

Handy Guide to Creditable Foods

Iowa CACFP Home Program

May 2022

General Information

1. Creditable foods are used to meet Child and Adult Care Food Program (CACFP) meal pattern requirements for participants ages one and over. This information is now available in the CACFP Shopper free phone app in the Google Play Store and App Store.
2. The Handy Guide to Creditable Foods for the CACFP Home Program was established by the Iowa Department of Education, Bureau of Nutrition and Health Services based on USDA guidance to help assure good nutrition for CACFP participants. This list does not include all foods that may be creditable. Contact your Home Sponsor with questions regarding specific foods or required quantities.
3. Non-creditable foods do not contribute toward meeting meal component requirements but may be served as extra foods. Non-creditable foods may increase costs and contribute to excess calories.
4. The minimum required quantity of each food component must be served to contribute toward a reimbursable meal.
5. Final menus must document specific names of actual foods served. For example, record “apple slices” instead of “fruit”.
6. Foods must be of appropriate texture for participants’ eating abilities.
7. Food must not be used as a punishment or reward.
8. Follow the CACFP Infant Meal Pattern and Creditable Foods for Infants when preparing and serving meals to children under one year of age.
9. Some brand names are included on lists but this does not imply product endorsement.

Religious Exemptions

1. Substitutions may be made to accommodate religious dietary restrictions within existing meal pattern requirements for participants. Making accommodations is encouraged.
2. Substitutions must be recorded on menus.
3. Contact your Home Sponsor if accommodations are requested.

Water Availability in CACFP

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

Rules for Supplying Foods (Children age 1 and above)

CACFP Requirements

Providers may **not ask or require** families to provide part or all of a meal or snack to be claimed for reimbursement.

- a. **Preferences** – If a meal includes components brought from home, because the participant does not like them or the family does not want the child to have food supplied by the provider, the meal cannot be claimed.

- b. **Medical Reasons** – If a meal includes food brought from home because of a medical reason, the meal may be claimed if the need is documented with a statement from a medical professional authorized to write prescriptions in Iowa as indicated below:
- **Disability** – The provider is required to offer to supply the substitute food item(s). It is best practice to obtain a [Diet Modification Request Form](#) as documentation. The family may choose to provide the substitution if they wish. The meal may be claimed if the provider supplies at least one component. The meal does not have to meet meal pattern requirements to be claimed as long as the substitutions follow what is prescribed.
 - **No Disability** – Providers are encouraged, but not required, to provide food substitutions for participants who have a medical need affecting their diet that is not considered a disability. The substitutions must meet meal pattern requirements for the provider to claim the meal. The family may choose to provide the substitution if they wish, and the provider may claim the meal if the provider supplies all but one of the required meal components. It is best practice to obtain a [Diet Modification Request Form](#) as documentation.
- If it is unclear whether the participant has a disability, seek clarification and accommodate the request in the meantime. Meals can be claimed while seeking clarification. It is best practice to obtain a Diet Modification Request Form as documentation.
- c. **Special Occasions** – Families may request to bring a food item for a birthday or special occasion to share with all participants. The meal or snack may be claimed if the food is creditable and can be incorporated into a reimbursable meal or snack, required serving sizes are met, and the provider supplies the rest of the meal requirements.
- It is best practice for providers to establish a written policy regarding foods from parents for special occasions. For example, the policy may state foods must be purchased and in original food packages, fresh fruits and/or vegetables not peeled or sliced, etc., and sufficient amount of food must be provided for all children to be served.
- d. **Donated Foods** – Foods obtained from the WIC Program may not be donated to the provider for children’s meals, but a parent may bring WIC Foods for their own infant and/or child with special dietary needs.

Legend for Symbols Used in Document

CN = Child Nutrition Label

eq. = equivalent

g. = Grams

HM = Homemade

iu = international units

mcg = microgram

mg. = milligrams

oz. = Ounce

PFS = Product Formulation Statement

WGR = whole grain-rich

+ = If creditable, limit use since product may be high in sugar, salt and/or fat.

* = Examples of fillers, extenders, binders and cereal: alternate protein product, bamboo, bread crumbs, calcium phosphate, calcium sulfate, carboxymethyl cellulose, carrageenan, cellulose, cellulose gum, cereals, chicory, collagen, cottonseed, dried milk or whey, fibers, flour, fruits, gelatin, glucono delta-lactone, guar gum, inulin, isolated soy protein, legume flours, locust bean gum, maltodextrin microcrystalline cellulose (MCC), meat or poultry byproducts (beef collagen; blood plasma; cheeks; egg; gelatin- snout; skin; dried rendered bone; lard; MDM- mechanically deboned meat - chicken, turkey; organ meats - liver, brain, kidney, glands, lungs, pancreas, heart, intestines; oxtail, poultry skin; tallow; thymus; tongue and tripe); milk, milk caseinate, modified corn/food starch; monosodium glutamate (MSG); pectin, potassium bromate; psyllium husk; roots tubers (cassava, sweet potato); rusk; silicon dioxide, sodium alginate; sodium algium; sodium aluminum phosphate; sodium ascorbate; sodium bicarbonate; sodium bromide; sodium carbonate; sodium caseinate; sodium diacetate; sodium erythrobate; sodium phosphate; sodium pyrophosphate; soy flour; soy protein, starch, tapioca dextrin; textured vegetable protein; transglutaminase; vegetable oil; vegetables; wheat gluten; whey protein concentrate; xanthan gum.

Milk

1. Milk must be pasteurized fluid milk, fortified with vitamins A and D.
2. Participants must be served milk at breakfast, lunch, and supper. Serving milk at supper to an adult participant is optional.
3. Milk may be one of the two required components for snacks. For children, milk may not be credited for snacks when juice is served as the other component.
4. The type of milk served to each age group must be recorded on menus to document what was served.
5. CACFP allows children one month to transition from breastmilk or formula to whole cow's milk after the first birthday.
6. Unflavored whole milk must be served to children one to two years of age. One month is allowed for transition from whole milk to low fat (1%) or fat free (skim) milk when a child turns two years old.
7. Unflavored low fat (1%) or fat free milk (skim) must be served to children two through five years of age.
8. Low fat (1%) or fat free (skim) milk must be served to participants age six years and older.
9. Flavored milk is allowed only for participants six years of age and older (or in Kindergarten), and must be fat free (skim) or low fat (1%).
10. For adult participants only, 6 ounces or $\frac{3}{4}$ cup yogurt may be served to meet the equivalent of 8 ounces fluid milk once per day.
11. Milk must be served as a beverage or over cereal.
12. Milk is not credited when used in cooking (e.g., soup).
13. Families may request in writing non-dairy substitutes nutritionally equivalent to cow's milk.

Creditable Milk

- A2 Milk
- Acidified milk (acidophilus), skim or 1%
- Breastmilk, no upper age limit
- Buttermilk, cultured milk or kefir, skim or 1%
- Cow's milk, skim or 1%
- Goat's milk, skim or 1%
- Lactose-free cow's milk, skim or 1%
- Lactose-reduced cow's milk, skim or 1%
- Milk substitutes, if family's written request is on file and nutrients are nutritionally equal to cow's milk ^{1, 2, 3}.
Products meeting this requirement are:
 - 8th Continent Soymilk (Original or Vanilla^{2,3})
 - Great Value Original Soy Milk
 - Kirkland Signature™ Organic Plain Soymilk
 - Pacific Natural Ultra Soymilk (Plain or Vanilla^{2,3})
 - PEARL Organic Soymilk (Smart Original, Smart Creamy Vanilla^{2,3} or Smart Chocolate^{2,3})
 - Silk Original Soymilk
 - Sunrich Naturals Soymilk (Plain, Original, Unsweetened or Vanilla^{2,3})
 - Westsoy® Organic Plus (Plain or Vanilla^{2,3})
 - Ripple Dairy Free Plain Protein Milk, Original, Chocolate, Vanilla (8 oz. cartons only)
- Smoothies, only the milk portion credits, skim or 1%
- Ultra-high Temperature (UHT) shelf stable cow's milk, skim or 1%

Creditable for Specific Age Groups

- Cocoa ^{2, 3} made only from fluid skim milk, for participants age six and over
- Flavored skim or 1 % milk^{2,3}, for participants age six and over
- Skim or 1% milk, for participants age two and over
- Whole milk, for children ages 12 through 23 months only
- Yogurt ⁴, served instead of milk once a day for adult participants only

Non-creditable Milk

- Almond milk
- Cocoa mix made with water
- Coconut milk
- Cream
- Cream sauce
- Cream soup
- Custard
- Dry milk
- Eggnog
- Evaporated milk
- Half and Half
- Ice cream and frozen yogurt⁴
- Ice milk
- Imitation milk
- Pudding
- Pudding pops
- Raw milk (certified or uncertified)⁵
- Reconstituted dry milk, only with State approval
- Rice milk
- Sherbet or sorbet
- Sour cream
- Soymilk, beverage or drink when not nutritionally equal to cow's milk
- Sweetened condensed milk
- Yogurt is creditable only as a meat alternate or milk substitute for adult participants at one meal per day.

