dessert items that may be served only at snack time, such as cookies, cakes, cupcakes, cereal bars, cobblers, crisps, etc. Refer to page 21 for more information.

Family style meal service - This is a type of meal service which allows participants to serve themselves from common serving dishes of food placed on the tables at which they are seated. Adult supervision at each table is necessary to provide assistance and to set a good example. See page 15 for the USDA Food and Nutrition Service Instruction on family style meal service.

Fish - Fresh caught fish is not creditable under the CACFP. It can be a safety hazard because of the danger of pollution and contamination.

Food Buying Guide (FBG) - *The Food Buying Guide for Child Nutrition Programs* is the principal tool to determine the contribution foods make toward the meal pattern requirements, whether foods are produced on-site or purchased commercially.

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

Foods High in Fat, Sodium or Sugar - These are processed foods that should not be served frequently. The comments section of this book will include the term “Limit frequency” on such items. See page 21 for more information.

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

Gelatin dessert (powder form or prepared) - Gelatin itself is not a creditable food item. Under certain circumstances the fruits, vegetables or juices used in gelatin products may be credited. Check the ingredient listings for participants who do not eat meat since some, but not all, gelatins contain animal products.

Grains/breads - This includes breads, cereals, pastas and grain based chips and desserts. Each food item must be provided in quantities as specified in the regulations. The grains/bread list on pages 22-23 contains the equivalent minimum serving sizes for a wide variety of items.

Home canned foods - For safety reasons, home canned foods are not allowed in meals reimbursed under the CACFP. *Clostridium botulinum* is dangerous because it can produce an extremely potent toxin in the home canned food. This poison can be present in food even when there is no evidence of spoilage.

Honey - This should not be given to or used in foods for infants under 1 year of age because it may contain botulism spores. In addition, it is very strongly recommended that corn syrup and maple syrup not be given or used in foods for infants since studies regarding their safety for this age group are still inconclusive.

Infant - A child during the first year of life (from birth until the baby's first birthday).

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

Medical Exceptions - The USDA Food and Nutrition Services Instruction regarding substitutions to be made for medical or dietary reasons has been updated to require substitutions to the standard meal pattern for participants who are considered to be persons who are disabled under 7CFR Part 15b. It also permits substitutions for other participants who are not disabled but are unable to consume regular program meals because of medical or other special dietary needs, when supported by a statement from a recognized medical authority. The statement must be signed by a licensed physician if the allergy or condition is severe and life threatening. The medical statement should specify the food or foods to be omitted from the participant's diet and specify a choice of foods that may be substituted. If a provider or center is unable to obtain a medical statement, the meal that does not meet meal pattern requirements may not be claimed for reimbursement. Refer to CACFP Regulations Part 226.20 (h) and to FNS Instruction 783-2, Rev. 2 (October 14, 1994). This information is available from the Nebraska Department of Education Nutrition Services and sponsors of family day care homes.

Milk - To be creditable, milk must be served as a beverage or on cereal. Milk that is used in puddings, sauces, gravies, etc. is not creditable. Milk is not creditable in the infant meal pattern.

Nutrition Services – This is the section within the Nebraska Department of Education (NDE) that administers the Child and Adult Care Food Program (CACFP) in Nebraska.

Processed Foods - See “Foods High in Fat, Sodium or Sugar” on page 21.

Product analysis sheet (sometimes called a product specification sheet) - This is an information sheet obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient in the product by weight. It must have an original signature of a company official, not that of a sales representative who may or may not have the necessary technical background.

Reimbursement - This is the money received for serving creditable meals and snacks to eligible participants. To be reimbursed, meals and snacks must meet the CACFP meal pattern requirement.

Restaurant meals - Restaurant foods (dine-in or carry out) may be claimed for CACFP reimbursement as long as minimum amounts are provided for those foods contributing toward the meal pattern requirements. It is recommended that restaurant meals be claimed no more than once per month.

Serving size or portion - These terms refer to the amount of each food item made available to each person served as described by weight or measure. The serving size specified in the meal patterns must be used to meet the meal pattern requirements.

Standards of identity - These are government standards for contents, preparation and labeling of food before it is manufactured and sold in commerce. Standards of identity set specific and optional ingredients a food must contain when a product is to be labeled or identified by a common product name. Standards for meat products are developed by the U.S. Department of Agriculture (USDA) and for other food products by the U.S. Food and Drug Administration (FDA). For more details and the latest information on the status of any of these standards, contact the Nebraska Department of Education Nutrition Services office.

United States Department of Agriculture (USDA) - This is the Federal agency which funds Child Nutrition programs.

Family Style Meal Service

U.S. Department of Agriculture Instruction 783-9, Revision 2

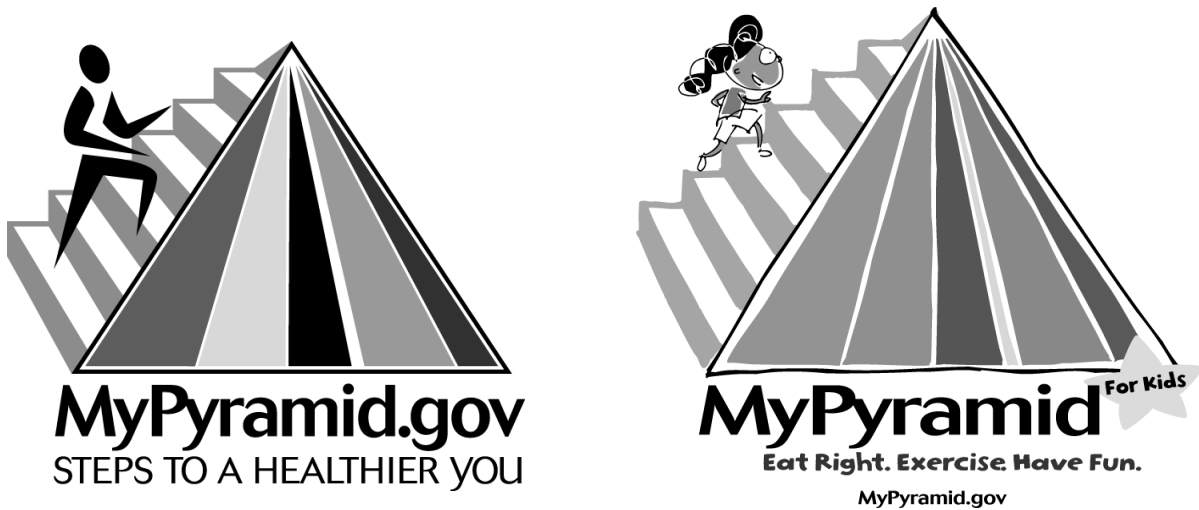
The Child and Adult Care Food Program (CACFP) has long been recognized for its nutritional goals of providing nutritious meals to children and helping them establish good eating habits at a young age. Family style meal service provides a further opportunity to enhance these goals by encouraging a pleasant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

Family style is a type of meal service which allows children to serve themselves from common platters of food with assistance from supervising adults setting the example. In *A Planning Guide for Food Service in Child Care Centers*, the chapter, "Make Meal Time a Happy Time," provides guidance for family style meal service in the CACFP. Family style meal service encourages supervising adults to set a personal example and provide educational activities that are centered around foods. This approach allows children to identify, and be introduced to new foods, new tastes, and new menus, while developing a positive attitude toward nutritious foods, sharing in group eating situations, and developing good eating habits.

Unlike cafeteria lines, unitized meals and preset service, the family style method affords some latitude in the size of initial servings because replenishment is immediately available at each table. Even when a complete family style service is not possible or practical, it may be useful to offer a component or components in a family style manner particularly when smaller children are being served or when a new food item is being introduced. This latitude must be exercised in compliance with the following practices, at a minimum.

- 1) A sufficient amount of prepared food must be placed on each table to provide the full required portions (226.20) of each of the food components for all children at the table, and to accommodate supervising adult(s) if they eat with the children.
- 2) The family style meal service allows children to make choices in selecting foods and the size of the initial servings. Children should initially be offered the full required portion of each meal component.
- 3) During the course of the meal, it is the responsibility of the supervising adults to actively encourage each child to accept service of the full required portion for each food component of the meal pattern. For example, if a child initially refuses a food component, or initially does not accept the full required portion of a meal component, the supervising adult should offer the food component to the child again.
- 4) Institutions which use family style meal service may not claim second meals for reimbursement.
- 5) Meals served which follow the guidelines laid out in this instruction are eligible for reimbursement.

MyPyramid



In 2005, USDA unveiled MyPyramid, a new symbol and interactive food guidance system. “Steps to a Healthier You,” MyPyramid’s central message, supports the HealthierUS initiative which is designed to help Americans live longer, better and healthier lives. MyPyramid, which replaces the Food Guide Pyramid introduced in 1992, is part of an overall food guidance system that emphasizes the need for a more individualized approach to improving diet and lifestyle.

MyPyramid incorporates recommendations from the *2005 Dietary Guidelines for Americans*. The *Dietary Guidelines for Americans* provide authoritative advice for people two years of age and older about how proper dietary habits can promote health and reduce the risk of major chronic diseases. MyPyramid was developed to carry the messages of the dietary guidelines and to make Americans aware of the vital health benefits of simple and modest improvements in nutrition, physical activity and lifestyle behavior.

The MyPyramid symbol, which is deliberately simple, is meant to encourage consumers to make healthier food choices and to be active every day. Consumers can get more in-depth information from the new Web site, MyPyramid.gov, so that they can make these choices to fit their own needs.

The MyPyramid symbol represents the recommended proportion of foods from each food group and focuses on the importance of making smart food choices in every food group, every day. Physical activity is a new element in the symbol.

Dietary Guidelines for Americans – 2005

Key Recommendations for the General Population

Adequate Nutrients within Calorie Needs

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and *trans* fats, cholesterol, added sugars, salt, and alcohol.
- Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

Weight Management

- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

Physical Activity

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
 - To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
 - For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
 - To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate to vigorous intensity activity on most days of the week while not exceeding caloric intake requirements.
 - To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

Food Groups to Encourage

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Fats

- Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep *trans* fatty acid consumption as low as possible.
- Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
- Limit intake of fats and oils high in saturated and/or *trans* fatty acids, and choose products low in such fats and oils.

Carbohydrates

- Choose fiber-rich fruits, vegetables, and whole grains often.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.
- Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

Sodium and Potassium

- Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.
- Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

Alcoholic Beverages

- Those who choose to drink alcoholic beverages should do so sensibly and in moderation—defined as the consumption of up to one drink per day for women and up to two drinks per day for men.
- Alcoholic beverages should not be consumed by some individuals, including those who cannot restrict their alcohol intake, women of childbearing age who may become pregnant, pregnant and lactating women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions.
- Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.

Food Safety

- To avoid microbial foodborne illness:
 - Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.
 - Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
 - Cook foods to a safe temperature to kill microorganisms.
 - Chill (refrigerate) perishable food promptly and defrost foods properly.
 - Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

Note: *The Dietary Guidelines for Americans 2005* contains additional recommendations for specific populations. The full document is available at <http://www.healthierus.gov/dietaryguidelines>.

Some Foods High in Vitamins A, C and Iron

Vitamin A - Serve foods high in Vitamin A at least twice a week.

Vegetables:

Asparagus
Broccoli
Carrots
Chili peppers, red
Kale
Mixed Vegetables
Peas and Carrots
Pumpkin
Spinach
Squash, winter

Sweet Potatoes

Tomatoes
Tomato Juice, Paste or Puree
Turnip Greens
Vegetable Juice

Other:

Egg yolk
Liver
Whole Milk and its products

Fruits:

Apricots
Cantaloupe
Cherries, red sour
Nectarines
Peaches (not canned)
Plums, purple (not canned)
Prunes

Vitamin C - Serve foods high in Vitamin C at least daily.

Vegetables:

Asparagus
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Chili Peppers
Collards
Kale

Okra
Peppers, sweet
Potatoes, white
Spinach
Sweet Potatoes
Tomatoes
Tomato Juice, Paste or Puree
Turnip Greens
Turnip

Fruits:

Cantaloupe
Grapefruit
Grapefruit Juice
Oranges
Orange Juice
Raspberries
Strawberries
Tangerines

Iron - Serve as often as possible.

Vegetables:

Asparagus (canned)
Beans, green, wax, lima
(canned)
Bean Sprouts
Beets (canned)
Broccoli
Brussels Sprouts
Dark, green leafy: beet greens,
chard, collards, kale,
mustard greens, parsley,
spinach, turnip greens
Parsnips
Peas, green
Potatoes (canned)

Squash, winter
Sweet Potatoes
Tomato Juice, paste, puree,
sauce
Tomatoes (canned)
Vegetable Juice (canned)

Fruits:

Apricots (canned)
Cherries (canned)
Dried Fruits: apples, apricots,
dates, figs, peaches, prunes,
raisins
Grapes (canned)

Grains/breads

All enriched, whole grain or
fortified bread and bread
alternates.

