



For a participant to be successful in a CACFP Webinar:

- Ensure you can focus on the information being presented:
  - **Your full attention is required.**
  - Participants should not be responsible for caring for children, preparing meals or monitoring the program during these sessions.
  - Participants are required to be present for the entire webinar to receive a certificate/credit.
- Training Materials issued by NDE will be utilized as teaching tools and referred to throughout this training. Please have them ready at the start of each session.
  - If you have **not** received the training materials, you will need to reschedule for the next available training.

# CHILD & ADULT MEAL PATTERN REQUIREMENTS FY2023





# Purpose of the CACFP

Teaching participants healthy choices for the future

Resources to support organizations to serve nutritious meals and snacks

Support the healthy growth and wellness for all participants



# Agenda

- **Meal Pattern & Menu Production Records**
  - Explanation of food components
    - Creditable vs. non-creditable
  - Minimum Quantities
  - Recording on Menu Production Records
  - Food Labels Maintenance
- **Family Style Meals**
- **Farm to Preschool**



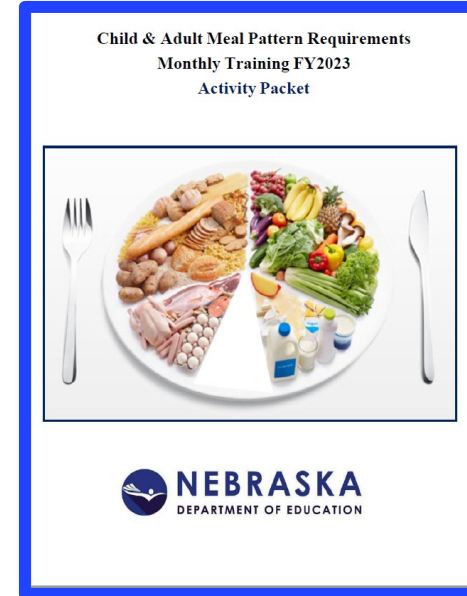


# Slide Notations

## Bottom Right Side

### Activity Packet

- Hands-on activities



### Resource

- Reviewed during this training.
- Additional information provided to enhance your learning



# Food Charts – Meal Patterns

## Child Meal Pattern

Snack (Must serve at least one component)	
Food Components and Food Items	
Fluid Milk <sup>2</sup>	
Meat/meat alternatives	
Lean Meat, poultry, or fish	
Tofu, soy product, or alternate protein product <sup>9</sup>	
Cheese	
Large Egg	
Cooked dry beans or peas	
Peanut butter or soy nut butter or another seed butter	
Yogurt, plain or flavored, sweetened or unsweetened <sup>10</sup>	
Peanuts, soy nuts, tree nuts or seeds	
Vegetables <sup>3,8</sup>	
Fruits <sup>3,8</sup>	
Grains (oz equivalent) <sup>4,5,6,7</sup>	
Whole grain-rich or enriched bread	
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry/cold) <sup>6,7</sup>	
Flakes or Rounds	
Puffed Cereal	
Granola	

### IMPORTANT—Superscript Notations

- 1—Larger portion sizes than specified may need to be served to an option **only** for at-risk after-school participants.
- 2—Must be unflavored whole milk for children age one. Must be Must be unflavored low-fat or unflavored fat-free, or flavored fat free.
- 3—Pasteurized full-strength juice may only be used to meet the requirement.
- 4—At least one serving per day, across all eating occasions, must meet the requirement.
- 5—**Breakfast only:** Meat and Meat Alternates may be used weekly. One ounce of meat and meat alternates is equal to one 9 cup yogurt, 1/4 egg or 1/8 cup cooked dry beans or peas; 6-18 1 cooked dry beans or peas)
- 6—Beginning October 1, 2019, ounce equivalents are used to determine the quantity of grains.
- 7—Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).
- 8—**Lunch and Supper only:** A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- 9—Alternate protein products must meet requirements in Appendix to Part 226.
- 10—Yogurt must contain no more than 23 grams of total sugars per 6 ounces

CHILD MEAL PATTERN REQUIREMENTS				
Breakfast (Must serve all 3 components for a reimbursable meal)				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup> (At-Risk after-school programs & Emergency Shelters)
Fluid Milk <sup>2</sup>	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables, fruits, or portions of both <sup>3</sup>	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains (oz equivalent) <sup>4,5,6,7</sup>				
Whole grain-rich or enriched bread	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>7</sup> , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry/cold) <sup>6,7</sup>				
Flakes or Rounds	1/2 cup	1/2 cup	1 cup	1 cup
Puffed Cereal	3/4 cups	3/4 cup	1 1/4 cup	1 1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup	1/4 cup
Meat/Meat Alternative in lieu of grain—Maximum 3 times per week <sup>5,8</sup>	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Lunch & Supper (Must serve all 5 components for a reimbursable meal)				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup> (At-Risk after-school programs & Emergency Shelters)
Fluid Milk <sup>2</sup>	1/2 cup	3/4 cup	1 cup	1 cup
Meat/meat alternatives				
Lean Meat, poultry, or fish	1 ounce	1 1/2 ounces	2 ounces	2 ounces
Tofu, soy product, or alternate protein product <sup>9</sup>	1 ounce	1 1/2 ounces	2 ounces	2 ounces
Cheese	1 ounce	1 1/2 ounces	2 ounces	2 ounces
Large Egg	1/2	3/4	1	1
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup
Peanut butter or soy nut butter or another seed butter	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.
Yogurt, plain or flavored, sweetened or unsweetened <sup>10</sup>	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup	8 ounces or 1 cup
Nuts—no more than 50% of requirement m/ma	1/2 ounce = 50 %	3/4 ounce = 50 %	1 ounce = 50 %	1 ounce = 50%
Vegetables <sup>3,8</sup>	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruits <sup>3,8</sup>	1/8 cup	1/4 cup	1/4 cup	1/4 cup
Grains (oz equivalent) <sup>4,5,7</sup>				
Whole grain-rich or enriched bread	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Whole grain-rich, enriched or fortified cooked cereal (dry/cold) <sup>6,7</sup> , cereal grain and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup

Nebraska Department of Education Nutrition Services

Revised June 2019

## Adult Meal Pattern

Snack	
(Must select two of the five components for a reimbursable meal)	
Food Components and Food Items <sup>1</sup>	
Fluid Milk <sup>2</sup>	
Meat/meat alternatives	
Lean Meat, poultry, or fish	
Tofu, soy product, or alternate protein product <sup>10</sup>	
Cheese	
Large Egg	
Cooked dry beans or peas	
Peanut butter or soy nut butter or another seed butter	
Yogurt, plain or flavored, sweetened or unsweetened <sup>11</sup>	
Peanuts, soy nuts, tree nuts, or seeds	
Vegetables	
Fruits <sup>3</sup>	
Grains (oz equivalent) <sup>4,6</sup>	
Whole grain-rich or enriched bread	
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	
Whole grain-rich, enriched or fortified cooked breakfast cereal grain, and/or pasta	
Flakes or rounds	
Puffed cereal	
Granola	

### IMPORTANT—Superscript Notations

- 1—Must serve all components for a reimbursable meal. Offer versus select.
- 2—Must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored and older adults. For adult participants, 6 ounces (weight) or 3/4 equivalent of 8 ounces of fluid milk once per day when yogurt is not served.
- 3—Pasteurized full-strength juice may only be used to meet the vegetable snack, per day.
- 4—At least one serving per day, across all eating occasions, must be counted towards meeting the grains requirement.
- 5—**Breakfast only:** Meat and Meat Alternates may be used to meet the maximum of three (3) times a week. One ounce of meat and meat alternate meat/cheese, 2 Tbsp nut butters, 4 oz—1/4 Cup Yogurt; 1/2 egg
- 6—Beginning October 1, 2019, ounce equivalents are used to determine.
- 7—Breakfast cereals must contain no more than 6 grams of sugar per other sugars per 100 grams of dry cereal.
- 9—**Suppers only:** A serving of fluid milk is optional for suppers served to adult participants.
- 10—Alternate protein products must meet requirements in Appendix to Part 226.
- 11—Yogurt must contain no more than 23 grams of total sugars per 6 ounces

Nebraska Department of Education Nutrition Services

March 2017

ADULT MEAL PATTERN REQUIREMENTS	
Breakfast (Must select all 3 components for a reimbursable meal)	
Food Components and Food Items <sup>1</sup>	Minimum Quantities
Fluid Milk <sup>2</sup>	1 cup
Vegetables, fruits, or portions of both <sup>3</sup>	1/2 cup
Grains (oz equivalent) <sup>4,5,6</sup>	
Whole grain-rich or enriched bread	2 ounces
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>7</sup> , cereal grain, and/or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry/cold) <sup>7</sup>	
Flakes	2 cups
Puffed Cereal	2 1/2 cups
Granola	1/2 cup
Meat/Meat Alternative in lieu of grain—Maximum 3 times per week <sup>5,8,10</sup>	2 ounces
Lunch & Supper (Must select all 5 components for a reimbursable meal)	
Food Components and Food Items <sup>1</sup>	Minimum Quantities
Fluid Milk <sup>2,9</sup>	1 cup
Meat/meat alternatives	
Lean Meat, poultry, or fish	2 ounces
Tofu, soy product, or alternate protein product <sup>10</sup>	2 ounces
Cheese	2 ounces
Large Egg	1
Cooked dry beans or peas	1/2 cup
Peanut butter or soy nut butter or another seed butter	4 Tablespoons
Yogurt, plain or flavored, sweetened or unsweetened <sup>11</sup>	8 ounces or 1 cup
Nuts—no more than 50% of requirement m/ma	1 ounce = 50% requirement
Vegetables	1/2 cup
Fruits <sup>3</sup>	1/2 cup
Grains (oz equivalent) <sup>4,6</sup>	
Whole grain-rich or enriched bread	2 ounces
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	2 ounces
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>7</sup> , cereal grain, and/or pasta	1 cup

Nebraska Department of Education Nutrition Services

March 2017

Handout



# Age Groups

1-2 years

3-5 years

6-12 years

13-18 years

Adults







# Breakfast



## Three (3) food components:

- Milk
- Vegetable, fruit, or both
- Grains (or Meat/Meat Alternates  
- max 3 times per week)
  - 1 oz of m/ma credits as 1 serving of grains)





# Lunch or Supper



## Five (5) food components:

- Milk
- Meat/Meat Alternates
- Vegetables
- Fruits
- Grains



# Snack

Select two of the five food components:

- Milk
- Meat/Meat Alternates
- Vegetables
- Fruits
- Grains





# Menu Production Records

All meals claimed for reimbursement must have a complete Menu Production Record (or Infant Production Record)

**DAILY PRODUCTION RECORD** Day & Date: \_\_\_\_\_

NUMBER OF MEALS PLANNED

AGES	BREAKFAST	LUNCH	P.M. SNACK
1 year			
2 years			
3 through 5			
6 -12 / 13-18			
Adults care/Staff			

Milk: "Whole" = "W" (1 year only), Fat-free (skim) = "FF", Low-fat = "1%" e.g. 1/2 gal. W, and 2 gal. FF  
Grains: Whole Grain = WG Other - Child Nutrition Label = CN, Product Formulation Statement = PFS; Homemade = HM

MEAL PATTERN	MENU	FOOD DESCRIPTION	QUANTITY PREPARED
<b>BREAKFAST</b> 1) Milk, Fluid 2) Vegetable, Fruit or Juice 3) Grains (by weight) Or Meat/Meat Alternate (Limit 3x week)	1) Milk 2) 3)		1) ___ gallons * ___ and ___ gallons * ___ 2) 3)
<b>LUNCH</b> 1) Milk, Fluid 2) Meat/Meat Alternate 3) Vegetable 4) Vegetable or Fruit 5) Grains	1) Milk 2) 3) 4) 5)		1) ___ gallons * ___ and ___ gallons * ___ 2) 3) 4) 5)
<b>P.M. SNACK</b> (Select 2 different components) Milk, Fluid Vegetable, Fruit or Juice Meat or Meat Alternate Grains	1) 2)		1) 2)