Non-creditable for Specific Age Groups

- Flavored milk for children under six years of age
- Skim or 1% milk for children under age two
- Whole and 2% milk for participants over age one

¹ Obtain documentation from a prescribing medical professional for other brands.

² Contact your Home Sponsor if you have questions about a specific product.

³ Flavored milk may be served only to participants six years and over.

⁴ Yogurt may contain no more than 23 g. sugar per 6 oz. Creditable yogurt may be served frozen.

⁵ Serving this food is prohibited. It must not be served as an "extra" food.

Meat/Meat Alternates

1. Meat/meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or split peas, and yogurt. Meats must be state or federally inspected. Eggs must be federally inspected.
2. A combination of two meat/meat alternates may be served at the same meal to total the required serving size.
3. A meat/meat alternate must be served at lunch and supper, and may be served as one of the two required components at snacks.
4. A meat/meat alternate may be served ounce for ounce in place of the grain component at breakfast no more than three times per week.
5. At least ¼ ounce or ½ Tablespoon of cooked, lean meat or its equivalent must be served to credit as part of the required serving.
6. Cooked, dry beans or split peas may be credited as a vegetable or as a meat alternate, but one food item cannot count for both components in the same meal.
7. Nuts or seeds may fulfill no more than 50% of the required meat/meat alternate serving size at lunch and supper.
8. Another meat or meat alternate should be provided with peanut butter or cheese when served at lunch and supper.
9. Only the meat portion in breaded products and meat sauces is credited toward meeting serving size requirements.
10. Child Nutrition (CN) labels or Product Formulation Statements (PFS) are required for processed combination products. See the following pages for CN labels and PFS information.
11. Recipes must be maintained for homemade (HM) foods prepared from scratch.
12. Deep-fat fried foods (submerged in hot oil or other fat) cannot be prepared in the child care home and served as part of a reimbursable meal. Purchased foods may be deep-fat fried. Purchased pre-fried foods baked at the child care home may be served.

Creditable Meats/Alternates

- Bologna (no byproducts, cereals, binders or extenders*) +
- Canadian bacon and ham +
- Cheese, natural (e.g., Colby, Swiss, Cheddar, Monterrey Jack)
- Cheese food and cheese spread ¹ +
- Cheese substitute +
- Cottage cheese, ricotta cheese ¹ +
- Crab meat
- Crab meat, imitation
(4.4 oz. = 1.5 oz., 3 oz. = 1 oz., 1 oz. = 2.5 oz. meat)
- Dried split peas, beans, lentils, refried beans, soy beans
(canned or cooked from dry: ¼ c. = 1 oz. meat alternate)
- Eggs, whole only – fresh, frozen, dried or liquid (must be federally inspected)
- Fish and shellfish, cooked (only the meat portion credits)
- Hot dogs (no byproducts, cereals, binders or extenders*) +
- Liver, kidney, tripe
- Peanuts, nuts, seeds, soy nuts
- Peanut, nut, soy or seed butter, regular (not reduced-fat)
- Sausage (fresh pork, fresh Italian, Vienna) +
- Soup, bean or split pea (½ cup = 1 oz. meat)
- Spare ribs (only lean meat portion credits) +
- Tahini (credited as a seed butter)
- Tempeh, seitan (1 oz. = 1 oz. meat)
- Tofu ²
- Turkey ham +
- Yogurt (dairy or soy) ³, commercial only

Combination items are creditable only with a CN label or Product Formulation Statement if not listed in Food Buying Guide. Use recipes for homemade items; a serving must contain at least ¼ oz. meat/meat alternate. This list is not exhaustive.

- Beef patties
- Breaded items (fish, meat and poultry) +
- Burritos
- Canned pasta with meat +
- Corndogs +
- Egg rolls +
- Falafel
- Frozen Entrees +
- Hummus
- Lasagna +
- Macaroni and cheese +
- Meatballs
- Meat loaf
- Meat sauce
- Pizza +
- Pot pie +
- Quiche +
- Ravioli
- Salisbury Steak
- Soups
- Spaghetti with meat sauce
- Stews

¹ A double portion must be served.

² 2.2 oz. or ¼ cup = 1 oz. meat (must contain > 5 g. protein per oz.).

³ No more than 23 g. sugar per 6 oz.

⁴ Serving this food is prohibited. It must not be served as an “extra” food.

⁵ Alternate protein products may be up to 100% non-meat protein.

Non-creditable Meats/Alternates

- Bacon, bacon-bits, imitation bacon products
- Canned cheese sauce
- Cheese product (Velveeta) or imitation cheese
- Cheese, jarred
- Chestnuts
- Coconut
- Cream cheese
- Deep-fat fried foods prepared at the child care home
- Egg substitutes, whites and yolks alone, uninspected
- Fish, home caught or home pickled⁴
- Game: venison, squirrel, fish, etc. (credit only if USDA or State inspected)
- Ham hocks, pigs’ feet, neck bones, tail bones
- Home canned meats⁴, home slaughtered meats⁴
- Nutella
- Potted, pressed, or deviled canned meat (e.g., Spam)
- Powdered cheese, boxed macaroni and cheese
- Soup, commercial canned (except bean or split pea)
- Yogurt, **HM**
- Yogurt, covered fruits or nuts
- Yogurt, frozen

Creditable only with a CN label or Product Formulation Statement.

- Jerky (any type) +
- Lunch meat, deli meat, cold cuts, packaged sandwich meats +
- Meat analogs⁵ (veggie burgers, breakfast links, textured vegetable protein crumbles)
- Pepperoni +
- Salami +
- Sausage (Chorizo, Polish, Summer) +
- Snack meat sticks (any type) +
- Soy cheese +
- Turkey bacon +

Vegetables

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

Creditable Vegetables

- Avocado
- Carrots
- Dried split peas, beans, lentils, baked beans, refried beans, soy beans (canned or cooked from dry)
- Coleslaw¹ (only the vegetable credits)
- Dehydrated vegetables (measure when re-hydrated)
- Edamame (green soy beans)
- Hominy
- Kale²
- Leafy vegetables²
- Mixed vegetables (credits as one vegetable)
- Mixed vegetables in HM casseroles, stews¹
- Mushrooms
- Mustard greens
- Pasta, made with 100% vegetables or vegetable flour
- Pizza sauce¹
- Potatoes
- Potato skins
- Salsa, all vegetable including spices
- Smoothies, vegetable (puree = juice)
- Soup, tomato or vegetable (If commercial, 1 c. soup = $\frac{1}{4}$ c. vegetable)
- Spaghetti sauce¹
- Tomato paste – 1 Tablespoons = $\frac{1}{4}$ c. vegetable
- Tomato puree – 2 Tablespoons = $\frac{1}{4}$ c. vegetable
- Tomato sauce – 4 Tablespoons or $\frac{1}{4}$ c. = $\frac{1}{4}$ c. vegetable
- Tomato juice
- Vegetable juice blend (e.g., V-8 juice)

Non-creditable Vegetables

- Chili sauce
- Corn chips (credit as grain if whole grain or enriched)
- Dry spice mixes
- Freeze-dried vegetable snacks
- Home canned vegetables³
- Ketchup, condiments and seasonings
- Pickle relish
- Potato chips, potato sticks
- Raw sprouts³
- Salsa, commercial with non-vegetable ingredients
- Tomato-based sauce on canned pasta and commercial pizza⁴
- Vegetable straws, crisps, or chips

¹ The minimum serving size to contribute toward meeting meal pattern requirements is $\frac{1}{8}$ c. (2 Tablespoons)

² 1 cup leafy vegetable = $\frac{1}{2}$ cup vegetable

³ Serving this food is prohibited. It must not be served as an “extra” food.