Meat/meat alternates:

Dried Beans and Peas
Eggs
Meat in general, especially
liver and other organ
meats
Peanut Butter
Shellfish
Turkey
Tuna

Limiting the Frequency of Serving Foods High in Fat, Sodium and Sugar

Participants in the Child and Adult Care Food Program should incorporate the 2005 Dietary Guidelines for Americans in menu planning. These guidelines recommend that sodium, fat and sugar be used only in moderation. Many popular foods are high in these nutrients. Some may be naturally high in sodium, fat or sugar, but many have these ingredients added during processing. The term *processed* is sometimes used to refer to foods high in salt and/or fat. However, almost all foods are processed to some extent. Processed food is any that is changed in form, flavor or nutrient content before it arrives at the grocery store. For example, carrots may be cut into “baby” size; milk is pasteurized, then vitamins are added; bacon is cured in salt; and wheat is ground into flour and enriched with vitamins and minerals, then it is mixed with sugar and other ingredients and shaped into cereal.

To avoid confusion over the term *processed*, the following is a list of **foods to serve less frequently**. It will help determine foods that are high in fat, sodium or sugar. The comments section of this book will specify “Limit frequency” on serving these types of foods.

It is possible to purchase foods advertised as lowfat, lite, extra lean, reduced fat or reduced salt. These foods may be somewhat lower in fat or sodium. Most lowfat desserts, cookies and snacks may still have a high sugar content.

It is recommended that foods high in fat and/or sodium be served no more than 3-4 times per week.

Foods high in fat and sodium

Luncheon meats such as bologna, salami
Hot dogs, wieners, corndogs
Sausage (link, patties, bulk)
Italian sausage, Polish sausage, bratwurst, etc.
Ham, corned beef and other cured meats
Cheese, processed cheese foods
Cheese soup, canned cheese sauces
Frozen entrees such as pizza, chicken nuggets, fish sticks, etc.

Foods high in fat

Ground meats less than 85% lean to 15% fat
Salad dressings, mayonnaise
Butter, regular margarine

Foods high in sodium

Commercially prepared boxed macaroni and cheese, pizzas, “helpers,” etc.
Canned soups
Snack chips and crackers

Foods high in sugar

These foods are allowed at breakfast or snack only. The frequency of serving is not limited by USDA, however, these are high in sugar and some are also high in fat. It is recommended that this be considered in menu planning so healthy choices are offered.

Sweetened cereals with more than 10 grams of sugars per serving listed on the Nutrition Facts label
Coffee cake
Doughnuts, sweet rolls
Granola or breakfast bars

Dessert type snacks are allowed only at snack. It is recommended that dessert type snacks be served no more than 2 times per week.

Cookies, homemade and commercial
Bar cookies (brownies, pumpkin bars, etc.)
Cereal bars (crisp rice cereal with marshmallows, etc.)
Cake, cupcakes
Pie, tarts
Cobblers, crisps
Bread pudding, rice pudding

Weight Table for Grains/Breads

Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow mein noodles Crackers - saltines and snack crackers Croutons Pretzels (hard) Stuffing – dry (weights apply to bread in stuffing)	6 - 12 year old children and adult participants: 1 serving = 20 gm or 0.7 oz 1 - 5 year old children: 1/2 serving = 10 gm or 0.4 oz
Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads- white, wheat, whole wheat, French, Italian Buns - hamburger, hot dog Chips - tortilla/taco or others made from corn or wheat Crackers - graham (all shapes), animal crackers Egg roll skins English muffins Pita bread - white, wheat, whole wheat Pizza crust Pretzels - soft Rolls - white, wheat, whole wheat, potato Tortillas - wheat or corn Taco shells	6 - 12 year old children and adult participants: 1 serving = 25 gm or 0.9 oz 1 - 5 year old children: 1/2 serving = 13 gm or 0.5 oz
Group C	Minimum Serving Size for Group C
Cookies ³ - plain Cornbread Corn muffins Croissants Pancakes Pie crust - dessert pies ³ , fruit turnovers ⁴ , meat/meat alternate pies Waffles	6 - 12 year old children and adult participants: 1 serving = 31 gm or 1.1 oz 1 - 5 year old children: 1/2 serving = 16 gm or 0.6 oz
Group D	Minimum Serving Size for Group D
Doughnuts ⁴ - cake and yeast, raised, unfrosted Granola bars ⁴ - plain Muffins - all except corn Sweet rolls ⁴ - unfrosted Toaster pastry ⁴ - unfrosted	6 - 12 year old children and adult participants: 1 serving = 50 gm or 1.8 oz 1 - 5 year old children: 1/2 serving = 25 gm or 0.9 oz
Group E	Minimum Serving Size for Group E
Cookies ³ - with nuts, raisins, chocolate pieces and/or fruit purees Doughnuts ⁴ - cake and yeast, raised, frosted or glazed French toast Grain fruit bars ⁴ Granola bars ⁴ - with nuts, raisins, chocolate pieces and/or fruit Sweet rolls ⁴ - frosted Toaster pastry ⁴ - frosted	6 - 12 year old children and adult participants: 1 serving = 63 gm or 2.2 oz 1 - 5 year old children: 1/2 serving = 31 gm or 1.1 oz

See page 23 for footnotes.

Group F	Minimum Serving Size for Group F	
Cake ³ - plain, unfrosted Coffee cake ⁴	6 - 12 year old children and adult participants: 1 serving = 75 gm or 2.7 oz 1 - 5 year old children: 1/2 serving = 38 gm or 1.3 oz	
Group G	Minimum Serving Size for Group G	
Brownies ³ - plain Cake ³ - all varieties, frosted Cereal bars ³	6 - 12 year old children and adult participants: 1 serving = 115 gm or 4 oz 1 - 5 year old children: 1/2 serving = 58 gm or 2 oz	
Group H	Minimum Serving Size for Group H	
Barley Breakfast cereals - cooked ^{5,6} Bulgur or cracked wheat Pasta – macaroni, noodles - all shapes, all varieties Ravioli - noodles only Rice - enriched white or brown	6 - 12 year old children and adult participants: 1 serving = cooked: 1/2 cup dry: 25 gm or 0.9 oz 1 - 5 year old children: 1/2 serving = cooked: 1/4 cup dry: 13 gm or 0.5 oz	
Group I	Minimum Serving Size for Group I	
Ready to eat breakfast cereal - cold/dry ^{5,6}	6 - 12 year old children and adult participants: 1 serving = 1 oz or 3/4 cup, whichever is less 1 - 5 year old children: 1/2 serving = .5 oz or 1/3 cup, whichever is less	
Nebraska Grain/Breads Additions		
Item	Minimum serving size for 6 – 12 year old children and adults in care	Minimum 1/2 serving size for 1 – 5 year old children
Bars – with oatmeal, plain	1 serving = 2.7 oz or 75 gm	1/2 serving = 1.3 oz or 38 gm
Bars – with oatmeal, chocolate chips, icing, etc.	1 serving = 4 oz or 115 gm	1/2 serving = 2 oz or 58 gm
Bars – without oatmeal, e.g. pumpkin, applesauce, zucchini	1 serving = 4 oz or 115 gm	1/2 serving = 2 oz or 58 gm
Cinnamon rolls	1 serving = 1.8 oz or 50 gm	1/2 serving = .9 oz or 25 gm
Fruit breads - banana, pumpkin	1 serving = 2.7 oz or 75 gm	1/2 serving = 1.3 oz 38 gm
Fruit cobblers or crisps	1 serving = 1 cup	1/2 serving = 1/2 cup

¹These foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

²Some of the following foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snack) served under the NSLP, SFSP, and CACFP.

⁴Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

⁵Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶Cereals must be whole-grain, enriched, or fortified.

Menu Planning Pointers

The following are menu planning pointers which will help ensure that meals served meet CACFP meal pattern requirements.

Meat and Meat Alternates

This category includes lean meat, poultry, fish, cheese, eggs, cooked dry beans and peas, nuts and seeds and their butters (except for acorn, chestnut and coconut), yogurt or an equivalent quantity of any combination of these foods.

The meat/meat alternate must be served in the main dish or the main dish and one other menu item.

In order to count towards meeting any part of the meat/meat alternate requirement, a menu item must provide a minimum of 1/4 ounce of cooked lean meat or equivalent.

It is recommended that the same meat/meat alternate not be served more than three times per week to ensure variety.

Cheese foods/spreads may be used to meet the meat/alternate requirement; however, twice as much is needed. That means a 2-ounce serving of cheese spread/food is equivalent to a 1-ounce serving of meat/meat alternate. This ruling applies to cottage cheese and ricotta cheese as well.

Cooked dry beans or cooked dry peas may be used to meet the meat/meat alternate requirement or the fruit/vegetable requirement, but not both in the same meal.

Nuts and seeds may fulfill: 1) no more than one half of the meat/meat alternate requirement for lunch/supper; and 2) all of the meat/meat alternate requirement for snack.

Yogurt is creditable as a meat/meat alternate for all meals and snacks. A 2-ounce serving of yogurt is equivalent to 1/2 ounce meat/meat alternate and is the smallest amount that can be credited towards the meat/meat alternate. A 4-ounce serving of yogurt equals a 1-ounce meat/meat alternate, a 6-ounce serving equals 1 1/2-ounce meat/meat alternate, and an 8-ounce serving equals a 2-ounce meat/meat alternate.

Processed meats such as luncheon meat or hot dogs must be labeled "all meat" with no by-products, cereals or extenders added. Due to their high fat and salt content, these items should be served sparingly.

Ground turkey, pork or chicken may be substituted in part or all for ground beef, particularly in recipes containing seasoned meat such as tacos, lasagna or meat sauce for spaghetti.

It is recommended that peanut butter sandwiches not be served as the only main dish item when planning lunch and supper menus. The large amount of peanut butter required is not a practical serving size for young children. However, peanut butter sandwiches may be included in the menu as a supplement to main dish items such as casseroles or homemade soups, which include another meat/meat alternate. Peanut butter sandwiches work well as a snack idea.

Fruits and Vegetables

A breakfast shall contain a serving of vegetable(s) or fruit(s) or 100 % vegetable or fruit juice, or an equivalent of any combination of these foods.

Lunch and supper shall contain two or more different vegetables or fruits, or a combination of both. 100% vegetable or fruit juice may be counted to meet not more than one half of the requirement at lunch and supper.

In order to count towards meeting any part of the fruit/vegetable requirement, a menu item must provide a minimum of 1/8 cup (2 Tablespoons) fruit/vegetable; otherwise, it is considered a garnish.

Cooked dry beans or cooked dry peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.

Potatoes are credited as a vegetable component.

Juice may not be served as one of the components of a snack when milk is served as the only other component. Juice and fruit/vegetables served together at snack count as only one component and an additional component must be served. This includes juice served in gelatin.

Vegetables and/or fruits served as a combination item, e.g., fruit cocktail or mixed vegetables, are credited as meeting only one component.

Commercial spaghetti/pizza sauce may not be credited towards meeting the fruit/vegetable component requirements. However, if these sauces are prepared from scratch, the tomato products used can be credited towards one of the fruit/vegetable components.

It is recommended when planning menus that foods rich in vitamin A be included twice a week and foods rich in vitamin C be included at least 2 or 3 times a week.

Home canned products are not creditable for health and safety reasons. These items should not be served.

Grains/Breads

These items must be enriched or whole-grain or made from enriched or whole-grain meal or flour. Ready-to-eat breakfast cereals must be enriched, whole-grain, or fortified.

See Weight Table for Grains/Breads, pages 22-23, for minimum serving size requirements. Some food items may be found in more than one Group and therefore, minimum serving sizes may vary depending on additional ingredients.

In order to count towards meeting any part of the grains/breads requirement, a menu item must provide at least 1/4 of a serving.

Items such as toaster pastries, granola bars, grain fruit bars, coffee cake, doughnuts or sweet rolls may be credited as grains/breads for breakfasts or snacks only.

Cookies, brownies and cakes may be credited as a grains/breads for snacks only. It is recommended that these items along with toaster pastries, granola bars, grain fruit bars, coffee cake, doughnuts and sweet rolls be served no more than twice a week.

A serving of rice used in rice pudding or bread used in bread pudding may be credited as a grains/breads for snacks only.

Milk

Each breakfast, lunch and supper must contain fluid milk. Fluid milk is an option for one of the snack components.

Fluid milk means pasteurized fluid unflavored or flavored fat-free milk, lowfat milk, reduced fat, whole milk or cultured buttermilk, all of which meet state and local standards for such milk. The milk should contain vitamins A and D at levels consistent with state and local standards.

In a lunch or supper the fluid milk must be served as a beverage. For a breakfast or a snack, the fluid milk may be served as a beverage, on cereal or both.

Reconstituted nonfat dry milk or evaporated milk is not creditable as fluid milk.

Milk may not be credited at snack when the only other component served is either juice or yogurt.

It is recommended that whole milk be served to children between ages one and two years.

A Menu Checklist

Use this checklist as a reminder when planning menus. Remember, menus must meet the CACFP Meal Requirements in order to be reimbursed for those meals or snacks.