Nebraska Department of Education Nutrition Services REVISED 3/2017

**DAILY PRODUCTION RECORD** Day & Date: \_\_\_\_\_

NUMBER OF MEALS PLANNED

AGES	BREAKFAST	AM SNACK	LUNCH	PM SNACK	SUPPER	EVE SNACK
1 year						
2 year						
3 through 5						
6-12 / 13-18						
Adults care/Staff						

Milk: "Whole" = "W" (1 year only), Fat-free (skim) = "FF", Low-fat = "1%" e.g. 1/2 gal. W, and 2 gal. FF  
Grains: Whole Grain = WG Other - Child Nutrition Label = CN, Product Formulation Statement = PFS; Homemade = HM

MEAL PATTERN	MENU	FOOD DESCRIPTION	QUANTITY PREPARED
<b>BREAKFAST</b> 1) Milk, Fluid 2) Vegetable, Fruit or Juice 3) Grains (by weight) Or Meat/Meat Alternate (Limit 3x week)	1) Milk 2) 3)		1) ___ gallons * ___ and ___ gallons * ___ 2) 3)
<b>A.M. SNACK</b> (Select 2 different components) Milk, Fluid Vegetable, Fruit, or Juice Meat or Meat Alternate Grains	1) 2)		1) 2)
<b>LUNCH</b> 1) Milk, Fluid 2) Meat/Meat Alternate 3) Vegetable 4) Vegetable or Fruit 5) Grains	1) Milk 2) 3) 4) 5)		1) ___ gallons * ___ and ___ gallons * ___ 2) 3) 4) 5)
<b>P.M. SNACK</b> (Select 2 different components) Milk, Fluid Vegetable, Fruit, or Juice Meat or Meat Alternate Grains	1) 2)		1) 2)
<b>SUPPER</b> 1) Milk, Fluid 2) Meat/Meat Alternate 3) Vegetable 4) Vegetable or Fruit 5) Grains	1) Milk 2) 3) 4) 5)		1) ___ gallons * ___ and ___ gallons * ___ 2) 3) 4) 5)
<b>EVE SNACK</b> (Select 2 different components) Milk, Fluid Vegetable, Fruit, or Juice Meat or Meat Alternate Grains	1) 2)		1) 2)

Nebraska Department of Education Nutrition Services REVISED 3/2017

Select a record which covers the meals your program serves



# Menu Production Records

**Menu Production  
Records are required  
to be completed:**

**At the time  
the meal/snack is  
prepared.**







# Menu Production Records

## Documentation Requirements include:

- Number of meals planned for each (on top)
- Each required food component prepared and served to meet meal pattern
- Total quantity & weight based on purchase units (e.g., gallons, cans, etc.) for each food

**Commercial Software?** 

Actual food quantities must be recorded/written in manually



# USDA - Food Buying Guide

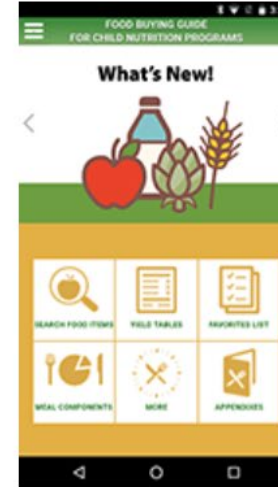
## Multiple Applications:

### Food Buying Guide:

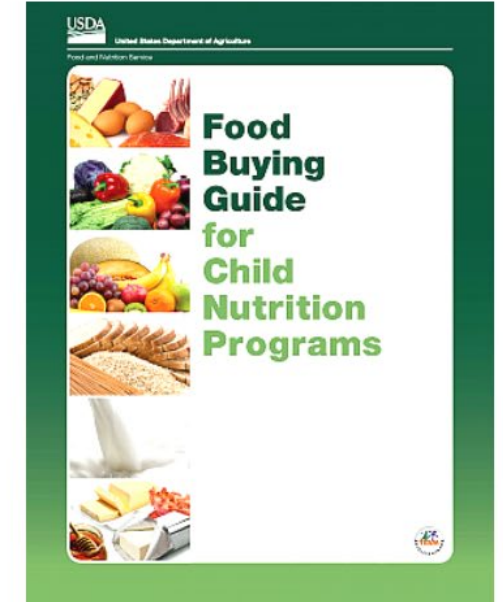
Assist sponsors to determine the quantity of food to prepare based on the # of participants



[The Food Buying Guide](https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)  
[Interactive Web-based Tool](https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)

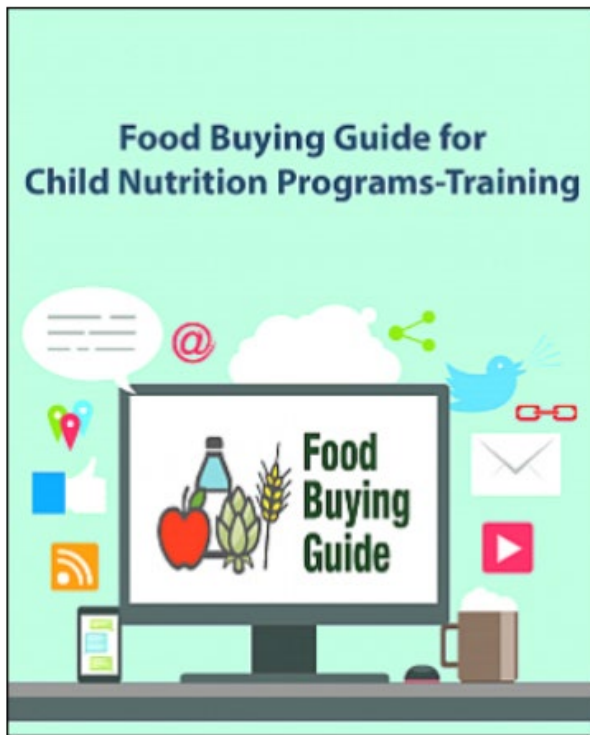


[The Food Buying Guide Mobile](https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)  
[App](https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)



[The Food Buying Guide](https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)  
[\[PDF files\]](https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>



[Module 1 – Overview of the Food Buying Guide for Child Nutrition Programs](#)



[Module 2 – Recipe Analysis Workbook \(RAW\)](#)



[Module 3 – Product Formulation Statements \(PFS\)](#)



[Recorded Webinar: Food Buying Guide Goes Digital](#)



[Recorded Webinar: Navigating the Food Buying Guide Calculator](#)



[Recorded Webinar: Exhibit A Grains Tool to the Rescue!](#)



[Maximize the Exhibit A Grains Tool!](#)

# Food Buying Guide – On-line Trainings

<https://www.fns.usda.gov/tn/food-buying-guide-training-resources>



# Fluid Milk – Minimum Servings

- Children:

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup> (At-Risk afterschool programs & Emergency Shelters)
Fluid Milk <sup>2</sup>	1/2 cup	3/4 cup	1 cup	1 cup

- Adults:

Food Components and Food Items <sup>1</sup>	Minimum Quantities
Fluid Milk <sup>2</sup>	1 cup





# Fluid Milk - One-Year-Olds



- **Whole unflavored milk required at breakfast, lunch, & supper**
  - Higher fat content is needed for healthy growth & development
- Minimum serving size @ lunch:
  - 4 fl. Oz. or ½ cup



# Fluid Milk - Transition Period

## Transition period

- Whole milk to low-fat/fat-free milk
- 1 Month (Age 24 – 25 months)





# Breastmilk – Over 1 year of age

- Allowed for children of any age
- Reimbursable:
  - If a parent/guardian provides expressed breastmilk
  - A mother breastfeeds her child on-site
- May be served in combination with other milk types for a reimbursable meal
  - i.e., mother brings  $\frac{1}{4}$  cup for 1 year old, provider would supply  $\frac{1}{4}$  cup whole unflavored milk for a total of  $\frac{1}{2}$  cup serving



# Fluid Milk - Two- to Five-Year-Olds

- Unflavored (dairy & non-dairy)
- Low-fat (1%) or fat-free (skim) cow's milk
- **Minimum serving sizes @ lunch**
  - 2 years – 4 fl. Oz. or ½ cup
  - 3-5 years – 6 fl. Oz. or ¾ cup







# Fluid Milk - 6 year olds +

- Unflavored or Flavored low-fat (1%) or skim milk
- Flavored Milk may be:
  - Pre-mixed
  - Flavored syrup or powder added
- **Minimum serving size @ lunch:** 8 fl. Oz. or 1 cup



# Fluid Milk - Adult Participants Only

- Once per day, 6 oz ( $\frac{3}{4}$  cup) of yogurt may be served in place of fluid milk
- May not be substituted for fluid milk for children of any age
- Yogurt must contain no more than 23 grams of total sugars per 6 oz
- Credits for only one food component in a single meal



# Fluid Milk - Menu Production Record

**Record the following for each milk served:**

## **Fat Content**

- Whole (W)
- 1%
- Skim/Fat-Free (FF)

**Quantity Prepared** - based on purchase unit:

- Whole Milk – ½ Gallon
- Fat-Free – 32 – 8 oz cartons
- 1% - 4 ½ Gallons



# Complete - Menu Production Record

<b>A.M. SNACK</b> (Select 2 different components) Milk, Fluid Vegetable, Fruit, or Juice Meat or Meat Alternate Grains	1) Peaches 2) Yogurt	<i>Canned- diced</i>  <i>Vanilla - "Brand Name" 13 g sugar / 8 ozs</i> <i>Svg. Size</i>	1) 3 - #10 Cans 2) 5 - 32-ounce containers
<b>LUNCH</b> 1) Milk, Fluid 2) Meat/Meat Alternate 3) Vegetable 4) Vegetable or Fruit 5) Grains	1) Milk 2) Beef Fingers 3) Peas 4) Tater Tots 5) Beef Fingers - Breeding	<i>Frozen</i>  <i>Canned</i>  <i>Frozen</i>  <i>Frozen/WG</i>	<div style="border: 2px solid red; padding: 2px;">           1) <u>1/2</u> gallons * <u>W</u> and 3 gallons * <u>1%</u> </div> 2) 15lbs <i>CN label: 4 Beef Fingers = 2 oz M/MA</i> 3) 2 - #10 Cans 4) 3 - 36 oz Bags 5) 15lbs (Same as above) <i>CN Label: 4 Beef Fingers = 1 oz</i> <i>Equivalent Grains</i>



# Request for Meal Accommodation

Meal pattern can be met with creditable substitutions

Allergy to a specific food (i.e., strawberries)

Substitutions for cows' milk:

- Nutritionally equivalent soy milks, acidified milk, lactose-free/reduced milk, buttermilk

**Request for Meal Accommodation**

This form may be used to request meal modifications for participants of the Child and Adult Care Food Program (CACFP) who have a physical or medical impairment. The care provider will work collaboratively with parents/guardians to ensure equal opportunity to participate in the CACFP and receive program benefits. However, if the care provider is unable to accommodate your participant's meal modification within the meal pattern requirements, a *Medical Statement* completed by a State licensed Medical Professional will be needed (CACFP 17-2016).

**Parent/Guardian:**  
Completing the *Request for Meal Accommodation* form helps the care provider accommodate meal modifications within the meal pattern requirements for participants with a mental or physical impairment. Your participation in this process is important and allows for advanced planning and preparation needed to provide the accommodation. The care provider is not required to provide a specific substitution (such as a particular brand name), but must offer a reasonable modification that effectively accommodates your participant's needs.