⁴ Creditable only with CN label or Product Formulation Statement.

Fruits

1. Most fruits are creditable. Serve a variety for optimal nutrition.
2. Fruits must be served as a required meal component at lunch and supper.
3. The entire fruit component may be replaced by serving a second vegetable at lunch or supper.
4. A fruit or vegetable or portions of each must be served at breakfast.
5. A fruit and vegetable can be served for the two required components at snack.
6. Juice may be served only one time per day.
7. Juice may not be served at snack if milk is the only other required component served.
8. Juice may be served at lunch or supper.
9. At least $\frac{1}{8}$ cup (2 Tablespoons) of fruit must be served to credit as the minimum serving size requirement. If only $\frac{1}{8}$ cup of fruit is served, the vegetable serving must fulfill the rest of the total required amount of both components combined.
10. All juice must be full strength (100%) juice and pasteurized. Juices labeled “juice,” “full strength juice,” “100% juice,” “single strength juice,” “juice from concentrate” or “reconstituted juice” are full strength. Juices naturally high in or fortified with vitamin C are recommended.
11. Fruit and vegetable juice blends are creditable as either a fruit or a vegetable depending on the first ingredient.
12. Two forms of the same food (e.g., applesauce and apple slices) are not creditable in the same meal.
13. Combinations such as fruit cocktail, fruit salad, or mixed fruit credit as one fruit serving when the amount of each fruit is not known.
14. Fruits combined with other foods in mixed dishes must be recognizable in order to be creditable.

Creditable Fruits

- Apple cider, must be pasteurized
- Coconut, fresh, frozen or dried^{1,2}
- Cranberry sauce made with whole cranberries (not jellied)²
- Dried fruit (e.g., apricots, cherries, dates, figs, prunes, raisins, cranberries)³
- Frozen juice bars or popsicles made with 100% fruit and/or juice
- Fruit cocktail, credits as one fruit
- Fruit puree, 100% fruit
- Fruit sauce², **HM**
- Fruit in gelatin or pudding² (only the fruit credits)
- Fruit in dessert pies, crisps and cobblers² (only the fruit credits)
- Juice, 100% full strength
- Juice, 100% with coconut water
- Juice blends, 100% full strength
- Juice concentrates, reconstituted to equal 100% juice
- Kiwi fruit
- Smoothies (fruit puree = juice)

Non-creditable Fruits

- Apple butter
- Banana chips, commercial
- Barbecue sauce
- Caffeinated drinks
- Coconut (dried, flaked)
- Frozen fruit flavored bars (less than 100% juice)
- Fruit “drink” (less than 100% juice)
- Fruit flavored syrup or powder
- Fruit in cookies, breads, muffins and grain bars
- Fruit in commercial fruited yogurt
- Fruit snacks, leather, rollups, shapes and freeze dried
- Fruit flavored ice cream
- Fruit flavored water
- Gummy fruit candy
- Home canned fruits⁴
- Honey, syrup, jam, jelly, preserves
- Jellied cranberries, canned
- Jell-O, gelatin
- Juice cocktails (less than 100% juice)
- Juice drinks
- Kool-Aid
- Lemon pie filling
- Lemonade
- Orangeade
- Popsicles (less than 100% juice)
- Pudding with fruit, commercial
- Punch (less than 100% juice)
- Sherbet, sorbet, commercial⁵
- Syrup from canned fruit
- Toaster pastry filling

¹ $\frac{1}{8}$ cup dried coconut = $\frac{1}{4}$ cup fruit

² The minimum serving size to contribute toward meeting meal pattern requirements is $\frac{1}{8}$ cup (2 Tablespoons).

³ $\frac{1}{8}$ cup dried fruit = $\frac{1}{2}$ cup fruit

⁴ Serving this food is prohibited. It must not be served as an “extra” food.

⁵ Creditable only with CN label or Product Formulation Statement (PFS).

Grains

1. **Creditable grains must list whole grain, enriched flour/meal, bran, or germ as the first ingredient. Cereals must be whole grain, enriched, or fortified. Use the CACFP Shopper free phone app and carefully read ingredient labels to determine if grain products are creditable.**
2. At least one serving of grains per day must be whole grain-rich (WGR) across all eating occasions. WGR means the product must contain at least 50% whole grains and the remaining grain ingredients are creditable.
3. Menus must be labeled clearly identifying WGR foods to document they were served. Keep label information or recipes on file for WGR items to document requirements were met.
4. A grain item must be served for lunch and supper, and may be one of the two required components at snack.
5. Meat and meat alternates may be served ounce for ounce in place of the grain component a maximum of three times per week at breakfast.
6. At least ¼ ounce equivalent (oz. eq.) of a grain item must be served to credit toward the required serving size.
7. Breakfast cereals must contain no more than six (6) g. of sugar per dry oz.
8. Grain-based desserts are not creditable as the grain component at any meal or snack. The fruit in cobblers, crisps, and pies is creditable toward the fruit requirement if the minimum required portion is served (2 Tablespoons). An additional fruit or vegetable must be served to fulfill the remainder of the required portion.
9. Instructions to credit commercial grain products, grain foods made from purchased mixes and from scratch (HM, homemade) are on the page “Determining Portion Sizes for Grain Products”.
10. Ounce equivalents must be used to determine the serving size of grain food items. A serving must provide one oz. eq. or 16 grams (g.) of grain. Use the “Grains Serving Size Chart” to find out how much to serve.

Creditable Grains

All must list whole grain, bran, germ, or enriched flour/meal as the first ingredient, or be fortified.

- Animal crackers +
- Appleways (Darlington) sweet crackers +
- Bagels
- Belvita (breakfast biscuits, soft baked) +
- Biscuits +
- Boston brown bread
- Breeding or batter on meats **HM** +
- Bread sticks, hard or soft
- Bread stuffing
- Cereal, dry or cooked
- Cheetos +
- Chips, grain based +
- Chow Mein noodles +
- Cornbread and corn muffins +
- Couscous
- Crackers, savory +
- Crepes
- Croissants +
- Croutons¹ +
- Dumplings
- Egg roll skins, won ton wrappers
- English muffins
- Fry bread +
- Graham Crackers +
- Grains (e.g., barley, millet, oats, quinoa, rice, wheat)
- Granola cereal +
- Grits (hominy)
- Hushpuppies +
- Kasha (buckwheat)
- Macaroni, noodles, spaghetti and other pasta shapes
- Muffins +
- Pancakes
- Pie crust or shell in main dish pie or quiche +
- Pita bread
- Pizza crust
- Popcorn (3 cups = 1 oz. eq.)
- Popovers
- Pretzels, soft and hard
- Puff pastry in main dish +
- Quick breads including banana, carrot, pumpkin, zucchini breads +
- Rice cakes¹
- Scones +
- Snack crackers +
- Sun Chips +
- Taco or tortilla shells +
- Tortillas (corn or wheat)
- Waffles

Non-creditable Grains

Foods with sugar listed before grains on the ingredient list.

Sweet flavored or coated items (made with sprinkles, cocoa, chocolate, caramel, toffee, glaze, icing, frosting, candy pieces, jam, sweetened fruit puree, custard, flavored chips, and marshmallows).