Variety in Meals:

- Prepare a type of food in different ways. For instance, instead of always serving mashed potatoes, try scalloped potatoes, oven baked potatoes, etc.
- Offer more fresh fruits or vegetables.
- Offer unusual fruits or vegetables such as kiwi, jicama, etc.
- Serve special menus for holidays, theme days or serve cultural or ethnic foods for a change.
- Serve foods with a variety of color, texture, shape, flavor, and food temperature.
- If you are using cycle menus, review for changes periodically. Use seasonal foods.
- Make use of commodity foods in different ways. For instance, instead of always serving cheese cubes, try serving a cheese dip or use cheese in cooking.
- Serve a variety of meat or meat alternates during the week. For example, during one week serve fish, dried beans, chicken, beef, and pork.

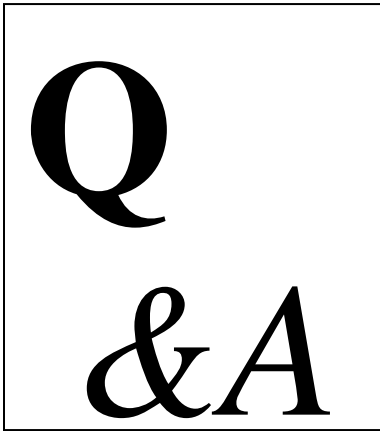
Healthier Menus:

- Serve foods lower in salt.
- Serve foods lower in fat.
- Serve foods lower in sugar.
- Enhance flavors with spices, herbs, or lemon juice instead of with salt or fat.
- When serving canned or frozen fruit, use fruit packed in its own juice, light syrup or water, rather than fruit packed in heavy syrup.
- Only serve dried fruits (such as raisins, prunes, and apricots) occasionally, since they stick to children's teeth and promote tooth decay.
- Reduce the frequency of serving foods which are high in fat, salt, and sugar. Recommend no more than 3-4 times per week. See page 21.
- Bake, broil, or steam foods instead of pan frying or deep frying them.
- Serve lean meats, trim visible fat, and drain grease from meat.
- Serve foods high in Vitamins A, C, and Iron frequently. (See chart, Some Foods High in Vitamins A, C, and Iron on page 20.)

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 children may influence other children not to try that food.
- When introducing new food to children, serve a small amount of the new food along with more popular and familiar foods.
- Include children in the food activities to encourage children 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 cut smaller are easier for children to handle.
- Do not force a child to eat. Children often go through food jags. It is normal for a child to ask for second helpings of food one day yet eat very lightly the next day.
- Provide a comfortable atmosphere at mealtime. Mealtime is also a social activity. Therefore, allow children to talk with others.

- Encourage children to eat food or new foods in a low-key way. For instance, read a book about new food that will be served that day, and serve the new food at snack.
- Expose children to new foods five or six times or more instead of only once or twice. The more exposure children have to a food, the more familiar and comfortable it becomes and the more likely they will be to try the food. Try the same food in different forms (raw, cooked, with and without dips or sauces).
- Offer the new food first to a child who eats most foods. Children usually follow other children and try the food.
- Have staff eat with the children. Caregivers should eat with the children and eat the same foods that have been prepared for the children. Avoid consuming foods and beverages the children cannot have.
- Do not offer bribes or rewards for eating foods. This only reinforces that certain foods are not desirable.



MILK

1) **Q: Why is reconstituted dry milk or evaporated milk not creditable as fluid milk?**

A: Neither reconstituted dry milk nor evaporated milk are included in the definition of milk in the Program regulations. It is not possible to ensure that the quantities of dry or evaporated milk and water used are adequate to provide the nutritional equivalent of fluid milk. Part 226.20(f) of the regulations permits canned or dry milk to be used only when the center is unable to obtain a supply of fluid milk on a continuing basis and permission is obtained from the Nebraska Department of Education, Nutrition Services Office.

2) **Q: If a participant cannot have milk for medical reasons, can I still be reimbursed for breakfast and lunch?**

A: Yes, if you obtain a written medical statement from a recognized medical authority stating that the participant should not be served milk. The statement must specify a substitute food or beverage, if a substitute is required.

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

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

4) **Q: Is milk obtained directly from a farm creditable?**

A: No. Only pasteurized fluid milk meeting state and local health standards may be served.

5) **Q: Can homemade milkshakes be served to meet the milk requirement?**

A: Yes. Homemade milkshakes served as a part of a reimbursable meal or snack must contain a serving of fluid milk. Only the milk portion is creditable.

6) **Q: Can commercial milkshakes be served to meet the milk requirement?**

A: No. Since it is difficult to determine the amount of milk in commercial milkshakes, they are not creditable.

- 7) **Q: Can yogurt and milk be served together as a creditable snack?**
- A:** No. Even though they are different food components under CACFP, milk and yogurt are too similar in nutritional value, texture, and color. Their simultaneous use would constitute poor menu planning practices.
- 8) **Q: Is milk required at snack?**
- A:** No. Milk may be one of the two snack components, but it is not required.
- 9) **Q: Can I give the children half a serving of milk to start with and give them more if they want it?**
- A:** No. To ensure that children are served the minimum quantities as specified on meal pattern charts for the meal to be reimbursable, they must be initially served full servings of milk.

MEAT and MEAT ALTERNATES

- 1) **Q: Why are nuts and seeds and nut and seed butters allowed as a meat/meat alternate?**
- A:** Peanut butter has always been included as a meat alternate in Child Nutrition programs. Other nut and seed butters are now available on the market. Food consumption habits and food preferences are influenced by cultural, ethnic, economic, religious, and environmental factors and are constantly changing. These changes can affect how foods are used in meals. In the past, nuts have always been considered a snack food. Nuts and seeds and a variety of nut or seed butters are becoming more popular at mealtime in main dishes.
- Nuts are not recommended for children under 3 years old because choking may occur.
- 2) **Q: Are grated Romano and parmesan cheeses creditable?**
- A:** Yes. However, small amounts used as a garnish, or seasoning, or in breading should not be counted toward meeting the meat/meat alternate requirement of a meal. For both Romano and parmesan cheeses, a 3/8 cup serving provides 1 ounce of meat alternate.
- 3) **Q: Can pizza be credited as a meat/meat alternate?**
- A:** Yes. Pizza is considered a combination dish. Combination dishes may be credited for up to three different components (one meat/meat alternate, one grains/breads, one fruit/vegetable), provided that sufficient quantities of each component are used. CN-labeled products which specify the contribution of each ingredient to the meal pattern requirement are credited as stated on the label. Commercial pizza is creditable only if 1) it is a CN-labeled product, 2) a product analysis sheet signed by an official of the manufacturer (not a salesperson) is available, stating the amount of cooked lean meat/meat alternate per serving or 3) if additional meat/meat alternate is added to meet minimum requirements.
- 4) **Q: Can vegetarian meals be served in the CACFP?**
- A:** Yes. The meals must meet meal pattern requirements. Examples of meat alternates that are creditable in the CACFP include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, eggs, cooked dry beans and peas, nuts and seed butters or any combination of

the above.

5) **Q: We have several children who attend our day care who cannot eat certain foods because of religious reasons. How do we claim meals served to these children on the food program?**

A: To be claimed for reimbursement, meals and snacks must meet meal pattern requirements. CACFP centers and home providers are not required to provide substitutions for religious reasons. If meals and snacks do not meet meal pattern requirements, they cannot be claimed.

6) **Q: How do I determine how many fish sticks or chicken nuggets I need to serve to meet CACFP requirements?**

A: CACFP serving size refers to cooked edible meat, not the breading. If breaded meat products are not CN-labeled, then 50 per cent of the total weight may be credited as meat/meat alternate. Example: 1 ounce fish sticks = 1/2 ounce meat, or 1 ounce chicken nuggets = 1/2 ounce meat.

FRUITS AND VEGETABLES

1) **Q: Are foods like coleslaw, potato salad, or waldorf salad creditable?**

A: Yes. The fruit and vegetable ingredients in these items count toward meeting one fruit/vegetable requirement. Other ingredients such as mayonnaise and marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a 1/4 cup serving of coleslaw containing non-creditable ingredients would not equal a 1/4 cup of fruit/vegetable.

2) **Q: Can fruit cocktail, mixed vegetables, or combinations such as peas and carrots be used to meet the requirement of serving two or more fruits/vegetables at lunch and supper?**

A: No. These types of combination items are considered as only one fruit/vegetable component.

3) **Q: How are fruits and vegetables credited in a combination dish such as beef stew?**

A: Fruits and vegetables in a combination dish may be credited as one fruit/vegetable component. See definition of combination dishes.

4) **Q: How do I prepare a homemade pizza so that it is creditable as one fruit/vegetable component?**

A: In order to do this, the pizza should include enough tomato sauce and fruit/vegetable toppings to meet minimum serving sizes required by the number and ages of participants.

5) **Q: How much tomato paste, tomato puree, or tomato sauce would I need to equal 1/4 cup vegetable for each 3-to-5 year old at lunch/supper?**

A: Tomato Paste, 1 tablespoon = 1/4 cup vegetable
Tomato Puree, 2 tablespoons = 1/4 cup vegetable
Tomato Sauce, 4 tablespoons = 1/4 cup vegetable

- 6) **Q: Are the raisins served with cereal or in rice pudding or bread pudding creditable?**
- A: Yes, if each serving includes a minimum of 1/8 cup raisins. An additional fruit/vegetable must be served to meet the full serving requirement.
- 7) **Q: How can I tell if juice is 100% full-strength juice?**
- A: The label will state “Juice”, “Full-strength Juice”, “Single-strength Juice”, “Reconstituted Juice”, “Juice from Concentrate”, or “Juice Concentrate”. Beverages that have the word “cocktail”, “beverage” or “drink” on the label may not be 100% juice. Always read the label when selecting juices.
- 8) **Q: Can the fruit or vegetable or full strength fruit juice in pudding or gelatin be counted towards the fruit/vegetable requirement?**
- A: Yes, however, at least 1/8 cup must be present in each serving. Additional fruit/vegetable may need to be served to meet the portion requirements. Gelatin or pudding alone will not meet the CACFP requirement.
- 9) **Q: Are edible plants such as dandelion greens, burdock and lamb's quarters (pigweed) creditable?**
- A: Yes, they are considered as vegetables.
- 10) **Q: Are fruit sauces, such as orange sauce made with orange juice or blueberry sauce made with canned blueberries, creditable?**
- A: Yes. However, only the fruit portion of the sauce, i.e., the orange juice or blueberries, is creditable. At least 1/8 cup must be in each serving. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the number of servings prepared.
- 11) **Q: Are dehydrated vegetables creditable and how are yields determined?**
- A: Yes. Dehydrated vegetables are creditable. Yields for dehydrated vegetables must be based on the rehydrated volume, not the fresh volume that may be stated on the container. Keep in mind that **rehydration** yields on the container often vary from brand to brand. This means that the following procedure must be used for each brand of dehydrated product to determine the yield.
- Determine the rehydrated volume as follows:
- a) Rehydrate (add water or liquid to) a purchase unit of the dehydrated vegetable according to manufacturer's directions. If the directions are not on the container, request rehydration directions from the manufacturer.
 - b) Measure the rehydrated volume.
 - c) Measure the number of 1/4 cup servings of rehydrated product one purchase unit provides.
 - d) Keep a record of the yield data obtained at the child care facility as verification. Records should include information on the size of the purchase unit, the number 1/4 cup servings of rehydrated product per purchase unit, the name of the manufacturer, and the manufacturer's

directions for how to rehydrate the product.

12) Q: Are vegetable sticks (carrots & celery sticks) creditable as one serving of fruit/vegetable at meals and snacks?

A: It depends upon the quantity of vegetable sticks that are served. A 1/4 cup serving of carrot or celery sticks equals 3 sticks (4" x 1/2"). Baby carrots weighing 1.3 oz = 1/4 cup serving. In some instances, an additional fruit/vegetable may need to be served with the vegetable sticks in order to fulfill the quantity requirement for one serving of fruit/vegetable.

GRAINS AND BREADS

1) Q: How do I determine if a cookie is creditable?

A: Cookies must be made with whole grain or enriched flour or meal. To determine how many cookies must be served to meet minimum requirements refer to the Weight Table for Grains/Breads, Groups C and E, on pages 22-23. Cookies are to be served at snack only. It is recommended that dessert type snacks be served no more than twice a week.

2) Q: Are Rice Krispie bars or similar bars made from a cereal product creditable?

A: Yes. These "cereal snacks" may be creditable for snacks only, if the cereal is whole-grain or enriched or fortified. See Weight Table for Grains/Breads, Group G, pages 22-23, for minimum serving size requirements. The quantity necessary to meet minimum requirements may be too large for most children. Recommend that these not be served more than twice a week.

3) Q: Can nut or seed meal/flour be used to meet the grains/breads requirement for a meal?

A: No. Nuts and seeds are not grains and there are no standards of enrichment for these foods.

4) Q: Are granola bars creditable as a grains/breads?

A: Yes. Commercial and homemade granola bars which contain enriched or whole grain flour or meal are creditable for **breakfast or snacks only**. See Weight Table for Grains/Breads, Groups D and E, pages 22-23, for minimum serving size requirements.

5) Q: Is granola cereal creditable as a grains/bread?

A: Yes. Commercial and homemade granola cereals are creditable only if they contain whole grain or enriched meal or flour or are fortified.