Name of Participant:		Date of Birth:
Name of Parent/Guardian:		Telephone:
Address:	City:	State/Zip:
Email Address:		
Specify any dietary restrictions or special instructions for meals:		
Describe the participant's physical or mental impairment:		

**IMPORTANT:** Reimbursable milks for children two years old and older and adults include low-fat or fat-free milk, low-fat or fat-free lactose reduced milk, low-fat or fat-free lactose free milk, low-fat or fat-free buttermilk, or low-fat or fat-free acidified milk (7 CFR 226.20(a)(1)). Milk must be pasteurized fluid milk that meets State and local standards. Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. The nutrient standards for non-dairy beverages are outlined in the CACFP regulations at 7 CFR 226.20(g)(3). To see the non-dairy beverages that meet the this requirement visit <https://www.education.ne.gov/hs/forms-resources/child-and-adult-care-food-program/>.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individual who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877- 8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

**NEBRASKA**  
DEPARTMENT OF EDUCATION

**Internal Use – Child Care Provider Information**

Return	to: _____
Phone number:	_____
Date form received by child care provider:	_____
Follow-up:	_____

Nutrition Services  
Revised: April 2018













# Milk Substitutions

## USDA Approved Non-Dairy Substitutes:



### Fluid Milk Substitutions (all ages)

Non-Dairy Beverages Meeting the United States Department of Agriculture Substitution Criteria per 8 Fluid Ounces

Nutrients	USDA Criteria per 1 cup/8 oz fluid oz	Ripple Original Non-Soy Dairy-Free	8th Continent Original Soymilk	Kirkland Signature Organic Soymilk Plain	Silk Original Soymilk	Pacific All- Natural Ultra Soy Original	Walmart Great Value Original Soymilk	Kikkoman Pearl Organic Soymilk Original	Sunrich Naturals Original Soymilk
Children under 5 years <i>may not</i> be served <i>flavored</i> milk substitutions									
Calcium (mg)	276	440	300	300	450	300	300	373	300
Protein (g)	8	8	8	8	8	10	8	8.9	8
Vitamin A (IU)	500	500	500	500	500	500	500	1249	500
Vitamin D (IU)	100	240	100	120	120	100	120	255	100
Magnesium (mg)	24	24	24	40	60	60	40	54	40
Phosphorus (mg)	222	491	250	250	250	250	250	313	250
Potassium (mg)	349	375	360	360	370	460	360	377	360
Riboflavin (mg)	0.44	0.48	0.51	0.51	0.51	0.51	0.51	0.96	0.45
Vitamin B12 (mcg)	1.1	1.1	1.2	3	3	1.5	3	2.31	1.2

The Nebraska Department of Education does not endorse the companies or products listed. This chart is for informational purposes only. Contact the manufacture at that time of purchase to ensure that the product formulations have *not* changed.  
Revised June 2021



# Medical Statement

- Required if a disability is determined
  - Intolerance or allergy to a food component
  - Impedes ability to meet meal pattern
- Must be signed by MD, DO, PA, APRN
- Sponsor required to provide substitute

MEDICAL STATEMENT		
<small>Parent/Guardian: You have requested a meal accommodation for your participant of the Child and Adult Care Food Program (CACFP) that cannot be achieved within the federal meal pattern requirements. Therefore, in order to meet your participant's needs, this form must be completed and returned to the care provider. The form must be completed by a State Licensed Health Care Professional (Physician (MD or DO), Physician's Assistant (PA), Advance Practice Registered Nurse-Nurse Practitioner (APRN-NP), or Chiropractor. A Licensed Medical Nutrition Therapist (LMNT) may also complete and sign when acting under the consultation of the licensed physician.</small>		
Name of Participant:		Date of Birth:
Name of Parent/Guardian:		Telephone:
Address:	City:	State/Zip:
Email Address:		
Description of participant's physical or mental impairment that restricts the diet:		
Specify any dietary restrictions or special instructions for meals:		
If applicable, list foods to omit:		If applicable, list foods to substitute:
Texture Modifications:		Thickness Modifications:
Signature of State Licensed Health Care Professional:		Name of referring physician working with LMNT (if applicable):
Printed Name and Title:	Phone Number:	Date:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:



# Water

- **Must be offered** and made available throughout the day
- Mealtimes: Water is not a part of a reimbursable meal
  - Cannot ask “do you want water or milk?”
  - May not be served in place of milk
  - May be offered alongside milk at meals or at snack





# Meat/Meat Alternates - Lunch

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup> (At-Risk afterschool programs & Emergency Shelters)
<b>Meat/meat alternatives</b>				
Lean Meat, poultry, or fish	1 ounce	1 1/2 ounces	2 ounces	2 ounces
Tofu, soy product, or alternate protein product <sup>9</sup>	1 ounce	1 1/2 ounces	2 ounces	2 ounces
Cheese	1 ounce	1 1/2 ounces	2 ounces	2 ounces
Large Egg	1/2	3/4	1	1
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup
Peanut butter or soy nut butter or another seed butter	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.
Yogurt, plain or flavored, sweetened or unsweetened <sup>10</sup>	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup	8 ounces or 1 cup
Nuts—no more than 50% of requirement m/ma	1/2 ounce = 50 %	3/4 ounce = 50 %	1 ounce = 50 %	1 ounce = 50%





# Meat & Meat Alternates (M/MA)

- Nuts & seeds
- Tofu
- Dry beans and peas
- Chicken
- Turkey
- Fish
- Eggs
- Pork
- Cheese
- Beef



Resource



# Meat/Meat Alternates

- Fresh/frozen animal meat (fish, beef, pork, chicken, turkey)- will provide **higher yields** & more nutritionally dense choices over commercially prepared products
- Natural cheeses – Cheddar, Mozzarella, Colby, Muenster - milder cheeses are more acceptable to a young child's palate
- Eggs – Scrambled, Boiled, etc. – offers a nice change to the menu
- Beans/Legumes – low-cost option



# Meat & Meat Alternates (M/MA)

Lunch Meat, bologna, hot dogs

- Must be **all meat**
- Can not contain fillers, extenders or byproducts
  - Extenders add “bulk” to foods without same nutritional value.
- Ok, if less than 2% (spices, etc.)

**Keep labels for these foods!**





# Byproducts, Cereals & Extenders

- Cereal
- Soy protein concentrate\*
- Isolated soy protein\*
- Sodium caseinate
- Starchy vegetable flour
- Vegetable starch
- Dry or dried whey
- Whey protein concentrate\*
- Dried milk
- Soy flour\*
- Wheat gluten
- Tapioca dextrin

\*Indicates Alternate Protein Product – may be OK but not all created “equal” so MUST obtain product specification





# Hot Dog Example

Is this Creditable? Yes or No

**Ingredients:** Beef, water, modified corn starch, contains 2% or less: salt, potassium lactate, corn syrup, sodium phosphate, natural flavor, celery juice powder, sodium diacetate, sea salt, paprika extract.



**Answer: No**



# Meat Alternate - Yogurt

- Commercial yogurt products only
- Soy yogurt is a dairy-free option
- 4 oz. ( $\frac{1}{2}$  cup) credits as 1 oz. of meat alternate
- **Contain no more than 23 grams of total sugars per 6 oz serving**





# Meat Alternate - Yogurt

Sugar limits by  
Serving Size

Write down  
selected options

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

### Choose Yogurts That Are Lower in Sugar

All yogurts served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this sugar limit. It is easy to find them by using the Nutrition Facts label and following the steps below.

**1** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.

**2** Find the Total Sugars line. Look at the number of grams (g) next to Total Sugars.

**3** Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

**4** In the table, look at the number to the right of the serving size amount, under the "Total Sugars" column. If the yogurt has that amount of sugar, or less, the yogurt meets the sugar limit.

**Nutrition Facts**  
4 servings per container  
Serving size 8 oz (227 g)

Amount per serving  
**Calories 130**

% Daily Values\*

Total Fat 2g 3%  
Saturated Fat 1.5g 8%  
Trans Fat 0g  
Cholesterol 10mg 3%  
Sodium 150mg 7%  
Total Carbohydrate 21g 7%  
Dietary Fiber 4g 17%  
**Total Sugars 9g**  
Includes 0g Added Sugars 0%  
Protein 10g  
Vitamin D 2mcg 10%  
Calcium 257mg 20%  
Iron 0mg 0%  
Potassium 344mg 8%

**Test Yourself:**  
Does the yogurt above meet the sugar limit?  
(Check your answer on the next page)  
Serving Size: \_\_\_\_\_  
Total Sugars: \_\_\_\_\_  
☐ Yes ☐ No

\*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.

### Try It Out!

Use the "table below to help find yogurts you can serve at your site. Find other information in the "Yogurts To Serve in the CACFP" list. Check the list when buying yogurts to serve in your program.

### Sugar Limits in Yogurt

Total Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Total Sugars Grams (g)
Total sugars must not be more than:	If the serving size is:	If the serving size is:	Total sugars must not be more than:
4 g	4.75 oz	135 g	18 g
5 g	5 oz	142 g	19 g
6 g	5.25 oz	149 g	20 g
7 g	5.3 oz	150 g	20 g
8 g	5.5 oz	156 g	21 g
9 g	5.75 oz	163 g	22 g
10 g	6 oz	170 g	23 g
11 g	6.25 oz	177 g	24 g
11 g	6.5 oz	184 g	25 g
12 g	6.75 oz	191 g	26 g
13 g	7 oz	198 g	27 g
14 g	7.25 oz	206 g	28 g
15 g	7.5 oz	213 g	29 g
16 g	7.75 oz	220 g	30 g
17 g	8 oz	227 g	31 g

### To Serve in the CACFP\*

Serving Size (oz or g)	Total Sugars (g):
6 oz	13

\*If you always buy the same brands and flavors of yogurt, be sure to check the serving size and to make sure they match what you have written in the list above.

**Example 1:** This yogurt has 9 grams of total sugars per 8 ounces (227 grams). The maximum amount of total sugars allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt meets the sugar limit.

FNS-652 Slightly Revised October 2019  
USDA is an equal opportunity provider, employer, and lender.



# Example: Serving Size in Ounces

- Step 1: Identify the serving size: **8 oz**
- Step 2: Find the amount for **total** Sugars: **9 grams**

Is the yogurt creditable?

**Yes**



## Nutrition Facts

4 servings per container

**Serving size 8 oz (227g)**

Amount per serving

**Calories**

**130**

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 10mg **3%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 21g **7%**

Dietary Fiber 4g **17%**

**Total Sugars** 9g

Includes 0g Added Sugars **0%**

**Protein** 10g

Vitamin D 2mcg 10%

Calcium 257mg 20%

Iron 0mg 0%

Potassium 344mg 8%





# Test your knowledge

Is the yogurt creditable? Yes or No



## Nutrition Facts

About 5 servings per container  
Serving size 2/3 cup (170g)

Amount per serving  
**Calories 150**

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** less than 5mg 2%

**Sodium** 80mg 3%

**Total Carbohydrate** 31g 11%

Total Sugars 22g

Includes 17g Added Sugars 34%

**Protein** 5g

Vitamin D 3mcg 15%

Calcium 180mg 15%

Potassium 240mg 6%

Vitamin A 170mcg 15%

Not a significant source of dietary fiber and iron.

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Serving Size**  
170 grams

**Sugars**  
22 grams

**Answer: Yes**

Activity Packet



# Test your knowledge

Is the yogurt  
creditable?

Yes or No



## Nutrition Facts

Servings: 1,  
**Serv. size: 1 cup (150g),**

Amount per serving: **Calories**

**130**, **Total Fat** 1.5g (2% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, **Cholest.** 5mg (2% DV), **Sodium** 90mg (4% DV), **Total Carb.** 25g (9% DV), Fiber 0g (0% DV), Total Sugars 21g (Incl. 15g Added Sugars, 30% DV), **Protein** 5g, Vit. D (10% DV), Calcium (15% DV), Iron (0% DV), Potas. (6% DV).

**Serving Size**

150 grams

**Sugars**

21 grams

**Answer: No**



# Meat Alternate - Yogurt

## **Non-Creditable Yogurt Products**

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt flavored products
- Yogurt bars
- Yogurt covered fruits & nuts
- Yogurt in commercially prepared smoothies





# Combination Foods

## Breaded meat items

- Chicken nuggets, Fish sticks, etc.

## Mixed dishes or Commercially Prepared Foods

- Frozen pizza, Frozen burritos, Meatballs, etc.



Child Nutrition Label (**CN**) or Product Formulation Statement required for these foods.