- Belvita sandwich cookies
- Bread pudding
- Brownies
- Cake, cupcakes
- Caramel corn
- Cereal bars, commercial and **HM**
- Chips, grain based (if not whole grain or enriched)
- Churros
- Cinnamon rolls
- Coffee cake
- Commercial breeding or batter on meat products² +
- Cookies (wafer, sandwich, and bars)
- Cream puff shells
- Crisp and cobbler crust
- Doritos³
- Doughnuts
- Fig or fruit bars
- Fritos³
- Gingerbread
- Grain-based desserts
- Grain fruit bars, granola bars
- Grains included in smoothies
- Ice cream cones
- Jiffy brand mixes
- Nut, legume (bean), or seed flour
- Pastries
- Pie crust for dessert pies
- Pop tarts, toaster pastries
- Potatoes (credit as a vegetable)
- Potato chips, potato sticks
- Rice pudding
- Sopapillas
- Sweet biscotti
- Sweet croissants
- Sweet pita chips
- Sweet rice cakes
- Sweet rolls, buns
- Sweet scones
- Tapioca
- Turnover crust
- Vanilla wafers (plain cookies)

¹ Serving size probably not reasonable.

² Creditable only with CN label or Product Formation Statement.

³ Creditable products may be available for school food service.

Grains¹ Serving Size Chart

Grain products are divided into seven groups (A – G) according to the serving size needed to provide 16 grams (g.) of creditable grain per ounce equivalent (oz. eq.). When other ingredients such as water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide the required amount of grain. Use the CACFP Shopper free phone app, the page labeled “Determining Portion Sizes for Grain Products,” or the Team Nutrition Worksheet [Using Ounce Equivalents for Grains in the CACFP](#) to determine portion sizes, using ounce equivalents, for different grain products. All items must be whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, or germ.

Group A

1 oz. eq. = 22 g. or 0.8 oz.

½ oz. eq. = 11 g. or 0.4 oz.

- Bread type coating
- Bread sticks (hard)²
- Chow Mein noodles^{1,2,3}
- Crackers, savory (saltines or soda crackers and snack crackers)
- Croutons^{1,2}
- Pretzels (hard)^{1,2}
- Rice cakes, plain³
- Stuffing, bread portion (dry)

Group B

1 oz. eq. = 28 g. or 1 oz.

½ oz. eq. = 14 g. or 0.5 oz.

- Bagels²
- Batter type coating³
- Biscuits³
- Breads (white, whole wheat, French, Italian, pumpernickel)
- Buns (hamburger and hot dog)
- Crackers, sweet (graham – all shapes, animal crackers)³
- Egg roll skins
- English muffins
- Pita bread (white, whole wheat)
- Pizza crust
- Popcorn (3 cups = 1 oz. eq.)²
- Pretzels (soft)
- Rolls (white, whole wheat)
- Tortillas (wheat or corn)
- Tortilla chips (wheat or corn)^{1,2,3}
- Taco Shells^{1,2,3}

Group C

1 oz. eq. = 34 g. or 1.2 oz.

½ oz. eq. = 17 g. or 0.6 oz.

- Cornbread²⁵
- Corn muffins²⁵
- Croissants³
- Pancakes or crepes³
- Pie crust for meat/meat alternate pies³
- Waffles³

Group D

1 oz. eq. = 55 g. or 2 oz.

½ oz. eq. = 28 g. or 1 oz.

- Muffins (except corn, and those considered to be grain-based desserts, see the prior page describing Non-creditable Grains)³
- Quick breads (e.g., banana, pumpkin, zucchini)²⁵

Group E

1 oz. eq. = 69 g. or 2.4 oz.

½ oz. eq. = 35 g. or 1.2 oz.

- French toast²⁵

Group F

1 oz. eq. = ½ cup cooked or 1 oz. (28 g.) dry

½ oz. eq. = ¼ cup cooked or 0.5 oz. (14 g.) dry

- Breakfast cereals (cooked)^{4,5}
- Bulgur or cracked wheat
- Cereal Grains (barley, quinoa, etc.)
- Grits (hominy)
- Macaroni (all shapes)
- Noodles (all varieties)
- Pasta (all shapes)
- Ravioli (noodle only)
- Rice (enriched white or brown)

Group G

1 oz. eq. = 1 cup or 1 oz. flakes or rounds

1 oz. eq. = 1¼ cups or 1 oz. puffed cereal

1 oz. eq. = ¼ cup or 1 oz. granola

- Ready to eat breakfast cereal (cold dry)^{26,27}

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

² Hard, dry foods may cause choking.

³ Some foods may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve.

⁴ Breakfast cereals are traditionally served as a breakfast menu item but may be served in other meals.

⁵ Breakfast cereals must contain no more than 6 g. sugar per dry ounce (no more than 21 g. sucrose and other sugars per 100 g. of dry cereals).

How Much to Serve?

Common Grain Foods Grain serving sizes are based on ounce equivalents (oz. eq.)	Serving Size for 1-5 year olds (1/2 oz. eq.)	Practical Measure for 1-5 year olds	Serving Size for 6 year olds to Adults (1 oz. eq.)	Practical Measure for 6 year olds to Adults
Animal crackers – store brand (Aldi)	5 crackers .5 oz.	¼ cup	10 crackers 1 oz.	½ cup
Bagel, 3.2 oz. – store brand (HyVee)	½ bagel (.5 oz.)	¼ bagel	½ bagel (1 oz.)	½ bagel
Bagel (mini) – 1 oz. store brand (HyVee)	.5 oz.	½ bagel	1 oz.	1 bagel
Bread, 1 oz. 100% whole wheat – store brand (HyVee)	.5 oz.	½ slice	1 oz.	1 slice
Cereal, Cheerios (Fareway)	.5 oz. dry	½ cup	1 oz. dry	1 cup
Cheez-It snack crackers – national brand (HyVee)	10 crackers	¼ cup	20 crackers	½ cup
Chicken in a Biskit crackers – national brand (HyVee)	5 crackers (.4 oz.)	¼ cup (heaping)	9 crackers (.8 oz.)	½ cup (heaping)
English muffin – national brand (HyVee)	.5 oz.	¼ muffin	1 oz.	½ muffin
Fish crackers (6.6 oz.) – national brand (Aldi)	20 (.4 oz.)	¼ cup	40 (.8 oz.)	½ cup
Graham crackers – national brand (Fareway)	.5 oz.	1 sheet	1 oz.	2 sheets
Graham crackers – store brand (Aldi)	.5 oz.	1 sheet	1 oz.	2 sheets
Oatmeal, cooked – store brand (Fareway)	.5 oz. dry	¼ cup (cooked)	1 oz. dry	½ cup (cooked)
Oyster crackers – store brand (Fareway)	.4 oz.	¼ cup	55	½ cup
Pretzels, large ring – store brand (HyVee)	.4 oz.	4 pretzels	.8 oz.	8 pretzels
Pretzels, stick – store brand (HyVee)	13 (.4 oz.)	n/a	26 (1 oz.)	n/a
Rice crisps, small – national Brand (HyVee)	.4 oz.	6 crisps	.8 oz.	12 crisps
Rice cakes, large – national brand (HyVee)	.4 oz.	2 cakes	.8 oz.	3 cakes
Ritz snack crackers – national brand (Fareway)	.4 oz.	3 crackers	.8 oz.	7 crackers
Saltines – national brand (Fareway)	.4 oz.	4 crackers	.8 oz.	8 crackers
Saltines – store brand (Aldi)	.4 oz.	4 crackers	.8 oz.	8 crackers
Snack crackers – store brand (HyVee)	.4 oz.	4 crackers	.8 oz.	8 crackers
Sun Chips (HyVee)	.5 oz.	8 chips	1 oz.	15 chips
Teddy Grahams – national brand (Fareway)	9 (.5 oz.)	¼ cup	17 (1 oz.)	½ cup
Tortilla, small (28 g – 8" diameter) (Trader Joe)	.5 oz.	½ tortilla	1 oz.	1 tortilla
Tortilla Chips, whole grain only – store brand (Aldi)	4 chips	½ cup	7 chips	1 cup
Triscuits – national brand (HyVee)	.4 oz.	3 crackers	.8 oz.	5 crackers
Wheat Thins – national brand (HyVee)	.4 oz.	6 crackers	.8 oz.	12 crackers

