

A Guide to Crediting Foods



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INTRODUCTION

USDA reimburses child care centers, family day care home sponsors, afterschool meal programs, and homeless shelters participating in the Child Care Food Program (CCFP) for the **meals** served to enrolled eligible children, not for individual foods. A meal is reimbursable if it contains creditable foods in the amounts outlined in the CCFP meal patterns.

The USDA publication, *The Food Buying Guide (FBG) for Child Nutrition Programs*, is the principal tool with which to determine the contribution that foods make toward the child meal pattern requirements, regardless of whether foods are produced on-site or are purchased commercially. The USDA publication, *Feeding Infants: A Guide for Use in the Child Nutrition Programs*, provides guidance for feeding infants and meeting the infant meal pattern requirements.

This handbook is a supplementary resource prepared to provide additional information on creditable foods for both infants and children in child care centers, outside school hours care centers, and family day care homes. The lists of creditable and non-creditable foods in this publication are not all-inclusive. This handbook includes commonly served foods, foods about which we have received inquiries, and foods noted as being credited incorrectly.

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. Foods are determined to be creditable based upon the following factors: (1) nutrient content; (2) customary function in a meal; (3) compliance with regulations governing the Child Care Food Program (in quantity requirements and/or by definition); (4) compliance with FDA's Standards of Identity; (5) (if they are meat or meat products) compliance with USDA's standards for meat and meat products; and (6) 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, serving protein-rich foods (such as eggs) at breakfast is not required, but it contributes additional nutrients, improves the acceptability of meals, and satisfies appetites.

PROGRAM AIDS AND PUBLICATIONS

Food Buying Guide for Child Nutrition Programs

<http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>

The purpose of the Food Buying Guide (FBG) is to help ensure that meals served meet program requirements. It is the principal tool to determine the contribution foods make toward the meal requirements, whether foods are produced on site or purchased commercially. The FBG also helps determine the quantities needed when purchasing food items. A food item is creditable under USDA standards 1) if it is listed in the FBG and 2) if it is used in the same manner as described. Also, information provided at the beginning of each of the sections gives additional background for the component presented in that section. Please note that Section 5, Other Foods, contains food items that do not meet the requirements for any components in the meal pattern; they are included for the ease in planning since many of the items are condiments or seasonings.

Also available online: Food Buying Guide Calculator for Child Nutrition Programs

<http://fbg.nfsmi.org/>

USDA Recipes for Child Care

<http://www.fns.usda.gov/usda-recipes-child-care>

The recipes from the 1999 publication *Child Care Recipes: Food for Health and Fun for USDA's Child and Adult Care Food Program* have been updated. Quantity Recipes are available alphabetically or numerically from the National Food Service Management Institute's website (at <http://www.nfsmi.org/ResourceOverview.aspx?ID=114>).

Recipes for Healthy Kids: Cookbooks for Child Care Centers and Schools

Recipes for Healthy Kids: Cookbook for Homes

<http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0>

<http://www.fns.usda.gov/recipes-healthy-kids-cookbook-homes>

The recipes in these cookbooks feature foods both children and adults should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains. All of these healthy recipes are low in total fat, saturated fat, sugar and sodium. With fun names like Porcupine Sliders, Smokin' Powerhouse Chili, and Squish Squash Lasagna, these kid-tested, kid-approved recipes are sure to please children and be an instant hit!

Building Blocks for Fun and Healthy Meals

<http://teammnutrition.usda.gov/Resources/buildingblocks.html>

This publication serves as a companion resource to the *USDA Recipes for Child Care*. This menu planner contains information on the CCFP meal requirements, advice on how to serve high quality meals and snacks, menu planning, sample menus, and nutrition education ideas and tips. *Building Blocks* also provides information about the Dietary Guidelines for Americans, the USDA Food Guide Pyramid, and food safety facts.

DEFINITIONS

1. Child Nutrition (CN) Label

The CN Labeling Program is a voluntary Federal labeling program for Child Nutrition Programs, which is run by the Food and Nutrition Service (FNS) of USDA. The program requires an evaluation of a product's formulation (what the product consists of) by the Agricultural Marketing Service (AMS) to determine its contribution toward meal pattern requirements. It allows manufacturers to state this contribution on their labels.

The program provides a warranty against audit claims and disallowances for purchasers of CN-labeled products.