6) Q: Can crackers be served as a grains/breads?

A: Yes. Crackers can be served as a grains/breads for breakfast, lunch, supper, or snack. See Weight Table for Grains/Breads Chart, Groups A and B, pages 22-23, for minimum serving size requirements. Due to high fat, sugar, or salt contents of some crackers, they should be served less frequently.

MILK

CACFP regulations require that to be eligible for reimbursement, each child's breakfast, lunch or supper must include fluid milk served as a beverage, or on cereal. "Milk" includes pasteurized fluid types of unflavored or flavored whole milk, reduced fat, lowfat or light milk, fat free or nonfat milk, or cultured buttermilk which meet state and local standards for such milk. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration and be consistent with state and local standards for such milk.

At breakfast the serving of fluid milk may be served as a beverage, used on cereal, or used in part for each purpose. Both lunch and supper shall contain a serving of fluid milk as a beverage. Milk used in puddings, sauces, gravies, etc. is not creditable because it does not meet the CACFP definition of milk.

Fluid milk may be served, but is not required, at snack. If milk is one of the two components served for a snack, it must be fluid milk as a beverage or used on cereal, or used in part for each purpose. Milk may **not** be credited for snacks when either juice or yogurt is served as the only other component.

Refer to the CACFP meal pattern for quantity requirements.

MILK

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Milk, fluid (unflavored or flavored)	X		The milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk. Flavored milks include (but are not limited to) such flavors as strawberry, blueberry and banana. See chocolate milk below.
Acidified milk, kefir milk	X		Acidified milk is a fluid milk produced by souring fluid whole, lowfat or skim milk with an acidifying agent. Examples of acidified milk are “acidified kefir milk” and acidified acidophilus milk.”
Buttermilk	X		
Certified raw milk		X	Regulations require the use of pasteurized milk.
Cheese, all types		X	Cheese is not creditable as milk. It is creditable as a meat alternate. Refer to the meat/meat alternate section.
Chocolate milk (hot or cold)	X		Must be made with fluid milk. Only the fluid milk portion is creditable. Chocolate milk is creditable if it meets State and local standards for milk.
Chocolate milk (powdered milk)		X	Hot chocolate or chocolate milk made with powdered milk or powdered mix or with water are not creditable.
Cocoa	X		Must be made with fluid milk. Only the fluid milk portion is creditable.
Cocoa (powdered milk)		X	Cocoa made with powdered milk or powdered mix is not creditable.
Cream		X	Does not fit the definition of milk.
Cream sauces		X	Does not fit the definition of milk.
Cream soups		X	Does not fit the definition of milk.
Custard		X	Does not fit the definition of milk.
Cultured milk, Kefir milk	X		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid, whole, lowfat or nonfat milk under controlled conditions to produce a product with specific flavor and/or consistency. Examples of cultured milk are cultured buttermilk, cultured kefir milk, and cultured acidophilus milk.
Eggnog, commercial	X		Only the fluid milk portion is creditable.
Eggnog, homemade		X	Use of raw eggs presents a health hazard.
Evaporated milk		X	Does not fit the definition of milk.
Fat free or nonfat milk (skim milk)	X		Not recommended for children under 2 years of age.
Frozen yogurt		X	Does not fit the definition of milk.

MILK

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Goat's milk	X		Only if it is canned, pasteurized and fortified. Goat's milk should not be served to infants.
Half and half		X	Does not fit the definition of milk.
Ice cream		X	Does not fit the definition of milk.
Ice milk		X	Does not fit the definition of milk.
Imitation milk		X	Does not fit the definition of milk.
Lactose reduced milk	X		Lactose reduced milk is a fluid milk modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children or adults who cannot digest the lactose in milk may benefit from a lactose reduced milk. A medical statement must be on file for the person using lactose reduced milk.
Lowfat or light milk (1% or 1/2% milk)	X		Not recommended for children under 2 years of age.
Milk, fluid (unflavored or flavored)	X		Milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk.
Milk, powdered		X	If emergency conditions prevent an institution normally having a supply of milk from temporarily obtaining milk deliveries, the State agency may approve the service of breakfasts, lunches, or suppers without milk during the emergency period. See Section 226.20 (e) and (f) of the CACFP regulations concerning the continuing unavailability of milk.
Milkshakes, commercial		X	It is difficult to determine the amount of milk in milkshakes purchased in restaurants and stores.
Milkshakes, homemade	X		May be used to meet the milk component of all meals and snacks served in the child and adult nutrition programs if those milkshakes contain the minimum required quantity of fluid milk per serving appropriate for the age group being served. Refer to FNS Instruction 783-7, Rev. 1.
Pudding		X	Does not fit the definition of milk.
Pudding pops		X	Does not fit the definition of milk.

MILK

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Reconstituted dry milk		X	If emergency conditions prevent an institution normally having a supply of milk from temporarily obtaining milk deliveries, the State agency may approve the service of breakfasts, lunches, or suppers without milk during the emergency period. See Section 226.20 (e) and (f) of the CACFP regulations concerning the continuing unavailability of milk. See Section 226.20 (e) and (f) of the CACFP regulations concerning the continuing unavailability of milk.
Reduced fat milk (2%)	X		
Rice Milk		X	Does not fit the definition of milk.
Sherbet/Sorbet		X	Does not fit the definition of milk.
Soy Beverages/Drinks		X	Soy drinks and beverages are not fortified and do not contain calcium, niacin or vitamins D, E or C.
Soybean milk	X		May be used as a substitution because of medical or other special dietary needs, see FNS Instruction 783-2, Rev. 2. Medical needs must be supported by a statement from a recognized medical authority which includes recommended alternate foods (see Section 226.20(h) of the CACFP regulations).
Sour cream		X	Does not fit the definition of milk.
Sweetened condensed milk		X	Does not meet the definition of milk
UHT (ultra high temperature) milk	X		UHT is Grade A pasteurized milk that has been heated to about 280 degrees F for a few seconds, then cooled and packaged. It can be stored without refrigeration until opened.
Whole milk	X		May not be served to children under one year of age.
Yogurt		X	Does not fit the definition of milk. See meat/meat alternate section. Frozen yogurt is noncreditable.

MEAT AND MEAT ALTERNATES

CACFP regulations require that a lunch or supper must contain the amount of meat/meat alternate specified in the meal pattern. A serving of meat/meat alternate may be used as one of the two components of a snack.

Meat /meat alternates include lean meat, poultry or fish; cheese; eggs; cooked dry beans or cooked dry peas; nuts and seeds and their butters (except for acorn, chestnut and coconut); yogurt; or an equivalent quantity of any combination of these foods. These foods must be served as a main dish, or in a main dish and one other item.

Alternate Protein Products (APP) are processed from soy or other vegetable protein sources and may be in a dehydrated granule, particle, or flake form. They also may be in a formed meat patty, chopped meat shape; resembling a meat product. The product may be colored or uncolored, seasoned or unseasoned. The current regulations **remove** the restrictions 1) that APP must be fortified with vitamins and minerals and 2) that no more than 30% of the meat/meat alternate component be APP; up to 100% APP may now meet the meat/meat alternate component. Alternative Protein products will resemble cooked meat, poultry, or fish. These products currently are being used successfully as meat/meat alternate extenders and/or substitutes in large Child Nutrition Programs.

Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for lunch/supper. You also should be aware of potential food intolerances or allergies with some populations. In such circumstances, you should make appropriate accommodations under the medical substitution requirement.

When including shellfish in menus, you should consider cost factors, acceptability, and the potential for food intolerances among both preschool and adult day care populations.

To be counted toward meeting any part of the meat/meat alternate requirement, a menu item must provide a minimum of 1/4-ounce of cooked lean meat or equivalent.

When a meat/meat/alternate is served as one of the two required components of a reimbursable snack, the amount specified in the snack pattern must be served. There is no requirement that a meat/meat alternate be served as part of a breakfast but it may be served as an optional component. A menu item must provide a minimum of 1/4 ounce of cooked, lean meat or its equivalent, to be counted toward meeting any part of the meat or meat/alternate requirement.

MEAT AND MEAT ALTERNATES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Acorn		X	Low protein content.
Baco-bits		X	
Bacon and imitation bacon products		X	Considered as fat with little protein.
Bacon, turkey	*	*	Creditable only if 1) it is a CN-labeled product or 2) you have a product analysis sheet signed by an official of the manufacturer.
Beans, dried or canned	X		See Food Buying Guide, meat/meat alternates.
Beef Jerky, meat jerky	X		Beef jerky made with pure beef may be credited. 1 ounce of dried jerky equals 1 ounce lean, cooked meat. This product has a high sodium content and is difficult to chew.
Bologna	X		All meat or poultry products that do not contain by-products, cereal or extenders. Limit frequency.
Burritos, commercial	*	*	Creditable only if 1) they are a CN-labeled product; or 2) you have a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the amount of cooked lean meat/meat alternate per serving.
Canadian bacon or mild cured pork	X		1 lb. (16 ounces) will yield 11 1-ounce servings of cooked meat. See Food Buying Guide
Canned or frozen: beef stew chili mac meat stew pizza pot pies ravioli	*	*	Creditable only if 1) they are a CN-labeled product; or 2) you have a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the amount of cooked lean meat/meat alternate per serving.
Canned pressed luncheon meat (potted/deviled)		X	Product has a high salt and fat content.
Cheeses: natural, processed	X		1-ounce serving equals 1-ounce meat alternate. This includes reduced fat, lite and non-fat varieties. Limit frequency.
Cheese substitutes	X		1-ounce serving equals 1-ounce meat alternate. This includes reduced fat, lite and non-fat varieties. Limit frequency.
Cheese food	X		2-ounce serving equals 1-ounce meat alternate. This includes reduced fat, lite and non-fat varieties. Limit frequency.
Cheese food substitute	X		2-ounce serving equals 1-ounce meat alternate. This includes reduced fat, lite and non-fat varieties. Limit frequency.
Cheese, imitation		X	There is no Standard of Identity on this product.

MEAT AND MEAT ALTERNATES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Cheese product		X	There is no Standard of Identity on this product.
Cheese spread	X		2-ounce serving equals 1-ounce meat alternate. This includes reduced fat, lite and non-fat varieties. Limit frequency.
Cheese spread substitute	X		2-ounce serving equals 1-ounce meat alternate. This includes reduced fat, lite and non-fat varieties. Limit frequency.
Cheese, cottage	X		2-ounce serving equals 1-ounce meat alternate. Limit frequency.
Cheese, ricotta	X		2-ounce serving equals 1-ounce meat alternate. Limit frequency.
Cheese sauce or soup, canned		X	There is no Standard of Identity on this product.
Cheese, powdered		X	There is no Standard of Identity on this product.
Chestnuts		X	Low protein content.
Chicken nuggets	X		Only the edible chicken portion is creditable as a meat/meat alternate. If the product is not CN-labeled, one half of the total weight may be used to meet the meat/meat alternate requirement. Example: 3 ounce serving = 1 1/2 ounce serving of meat/meat alternate. Limit frequency.
Chitterlings		X	Considered as fat.
Coconuts		X	Low protein content.
Corn dogs, mini corn dogs, corn dog nuggets	X		The frankfurter is credited as a meat/meat alternate. See Grains/breads section for crediting breading. These products have a high salt and fat content. Limit frequency.
Crab, imitation		X	The processing washes away all vitamins.
Cream cheese		X	Contains less protein and more fat than other creditable cheeses. A serving size that would provide an equivalent quantity of protein would be excessive, especially for pre-school children.
Deviled eggs	X		
Eggs, whole	X		Cooked only. Raw eggs are a health hazard.
Egg whites		X	
Egg substitutes		X	There is no Standard of Identity on this product.
Eggs, powdered	X		Powdered whole eggs only - read label on product.
Falafel	X		The pre-ground weight of beans is credited. See Food Buying Guide.
Featherbones		X	Small amount of meat content.
Fish, commercial, unbreaded	X		
Fish, fresh caught		X	For safety reasons, not creditable on the CACFP.

MEAT AND MEAT ALTERNATES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Fish, commercial, breaded, nuggets,	X		Only the fish portion is credited as a meat/meat alternate. If the product is not CN-labeled, one half of the total weight may be used to meet the meat/meat alternate requirement. Example: 3 ounce serving = 1 1/2 ounce serving of meat/meat alternate. See Grains/breads section for crediting breading/batter.
Fish sticks	X		Only the edible fish portion is credited as a meat/meat alternate. If the product is not CN-labeled, one half of the total weight may be used to meet the meat/meat alternate requirement. Example: 3 ounce serving = 1 1/2 ounce serving of meat/meat alternate. See section on Grains/breads for crediting breading/batter.
Frankfurters or hot dogs	X		All meat or poultry products that do not contain by-products, cereal or extenders. Limit frequency. Remember to slice hot dogs lengthwise and serve them in small pieces for those participants where choking is a potential hazard.
Game	*	*	Venison, squirrel, rabbit, etc. For safety reasons not creditable in CACFP unless processed at a state inspected processing facility (locker plant).
Gizzard	X		Limit frequency of serving organ meats.
Ham Hocks		X	High in fat and low in protein.
Home slaughtered meat/poultry		X	For safety reasons, not creditable on the CACFP.
Hummus	X		The pre-ground weight of beans is credited. See Food Buying Guide.
Jerky	X		Jerky made with pure meat may be credited; 1 ounce dried jerky equals 1 ounce lean cooked meat. Limit frequency.
Kidney	X		Limit frequency of serving organ meats.
Liver	X		Limit frequency of serving organ meats.
Liverwurst	X		Cannot contain binders and extenders.
Luncheon meat	X		Cannot contain binders and extenders. Limit frequency.
Meat Sauce	*	*	Only homemade sauce may be credited, i.e., the ground beef or other meat/meat alternate in the sauce is creditable.
Neufchatel cheese		X	Soft unripened cheese similar to cream cheese but containing less fat and more moisture.

