

# Crediting Foods In The Child and Adult Care Food Program

District of Columbia State Agency  
Office of the State Superintendent of Education  
Wellness and Nutrition Services Department

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**Introduction:** The goal of the Child and Adult Care Food Program (CACFP) is to improve the health and nutrition of children and adults in the program, while promoting the development of good eating habits through the use of nutrition education. The Food Buying Guide for Child Nutrition Programs, (FBG), Food and Nutrition Service Program Aid Number 1331 is the principal tool with which to determine the contribution that foods make toward the meal requirements regardless of whether foods are produced on-site or are purchased commercially. This handbook is a supplementary resource prepared to provide additional information on creditable foods in child and adult care centers, outside school hours care centers and family day care homes.

**The 2008 Edition:** We have learned that there are various adaptations to the basic crediting foods book. This edition lists crediting questions based upon regulatory meal pattern requirements. In addition, the various states or sponsors may have their own more stringent requirements. If you have questions regarding crediting foods, please contact the DC CACFP unit at (202) 724-2824.

This version includes a number of changes in products, a wider variety of foods used in CACFP and advances in the areas of human nutrition and of food service. Additionally, the 2005 Dietary Guidelines for Americans emphasizes the importance of choosing lower fat foods, eating nutrient dense foods, and incorporating more fruits, vegetables and whole grains into our diets. We encourage menu planners to follow these principles when planning Child and Adult Care Food Program menus.

The Crediting Foods Handbook cannot be a comprehensive list of all crediting questions but it focuses upon those crediting issues which are ongoing concerns based upon repeated questions. Please note that this book is a companion to the Food Buying Guide For Child Nutrition Programs (FBG). It does not replace the Food Buying Guide.

The following terms are used throughout this handbook:

Creditable Foods: are those foods that may be counted toward meeting the meal pattern requirements for a reimbursable meal. (1) they are or they contain creditable foods as listed in the FBG; (2) they serve the customary function in a meal; (3) they are in compliance with regulations governing the Child Nutrition Programs (in quantity requirements and/or by definition); (4) they are in compliance with FDA's Standards of Identity; (5) (if they are meat or meat products) are in compliance with USDA's standards for meat and meat products; and (6) and in compliance with administrative policy decisions on the crediting of popular foods.

Non-Creditable Foods: are those foods that do not count toward meeting meal pattern requirements because they do not meet the above criteria. Nevertheless, non-creditable foods often supply additional nutrients and calories that help meet the energy and nutritional needs of participants. For example, the service of a protein-rich food (such as eggs) at breakfast is not required but it contributes additional nutrients, improves the acceptability of meals, and satisfies appetites.

USDA reimburses child and adult care centers, family day care home sponsors, at risk after school snack programs and homeless shelters participating in the CACFP for the meals served to young children or adult enrollees, not for individual foods. A meal is

reimbursable if it contains those creditable foods in the amounts outlined in the CACFP meal patterns.

The year 2008 revision, again, does not include guidance concerning the CACFP infant meal patterns or feeding. For information in the area of infant feeding, please contact your State agency (SA) or family day care home sponsoring organization.

The lists of creditable and non-creditable foods in this publication are not all- inclusive. This publication includes only those foods for which we have received inquiries or have noted as being credited incorrectly.

## Definitions and Explanations

1. Alternate Protein Products (APP) - are food ingredients that may be used to substitute in part or **in full** for meat, poultry, or seafood. These products must conform with the requirements for Alternate Foods for Meals, Appendix A, 7 CFR, Part 226. These products **still do not include tofu, seitan or tempeh**. Before using APP products and claiming the meals for reimbursement, contact your Food and Nutrition Service (FNS) Regional office and/or State agency. Please see the questions and answers in the meat/meat alternate section.

## 2. Child Nutrition (CN) Label

### The CN Label:

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

### What products are eligible for CN Labels?

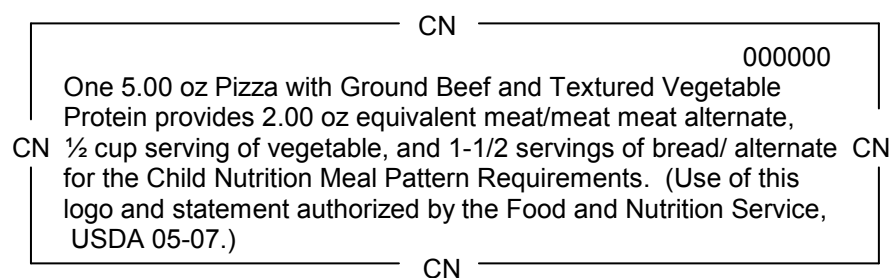
- Main dish products which contribute to the Meat/Meat Alternates component of the meal pattern requirements. Examples include beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, breaded fish or chicken portions.
- 100% juice products are NOT eligible for a CN label. Since 100% juice credits one fluid ounce per one fluid ounce, there is no need for a CN label.
- Juice products containing at least 50% full strength juice by volume. This includes such products as frozen juice drink bars and sherbet.

## How to identify a CN label:

A CN label will always contain the following information:

- The CN logo, which is a distinct border.
- The meal pattern contribution statement.
- A unique six digit product identification number (assigned by FNS) appearing in the upper right hand corner of the CN logo.
- The USDA/FNS authorization statement
- The month and year of final FNS approval appearing at the end of the authorization statement.
- The remaining required label features, product name, inspection stamp, legend, ingredient statement, manufacturer's name, signature/address line and net weight
- Note: the CN number on the sample label below is not an actual CN number. A valid CN label will never have 000000 as a CN number.

## Sample Label:



**For any CN labeled product to be valid, the purchased product label must have the CN logo on it.** A company may have a legitimate CN label approval, but unless the product is produced under inspection following all CN requirements and the CN logo is part of the printed label on the purchased product – it is not a CN product and is not warranted by USDA. A valid CN logo will never be a separate sticker. Printing a fact sheet or manufacturer's statement from a website does **not** document that CN labeled product was purchased. In addition, a fact sheet or other manufacturer documentation is never authorized to have the CN logo on it. Proper documentation of a CN labeled product is an actual label off of the purchased product.

For a detailed explanation of CN Labeling, FNS Regulations for the CACFP, Part 226, Appendix C or the FBG for CN programs, Appendix C.

3. Child Nutrition Programs - Programs funded by the USDA which include: the Child and Adult Care Food Program; the National School Lunch Program; the School Breakfast Program the Special Milk Program; and the Summer Food Service Program.
4. Combination Foods - A single serving of a food item that contains two or more of the required meals components. Common examples of combination foods are pizza and chef salads. For more information on crediting combination foods see page 60.
5. Commercial Gelatin Dessert - (powdered form or prepared) Gelatin is considered an "other food." The gelatin itself is not a creditable food item. Under certain circumstances the fruits, vegetables or juices used in gelatin products may be credited. For information regarding the crediting of fruit/vegetables and/or full strength juice/juice concentrate added to gelatin, see pages 32 and 63. Check the ingredient listings for participants who do not eat meat since some, but not all gelatins, contain animal products.
6. Component - A food grouped in a certain category according to the CACFP meal pattern. These categories are the milk, meat/meat alternate, fruit/vegetable, and the grain/bread components.
7. Fish - Self caught fish are not creditable in the CACFP. Self caught fish can be a safety hazard because of the danger of pollution and contamination. Unlike some game, self caught fish are not inspected. For circumstances under which wild game is inspected see the entry on game.
8. Food Banks -The CACFP does not have a policy regarding the use of food banks. If food banks are used, please check expiration dates on food since often foods are donated close to expiration dates and priority must be given to using food prior to that date.
9. Functional Foods - Foods formulated to provide additional health and nutritional benefits in addition to those occurring naturally. Examples include beverages with added ingredients claiming additional energy boosts. The CACFP does not review these claims nor determine the benefits of these products.
10. Game (Venison, Squirrel, Rabbit, etc.) - For safety reasons, game is not creditable under the CACFP **unless it is inspected and approved by the appropriate State or Federal agency**. During hunting season, game may be inspected by the appropriate State or Federal agency so that it may be donated to food banks or soup kitchens. In these circumstances groups such as Hunters against Hunger donate their game and USDA inspectors donate inspection services. Please note that commercially raised animals such as ducks and rabbits are not included in this definition.
11. Home Canned Foods - Again, for safety reasons, home canned foods are not allowed in meals reimbursed under the CACFP. Clostridium botulism is dangerous and can produce a deadly toxin in canned food. This poison can be present even when there is no evidence of spoilage.

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

13. Medical Exceptions - The FNS Instruction 783 Revision 2 requires menu planners to make substitutions to be made for medical or dietary reasons for participants who are considered disabled as defined under 7 CFR Part 15b. It also permits substitutions for other participants who are not disabled but are unable to consume regular program meals because of medical or other special dietary needs, when supported by a statement from a recognized medical authority. **The statement must be signed by a licensed physician if the allergy or condition is severe and life threatening.** The medical statement should specify the food or foods to be omitted from the child or adult's diet and specify a choice of foods that may be substituted. Refer to CACFP Regulations Part 226.20 (h) and to FNS Instruction 783-2, Rev. 2 (October 14, 1994). More details about this provision may be obtained from your State agency or sponsoring organization.

14. Product Formulation Statement - (previously called a Product Analysis Sheet) is an information sheet obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient by weight. We strongly recommend that it contain the original signature of the company official, not that of a sales representative who may or may not have the necessary technical background. A sample Product Formulation Statement for APP and review check list has been developed and is provided at the back of this work.

15. Reimbursement - is money received from the USDA for serving creditable meals and snacks to eligible participants.

16. Serving Size or Portion - is described by the weight, measure, or number of pieces or slices. The serving size specified in the meal patterns can be credited toward meeting the meal pattern requirements.

17. Standards of Identity - are government standards for the contents, preparation and labeling of food before it is manufactured and sold in commerce. Standards of Identity set specific and optional ingredients that a food must contain when a product is to be labeled or identified by that product name. Standards for meat products are developed by the Department of Agriculture and for other food products by the U.S. Food and Drug Administration (FDA). For more details and the latest information on the status of any of these standards contact the FNS Regional office and/or the State agency.

18. Whole grains - Whole grains or the foods made from them contain all the essential parts the bran, germ endosperm and naturally occurring nutrients of the entire grain seed. Enriched ("white") flour only contains the endosperm. As of the date of the 2008 edition, FDA is currently reviewing definitions and criteria for whole grain products.



## Child and Adult Care Food Program Meal Patterns Amounts and Types of Foods to be Served to Children

This chart lists the amounts and types of food to be served to children one year and older.

| Meal Components  | Ages 1-2   | Ages 3-5   | Ages 6-12  |
|--|--|--|--|
| <b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Milk<sup>1</sup>, fluid</li> <li>• juice or fruit or vegetable</li> <li>• bread or bread alternate or cornbread, biscuits, rolls, muffins, etc including cereal cold, dry or cereal hot, cooked</li> </ul>  | ½ cup<br>¼ cup<br>½ slice<br>½ serving<br><br>¼ cup or<br>1/3 ounce<br>¼ cup   | ¾ cup<br>½ cup<br>½ slice<br>½ serving<br><br>1/3 cup or<br>½ ounce<br>¼ cup   | 1 cup<br>½ cup<br>1 slice<br>1 serving<br><br>¾ cup or<br>1 ounce<br>½ cup   |
| <b>Supplement (Snack)</b><br>(select 2 out of 4 components) <ul style="list-style-type: none"> <li>• milk<sup>1</sup>, fluid</li> <li>• juice or fruit or vegetable</li> <li>• meat or meat alternate egg (large)</li> <li>• bread or bread alternate including cereal, cold, dry or cereal hot, cooked</li> </ul>   | ½ cup<br>½ cup<br>½ ounce<br>½<br>½ slice<br>¼ cup or<br>1/3 ounce<br>¼ cup  | ½ cup<br>½ cup<br>½ ounce<br>½<br>½ slice<br>1/3 cup or<br>½ ounce<br>¼ cup  | 1 cup<br>¾ cup<br>1 ounce<br>½<br>1 slice<br>¾ cup or<br>1 ounce<br>½ cup  |
| <b>Lunch or Supper</b> <ul style="list-style-type: none"> <li>• milk<sup>1</sup>, fluid</li> <li>• meat or poultry or fish or egg (large) or cheese or cooked dry beans or peas or peanut butter and other "butters" nuts and seeds<sup>2</sup> or yogurt</li> <li>• vegetables and/or fruits<sup>3</sup> (2 or more total)</li> <li>• bread or bread alternate<sup>4</sup></li> </ul> | ½ cup<br>1 ounce<br>1/2<br>1 ounce<br>¼ cup<br><br>2 Tbsp.<br>½ ounce<br><br>4 ounces<br>¼ cup<br><br>½ serving or ½ slice | ¾ cup<br>1 ½ ounces<br>3/4<br>1 ½ ounces<br>3/8 cup<br><br>3 Tbsp.<br>¾ ounce<br><br>6 ounces<br>½ cup<br><br>½ serving or ½ slice | 1 cup<br>2 ounces<br>1<br>2 ounces<br>½ cup<br><br>4 Tbsp.<br>1 ounce<br><br>8 ounces<br>¾ cup<br><br>1 serving or 1 slice |

<sup>1</sup> Milk includes whole milk, 1% low fat milk, 2% reduced fat milk, fat free milk, cultured buttermilk, or flavored milk made from these types of fluid milk which meet State or local standards.

<sup>2</sup> For lunch and supper no more than 50% of the requirement may be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to meet the requirement. For crediting purposes 1 oz of nuts or seeds = 1 oz of cooked lean meat, poultry or fish.

<sup>3</sup> Serve two or more kinds of fruits and/or vegetables. Full strength vegetable or fruit juice may be counted to meet no more than one half of this requirement for lunch and supper.

<sup>4</sup> Bread alternate may also include an equivalent serving of such items as a roll, biscuit, muffin, cooked enriched or whole grain rice, macaroni, noodles or other pasta products.

**Child and Adult Care Food Program Meal Patterns  
Amounts and Types of Foods to be Served to Adults**

| <b>Food Components</b>  | <b>Breakfast</b>  | <b>Lunch</b>   | <b>Supper</b>  | <b>Supplement*</b>   |
|---|---|--|--|--|
| <b>Milk, fluid</b>  | 1 cup   | 1 cup  | None required<br>optional  | 1 cup  |
| <b>Vegetable(s) and/or Fruit(s)</b><br><br>Vegetables and/or fruit<br>or full strength vegetable juice or fruit<br>juice or an equivalent combination of<br>vegetable(s), fruit(s), and juice   | ½ cup   | 1 cup total (two<br>or more<br>servings)   | 1 cup total (two<br>or more<br>servings)   | ½ cup  |
| <b>Bread or Bread Alternates</b><br>Bread<br>or cornbread, biscuits, rolls, muffins,<br>etc...<br>or cold, dry cereal<br><br>cooked cereal<br>or cooked pasta or noodle products or<br>cooked cereal grains or an equivalent<br>quantity of any combination of<br>bread/bread alternate | 2 slices<br>2 servings<br><br>1 ½ cups or<br>2 oz<br>1 cup<br>1 cup | 2 slices<br>2 servings<br><br>1 cup<br>1 cup<br>1 cup                              | 2 slices<br>2 servings<br><br>1 cup<br>1 cup<br>1 cup                              | 1 slice<br>1 serving<br><br>¾ cup or<br>1 oz.<br>½ cup<br>½ cup<br>½ cup       |
| <b>Meat or Meat Alternates</b><br>lean meat or poultry or fish<br>or cheese<br>or egg (large)<br>or cooked, dry beans or peas<br>or peanut butter or soy nut butter or<br>tree nut or seed butters<br>or peanuts or soy nuts or tree nuts or<br>seeds<br>or yogurt                      | optional, none<br>required  | 2 oz.<br>2 oz.<br>1 egg<br>½ cup<br>4 Tbsp.<br><br>1 oz.= 50%<br><br>8 oz. or 1cup | 2 oz.<br>2 oz.<br>1 egg<br>½ cup<br>4 Tbsp.<br><br>1 oz.= 50%<br><br>8 oz. or 1cup | 1 oz.<br>1 oz.<br>½ egg<br>¼ cup<br>2 Tbsp.<br><br>1 oz.<br><br>4 oz. or ½ cup |

**\*For a supplement (snack) choose two of the four food components to meet requirements, more components may be served.**

## MILK

CACFP regulations require that in order to be eligible for cash reimbursement, each child's breakfast, lunch, or supper must include fluid milk. Between the child's first and second birthday whole milk should be served. Lower fat milk should then be introduced. **For Adult Care participants only, Program regulations allow yogurt to be substituted to meet the milk requirement of the adult meal pattern at any meal or snack, except one, each day.** That is at least one meal or snack each day must contain fluid milk. It is not necessary that the fluid milk be served at a CACFP reimbursed meal as long as the center can document that the milk was served. Please also note that yogurt also may be substituted as a meat/meat alternate in the adult meal pattern. Yogurt may **not credit** for **both components in the same meal.**

Milk means pasteurized fluid types of unflavored or flavored whole milk, low fat milk, skim milk, or cultured buttermilk which meet State and local standards for such milk. All milk should contain Vitamins A and D at levels specified by the Food and Drug Administration and be consistent with State and local standards for such milk. Lactose free and lactose reduced milk may be offered as options for children who are lactose intolerant.