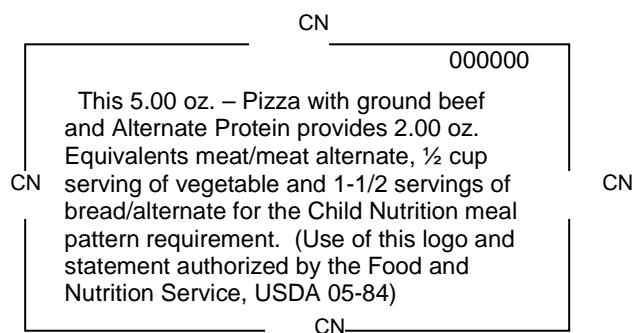
Products eligible for CN labels:

- Main dish products that contribute to the meat/meat alternate component of the CCFP meal pattern. Examples include beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions.
- Juice and juice drink products containing at least 50% full-strength juice by volume. Examples include grape drink, fruit punch, frozen juice drink bars, and sherbets.

CN labels will always contain:

- The CN logo, which is a distinct border
- The meal pattern contribution statement (by serving)
- A six digit product identification number
- USDA/FNS authorization statement
- The month and year of approval

Example of a CN-labeled Product:



For a detailed explanation of CN Labeling, visit the USDA Food and Nutrition Service (FNS) website at www.fns.usda.gov/cnd/cnlabeling under the National School Lunch Program.

2. Child Nutrition Programs (CNP)

CNP are funded by the United States Department of Agriculture and include: the Child and Adult Care Food Program; the Afterschool Snack Program; the Homeless Children Nutrition Program; the National School Lunch Program; the School Breakfast Program; the Special Milk Program; and the Summer Food Service Program.

3. Combination Foods

A single serving of a food item that contains two or more of the required meal components. For more information refer to the section, Crediting Combination Foods.

4. Component

A food grouped in a certain category according to the CCFP meal pattern. These categories are the milk, vegetable/fruit, grains/breads, and the meat/meat alternate components.

5. Food Buying Guide (FBG)

Resource manual that helps determine the amount of food to be prepared to serve the correct serving size for the number of children/staff served.

6. Medical Exceptions

CCFP regulations require that allowances be made for children with disabilities and special dietary conditions.

Children with Disabilities:

Child care providers are **required** to provide special meals to children with disabilities when requested by a physician. The “Medical Statement for Children with Disabilities and Special Dietary Conditions” is recommended to claim meals for children with disabilities.

The medical statement must be completed by a licensed physician and must include the following:

- The child’s disability and an explanation of why the disability restricts the child’s diet.
- The major life activity(s) affected by the disability.
- The food or foods to be omitted from the child’s diet and the food or choice of foods that must be substituted.
- A description of any required textural modification(s).

The medical statement must be kept on file at the child care facility where the disabled child is served.

Note: A disability means a physical or mental impairment which substantially limits one or more major life activities. This may include metabolic diseases, such as diabetes or phenylketonuria (PKU); cerebral palsy; food anaphylaxis (severe food allergy); epilepsy; orthopedic, visual, speech, and hearing impairments; cancer; and HIV disease.

Children with Special Dietary Conditions:

Child care providers are **encouraged but not required** to provide special meals for children with conditions that do not meet the definition of disability. Special dietary conditions may include food allergies and food intolerances. The “Medical Statement for Children with Disabilities and Special Dietary Conditions” is recommended to claim meals for children with special dietary conditions.

The medical statement must be completed by a recognized medical authority such as:

- Physician
- Physician’s assistant
- Nurse practitioner (ARNP)
- Registered dietitian

And must include the following:

- Identification of the medical or other special dietary need that restricts the child’s diet.
- The food(s) to be omitted from the child’s diet and the food or choice of foods that may be substituted.

Child care providers can choose whether or not to provide substitute foods for children with special dietary conditions. A **properly signed and completed** medical statement releases the center from providing the restricted foods when on the menu and the meals can be claimed. The medical statement must be kept on file at the child care facility where the child is served.

Note: A special dietary condition means having a medically certified special medical or dietary need. This may include food intolerances or allergies that do not have life-threatening (anaphylactic) reactions.

Special Needs Meals in the CCFP and the Medical Statement for Children with Disabilities and Special Dietary Conditions can be found on the CCFP website at:

<http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/special-needs.html>

7. Product Specification Sheet or Manufacturer's Analysis Sheet

An information sheet about a food product, obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient by weight. A processed combination food can only be credited when documentation is available to show that the food contains enough of a specific food component to count towards the meal pattern requirements. Examples of combination foods include beef stew, lasagna, ravioli, potpie, and pizza. An official of the manufacturer – not a sales person – documenting the contribution of the actual meal component should sign the manufacturer's analysis sheet.

8. Reimbursement

Money received from the USDA for serving creditable meals and snacks to eligible participants.

9. Serving Size or Portion

A serving size or portion size 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.

10. Standards of Identity

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 U.S. 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 State agency.