# Combination Foods

CN Label/ Product Formulation Statement identifies:

- Quantity one serving provides for each food component represented
- Food components  
Meat/Meat Alternate,  
Vegetable, Grain





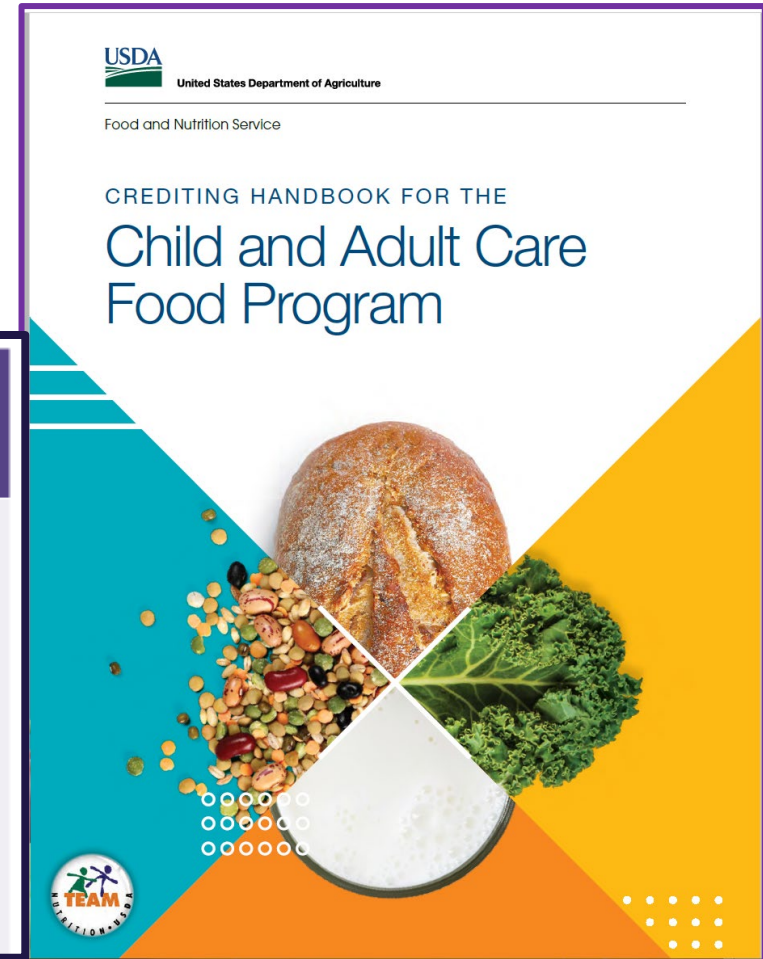


# USDA - Crediting Handbook

Identifies which foods require additional documentation



Food	Creditable			Additional Information
	Yes	Maybe	No	
Chicken Nuggets		X		The edible chicken portion is creditable toward the meats/meat alternates component. See the Meats/Meat Alternates section in the <i>Food Buying Guide</i> . Commercial chicken nuggets are creditable only if they have (1) a CN label or (2) a Product Formulation Statement. Document the meal pattern contribution of homemade nuggets with a standardized recipe. For breading/batter crediting, see the Grains section in the <i>Food Buying Guide</i> . Deep-fat frying is not allowed as a way of preparing foods onsite. Chicken nuggets credit if reheated using a method other than deep-fat frying. This product has a high fat content and should be served on a limited frequency.



<https://www.education.ne.gov/NS/forms/cacfpforms/newCACFPcreditinghandbook.pdf>



# Child Nutrition Label (CN)

## CN Label

**1 Chicken Stir-Fry Bowl**

**2** Ingredient Statement:  
Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

**3 CN**

XXXXXX

**CN** Each 4.5 oz Chicken Stir-Fry Bowl provides 1.5 oz eq meat, 1.0 oz eq grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ⅛ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 09/16). **CN**

**CN**

**Net Wt.: 18 pounds**

**4**

**INSPECTED**  
**U.S.**  
**DEPARTMENT OF**  
**AGRICULTURE**  
**P-XX**

**Chicken Wok Company**  
**1234 Kluck Street • Poultry, PA 1235**

- 1** Product Name
- 2** Ingredient Statement
- 3** CN Logo
- 4** Inspection Legend

### CN Label Requirements

It is important to know, the CN Logo (the box with CN on each side that surrounds the meal pattern contribution statement) is one of the four integral parts of a label, which includes the product name, ingredient statement, and inspection legend. All four parts must be on the product carton in order for the CN label to be valid.



# Product Formulation Statement

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

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

Product Name: \_\_\_\_\_ Code No.: \_\_\_\_\_

Manufacturer: \_\_\_\_\_ Case/Pack/Count/Portion/Size: \_\_\_\_\_

**I. Meat/Meat Alternate**  
Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount *
		X		
		X		
		X		

**A. Total Creditable M/MA Amount<sup>†</sup>**

\*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

**II. Alternate Protein Product (APP)**  
If the product contains APP, please fill out the chart below to determine the creditable amount of APP. If APP is used, you must provide documentation as described in Attachment A for each APP used.

Description of APP, manufacturer's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is <sup>‡</sup>	Divide by 18 <sup>**</sup>	Creditable Amount APP <sup>***</sup>
		X		+ by 18	
		X		+ by 18	
		X		+ by 18	

**B. Total Creditable APP Amount<sup>†</sup>**

**C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz)**

<sup>†</sup>Percent of Protein As-Is is provided on the attached APP documentation.  
<sup>\*\*</sup>18 is the percent of protein when fully hydrated.  
<sup>\*\*\*</sup>Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.  
<sup>†</sup>Total Creditable Amount must be rounded down to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do not round up. If you are crediting M/MA and APP, you do not need to round down in box A (Total Creditable M/MA Amount) until after you have added the Total Creditable APP Amount from box B to box C.

Total weight (per portion) of product as purchased \_\_\_\_\_

Total creditable amount of product (per portion) \_\_\_\_\_  
(Reminder: Total creditable amount cannot count for more than the total weight of product.)

I certify that the above information is true and correct and that a \_\_\_\_\_ ounce serving of the above product (ready for serving) contains \_\_\_\_\_ ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Signature \_\_\_\_\_ Title \_\_\_\_\_

Printed Name \_\_\_\_\_ Date \_\_\_\_\_ Phone Number \_\_\_\_\_

- Food Analysis from food **manufacturer**
- Details what food components are contained in the product and how they contribute by weight to meeting the meal pattern

**Must be signed by manufacturer**



# Combination Foods Documentation

Commercially prepared or combination food items without a CN label or Product Formation Statements **are not creditable**

Must keep CN labels on file

CN labels must be updated in your files annually

- Why? Formulations and recipes are updated frequently

Document date the CN label was retrieved from the food item package





# Child Nutrition (CN) Label

Labeled for  
**Child Nutrition**  
PROGRAMS

**A<sup>+</sup>**

**AdvancePierre**  
Foods

AdvancePierre Foods, Inc.  
9990 Princeton Glendale RD  
Cincinnati, OH 45246  
www.advancepierre.com

MEI-1490-V6A

## Country Fried Breaded Beef Patties Stick Shaped- Made With Applesauce

**INGREDIENTS:** Ground Beef (Not More Than 20% Fat), Water, Unsweetened Applesauce [Apples, Water (May Contain Erythorbic Acid), (May Contain Ascorbic Acid)], Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color)], Seasoning [Soy Sauce (Fermented Soybeans, Wheat, Salt), Sugar, Maltodextrin, Salt, Spices, Garlic Powder, Onion Powder, Soybean Oil, Disodium Inosinate and Disodium Guanylate, Natural Flavors, Extractive of Paprika], Dehydrated Onions, Salt, Potassium and Sodium Phosphates. Breaded with: Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Potatoes (Potatoes, Mono and Diglycerides, Dextrose) Yeast, Sugar, Salt, Soybean Oil (Processing Aid). Battered with: Water, Whole Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potato Flour, Salt, Modified Corn Starch, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Flavor (Contains Maltodextrin, Salt and Natural Flavors), Hydrolyzed Corn Protein, Onion Powder, Garlic Powder, Yeast Extract, Chicken Broth, Spice. Set in Vegetable Oil. **CONTAINS: SOY AND WHEAT. SAMPLE COPY NOT FOR DOCUMENTING FEDERAL MEAL REQUIREMENTS**

CN

Four 0.97 oz. Fully Cooked Country Fried Breaded Beef Patties-Stick Shaped Made with Applesauce Provide 2.00 oz. Equivalent Meat/Meat Alternate and 1.00 oz. Equivalent Grains For Child Nutrition Meal Pattern Requirements. (Use of This Logo and Statement Authorized By the Food and Nutrition Service, USDA 02-14.)

CN

**Keep Frozen Fully Cooked Net Wt. 30 LBS**

Comments or questions about AdvancePierre products? Call toll free 800-317-2333 [www.AdvancePierre.com](http://www.AdvancePierre.com)

**14164-20**

LM14164-20WG51 030916

00880760041655





# Test your Knowledge

**How many beef sticks do you need to serve to a 3–5-year-old @ lunch?**

Lunch/Supper – Minimum Servings

1.5 ounces Meat/Meat Alternate

**Four** 0.97 Full Cooked Country Fried Beef Patties-Stick Shaped Made with Applesauce provide **2.00 oz Equivalent Meat/Meat Alternate**, and when **1.00 oz. Equivalent Grains** for Child Nutrition Meal Pattern Requirements.



# Test your Knowledge

**How many would you need to serve to a 3–5-year-old @ lunch?**

**3 Beef sticks**

**Does the applesauce count as a serving of fruit?**

**No**





# Test your knowledge

How many mini corn dogs must be served to each 6–12-year age group?

Lunch/Supper – Minimum Serving  
6 -12-year-old                      2.0 ounces





# Test your knowledge

## Look at the Production Formulation Statement

- Portion size - 4 mini corn dogs
- 4 mini corn dogs - provides 1.25 oz of meat/meat alternate (One mini corn dog = 0.3125 oz m/ma)

This product is not CN labeled. This form provides equivalent meat/meat alternate and grain product information for a non CN labeled product.

Product name: Chicken Mini Corn Dog Manufacturer: Freddy's Inc. Product code: 95038  
Case: 21.97 lb Pack: 12/29.3 oz Count: about 40 per box Portion Size: 4 mini's = 2.67 oz.

**I. Meat/Meat Alternate**

Description of Creditable Ingredients per Food Buying Guide (FBG)	Oz per Raw Portion of Creditable Ingredient	Multiply	FBG Yield	Creditable Amount M/MA
Mechanically Separated Chicken 20-24%	1.33 oz. cooked frank	x		1.25
<b>A. Total Creditable M/MA Amount</b>				<b>1.25 oz.</b>

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

Description of APP, Manufacturer's Name & Code	Ounces Dry APP Per Portion	Multiply	% of Protein As-is	Divide by 18*	Creditable Amount APP
n/a		x			
<b>B. Total Creditable APP Amount</b>					
<b>C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest 1/2 oz)</b>					<b>1.25 oz.</b>

\*18 is the percent of protein when fully hydrated.

**III. Grains**

A. Does the product meet the whole grain-rich criteria? Yes ☐ No ☒

B. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program required beginning SY 2013-2014: EXHIBIT A

\*\*\*Indicate to which Exhibit A Group (A-I) the product belongs: B

Description of Product per USDA Food Buying Guide (FBG)**	Portion size of product as purchased (A)	Weight of one ounce equivalent as listed in SP 30-2102 Exhibit A (B)	Creditable Amount A ÷ B
Batter coating Group B	1.34 oz. cooked	1 oz (28g)	1.34 oz = 1.25 oz.
<b>D. Total Creditable Grain per Portion*** (rounded down to the nearest 1/2 oz)</b>			<b>1.34 oz = 1.25 oz</b>

\*\*\*Group A - Use the standard of 16 grams creditable grain per oz eq.

A 2.67 oz (4 mini) serving of the above product (ready for serving), would contain 1.25 oz of equivalent meat/meat alternate and 1.25 oz of bread alternate when prepared according to directions. I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7CFR Parts 210, 220, 225, 226, Appendix A).

Fred L. Fish Labeling Scientist 4/2/2022

This product is not CN labeled - CN equivalent meat / meat alternate calculations are subject to change without notice. Contact FF for the most current information.