For children, the breakfast meal pattern requires that a serving of fluid milk be served as a beverage or used on cereal, or used in part for each purpose. Both lunch and supper must contain a serving of fluid milk as a beverage. Refer to the CACFP meal pattern for the quantity requirements by age. If milk is one of the two components served for a snack, it must be fluid milk served as a beverage or used on cereal, or used in part for each purpose. For children, milk may not be credited for snacks when juice is served as the other component. Milk is not credited when used in cooking for such foods as cooked cereals, custards, puddings, or other foods.

## MILK

| Food   | Creditable |    | Comments   |
|--|------------|----|--|
|  | yes        | no |  |
| Milk, fluid<br>(unflavored or<br>flavored)         | x          |    | The milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk. Flavored milks include (but not limited to) such flavors as strawberry, blueberry and banana. See chocolate milk below.  |
| Acidified Milk,<br>Acidified, Kefir Milk           | x          |    | Acidified milk is a fluid milk produced by souring fluid whole, low fat or skim milk with an acidifying agent. Examples of acidified milk are "acidified, kefir milk and acidified, acidophilus milk".   |
| Buttermilk   | x          |    |  |
| Certified Raw Milk                                 |            | x  | Regulations require the use of pasteurized milk.   |
| Chocolate Milk<br>(cold)                           | x          |    | Chocolate milk is creditable if it meets State and local standards for milk.   |
| Cultured Milk,<br>Cultured, Kefir Milk             | x          |    | Cultured milk is a fluid milk produced by adding selected microorganisms to fluid whole, low fat, or skim milk under controlled conditions to produce a product with a specific flavor and/or consistency. Examples of cultured milk are cultured buttermilk, cultured kefir milk and cultured acidophilus milk. |
| Flavored milks                                     | x          |    | Flavored milks must meet State and local standards for milk. Flavored milks may include flavorings, coloring agents and sweeteners. Different flavors may contain differing levels of sweeteners.  |
| Goats Milk   | x          |    | It must be pasteurized and meet State and local standards.<br><b>Goat's milk should not be served to infants.</b>  |
| Lactose Reduced<br>Milk                            | x          |    | Lactose reduced milk is a fluid milk modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children or adults who can not digest the lactose in milk may benefit from the use of lactose reduced milk.                                     |
| Low Fat Milk/Light<br>Milk or Reduced Fat<br>Milks | x          |    | Low fat milk is not recommended for children under two years of age.   |
| Skim Milk, Non/Fat<br>Free Milk                    | x          |    | Skim milk is not recommended for children under two years of age.  |
| Soy<br>Beverages/Drinks                            |            | x  | Soy drinks and beverages are not fortified and do not contain Calcium, Niacin, or Vitamins D, E, or C.   |
| Soy or Soybean<br>Milk, Fortified                  | x          |    | Soybean milk may be served but <b>only as a substitute because of medical or other special dietary needs</b> . See FNS Instruction 783-2 Rev.2. The use of this product for medical reasons must be supported by a statement from a recognized medical authority that includes recommended alternate foods.      |

**MILK**

| Food   | Creditable |    | Comments   |
|--|------------|----|--|
|  | yes        | no |  |
| UHT (Ultra High Temperature) Milk or Shelf Stable Milk | x          |    | UHT is a Grade A, pasteurized milk that has been heated to about 280°F for a few seconds then cooled and packaged. It can be stored without refrigeration until opened. Not all products are manufactured in the United States, read labels to meet the Buy America Provision.       |
| Whole Milk   | x          |    | Only to children one year of age and two years.  |
| <b>Other Dairy Products or Milk Substitutes:</b>       |            |    |  |
| Almond milk  |            | x  | Almond milk does not meet the definition of milk. When used for medical exemptions, it must have a doctor's note on file.  |
| Chocolate (hot)  | x          |    | Hot chocolate must be made with fluid milk; only the fluid milk portion is creditable.   |
| Cocoa  | x          |    | Cocoa must be made with fluid milk; only the fluid milk portion is creditable.   |
| Cream  |            | x  | Cream does not meet the definition of milk.  |
| Cream Sauces   |            | x  | Cream sauces do not meet the definition of milk.   |
| Cream Soups  |            | x  | Cream soups do not meet the definition of milk.  |
| Custard  |            | x  | Custard does not meet the definition of milk.  |
| Eggnog, Commercial                                     | x          |    | For commercial eggnog, only the fluid milk portion is creditable.  |
| Eggnog, Homemade                                       |            | x  | Homemade eggnog requires the use of raw eggs which can present a health hazard.  |
| Evaporated Milk  |            | x  | Evaporated milk does not meet the definition of milk .   |
| Half and Half  |            | x  | Half and Half does not meet the definition of milk.  |
| Ice Cream  |            | x  | Ice cream does not meet the definition of milk.  |
| Ice Milk   |            | x  | Ice milk does not meet the definition of milk.   |
| Imitation Milk   |            | x  | Imitation milk does not meet the definition of milk.   |
| Milkshakes   | x          |    | Milkshakes may be used to meet the milk component of lunches, suppers and supplements (snacks) served in the CACFP, if those milkshakes contain the minimum quantity of fluid milk per serving appropriate for the age group being served. Refer to FNS Instruction 783-7, Rev. - 1. |
| Pudding  |            | x  | Pudding does not meet the definition of milk.  |
| Pudding Pops   |            | x  | Pudding pops do not meet the definition of milk.   |
| Reconstituted, Dry Milk                                |            | x  | See Sections 226.20 e and f of the CACFP regulations concerning the availability of fluid milk.  |

## Milk

| Food                     | Creditable |    | Comments   |
|--------------------------|------------|----|--|
|                          | yes        | no |  |
| Rice Milk                |            | x  | Rice milk does not meet the definition of milk. When used for medical exemptions, it must have a doctor's note on file.  |
| Sherbet/Sorbet           |            | x  | Sherbet does not meet the definition of milk. See fruits and vegetables on page 34.  |
| Sweetened Condensed Milk |            | x  | Sweetened condensed milk does not meet the definition of milk.   |
| Sour Cream               |            | x  | Sour cream does not meet the definition of milk.   |
| Yogurt                   |            | x  | <b>Except for adult participants</b> yogurt does not meet the definition of milk. Please refer to the crediting of yogurt under the meat/meat alternate component section. |

## QUESTIONS AND ANSWERS ABOUT MILK

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

A: Reconstituted milk is not included in the definition of milk in the Program Regulations. It is not possible to ensure that the quantity of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk. Reconstituted milk may be used in an emergency situation where the availability of fluid milk has been affected. This provision is discussed in Part 226.20 (e). In addition, Part 226.20 (f) of the Regulations permits dry milk to be used on an ongoing basis but only when the center is unable to obtain a supply of fluid milk on a continuing basis. In either of these situations, contact the Regional Office, State agency or the sponsoring agency as applicable, for guidance prior to taking action.

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

A: Yes, If a child is unable to have milk for medical reasons and when you obtain a written medical statement from a recognized medical authority that states that the participant should not be served milk. The statement also must specify substitute food(s). Please see Part 226.20 (h).

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

A. Children who do not consume milk because of religious reasons must be covered by an exemption granted by the National Office. Currently meals served in Jewish schools have been granted an exemption from the service of fluid milk for lunches and dinners containing meat or poultry under FNS instruction 783-13 Rev.2. Please see this instruction for options and documentation requirements. The exemption requested (FNS Instruction 783-14 Rev. 1) by Seventh Day Adventist schools covers the use of alternate protein products to meet the meat/ meat alternate component. It does not request an exemption from milk consumption. Schools serving Muslim meals have not requested an exemption from meal pattern requirements.

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

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

A: No, the milk served must be served as a beverage and/or poured over cereal at breakfast, lunch/dinner or snack in order to be credited toward the milk requirement.

5. Q: Can milk be purchased directly from a farm?

A: Yes as long as it is pasteurized, fluid milk that meets State and local health standards. Also, it must include Vitamins A and D at levels consistent with State and local standards.

6. Q: Can commercial milk shakes be served to meet the milk requirement?

A: FNS Instruction 783-7 Revision 1, (issued January 24, 1995) permits the use of commercial milk shake mixes, if State and local officials define the mix as fluid milk in the geographic area where the mix is to be served. Since milk shakes tend to be filling, be aware that preschool children and some adult participants either may not be able to consume sufficient quantities of milkshakes or alternately, may leave other portions of the meal not consumed. This nutritional consideration should be a factor in your decision whether to serve milkshakes and under which circumstances.

7. Q: Why does the chart indicate that whole milk is not permitted for children under one year of age and skim/low fat milk is not recommended for children under two years of age?

A: Our regulations no longer permit the use of whole cows' milk before age 12 months. This change reflects the results of recent pediatric nutritional research. If whole milk is served to a child prior to its first birthday, there must be a doctor's note on file. In addition, evaporated milk no longer meets the definition of milk (previously evaporated milk in formula was permitted for infants between eight months and one year). Regulations reflect the position of the American Academy of Pediatrics that it is recommended that breast milk or iron fortified formula be used for the entire first year.

Recent publicity of the relationship between high fat diets and heart disease has led some caregivers to believe that they should feed their infants skim or low fat milk to prevent obesity or atherosclerosis later in life. However, based upon current scientific research, the feeding of skim or low fat milk to infants and children up to age two is not considered appropriate.

Pediatric nutrition authorities agree that skim milk (fresh liquid, reconstituted, nonfat dry milk powder or evaporated, skimmed milk) or low fat milk (1/2%, 1 or 2% low fat milk) should not be fed to children younger than age two. These milks contain insufficient quantities of fat (including linoleic acid) iron, Vitamins E and C. They also contain excessive amount of protein, sodium, potassium and chloride for infants. The amount of proteins and minerals in low fat and skim milk is even higher than in whole cows' milk; these milks put a strain on an infant's kidneys as does whole cows' and goats' milk.

8. Q: I work with both the National School Lunch Program and with the Child and Adult Day Care Program. I recently provided comments on proposed regulations for the School Lunch and Breakfast Programs concerning the use of alternate fluid milks. Does this proposal also include the CACFP?

A: No as of June 2007, this proposal does **not** include the CACFP. It only is proposed as an option for the National School Lunch and Breakfast Programs.



## MEAT/MEAT ALTERNATES

CACFP regulations require that a lunch or supper must contain the required serving amount of meat or meat/alternate specified in the meal pattern. The meat/meat alternate for the lunch or supper must be served in the main dish or in the main dish and **one other menu item**. A serving of meat or meat/alternate may be used as one of the two components of a snack. When a meat meat/alternate is served as one of the two required components of a reimbursable snack, the amount specified in the snack pattern must be served. There is no requirement that a meat/meat alternate be served as part of a breakfast but it may be served as an optional component. A menu item must provide a minimum of ¼ ounce of cooked, lean meat or its equivalent, to be counted toward meeting any part of the meat or meat/alternate requirement.

Meat and meat/alternates include lean meat, poultry, fish, cheese, egg, yogurt, cooked dry beans or peas; nuts and seeds and their butters (except for acorn, chestnut and coconut); or an equivalent quantity of any combination of these foods. When cooked, dried beans or peas are counted as a meat alternative they may not also be credited as a vegetable in the same meal. Please use the appropriate serving size. Creditable portion sizes for beans differ when used as a meat alternate from the creditable fruit/vegetable portion sizes. The different creditable portion sizes for beans as vegetables and as meat alternate are found both in the CACFP meal patterns and in the Food Buying Guide. **Remember that sponsors may use the cooked canned form of dried beans in the CACFP. Sponsors are not required to use dried beans or peas in a form that must be soaked prior to use.**

Crediting for shellfish has been included. However, when including shellfish in menus, you should consider costing factors, acceptability, and the potential for food intolerances among both preschool and adult day care populations.

Alternate Protein Products (APP) [formerly Vegetable Protein Products] are processed from soy or other vegetable protein sources and may be in a dehydrated granule, particle, or flake form. They are generally used as part of a formed meat patty or in a vegetarian patty; resembling a meat product. APPs prior to being added to other products may be colored or uncolored, seasoned or unseasoned and they may be textured. The current regulations **remove** the restrictions 1) that APP must be fortified with vitamins and minerals and 2) that no more than 30% of the meat/meat alternate component be APP; up to 100% APP may now meet the meat/meat alternate component. APPS are currently being used successfully as meat/meat alternate extenders and/or substitutes in large Child Nutrition Programs. However, before using products containing APP or incorporating APP ingredients into your recipes and claiming these meals containing these foods for reimbursement, contact the FNS Regional office and/or your State agency for information and assistance on the preparation, serving, and crediting of these products.

Nuts and seeds may fulfill no **more than one-half of the meat/meat alternate requirement for lunch/supper**. You also should be aware of potential food intolerances or allergies with some populations. In such circumstances, you should make appropriate accommodations under the medical substitution requirement. Soy nuts may be used as a meat/meat alternate or as a fruit/vegetable but not as both at the same meal.

## MEAT/ MEAT ALTERNATE

| Food   | Creditable |    | Comments  |
|--|------------|----|---|
|  | yes        | no |   |
| Acorns   |            | x  | Acorns have a low protein content.  |
| Baco - Bits  |            | x  |   |
| Bacon and Imitation Bacon Products   |            | x  | These products are considered as fats with little protein.  |
| Bacon Rinds  |            | x  |   |
| Bacon, Turkey  | x          |    | Turkey bacon is creditable only if it is a CN labeled product.  |
| Beans, Dried or Canned   | x          |    | See pages 1-5-12 of the Food Buying Guide.  |
| Beans, Refried   | x          |    | See page 1-35 of the Food Buying Guide  |
| Beef Jerky   | x          |    | Beef jerky made with pure beef may be credited. 1 ounce of dried jerky equals 1 ounce lean, cooked meat. This product has a high sodium content and is difficult to chew.   |
| Bologna  | x          |    | All meat (or poultry) products that do not contain bi products, cereal, or extenders. Some examples of binder/extendors are starch, cellulose and nonfat dry milk. Some examples of by products are glands, hearts and other organ meats. See page 1-36 of the Food Buying Guide. |
| Canadian Bacon or Mild Cured Pork  | x          |    | 1 lb. (16 oz.) will yield 11 - 1 oz servings of cooked, lean meat. See page 1-47 of the Food Buying Guide.  |
| Canned or Frozen:<br>Stew, Beef-a-Roni<br>Chili Macaroni<br>Meat Stew<br>Pizza ,Pot Pies<br>Raviolis | x          |    | These products are creditable only if (1) they have a CN label or (2) a Product Formulation Statement signed by an official of the manufacturer (not a sales person).   |
| Canned, Pressed Luncheon Meat (Potted/Deviled)   |            | x  | This product has a high salt and fat content.   |
| Ceviche  |            | x  |   |
| Cheese Foods, Cheese Food Substitutes, Cheese Spreads and Cheese Spread Substitutes                  | x          |    | A 2 oz serving equals 1 oz of meat alternate. See page 1-24 of the Food Buying Guide.   |

|  |   |   |   |
|--|---|---|---|
| Cheese, imitation                        |   | x | See footnotes on page 1-24 of the Food Buying Guide   |
| Cheese products                          |   | x | While cheese foods and spreads have a Standard of Identity, cheese products do not.   |
| Cheese, Natural or Processed             | x |   |   |
| Cheese, Cottage or Ricotta               | x |   | The portion size must be doubled. (A 2 ounce serving equals 1 ounce meat/meat alternate).   |
| Chestnuts                                |   | x | Chestnuts have a low protein content.   |
| Chicken Nuggets                          | x |   | Only the edible chicken portion is creditable as a meat. For breading/batter crediting, see the grain/ bread section.   |
| Chitterlings                             |   | x | Chitterlings are considered as a fat.   |
| Coconuts                                 |   | x | Coconuts have a low protein content.  |
| Corn Dogs, Corn Dog Nuggets              | x |   | The crust is credited like cornbread. The frankfurter is credited as a meat/meat alternate. This product has a high fat and salt content. See page 1-36 of the Food Buying Guide.   |
| Crab, Imitation                          |   | x | The processing washes away vitamins.  |
| Cream Cheese                             |   | x | Cream cheese contains less protein and more fat than creditable cheeses. A serving size that would provide an equivalent quantity of protein would be excessive, especially for pre-school children.                            |
| Deviled Eggs                             | x |   | Only the whole egg portion is credited.   |
| Egg, Whites only                         |   | x |   |
| Eggs Liquid Substitutes                  |   | x |   |
| Eggs, Whole Fresh, Frozen, Dried, Liquid | x |   | Eggs may be credited only when cooked. <b>Eggs must be inspected.</b> Raw eggs are a potential health hazard. See the Food Buying Guide 1-36  |
| Falafel                                  | x |   | The pre-ground weight of beans is credited. See pages 1-5-12 of the Food Buying Guide.  |
| Fish Sticks                              | x |   | Only the edible fish portion is creditable as a meat alternate. For breading/batter crediting, see the grain/bread section.   |
| Frankfurters or Hot Dogs                 | x |   | All meat or poultry products that do not contain by products cereal, or extenders. See the entry on bologna for details. Remember to serve hot dogs in small pieces for those participants where choking is a potential hazard. |
| Frankfurters, Imitation                  | x |   | Only CN labeled imitation franks may be credited, manufacturer documentation will <b>not be accepted</b>  |
| Game, i.e. Squirrel, Venison etc...      |   | x | Game, for safety reasons, is not creditable in the CACFP unless it is inspected and approved by the appropriate State or Federal agency.  |
| Home pickled Fish                        |   | x | For safety reasons home pickled fish is not creditable.   |
| Home Slaughtered Meat                    |   | x | For safety reasons, home slaughtered meat is not creditable in the CACFP.   |