Child Care Food Program Meal Pattern for Infants

To comply with the Child Care Food Program regulations, the Infant Meal Pattern lists the amount of food to be offered to children from birth through the 11th month. Breastmilk or iron-fortified infant formula or portions of both must be served for the entire first year. **To support and encourage moms who breastfeed, meals containing breastmilk have different guidelines for reimbursement than meals containing formula.** Food within the meal pattern should be the texture and consistency appropriate for the age of the infant and may be served during a span of time consistent with the infant's eating habits. The decision to introduce solid foods should be made in consultation with the child's parents. Providers should receive written instruction on introduction of solid foods from the parent or health care provider. The infant meal must contain each of the following components in the amounts indicated for the appropriate age group in order to qualify for reimbursement.

Infant Meal Pattern Food Components:		Age Group and Serving Size:		
		Birth – 3 months:	4 – 7 months:	8 – 11 months:
Breakfast	Breastmilk ^{1, 2} or infant formula ³	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.
	Vegetable and/or fruit			1-4 Tbsp.
	Infant cereal ³		*0-3 Tbsp.	2-4 Tbsp.
Lunch/Supper	Breastmilk ^{1, 2} or infant formula ³ and:	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz. and:
	Vegetable and/or fruit		*0-3 Tbsp.	1-4 Tbsp.
	In addition for 8-11 months, you must choose one or more of the following:			
	Infant cereal ³		*0-3 Tbsp.	2-4 Tbsp.
	Meat, fish, poultry, egg yolk, or cooked dry beans or peas			1-4 Tbsp.
	Cheese			½ - 2 oz. (weight)
	Cottage cheese			1-4 oz. (volume)
	Cheese food or cheese spread			1-4 oz. (weight)
Snack	Breastmilk ^{1, 2} or infant formula ³ or:	4-6 fl. oz.	4-6 fl. oz.	2-4 fl. oz. or:
	Full strength fruit juice			2-4 fl. oz.
	Bread ⁴ or Crackers ⁴			*0-1/2 slice *0-2
*NOTE: A SERVING OF THIS COMPONENT IS REQUIRED ONLY WHEN THE INFANT IS DEVELOPMENTALLY READY TO ACCEPT IT.				

1. Breastmilk or formula or portions of both, may be served, however, it is recommended that breastmilk be served in place of formula from birth through 11 months.
2. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered if the infant is still hungry.
3. Infant formula and dry infant cereal must be iron-fortified.
4. Bread or crackers must be made from whole-grain or enriched meal or flour.

Darker shaded areas are not required for reimbursable infant meals. Lighter shaded areas are required only when the infant is developmentally ready to accept.

CCFP Meal Pattern for Infants Guidelines to Remember

Infant Formula and/or Breastmilk:

- Breastmilk is recommended in place of formula from birth through 11 months.
- It is normal for breastfed infants to consume smaller amounts of breastmilk at a feeding, but eat more often throughout the day. Therefore, it is acceptable to offer less than the minimum amount of breastmilk according to the infant meal pattern. Offer more breastmilk if the infant is still hungry.
- Infant formula must be iron-fortified. Cow's milk must not be used for infants less than one year of age. (Refer to the DOH Approved Formula List on the CCFP website at www.doh.state.fl.us/ccfp/Nutrition/Infants/infants.htm)
- Meals containing **only** breastmilk (expressed by mother and fed by child care provider), **only** formula supplied by either the child care provider or the parent, or **only** a combination of breastmilk and iron-fortified formula for infants birth through 7 months who are not developmentally ready for solids are reimbursable.
- Meals served to infants who are developmentally ready for solids (4 through 7 months) must include at least one food item furnished by the child care provider to count as a reimbursable meal.
- Meals served to infants 8 through 11 months must include at least one food item furnished by the child care provider to be reimbursable.

Fruit juice:

- Is creditable only at snack for babies 8 months and older (and can be served instead of breastmilk or formula at snack).
- At breakfast, lunch, and supper - cannot count as the vegetable or fruit component.
- Must be full-strength (100%), pasteurized, regular or infant fruit juice.
- Must be naturally high in, or fortified with vitamin C.
- Must be offered from a cup – not a bottle.
- Citrus (orange, tangerine, grapefruit), pineapple, and tomato juices served to babies before 6 months of age can cause an allergic reaction (please note tomato and other vegetable juices are not creditable).

Solid foods:

- Are required for infants 4 months of age and older *who are developmentally ready* to accept them.
- Must not be given to babies younger than 4 months of age unless required and documented by a doctor.
- Must be of an appropriate texture and consistency and should only be introduced after consulting with the infant's parent or guardian.
- Can be either home-prepared baby foods or commercially prepared baby foods.
- Infant cereal must be iron-fortified, plain, dry.
- Do not serve honey or food that may contain honey to infants less than one year of age - honey may contain botulinum spores, which can be harmful to infants.

INFANT FOODS

General Requirements

CCFP requires all participating family day care homes and child care centers to offer meals to all infants enrolled in care. Child care facilities must offer at least one iron-fortified milk-based formula and one iron-fortified soy-based formula that would satisfy the needs of one or more of the infants in care.