This form is not valid after June 30, 2014 for National School Lunch Programs. It is valid for CAFP and SFP only.



# Test your knowledge

How many mini corn dogs must be provided to 6–12-year age group:

Lunch/Supper – Minimum Serving

**6 -12-year-old – 7 mini corn dogs**

CN labels/PFS are **not** indicators of healthy choices or economical.



Activity Packet





# Meats / Meat Alternates

## Non-Creditable Meat/Meat Alternates

- Imitation cheese or cheese products
- Canned cheese sauce or meat sauce
- Powdered cheese
- Cheese soup
- Bacon, pepperoni





# Meat/Meat Alternates

## How to Record Meat/Meat Alternates:

### Total weight prepared

Chicken Breast – 15 lbs. (fresh/frozen)

Red Beans – 1 #10 Can or 16 oz pkg.

\*\*Yogurt – 6 -16 oz

### Fat content on ground meat

Ground Beef (90/10) – 5 lbs. (fresh/frozen)

### Child Nutrition Label/Production Formulation

- Name of Product: Beef Pattie Sticks
- Quantity Prepared: 20 lbs. frozen
- How it contributes to meal: 4 sticks provide 2 oz m/ma & 1 oz of wg

\*\* Yogurt also requires brand name, flavor & sugar content per serving size\*\*



# Complete - Menu Production Record

<b>A.M. SNACK</b> (Select 2 different components) Milk, Fluid Vegetable, Fruit, or Juice Meat or Meat Alternate Grains	1) Peaches 2) Yogurt	<i>Canned- diced</i>  <i>Vanilla - "Brand          Name" 13 g sugar / 8 ozs          Svg. Size</i>	1) 3 - #10 Cans 2) 5 - 32-ounce containers
<b>LUNCH</b> 1) Milk, Fluid 2) Meat/Meat Alternate 3) Vegetable 4) Vegetable or Fruit 5) Grains	1) Milk 2) Beef Fingers 3) Peas 4) Tater Tots 5) Beef Fingers - Breeding	<i>Frozen</i>  <i>Canned</i>  <i>Frozen</i>  <i>Frozen/WG</i>	1) <u>1/2</u> gallons * <u>W</u> and 3 gallons * <u>1%</u> 2) 15lbs <i>CN label: 4 Beef Fingers = 2 oz M/MA</i> 3) 2 - #10 Cans 4) 3 - 36 oz Bags 5) 15lbs (Same as above) <i>CN Label: 4 Beef Fingers = 1 oz          Equivalent Grains</i>



# Break







# Fruits & Vegetables

## Separate components

### Acceptable forms:

- Fresh
- Frozen
- Canned (not home-canned)
  - Use fruits canned in juice or light syrup
- Dried
- Pasteurized 100% Juice - **Only allowed once a day – smoothies are considered a juice**







# Fruits & Vegetables

- Breakfast: 1 food component
  - Fruit, vegetable or combination
- Lunch & Supper: 2 components
  - 1 Vegetable & 1 Fruit **or** 2 vegetables
- Snack: Optional
  - 2 food components  
(*Not* two fruits or two veggies)





# Fruits & Vegetables - Lunch

## Minimum Servings Required

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup> (At-Risk afterschool programs & Emergency Shelters)
<b>Vegetables</b> <sup>3,8</sup>	1/8 cup	1/4 cup	1/2 cup	1/2 cup
<b>Fruits</b> <sup>3,8</sup>	1/8 cup	1/4 cup	1/4 cup	1/4 cup



# Fruits & Vegetables

- 1 c. leafy greens =  $\frac{1}{2}$  c. serving of veggies
  - Spinach, lettuce, kale
- $\frac{1}{2}$  c. cooked greens =  $\frac{1}{2}$  c. veggie
  - Collard greens
- $\frac{1}{4}$  c. dried fruit =  $\frac{1}{2}$  c. serving of fruit
  - Raisins, dried cranberries





# Fruits & Vegetables

I'M A  
VEGETABLE



## Do Not ...

- Serve 2 forms of the same vegetable or fruit
  - Mashed potatoes & Tater-tots
  - Tomatoes & Tomato Juice
- Count cooked dried beans/peas as a vegetable & a meat/meat alternative
- Display personal distaste
- Withhold fruit as a dessert



# Fruits & Vegetables – Menu Production Records

## How to Record Vegetables/Fruits:

**Quantity prepared** – Weight or by individual unit (Utilized when recording fresh produce)

- Bananas – 15 lbs. or 60 Medium Size
- Oranges – 5 lbs. or 45 Medium

**Purchase Unit** – Weight (Fresh, Frozen, Can)

- Tater-tots – 10 lbs. frozen or 6 – 16 oz bags (frozen)
- Corn – 4-#10 Cans or 4-32 oz bags (frozen)





# Complete - Menu Production Record

<b>BREAKFAST</b> 1) Milk, Fluid 2) Vegetable, Fruit or Juice 3) Grains (by weight) <b>Or</b> Meat/Meat Alternative (limit 3x week)	1) Milk 2) Oranges 3) Eggs	<i>Fresh- medium</i>  <i>Large- Scrambled</i>	1) <u>1/2</u> gallons * <u>W</u> and <u>3</u> gallons * <u>1%</u> 2) 45 <i>medium oranges</i> 3) 4 <i>dozen large eggs</i>
<b>A.M. SNACK</b> (Select 2 different components) Milk, Fluid Vegetable, Fruit, or Juice Meat or Meat Alternate Grains	1) Peaches 2) Yogurt	<i>Canned- diced</i>  <i>Vanilla -"Brand Name" 13 g sugar / 8 ozs</i> <i>Svg. Size</i>	1) 3 - #10 Cans 2) 5 - 32 ounce containers



# Creditable Grains

- **Whole**
- **Enriched**
- **Fortified**
  - Vitamins and minerals added to grain

←————→  
Example of Fortified Grain: “Rice, sugar, contains less than 2% or less of salt & malt flavor; vitamins and minerals: iron, vitamin C, vitamin E, niacin, vitamin A, vitamin B6, vitamin B1, vitamin B2, folic acid, vitamin B12, vitamin D3”



# Whole Grains

- The amount of **whole grain** determines whether a grain credits as whole grain-rich (WG) – at least 50% or more
- At least 1 serving of grains per day must be whole grain-rich
- If only one meal/snack is served per day the grain must be a whole grain



# Whole Grains

## Rule of Three:

“Whole Grain-Rich foods contain 100% whole grains, or the first grain ingredient must be whole & the next two grains in the food are whole or enriched...”

Disregard grain derivatives (i.e., cornstarch)

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

### Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List

The **ingredient list** is printed on the food packaging of products. This list includes information on flours, grains, and other ingredients that are in the product. On the ingredient list, the ingredients are listed in order of quantity. If a whole grain is listed first, you know there is more of that whole grain than anything else in the food.

In the United States Department of Agriculture's Child and Adult Care Food Program (CACFP), you can identify grains that are whole grain-rich by looking at the first three **grain** ingredients that appear on the ingredient list. This method is known as the *Rule of Three*. If the ingredient list does not include three grain ingredients, you only have to look at the grain ingredients that are present. Some whole grain-rich foods may have only one grain ingredient.

In the CACFP, at least one offering of grains per day must be whole grain-rich for children and adults. Grain-based desserts may not count towards the grain component in the CACFP, even if the grain-based dessert is whole grain-rich.

#### Step-by-Step Guide To Identifying Whole Grain-Rich Foods Using the Rule of Three

1. Find the ingredient list
2. Simplify the ingredient list
3. Look at the first ingredient
4. Look at the second grain ingredient
5. Look at the third grain ingredient

**1. Find the ingredient list ▶**

This ingredient list is for bread. In this example, you would look at the full ingredient list to determine if the bread is whole grain-rich.

**INGREDIENTS:** Whole-wheat flour, water, yeast, brown sugar, wheat gluten, contains 2% or less of each of the following: salt, dough conditioners, soybean oil, vinegar, cultured wheat flour, citric acid.

The ingredient list shown here is for a frozen cheese pizza. Because pizza is a combination food, you can see the ingredients for all the foods within the cheese pizza, such as the crust, cheese, and sauce, are listed within one ingredient list. In this example, you would look at the ingredients for the crust, to determine if the grain component of this food is whole grain-rich.

**INGREDIENTS:** Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten, contains less than 2% of each of the following: vegetable shortening, sesame flour, preservatives. Shredded mozzarella cheese: Pasteurized part skim milk, cheese, cultures, salt, enzymes. Sauce: Water, tomato paste, pizza seasoning, modified food starch.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.

**TEAM**  
NUTRITION



# Whole Grain Key Words

- Whole Durum flour
- Whole Wheat Flour
- Whole Grain Corn Flour
- Graham Flour
- Cracked Wheat
- Bromated Whole Wheat Flour
- Millet Flakes
- Quinoa
- Brown Rice/Wild Rice
- Bulgur
- Whole Grain Barley
- Whole Wheat Pasta
- Whole Grain Noodles
- Amaranth
- Oats (Quick Cooking; Instant & Steel Cut)
- Whole Corn Masa, Whole Corn Meal, Whole Corn Flour





# Whole Grains

## Preparing homemade grains:

- WG if weight of whole grains is equal to or more than the weight of the other grains



- Example:

Bread contains 3 grain ingredients

- ½ c. enriched wheat flour (50% of grain weight)
- ¼ c. whole-wheat flour (25% of grain weight)
- ¼ c. whole oats (25% of grain weight)





# Whole Grains

- When a whole grain-rich food is not served:
  - **The meal or snack containing a grain with the lowest reimbursement will be disallowed**
    - E.g., no whole grain-rich food was served for breakfast, lunch, or snack, the snack would be disallowed





# Test Your Knowledge

Is this whole grain rich? Yes or No

Ingredients: Whole-Wheat Flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), graham flour, sugar, wheat gluten.



# Test Your Knowledge

Is this whole grain rich? **Yes**

Ingredients: **WHOLE-WHEAT FLOUR**, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), graham flour, sugar, wheat gluten.



# Test your Knowledge

Is this a Whole Grain?

**Ingredients:** Made with Smiles and Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese ([Cultured milk, salt, enzymes] Annatto), Vegetable Oils (Canola, Sunflower and/or Soybean) Salt, Contains 2% or less of: Yeast, Autolyzed yeast extract, paprika, spices, celery, baking soda, monocalcium phosphate, onion powder.

Yes or No







# Test your Knowledge

Is this a Whole Grain?

**Ingredients:** Made with Smiles and Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese ([Cultured milk, salt, enzymes] Annatto), Vegetable Oils (Canola, Sunflower and/or Soybean) Salt, Contains 2% or less of: Yeast, Autolyzed yeast extract, paprika, spices, celery, baking soda, monocalcium phosphate, onion powder.

Yes





# Test your Knowledge

Is this a Whole Grain? Yes or No

**Ingredients:** Unbleached enriched flour (Wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B<sup>1</sup>), Riboflavin (Vitamin B<sup>2</sup>), Folic Acid), Whole Grain Wheat Flour, Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Leavening (Calcium Phosphate and/or Baking Soda) Salt, High Fructose Syrup, Soy Lecithin.





# Test your Knowledge

Is this a Whole Grain? **No**

**Ingredients:** Unbleached enriched flour (Wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B<sup>1</sup>), Riboflavin (Vitamin B<sup>2</sup>), Folic Acid), Whole Grain Wheat Flour, Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Leavening (Calcium Phosphate and/or Baking Soda) Salt, High Fructose Syrup, Soy Lecithin.





# Test your Knowledge

Is this a Whole Grain? Yes or No

**Ingredients:** Whole Wheat, Degermed Yellow Corn Meal, Enriched Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean, Canola, and/or Rice Bran), Sugar. Contains 2% or less of Salt, Rye, Flour, Maltodextrin, Yeast, Spices, Color added, Dextrose, Distilled Monoglycerides, Baking Soda, Trisodium Phosphate, Yellow Corn Flour, Calcium Carbonate, Autolyzed Yeast, Dried Onion, Dried Garlic, Hydrolyzed Soy Protein, Barley Malt Syrup, Citric Acid, Disodium Guanylate, Natural Flavor, Freshness Preserved by BHT.