| Food  | Creditable |    | Comments  |
|---|------------|----|---|
|   | yes        | no |   |
| Kidney, Liver, Gizzards                       | x          |    |   |
| Liverwurst                                    | x          |    |   |
| Meat Sauce (spaghetti or brown) <sup>27</sup> | x          |    | Only homemade sauce may be credited.  |
| Neufchatel Cheese                             |            | x  | A soft un-ripened cheese similar to cream cheese.   |
| Nuts  | x          |    | See meal patterns for crediting. Nuts may be a choking hazard for some populations.   |
| Oxtails                                       |            | x  | This product has an insufficient amount of meat.  |
| Peanut Butter                                 | x          |    | It is suggested that peanut butter be served in combination with another meat/meat alternate since the required portion sizes for peanut butter may be too large for pre-school children. |
| Reduced Fat Peanut Butter                     | x          |    | It must meet the FDA Standard of Identity for peanut butter with 90% peanuts or peanut flour.   |
| Peanut Butter Spreads                         |            | x  | Peanut butter spreads do not meet FDA Standards of Identity and may not be credited.  |
| Peas or Lentils, Dried                        | x          |    | See pages 1-38 and 1-40 of the Food Buying Guide.   |
| Pepperoni                                     |            | x  | Only CN labeled pepperoni may be credited. This product is high in sodium and fat.  |
| Pig's Feet, Neck Bones, or Tails (parts)      |            | x  | These products contain small amounts of meat and are high fat products.   |
| Pimento Cheese                                | x          |    | A 2 oz. serving equals 1 oz of meat or meat alternate. See the cheese spread entry in the Food Buying Guide on page 1-24.   |
| Pizza, Homemade                               | x          |    | The amounts of meat/meat alternate ingredients must be identified and documented.   |
| Pizza, Commercial                             | x          |    | These products are creditable only if (1) they have a CN labeled product or (2) a Product Formulation Statement.  |
| Polish Sausage                                | x          |    | A cooked, smoked sausage, similar in composition to frankfurters, or knockwurst. Polish sausages must contain a CN label to be credited.  |
| Potted or Deviled Meats                       |            | x  | These products are high in sodium and include extenders and binders.  |
| Pot Pies, Commercial                          |            | x  | These products do not contain adequate amounts of meat.   |
| Pot Pies, Homemade                            | x          |    | The meat in homemade potpies can be credited if there is sufficient meat/meat alternate per serving. It must be documented with a standardized recipe.                                    |
| Powdered Cheese in Boxed Macaroni and Cheese  |            | x  | The powdered cheese mix is not credited toward any of the components. The macaroni, if enriched, may be credited toward the bread grain requirement.                                      |

| Food  | Creditable |    | Comments  |
|---|------------|----|---|
|   | yes        | no |   |
| Pressed Meat Products; i.e. "Spam"          | x          |    | Only CN labeled processed meat products may be credited. These products are high in sodium and fat.   |
| Quiche                                      | x          |    | See Program Aid 1371, Recipe D-32; Recipes D-8 and D- 8a, <u>Child Care Recipes</u> . The egg, cheese, and/or meat may be credited if there is sufficient meat/meat alternate per serving. See crediting for crusts under the grain/breads section.                   |
| Queso blanco homemade                       |            | x  | See home canned goods. There are potential safety concerns with this product  |
| Queso fresca homemade                       |            | x  | See home canned goods   |
| Salami                                      |            | x  | Only CN labeled salami may be credited. This product is high in sodium and fat.   |
| Salt Pork                                   |            | x  | This product is extremely high in fat.  |
| Sausage                                     | -          | -  | Only items labeled as "fresh pork sausage" or "fresh Italian sausage" may be credited as shown on page 1-45 of the Food Buying Guide. All other sausage products must be CN labeled or have a product formulation statement. Request a product formulation statement. |
| Scrapple                                    |            | x  | Scrapple has insufficient meat content.   |
| Seeds                                       | x          |    | See meal pattern requirements for crediting. Be careful of the use of seeds with preschoolers to avoid choking hazards. Some adults may also have medical restrictions.   |
| Shellfish                                   | x          |    | Shellfish must be fully cooked; only the edible fish portion is creditable. See page 1-39 of the Food Buying Guide  |
| Shellfish, Imitation                        |            | x  |   |
| Soups, Commercial Bean or Pea               | x          |    | $\frac{1}{2}$ cup soup = $\frac{1}{4}$ cup or 1 oz meat alternate. <b>May be credited either as a vegetable or meat alternate but not both in the same meal. See page 2-74 of the Food Buying Guide.</b>  |
| Soups, Homemade with Meat or Meat Alternate | x          |    | Homemade soups are creditable as a source of meat/meat alternate if the minimum amount of $\frac{1}{4}$ oz. per serving can be identified and documented through the use of a standardized recipe.  |
| Soups, Commercial -Other                    |            | x  | Commercial soups contain insufficient meat/meat alternate content per serving to receive crediting.   |
| Soy Butter                                  | x          |    | Soy butter provides a good alternative to peanut butter for those participants who are allergic to peanut butter. Soy butter is credited like peanut butter.  |

| Food  | Creditable |    | Comments  |
|---|------------|----|---|
|   | yes        | no |   |
| Soy Nuts  | x          |    | 1oz. of soy nuts credits as 1 oz meat alternate or as ¼ cup vegetable fruit. <b>May be credited either as a vegetable or meat alternate but not both in the same meal. See also fruits and vegetables</b>   |
| Spare Ribs  | x          |    | These products contain small amounts of meat and are high fat products.   |
| Sushi   |            | x  | Fish products must be fully cooked. Raw fish are a potential health hazard for vulnerable populations.  |
| Tahini<br>Sesame seed butter  | x          |    | Credited as a seed nut butter. See page 1-40 of the Food Buying Guide   |
| Tempeh  |            | x  | Tempeh is fermented soybean. USDA has no Standard of Identity for this product.   |
| Tofu  |            | x  | Tofu is soy bean curd. USDA has no Standard of Identity for this product.   |
| Tripe   | x          |    | See page 1-21 of the Food Buying Guide  |
| Vienna Sausage  | x          |    | This product is high in fat and sodium. All meat or poultry products that do not contain bi- products cereal or extenders. See the entry for Bologna and page 1-36 of the Food Buying Guide   |
| Yogurt, Commercial<br>Plain, Un-flavored,<br>Flavored,<br>Sweetened                   | x          |    | Commercially prepared products meeting the Standard of Identity for yogurt, low fat, and nonfat yogurt may be credited. <b>4 oz of yogurt equals 1 oz of the meat/meat alternate requirements.</b> Yogurt in drinks or yogurt that is frozen may not be credited. |
| “Yogurt”, Liquid  |            | x  | This product does not meet the definition of yogurt.  |
| Yogurt in a tube  | x          |    | This product must meet all requirements to be labeled as yogurt on the ingredient label. The 2.2 oz. size tube may be credited at .5 oz of the meat/meat alternate requirements. This product may be purchased frozen but may not be served frozen.               |
| Yogurt, Homemade  |            | x  | There are potential safety concerns with this product.  |
| Yogurt Products<br>Frozen Yogurt,<br>Bars,<br>Yogurt Covering on<br>Fruit and/or Nuts |            | x  | These are considered “other” foods. There is insufficient yogurt in the coating mixtures.   |

## Questions and Answers About Meat/Meat Alternates

1. Q: Why are nuts, seeds and nut/seed butters allowed as meat alternates?

A: Peanut butter has always been included as a meat alternate in the Child Nutrition Programs because of its high protein content. Other nut and seed butters are now becoming available on the market. Food consumption habits and food preferences are influenced by many cultural, ethnic, economic, religious and environmental factors. The use of these products as a meat alternate reflects current food consumption habits and nutrition information. **Nuts are not recommended for children under three years of age because choking may occur. Adult day care providers should also consider their elderly participants carefully to determine if choking is a potential concern. Please also be aware that some individuals may have food intolerances or allergies to these foods.**

2. Q: Are grated romano and parmesan cheeses creditable?

A: Yes, however small amounts of these cheeses, when used as a garnish or seasoning, or in a breading, should not be counted toward meeting the meat/meat alternate requirement of a meal. For both romano and parmesan cheeses, a 3/8 cup serving provides 1 ounce of meat alternate.

3. Q: Can pizza be credited as a meat/meat alternate?

A: Yes. This pizza should be either a homemade pizza with a standardized recipe on file, a CN labeled pizza, or a cheese/meat pizza with a manufacturer's statement.

4. Q: Can vegetarian meals be served in the CACFP?

A: Yes, however, the meals must meet meal pattern requirements. Examples of acceptable vegetarian meat alternates that are creditable in the CACFP include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, eggs, yogurt, cooked dried beans and peas, nut and seed butters or any combination of the above. As of March, 2000 regulations were published that eliminated restrictions upon the use of alternate protein products (APP). USDA has removed the 30 percent limit on the amount of APP that can be blended into a meat/meat alternate. Special fortification requirements for APP are also removed. However, productions containing more than 30% should be identified. In planning for the use of such products, remember that some participants may have allergies to certain of these ingredients so that identification of products containing APP is critical. **Please be aware that such meat alternatives as tofu, seitan and tempeh are not creditable meat alternatives.**

5. Q: We have several participants that attend our day care who cannot eat certain foods because of religious reasons. Can we claim these participants on the food program?

A: Yes. In many cases substitutions to accommodate religious dietary restrictions can be made within existing meal pattern requirements. In those cases, the center or provider may make such adjustments as are needed. Please also refer to FNS Instructions 783-13, Rev 2 Variations in Meal Pattern Requirements: Jewish Schools,

Child Care Institutions and Service Institutions (December 3, 1992) and 783-14, Rev 1 Variations in Meal Pattern Requirements: Seventh Day Adventist Schools, Child Care Institutions and Service Institutions (April 29, 1992). Additional guidance is also available for centers and providers serving Muslim children upon request. If religious dietary restrictions need additional accommodation, sponsors may request that alternate meal patterns be allowed by submitting a letter to the State agency. The letter must state the reasons for the proposed changes and describe the dietary accommodations that are needed. At that time, State agency will make a decision based upon the nutritional needs of the participants. Prior written approval from the State agency for CACFP meal pattern modifications based upon religious exemptions is required and should be maintained on file.

6. Q: Must yogurt be offered in four ounce portions in order to be credited?

A: Although yogurt is credited at a ratio of four ounces of yogurt to one ounce of meat, this does not mean that programs are limited to offering yogurt in four ounce or eight ounce servings.

7. Q: What is the smallest amount of yogurt that may be credited toward the meat/meat alternate requirement?

A: Meal planners, at their discretion, may vary the portion sizes in the reimbursable meal in a range from 2 ounces (credited as  $\frac{1}{2}$  ounce of the meat/meat/alternate) to 8 ounces (credited as fulfilling the total two ounce meat/meat alternate requirement).

8. Q: How are cups of commercially prepared yogurt containing fruit to be credited? Does the volume of fruit have to be subtracted from the total weight of the containers?

A: Commercially prepared fruit and non-fruit yogurt products both receive full crediting toward the meat/meat alternate requirement, based on the portion size by weight/volume in the carton; i.e., four ounces of either fruited or non-fruit yogurt fulfill the equivalent of one ounce of meat/meat alternate. It should be noted that the fruit in commercial fruited yogurts cannot be credited toward the fruit/vegetable component. Fruit may be credited only when the provider adds sufficient quantities of fresh, frozen or canned fruit to commercial yogurt.

9. Q: Yogurt in a tube is usually frozen solid, why won't the yogurt credit if I serve it frozen?

A: The regulations are very clear. Frozen yogurt may not be served as part of a reimbursable meal since there is no standard of identity for frozen yogurt. Yogurt tubes must be fully defrosted before they may be served.

10. Q: If I buy regular yogurt and use it in a recipe for a smoothie can the yogurt be credited?

A: No, yogurt may not be served in a drinkable form even if you use creditable yogurt in your own smoothie recipe.



11. Q: Chicken nuggets, hot dog nuggets and fish sticks are very popular in our center, how many nuggets or sticks should we serve to meet requirements?

A. These products vary in both size and in the amount of breading or batter used. Some states or sponsors may require the use of CN labeled products for these foods. Check with your sponsor or State in this regard. Nevertheless, you will need to use either a CN labeled product or obtain a product formulation statement to document that portions meet requirements. Check either the CN label or the product formulation statement sheet. The label or statement will provide crediting information specific to the product. This documentation should be maintained on file and is especially important when serving novelty shaped products.

12. Q: We would like to use Alternate Protein Products (APP) for our children who do not choose to eat meat. We want to use products that meet regulatory requirements and to provide the documentation needed to support our production records. Do you have guidance for us in this area?

A. Manufacturers have begun to submit products for CN labeling. Products that are CN labeled should be documented in the same way as any other CN labeled product. If the product does not have a CN label you will need to provide a Product Formulation Statement for each APP product you use. Although some manufacturers have put manufacturer's statements on their websites or have the more general manufacturers' statements, not all of these meet Program requirements. Product formulation statements for meat/meat alternate products must contain the information contained in the sample form. This product formulation statement is for meat/meat alternate products. Additional formulation statement forms are in development at National Headquarters and will be added to the crediting handbook as each is finalized. A copy of each meat/meat alternate product used must be maintained on file in the event of review. You should supply the form and worksheet to the manufacturer. You should review the forms when received to assure that the forms were completed accurately and maintain on file. The sample form starts on page 74. It is formatted so that it can be photocopied and reused.

## VEGETABLES AND FRUITS

A reimbursable breakfast shall contain a serving of vegetable(s) or fruit(s), full strength vegetable or fruit juice or an equivalent quantity of any combination of these foods. Both lunch and supper shall contain two or more vegetables or fruits or a combination of both. The smallest creditable portion size is 1/8 cup or two tablespoons. Full strength vegetable or fruit juice may be counted to meet not more than one half of this requirement.

It is extremely important to read the product label. **Based upon the 2005 Dietary Guidance for Americans, it is now both National and Regional policy that when juice is served, only 100% juice or full strength juices be used.** If, as previously permitted, less than full strength juice were to be used, the volume of liquid must then have been doubled to comply with meal pattern requirements since these juices are at 50% strength (the minimum percentage of full-strength juice by volume **previously** permitted by Appendix C to Part 226 of the Regulations). Therefore, it would have been an excessive amount for preschool children and some adult populations to consume.

Juice may be fresh, canned, frozen, or reconstituted from concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. Frozen juice in its concentrated form may also be used in recipes.

Please note that traditionally, cranberry juice cocktails were served by sponsors and were disallowed since 100% commercial cranberry juice cocktails do not meet juice requirements. Currently there are 100% juice blends, which include 100% cranberry juice in a blend with other 100% juices. If you wish to serve these products please maintain a label on file for documentation purposes in the event of review. We also encourage that you specify that you are using a 100% juice or full strength juice blend on your menus.

**All fruit juices must be pasteurized.** Some kinds of juice and cider have not been pasteurized and may contain harmful bacteria. Children and the elderly are particularly susceptible to these bacteria.

Two forms of the same fruit or vegetable served at the same meal can not counted toward the requirement to serve two or more fruits and/or vegetables. For example, if apple juice and applesauce are served, an additional and different fruit and/or vegetable must be served. This requirement is intended to provide the variety of fruits and vegetables needed for healthful growth. A serving of vegetable or fruit may be credited as one component of the required two components of the snack pattern. However, juice may not be credited as one of the components of a snack when milk is served as the only other component.