MEAT AND MEAT ALTERNATES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Nuts	X		Full meat/meat alternate credit for snack but no more than one-half credit for lunch or supper. Nuts should not be served to children under 3 years of age to avoid choking.
Oxtails		X	Small amount of meat content.
Peanut butter	X		It is recommended that peanut butter be served in combination with another meat/meat alternate at lunches and suppers since the required portion sizes for peanut butter may be too large for preschool children.
Peanut butter, reduced fat	X		It must meet the Standard of Identity for peanut butter with 90% peanuts or peanut flour.
Peanut butter spread, regular and/or reduced fat.		X	There is no Standard of Identity on this product. It does not contain enough peanuts to meet the definition of peanut butter.
Peas or lentils, dry	X		Dry peas may be credited as a meat/meat alternate or a fruit/vegetable, but not as both in the same meal.
Pepperoni	*	*	There is no standard of identity for this product. Only CN labeled pepperoni may be credited. This product is high in sodium and fat. Limit frequency.
Pig's feet		X	Small amount of meat content.
Pig neck bones		X	Small amount of meat content.
Pimento cheese spread	X		2-ounce serving equals 1-ounce of meat alternate. See the cheese spread entry in the Food Buying Guide
Pizza, commercial	*	*	Creditable only if 1) it is a CN-labeled product, 2) you have a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the amount of cooked lean meat/meat alternate per serving or 3) if the required amount of meat/meat alternate is added and documented.
Pizza, homemade	X		This is creditable if the amounts of meat/meat alternate ingredients are identified and documented. See definition of combination dishes.
Polish sausage	*	*	A cooked, smoked sausage, similar in composition to frankfurters, knockwurst and similar sausage products. Creditable only if it is a CN-labeled product. Limit frequency.
Pot pies, commercial		X	Pot pies do not contain adequate amounts of meat.
Potted or Deviled Meats		X	These products are high in sodium and include extenders and binder.

MEAT AND MEAT ALTERNATES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Powdered cheese in boxed macaroni and cheese		X	The powdered cheese mix is not credited toward any of the food components. The macaroni, if enriched, can be credited as a grains/bread.
Pressed meat products	X		Example: Spam. These products are high in fat and sodium. Limit frequency.
Processed meats	X		Examples: ham, frankfurters, sausages, bologna, luncheon meats. Recommend using low fat choices when available. Limit frequency.
Quiche	X		Creditable as a meat/meat alternate. See eggs. The egg, cheese and/or meat may be credited if there is sufficient meat/meat alternate per serving. See grains/breads section for crediting main dish pie crust.
Salt pork		X	High in fat.
Sausage, bulk, link, patty	*	*	Refer to the Food Buying Guide. Also refer to Meat and Poultry Inspection Regulation, Standards of Identity, Part 319 for specific sausage products. Limit frequency.
Scrapple		X	Insufficient meat content.
Seeds	X		Full meat/meat alternate credit for snack but no more than one-half credit for lunch or supper. Seeds should not be served to children under 3 years of age to avoid choking. Some adults may have medical restrictions on this food.
Shellfish	X		Must be fully cooked; only the edible fish portion is creditable.
Shellfish, imitation		X	There is no standard of identity for this product.
Soups, homemade containing: meat, fish, poultry or other meat alternate	X		Creditable as a source of meat or meat alternate. May need to supplement with an additional meat/meat alternate food item to ensure each serving contains the minimum regulatory requirement of meat/meat alternate.
Soups, commercially prepared	*	*	Most commercially prepared soups contain insufficient meat/meat alternate content per serving, except for bean soup and pea soup. May need to supplement with an additional meat/meat alternate food item to ensure each serving contains the minimum regulatory requirement of meat/meat alternate.
Soy butter	X		This product provides a good alternate for those allergic to peanuts. It is credited the same as peanut butter.
Spare ribs	X		These products contain small amounts of meat and are high in fat. Limit frequency.

MEAT AND MEAT ALTERNATES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Tempeh		X	Tempeh is fermented soybean. There is no Standard of Identify for this product.
Tofu		X	Tofu is soybean curd. There is no Standard of Identity for this product.
Tripe	X		This is the muscular lining in the stomach of steers, calves, lambs and hogs.
Vegetable protein products; alternate protein products	X		See definition of alternate protein products on page 11.
Vienna sausage	X		This product is high in fat and sodium. Limit frequency.
Yogurt, commercial, plain, unflavored, sweetened	X		Creditable as a meat alternate. A 4-ounce serving equals 1-ounce meat alternate. Frozen yogurt is not creditable. Commercially prepared products meeting the Standard of Identity for yogurt, lowfat and nonfat yogurt may be credited.
Yogurt, homemade		X	This is not creditable due to safety reasons.
Yogurt, frozen		X	
Yogurt products, bars, yogurt covering on fruits and/or nuts		X	There is insufficient yogurt in the coating mixtures.

FRUITS AND VEGETABLES

A breakfast shall contain a serving of vegetable(s) or fruit(s) or full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods.

Both lunch and supper shall contain servings of two or more different vegetables or fruits. Full-strength vegetable or fruit juice may be counted to meet a maximum of one-half of this requirement.

A serving of vegetable or fruit or full strength juice may be credited as one component of the required two components of a snack. Juice may not be served as one of the components of a snack when milk is served as the only other component. Juice and a serving of fruit or vegetables served together at snack count as only one food component. An additional component must be served.

In order to be creditable, a juice must be 100% full-strength juice. Read labels carefully. Some may say "100% Natural" - be sure the label states "100% juice."

All fruit juices must be pasteurized. Some kinds of juice and cider have not been pasteurized and may contain harmful bacteria.

Juice may not be credited as one of the components of a snack when milk is served as the only other component.

Two forms of the same fruit or vegetable served at the same meal cannot both be counted toward the requirement to serve two or more fruits and/or vegetables. (*Example: slices apples, applesauce*). This requirement is intended to provide the variety of fruits and vegetables needed for healthful growth. A serving of vegetable or fruit may be credited as one component of the required two components of the snack pattern.

Cooked dry beans or cooked dry peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.

In order for a fruit or vegetable to be credited as a meal component, there must be a minimum of 1/8 cup serving per participant. Any amount less than 1/8 cup (2 Tablespoons) is considered a garnish. Small amounts of vegetables and fruits used for garnishes or flavorings are generally not controlled, and it is hard to determine the contribution to the meal.

Vegetables or fruits served as a combination item, e.g., fruit cocktail, peas and carrots, mixed vegetables, tossed vegetable salads, vegetables in stew, etc., may be credited to meet only one of the two required fruit/vegetable components for lunch and supper.

Condiments and seasonings are not creditable food items; they serve as accessories to enhance the acceptability of the meal.

Home canned products are not creditable because of health and safety reasons.

FRUITS AND VEGETABLES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Ade drinks		X	Not 100% full strength juice.
Apple butter		X	Not enough fruit present.
Apple cider	X		Due to safety reasons, use only pasteurized cider.
Apple fritters	X		Must have at least 1/8 cup of apples per serving.
Banana in bread		X	Less than 1/8 cup per serving - may not be counted to meet the fruit/vegetable requirement.
Banana in pudding (fruit added)	X		The pudding must have at least 1/8 cup banana (fruit) per serving.
Barbecue sauce		X	Not enough vegetable present.
Beans, baked	X		Beans may not be credited both as a meat/meat alternate and as a vegetable in the same meal.
Beans, dry	X		Cooked dry beans may be credited as a fruit/vegetable or a meat/meat alternate, but not as both in the same meal.
Bean sprouts		X	Sprouts have recently emerged as a recognized source of food-borne illness. Sprouts may be contaminated by <i>E.coli</i> or <i>salmonella</i> . Sprouts are a high risk for children, the elderly and people with compromised immune systems and should be avoided in these populations.
Cake containing fruit		X	Not enough fruit present.
Carrot bread		X	The bread contains less than 1/8 cup of carrot per serving and may not be counted to meet the fruit/vegetable requirement.
Catsup or chili sauce		X	These products are condiments.
Corn chips		X	These are not classified as a fruit/vegetable - see the grains/bread section.
Corn syrup		X	Corn syrup is a sugar, not a vegetable. It is not recommended for children under one year.
Cranberry juice blend	X		Cranberry juice (not cranberry cocktail) blended with one or more 100% juices is creditable; for example, cranberry juice mixed with apple juice. 100% cranberry juice not in a juice blend is generally not commercially available.
Cranberry juice cocktail or drink		X	Contains less than 100% full strength juice.
Cranberry sauce	X		
Dehydrated vegetables	X		Yields for dehydrated vegetables must be based on the rehydrated volume, not upon the fresh volume that may be stated on the container. Keep in mind that rehydration yields on the container often vary from brand to brand.

FRUITS AND VEGETABLES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Dried fruit, i.e., raisins, apricots, prunes, cranberries	X		Dried fruits are concentrated. There may be a choking hazard. This is also a concentrated source of calories.
Drinks, fruit (fluid and powder)		X	Contains less than 100% full strength juice.
Dry spice mixes		X	
Fig bar cookies		X	The amount of figs per serving is insufficient to count toward the fruit/vegetable component.
Fritters	*	*	Must have at least 1/8 cup of fruit or vegetable per serving. Most are not creditable because of the small amount of fruit or vegetable used.
Frozen fruit flavored bars, commercial	*	*	Creditable only if it is a CN-labeled product. Most do not contain enough, if any, fruit juice.
Fruit cobblers	X		Must contain at least 1/8 cup of fruit per serving.
Fruit crisps	X		Must contain at least 1/8 cup of fruit per serving.
Fruit drinks (fluid and powder)		X	Contains less than 100% full strength fruit juice.
Fruit flavored canned punch		X	This product contains less than 100% full strength juice.
Fruit flavored powders		X	Does not fit the definition of fruit or 100% juice.
Fruit juice bases		X	Does not contain sufficient amount of fruit per serving.
Fruit juice concentrate	X		Mix according to the label for 100% juice.
Fruit pie filling, commercial	*	*	If the predominant ingredient is fruit, it will provide one half credit; that is, 1/2 cup of fruit pie filling will provide 1/4 cup of fruit credit, unless otherwise documented. These items have a high sugar content. Limit frequency.
Fruit pie filling, homemade	X		Only the fruit portion of the filling is creditable. Must contain at least 1/8 cup of fruit per serving.
Fruit pies	X		Fruit pies must contain at least 1/8 cup of fruit per serving. These products have a high sugar content.
Fruit sauces	X		Only the fruit portion of the sauce is creditable. Must contain at least 1/8 cup of fruit per serving.
Fruit snacks, commercial, i.e., bars, rollups, wrinkles, gummy styles	*	*	Only CN labeled products are creditable. Otherwise, these products do not contain sufficient amounts of fruit per serving.
Fruit snacks, homemade dried fruits	X		For crediting purposes, 1/4 cup of dried fruits would equal 1/4 cup fruit. Amount needed to meet requirements might be too large for children. May cause choking.

FRUITS AND VEGETABLES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Fruit spreads	*	*	Jam-like product made of 100% fruit and juice. It is considered a condiment unless each serving contains at least 1/8 cup.
Gelatin with fruit, juice or vegetable added	X		Must contain at least 1/8 cup (2 T.) of fruit or full-strength fruit or vegetable juice per serving. Gelatins without fruit or vegetable added are not creditable.
Gravy base		X	This is not a vegetable.
Hominy		X	Although hominy is a corn product, it is not whole grain and has very low nutrient density. Processing removes vitamins.
Honey		X	Honey is a sugar, not a fruit. This product should not be given to children under one year of age.
Ice cream, fruit flavors		X	No fruit flavoring is creditable.
Jam, jelly, preserves		X	Insufficient fruit content per serving.
Juice blends - all kinds	X		These are combinations of full strength juices.
Ketchup/catsup		X	This is a condiment.
Kiwi fruit	X		
Kool aid		X	Does not fit the definition of 100% fruit juice.
Lemon pie filling		X	Does not contain fruit solids; the juice contained requires dilution beyond the 50% limit for palatability.
Lemonade		X	Lemonade is not 100% juice.
Macaroni salad		X	Macaroni is not a vegetable. Only the documented amount of vegetables in the salad may be credited as fruit/vegetable if at least 1/8 cup per serving is prepared.
Maple syrup		X	This is sugar, not a fruit.
Mayonnaise, salad dressing, margarine, salad oil, butter		X	These are fats, not fruits or vegetables.
Mustard		X	This is a condiment.
Nectar, canned (apricot, pear, peach, etc.)		X	Nectar is not 100% juice.
Oil, salad or vegetable		X	These are fats, not fruits or vegetables.
Olives	X		At least 1/8 cup per serving. High salt content should be noted. Limit frequency.
Onion rings	X		If homemade, or if a product analysis sheet is available. Only the vegetable portion is creditable. Must contain at least 1/8 cup per serving.
Peas, dry	X		Cooked dry peas may be credited as a fruit/vegetable or a meat/meat alternate, but not as both in the same meal.