# Test your Knowledge

Is this a Whole Grain? **No**

**Ingredients:** Whole Wheat, **Degermed Yellow Corn Meal**, Enriched Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean, Canola, and/or Rice Bran), Sugar. Contains 2% or less of Salt, Rye, Flour, Maltodextrin, Yeast, Spices, Color added, Dextrose, Distilled Monoglycerides, Baking Soda, Trisodium Phosphate, Yellow Corn Flour, Calcium Carbonate, Autolyzed Yeast, Dried Onion, Dried Garlic, Hydrolyzed Soy Protein, Barley Malt Syrup, Citric Acid, Disodium Guanylate, Natural Flavor, Freshness Preserved by BHT.







# Test your Knowledge

Is this a Whole Grain?

Yes or No

**Ingredients:** Semolina (Wheat), Durum, Wheat Flour.

**Vitamins/Minerals:** Vitamin B<sup>3</sup> (Niacin), Iron (Ferrous Sulfate), Vitamin B<sup>1</sup>, Vitamin B<sup>2</sup>, Folic Acid





# Test your Knowledge

Is this a Whole Grain? **No**

**Ingredients:** Semolina (Wheat),  
Durum, Wheat Flour.

**Vitamins/Minerals:** Vitamin B<sup>3</sup>  
(Niacin), Iron (Ferrous Sulfate),  
Vitamin B<sup>1</sup>, Vitamin B<sup>2</sup>, Folic Acid



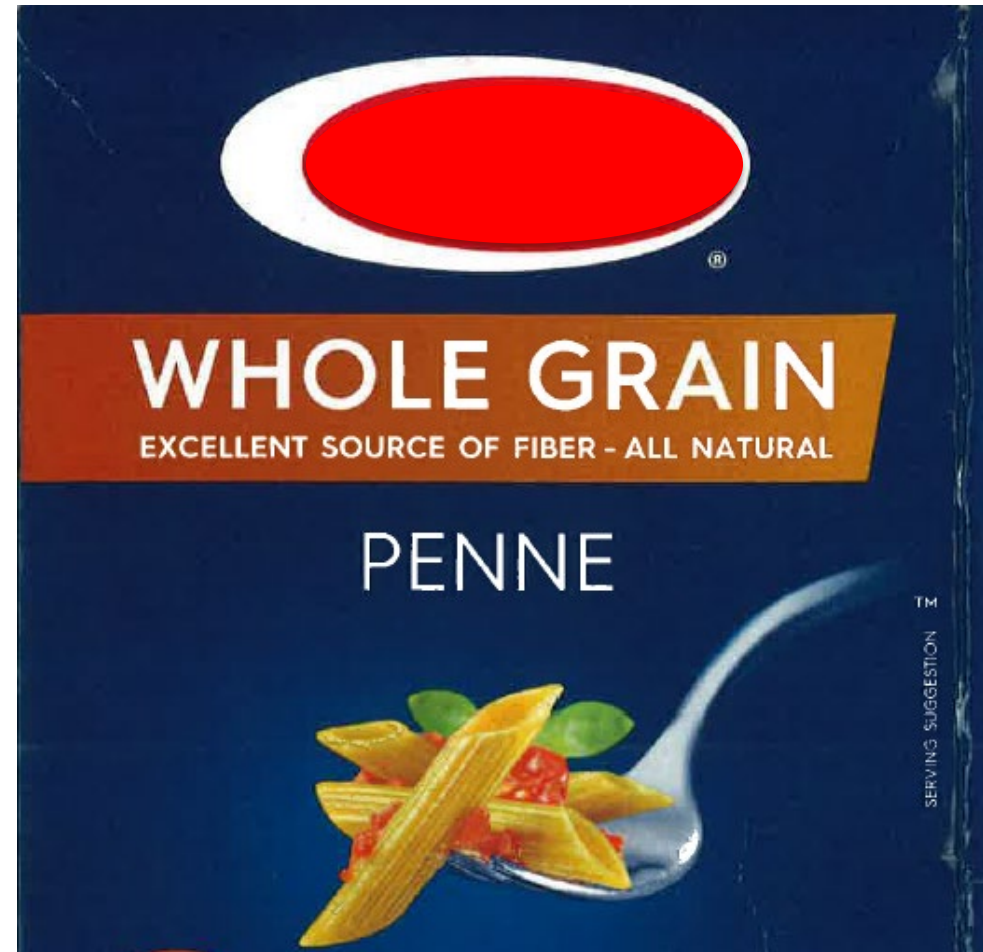


# Test your Knowledge

Is this a Whole Grain?

Yes or No

**Ingredients:** Whole Grain Durum Wheat Flour.

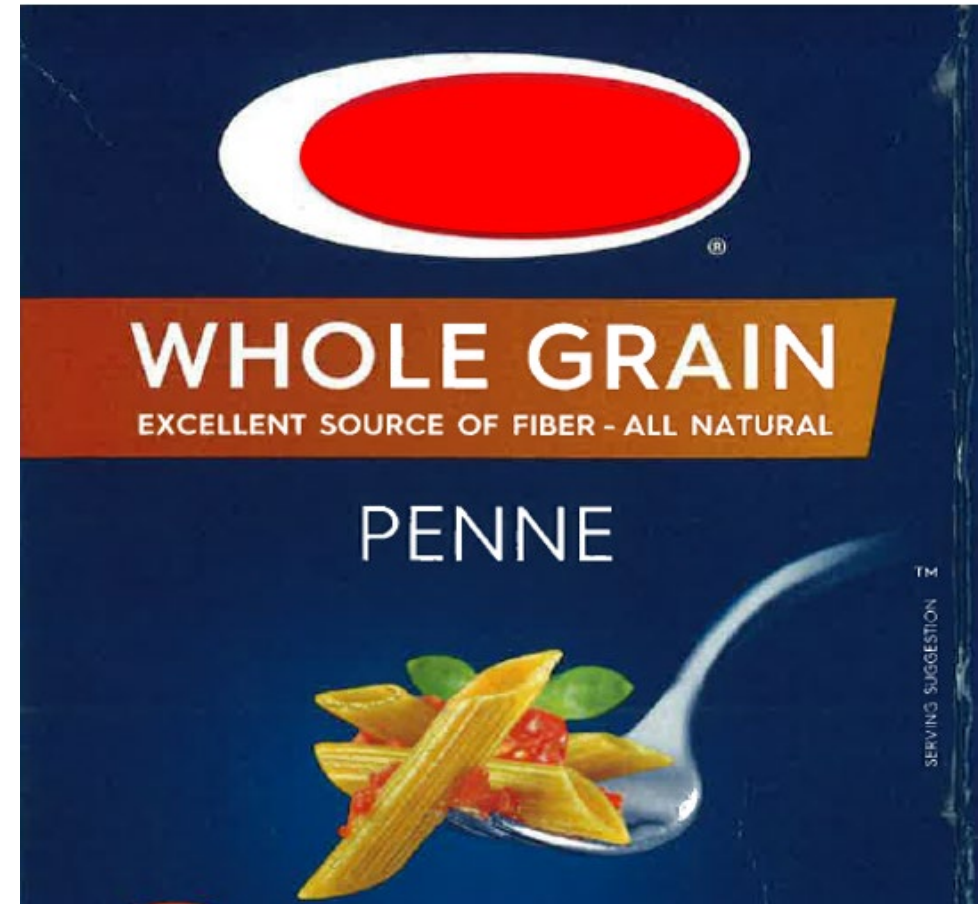




# Test your Knowledge

Is this a Whole Grain? **Yes**

**Ingredients:** Whole Grain Durum Wheat Flour.





# Test your Knowledge

Is this a Whole Grain?

Yes or No

**Ingredients:** Enriched Wheat Flour [flour, malted barley flour, reduced iron, niacin, thiamin, mononitrate (vitamin B<sup>1</sup>) riboflavin (vitamin B<sup>2</sup>) ] Water, Whole Grain Wheat Flour, Sugar, Yeast, What Gluten, cellulose fiber, calcium sulfate, salt, soybean oil, preservatives (calcium propionate, sorbic acid), monoglycerides, soy flour, datem, grain vinegar, citric acid, soy lecithin, vitamin D<sup>3</sup>, potassium iodate.







# Test your Knowledge

Is this a Whole Grain? **No**

**Ingredients:** Enriched Wheat Flour [flour, malted barley flour, reduced iron, niacin, thiamin, mononitrate (vitamin B<sup>1</sup>) riboflavin (vitamin B<sup>2</sup>) ] Water, Whole Grain Wheat Flour, Sugar, Yeast, What Gluten, cellulose fiber, calcium sulfate, salt, soybean oil, preservatives (calcium propionate, sorbic acid), monoglycerides, soy flour, datem, grain vinegar, citric acid, soy lecithin, vitamin D<sup>3</sup>, potassium iodate.





# Test your Knowledge

Is this a Whole Grain?

Yes or No

**Ingredients:** Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Soybean Oil, Salt, Molasses, Wheat Bran, Calcium Propionate (preservative), datem, monoglycerides, calcium sulfate, cellulose gum, monocalcium phosphate, cornstarch, soy lecithin, citric acid, grain vinegar, potassium iodate.





# Test your Knowledge

Is this a Whole Grain? **Yes**

**Ingredients:** Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Soybean Oil, Salt, Molasses, Wheat Bran, Calcium Propionate (preservative), datem, monoglycerides, calcium sulfate, cellulose gum, monocalcium phosphate, cornstarch, soy lecithin, citric acid, grain vinegar, potassium iodate.





# Grains – Minimum Serving Sizes

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup> (At-Risk afterschool programs & Emergency Shelters)
<b>Grains (oz equivalent)<sup>4,6,7</sup></b>				
Whole grain-rich or enriched bread	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	1/2 ounce	1/2 ounce	1 ounce	1 ounce
Whole grain-rich, enriched or fortified cooked cereal (dry/cold) <sup>6,7</sup> cereal grain and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup



# Grains Chart

## Ounce Equivalent Grains

- Grains credit as ounce equivalent instead of “servings”
- Let’s look at differences between groups

CACFP Grain Serving Sizes <sup>1,2</sup>	
Group A	Ounce Equivalent – Group A
Bread type coating	1 oz eq = 22 gm or 0.8 oz
Bread sticks (hard)	¾ oz eq = 17 gm or 0.6 oz
Chow mein noodles	½ oz eq = 11 gm or 0.4 oz
Savory crackers (saltines and snack crackers)	¼ oz eq = 6 gm or 0.2 oz
CROUTONS	
Pretzels (hard)	
Stuffing (dry) Note: weights apply to bread stuffing	
Group B <sup>3</sup>	Ounce Equivalent – Group B
Bagels	1 oz eq = 28 gm or 1.0 oz
Batter type coating	¾ oz eq = 21 gm or 0.75 oz
Biscuits	½ oz eq = 14 gm or 0.5 oz
Breads (white, whole wheat, French, Italian)	¼ oz eq = 7 gm or 0.25 oz
Buns (hamburger and hot dog)	
Egg roll skins	
English muffins	
Pita bread (white, whole-wheat, whole grain-rich)	
Pizza crust	
Pretzels (soft)	
Rolls (white, whole-wheat, whole grain-rich)	
Tortillas (wheat or corn)	
Tortilla chips (wheat or corn)	
Taco shells	
Group C <sup>3</sup>	Ounce Equivalent – Group C
Combread	1 oz eq = 34 gm or 1.2 oz
Corn muffins	¾ oz eq = 26 gm or 0.9 oz
Croissants	½ oz eq = 17 gm or 0.6 oz
Pancakes	¼ oz eq = 9 gm or 0.3 oz
Pie crust (Meat/Meat alternate pies only)	
Waffles	
Group D	Ounce Equivalent – Group D
Muffins (all, except corn)	1 oz eq = 55 gm or 2.0 oz
Quick breads (banana, zucchini, pumpkin, etc.)	¾ oz eq = 42 gm or 1.5 oz
	½ oz eq = 28 gm or 1.0 oz
	¼ oz eq = 14 gm or 0.5 oz
Group E <sup>3</sup>	Ounce Equivalent – Group E
French toast	1 oz eq = 69 gm or 2.4 oz
	¾ oz eq = 52 gm or 1.8 oz
	½ oz eq = 35 gm or 1.2 oz
	¼ oz eq = 18 gm or 0.6 oz
Group F <sup>3</sup>	
Grains listed in this category are not allowed in CACFP.	





