

After School Care Snack Program

CREDITABLE AND NON-CREDITABLE FOODS

When planning snack menus, be sure the foods used to meet meal pattern requirements are creditable. The following list is not all-inclusive and only is provided as a guide. Please contact Nutrition Services if you have questions regarding how a particular food item contributes to the meal pattern.

Creditable

Milk and Milk Products:

Cocoa – made from fluid milk
Flavored and unflavored milk
Milk shakes – made with 8 oz. fluid milk

Fruits and Vegetables:

100% Juice
Juice Blends if blend of 100% juice
Vegetable Juice Blends if 100% juice
Gelatin -made with 100% juice or fruit added
Fruit Leather – if CN labeled available
Dried Fruit
Dried Beans/Peas – counts as either fruit/veg or meat/meat alternate but not both
Olives/Pickles- high in sodium-limit usage
Potatoes

Grains and Breads: (refer to Grains/Breads List for weight equal to one serving.)

Cereal – dry or cooked
Cereal Bars
Grain Fruit Bars/Granola Bars
Cookies/Bars/Brownies/Cake/Crisps
Breads/Crackers
Nacho Chips/Pretzels/Corn Chips

Meat/Meat Alternate:

Cottage Cheese –1/4 cup = 1 oz. meat/meat alt.
Yogurt, plain/flavored 1/2 cup = 1 oz. m/m alt.
Dried Beans/Peas – counts as either fruit/veg or meat/meat alternate but not both
Peanuts, Nuts, Seeds, or Butters made from them
Cheese, Natural or Processed

Non Creditable

Milk and Milk Products:

Cocoa mix made with water
Custard/Ice Cream/Ice Milk/Sherbet/Sorbet
Pudding/Pudding Pops
Sour Cream
Yogurt (credits as meat/meat alternate)

Fruits and Vegetables:

Cocktails/Fruit “Drinks”/Fruit Flavored
Powders/Punches/Lemonade/Nectar
Jello, gelatin
Potato Chips or sticks
Fruit in cookies/poptarts or commercial yogurt
Fruit rollups, fruit shapes, gummies

Grains and Breads:

Potatoes- credits as a vegetable, not a grain

Meat/Meat Alternate:

Bacon/bacon bits
Canned Soup
Cheese products (imitation, canned, powdered)
Cream Cheese
Yogurt Bars, frozen commercial product
Yogurt covered fruits/nuts
Cheese Products