Vegetables and Fruits	Description	Yield
Carrot sticks	4" x ½"	6 sticks = ½ cup
Carrot sticks	4" x ½"	3 sticks = ¼ cup
Baby Carrots	1 pound	10 – ¼ cup servings
Cauliflower	1 medium head	6 cups flowerets
Celery sticks	4" x ¾"	6 sticks = ½ cup
Celery sticks	4" x ¾"	3 sticks = ¼ cup
Cucumber sticks	3" x ¾"	6 sticks = ½ cup
Cucumber sticks	3" x ¾"	3 sticks = ¼ cup
Radishes	Small	7 radishes = ¼ cup
Lettuce (½ cup = ¼ cup vegetable)	1 pound bag	1 pound bag
Lettuce	Iceberg only	14 – ½ cup servings
Lettuce	Salad mix (mostly iceberg)	13 – ½ cup servings
Lettuce	Salad mix (mixed lettuce)	12 – ½ cup servings
Tomatoes	Cherry	5 halves = ¼ cup
Tomatoes	Slices	2 slices = ¼ cup
Apples	125 – 138 count	½ apple = ½ cup
Bananas	Regular – small/medium	½ banana = ¼ cup
Oranges	138 count	1 orange = ½ cup
Juice (concentrate)	12 oz. can concentrate	12 – ½ cup servings 8 – ¾ cup servings
Juice	64 oz. bottle	16 – ½ cup servings 10 – ¾ cup servings
Juice	46 oz. can	11 – ½ cup servings 7 – ¾ cup servings
Raisins, dried cherries, dried cranberries, etc. (½ cup = ¼ cup fruit)	Pound	25 – ⅛ cup fruit servings 12.5 – ¼ cup fruit servings

Creditable Breakfast Cereals

1. **Breakfast cereal is a grain component.**
 - a. Breakfast cereal may be served to all CACFP participants over age one.
 - b. Ready-to-eat cereal credits at snack for infants 6-11 months of age only. Hot cereals such as oatmeal and farina, are not creditable for infants.
 - c. Breakfast cereal may be ready-to-eat or hot-cooked.
 - d. Keep labels on file to document cereals served meet CACFP requirements.
2. **Cereals must be whole grain, enriched or fortified.**
 - a. Whole grain cereals will list one or more whole grains first on the ingredient label.
 - b. Enriched cereals will list enriched grain first on the ingredient label.
 - c. Fortified cereals will list added vitamins and minerals on the ingredient label and Nutrition Facts label.
 - d. Grits may from hominy are creditable and considered whole grain-rich.
3. **Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.**
 - a. All cereals approved by the Women, Infants, and Children (WIC) Program are creditable. Many other cereals are creditable.
 - b. Use one of the following methods to determine if a cereal meets the sugar limit:
 - The CACFP Shopper free phone app,
 - Any State agency's WIC-approved cereal list,
 - Cereals approved for the WIC program on grocery store shelves, or
 - The chart below from the Team Nutrition training worksheet, "Choose Breakfast Cereals That Are Lower in Added Sugars."

Sugar Limits in Cereal

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

Whole Grain-Rich Requirement

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

- a. If snack is the only meal served, and a grain is served, it must be whole grain-rich.
- b. Label whole grain-rich foods on menus with the letters “**WGR**”.
- c. The whole grain-rich (**WGR**) requirement does not apply to infant meals.
- d. Two or more whole grain-rich (**WGR**) foods are **recommended** per day.

2. Use *one* of the options below to identify whole grain-rich food items:

- a. The product is labeled “whole wheat” **and** has a Standard of Identity issued by the U.S. Food and Drug Administration (FDA).
- b. The product is on any State agency’s Women, Infants, and Children (WIC)-approved *whole grain* foods list. This is different than the WIC cereal list.
- c. The product includes one of the following FDA approved whole-grain health claims on its packaging:
 - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”
 - OR
 - “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”
- d. The product meets the *Rule of Three*:
 - The first grain ingredient (or second after water) must be a whole grain.
 - The next two **grain** ingredients (if any) must be creditable (whole grain, enriched grain, bran, or germ).
 - All ingredients in flour blends must be creditable.
 - Any grain derivatives (byproducts of grains) may be disregarded.
 - Any non-creditable grain ingredients labeled as two (2) percent or less of product weight are considered insignificant and may also be disregarded.
 - For ready-to-eat cereals, the first **grain** ingredient must be a whole grain and the product must be fortified.
- e. The first ingredient in ready-to-eat breakfast cereals must be a whole grain. If there are additional grain ingredients, the product must be fortified.
- f. The product meets the whole grain-rich criteria under the National School Lunch Program.
- g. Proper documentation from a manufacturer or a recipe demonstrates whole grains are the primary grain ingredient by weight.

Note: The CACFP Shopper free phone app includes a feature to help you identify whole grain-rich foods using the criteria described above.

3. Grain-based desserts are not creditable.

- a. Grain-based desserts are identified on the Non-creditable Grains list.
- b. Fruit in pies, crisps and cobblers can credit if the fruit serving size requirement is met.
- c. Pancakes and waffles served with sweet toppings such as syrup, jam or honey are creditable. Limiting sweet toppings is recommended.
- d. Grain-based desserts may be served as extra food items but increase food costs.

4. Keep documents on file to show whole grain-rich requirements were met. Documents include labels, recipes, Child Nutrition (CN) labels, or Product Formulation Statements (PFS).