Cooked, dried beans or peas may be counted either as a vegetable or as a meat alternate but not as both in the same meal. Roasted soy nuts may also be credited as either a vegetable or as a meat/meat alternate but not as both in the same meal. **When crediting soy nuts as a vegetable volume must be used for crediting purposes, i. e. ¼ cup of soy nuts is equivalent to ¼ cup crediting regardless of the weight**

Vegetables and fruits are credited as served. In order to count for crediting purposes, a minimum of 1/8 cup fruit/vegetable per serving is required. Small amounts (less than 1/8 cup) of fruits and vegetables used for flavorings or optional ingredients, such as garnishes, may not be counted to meet the fruit/vegetable requirement. These small amounts generally are not portion controlled and it is hard to determine their nutritional contribution to the meal. Condiments and seasonings are not creditable food items; they serve as extras to enhance the acceptability of the meal.

Vegetables or fruits served as a combination item, e.g., fruit cocktail, succotash, peas and carrots, mixed vegetables etc., may be credited to meet only one of the two required items for lunch and supper.

No home canned fruit and vegetable products are allowed for service in the Child and Adult Care Food Program because of health and safety reasons.

Snack chips such as banana chips, fruit, vegetable and potato chips may not be credited as a fruit or vegetable. These are other foods. Only 100% dried fruits or vegetables may be credited as a fruit or vegetable. Dried fruits and vegetables are credited by the volume served.

**VEGETABLES AND**

## FRUITS

| Food  | Creditable |    | Comments   |
|---|------------|----|--|
|   | yes        | no |  |
| Ade Drinks  |            | x  | These drinks do not contain at least 50% full strength juice.  |
| Apple Butter  |            | x  |  |
| Apple Cider   | x          |    | Cider must be pasteurized.   |
| Apple Fritters  | x          |    | Fritters must have at least 1/8 cup of apples per serving.   |
| Aspic (fruit in)  | x          |    | See gelatin salads.  |
| Banana in Bread   |            | x  | It has less than 1/8 cup fruit per serving and may not be counted toward meeting requirements.   |
| Banana in Pudding (fruit added)                         | x          |    | The pudding must have at least 1/8 cup banana (fruit) per serving.   |
| Barbecue Sauce  |            | x  |  |
| Bean Sprouts, Cooked                                    | x          |    | For safety reasons do not serve raw sprouts. Do not use raw sprouts with younger children and elderly populations.   |
| Baked Beans   | x          |    | Yes, but beans may not be credited both as a meat/meat alternate and as a vegetable in the same meal.  |
| Carbonated fruit (fizzy fruit)                          | x          |    | Carbonated fruit resembles canned fruit but it is fresh fruit. It is perishable and must be handled as fresh fruit.  |
| Cake Containing Fruit                                   |            | x  | There is not enough fruit present.   |
| Carrot Bread  |            | x  | The bread contains less than 1/8 cup of carrot per serving and may not be counted to meet the vegetable/fruit requirement.   |
| Catsup or Chili Sauce                                   |            | x  | These products are condiments.   |
| Corn Chips  |            | x  | These are not classified as a fruit/vegetable - see the grain/bread crediting list.  |
| Corn Syrup  |            | x  | Corn syrup is a sugar, not a vegetable. It is not recommended for children under one.  |
| Cranberry Juice Blend                                   | x          |    | 100% Cranberry juice (not cranberry cocktail) in a blend with another 100% juice is creditable; for example, cranberry juice mixed with apple juice. 100% cranberry juice <u>not in a juice blend</u> is generally not commercially available. |
| Cranberry Juice Cocktail                                |            | x  | Juice cocktails contain less than 50% full strength juice.   |
| Cranberry Sauce   | x          |    |  |
| Drinks, Fruit   |            | x  | Fruit drinks contain less than 50% full strength juice.  |
| Dehydrated Vegetables                                   | x          |    | See page 38 of this publication.   |
| Dried Fruit i.e. Raisins, Apricots, Prunes, Cranberries | x          |    | Dried fruit credits on a volume basis only. Check the Food Buying Guide for serving sizes.   |
| Dry Spice Mixes   |            | x  |  |
| Fig Bar Cookies   |            | x  | The amount of figs per serving is insufficient to count toward the fruit/vegetable component.  |

| Food   | Creditable |    | Comments  |
|--|------------|----|---|
|  | yes        | no |   |
| Frozen Fruit-flavored Bars                         |            | x  | These bars do not contain enough, if any, fruit juice.  |
| Frozen Fruit / Fruit Juice Bars                    | x          |    | Fruit juice bars must contain a minimum of 50% full strength juice. <b>Only the fruit or fruit juice</b> portion may be counted to meet the fruit/vegetable requirement. Obtain a Product Formulation Statement   |
| Fruit Cobblers/Crisps                              | x          |    | These must contain at least 1/8 cup of fruit per serving.   |
| Fruit Juice Concentrates                           | x          |    | These are credited as a reconstituted juice but FDA no longer has regulations governing these products.   |
| Fruit Juice Bases                                  |            | x  | Juice bases do not contain sufficient fruit per serving.  |
| Fruit Drinks                                       |            | x  | Drinks contain less than 50% full strength juice.   |
| Fruit-Flavored Canned Punch                        |            | x  | This product contains less than 50% full strength juice.  |
| Fruit-Flavored Powders ("kool-aide")               |            | x  | Fruit-flavored powders do not meet the definition of fruit.   |
| Fruit Flavored Waters                              |            | x  |   |
| Fruit Pies   | x          |    | Fruit pies must contain at least 1/8 cup of fruit per serving. These products have a high sugar content.  |
| Fruit Pie Filling                                  | x          |    | Only the fruit or fruit juice portion may be counted to meet the fruit/ vegetable requirement. These items have a high sugar content.   |
| Fruit Sauces (Homemade)                            | x          |    | The sauce must contain at least 1/8 cup or 2 Tbsp of fruit or full strength fruit or vegetable juice per serving. Generally, commercial sauces have insufficient fruit content. These products are high in sugar. |
| Fruit Snacks, i.e. bars roll ups wrinkles, gummies | x          |    | Labels must document at least 1/8 cup of fruit per serving Many of these products do not contain sufficient amounts of fruit per serving.   |
| Gelatin Deserts with Fruit and/or Vegetables       | x          |    | These desserts must contain at least 1/8 cup or 2 Tbsp of fruit or full strength fruit or vegetable juice per serving. "Fruit flavored" gelatins are not creditable.  |
| Gravy Base   |            | x  | This is not a vegetable.  |
| Hominy   |            | x  | Hominy is a grain/bread. The product has no nutritional value other than minimal amounts of fiber and starch.   |
| Honey  |            | x  | Honey is a sugar not a fruit. <b>This product is not recommended for children under one year of age.</b>  |
| Ice Cream, fruit flavors                           |            | x  | Fruit flavoring is not creditable.  |
| Jam  |            | x  | Jam has insufficient fruit content per serving.   |
| Jelly  |            | x  | Jelly has insufficient fruit content per serving.   |
| Juice Bars   | x          |    | With 100% juice only (see frozen fruit juice bars).   |
| Juice Blends- <u>All Fruit</u>                     | x          |    | These are combinations of full-strength juices.   |
| Ketchup (Catsup)                                   |            | x  | This is a condiment.  |

| Food  | Creditable |    | Comments   |
|---|------------|----|--|
|   | yes        | no |  |
| Kiwi Fruit  | x          |    | See page 2-45 of the Food Buying Guide   |
| Lemon Pie Filling   |            | x  | Lemon pie filling does not contain fruit solids, the juice contained requires dilution beyond the 50% limit for palatability. See the entry for Shaker Lemon pies (pies with actual lemon slices)                        |
| Lemonade  |            | x  | Lemonade does not contain sufficient lemon juice.  |
| Macaroni Salad<br>Also pasta salads                         |            | x  | Macaroni is not a vegetable. Only the documented amount of vegetables in the salad may be credited if at least 1/8 cup per serving is prepared. The macaroni or pasta may be credited toward the grain bread requirement |
| Maple Syrup   |            | x  | Maple syrup is a sugar not a fruit. See the entry for corn syrup.  |
| Mayonnaise, Salad Dressing, Margarine, Salad Oil and Butter |            | x  | Mayonnaise, margarine, butter, salad oils and salad dressings are fats, not fruits or vegetables.  |
| Onion Rings   | x          |    | They may be credited if they are homemade, or if a product specification sheet is available. They must have at least 1/8 cup of cooked onion per serving. This product is high in fat                                    |
| Olives  | x          |    | They must have at least 1/8 cup or 2 tablespoons per serving. High salt content should be noted.   |
| Pickles   | x          |    | They must have at least 1/8 cup or 2 tablespoons per serving. High salt content should be noted.   |
| Pineapple Upside-Down Cake                                  |            | x  | There is less than 1/8 cup fruit per serving.  |
| Pizza Sauce   | x          |    | Pizza sauce may be credited as tomato sauce if at least 1/8 cup (2 TBSP) per serving is provided.  |
| Pop Tart Filling  |            | x  | There is not enough fruit present.   |
| Popsicles   |            | x  | These are not 100% juice.  |
| Posole  |            | x  | Posole is not made from the whole kernel corn.   |
| Potato Chips  |            | x  | These are "other foods". Fruit/vegetable chips are not creditable.   |
| Potatoes, Dehydrated  | x          |    | See page 2-68 of the Food Buying Guide.  |
| Preserves   |            | x  | See jams and jellies.  |
| Puddings with Fruit, Commercial                             |            | x  | Puddings have less than 1/8 cup of fruit per serving and may not be counted to meet the vegetable/fruit requirement.   |
| Pumpkin in Bread  |            | x  | This product has less than 1/8 cup of fruit per serving, and may not be counted to meet the vegetable/fruit requirement.   |
| Rice, Whole Grain or Enriched                               |            | x  | Rice is not a vegetable. See grain/breads.   |

| Food   | Creditable |    | Comments  |
|--|------------|----|---|
|  | yes        | no |   |
| Salsa, both homemade and commercial  | x          |    | Salsa may be credited if the recipe documents that 1/8 cup (2 Tbsp) of vegetables per serving is provided. For products that contain <b>all vegetable ingredients</b> plus minor amounts of spices or flavorings, 100% of the product may be used to meet the volume requirement on a volume for volume basis. See pages 2-72- 2-73 of the Food Buying Guide  |
| Sherbet or Sorbets   | x          |    | <b>Only Sherbets/Sorbets with CN labels</b> may be credited.  |
| Soups: such as Clam Chowder, Minestrone, Split Pea, Tomato, Tomato Rice, Vegetable, Vegetable w/ Beef, or Chicken                  | x          |    | See the canned condensed soup entry below.  |
| Canned, Condensed Soup (1 part soup to one part water) All vegetable and vegetable with basic components such as meat and poultry. | x          |    | 1 cup of reconstituted soup will yield ¼ cup of vegetable. See pages 2-73-74 of the Food Buying Guide.  |
| Canned or Frozen Ready-to-Serve Soup   | x          |    | 1 cup serving will yield ¼ cup of vegetable. See pages 2-73-74of the Food Buying Guide.   |
| Dehydrated Soup Mixes  | x          |    | To credit vegetables in dehydrated soup mixes: Determine the volume measurement by re-hydrating the soup according to the manufacturer's instructions. Heat, then isolate the vegetable pieces and measure the volume. Separate the vegetable pieces from noodles rice, etc. Volume measurements must be recorded for each brand and type of soup. They must have at least 1/8 cup vegetable per serving. |
| Home Made Soups  | x          |    | Use the quantities of vegetables in the recipe to calculate crediting amounts. Document with a standardized recipe.   |
| Soy Nuts   | x          |    | ¼ cup credits as ¼ cup vegetable fruit. <b>May be credited either as a vegetable or meat alternate but not both in the same meal.</b>   |
| Spaghetti Sauce (Tomato Sauce)   | x          |    | Spaghetti sauce is credited as tomato sauce if 1/8 cup (2 Tbsp) per serving is provided.  |



| Food   | Creditable |    | Comments   |
|--|------------|----|--|
|  | yes        | no |  |
| Sprouts  | x          |    | Example: Alfalfa Bean sprouts. <b>Do not use raw sprouts with younger children and elder populations.</b> Sprouts should be served in a cooked form for safety reasons.                            |
| Syrup (Fruit Flavored)                             |            | x  |  |
| Toaster Pastries With Fruit ( Example "pop tarts") |            | x  | These are credited as a grain/bread only and only for supplements and breakfasts. There is insufficient fruit content.   |
| Vegetable Juice Blends e.g. V-8 Juice              | x          |    | This is a mixed, full strength vegetable juice.  |
| Vegetables, Chopped                                | x          |    | Vegetables such as celery, onions in prepared dishes, may be credited, provided that at least 1/8 cup (2 Tbsp) per serving is supplied.  |
| Yogurt Commercial, (Fruit Added by provider)       | x          |    | The yogurt must contain at least 1/8 cup added fruit per serving.  |
| Yogurt with Fruit, Commercial                      |            | x  | Commercial fruit yogurt has less than 1/8 cup fruit per serving and may not be counted to meet the fruit requirement - See the meat/meat alternate section. These items have a high sugar content. |
| Zucchini in Bread (Squash in Bread)                |            | x  | This product has less than 1/8 cup per serving and may not be counted to meet the fruit requirement.   |

## Questions and Answers about Fruit/Vegetables

1. Q: Are foods like potato salad, and Waldorf salad creditable?

A: Yes, the fruit and vegetable ingredients in these items all count toward meeting the fruit/vegetable requirement. However, other ingredients such as mayonnaise and marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a  $\frac{1}{4}$  cup serving of potato salad containing non-creditable ingredients would not equal  $\frac{1}{4}$  cup of fruit/vegetable. Use the amount of fruit/vegetables contained as ingredients in the standardized recipe to determine credit.

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

A: No, combination items are considered as only one item for crediting purposes.

3. Q: How are fruits and vegetables counted in combination dishes such as beef stew?

A: Only one fruit/vegetable component can be counted in a combination dish. For example, if the beef stew served contains stew meat, potatoes, carrots, and onions; the stew could only count for one fruit/vegetable component and an additional fruit or vegetable would need to be served. However, a chef salad or a fruit salad (with a meat/meat alternate) may be creditable as two servings of fruit or vegetable because the two or more fruits or vegetables are identifiable as individual servings and are served as part of an entrée.

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

A: Homemade pizza may be counted as one fruit/vegetable component. In order to meet this requirement, the pizza should include pizza sauce **and** vegetable or fruit toppings. The amount of sauce on a commercial pizza is not sufficient to count as a vegetable unless the pizza is CN labeled.

5. Q: How much tomato paste, tomato puree or tomato sauce would be needed to equal  $\frac{1}{4}$  cup vegetable for each child at lunch or supper?

A: Tomato paste 1 tablespoon =  $\frac{1}{4}$  cup vegetable  
Tomato puree 2 tablespoons =  $\frac{1}{4}$  cup vegetable  
Tomato sauce 4 tablespoons =  $\frac{1}{4}$  cup vegetable

6. Q: Are the raisins in homemade rice or bread pudding creditable?

A: Yes, however, at least  $\frac{1}{8}$  cup (2 Tbsp) must be served in each serving to be creditable. In most recipes, not enough raisins are used to meet this requirement.

7. Q: How can I tell if juice is 100% full strength juice?

A: The label will state "juice, full strength juice, single strength juice, 100% juice, reconstituted juice, juice from concentrate or juice concentrate." Juices that have the words cocktail, beverage, or drink are not 100% juice. The statements "natural" or "organic" do not indicate if the juice is 100% strength.

8. Q: Can we purchase homemade juices such as apple cider from local farm stands?

A: Yes, however, since there have been a number of significant safety problems with the service of un-pasteurized ciders and juices, we now have revised policy to require that your program serve only pasteurized juice products. Children and the elderly are often at increased risk from potentially toxic bacteria. Most local farmers now pasteurize these products.

9. Q: Can the fruit in pudding or the vegetable, fruit/fruit juice in gelatin be counted towards the fruit /vegetable requirements?

A: Yes, however, at least 1/8 cup fruit/vegetable or fruit juice must be present in each serving. A standardized recipe must be available to document that sufficient juice or fruit/vegetable was used. Gelatin **made with water** and without fruits or vegetables or pudding without fruit will not meet CACFP requirements.

10. Q: Can juice concentrate in its concentrated form be used to meet the fruit/vegetable requirement?

A: Yes, this policy was updated in FNS Instruction 783-11 Rev. 1 (August 17, 1995). When a juice concentrate is used in its concentrated form, it may be credited on a reconstituted basis. For example, a gelatin product containing 1 Tbsp of orange juice concentrate per serving could receive ¼ cup fruit/ vegetable credit since the orange juice could be reconstituted on a ratio of one part concentrate to 3 parts of water (1 Tbsp concentrate + 3 Tbsp water = 4 Tbsp full strength reconstituted juice or ¼ cup credit).

11. Q: Are edible wild plants such as dandelion greens, burdock, lambs quarters (pig weed), and seaweed creditable?

A: Yes, they are considered to be vegetables. However, caution should be used. These plants are grown in the wild and considered by some individuals to be weeds, therefore toxic pesticides may have been sprayed upon these plants. Safe guards in the use of wild plants should be developed.