FRUITS AND VEGETABLES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Pickles	X		At least 1/8 cup per serving. High salt content should be noted. Limit frequency.
Pineapple upside down cake		X	Less than 1/8 cup per serving - may not be counted to meet the fruit/vegetable requirement.
Pizza sauce, commercial	*	*	Creditable only if 1) it is a CN-Labeled product; or 2) you have a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the amount of fruit/vegetable per serving.
Pizza sauce, homemade	X		Credited as tomato sauce if 1/8 cup (2 T) per serving is provided.
Pop tart fruit filling		X	Not enough fruit present.
Popsicles, commercial		X	Not 100% juice.
Popsicles, homemade	X		Homemade popsicles are creditable if made from 100% juice. Although frozen, these are considered a beverage and may not be served with milk as the only other component for a snack.
Posole		X	Similar to hominy, this product is not made from the whole kernel corn.
Potatoes	X		Potatoes are creditable as a fruit/vegetable.
Potato chips		X	Fruit/vegetable chips are not creditable.
Puddings with fruit, commercial		X	Puddings have less than 1/8 cup of fruit per serving and may not be counted to meet the fruit/vegetable requirement.
Pumpkin in bread		X	Less than 1/8 cup of fruit per serving; may not be counted to meet the fruit vegetable requirement.
Rice		X	Rice is not a vegetable. Creditable as a grains/breads only. See Grains/breads section.
Salsa	X		Salsa is creditable as a fruit/vegetable component if it contains all vegetable ingredients. Each serving must include a minimum of 1/8 cup. Minor amounts of spices or flavorings may be included. For products that contain non-vegetable ingredients such as gums, starches or stabilizers, only that portion of the product that is a vegetable ingredient may be credited toward the volume requirement. Commercial salsa may not be creditable, so check the ingredient label.
Sherbet/sorbet	*	*	Creditable only if it is a CN-labeled product.

FRUITS AND VEGETABLES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Soup: clam chowder, minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry. Condensed (1 part soup to 1 part water) Canned or frozen ready to serve	X		See below 1 cup reconstituted will yield 1/4 cup vegetable. See Food Buying Guide. 1 cup serving will yield 1/4 cup vegetable. See Food Buying Guide.
Soup mixes, dehydrated	X		To credit vegetables in dehydrated soup mixes: Determine the volume measurement by rehydrating the soup according to manufacturer's directions. Heat, then isolate the vegetable pieces and measure the volume. Separate vegetable pieces from noodles, rice, etc. Keep records of the yield data obtained. Volume measurements must be recorded and on file for each brand and type of soup used.
Soups, homemade	X		Use quantities of vegetables in recipe to calculate credit. May be claimed as only one fruit/vegetable component.
Spaghetti sauce, commercial	*	*	Creditable only if 1) it is a CN-Labeled product; or 2) you have a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the amount of fruit/vegetable per serving.
Spaghetti sauce, homemade	X		Only the vegetable portion of the sauce is creditable as fruit/vegetable. Must contain at least 1/8 cup (2 T) of vegetable per serving.
Sprouts		X	Examples: alfalfa, bean. Sprouts have recently emerged as a recognized source of food-borne illness. Sprouts may be contaminated by <i>E.coli</i> or <i>salmonella</i> . Sprouts are a high risk for children, the elderly and people with compromised immune systems and should be avoided in these populations.
Syrup, fruit flavored		X	

FRUITS AND VEGETABLES

These guidelines apply to children ages 1 through 12 years and adults

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Toaster pastries with fruit		X	None are creditable in the fruit/vegetable category. Toaster pastries are creditable as a grains/breads for breakfast and snack only.
Tomato paste	X		
Tomato sauce	X		
V-8 juice	X		
Vegetable juice blends	*	*	Creditable if 100% vegetable juice.
Yogurt, commercial containing fruit		X	Contains less than 1/8 cup of fruit per serving. It may not be counted to meet the fruit/vegetable requirement. See Meat/Meat Alternate section to credit yogurt.
Zucchini in bread		X	Less than 1/8 cup per serving; may not be counted to meet the fruit/vegetable requirement.

GRAINS AND BREADS

Grains/bread products are important dietary sources of iron, thiamin, niacin, riboflavin and often of fiber in the diet.

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

Grains/breads served in the CACFP must meet the following criteria to be creditable:

The grain/bread must be whole grain or enriched or made from whole-grain or enriched meal or flour or if it is a cereal, the product must be whole grain, enriched, or fortified. Bran, cornmeal and germ are credited in the same way as are 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 or flour as well as bran and/or germ, or is fortified. If the grain/bread alternate is enriched, it must meet the Food and Drug Administration's Standards of Identity for enriched bread, macaroni and noodle products, rice, or cornmeal. Serving sizes for items listed on the charts in this section were calculated based upon FDA Standards of Identity and adjusted to meet program requirements.

French, Vienna, Italian and Syrian breads are commercially prepared products that are often prepared with un-enriched flour. Check the label or with the manufacturer to be sure that the product is made with enriched flour.

For commercial products, the information on the package food label (including such products as individually packaged granola bars, coffee cakes etc.) as to weight per serving size compared against the applicable group in the grains/bread chart serves as documentation of the serving size. A sample label should be maintained on file.

The grain/bread must be provided in the quantities specified in the regulations. One-quarter (1/4) of a serving is the smallest amount to be credited to the minimum quantities of grains/breads specified in program regulations.

The grain/bread must serve the customary function of bread in a meal, for lunch or supper. That is, it must be served as an accompaniment to, or a recognizable, integral part of the main dish and not merely as an ingredient.

Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, cakes or formulated grain-fruit products (authorized under Exhibit A of CFR, Part 220) are permitted when made with enriched or whole grain meal or flour. Toaster pastries, coffee cakes, doughnuts, sweet rolls, fruit-grain/granola bars are allowed for breakfast and supplements (snacks). Cookies, dessert pies, cakes and brownies may be served as supplements (snacks) only. Sweet snack foods should not be served as part of a snack more than twice a week.

The crediting of a food item as a grains/bread serving is determined by the total amount of enriched or whole grain meal and/or flour in the recipe divided by the number of servings the recipe yields. Centers and providers are no longer required to use only those quick bread/muffin recipes or products which list flour as the primary ingredient by weight.

This change permits centers and providers to serve products that more closely resemble standard quick breads and muffins and thus, are more acceptable to participants. Please note that in the calculation of grain/breads,

the use of flavorings and spices such as cinnamon and nutmeg do not significantly affect weight for crediting purposes and thus are not indicated as separate products.

In the chart on the following pages, the “Group” column refers to the Groups shown in the Weight Table for Grains/Breads on pages 22-23.

GRAINS AND BREADS

These guidelines apply to children ages 1 through 12 years and adults
* in the Food column indicates items that are creditable for snacks only.

FOOD	CREDITABLE		GROUP	COMMENTS
	YES	NO		
Animal crackers	X		B	
Bagel chips	X		B	These products are high in fat and sodium. They should be served with caution due to potential choking hazards.
Bagels	X		B	
Banana bread	X		D	Homemade breads must contain 14.75 grams per serving of enriched grain or flour. Commercial quick breads are credited in the same group as muffins (other than corn)
Barley	X		H	It must be enriched or whole grain.
Batter-type coating	X		B	The weight of the batter must meet minimum requirements. If in doubt about serving size, it is recommended that an additional grains/breads be served.
Biscuits	X		B	
Boston brown bread	X		B	
* Bread pudding	X		A	Creditable for snacks only. Only the bread portion is creditable.
Bread sticks, hard	X		A	
Bread stuffing	X		A	Homemade and Commercial types. The weight of the dry bread must meet minimum requirements.
Breading	X		A	The weight of the breading must meet minimum requirements. If in doubt about serving size, recommend that an additional grains/breads be served.
* Brownies, plain	X		G	Creditable for snack only.
Bulgur, cooked (cracked wheat)	X		H	
* Cake	X		F and G	Creditable for snack only.
Caramel corn		X		Does not fit the definition of grains/breads.
Carrot bread	X		D	
* Cereal bars (rice krispy bars, etc.)	X		G	Creditable for snack only.

GRAINS AND BREADS

These guidelines apply to children ages 1 through 12 years and adults
* in the Food column indicates items that are creditable for snacks only.

FOOD	CREDITABLE		GROUP	COMMENTS
	YES	NO		
Chips	X		B	Chips made from whole grain or enriched flour or meal are creditable.
Chips, corn/cornmeal	X		B	Corn/cornmeal chips must use whole grain or enriched flours.
Chips, potato		X		Does not meet the definition of grains/breads. Includes shoestring potato sticks. Fruit and vegetable chips are not creditable.
Chow mein noodles	X		A	
Cinnamon rolls	X		D and E	Creditable at lunch if served as an accompaniment to the main dish, e.g. chili and cinnamon rolls. See also: sweet rolls
* Cobblers	X			Grains/breads portion of cobblers are creditable for snack only.
Coffee cake	X		F	Creditable for breakfast and snack only.
* Cookies	X		C and E	Creditable for snacks only. It is recommended that cookies be served no more than two times per week.
Cornbread	X		C	
Corn chips	X		B	See Chips.
Cornpone	X		C	
Couscous, cooked	X		H	Must be enriched or whole grain.
Crackers, plain or snack	X		A	The cracker must be made of whole-grain or enriched meal or flour. Limit frequency.
* Cream puff shells, dessert	X		D	Creditable for snack only if made from whole grain or enriched flour or meal. The weight of the shell must meet minimum requirements.
Cream puff shells, with meat filling	X		D	Creditable if made from whole grain or enriched flour or meal and meets minimum weight requirements.
Crepes	X		C	
* Crisps	X			See page 23.
Croissants	X		C	These are high in fat. Limit frequency.
Croutons	X		A	
* Cupcakes	X		F and G	Creditable at snack only.
Danish pastries	X		D and E	Creditable for breakfast and snack only. Limit frequency.

GRAINS AND BREADS

These guidelines apply to children ages 1 through 12 years and adults
* in the Food column indicates items that are creditable for snacks only.

FOOD	CREDITABLE		GROUP	COMMENTS
	YES	NO		
Doughnuts	X		D and E	Creditable for breakfast and snack only. Limit frequency.
Dressing	X		A	See Bread Stuffing.
Dumplings	X			
Egg roll or won ton wrappers	X		B	
English muffins	X		B	
Foccacia (pizza bread)	X		B	
French bread	X		B	
French toast	X		E	
Fritters	X		C	Limit frequency.
* Fruit cobblers	X			Grains/breads portion of cobblers are creditable for snack only.
Fry bread	X		C	Limit frequency.
* Gingerbread	X		F	See Cakes. Creditable for snack only.
Graham crackers	X		B	Includes all shapes.
Grain fruit bars	X		E	Creditable for breakfast and snack only.
Granola bars	X		D and E	Creditable for breakfast and snack only.
Grits	X		H	Must be whole-grain or enriched.
Hominy		X		Hominy is not made from the whole kernel of corn and therefore, does not meet the criteria for grains/breads.
Hush puppies	X		C	Limit frequency.
Ice cream cones		X		One cone weighs about 3 grams, which is insufficient as a cookie serving size.
* Ice cream sandwich wafers	X			The wafers may be credited as a serving if the requirements are met for weight and enrichment.
Italian bread	X		B	Must be enriched or whole grain
Johnny Cake	X		C	
Kolaches	X		D	Creditable for breakfast and snacks only. See Danish.
Lavosh (Armenian cracker bread)	X		A	
Lefsa	X		B	Creditable when made with enriched or whole grain flour.
Melba toast	X		A	

GRAINS AND BREADS

These guidelines apply to children ages 1 through 12 years and adults
* in the Food column indicates items that are creditable for snacks only.