# Grains Chart

Group B	Ounce Equivalent – Group B
Bagels Batter type coating Biscuits Breads (white, whole wheat, French, Italian) Buns (hamburger and hot dog) Egg roll skins English muffins Pita bread (white, whole-wheat, whole grain-rich) Pizza crust Pretzels (soft) Rolls (white, whole-wheat, whole grain-rich) Sweet Crackers (graham crackers –all shapes, animal crackers) Tortillas (wheat or corn) Tortilla chips (wheat or corn) Taco shells	1 oz eq = 28 gm or 1.0 oz $\frac{3}{4}$ oz eq = 21 gm or 0.75 oz $\frac{1}{2}$ oz eq = 14 gm or 0.5 oz $\frac{1}{4}$ oz eq = 7 gm or 0.25 oz
Group C	Ounce Equivalent – Group C
Cornbread Corn muffins Croissants Pancakes Pie crust (Meat/Meat alternate pies only) Waffles	1 oz eq = 34 gm or 1.2 oz $\frac{3}{4}$ oz eq = 26 gm or 0.9 oz $\frac{1}{2}$ oz eq = 17 gm or 0.6 oz $\frac{1}{4}$ oz eq = 9 gm or 0.3 oz



# Grains – Combination Foods



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Examples of Combination Foods:  
(Pizza, Burrito, Chicken Tenders, etc.)

A combination food **must** have

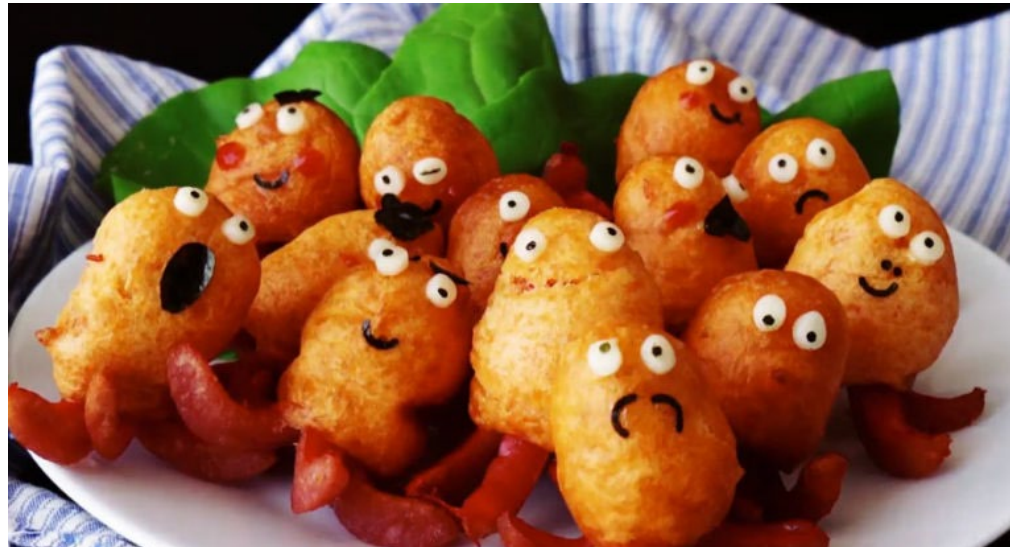
- CN label **or**
- Production Formulation Statement **or,**
- Recipe



# Grains – Combination Foods

**Key terms listed** on CN Labels or Production Formulation Statement:

- Ounce Equivalent = **Whole Grain**
- Creditable grain = **Bread/Bread Alternate**





# Grains – Combination Foods

Is this a Whole Grain?

**Four** fully cooked mini's corn dogs made with chicken provides 1.25 **oz Equivalent Meat/Meat Alternate**, and **1.25 oz. Bread alternate** for Child Nutrition Meal Pattern Requirements.

**No; but it is a creditable grain**



# Test your Knowledge

Is this a Whole Grain?

**Four** 0.97 Full Cooked Country Fried Beef Patties- Stick Shaped Made with Applesauce provide **2.00 oz Equivalent Meat/Meat Alternate**, and when **1.00 oz. Equivalent Grains** for Child Nutrition Meal Pattern Requirements.

**Yes**





# Grains – Breakfast Cereals

- Types: Ready-to-eat, granola, instant, & regular hot cereal
- **Must contain no more than 6 grams of total sugar per dry oz**
- Use WIC Approved Grains & Breakfast Cereals List

BREAKFAST CEREALS – 12 to 36 OUNCE PACKAGE	
COLD CEREAL	*WHOLE GRAIN
CHOOSE FROM THESE BRANDS:	
GENERAL MILLS: Cheerios*, Multigrain Cheerios*, Kix*, Berry Berry Kix*, Honey Kix*, Wheat Chex*, Whole Grain Total*, Wheaties*, Fiber One Honey Clusters*, Blueberry Chex, Cinnamon Chex, Corn Chex, Rice Chex, Vanilla Chex	GREAT VALUE: Wheat Squares*, Frosted Shredded Wheat*, Bran Flakes*, O's*, Multigrain O's*, Corn Squares, Corn Flakes, Rice Squares, Crispy Rice, Crunchy Honey Oats
KELLOGG'S: Frosted Mini Wheats*, Frosted Mini Wheats Little Bites*, Frosted Mini Wheats Touch of Fruit Raspberry*, All Bran Complete Wheat Bran Flakes*, Special K Protein Honey Almond Ancient Grains*, Special K Protein Multigrain Cinnamon*, Special K Original, Rice Krispies, Corn Flakes, Crispix	HY-VEE: Wheat Squares*, Frosted Shredded Wheat Plain*, Blueberry* or Strawberry*, Bran Flakes*, Tasteeos*, Multigrain Tasteeos*, Simple Living Oat Squares*, Nutty Nuggets*, Corn Squares, Corn Flakes, Crispy Hexagons, Rice Squares, Crispy Rice, Oats & More Almonds, Oats & More Honey, Essentially You
MALT O MEAL: Frosted Mini Spooners*, Strawberry Mini Spooners*, Crispy Rice	KROGER: Frosted Shredded Wheat Plain*, Blueberry* or Strawberry*, Bran Flakes*, Toasted Oats*, Multigrain Toasted Oats*, Oat Squares*, Living Well*, Nutty Nuggets*, Corn Flakes, Rice Bitz, Crispy Rice, Honey Crisp Medley Almonds
POST: Grape Nuts*, Grape Nuts Flakes*, Great Grains Banana Nut Crunch*, Honey Bunches of	

[http://dhhs.ne.gov/publichealth/Documents/WIC\\_Approved\\_Food\\_List.pdf](http://dhhs.ne.gov/publichealth/Documents/WIC_Approved_Food_List.pdf)



# USDA – Cereal Guidelines

Sugar limits listed  
by serving sizes

Write down  
selected options

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

### Choose Breakfast Cereals That Are Lower in Sugar

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must not have more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this sugar limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the sugar limit by using the Nutrition Facts label and following the steps below:

- 1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- 2 Find the **Total Sugars** line. Look at the number of grams (g) next to Total Sugars.
- 3 Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.
- 4 In the table, look at the number to the right of the serving size amount, under the "Total Sugars" column.  
If the cereal has that amount of sugar, or less, the cereal meets the sugar limit.

Serving Size*	Total Sugars
If the serving size is:	Total sugars must not be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

**Yummy Brand Cereal**

**Nutrition Facts**  
15 servings per container  
Serving size ¾ cup (30g)

Amount per serving	% Daily Value*
<b>Calories</b> 100	
<b>Total Fat</b> 0.5g	1%
<b>Saturated Fat</b> 0g	0%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 22g	7%
<b>Dietary Fiber</b> 3g	11%
<b>Total Sugars</b> 5g	
Includes 4g Added Sugars	8%
<b>Protein</b> 3g	

**Test Yourself:**  
Does the cereal above meet the sugar limit?  
(Check your answer on the next page)  
Serving Size: \_\_\_\_\_  
Total Sugars: \_\_\_\_\_  
☐ Yes ☐ No

\*Serving sizes here refer to those commonly found for breakfast cereals.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>

**TEAM**  
NUTRITION

## Out!

Help find cereals you can serve at your site. Look in the "Cereals To Serve in the CACFP" list for serving sizes and total sugars to help you choose cereals to serve in your program.

### Cereals To Serve in the CACFP

Serving Size	Total Sugars
If the serving size is:	Total sugars must not be more than:
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams
83-87 grams	18 grams
88-91 grams	19 grams
92-96 grams	20 grams
97-100 grams	21 grams

### Record Your Selections

Serving Size	Total Sugars (g)
28 grams	5 grams

Use the same brands and types of cereal, be sure to check the serving size and total sugars listed. They must match what you have written in the list above. All cereals served must be enriched, or fortified.

**Example:** The cereal has 5 grams of total sugars and the serving size is 30 grams of cereal is 6 grams. This cereal meets the sugar limit.

FNS-653 Slightly Revised October 2019  
USDA is an equal opportunity provider, employer, and lender.



# Test your Knowledge



**Serving Size:**  
1 Cup (42 grams)

**Sugars:**  
8 grams

Nutrition Facts			
About 12 servings per container			
Serving Size		1 Cup (42g)	
	Cereal Alone	With 2/3 Cup Vit A & D Fortified Skim Milk	
Calories	160	210	
	% DV*	% DV*	
Total Fat	2g 2%	2g	3%
Saturated Fat	0g 0%	0g	0%
Trans Fat	0g	0g	
Polyunsaturated Fat	0.5g	0.5g	
Monounsaturated Fat	0.5g	0.5g	
Cholesterol	0mg 0%	<5mg	1%
Sodium	210mg 9%	280mg	12%
Total Carb.	33g 12%	41g	15%
Dietary Fiber	3g 10%	3g	10%
Total Sugars	8g	16g	
Incl. Added Sugars	8g 16%	8g	16%
Protein	4g	10g	
Vitamin D	0mcg 0%	2mcg	8%
Calcium	150mg 10%	350mg	25%
Iron	13.2mg 70%	13.3mg	70%
Potassium	120mg 2%	370mg	6%
Thiamine	0.36mg 30%	0.42mg	35%
Riboflavin	0.33mg 25%	0.65mg	50%
Niacin	4mg 25%	4.8mg	30%
Vitamin B6	0.43mg 25%	0.51mg	30%
Folate	240mcg 60% DFE	240mcg	60% DFE
Folic Acid	135mcg	135mcg	
Phosphorus	130mg 10%	250mg	20%
*Amount in Cereal. One half cup skim milk contributes an additional 65mg Sodium, 200mg Potassium, 8g Total Carbohydrates (8g Sugars) and 4g Protein.			
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

**Ingredients:** Whole grain oat flour, corn flour, sugar, whole wheat flour, salt, calcium carbonate, disodium phosphate, tocopherols (to preserve freshness), reduced iron, niacinamide\*, annatto (color), thiamine mononitrate\*, pyridoxine hydrochloride\*, riboflavin\*, folic acid\*.  
\*One of the B vitamins.