12. Q: Are fruit sauces, such as orange sauce made with orange juice, or blueberry sauce made with canned/frozen blueberries creditable?

A: Yes, however, only the fruit portion of the sauce, i.e., the orange juice or blueberries is creditable. At least 1/8 cup of fruit must be in each serving. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the servings prepared.

13. Q: Are dehydrated vegetables creditable and how are yields determined?

A: Yes, dehydrated vegetables are creditable. **Yields for dehydrated vegetables must be based on the re-hydrated volume, not upon the fresh volume that may be stated on the container.** Keep in mind that re-hydration yields on the container often vary from brand to brand. This variation in yields means that the following procedure must be used for each brand of dehydrated product to determine yield. You must serve a minimum of 1/8 cup of rehydrated vegetables.

**Determine the re-hydrated volume as follows:**

- a) Rehydrate (add water or liquid) a purchase unit of the dehydrated vegetable according to manufacturers' directions. If the directions are not on the container, request re-hydration directions from the manufacturer.
- b) Measure the re-hydrated volume.
- c) Measure the number of  $\frac{1}{4}$  cup servings of re-hydrated product that one purchase unit provides.
- e) Keep a record of the yield data obtained as required by the State agency, Regional office, or sponsor as verification. Records should include information on the size of the purchase unit, the number of  $\frac{1}{4}$  cup servings of re-hydrated product per purchase unit, the name of the manufacturer, and the Manufacturers' directions for how to re-hydrate the product.

14. Q: The information that you have given me shows me how to determine yields for dehydrated vegetables, suppose that I would like to serve dried fruit in its dried form, how do I do this ?

- A. Yield information for all vegetables/fruits is based on volume not weight. This includes dry or dehydrated fruits and vegetables. You would go to the Vegetables /Fruits section of the Food Buying guide and look for the correct fruit and the specific form of that fruit you wish to use. Dehydrated apricots are listed on page 2-10. Column 4 Serving Size per Meal Contribution shows that 9 medium dehydrated halves is a  $\frac{1}{4}$  cup serving of fruit. This is different from the  $\frac{1}{4}$  cup volume of the fresh apricot as listed on page 2-8.

Remember that some dehydrated fruits have different names than their fresh fruit form. For example: raisins and prunes. Check under both names since raisins are listed separately but prunes are listed as dehydrated plums.

## Serving Size and Yield for Selected Fresh Vegetables and Fruits

Please note that the serving sizes and yields are approximate. This chart is intended as a reference only. These serving sizes are listed in the Food Buying Guide. Double check to ensure that your portion sizes meet meal pattern requirements

| Vegetable                               | Serving Size and Yield  |
|---|---|
| <b>Carrot Sticks</b>                    | 1 stick is 4 inches long and ½ inch wide<br><ul style="list-style-type: none"> <li>• 3 sticks = ¼ cup</li> </ul>  |
| <b>Cauliflower</b>                      | 1 medium head = about 6 cups florets  |
| <b>Celery Sticks</b>                    | 1 stick is 4 inches long and ¾ inches wide<br><ul style="list-style-type: none"> <li>• 3 sticks = ¼ cup</li> </ul>  |
| <b>Cucumber Sticks Pared or Unpared</b> | 1 stick = 3 inches and ¾ inch wide<br>1 cucumber = 12 sticks<br><ul style="list-style-type: none"> <li>• 3 sticks = ¼ cup</li> <li>• 2 sticks = 1/8 cup</li> <li>• 1 stick = 1/8 cup</li> </ul> |
| <b>Radishes</b>                         | 7 radishes (small) = ¼ cup  |
| <b>Tomato Slices</b>                    | 2 1/8 - 2 1/4 inch diameter tomato 5 slices 1/8 thick   |
| <b>Medium tomato slices</b>             |   |
| <b>Cherry Tomatoes</b>                  | <ul style="list-style-type: none"> <li>• 5 half cherry tomatoes = 1/4 cup</li> <li>• 3 whole tomatoes = 1/4 cup</li> </ul>  |

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

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

FNS Instruction 783-1 Revision 2. (January 8, 1997) updates the criteria used to determine minimum portion sizes, qualifying criteria and examples of foods which qualify as bread/bread alternates. The instruction also redefines the bread/bread alternate as the grain/bread requirement. Currently both of these terms are used interchangeably. The term grains/breads requirement will be used in this section for easy referral to the instruction.

Grain/bread products are important dietary sources of iron, thiamin, niacin, riboflavin and often, of fiber in the diet. The 2005 Dietary Guidelines encourage that at least half of the grain servings be whole grain for all ages at each calorie level. Therefore, additional varieties of whole grains consumed by various populations have been added to the 2008 revision.

There is a religious exemption granted under FNS instruction 783-13 Rev 2. from the enrichment portion requirements of the Child Nutrition Programs during the religious observance of Passover. Un-enriched matzo may be substituted during that period of time only. Enriched or whole grain matzo used as a grain must be served at all other times of the year.

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

**The grain/bread must be whole grain or enriched or made from whole-grain or enriched meal or flour or if it is a cereal, the product must be whole grain, enriched, or fortified. Bran and germ are credited in the same way as are enriched or whole grain meals or flours.**

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

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

For commercial products, the information on the package food label (including such products as individually packaged granola bars, coffee cakes etc.) as to **weight per serving size** compared against the applicable group in Exhibit A serves as documentation of the serving size. A sample label should be maintained on file. Do not use the serving size on the FDA label since this serving size is for adult portion sizes.

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

Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls cookies and cakes are permitted when made with enriched or whole grain meal or flour and served **as described under Exhibit A (see pages 44- 45 of this publication)**. Toaster pastries ("Pop Tarts"<sup>TM</sup>), coffee cakes, doughnuts, sweet rolls, fruit-grain/granola bars are allowed for breakfast and supplements (snacks). Cookies, dessert pies, cakes and brownies may be served as supplements (snacks) only. Sweet snack foods should not be served as part of a snack more than twice a week.

The contribution weight listed of wontons or egg roll wrappers (Group B) and the crust portion of pies, turnovers and dessert pies (Group C) listed in Exhibit A is for the crust portion of the products only. The weights of the products vary widely with differences in the amount of fillings so that standard total weights can not be established. If you wish to use these products, document the product contributions by obtaining a Product Formulation Statement with the filling and crust contributions listed separately. If the product is school made maintain a copy of your standardized recipe on file.

For the types of food items listed in Groups A-G of Exhibit A to count as one full serving; an item must contain no less than 14.75 grams (0.52 ounces) of enriched or whole grain, meal and/or flour. Cornmeal by FDA standards is not a whole grain meal and thus, items made with enriched cornmeal also must contain no less than the 14.75 grams of enriched corn meal.

The weights listed in each group of Exhibit A reflect the total weight of the product needed so that the 14.75 grams of whole grain, meal and/or flour (along with the other ingredients) are included in the serving.

**As of July 1, 2008, corn grain products must be labeled as whole corn (or other “whole corn” designations such as whole grain corn, whole ground corn or whole corn flour) or enriched corn (or other “enriched corn” designations such as enriched yellow cornmeal, enriched corn flour, enriched corn grits etc...).**

The crediting of a food item as a grains/bread serving is determined either using the weights provided in Exhibit A or by dividing the total grams of enriched or whole grain meal and/or flour, bran or germ in the recipe by totaling the number of portions that the recipe yields and then dividing by 14.75 grams. Sponsors are no longer required to use only those quick bread/muffin recipes or products, which list flour as the primary ingredient, by weight.

This change permits sponsors to serve products that more closely resemble standard quick breads and muffins and thus, are more acceptable to participants.

Please note that in the calculation of grain/breads, the use of flavorings and spices such as cinnamon and nutmeg do not significantly affect weight for crediting purposes and thus are not indicated as separate products. There is insufficient space in a publication to list all different flavors of each bread grain/product. For the types of food items listed in Groups H and I of Exhibit A to count as one full serving, the weights and volumes listed in the applicable group must be used.



**Exhibit A** **FCS Instruction 783.1 Rev. 2**  
**Grains/Breads for the Food Based Menu Planning Alternatives in the Child Nutrition Programs<sup>1</sup>**

| <b>Group A</b>   | <b>Minimum Serving Size for Group A</b>  |
|--|--|
| Bread Type Coating<br>Bread Sticks (hard)<br>Chow Mein Noodles<br>Crackers (saltines and snack crackers)<br>Croutons<br>Pretzels (hard)<br>Stuffing (dry) note: weights apply to bread in stuffing   | 1 serving = 20gm or 0.7 oz.<br>¾ serving = 15 gm or 0.5 oz.<br>½ serving = 10 gm or 0.4 oz.<br>¼ serving = 5 gm or 0.2 oz. |
| <b>Group B</b>   | <b>Minimum Serving Size for Group B</b>  |
| Bagels<br>Batter Type Coating<br>Biscuits<br>Breads (white, wheat, whole wheat, French, Italian)<br>Buns (hamburger and hot dog)<br>Crackers (graham crackers - all shapes, animal crackers)<br>Egg Roll Skins, Won Ton Wrappers<br>English Muffins<br>Pita Bread (white, wheat, whole wheat)<br>Pizza Crust<br>Pretzels (soft)<br>Rolls (white, wheat, whole wheat, potato)<br>Tortillas (wheat or corn)<br>Tortilla Chips (enriched or whole grain)<br>Taco Shells | 1 serving = 25gm or 0.9 oz.<br>¾ serving = 19 gm or 0.7 oz.<br>½ serving = 13 gm or 0.5 oz.<br>¼ serving = 6 gm or 0.2 oz. |
| <b>Group C</b>   | <b>Minimum Serving Sizes for Group C</b>   |
| Cookies <sup>2</sup> (plain)<br>Cornbread<br>Corn Muffins<br>Croissants<br>Pancakes<br>Pie Crust (dessert pies <sup>2</sup> , fruit turnovers <sup>3</sup> , and meat meat/alternate pies)<br>Waffles  | 1 serving = 31gm or 1.1 oz.<br>¾ serving = 23 gm or 0.8 oz.<br>½ serving = 16 gm or 0.6 oz.<br>¼ serving = 8 gm or 0.3 oz. |

1. Some of the following foods or their accompaniments may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.
2. Allowed only for desserts under the enhanced food based menu alternate specified in Part 210.10 and supplements (snacks served under the NSLP, SFSP and CACFP).
3. Allowed only for desserts under the enhanced food based menu alternate specified in Part 210.10 and supplements (snacks served under the NSLP, SFSP and CACFP and for breakfasts served under the SBP, SFSP and CACFP).
4. Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast.

## Exhibit A Continued

|   |  |
|---|--|
| <b>Group D</b>  | <b>Minimum Serving Size for Group D</b>  |
| Doughnuts <sup>3</sup> (cake and yeast raised, unfrosted)<br>Granola Bars <sup>3</sup> (plain)<br>Muffins/Quick Breads (all except corn)<br>Sweet Roll <sup>3</sup> (unfrosted)<br>Toaster Pastry <sup>3</sup> (unfrosted)  | 1 serving = 50 gm or 1.8 oz.<br>¾ serving = 38 gm or 1.3 oz.<br>½ serving = 25 gm or .9 oz.<br>¼ serving = 13 gm or 0.5 oz.  |
| <b>Group E</b>  | <b>Minimum Serving Size for Group E</b>  |
| Cookies <sup>2</sup> (with nuts, raisins, chocolate pieces, and/or fruit purees)<br>Doughnuts <sup>3</sup> (cake and yeast raised, frosted, or glazed)<br>French Toast<br>Grain Fruit Bars <sup>3</sup><br>Granola Bars <sup>3</sup> (with nuts, raisins, chocolate pieces, and/or fruit)<br>Sweet Rolls <sup>3</sup> (frosted)<br>Toaster Pastry (frosted) | 1 serving = 63gm or 2.2 oz.<br>¾ serving = 47 gm or 1.7 oz.<br>½ serving = 31 gm or 1.1 oz.<br>¼ serving = 16 gm or 0.6 oz.  |
| <b>Group F</b>  | <b>Minimum Serving Size for Group F</b>  |
| Cake <sup>2</sup> (plain, unfrosted)<br>Coffee Cake <sup>3</sup>  | 1 serving = 75 gm or 2.7 oz.<br>¾ serving = 56 gm or 2.0 oz.<br>½ serving = 38 gm or 1.3 oz.<br>¼ serving = 19 gm or 0.7 oz. |
| <b>Group G</b>  | <b>Minimum Serving Size for Group G</b>  |
| Brownies <sup>2</sup> (plain)<br>Cake <sup>2</sup> (all varieties, frosted)   | 1 serving = 115 gm or 4 oz.<br>¾ serving = 86 gm or 3 oz.<br>½ serving = 58 gm or 2 oz.<br>¼ serving = 29 gm or 1 oz.        |
| <b>Group H</b>  | <b>Minimum Serving Size for Group H</b>  |
| Barley<br>Breakfast Cereals <sup>4</sup> (cooked)<br>Bulgur or Cracked Wheat<br>Macaroni (all shapes)<br>Noodles (all varieties)<br>Pasta (all shapes)<br>Ravioli (noodle only)<br>Rice (enriched white or brown)   | 1 serving = ½ cup cooked (or 25 gm dry)  |
| <b>Group I</b>  | <b>Minimum Serving Size for Group I</b>  |
| Ready to eat breakfast cereal <sup>4</sup> (cold, dry)  | 1 serving = ¾ cup or 1 oz, whichever is less   |

1. Some of the following foods or their accompaniments may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.
2. Allowed only for desserts under the enhanced food based menu alternate specified in Part 210.10 and supplements (snacks served under the NSLP, SFSP and CACFP).
3. Allowed only for desserts under the enhanced food based menu alternate specified in Part 210.10 and supplements (snacks served under the NSLP, SFSP and CACFP and for breakfasts served under the SBP, SFSP and CACFP).
4. Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast
5. cereals are traditionally served as a breakfast item but may be served in meals other than breakfast.

| Food                                       | Creditable |    | Comments   |
|--|------------|----|--|
|  | yes        | no |  |
| Amaranth                                   | x          |    | See Group H of Exhibit A   |
| Bagel                                      | x          |    |  |
| Bagel Chips                                | x          |    | These products are high in fat and sodium. They should be served with caution due to potential choking hazards.  |
| Banana Bread                               | x          |    | Homemade breads must contain 14.75 grams per serving of enriched or whole grain flour/meal, bran or germ. Commercial quick breads are credited in the same group as muffins (other than corn). See Group D of Exhibit A.                       |
| Barley                                     | x          |    | It must be enriched or whole grain. See Group H of Exhibit A.  |
| Bean noodles<br>Also cellophane<br>noodles |            | x  | Mung beans do not meet the definition of grain.  |
| Biscuits                                   | x          |    |  |
| Boston Brown<br>Bread                      | x          |    |  |
| Bread Pudding,<br>Homemade                 | x          |    | The bread in bread pudding is credited for snacks only and must contain a minimum of ½ slice of bread per serving. See Group B of Exhibit A for the amount of bread required.  |
| Breading/Batter                            | x          |    | See Group B of Exhibit A for weights of prepared batter coatings. CN labeled products are acceptable for breading on such products as commercial fish sticks, chicken, or fish nuggets, if so stated on the label.                             |
| Brownies                                   | x          |    | May be credited for snack only. See Group G of Exhibit A.  |
| Buckwheat                                  | x          |    | The product must contain 14.75 grams per serving.  |
| Bulgur                                     | x          |    | See Group H of Exhibit A.  |
| Cakes                                      | x          |    | May be credited for snack only, Unfrosted see Group F; for Frosted see Group G, Exhibit A.   |
| Caramel Corn                               |            | x  | This product does not meet the definition of bread/grain products.   |
| Carrot Bread                               | x          |    | See banana bread.  |
| Chips,<br>Corn/cornmeal                    | x          |    | Corn/cornmeal chips must use whole grain or enriched flours. See Group B of Exhibit A.   |
| Chips, Potato                              |            | x  | These are considered “other” foods. Fruit and vegetable chips are not creditable.  |
| Chow Mein<br>Noodles                       | x          |    | See Group A Exhibit A.   |
| Coffee Cake,<br>Cinnamon/Danish<br>Rolls   | x          |    | These may be credited for breakfast and supplements (snacks) only. See Group F of Exhibit A.   |
| Cookies                                    | x          |    | These may be credited for snacks only. Cookies may be served as part of a supplement no more than twice a week. Plain cookies see Group C of Exhibit A. For cookies with nuts raisins chocolate pieces; fruit pieces see Group E of Exhibit A. |
| Cornbread                                  | x          |    | See Group C of Exhibit A.  |
| Cornmeal                                   | x          |    | Must be enriched. Products must contain 14.75 grams per serving.   |