FOOD	CREDITABLE		GROUP	COMMENTS
	YES	NO		
Millet	X		H	
Muffins	X		B, C, and D	
Nacho chips	X		B	Must be enriched or whole grain
Noodles	X		H	Must be enriched.
Noodles in canned soup	X			If the product contains sufficient noodles per serving to meet minimum portion sizes. Maintain documentation on file.
Nut or seed meal or flour		X		Nuts and seeds are not grains and there are no standards for enrichment.
Oat bran	X			Credited the same as enriched or whole grain flour or meal.
Oatmeal	X		H	
Pancakes	X		C	
Party mix	X		A and I	May be credited based on the amount of cereal and/or pretzels per serving.
Pasta	X		H	Must be enriched and served in sufficient quantity.
* Pie crust, dessert pies and fruit turnovers	X		C	Creditable for snacks only; must meet minimum weight requirement.
Pie crust, meat/meat alternate pies (pot pies)	X		C	Must meet minimum weight requirement.
* Pineapple upside down cake	X		G	Creditable for snack only. See Cake.
Pita bread	X		B	
Pizza crust	X		B	
Popcorn		X		Is not grain-based, therefore does not meet the criteria for grains/breads. Caution: May cause choking in young children.
Popcorn cakes		X		Is not grain-based, therefore does not meet the criteria for grains/breads. Potential choking hazard for preschoolers and elderly population.
Popovers	X		C	Creditable for breakfast or snack only.
Potato chips or shoestring potato sticks		X		Product is not grain-based, therefore does not meet the criteria for grains/breads.

GRAINS AND BREADS

These guidelines apply to children ages 1 through 12 years and adults
* in the Food column indicates items that are creditable for snacks only.

FOOD	CREDITABLE		GROUP	COMMENTS
	YES	NO		
Potato pancakes		X		Contain a minimal amount of flour or meal.
Potatoes		X		Creditable as a fruit/vegetable component; not creditable in the grains/bread category.
* Pound cake	X		F	Creditable for snack only. See Cakes.
Pretzel, soft	X		B	
Pretzel, hard or chips	X		A	
Puff pastry	X		C	Dessert items creditable at snack only. Creditable at lunch/supper when served with meat/meat alternate. This product is high in fat. Limit frequency.
Pumpernickel bread	X		B	
Pumpkin bread	X		D	
Quick breads, banana, carrot, pumpkin, zucchini, etc.	X		D	
Quinoa	X			It must be enriched or whole grain.
Raisin bread	X		B	Credited the same as bread without raisins.
Ravioli	X		H	Only the pasta part is creditable as grains/breads.
Rice	X		H	Must be enriched or whole-grain.
Rice cakes	X		I	Creditable at all meals and snacks.
* Rice pudding	X		H	Creditable for snacks only.
Rolls	X		B	Examples: hard, parker house, dinner, kaiser, whole wheat, onion, hamburger, hot dog, etc.
Scones	X		B	
Sopapillas	X		B	
Spoon bread	X		C	
Stuffing	X		A	Homemade or commercial products. See Bread Stuffing.
Sweet rolls	X		D and E	Creditable for breakfast and snacks only. Only cinnamon rolls are creditable at lunch when served as an accompaniment to the main dish, e.g., chili and cinnamon rolls
Taco chips	X		B	See Chips, corn/cornmeal

GRAINS AND BREADS

These guidelines apply to children ages 1 through 12 years and adults
* in the Food column indicates items that are creditable for snacks only.

FOOD	CREDITABLE		GROUP	COMMENTS
	YES	NO		
Taco shells	X		B	
Tapioca		X		Does not meet the definition of grains/breads.
Toaster pastries	X		D and E	Creditable for breakfast and snack only.
Tortilla chips, wheat or corn	X		B	
Tortillas, wheat or corn	X		B	
Trail mix	X		A and I	May be credited based on the amount of cereal and/or pretzels per serving.
Turnover crust	X		C	Creditable for breakfast and snacks. Creditable for lunch or supper as part of the entrée.
Vanilla wafers	X		C	Credited as cookies at snack only.
Waffle cones		X		
Waffles	X		C	
Wheat germ	X			Credited at the same level as enriched or whole grain flour or meal.
Wild rice	X		H	
Zucchini bread	X		D	
Zwieback	X		A	

INFANT FEEDING

The Infant Meal Pattern allows for a gradual introduction of solid foods and requires breastfeeding or formula feeding up to the first birthday. The texture and amount of the feeding should be consistent with the age of the infant. For physical, mental and emotional growth, infants need foods that are rich in nutrients. Foods such as strained meat, fruit, vegetables, iron-fortified dry infant cereal, iron-fortified infant formula, and breast milk provide the maximum amount of vitamins and minerals for growing babies. Baby foods in a jar or dehydrated flakes are allowed as long as they are 100% fruits, vegetables or meats. Desserts, combination foods and dinners are not allowed since it is difficult to determine the amount of each component. The nutritional quality of the mixed foods is usually less than that of single foods.

Parents will also provide important information to help in feeding their babies. Communicate frequently with the parents so that foods served at home will coordinate with foods served in care. This assures the best care for the babies.

Caregivers are advised to check with parents to be certain that an infant has tried, and had no reaction to, baby food products containing multiple fruits or vegetables and other ingredients (such as milk, nonfat dry milk, whole milk solids, cheese, whey, wheat flour or other wheat products, tomato, corn), before serving them. Caregivers should request that parents furnish a statement signed by a recognized medical authority if their infant is allergic to and should not be fed certain foods or ingredients. The statement must be signed by a licensed physician if the allergy is severe and life-threatening. The statement should include the medical or other special dietary need which restricts the infant's diet, the food or foods to be omitted from the infant's diet, and the food or foods to be substituted.

Child care facilities must offer at least one infant formula which meets CACFP requirements if infants are in care. A parent or guardian may elect to decline the offered infant formula and supply another infant formula or breast milk. They also must indicate when their infant is ready for the other meal component(s). Meals containing only breast milk provided by parents (which could include breast milk produced by a wet nurse) are reimbursable from birth through 7 months. Meals containing only formula provided by parents are reimbursable from birth through 7 months. Meals containing formula or breast milk provided by parents, served to infants 4 months of age or older, may be claimed for reimbursement. Meals containing whole milk instead of breast milk or infant formula are not eligible for reimbursement. Whole milk has been removed from the CACFP infant meal pattern. The decision to introduce whole milk should be made in consultation with the parents. It is strongly recommended that whole milk be served between the child's first birthday until the child's second birthday.

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

Some infants consume, on average, less than the minimum serving of breast milk established for their age group. Consequently, if the full portion of breast milk is offered to an infant who does not consume that much, some of the breast milk may be wasted. Since breast milk is provided in very limited quantities, as much as possible should be conserved. USDA is permitting centers and providers to serve less than the minimum regulatory serving of breast milk to infants who regularly do not consume that amount of breast milk. However, if the full portion is not initially offered, the center or provider must offer additional breast milk if the infant is still hungry. USDA emphasizes that this provision is being adopted solely in recognition of the needs of some infants and the desire to avoid wasting already limited quantities of breast milk. Under no circumstances can centers or providers offer less than the stipulated minimum serving of infant formula or other components of the infant meal pattern.

Centers and providers must take care to ensure that breast milk is stored and handled properly to prevent possible tainting or spread of disease. In particular, all breast milk given to the center or provider should have a label stating the child's name, and centers and providers must make sure that each child receives only the breast milk supplied by its mother.

Juice should not be offered to infants until they are ready to drink from a cup. Drinking juice from a bottle can promote tooth decay. Never prop a bottle or give a bottle to a baby during nap time. This can cause choking as well as tooth decay and ear infections.

Heating bottles in a microwave oven is not recommended because uneven heating can occur and burn the infant's mouth.

In determining the creditability of infant foods, centers and providers should always carefully read the ingredient listing of commercial baby foods, including fruit and vegetable products. For example, if a label for a commercial baby food fruit or vegetable states that the first ingredient is water, then the product is not creditable. Some brands of commercial baby food fruits containing tapioca and some brands of commercial baby food creamed corn, mixed vegetables and vegetables with cheese or rice list water as the first ingredient, and thus, would not be creditable. Most products containing modified food starch and other ingredients are not reimbursable because the first ingredient in the ingredient listing on the label is water.

Commercial baby food combination dinners are not creditable in the infant meal pattern because the actual amount of various food components in the dinners is difficult to determine. However, these foods can be served as additional foods. Information on the exact percentage of ingredients in these dinners is proprietary and not available to the public. By law, combination vegetable and meat baby food dinners must contain at least eight percent meat, but the actual percentage can vary from eight percent or more. Given the small percentage of meat required to be in these foods, these dinners may not be primary source of meat/meat alternate for an infant. Combination baby food dinners generally have less nutritional value by weight than single-ingredient meats and vegetables or fruit mixed together.

Combination baby food dinners can be served as additional foods if a parent requests that they be served. If they choose, parents can provide the combination baby food dinner to the center or provider. However, combination dinners are not creditable and do not contribute to the CACFP infant meal pattern. Meat sticks or "finger sticks" (which look like miniature hot dogs) are not creditable as a meat/meat alternate in the infant meal pattern because they could present a choking risk in infants, and by the manufacturer's declaration they are designed to match the skills of children over 12 months of age.

Commercial fish sticks, other commercial breaded or battered fish or seafood products, canned fish with bones, hot dogs and sausages are not creditable as a meat/meat alternate in the infant meal pattern because these foods are not designed for consumption by infants less than 12 months of age. Infants may choke on these food items and there may be an incidental bone in fish sticks and other breaded fish products.

Yogurt is not creditable as a meal component in the infant meal pattern. Yogurt can be served as an additional food if a parent requests that it be served. Nuts, seeds and nut and/or seed butters are not creditable as a meal component in the infant meal pattern. These foods can cause an infant to choke and can also cause allergic reactions in some infants. Many of the provisions within the Grains/Breads requirements (FNS Instruction 783-1, Rev. 2) are not applicable to the infant meal pattern. Unlike the child and adult meal pattern, all meals offered to infants are not required to include grains/breads. Only breakfast for 8 months up to the first birthday is required to specifically include iron fortified infant cereal. Infant cereal can be served in addition to or as an alternate to meat/meat alternate foods at lunch and supper for this age group. The infant meal pattern specifies the types of foods to be offered and does not indicate that the broad category of

Grains/Breads is to be offered in any of the meals in the infant meal pattern. For infants eight months up until the first birthday, an option in the supplement/snack is the bread or cracker-type products made from whole-grain or enriched meal or flour which are suitable for an infant to use as a finger food. Infants gradually develop their eating, chewing and swallowing skills and they also need to be gradually introduced to a variety of foods during the first year of life. Therefore, not all Grains/Breads are appropriate for them. It would be inappropriate to feed certain Grains/Breads to infants because they may contain ingredients which could cause allergies (e.g., pancakes, waffles or muffins made with whole eggs), cause choking (e.g., hard pretzels, certain cookies, bread sticks, tortilla chips, granola bars, croutons, pieces of crunchy waffles, many ready to eat breakfast cereals), or add additional calories without being nutrient-dense foods (e.g., doughnuts, cake, brownies).

Caregivers do not need to calculate the amount of bread or the number of crackers that constitute a serving size in the infant meal pattern because the serving size range starts at zero; thus, any amount served would meet the meal requirement for these optional foods. If any of the creditable grains/breads and cracker-type products are served, they must be prepared in a form that is suitable for an infant to use as a finger food and reduces the chances of choking (e.g., small thin strips of bread are most appropriate, not a whole or half of an uncut hard bagel, English muffin, pita bread, wheat roll or soft tortilla). It is advisable that these items only be served if parents agree for them to be served and after they have previously been introduced to an infant, with no problems, by the infant's parents.

Infant cereal in the infant meal pattern is defined as "any iron-fortified dry cereal specially formulated for and generally recognized as cereal for infants that is routinely mixed with formula or milk prior to consumption." Iron fortified dry infant cereal is usually found in the baby food section of grocery stores and includes the following on the package label: "Cereal for Baby." These infant cereals should be fortified to the iron level such that the percent daily value for iron on the nutrition label is at least 45%. Iron-fortified infant cereal served to children under one year of age should not be reconstituted with whole milk.

Iron-fortified dry infant cereals containing fruit are not creditable.

Commercial jarred baby food cereals (which are "wet," not "dry") are not creditable.

Ready to eat breakfast cereal (cold dry) and breakfast cereals (cooked) are not considered "iron-fortified dry infant cereal" and are not creditable as a meal component in the infant cereal category in the infant meal pattern. These cereals are not specifically formulated or marketed for infants. In addition, some of these products may be enriched with a form of iron (e.g., ferric phosphate) which is more difficult for infants to absorb than the electrolytic iron found in infant cereals. Although enriched farina, regular oatmeal and corn grits, for example, are not creditable as infant cereal in the infant meal pattern, they can be fed as additional foods if the parent requests that they be served. Ready to eat cold or cooked breakfast cereals with nuts, seeds, raisins and hard pieces of whole grain kernels or other hard food pieces are not recommended as additional foods for infants and young children because they pose a choking risk.

Full-strength fruit juice (regular or infant juice) is the only type of juice product which qualifies for reimbursement as a snack for infants aged 8 months up to the first birthday. Although it is not specified in the regulations, it is recommended that, if juice is served, the following types of juice be selected:

- Fruit juice containing or fortified with vitamin C. Vitamin C promotes the absorption of iron in food into the body.
- Pasteurized fruit juice. Some kinds of juice and cider have not been pasteurized and may contain harmful bacteria. Frozen concentrate, shelf-stable juice in hermetically sealed containers including infant juices, and canned juices are processed or pasteurized to eliminate harmful bacteria.