Grain Ingredients Chart

Creditable Grains	Creditable Grains	Non-Creditable Grains
Enriched grains	Whole Grains (continued)	Grits
<ul style="list-style-type: none"> Enriched bromated flour 	Rye	<ul style="list-style-type: none"> Barley grits
<ul style="list-style-type: none"> Enriched cornmeal or corn flour 	<ul style="list-style-type: none"> Rye berries 	<ul style="list-style-type: none"> Corn grits
<ul style="list-style-type: none"> Enriched durum flour 	<ul style="list-style-type: none"> Rye flakes (flaked rye) 	<ul style="list-style-type: none"> Durham grits
<ul style="list-style-type: none"> Enriched durum wheat flour 	<ul style="list-style-type: none"> Rye groats 	<ul style="list-style-type: none"> Soy grits
<ul style="list-style-type: none"> Enriched rice or rice flour 	<ul style="list-style-type: none"> Sprouted whole rye 	Flours – not enriched
<ul style="list-style-type: none"> Enriched rye flour 	<ul style="list-style-type: none"> Whole rye 	<ul style="list-style-type: none"> Bromated flour
<ul style="list-style-type: none"> Enriched wheat flour 	<ul style="list-style-type: none"> Whole rye flakes 	<ul style="list-style-type: none"> Durum flour
<ul style="list-style-type: none"> Enriched white flour 	<ul style="list-style-type: none"> Whole rye flour 	<ul style="list-style-type: none"> Malted barley flour
<ul style="list-style-type: none"> Grains with added nutrients or “enriched” in front of the name 	Wheat	<ul style="list-style-type: none"> Rice flour
	<ul style="list-style-type: none"> Bromated whole wheat flour 	<ul style="list-style-type: none"> Wheat flour
Bran	<ul style="list-style-type: none"> Bulgur 	<ul style="list-style-type: none"> White flour
<ul style="list-style-type: none"> Corn bran 	<ul style="list-style-type: none"> Cracked wheat 	Other flours
<ul style="list-style-type: none"> Oat bran 	<ul style="list-style-type: none"> Crushed wheat 	<ul style="list-style-type: none"> Almond flour
<ul style="list-style-type: none"> Rice bran 	<ul style="list-style-type: none"> Entire wheat flour 	<ul style="list-style-type: none"> Bean flour (any)
<ul style="list-style-type: none"> Rye bran 	<ul style="list-style-type: none"> Graham flour 	<ul style="list-style-type: none"> Coconut flour
<ul style="list-style-type: none"> Wheat bran 	<ul style="list-style-type: none"> Sprouted wheat berries 	<ul style="list-style-type: none"> Garbanzo bean flour
Germ	<ul style="list-style-type: none"> Sprouted whole wheat 	<ul style="list-style-type: none"> Nut flour (any)
<ul style="list-style-type: none"> Wheat germ 	<ul style="list-style-type: none"> Stone ground whole wheat flour 	<ul style="list-style-type: none"> Potato flour
Whole Grains (examples listed below)	<ul style="list-style-type: none"> Toasted crushed whole wheat 	<ul style="list-style-type: none"> Rice flour
Barley	<ul style="list-style-type: none"> Wheat berries 	<ul style="list-style-type: none"> Seed flour
<ul style="list-style-type: none"> Dehulled barley 	<ul style="list-style-type: none"> Wheat groats 	<ul style="list-style-type: none"> Soy flour
<ul style="list-style-type: none"> Dehulled barley flour 	<ul style="list-style-type: none"> Wheat flakes (flaked wheat) 	Other
<ul style="list-style-type: none"> Whole barley 	<ul style="list-style-type: none"> White whole wheat flour 	<ul style="list-style-type: none"> Barley malt
<ul style="list-style-type: none"> Whole barley flakes 	<ul style="list-style-type: none"> Whole bulgur 	<ul style="list-style-type: none"> Corn
<ul style="list-style-type: none"> Whole barley flour 	<ul style="list-style-type: none"> Whole durum flour 	<ul style="list-style-type: none"> Corn fiber
<ul style="list-style-type: none"> Whole grain barley 	<ul style="list-style-type: none"> Whole grain wheat 	<ul style="list-style-type: none"> Degerminated cornmeal
<ul style="list-style-type: none"> Whole grain barley flour 	<ul style="list-style-type: none"> Whole grain wheat flakes 	<ul style="list-style-type: none"> Farina
Corn	<ul style="list-style-type: none"> Whole grain wheat flour 	<ul style="list-style-type: none"> Oat fiber
<ul style="list-style-type: none"> Corn treated with lime 	<ul style="list-style-type: none"> Whole wheat flour 	<ul style="list-style-type: none"> Semolina
<ul style="list-style-type: none"> Corn masa/masa flour 	<ul style="list-style-type: none"> Whole wheat pasta 	
<ul style="list-style-type: none"> Grits (hominy) 	<ul style="list-style-type: none"> Whole wheat pastry flour 	Grains ingredients to disregard:
<ul style="list-style-type: none"> Popcorn 	<ul style="list-style-type: none"> Whole wheat flakes 	<ul style="list-style-type: none"> Any ingredient in amount less than 2%
<ul style="list-style-type: none"> Whole corn 	Other whole grains	<ul style="list-style-type: none"> Grain derivatives
<ul style="list-style-type: none"> Whole grain corn 	<ul style="list-style-type: none"> Amaranth 	<ul style="list-style-type: none"> Cellulose fiber
<ul style="list-style-type: none"> Whole grain corn flour 	<ul style="list-style-type: none"> Amaranth flour 	<ul style="list-style-type: none"> Corn dextrin
<ul style="list-style-type: none"> Whole grain cornmeal 	<ul style="list-style-type: none"> Buckwheat 	<ul style="list-style-type: none"> Corn starch
<ul style="list-style-type: none"> Whole grain ground corn 	<ul style="list-style-type: none"> Buckwheat flour 	<ul style="list-style-type: none"> Gluten
Oats	<ul style="list-style-type: none"> Buckwheat groats 	<ul style="list-style-type: none"> Modified food starch
<ul style="list-style-type: none"> Instant oatmeal 	<ul style="list-style-type: none"> Millet 	<ul style="list-style-type: none"> Potato starch
<ul style="list-style-type: none"> Oat groats 	<ul style="list-style-type: none"> Millet flour 	<ul style="list-style-type: none"> Rice starch
<ul style="list-style-type: none"> Oatmeal 	<ul style="list-style-type: none"> Quinoa 	<ul style="list-style-type: none"> Tapioca starch
<ul style="list-style-type: none"> Old fashioned oats 	<ul style="list-style-type: none"> Sorghum (milo) 	<ul style="list-style-type: none"> Wheat dextrin
<ul style="list-style-type: none"> Quick cooking oats 	<ul style="list-style-type: none"> Sorghum flour 	<ul style="list-style-type: none"> Wheat gluten
<ul style="list-style-type: none"> Rolled oats 	<ul style="list-style-type: none"> Spelt berries 	<ul style="list-style-type: none"> Wheat starch
<ul style="list-style-type: none"> Steel cut oats 	<ul style="list-style-type: none"> Sprouted buckwheat 	
<ul style="list-style-type: none"> Whole grain oats 	<ul style="list-style-type: none"> Sprouted einkorn 	
<ul style="list-style-type: none"> Whole grain oat flour 	<ul style="list-style-type: none"> Sprouted spelt 	
<ul style="list-style-type: none"> Whole oats 	<ul style="list-style-type: none"> Teff 	
Rice	<ul style="list-style-type: none"> Teff flour 	
<ul style="list-style-type: none"> Brown/wild rice 	<ul style="list-style-type: none"> Triticale 	
<ul style="list-style-type: none"> Brown/wild rice flour 	<ul style="list-style-type: none"> Triticale flour 	
<ul style="list-style-type: none"> Sprouted brown rice 	<ul style="list-style-type: none"> Whole einkorn berries 	
<ul style="list-style-type: none"> Whole rice 	<ul style="list-style-type: none"> Whole grain einkorn flour 	
	<ul style="list-style-type: none"> Whole grain spelt flour 	

Determining Portion Sizes for Grain Products

Choose one or more of these easy methods to determine the portion size for grain products made from a mix, purchase or homemade from scratch:

- a. Weigh a portion of the final product on a scale – digital preferred.
 - Compare the weight to the required weight on the “Grains Serving Size Chart.”
 - If the serving is too large or too small, the serving size should be adjusted and reweighed to achieve the required portion size based on the children’s age(s) served. Larger, but not smaller portions may be served.
- b. Use the CACFP Shopper phone app, select “Grains,” then “Determine Grain Serving Size.”
- c. Use the Team Nutrition Training Worksheet: [Using Ounce Equivalents for Grain in the CACFP.](#)

1. Commercially purchased:

- a. **Method 1** – Refer to the Nutrition Facts label to determine the weight of a serving and compare to the required weight on the “Grains Serving Size Chart”. If the Nutrition Facts label serving size is larger or smaller than the required serving size, divide the required weight listed on “Grains Serving Size Chart” by the Nutrition Facts label serving weight to determine the serving sizes needed.

Example: Savory Crackers

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



1. A Nutrition Facts label serving is 6 crackers, weighing 28 grams (g.).
2. Crackers are in Group A on the “Grains Serving Size Chart”. The required serving size is 22 g. for school aged children (ages 6-12), and 11 g. for children ages 1-5.
3. The Nutrition Facts label serving size (28 g.) is larger than required for school aged children (22 g.), and children ages 1-5 (11 g.).
 - $22 \div 28 = .78$ servings x 6 crackers = 4.68 crackers for school aged children (round up to 5 crackers).
 - $11 \div 28 = .39$ servings x 6 crackers = 2.34 crackers for children ages 1-5 (round up to 3 crackers).

- b. **Method 2** – A Product Formulation Statement (PFS) may be obtained from the manufacturer. The statement must be signed by an authorized company representative (not a salesperson). Documentation must indicate how much grain (by weight) or how many oz. equivalents are in a portion.
- c. **Method 3** – A serving may be weighed on a scale (digital preferred) and compared to the required weight on the “Grains Serving Size Chart”. If the serving is too large or too small, the serving size should be adjusted and reweighed to achieve the required portion size based on the children’s age(s) served. Larger, but not smaller portions may be served.

2. Homemade from scratch:

- a. **Method 1** – A serving of the final product may be weighed on a scale (digital preferred) and compared to the required weight on the “Grains Serving Size Chart”. If the serving is too large or too small, the serving size should be adjusted and reweighed to achieve the required portion size based on the children’s age(s) served. Larger, but not smaller portions may be served.
- b. **Method 2** – The total weight of creditable flour, meal, bran or germ in the recipe may be calculated to determine the number of oz. equivalents the recipe provides. Follow these directions:
 - Add together the weight of each grain item in the recipe using the following chart.