| Food  | Creditable |    | Comments  |
|---|------------|----|---|
|   | yes        | no |   |
| Cornpone                                      | x          |    | This product is credited in Group C.  |
| Couscous                                      | x          |    | This pasta product must be enriched or whole grain. See Group H of Exhibit A  |
| Crackers (saltines and snack crackers)        | x          |    | For crediting purposes specify the type served, e.g.; graham, etc. See pages 54-57 of this publication.   |
| Cream Puff Shells<br>Choux Paste<br>(Dessert) | x          |    | This item may be credited for supplement only. See Group C Exhibit A.   |
| Crepes  | x          |    | For the required serving size, see Group C - pancakes.  |
| Croissants                                    | x          |    | These are high in fat.  |
| Croutons                                      | x          |    | See Group A, Exhibit A.   |
| Cupcakes                                      | x          |    | This item may be credited for snack only. Unfrosted, Group F; Frosted see Group G, Exhibit A.   |
| Danish Pastries                               | x          |    | This item may be credited for breakfast and supplement (snack) only.  |
| Doughnuts                                     | x          |    | This item may be credited for breakfast and supplement (snack) only.  |
| Dumplings                                     | x          |    |   |
| Egg Roll or Won Ton Wrappers                  | x          |    | See Group B Exhibit A.  |
| Emmer (Wheat)                                 | x          |    | See Group B Exhibit A.  |
| English Muffins                               | x          |    | See Group B Exhibit A.  |
| Fig Bar                                       | x          |    | This item is credited the same as cookies, snack only.  |
| French Bread                                  | x          |    | When made with enriched or whole grain flour. <b>Please note some French bread may not be made with enriched or whole grain flour;</b> document compliance with requirements. |
| French Toast                                  | x          |    | See Group E, Exhibit A.   |
| Fried Bread                                   | x          |    | Can be high in fat.   |
| Gingerbread                                   | x          |    | Snack only.   |
| Granola Bars, plain or with fruits/nuts       | x          |    | Creditable only for breakfast and supplements. For commercial serving sizes, see Groups D and E.  |
| Grits   | x          |    | This product must be whole grain or enriched. <b>Check packaging very carefully and maintain ingredient labels on file. Most grits do not meet requirements.</b>              |
| Hominy  |            | x  | Hominy is not made from the whole kernel of corn.   |
| Hushpuppies                                   | x          |    | This product is credited in Group C, Exhibit A. (Use a # 40 scoop).   |
| Ice Cream Cones                               |            | x  | Insufficient flour to meet requirements.  |

| Food  | Creditable |    | Comments   |
|---|------------|----|--|
|   | yes        | no |  |
| Ice Cream Sandwich Wafers                           | x          |    | The wafers may be credited as a serving of cookies if requirements for weight and enrichment are met.  |
| Italian Bread                                       | x          |    | This product must be enriched or whole grain.  |
| Jerusalem Artichoke flour                           |            | x  | Does not meet the definition of enriched or whole grain flour.   |
| Johnny Cake   | x          |    | This product is credited Group C, Exhibit A.   |
| Kasha   | x          |    |  |
| Millet  | x          |    | Crediting is based on the product that this product is used in. For example for millet bread see Group B Exhibit A or at least 14.75 grams per serving.                              |
| Muffins   | x          |    |  |
| Nachos  | x          |    | This product must be enriched or wholegrain flour, meal, bran or germ.   |
| Noodles (wheat)                                     | x          |    | This product must be enriched or wholegrain flour, meal, bran or germ.   |
| Noodles in canned soup                              | x          |    | For the amounts of noodles alone see Group H Exhibit A.  |
| Pie Crust (meat/meat alternate or with vegetables)  | x          |    | If it is served as an accompaniment to the main dish as in beef or chicken pot pies. For the weight of the crust alone, see Group C Exhibit A.                                       |
| Pie Crust (dessert crust)                           | x          |    | This item may be credited as a snack only. For the weight of the crust alone, see Group C Exhibit A.   |
| Pineapple Upside Down Cake                          | x          |    | This item may be credited as a snack only.   |
| Pita  | x          |    | See Exhibit A, Group B.  |
| Pizza Dough   | x          |    | See Exhibit A, Group B.  |
| Pop Tarts   | x          |    | For Breakfast or Snack only.   |
| Popcorn   |            | x  | This item is not creditable. Popcorn provides fiber but little nutritional value. There is a potential choking hazard for both preschool and elderly populations.                    |
| Popover   | x          |    | See puff pastry. This product is creditable as a bread component only.   |
| Pound Cake  | x          |    | This item may be credited as a snack only.   |
| Potatoes  |            | x  | Potatoes are not a grain/bread. They are creditable as a vegetable.  |
| Potato Flour  |            | x  |  |
| Potato Pancakes                                     |            | x  | Potato pancakes contain a minimal quantity of flour.   |
| Pretzel, Soft                                       | x          |    |  |
| Pretzel, Hard                                       | x          |    |  |
| Puff Pastry with a meat/meat alternate or vegetable | x          |    | See the pie crust entry. Puff pastry is high in fat. Puff pastry may not be credited when used with fruit as a dessert.  |
| Pumpnickel Bread                                    | x          |    |  |
| Pumpkin Bread                                       | x          |    | See Group D of Exhibit A.  |
| Quinoa  | x          |    | A cereal-like plant product derived from an herb, creditable as a whole-grain type of flour. Typically served like rice. Seeds may be red, black or white. See Group H of Exhibit A. |

| Food                                    | Creditable |    | Comments   |
|---|------------|----|--|
|   | yes        | no |  |
| Raisin Bread                            | x          |    | This product is credited in the same way as breads without raisins (grain/bread only).   |
| Rice, (either Enriched, White or Brown) | x          |    | This product must be enriched or whole grain. See the Food Buying Guide Section 3, 3-29 with FY 2003 pen and ink changes   |
| Rice Cakes                              | x          |    |  |
| Rice Flour                              | x          |    | Rice flour products must be enriched or whole grain. Crediting is based on the product that this grain is used in at least 14.75 grams per serving. See Group B Exhibit A. |
| Rice in pudding (homemade)              |            |    | Rice must be enriched or whole grain. The standardized recipe must document that sufficient rice is used to provide at least ¼ serving (6.25 grams dry rice).              |
| Rye                                     | x          |    |  |
| Sopapillas                              | x          |    | Credited in the same group as doughnuts. For serving size see Group D. Creditable for breakfast or snack only.   |
| Sorghum                                 | x          |    |  |
| Soy flour                               |            | x  | Soy flour is credited as a meat/meat alternate. It must have the APP documentation form on file. See information on APPs   |
| Spelt                                   | x          |    | Crediting is based on the product that this grain is used in at least 14.75 grams per serving. For spelt bread, see Group B Exhibit A.                                     |
| Spoon Bread                             | x          |    | Credited in the same group as cornbread. For serving size see Group C.   |
| Squash or Zucchini Bread                | x          |    | Quick breads are credited in the same group as muffins (other than corn). See banana bread.  |
| Stuffing, Bread, Dry                    | x          |    | See Group A. Weights apply to the bread in the stuffing.   |
| Sweet Rolls/Buns                        | x          |    | Creditable for breakfast and supplemental meals only.  |
| Tapioca                                 |            | x  |  |
| Taco or Tortilla Shells                 | x          |    | The shells must be enriched, fortified, or whole grain.  |
| Taco Chips                              | x          |    | The chips must be enriched, fortified, or whole grain.   |
| Triticale                               | x          |    |  |
| Turnover Crust                          | x          |    | Creditable for breakfast and supplemental meals. See Group C. Creditable for lunch or dinner as part of the entrée.  |
| Wafers, Vanilla                         | x          |    | These are considered to be cookies. Credited for supplements (snacks) only.  |
| Waffles                                 | x          |    |  |
| Wheat Berries                           | x          |    |  |
| Wheat Germ/Bran                         | x          |    | Bran and germ are credited in the same manner as whole grain meal or flour - at least 14.75 grams per serving.   |
| Wild Rice                               | x          |    | Use information from page 3-32 in the Food Buying Guide <b>not the rice entries on 3-29.</b>   |

## Questions and Answers about Grain/Breads

1. Q: Are fig bar cookies creditable as a grain/bread?

A: Yes, please see Group C of Exhibit A for crediting the cookie crust. Also, see the information under fruits and vegetables regarding the crediting of the fig paste. Cookies may be used only in the supplement (snack) and no more than twice weekly.

2. Q: Are "Rice Crispy" bars or similar bars made from a cereal product .....creditable?

A: Yes, these "cereal snacks" may be credited but as a supplement (snack) only and again, no more than twice weekly. The cereal must be whole grain, enriched or fortified.

3. Q: Can nut or seed meal or flour be used to meet the grain/bread requirement for a meal?

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

4. Q: Can pie crusts, crisps, and cobblers be credited as a grain/bread?

A: Pie crust can be credited when it is being served as an integral part of the main dish. Dessert pies can only be served as supplements (snacks). Fruit turnovers may be served for supplements (snacks) and breakfasts only. Crisps or cobbler crusts served as a part of a dessert are not creditable. Only the weight of the crust (see Group C Exhibit A) or the grams of enriched flour/meal, whole grain, bran or germ (14.75 grams per serving ) may crediting toward the bread requirement.

5. Q: Are granola bars acceptable grain/bread equivalents?

A: Yes, however, they may be credited for breakfast and supplements only. If commercial granola bars are served, then the serving sizes for plain granola bars would be found in Group D. Serving sizes for those granola bars with nuts, raisins, chocolate pieces, and/or fruit purees would be found in Group E. Those programs that wish to serve homemade granola bars, should use the worksheet formula for calculating the amount of whole grain (the grain portion of the formula) or enriched, flour per serving. Standardized recipes for homemade granola and granola bars are available from the Regional office or State agency upon request. These recipes have pre-calculated portion sizes.

6. Q: Is granola cereal an acceptable grain/bread equivalent?

A: Yes, commercial and homemade granola cereals are acceptable. In determining the serving size, only the grain portion of the cereal is creditable as a grain/bread. In other words, any nuts, seeds, coconut, dried fruit, etc. are not to be included when determining the serving size. Standardized USDA and State agency recipes already have portion sizes calculated. However, since each commercial granola is based upon its own formulation, the sponsor should request manufacturer documentation which

states the number of grams of enriched flour, whole grain bran or germ per serving. One serving should have a minimum of 14.75 grams of enriched flour, whole grain bran or germ per serving. This information should be maintained on file.

7. Q: Can crackers be served as a grain/bread equivalent?

A: Yes, both sweet and non sweet (savory) crackers can be served as a grain/bread equivalent for breakfast, lunch, supper or supplement (snack). Children who are in the one to two and in the three to five age range require  $\frac{1}{2}$  serving for any of these meals. Children six through twelve years old and adult participants require one serving.

Saltines and snack cracker serving sizes are listed under Group A.

- One serving of Group A equals 20 grams or .7 ounce.  $\frac{1}{2}$  Serving of Group A equals 10 grams or 0.4 ounce.

Graham and animal crackers are listed under Group B. The number of crackers served for either group would depend upon the total number of crackers by weight that would be required to meet the portion size requirements.

- One serving of Group B equals 25 grams or 0.9 oz.  $\frac{1}{2}$  Serving of Group B equals 13 grams or 0.5 oz.

8. Q: Bagels are all listed under Group B, but there is a wide variance in sizes; how do we calculate appropriate serving sizes?

A: You need to weigh the brand of bagels you purchase to determine the average weight per bagel. Then use the weights provided in Group B Exhibit to determine how many servings are in one bagel. If you purchase different brands, you will need to determine the average weight for each brand. This is required because the actual size of a bagel varies greatly from the various frozen commercial bagel varieties to deli size bagels. To determine the portion size for the age group being served you will need to know the meal pattern requirements for that age group, the weight of one bagel and the amount needed for one bread serving. For example, a half of one brand of bagel may meet requirements while a half of another type of bagel may provide too large a serving size for a three to five year child.

As a general reference, one small (mini), commercial bagel will usually meet meal pattern requirements for three to five year old children. One half of a 3" diameter commercial bagel meets requirements for one grain/bread serving and  $\frac{1}{4}$  of a 3" diameter bagel meets the  $\frac{1}{2}$  serving size for three to five year olds. Documentation supporting the weight and serving size of each different bagel product should be maintained on file for review purposes, whenever the product differs from the standardized size in Exhibit A.

9. Q.: Rather than use the gram weight listed on the commercial packaging for a comparison to the gram weight portion sizes listed in Exhibit A for determining serving size, can't I just use the FDA Food Label Serving Size as a basis for calculation?



A: No, The FDA calculates serving sizes differently than the USDA meal pattern requirements. The serving size for the FDA label is calculated on the nutritional needs of the **general adult** population. CACFP serving sizes are calculated with consideration to the specific nutritional needs of our target populations: children and the elderly. Therefore the grams per serving on the FDA label differ from the allowable number of grams in the Exhibit A serving size groups.

10. Q.: How can I figure out what serving size I need?

A: The majority of products are listed by serving size in the meal pattern chart. For example, one or one half slice of bread or  $\frac{3}{4}$  cup of cold, dry cereal.

Most of the remaining grain/breads are listed in Exhibit A by serving size group. When using a commercial product listed in Exhibit A, check to see what the serving size of the product is required and then check the **total weight per serving** of the product. In some cases if the serving is prepackaged the weight is listed on the package or on the individual packet. The weight per serving should be at least the minimum serving listed for the applicable group in the Exhibit A list. As an example, a provider wishes to use a grain fruit bar (granola bar) for a snack. She serves three to five year olds. In this case, the bar size as listed on either the box or the wrapper must weigh either 31 grams or 1.1 oz to meet the required  $\frac{1}{2}$  serving size. If the serving size requirement differs from the actual product serving size, adjustments should be made to the serving size by either adding additional product or by cutting the bar. This is done to meet requirements but, at the same time, while not serving excessive amounts of food for the target age group.

Some products, such as crackers, come packaged loose in a box or bag. For these products, we have calculated out the serving sizes rather than require sponsors to weigh out the gram or ounces and then calculate serving size. We recognize the difficulties in determining serving sizes on such items as crackers. FDA has provided us with the gram reference weight per unit and we have calculated out adjusted serving portion sizes, using their Standards of Identity. In those instances where a serving size resulted in a portion of a unit or the measurement was a nonstandard measure, we have rounded up to standard measurements to ensure that portion sizes meet requirements, to ensure ease in preparation and in purchasing. Sponsors can simply measure out either the standard cup or fraction of a cup serving size or use the individual item count listed. For products such as bagels, pita bread and English muffins that reasonably can be cut, we have provided portion sizes in half and quarters. Please see the revised reference chart.

Some grain/bread products are made on premises or at a central kitchen. If you plan to make your own rolls, muffins, or breads you can determine portion sizes in one of two methods. If you use standardized recipes developed by USDA or your State agency you need only document which recipe is used, the crediting and portion size indicated on the recipe and the portion size actually used. USDA and State agency recipes have been tested and verified as to portion size and crediting equivalencies. If you use your own recipe or a commercial recipe, you will need to calculate out the number of allowable servings. You should take the total amount of flour and/or grains used in the recipe and divide by the allowable contribution by portion size. We have included a step by step sample worksheet for your use. See page 58.

11. Q; Is there a requirement specifying the allowable grams of sugar in grain bread products?

A: The CACFP does not have a specific requirement regarding the allowable grams of sugar in grain bread products. Nevertheless, this area is one where a number of State agencies or sponsors have additional more stringent requirements. We strongly encourage that you contact your Regional office or state agency. In addition, your Regional office or State agency can provide guidance in the selection of those products which can both meet requirements and are acceptable to your participants.

### Recalculated Serving Amount(s) Needed To Constitute a Serving by Age

Note the portion size has been revised based upon the adjusted portion sizes in the revised grain/ bread instruction 783-1 Rev. 2 and upon FDA standards. Please note when adjustments resulted in a part of a serving, the portion size was adjusted upwards.