Vegetable juices and fruit juices with yogurt are not creditable in the infant meal pattern, because, by regulation, only full-strength fruit juice is creditable. Although these juice products are not creditable they can be served as additional foods if a parent requests they be served.

It is highly recommended that caregivers obtain written instructions from parents who, in consultation with their infant's doctor, request that certain optional or additional foods be fed or specifically not be fed to their infant.

Honey, raw or in cooked products, should not be served to infants until after the first birthday because honey may contain harmful botulinum spores.

For more information on infants, see *Feeding Infants*, publication No. FNS-258. This is available from the Department of Education, Nutrition Services Office. Family day care home providers should contact their sponsoring organization for this publication. This publication may be downloaded from the internet at http://www.nde.state.ne.us/NS/cacfp/feeding_infants.pdf

A list of iron-fortified infant formulas that do not require a medical statement is available from the USDA web site: <http://www.fns.usda.gov/cnd/Care/Regs-Policy/infantmeals/FormulaList.htm>

Child and Adult Care Food Program

FOOD CHART

Meal Pattern Requirements for Infants

Age	Breakfast	Lunch and Supper	Snack
Birth through 3 months	4-6 fluid ounces breast milk or formula	4-6 fluid ounces breast milk or formula	4-6 fluid ounces breast milk or formula
4 months through 7 months	4-8 fluid ounces breast milk or formula 0-3 tablespoons infant cereal (optional)	4-8 fluid ounces breast milk or formula 0-3 tablespoons infant cereal (optional) 0-3 tablespoons fruit and/or vegetable (optional)	4-6 fluid ounces breast milk or formula
8 months up to first birthday	6-8 fluid ounces breast milk or formula 2-4 tablespoons infant cereal 1-4 tablespoons fruit and/or vegetable	6-8 fluid ounces breast milk or formula 2-4 tablespoons infant cereal and/or 1-4 tablespoons meat, fish, poultry, egg yolk, or cooked dry beans or peas or 1/2 - 2 ounces cheese, or 1-4 ounces cottage cheese, cheese food or cheese spread. 1-4 tablespoons fruit and/or vegetable	2-4 fluid ounces breast milk, formula, or fruit juice ¹ 0 - 1/2 slice bread or 0-2 crackers (optional)

Reminders:

- Infant formula and dry infant cereal must be iron-fortified.
- Breast milk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.
- For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
- Infant cereal, bread/crackers and fruit/vegetable servings are required once the infant is developmentally ready to accept the foods.
- Fruit juice must be 100% juice.
- Bread and crackers must be made from whole-grain or enriched flour or meal.
- The quantity listed for infant cereal is the dry weight, before any liquid (formula or breast milk) is added.

INFANT FOODS			
These guidelines apply to infants up to the first birthday.			
FORMULA/BREAST MILK			
CREDITABLE		NOT CREDITABLE	
0 - 12 months	Breast milk Iron fortified infant formula (including soy based)	0 - 12 months	Low iron infant formula Buttermilk Cream Dry milk, reconstituted Evaporated milk Goat's Milk Half and half Low fat or nonfat milk Raw or certified raw milk Reduced fat milk (example: 2% milk) Whole Milk Yogurt

A list of iron-fortified infant formulas that do not require a medical statement is available from the USDA web site: <http://www.fns.usda.gov/cnd/Care/Regs-Policy/infantmeals/FormulaList.htm>

INFANT FOODS

These guidelines apply to infants up to the first birthday

MEAT AND MEAT ALTERNATES

CREDITABLE		NOT CREDITABLE	
8 - 12 months	<p>Commercial plain strained baby food meats (including those with beef, chicken, turkey, lamb, veal and ham)</p> <p>Gerber “2nd foods,” baby food meat products (i.e., Beef and Beef Gravy, Chicken and Chicken Gravy, Ham and Ham Gravy, Lamb and Lamb Gravy, Turkey and Turkey Gravy and Veal and Veal Gravy) are creditable even if they contain additional ingredients, such as corn starch, and in some cases, lemon juice concentrate.</p> <p>Table food meat that is age appropriate and prepared to a consistency acceptable to infants</p> <p>Cheese</p> <p>Cottage cheese</p> <p>Egg yolk (cooked)</p>	0 - 12 months	<p>Canned fish with bones (salmon, sardines, etc.)</p> <p>Commercial baby food combination dinners</p> <p>Egg white</p> <p>Fish sticks, patties, nuggets or other commercial breaded or battered seafood products</p> <p>High meat dinners or lean meat dinners</p> <p>Hot dogs, frankfurters, corn dogs, sausages (any kind)</p> <p>Infant meat sticks (includes breaded meat products)</p> <p>Nuts, seeds and nut and/or seed butters</p> <p>Peanut butter</p> <p>Pedialyte</p> <p>Whole egg</p> <p>Wild game or home canned meats</p> <p>Yogurt</p>

INFANT FOODS

These guidelines apply to infants up to the first birthday.

FRUITS AND VEGETABLES

CREDITABLE		NOT CREDITABLE	
4 - 12 months	<p>Commercial baby food fruits and vegetables which list fruit or vegetable as the first ingredient in the ingredient listing on the label</p> <p>Commercial baby food fruits and vegetables which contain multiple fruits or multiple vegetables and list fruit or vegetable as the first ingredient in the ingredient listing on the label</p>	0 - 12 months	<p>Fruit and fruit juice are not interchangeable for infants - refer to Food Chart for Infants.</p> <p>Commercial baby food dinners which list fruit or vegetable as the first ingredient.</p> <p>Commercial baby foods in the jarred cereal with fruit category</p> <p>Baby food fruit desserts, (these generally have “dessert” or “pudding” as part of the product name or label)</p> <p>Vegetable juice</p>
8 - 12 months	100% fruit juice (snack only)		

INFANT FOODS

These guidelines apply to infants up to the first birthday.

**GRAINS/BREADS
AND CRACKER-TYPE PRODUCTS**

CREDITABLE		NOT CREDITABLE	
0 - 12 months	Iron-fortified dry infant cereal (no fruit added)	0 - 12 months	<p>Cooked cereals such as oatmeal and cream of wheat that are not labeled as iron-fortified infant cereal</p> <p>Ready to eat cold cereals such as crisp rice or oat circles</p> <p>Ready to feed infant cereal in jars</p> <p>Iron-fortified dry infant cereal containing fruit</p> <p>Commercial baby foods in the jarred cereal with fruit category</p>
8 - 12 months	<p align="center">BREADS</p> <p>Breads (white, wheat, whole wheat, French, Italian and similar breads, all without nuts, seeds or hard pieces of whole grain kernels).</p> <p>Biscuits</p> <p>Bagels (made without nuts, seeds or hard pieces of whole grain kernels)</p> <p>English muffins</p> <p>Pita bread (white, wheat, whole wheat)</p> <p>Rolls (white, wheat, whole wheat, potato, all without nuts, seeds or hard pieces of whole grain kernels)</p> <p>Soft tortillas (wheat or corn)</p>		

INFANT FOODS

These guidelines apply to infants up to the first birthday.

**GRAINS/BREADS
AND CRACKER-TYPE PRODUCTS**

CREDITABLE

NONCREDITABLE

**CRACKER-TYPE
PRODUCTS**

Crackers - saltines or snack
crackers made without nuts,
seeds or hard pieces of
whole grain kernels

Matzo crackers

Animal crackers

Graham crackers made
without honey (honey, even
possibly in baked goods,
could contain clostridium
botulinum spores which can
cause a type of serious
foodborne illness in infants)

Zwieback

Teething biscuits

INFANT FEEDING QUESTIONS AND ANSWERS

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

A: Certain foods are listed as “0” tablespoons” to let you know that the food is optional and should be served when the parent or guardian indicates the infant is developmentally ready for solid foods. Also, you may serve less than 1 tablespoon of those foods.
- 2) Q: Does an infant have to eat only at the specified meal times?**

A: No. The meal pattern states breakfast, lunch, supper, and snack, but that is only a guideline. Babies may need to eat every 2 to 4 hours, or more frequently than the specified times.
- 3) Q: Why are some of the food portions so small?**

A: The portions listed are the minimum amounts required by the infant feeding regulations. You may serve larger portions to those babies who would like more.
- 4) Q: Why is fruit juice not required at breakfast, lunch, and supper?**

A: The use of fruit juice, in addition to the required amount of formula or breast milk at each meal, would be too much liquid and could discourage the baby from eating solids.
- 5) Q: Can dry powdered infant formula be used instead of ready-to-feed formula?**

A: Yes, either formula may be used as long as they are in conformance with the definition of infant formula. See page 14.
- 6) Q: If a doctor recommends whole milk for an infant age 6 - 7 months, is this a reimbursable meal?**

A: Yes, the meal is reimbursable because of medical or dietary reasons. However, the doctor's supporting statement must be on file.
- 7) Q: Is canned goat's milk acceptable for the Infant meal pattern?**

A: If state and local standards define goat's milk as whole pasteurized unflavored fluid milk, then it is acceptable.
- 8) Q: Can a family day care home provider claim her own infant when formula furnished to her by the WIC Program is the only food item served?**

A: Yes. A family day care home provider can claim her own infant when only formula or breast milk is given to the infant. The formula may be either store bought or provided by WIC. The provider must be income eligible and another day care child must be present to claim the meal.
- 9) Q: Could meals be claimed for a breastfed infant, 3 months or younger, if the physician prescribes solid foods; i.e., infant cereal, for the infant?**

A: Yes. Meals can be reimbursed if the infant is offered the cereal in addition to consuming 4 - 6 ounces of breast milk or formula at the respective meal.

10) Q: Can breast milk be from a milk bank, or must it be from the mother?

A: Breast milk from a milk bank is acceptable. We do not get involved as to the source of the milk as long as it is provided by the mother.

11) Q: Are infant meal patterns flexible to reflect ethnic feeding habits and/or patterns of the parents?

A: For infants less than 8 months old, the answer is yes. The solid food components included in all the meals in the infant meal pattern for infants less than 8 months old are optional. For infants 8 months and older, the infant meal pattern is flexible to reflect ethnic and cultural food habits to a certain degree. Foods such as fruits, vegetables, fruit juices, meats, fish, poultry, egg yolk, cooked dry beans, peas, and cheese products could include home prepared ethnic or cultural foods. However, the requirements for iron-fortified infant cereal, and bread or crackers, which must be made from whole-grain or enriched meal or flour, limit flexibility with respect to ethnic and cultural food preferences.

12) Q: Can a center or provider choose to care for a breastfed infant and not care for a formula fed infant due to the cost of the formula?

A: No. In this case, it would not be right for the center or provider to manipulate the CACFP by being selective with the type of food the family has chosen to feed the infant. Once the choice is made to participate, the institution or facility could not manipulate the system and only take/claim breastfed infants.

13) Q: CACFP Regulations call for iron-fortified formula for infants. Can a center/provider serve low-iron formula without a doctor's statement and still be reimbursed?

A: No. Feeding Infants (FNS-258), page 24 states "Formula labels which say 'low-iron' do not meet the meal pattern requirements. They may be served only as a dietary substitute which requires a note from a medical doctor/other recognized medical authority."

14) Q: A parent wants her baby to receive only organic foods. The parent uses an organic baby food that she wants the center or provider to purchase which is more expensive than the infant cereal used by the center or provider. Does the center or provider have to purchase this baby food for the one child?

A: No. The center or provider provides an infant cereal. If the parent does not want this cereal the parent can furnish her own cereal. The center or provider would not claim this child's meals if the parent provides all the food. However, if the center or provider provides one of the components in at least the minimum quantities specified in the meal pattern, the center or provider could claim the meal as reimbursable.

15) Q: A 12+ month old infant is still consuming breast milk. According to the CACFP meal pattern, breast milk is not an option for fluid milk. Is a doctor's statement needed for this situation since it deviates from the meal pattern?

A: No. There are no ramifications for an otherwise healthy child who is over 12 months of age consuming breast milk rather than fluid milk, as long as the infant is also consuming solid foods. The American Academy of Pediatrics has recommended that mothers breastfeed infants until the age of two years old, as long as it is still mutually desired.

16) Q: If a family day care home provider or employee of a day care center breastfeeds her own child, is it a reimbursable meal?

A: Yes. When a family day care home provider or employee of a day care center nurses her own child at the facility and the child is enrolled for care, reimbursement may be claimed for those meals. The home provider must be income eligible and another day care child must be present to claim the meal.

17) Q: If a parent wants her baby to have a specific infant formula that is much more expensive than a regular formula, does the center or provider have to provide it?

A: USDA does not believe a center or provider should be required to purchase excessive costing formula because of a parent's preference.

18) Q: Can a CACFP center or home use and claim expired infant formula?

A: USDA doesn't establish product specifications for infant formula, so USDA hasn't issued guidance regarding expiration codes for infant formula. However, The Food Safety and Inspection Service (FSIS) has, and we are recommending the use of that guidance. A parent might choose to use expired formula, but CACFP has broader food safety and food quality standards to meet. So, expired formula supplied by either the parent or the child care giver is inappropriate for CACFP reimbursement.

19) Q: Can a parent provide a non-creditable formula and the meal be reimbursable?

A: The formula must be creditable for the meal to be reimbursable

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