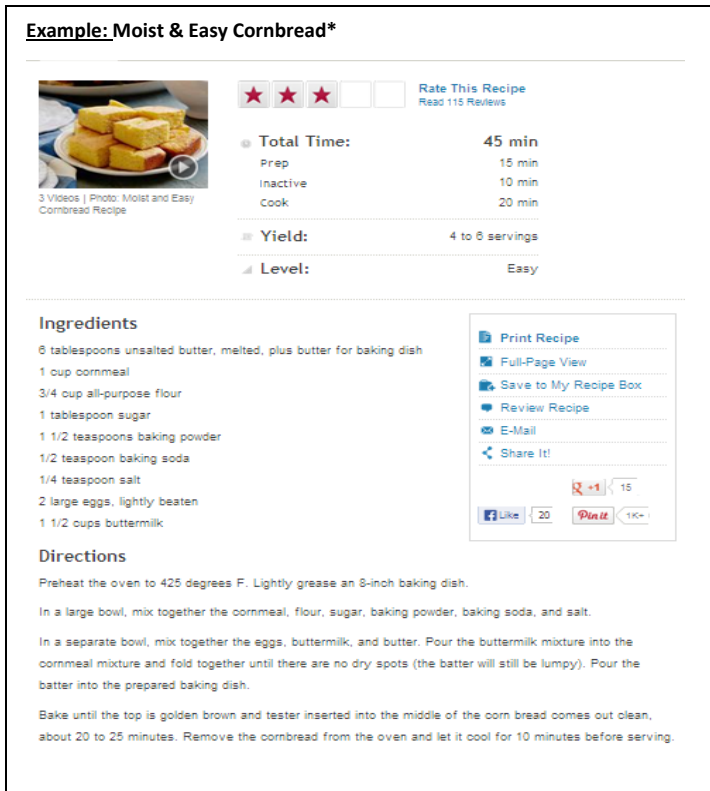
Weights of Common Grain Projects

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

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

¹ Unsifted flour, spooned into a measuring cup.

Example: Moist & Easy Cornbread*



Ingredients

- 6 tablespoons unsalted butter, melted, plus butter for baking dish
- 1 cup cornmeal
- 3/4 cup all-purpose flour
- 1 tablespoon sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs, lightly beaten
- 1 1/2 cups buttermilk

Directions

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

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

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

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

Example: Moist and Easy Cornbread (Credit: Paula Deen)

The grains in this recipe include:

- 1 cup cornmeal
- ¾ cup all-purpose (AP) flour

1. The total weight of the grains in this recipe is:

1 cup cornmeal 122.00 grams
AP flour 125 x .75 = 93.75 grams
 Total grain 215.75 grams

2. One grain serving = 16 grams of grain.

3. $215.75 \div 16 = 13.48$ oz. equivalents per recipe.

4. Divide 13.4 by the recipe yield (6 servings).

- a. $13.4 \div 6 = 2.2$
- b. When cut into 6, each piece of cornbread provides 2.2 oz. equivalents of grain.

5. Meal pattern requirements:

- a. 1 oz. eq. grain is required for school aged children ages 6-12
 - A half piece of cornbread provides 1.1 oz. equivalent and fulfills the requirement for school aged children.
 - Recommendation: Cut into 12 pieces, serve 1 piece per child.
- b. ½ oz. eq. of grain is required for children ages 1-5
 - A quarter piece of cornbread provides .5 oz. equivalents and fulfills the requirement for children ages 1-5.
 - Recommendation: Cut into 12 pieces, serve ½ piece per child

Fluid Milk and Non-Dairy Beverages

1. Fluid Milk Requirements

- a. 1-2 year olds – unflavored whole milk only
- b. 2-5 year olds – unflavored fat-free (skim) or low-fat (1%)
- c. 6 years and older
 - Unflavored - fat-free (skim) or low-fat (1%)
 - flavored - fat-free (skim) or low-fat (1%)
- d. Adults
 - Unflavored - fat-free (skim) or low-fat (1%)
 - flavored - fat-free (skim) or low-fat (1%)
 - 6 oz. yogurt (any fat level) may substitute for 8 oz. fluid milk one time per day
- e. Lactose-free and lactose-reduced cow’s milk, non-dairy beverages nutritionally equivalent to cow’s milk, and breastmilk may be served as the milk component to children over age one without obtaining a statement from a prescribing medical professional. A statement must be on file for other exceptions to these requirements.

2. Non-dairy Beverages

- a. Cow's milk has naturally occurring vitamins and minerals, and is the most nutritious milk option. Non-dairy beverages may be served, in lieu of fluid cow’s milk, to participants with medical or other special dietary needs if they are nutritionally equivalent to cow’s milk according to the nutritional standards in the chart below.










USDA Criteria for Required Nutrient Levels to Qualify as Non-Dairy Beverage Substitute

Nutrient	Required Amount Per Cup	Percent Daily Value
Calcium	276 mg.	28%
Protein	8 g.	8 g.
Vitamin A	500 iu	10%
Vitamin D	100 iu	25%
Magnesium	24 mg.	6%
Phosphorus	222 mg	23%
Potassium	349 mg.	10%
Riboflavin	.44 mg.	26%
Vitamin B12	1.1 mcg.	19%

- b. Products currently meeting requirements are listed in the creditable milk section and “Non-Dairy Beverages Meeting USDA Substitution Criteria for Milk.” Contact your Home Sponsor if you have questions about products not listed. Non-dairy beverages do not have a fat level restriction and must be unflavored for participants under age six.
- c. Families may request a creditable milk substitute in writing without submitting a statement from a prescribing medical professional. If the [Diet Modification Request Form](#) is not used, the request must identify the medical or other special dietary need. Providers may offer to supply the non-dairy beverage substitution at their expense. If a provider does not agree to supply the substitution, the family has the option of providing it. The meal is reimbursable if the provider supplies the rest of the required components.
- d. If a non-dairy beverage is not nutritionally equivalent to cow’s milk, the meal cannot be claimed, unless the substitution is due to a documented disability. To claim meals including a non-creditable milk substitute, a statement or the Diet Modification Request Form must be on file from a prescribing medical professional listing the non-dairy beverage to serve. If the information from the medical authority is unclear or incomplete regarding what to serve and whether the participant has a disability affecting their diet, seek clarification and accommodate the request as a disability in the meantime.

Non-Dairy Beverages Meeting USDA Substitution Criteria for Milk

Note: CACFP non-dairy milk substitute beverages served to children under age 6 must be unflavored. All fat levels are acceptable. This chart is not inclusive. Manufacturers may change formulas at any time. Check with the manufacturer for the most current nutrition information to verify products contain the nutrients in the required amounts listed. Nutrition Facts labels do not always provide information on each nutrient listed.