Several products are known by different names in different parts of the country. We have included each name, when known, to aid you in determining your product. Remember that you must consider the particular needs and ages of your participants when considering choking hazards. Also remember that some grain/bread options are higher in sugar, salt or fat and should be offered in moderation. **Double check your portion size by weighing samples of your portion, comparing them against the appropriate group and desired serving size in Exhibit A and documenting to your file. Remember always round up the portion size to ensure that children receive sufficient food.**

| Name of item   | one to two years old (1/2 serving) | three to five (1/2 serving) | six to twelve, adult (1 serving) |
|--|------------------------------------|-----------------------------|----------------------------------|
| Animal Crackers <sup>1</sup><br>by cup<br>by each "animal"<br><b>Group B Exhibit A</b>   | 1/4 cup<br>5                       | 1/4 cup<br>5                | 1/2 cup<br>9                     |
| Bagel (water, whole wheat, egg, flavored, bialy)<br>small or mini<br>3" diameter<br><b>Group B Exhibit A</b>   | 1/2<br>1/4                         | 1/2<br>1/4                  | 1<br>1/2                         |
| Bagel chips (include all flavors)<br>Chips<br><b>Group B Exhibit A</b>   | 1 each                             | 1                           | 2                                |
| Bread stick (hard, with or without sesame seeds)<br>4 1/4 "size (small)<br>4 3/4 " size (medium)<br>5 3/8 "size (suggested - use a medium bread stick for 1/2 serving)<br><b>Group A Exhibit A</b> | 2 each<br>1 each                   | 2<br>1                      | 4<br>2<br>1                      |
| Bread stick (soft)<br>6 1/4 " long<br>6 3/4 " long (suggested - use a small bread stick for 1/2 serving)<br><b>Group B Exhibit A</b>   | 1                                  | 1                           | 2<br>1                           |
| "Bear" Crackers (unfrosted, no filling, include honey and cinnamon varieties)<br>by cup each<br><b>Group B Exhibit A</b>   | 1/4 cup<br>13                      | 1/4 cup<br>13               | 1/3 cup<br>25                    |

| Name of item  | one to two years old (1/2 serving)                                    | three to five (1/2 serving)          | six to twelve, adult (1 serving)       |
|---|---|--------------------------------------|--|
| Boston Brown Bread<br>by slice<br><b>Group D Exhibit A</b>  | 1   | 1                                    | 1½ slice                               |
| Butter Crackers (also club)<br>square<br>rectangle<br>large rectangle<br>small rectangle<br>rounds<br>bite size<br>bite size by cup<br><b>Group A Exhibit A</b> | 2 each<br>3 each<br>1 each<br>4 each<br>4 each<br>10 each<br>¼ cup    | 2<br>3<br>1<br>4<br>4<br>10<br>¼ cup | 4<br>5<br>2<br>8<br>7<br>20<br>1/3 cup |
| Cheese Crackers<br>small square<br>various shapes<br>fish<br>twigs<br>bite size<br>round<br>snack stick<br><b>Group A Exhibit A</b>                             | 10 each<br>4 each<br>10 each<br>5 each<br>10 each<br>4 each<br>5 each | 10<br>4<br>10<br>5<br>10<br>4<br>5   | 20<br>7<br>20<br>10<br>20<br>7<br>10   |
| Cornbread (with or without jalapeño peppers)<br>by cubic inches<br><b>Group C Exhibit A</b>   | 3"x3" square  | 3"x3" square                         | 5"x5" square                           |
| Corn Cakes<br>regular<br>mini-cakes<br><b>Group C Exhibit A</b>   | 2<br>5  | 2<br>5                               | 3<br>10                                |
| Corn pone (includes Hoe Cake)<br>by cubic inches<br><b>Group C Exhibit A</b>  | 2"x2" square  | 2"x2" square                         | 3½"x 3½" square                        |
| Crisp Bread, Rye<br>3 ½ " x 1 7/8 " x ¼ "<br>thin wafer<br>flat bread<br><b>Group A Exhibit A</b>   | 2<br>5<br>2   | 2<br>5<br>2                          | 3<br>10<br>4                           |
| English Muffin (with or without raisins - include rye, multi-grain, pumpernickel, oat bran, toasted/ un-toasted)<br><b>Group B Exhibit A</b>                    | ¼ muffin  | ¼ muffin                             | ½ muffin                               |

| Name of item   | one to two years old<br>(1/2 serving)       | three to five (1/2<br>serving)              | six to twelve, adult (1<br>serving)          |
|--|---|---|--|
| Graham Crackers (includes<br>sugar, honey, and cinnamon,<br>no chocolate or frosting) <sup>1</sup><br>squares<br>large rectangles<br>small rectangles<br><b>Group B Exhibit A</b>  | 2<br>1<br>4                                 | 2<br>1<br>4                                 | 4<br>2<br>8                                  |
| Hushpuppies (include Fried<br>Cornbread) each<br><b>Group C Exhibit A</b>  | 1 (#40 scoop)                               | 1 (#40 scoop)                               | 2 (#40 scoop)                                |
| Johnny Cake<br><b>Group C Exhibit A</b>  | 3"x3" square                                | 3"x3" square                                | 7"x7" square                                 |
| Matzo<br><b>Group A Exhibit A</b>  | 1/2   | 1/2   | 1  |
| Melba Toast<br>(rectangles)<br>Rounds<br><b>Group A Exhibit A</b>  | 2<br>4                                      | 2<br>4                                      | 4<br>7                                       |
| Milk Crackers<br><b>Group A Exhibit A</b>  | 1   | 1   | 2  |
| Oat Bran Crackers<br>thins<br>cup<br><b>Group A Exhibit A</b>  | 5<br>1/4                                    | 5<br>1/4                                    | 10<br>1/3                                    |
| Pita (include Greek, Syrian<br>Flat bread, and Pocket bread)<br>small 4" diameter<br><b>Group B Exhibit A</b>  | 1/2   | 1/2   | 1  |
| Pretzels (hard)<br>1 ring<br>3 ring<br>thin (3 1/4 "x2 3/4" x1/4")<br>rod (7 1/2 "x 1/2" x 1/4")<br>Dutch pretzel (2 3/4 " X 2 5/8"<br>x 5/8")<br>log 3" x 1/2"<br>sticks 2 1/2"1/8" diameter<br>thin sticks, rings, bite size by<br>cup<br><b>Group B Exhibit A</b> | 5<br>4<br>2<br>1<br>1<br>2<br>20<br>1/4 cup | 5<br>4<br>2<br>1<br>1<br>2<br>20<br>1/4 cup | 10<br>7<br>4<br>2<br>2<br>4<br>40<br>1/2 cup |
| Rice or Rye Cakes (regular<br>size)<br>mini-cakes<br><b>Group B Exhibit A</b>  | 2<br>5                                      | 2<br>5                                      | 3<br>10                                      |

| Name of item  | one to two years old (1/2 serving) | three to five years old (1/2 serving) | six to twelve, adult (1 serving) |
|---|------------------------------------|---------------------------------------|----------------------------------|
| Saltine Crackers (include soda crackers, sea toast, "Uneda")<br>large round crackers<br><b>Group A Exhibit A</b>                                | 4<br>1                             | 4<br>1                                | 8<br>2                           |
| Soup and Oyster Crackers<br>Each<br><b>Group A Exhibit A</b>  | 10                                 | 10                                    | 1/3 cup<br>20                    |
| Spoon Bread<br>by cubic inches<br><b>Group C Exhibit A</b>  | 1½"x1½" square                     | 1½"x1½" square                        | 2½"x 2½"square                   |
| Tortilla Corn<br>5" diameter<br>7" Diameter<br><b>Group B Exhibit A</b>   | 1<br>1/2                           | 1<br>1/2                              | 2<br>1                           |
| Tortilla flour<br>4" diameter<br>6" Diameter<br><b>Group B Exhibit A</b>  | 1<br>1/2                           | 1<br>1/2                              | 2<br>1                           |
| Tortilla whole wheat also Chappati and Puri no diameter given<br><b>Group B Exhibit A</b>   | 1/2                                | 1/2                                   | 1                                |
| Tortilla Chips (include enriched corn or cornmeal, may be either flavored or plain)<br><b>Group B Exhibit A</b>                                 | 8 chips                            | 8 chips                               | 14 chips                         |
| Whole Wheat Crackers (includes toasted wheat, cracked wheat and stoned wheat types)<br>cracker<br>Whole Wheat wafer<br><b>Group A Exhibit A</b> | 3<br>3                             | 3<br>3                                | 5<br>5                           |
| Water Biscuits<br><b>Group A Exhibit A</b>  | 3                                  | 3                                     | 5                                |

Graham crackers and animal crackers are now in Group B. One serving is 25 grams and ½ serving is 13 grams. All other crackers are in Group A. One serving is now 20 grams and ½ serving is 10 grams.

**Sample Worksheet  
for  
Calculating the Grain Contribution  
FNS Instruction 783-1, Rev. 2**

The following worksheet takes food service personnel through the steps needed to determine the number of creditable servings in a homemade product. **Please note that the sample recipe uses both enriched flour and whole grain cereals. Please also note that in determining the contribution, decimals are always rounded down. This policy determination was made to preclude the possibility that servings would be short on weight to meet portion sizes due to rounding.**

**Sample: Oatmeal Cookies - provides 100 cookies**

|                            |            |                             |
|----------------------------|------------|-----------------------------|
| All purpose enriched Flour | 1 lb 13 oz | Butter or Margarine         |
| Baking Soda                |            | Large Eggs                  |
| Salt                       |            | Vanilla                     |
| Rolled Oats                | 1 lb 4 oz  | Raisins, Plumped (optional) |
| Brown Sugar                |            |                             |
| Ground Cinnamon            |            |                             |
| Ground Nutmeg              |            |                             |
| Shortening                 |            |                             |

**Step One: Convert pounds to grams**

Flour 1lb 13 oz     $1.81 \text{ lb} \times 454 \text{ grams (454 grams per pound)} = 821.74 \text{ g}$

Oats 1 lb 4 oz     $1.25 \text{ lb} \times 454 \text{ grams} = 567.50 \text{ g}$

**Step Two: Add the total grams of each grain together.**

$821.74 \text{ grams of flour} + 567.5 \text{ grams of oats} = 1389.24 \text{ total grams}$

**Step Three: Divide total grams by the proposed number of servings in the recipe.**

$1389.24 \div 100 = 13.89 \text{ grams of grain per serving.}$

**Step Four: Divide the actual grams by the required grams per serving.**

$13.89 \div 14.75 = .9419 \text{ servings of grain}$

**Step Five: Round down to the nearest  $\frac{1}{4}$  serving.**

.9419 becomes .75 or  $\frac{3}{4}$  of a bread serving.

**You may also calculate using ounces instead of pounds**

### Weights of Commonly Used Grains

When using a recipe with smaller yields for a grain/bread, ingredients are listed in cups or portions thereof. This list provides the number of grams per cup. Use of this chart should save smaller programs from the additional mathematical step of converting recipes from cups to pounds to grams. Of course, remember to divide or multiply the number of grams to reflect the number of cups or portions of cups required in your recipe.

| Food Item          | Description        | Weight of one cup in grams |
|--------------------|--------------------|----------------------------|
| Cereals            | All Bran           | 30                         |
|                    | Bran Buds          | 30                         |
|                    | Corn Chex          | 30                         |
|                    | Corn Flakes whole  | 28                         |
|                    | Cheerios           | 30                         |
|                    | Rice Krispies      | 28                         |
|                    | Rice Chex          | 24                         |
|                    | Wheaties           | 30                         |
| Flour, All Purpose | Un-sifted spooned  | 125                        |
| Bread Flour        | Un-sifted, spooned | 137                        |
| Whole Wheat Flour  | Un-sifted, spooned | 120                        |
| Oats,              | Uncooked           | 80                         |
| Wheat Germ         | Spooned            | 100                        |

Source: USDA National Data Base



## Crediting Combination Foods

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

1. Meat/meat alternate
2. Grain/bread
3. Fruit/vegetable (count as one component only)

Example: Hamburger on a bun with lettuce and tomatoes.

### Credit as:

|                     |                      |
|---------------------|----------------------|
| Meat/meat alternate | hamburger            |
| Grain/bread         | hamburger bun        |
| Fruit/vegetable     | lettuce and tomatoes |

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

### Credit as:

|                     |   |
|---------------------|---|
| Meat/meat alternate | egg, turkey, cheese   |
| Fruit/vegetable     | lettuce   |
| Fruit/vegetable     | any of the tomato, celery, cucumber to equal at least $\frac{1}{8}$ cup |

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

### Credit as:

|                     |   |
|---------------------|---|
| Meat/meat alternate | cottage cheese  |
| Fruit/vegetable     | a combination of the separate pear or peach halves, pineapple rings/chunks, banana slices, or blueberries |
| Fruit/vegetable     |   |

Combination foods, in beverage form made from milk and solid fruits (or juice concentrates), may be credited at all meals and snacks as meeting the following meal components. However, the amounts served must meet meal pattern requirements.

Example: Banana/Strawberry Cow (with banana, strawberries and milk).

### Credit as:

|   |                          |
|---|--------------------------|
| Milk  | milk                     |
| Fruit/vegetable (count as one component only) | bananas and strawberries |

Remember that pizzas vary greatly as to how they may be credited. Crediting for pizza may include the crust; the cheese or sausage; and part of the fruit/vegetable requirement. This crediting will vary by pizza. Use either a CN labeled product or your school made standardized recipe. Crediting information will be listed on the CN label. For school made pizzas you should maintain a copy of your standardized recipe on file for review.

## Crediting Commercial Frozen or Canned Products

The Food Buying Guide lists a number of standard commercially prepared foods. These are foods for which there is a Federal Standard of Identity. These are listed under beef, chicken and turkey products. The name on the product label must exactly match the Food Buying Guide description for the Food as Purchased column. Check the Food Buying Guide to determine if the combination product has a Federal Standard of Identity and use the Food Buying Guide yield information. See page 1-3 for clarification. In a number of cases the product will not be listed and so does not have a consistent standard of identity.

When crediting such products as chili-macs, pizzas, pot pies, sloppy joes, and raviolis toward the meat/meat alternate component, the amount of meat/meat alternate per serving in the product not the total portion size is the determining factor for crediting purposes. Because of the uncertainty of the actual amount of meat/meat alternate contained in these products, it is very strongly recommended that they not be used unless (1) they are a CN labeled product; or (2) the user has a product analysis sheet signed by an official of the manufacturer (not a sales person) that show how the crediting has been determined. See the sample formulation sheet on page 74 with required information and documentation.

Based on the USDA Meal and Poultry Product Standards for these commercial products, the user would need to serve a very large portion. For example, a 15 ounce serving of canned ravioli is needed to provide the one and a half ounces of the required meat; the same amount of ravioli provides many grain/bread requirements. As a result, if these products are served, a second meat/meat alternate must be served in order to meet the required amount of meat/meat alternate.

Under USDA's label approval process, each product name is checked with the product's recipe before the name goes on the label to ensure that the name properly discloses what is inside the package or can. For example, products labeled "beef with gravy" must contain at least 50% cooked beef and "gravy with beef" at least 35% cooked beef. Therefore, if you are not purchasing CN label products or do not have the manufacturer's product analysis sheet, the following products should contain the minimum percent cooked meat per serving.

**When using these products, unless otherwise stated through CN labeling or product analysis sheets, the minimum percentage should be used as the basis for crediting calculations and portion sizes determined accordingly.**

The minimum meat percentages of chili mac, meat ravioli, pizza, pot pies and sloppy joes are listed below:

| <b>Product</b>  | <b>Minimum Percentage of Meat Required</b>   |
|-----------------|--|
| Chili Mac       | 16% per total weight of the product  |
| Meat Ravioli    | 10% per total weight of the product  |
| Pizza with Meat | 15% per total weight of the product  |
| Pot Pies        | 25% per total weight of the product  |
| Sloppy Joes     | 35% per total weight of the product when labeled with true product name "Barbecue Sauce with Beef" |

## Crediting Some Popular Foods

Bread Pudding: The bread portion of the pudding is creditable as a supplement if there is a recipe to document that least ½ slice of bread is in each serving of the pudding.

Snack/Party Mixes, Trail Mixes: (sometimes also called “bird seed”). These mixes are snack food mixtures with a variety of items including such items as nuts, cereals, seeds, dried fruits etc. These items cannot be credited unless the menu contains an explanation of the creditable ingredients included in the mix on the menu.

Fruited Gelatin: Only the fruit or vegetable added portion of a fruited gelatin will contribute toward the fruit/vegetable component if it is made with water as directed. **If the fruited gelatin substitutes full strength juice for water, document the contribution of the juice through the use of a standardized recipe.** To be creditable, each serving must include at least 1/8 cup (2 Tbsp) of fruit or vegetable.

Peanut Butter and Jelly Sandwich: When a peanut butter and jelly sandwich is served as the only meat alternate, the sandwich must contain three tablespoons of peanut butter for ages three to five, to meet the minimum portion size. However, three tablespoons of peanut butter is often too much peanut butter to be consumed by a preschool child. We strongly suggest that a second meat/meat alternate (such as cheese cubes or ½ of a hard cooked egg) be served along with a smaller serving of the peanut butter.

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

Popcorn: Popcorn is not credited in the CACFP because of the low nutritive value of popcorn. Three cups of non-fat popped corn are equivalent to one slice of bread. **The use of popcorn as an “other” food for this age group is also discouraged because of the potential risk of choking with preschoolers.**

Quiche: Homemade quiche may be credited toward the meat/meat alternate if it contains sufficient egg, cheese, and meat to meet portion size requirements. Please note that bacon is considered an “other” food and may not be credited. The crust may be credited toward meeting the grain/bread requirement if it is a recognizable, integral part of the main dish and served as an accompaniment to the main dish.