# Test your Knowledge



Nutrition Facts			
About 12 servings per container			
Serving Size		1 Cup (42g)	
	Cereal Alone		With 2/3 Cup Vit A & D Fortified Skim Milk
Calories	160		210
	% DV*		% DV*
Total Fat	2g 2%	2g	3%
Saturated Fat	0g 0%	0g	0%
Trans Fat	0g	0g	
Polyunsaturated Fat	0.5g	0.5g	
Monounsaturated Fat	0.5g	0.5g	
Cholesterol	0mg 0%	<5mg	1%
Sodium	210mg 9%	280mg	12%
Total Carb.	33g 12%	41g	15%
Dietary Fiber	3g 10%	3g	10%
Total Sugars	8g	16g	
Incl. Added Sugars	8g 16%	8g	16%
Protein	4g	10g	
Vitamin D	0mcg 0%	2mcg	8%
Calcium	150mg 10%	350mg	25%
Iron	13.2mg 70%	13.3mg	70%
Potassium	120mg 2%	370mg	6%
Thiamine	0.36mg 30%	0.42mg	35%
Riboflavin	0.33mg 25%	0.65mg	50%
Niacin	4mg 25%	4.8mg	30%
Vitamin B6	0.43mg 25%	0.51mg	30%
Folate	240mcg 60% DFE	240mcg	60% DFE
Folic Acid	135mcg	135mcg	
Phosphorus	130mg 10%	250mg	20%
*Amount in Cereal. One half cup skim milk contributes an additional 65mg Sodium, 200mg Potassium, 6g Total Carbohydrates (6g Sugars) and 4g Protein.			
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

Ingredients: Whole grain oat flour, corn flour, sugar, whole wheat flour, salt, calcium carbonate, disodium phosphate, tocopherols (to preserve freshness), reduced iron, niacinamide\*, annatto (color), thiamine mononitrate\*, pyridoxine hydrochloride\*, riboflavin\*, folic acid\*. \*One of the B vitamins.

Is this Creditable?  
Yes or No

Answer: Yes





# Test your Knowledge



**Serving Size:**  
1 Cup (42 grams)

**Sugars:**  
10 grams

Nutrition Facts			
About 9 servings per container			
Serving Size		1 Cup (42g)	
	Cereal Alone	With 2/3 Cup Vit A & D Fortified Skim Milk	
Calories	160	210	
	% DV*	% DV*	
Total Fat	2g 2%	2g	2%
Saturated Fat	0g 0%	0g	0%
Trans Fat	0g	0g	
Polyunsaturated Fat	0.5g	0.5g	
Monounsaturated Fat	0.5g	0.5g	
Cholesterol	0mg 0%	<5mg	1%
Sodium	200mg 9%	270mg	12%
Total Carb.	33g 12%	41g	15%
Dietary Fiber	3g 10%	3g	10%
Total Sugars	10g	18g	
Incl. Added Sugars	10g 19%	12g	24%
Protein	4g	9g	
Vitamin D	0mcg 0%	2mcg	8%
Calcium	160mg 10%	360mg	25%
Iron	11.2mg 60%	11.3mg	60%
Potassium	110mg 2%	370mg	6%
Thiamine	0.36mg 30%	0.42mg	35%
Riboflavin	0.39mg 30%	0.65mg	50%
Niacin	4.8mg 30%	4.8mg	30%
Vitamin B6	0.51mg 30%	0.51mg	30%
Folate	240mcg 60%	240mcg	60%
Folic Acid	149mcg	149mcg	
Phosphorus	100mg 8%	250mg	20%

\*Amount in Cereal. One half cup skim milk contributes an additional 85mg Sodium, 200mg Potassium, 6g Total Carbohydrates (6g Sugars) and 4g Protein.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Whole grain oat flour, sugar, corn flour, whole wheat flour, calcium carbonate, salt, cinnamon, disodium phosphate, caramel color, tocopherols (to preserve freshness), reduced iron, niacinamide\*, natural flavor, thiamine mononitrate\*, annatto (color), pyridoxine hydrochloride\*, riboflavin\*, folic acid\*. \*One of the B vitamins.

CONTAINS WHEAT INGREDIENTS.

632-1-52





# Test your Knowledge



## Nutrition Facts

About 9 servings per container

Serving Size 1 Cup (42g)

	Cereal Alone		With 2/3 Cup Vit. A & D Fortified Skim Milk	
Calories	160		210	
	% DV*		% DV*	
Total Fat	2g	2%	2g	2%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Polyunsaturated Fat	0.5g		0.5g	
Monounsaturated Fat	0.5g		0.5g	
Cholesterol	0mg	0%	<5mg	1%
Sodium	200mg	9%	270mg	12%
Total Carb.	33g	12%	41g	15%
Dietary Fiber	3g	10%	3g	10%
Total Sugars	10g		18g	
Incl. Added Sugars	10g	19%	12g	24%
Protein	4g		9g	
Vitamin D	0mcg	0%	2mcg	8%
Calcium	160mg	10%	360mg	25%
Iron	11.2mg	60%	11.3mg	60%
Potassium	110mg	2%	370mg	6%
Thiamine	0.36mg	30%	0.42mg	35%
Riboflavin	0.39mg	30%	0.65mg	50%
Niacin	4.8mg	30%	4.8mg	30%
Vitamin B6	0.51mg	30%	0.51mg	30%
Folate	240mcg	60%	240mcg	60%
Folic Acid	149mcg		149mcg	
Phosphorus	100mg	8%	250mg	20%

\*Amount in Cereal. One half cup skim milk contributes an additional 65mg Sodium, 200mg Potassium, 0g Total Carbohydrates (0g Sugars) and 4g Protein.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Whole grain oat flour, sugar, corn flour, whole wheat flour, calcium carbonate, salt, cinnamon, disodium phosphate, caramel color, tocopherols (to preserve freshness), reduced iron, niacinamide\*, natural flavor, thiamine mononitrate\*, annatto (color), pyridoxine hydrochloride\*, riboflavin\*, folic acid\*. \*One of the B vitamins.

CONTAINS WHEAT INGREDIENTS.

632-1-52

Is this Creditable?  
Yes or No

Answer: No



# Grains – Menu Production Records

## How to Record Grains:

### Homemade Grains

Record the Avg. volume/weight of prepared grain & # prepared:

- 20 – 2 oz Blueberry Muffins
- 60 – 1 oz Pancakes

### Commercially Prepared

Record the # of packages & weight of each package prepared:

- 4 – 16 oz Hamburger Buns
- 4 -24 oz Boxes of Cheerio's

Identify Whole Grains = WG

Record brand names of cereals & sugar content per serving size



# Complete - Menu Production Record

<b>P.M. SNACK</b> (Select 2 different components) Milk, Fluid Vegetable, Fruit, or Juice Meat or Meat Alternate Grains	1) Milk 2) Cereal	<b>Note:</b> Cereal Name & Type. <i>Example: Cheerio's; Plain 1 g sugar /30g Svg. Size</i>	1) <u>1</u> / <u>2</u> gallons * <u>W</u> and <u>3</u> gallons * <u>1</u> % 2) <i>2-21 ounce boxes</i>
<b>SUPPER</b> 1) Milk, Fluid 2) Meat/Meat Alternate 3) Vegetable 4) Vegetable or Fruit 5) Grains	1) Milk 2) Ground Turkey 3) Carrot sticks 4) Applesauce 5) Spaghetti noodles	<i>Fresh</i>  <i>Fresh</i>  <i>Canned</i>  <i>Enriched</i>	1) <u>1</u> / <u>2</u> gallons * <u>W</u> and <u>3</u> gallons * <u>1</u> % 2) <i>7 ½ pounds</i> 3) <i>4 pounds</i> 4) <i>1 ½ - #10 Cans</i> 5) <i>3 -16 ounce packages</i>



# What Labels are you to keep?

## Keep Product Labels!

- Combination/Commercially prepared foods (CN/PFS)
- Yogurt
- Cereals
- Whole Grains
- Hot dogs/lunchmeat



Recipes for homemade foods are required to be on file and available for review.



# Grains - Popcorn

## Popcorn

- Whole Grain
- Limit use of salt, cheese & butter

## NDE

- Sweet toppings not allowed
- American Academy of Pediatrics –Should not be offered until children are at least 5 years of age

**Choking Hazard!**

Popped Corn	Grain Ounce Equivalent
$\frac{3}{4}$ Cup	$\frac{1}{4}$ ounce
1 $\frac{1}{2}$ Cups	$\frac{1}{2}$ ounce
3 Cups	1 ounce



Memo CACFP 10-2019





# No Grain-Based Desserts



United States Department of Agriculture

## Grain-Based Desserts in the Child and Adult Care Food Program

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

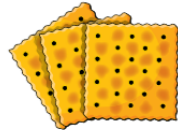
As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

### What Are Grain-Based Desserts?

The chart below lists some common grain-based desserts:



Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
<ul style="list-style-type: none"><li>• Brownies</li><li>• Cakes, including coffee cake and cupcakes</li><li>• Cereal bars, breakfast bars, and granola bars</li><li>• Cookies, including vanilla wafers</li><li>• Doughnuts, any kind</li><li>• Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies</li><li>• Gingerbread</li><li>• Ice cream cones</li><li>• Marshmallow cereal treats</li><li>• Pie crusts of dessert pies, cobblers, and fruit turnovers</li><li>• Sweet bread puddings</li><li>• Sweet biscotti, such as those made with fruits, chocolate, icing, etc.</li><li>• Sweet croissants, such as chocolate-filled</li><li>• Sweet pita chips, such as cinnamon-sugar flavored</li><li>• Sweet rice puddings</li><li>• Sweet scones, such as those made with fruits, icing, etc.</li><li>• Sweet rolls, such as cinnamon rolls</li><li>• Toaster pastries</li></ul>	<ul style="list-style-type: none"><li>• Banana bread, zucchini bread, and other quick breads</li><li>• Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified</li><li>• Cornbread</li><li>• Crackers, all types</li><li>• French Toast</li><li>• Muffins</li><li>• Pancakes</li><li>• Pie crusts of savory pies, such as vegetable pot pie and quiche</li><li>• Plain croissants</li><li>• Plain or savory pita chips</li><li>• Savory biscotti, such as those made with cheese, vegetables, herbs, etc.</li><li>• Savory bread puddings, such as those made with cheese, vegetables, herbs, etc.</li><li>• Savory rice puddings, such as those made with cheese, vegetables, etc.</li><li>• Savory scones, such as those made with cheese, vegetables, herbs, etc.</li><li>• Teething biscuits, crackers, and toasts</li><li>• Tortillas and tortilla chips</li><li>• Waffles</li></ul>



Whole grain-rich and homemade grain-based desserts are also not creditable in the CACFP.

## Grain Based Dessert foods do not contribute to the **CACFP** Meal Pattern

- Includes - cookies, granola bars, cereal bars, etc. (See Resource)
- If food is perceived as a dessert, it will be considered a dessert

**May serve minimally:**



Graham Crackers  
Animal Crackers

Resource



# Family-Style Meal Service



- Sufficient quantities of all required food components must be **placed on each table** where each participant is sitting



- Children & adults **must** be allowed to serve themselves



# Family-Style Meal Service

- **Actively** encourage each participant to **serve themselves** the **full** portion of each food component







# Family-Style Meal Service

- Smaller portions
- Eat less
- Less plate waste
- Social skills & cooperation
- Develop fine motor skills
- Modeling opportunities
- Less mealtime distress





# Family–Style Meal Service

- You'll need proper equipment
  - Smaller pitchers, serving bowls, utensils
- Staff set examples of willingness to try new foods
  - Avoid displaying personal distaste
- Engage in conversation
  - Tastes, textures, colors and shapes of foods
  - Feelings of hunger v. fullness
- **Remember:** Must prepare at least minimum required portions and have plates, **cups**, bowls that allow service of the minimum required portion







# Farm to Preschool



- An extension of the national Farm to School movement
- Started with gardening and connecting farms to schools
- Includes growing edible school/center gardens, serving local foods, cooking activities with kids, field trips, taste tests, and nutrition education

**Farm to Preschool is a WIN, WIN, WIN!**



**Win for Children**



**Win for Farmer**



**Win for Communities**



# Farm to Preschool

<https://www.education.ne.gov/NS/CACFP/F2Preschool/index.html>

## Welcome to Nebraska Farm to Preschool



*Farm to Preschool*  
NEBRASKA



## NE Farm to Preschool Toolkit

GETTING STARTED 	WHERE TO BUY LOCAL 	WHAT'S IN SEASON 
PRODUCE PICK SPOTLIGHT 	MENU PLANNING 	FEATURED FARMER 
GARDENS/ EDUCATIONAL ACTIVITIES 	POLICY 	OTHER RESOURCES 



# Certificates



# Thank You!

Please pick up your certificate