Product Picture									
Product Name	WESTSOY® Organic Plus Plain & Vanilla Soymilk	Sunrich Naturals Original, Vanilla, Unsweetened Vanilla Soymilk	Silk Original Soymilk	8th Continent Original or Vanilla Soymilk	Pacific Natural Ultra Soymilk Original or Vanilla	PEARL Organic Soymilk-Smart Original, Smart Creamy Vanilla, or Smart Chocolate	Great Value Original Soy Milk	Kirkland Signature™ Organic Plain Soymilk	Ripple Dairy Free Plant Protein Milk Original, Chocolate, Vanilla
Possible Vendors	Wholesale Food Suppliers	Wholesale Food Suppliers	Retail Grocers	Retail Grocers	Wholesale Food Suppliers	Wholesale Food Suppliers	Retail Grocers	Costco	Sysco, US Foods, HyVee, Costco
Container Size	32 oz. or 64 oz.	8 oz. or 32 oz. carton	Quart, Half Gallon, Twin Pack, or Three Pack	Half gallon or 8 oz. carton (12 or 40/case)	8.25 oz. carton (24/case) or 32 oz. carton	8.25 oz. boxes (24/case)	64 oz. carton	32 oz. container or 12-pack	8 oz. carton
Shelf Stable	No	Yes	No	No	Yes	Yes, 1 year unopened	No	Yes	Yes – 8 oz. No – 48 oz.
Storage Tips	Refrigerate	12 month shelf life	Refrigerate	Refrigerate, use in 7-10 days. 8 oz. has refrigerated shelf life of 30 days.	Refrigerate after opening	Refrigerate after opening	Refrigerate	Refrigerate, use within 7-10 days after opening.	Shelf-stable Cartons – 12 mo., Store 60-80° F, Chill before serving
Website for More Information	http://www.westsoymilk.com/products/organic-plus/	https://www.sunopta.com/plant-based-beverages/soymilk/	https://silk.com/products/original-soymilk	https://www.8thcontinent.com/	https://www.pacificfoods.com/our-products/plant-based-beverages/ultra-soy-original/	https://kikkomanusa.com/homecooks/category-family/pearl-organic-soymilk/	https://www.walmart.com/ip/Great-Value-Original-Soymilk-1.89-l/19500254	https://www.costco.com/Kirkland-Signature%2e2%84%a2-Organic-Plain-Soy-milk-32-oz.-Container-12-pack.product.100129024.html	www.ripplefoods.com

The Bureau of Nutrition and Health Services does not endorse specific products. Call 515-281-5356 if you have questions. Updated 12/2021.

This institution is an equal opportunity provider.

Creditable Yogurts

1. Yogurt may be served as a meat/meat alternate.
 - a. Yogurt may be Greek or regular and any fat level (whole, reduced-fat, or fat-free).
 - b. Liquid drinkable yogurts, homemade yogurt, and frozen yogurt products are not creditable.
 - c. Adults may substitute 6 oz. of a creditable yogurt for 8 oz. of fluid milk one time each day. Yogurt cannot be served as a meat/meat alternate at the same meal.
 - d. Keep labels on file to document yogurt served meets CACFP requirements.
2. To be creditable, yogurt must:
 - a. be commercially prepared,
 - b. ready to serve,
 - c. plain or flavored,
 - d. sweetened or unsweetened, and
 - e. **contain no more than 23 g. of sugar per 6 oz. serving.**
3. Options to determine if a yogurt is creditable:
 - a. Use the CACFP Shopper free phone app.
 - b. Use the chart below from the Team Nutrition training worksheet, "Choosing Yogurts that are Lower in Added Sugars."

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars	Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars
If the serving size is:		Sugars must not be more than:	If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

Home Recipes

Home providers are encouraged to use and maintain recipes (in a file or computer) to document use of creditable foods. Recipes should be tried, adapted, and retried several times to produce the same results every time (provider's standardized recipe).

1. A provider's "standardized" recipe should include the following information:

- a. Recipe name
- b. Ingredients (name, form, and amount by weight or volume)
- c. Preparation instructions, including cooking temperature and time
- d. Yield (number of servings the recipe makes)
- e. Serving size of one portion by volume, weight, and/or pieces
 - For liquids or soft foods, measure the total volume in cups or ounces and divide by the yield to determine serving size.
 - For pieces, divide the yield by the number of pans to determine the number of pieces to cut from the pan; the serving size will be a fraction of a pan = 1 piece.
- f. Pan size and number of pans needed, when applicable
- g. How a serving contributes toward CACFP meal pattern component requirements by age group.

2. Family Child Care Home Recipes

Providers are also encouraged to use recipes developed to meet CACFP meal pattern requirements.

- a. Institute of Child Nutrition, Child Nutrition Recipe Box: Recipes for Family Child Care
 - <https://theicn.org/cnrb/recipes-cacfp-homes/>
- b. USDA "Multicultural Child Care Recipes" (Spanish and English)
 - <https://www.fns.usda.gov/tn/recipes-cacfp>
- c. USDA "Recipes for Healthy Kids: Cookbook for Homes"
 - <http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>
 - Following is a winning recipe from "Recipes for Healthy Kids," page 9.

Recipe: Porcupine Sliders

Ingredients

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

Preparation Time: 30 minutes

Cooking Time: 1 hour 20 minutes

Makes six sliders

- 1 slider provides 2 oz. equivalent meat/meat alternate, and 1 oz. equivalent grains.

Directions (Preparation Instructions)

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

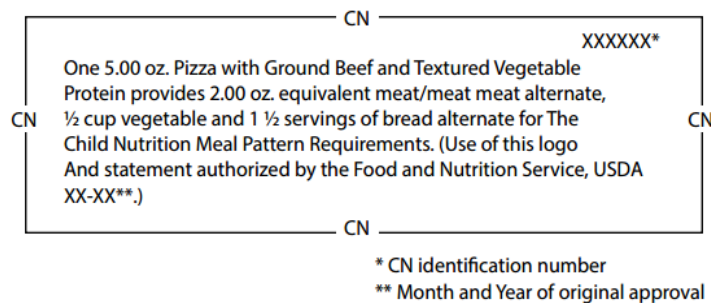
Child Nutrition (CN) Labels

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

1. What is a CN label?

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

Sample CN Logo:



- d. CN labels may be available for some processed combination foods, such as main dish products contributing at least 1/2 oz. meat/meat alternate. Examples include, but are not limited to, beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, breaded fish, and chicken nuggets.
- e. If a CN label is not available, a Product Formulation Statement may be requested from the manufacturer, or serve a double portion of breaded meat products, or serve an additional meat alternate, or remove the breading after cooking and weigh the cooked meat portion (must be all meat with no binders, fillers, or extenders) to determine the required serving size.

2. How to obtain CN labeled products:

- a. CN labels are usually not found on product labels in grocery stores, but are more common through large food distributors selling to schools.
- b. CN labels may be on products sold by bulk retailers such as Sam's Club and Costco.
- c. Remove the label from the product carton, take a picture, or make a copy.
- d. A list of CN labeled products can be found on the [USDA Child Nutrition \(CN\) Label Verification Report](#).

3. How to use CN labels:

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

Product Formulation Statements (PFS)

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

1. What is a PFS?

A PFS is a written statement from a food manufacturer documenting how much of each meal component a serving of the product contributes. PFS must be signed by a company official, not a sales representative.

2. When is a PFS needed?


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

3. How to obtain PFS:

- PFS are not found on product labels or in grocery stores.
- Find the company contact information on the product label or online.
- Check online to see if a PFS is posted for the product you want to serve. If so, print and keep the PFS on file.
- If a PFS is not available online, contact the company and request a PFS for the product:
 - Request the information be provided in writing and signed by a company official.
 - The company can complete a PFS on the [USDA Food Buying Guide Interactive Tool](#) (Product Formulation Statement Workbook).

4. How to use PFS:

- Maintain a current file of PFS for processed combination entrees served as needed.
- Check the label each time an item is served and obtain a new PFS when products change.
- Read PFS labels carefully to determine how much must be served to meet meal pattern requirements for each age group.**
- Product Formulation Statement (PFS) example:



Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Pillsbury® Cheesy Pull-Apart® Mozzarella and Garlic Code No.: 18000-38464
 Manufacturer: General Mills, Inc. Serving Size: 4.06 OZ (115g)
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria? Yes No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains? Yes No How many grams: <3.99g
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G, Group H or Group I. (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz eq; Group H uses the standard of 28grams creditable grain per oz eq, and Group I is reported by volume or weight.)
 Indicate to which Exhibit A Group (A-I) the Product Belongs: B

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ²	Creditable Amount A ÷ B
	A	B	
Whole Wheat Flour, Enriched Wheat Flour	32g	16g	32g ÷ 16g = 2
Total Creditable Amount³			2.00

*Creditable grains are whole-grain meal/flour and enriched meal/flour.
¹(Serving size) X (% of creditable grain in formula). Please be aware serving size other than grams must be converted to grams.
²Standard grams of creditable grain from the corresponding Group in Exhibit A.
³Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 4.06 OZ (115g)
 Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 1.15g (4.06) ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

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 August 26, 2016
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