Raisins: We recommend that smaller portions of raisins be served, such as 1/8 cup (2 Tbsp). **When a smaller portion size is served, the smaller portion size must be supplemented to meet at least the minimum portion size required by age and meal pattern requirement. The pattern permits a combination of two fruits and/or vegetables. This combination is permitted even when only one portion is required. As always, there is a minimum portion size of 1/8 cup for the smaller portion of the two fruits/vegetables.** This recommendation is made because preschoolers may not be able to digest larger portions of dried fruit. In addition, since raisins have a sweet, sticky consistency, potentially increasing the risk of dental caries, the menu planner may wish to consider adding a crunchy item to the menu to help preclude this concern. Please note that dried cherries, cranberries and blueberries are credited in the same manner as raisins.

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

## General Guidance

Each supplement (snack) must include at least two full food components of the four options: fluid milk, fruit/vegetable, grain/bread, meat/meat alternate. For children, juice cannot be used as the second component, if milk is the only other component for the snack.

When serving two fruits/vegetables at the same meal, two forms of the same product cannot be served. For example: oranges and orange juice, applesauce and apple slices; grapes and raisins.

The menu should document what was served. It should include the foods actually served and the serving size(s). If the meal, as planned, differs from the meal as served, the file copy of the menu should document the change(s) made. There are a number of valid reasons why menus can and/or should change. These include unavailability of the planned items, the unanticipated availability of a quality product at a reasonable price, various kitchen emergencies, non-delivery of orders, replacements for spoiled or out-of-condition foods and labor shortages. Whatever the reason, the records should accurately reflect the actual meal service. In addition, the corrected menu serves as an excellent planning tool as to feasible alternatives when the menu, as planned, must be adjusted.

Be flexible and adventurous in taking advantage of an especially good buy and in planning specific menus for field trips, holidays and special occasions.

Use a menu format that allows adequate space for listing the menu items and for noting adjustments, as needed. The format should be clear and easy to follow.

The use of cycle menus is encouraged to allow for ease in planning and for effective purchasing. These cycle menus should be reviewed on a regular basis, since conditions affecting the meal preparation may change. A less popular, more costly, and labor intensive menu should be revised, deleted, replaced or scheduled on a less frequent basis. We also encourage the use of seasonal menu cycles to provide increased variety and to take advantage of local seasonal fruits and vegetables.

## A Menu Checklist

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

- Prepare each type of food in different ways. For instance, instead of always serving mashed potatoes, try scalloped potatoes, oven baked potatoes, etc...
- Offer more fresh fruits and vegetables.
- Offer unusual fruits or vegetables such as kiwi, jicama, etc. Remember that children may need more than one exposure to unusual fruits and vegetables.
- Serve special menus for holiday and theme days, or serve cultural or ethnic foods for a change.
- Serve foods with a variety of colors, textures, shapes, flavors and food temperatures.
- If you are using cycle menus, review for change periodically. Use seasonal foods.
- Make use of USDA commodity foods in different ways. For instance, instead of always serving cheese cubes, try serving a cheese dip, or use cheese in cooking.
- Serve a variety of meat or meat alternates during the week. For example, during one week serve fish, dried beans, chicken, beef, and pork. Do not plan a menu with hamburger, meat loaf and sloppy joes in the same week.
- Take advantage of the recently developed standardized recipes for your use in planning menus which both meet program requirements and have been tasted tested for acceptance by children.
- Serve foods lower in salt.
- Serve foods lower in fat.
- Serve a variety of foods from the grain/ bread group, introducing whole grains.
- For Breakfast, try cereals lower in sugars.
- Enhance flavors with spices, herbs, or lemon juice instead of with salt or fat.
- When serving canned or frozen fruit, use fruit packed in its own juice, light syrup or water rather than fruit packed in heavy syrup.
- Only serve dried fruits (such as raisins, prunes and apricots) occasionally since they tend to stick to children's teeth and can promote tooth decay. When you serve dried fruits consider offering something crunchy at the same time.

**A Menu Checklist (continued)**

Reduce the frequency of serving highly processed foods such as hot dogs and bologna, which are high in fat, salt and sugar.

Bake, broil or steam foods instead of pan frying or deep frying them.

Serve lean meats, trim visible fat, and drain grease from meat.

The HealthierUs School Challenge for elementary schools participating in the National School Lunch and Breakfast programs can serve as an excellent template for preparing healthful meals for your children. While participation in the School Challenge is limited to elementary school level programs, the checklist and accompanying guidance provides excellent suggestions for healthful meal preparation. We have included a modified checklist with age appropriate suggestions for your consideration.



## **Suggested Criteria to prepare Preschool Children over two years of age for meals served in elementary schools accepting the HealthierUS Challenge**

The HealthierUS Challenge recognizes excellence in elementary schools in improved healthy eating and active lifestyle choices. Healthful eating habits are formed early in life. You can take an active role in preparing your children to participate in schools accepting the challenge. Your sponsorship or center may wish to develop menus that meet the following age appropriate criteria to lay the foundation for these choices.

- Three different fruits and five different vegetables offered each week.
- Offer at least one vegetable each day.
- Serve juice only twice per week. When serving juice serve a variety of juices.
- Serve fresh fruits and or raw vegetables three or more times per week.
- Dark green or orange vegetables or fruits offered three or more times per week.
- Good sources of Vitamin C offered daily.
- Four different entrees or meat/meat alternates are offered throughout each week.
- Whole grain foods or foods with at least 51% whole grain are offered 3 or more times a week.
- Cooked legumes (Dried beans or peas) –one or more servings are offered each week.
- Two or more sources of iron are offered daily.
- Age appropriate milk choices are offered at each meal, or snack if one of the selected components with a gradual introduction toward low fat and skim milk options.
- Physical activity and nutrition education are included in the daily schedule.

Please see the lists of foods developed to meet these menu planning check items on pages 70-71. You can be a part of planning menus that can start children establishing healthful eating patterns.

## **Ways to Encourage Children to Have Positive Attitudes Toward Food**

Have a positive attitude toward foods and the mealtime experience. Remember, a negative attitude expressed by adults and other children may influence children not to try that food.

When introducing a new food to children, serve a small amount of the new food along with more popular and familiar foods.

Include children in food activities to encourage them to try new foods and also to gain self confidence.

Serve finger foods such as meat or cheese cubes, vegetable sticks, or fruit chunks. Foods that are cut into smaller pieces are easier for children to handle.

Do not force a child to eat. Children often go through food jags. It is normal for a child to ask for second helpings of food one day and yet eat very lightly the next day.

Provide a comfortable atmosphere at mealtime. Mealtime is also a social activity, so allow children to talk with others.

Encourage children to eat food or new foods in a low key way. For instance, read a book about a new food that will be served that day and serve the new food at snack time when children are more hungry.

Expose children to new foods five or six times instead of only once or twice. The more exposure that children have to a food, the more familiar and comfortable it becomes, and the more likely it is that they will try the food.

Offer the new food first to a child who eats most foods. Children will often follow other children and try the food.

Have staff eat with the children. Have them eat the same foods that have been prepared for the children.

Present food attractively. Remember that we all make decisions to try or not to try food depending upon how food looks and smells.

Do not offer bribes or rewards for eating foods. This practice only reinforces the idea that certain foods are not desirable.

In the following pages we have included examples of different foods that you may wish to incorporate into your menus. You should introduce new foods gradually. You may wish to begin with taste samples. As always, check your Food Buying Guide to ensure that you are planning sufficient quantities to meet meal pattern requirements if you are including the new food as a part of your reimbursable meal.

### **Examples of Dark Green/Orange Vegetable and Orange Fruits**

**Some of these foods will be introduced to your children in elementary school by schools participating in the HUSSC (Healthier US School Challenge). You may wish to try them in a variety of forms**

#### **Vegetables**

Acorn squash  
Beet greens  
Bok choy  
Broccoli  
Butternut squash  
Carrots  
Chard  
Collards  
Kale  
Mustard greens  
Pumpkin  
Romaine lettuce  
Spinach  
Sweet potatoes or Yams  
Turnip greens

#### **Fruits**

Apricots  
Cantaloup  
Guava  
Mandarin oranges  
Mango  
Nectarines  
Oranges  
Papaya  
Peaches  
Tangerines

### **Vitamin C**

#### **Vegetables**

Asparagus  
Broccoli  
Brussel sprouts  
Cabbage  
Cauliflower  
Chard  
Collards  
Corn yellow canned  
Green peas  
Kale  
Lima beans  
Kohlrabi  
Mustard greens  
Peas

#### **Vegetables Cont.**

Potatoes, white  
Radishes  
Refried beans  
Rutabagas  
Sauerkraut  
Soybeans  
Spinach  
Squash, summer  
Squash, winter  
Sweet potatoes  
Tomatoes  
Tomato products  
Tomato Juice,  
Turnip Greens

#### **Fruits**

Banana  
Carambola (Star  
fruit)  
Cranberry juice  
Cantaloup  
Grapefruit  
Grapefruit Juice  
Grapes red or green  
grape Juice  
Honeydew melon  
Kiwi  
Lemon juice  
Mandarin oranges  
Oranges

#### **Fruits Cont.**

Orange juice  
Nectarines  
Papaya  
Peaches  
Pineapple  
Pineapple Juice  
Raspberries  
Strawberries  
Tangerines  
Watermelons

**Iron****Vegetables**

Asparagus  
 Baked beans  
 Chickpeas (garbanzo)  
 Collards  
 Cowpeas  
 Lentils  
 Lima Beans  
 Peas green  
 Peas split  
 Refried beans  
 Spinach  
 Sweet potatoes  
 Tomato products  
 Tomato soup canned condensed  
 Turnip greens  
 Mixed vegetables canned

**Bread/ Bread Alternates**

Bagel Plain, Pumpernickel or Whole  
 Bread  
 gingerbread  
 Crackers  
 Cereals ready to eat  
 Wheat  
 Farina  
 Muffin, commercially prepared blueberry  
 Muffin corn  
 Noodles, Cooked  
 Oatmeal, Instant, Fortified  
 Pita Bread, Plain or Whole Wheat  
 Pasta, enriched  
 Pretzels, Soft  
 Rice, White, Regular or Converted

**Fruits**

Apricots (Canned)  
 Cherries sour red canned  
 Plums  
 Raspberries

**Meat/ Meat Alternates**

Beans  
 Beef  
 Chicken  
 Clams  
 Frankfurter beef or chicken  
 Lentils  
 Mackerel  
 Mussels  
 Oysters  
 Dried Beans and Peas  
 Meat in General, especially Liver and  
 Other Organ Meats  
 Peanut Butter  
 Shellfish  
 Soybeans  
 Turkey  
 Tuna

**Other**

Molasses, Blackstrap

## Safety and Sanitation Tips

The area of food technology is expanding. New products require that providers continue to examine potential safety and sanitation concerns. This page stresses some safety and sanitation issues which have received recent media attention. For in-depth training regarding safety and sanitation concerns contact either the State agency or Regional office. A number of excellent training resources are available.

Do not serve foods made with raw eggs, nor allow children to eat raw batters; such products are at risk for bacterial contamination.

Wash all produce with running water—even food in bags marked pre-washed. Such a label does not guarantee that the produce is free of bacteria or microscopic parasites.

Rinse fruits such as melons and oranges just before cutting them. This prevents bacteria from spreading from the surface to the inside.

Remove stems which collect dirt.

Discard broken fruit.

Keep cut fruit refrigerated. Bacteria multiply rapidly at room temperature.

Take care that food does not remain un-refrigerated for extended periods of time for example in the kitchen, at a barbecue or picnic, or on a salad bar.

Wash utensils and surfaces that have touched raw meat or poultry with soap and hot water to avoid contaminating other food. Do not use the same platters and/or utensils for uncooked and cooked meat or poultry dishes. Follow local or State health codes regarding sanitation solutions.

Hamburgers and poultry should be completely **Follow local or State health codes regarding interior temperatures**. Take appropriate safety and sanitation procedures with thermometers to avoid contamination of other foods.

Do not use left-over marinades to baste meats. Prepare and reserve a separate batch to baste. Do not reuse marinades.

Wash your hands before preparing food and see that children wash their hands before eating. Change plastic gloves in those circumstances when you would wash your hands. Plastic gloves can become contaminated.

**Comment Page:**

This page provides you with the opportunity to let us know how useful this revision is to you and your program. We wish to hear both positive and negative comments. We have selected the loose leaf binder handbook format to allow us to send you revised pages as regulations or policy are updated or new food products or questions arise. We are able to make changes relatively quickly based upon your needs and suggestions. Let us know if any portion of this book needs expansion or clarification, if we need to add any information or other suggestions that will help make this a useful tool. You should send your comments to:

Attention: CACFP Manager  
Office of the State Superintendent of Education  
Wellness and Nutrition Services  
51 N Street, N.E., 3<sup>rd</sup> Floor  
Washington, D.C. 20002

Also, if you have any questions about this book and would like to speak directly with this office, you may call the DC State Agency, CACFP unit at (202) 724-2824.

**COMMENTS/SUGGESTIONS:**

Attachment:

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

Provide a copy of the label in addition to the following information on company letterhead with signature of a legally authorized representative of the company.

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 | Ounces per Raw Portion of Creditable Ingredient | Multiply | Food Buying Guide Yield | Creditable Amount * |
|---|---|----------|-------------------------|---------------------|
|   |   | X        |                         |                     |
|   |   | X        |                         |                     |
|   |   | X        |                         |                     |
| <b>A. Total Creditable Amount<sup>1</sup></b>               |   |          |                         |                     |

\*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the Food Buying Guide yield.

**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, manufacture's name, and code number                | Ounces Dry APP Per Portion | Multiply | % of Protein As-Is* | Divide by 18** | Creditable Amount APP*** |
|--|----------------------------|----------|---------------------|----------------|--------------------------|
|  |                            | X        |                     | ÷ by 18        |                          |
|  |                            | X        |                     | ÷ by 18        |                          |
|  |                            | X        |                     | ÷ by 18        |                          |
| <b>B. Total Creditable Amount<sup>1</sup></b>                          |                            |          |                     |                |                          |
| <b>C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz)</b> |                            |          |                     |                |                          |

\*Percent of Protein As-Is is provided the attached APP documentation.

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

\*\*\*Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.

<sup>1</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 also crediting APP, you do not need to round down in box A until after you have added the creditable APP amount from box B.

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..

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Signature

Title

---

Printed Name

Date

Phone Number



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

Provide a copy of the label in addition to the following information on company letterhead with signature of a legally authorized representative of the company.

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 | Ounces per Raw Portion of Creditable Ingredient | Multiply | Food Buying Guide Yield | Creditable Amount * |
|---|---|----------|-------------------------|---------------------|
|   |   | X        |                         |                     |
|   |   | X        |                         |                     |
|   |   | X        |                         |                     |
| <b>A. Total Creditable Amount<sup>1</sup></b>               |   |          |                         |                     |

\*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the Food Buying Guide yield.

### 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, manufacture's name, and code number                | Ounces Dry APP Per Portion | Multiply | % of Protein As-Is* | Divide by 18** | Creditable Amount APP*** |
|--|----------------------------|----------|---------------------|----------------|--------------------------|
|  |                            | X        |                     | ÷ by 18        |                          |
|  |                            | X        |                     | ÷ by 18        |                          |
|  |                            | X        |                     | ÷ by 18        |                          |
| <b>B. Total Creditable Amount<sup>1</sup></b>                          |                            |          |                     |                |                          |
| <b>C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz)</b> |                            |          |                     |                |                          |

\*Percent of Protein As-Is is provided the attached APP documentation.

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

\*\*\*Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.

<sup>1</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 also crediting APP, you do not need to round down in box A until after you have added the creditable APP amount from box B.

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



## Attachment to Product Formulation Statement Guidance

### Soy Company X Soy Protein Concentrate Product Y

Documentation for Company X Products Used as Alternate Protein Products (APP) for Child Nutrition Programs

- a) Company X certifies that Product Y meets all requirements for APP intended for use in foods manufactured for Child Nutrition Programs as described in Appendix A of 7 CFR 210, 220, 225, and 226.
- b) Company X certifies that Product Y has been processed so that some portion of the non-protein constituents have been removed by fractionating. This product is produced from soybeans by removing the majority of the soybean oil and some of the other non protein constituents.
- c) The Protein Digestibility Corrected Amino Acid Score (PDCAAS) for Product Y is 0.99. It was calculated by multiplying the lowest uncorrected amino acid score by true protein digestibility as described in the Protein Quality Evaluation Report from the Joint Expert Consultation of the Food and Agriculture Organization/World Health Organization of the United Nations, presented December 4-8, 1989, in Rome, Italy. The PDCAAS is required to be greater than 80% of casein.
- d) The protein level of Product Y is at least 18% by weight when fully hydrated at a ratio of 2.43 parts water to one part product.
- e) The protein level of Product Y is certified to be at least 61.8% on an “as-is” basis for the as-purchased product. *(Note: Protein is often provided on a moisture free basis (mfb) which is not the information FNS requires.)*

All of the above information is required for APP and must be presented for approval.

**Note:** It is also helpful to have the ingredients statement for product Y. For example, if the product is uncolored and unflavored the ingredients statement might be “soy protein concentrate” or if the product is colored and textured the ingredients statement might be “textured vegetable protein (soy flour, caramel color)”