In recognition of the non-food cost of serving meals to infants from birth through 7 months of age, CCFP will reimburse for meals and snacks containing **only** breast milk or iron-fortified formula, whether supplied by the caregiver or the parent. From 4 months of age until the infant's first birthday, as soon as the infant is developmentally ready to begin eating solid foods, the caregiver must supply at least one component of each meal and/or snack in order to claim reimbursement for that meal or snack.

Solid foods can be introduced gradually when the infant is at least 4 months of age and developmentally ready. The parents will take the lead with new food introductions due to the possibility of allergic reactions. Food served should be of appropriate texture and consistency.

Refer to the Infant Meal Pattern for serving size requirements. The Infant Meal Pattern chart uses ranges for portion sizes to allow for flexibility in the types and amounts of foods that must be served to infants when claimed for reimbursement. *0 Tbsp.* means that the item is not required if the infant is not developmentally ready for that food. The range for portion sizes from *0-3 Tbsp.* also means that less than 1 Tbsp. can be served once the infant is developmentally ready for that food.

Cautions:

- Juice should not be offered to infants until they are ready to drink from a cup. Juice may fill the infant too much and discourage eating more nutritious breast milk, formula, or solid food.
- Never prop a bottle or give a bottle to a baby during naptime. This can cause choking as well as tooth decay and ear infections.
- Feeding on demand is recommended. Babies may have small appetites. The amounts listed in the meal pattern are the minimum portions. Infants may need to eat every 2 hours or more frequently.
- Combination foods and dinners are not creditable.
- Do not heat bottles and solid foods in a microwave oven because uneven heating can occur and burn the infant's mouth.
- Cow's milk must not be served to infants less than one year of age. Whole milk may only be served beginning at 1 year of age until the second birthday.

Food Substitutions:

When an exception to the meal pattern is necessary (such as serving low-iron fortified formula to an infant under 1 year of age), a statement from a recognized medical authority must be kept on file by the provider/center. It must state the required food substitution(s). Only then is the meal/snack eligible for reimbursement. Please refer to page 7 for more details.

INFANT FOODS

Food	Creditable Yes	No	Comments
Baby Foods, commercial, combination dinners/foods		X	The amount of each component is difficult to determine when there is a combination of foods present. Often water is the first ingredient. Examples: meat/ vegetable dinners/ combinations, meat dinners, dehydrated dinners.
Baby Foods, commercial, fruits with modified food starch	X		Fruit or vegetable must be listed as the first ingredient on the nutrition label. If water is listed first, it is not creditable.
Baby Foods, commercial, single-item	X		Examples: plain fruits, vegetables, meats. Must be listed as the first ingredient.
Baby Foods, desserts		X	Not 100% fruit. Often very high in sugar, fat, and low in nutrients. Examples: baby puddings, custards, cobblers, fruit desserts.
Baby Foods, puddings		X	Often high in sugar and low in nutrients.
Bread	X		Bread or toast is creditable for developmentally ready infants 8 months of age and older for snack only. Must be whole-grain or enriched and have no nuts or seeds.
Breast Milk	X		Breast milk is the best food for infants and is recommended in place of formula from birth through 11 months.
Buttermilk		X	Must not be given to infants.
Cereal, adult		X	Adult cereals, including oatmeal, farina (cream of wheat), and grits are not creditable for infants because iron and other nutrients in these cereals are not appropriate for infants. These cereals may contain raisins and nuts that may cause choking.
Cereal, infant, with fruit		X	It is difficult to determine the amount of cereal and fruit.
Cereal, infant, iron-fortified, single grain	X		Iron-fortified dry infant cereals such as rice, barley, and oatmeal.
Cereal, infant, iron-fortified, multiple grains	X		Iron-fortified dry infant cereals with mixed grains are creditable for infants 8 months of age and older.
Cheese – natural cheese, cottage cheese, cheese food, cheese spread	X		Natural cheeses such as American cheese, cheddar, Monterey Jack, cottage cheese, cheese food, and cheese spreads for lunch or supper for infants 8 months of age and older.
Chocolate		X	May cause allergic reactions
Combination Foods/Dinners – commercial baby food		X	The amount of each component is difficult to determine when there is a combination of foods present. Often water is the first ingredient. Examples: meat/ vegetable dinners/ combinations, meat dinners, dehydrated dinners.
Cookies		X	

INFANT FOODS

Food	Creditable Yes	No	Comments
Crackers	x		May be served to developmentally ready infants 8 months of age and older for snack only. Must be made from whole-grain or enriched flour or meal.
Cream		x	
Desserts, baby food		x	Not 100% fruit. Often very high in sugar, fat, and low in nutrients. Examples: baby puddings, custards, cobblers, fruit desserts.
Dry Milk, reconstituted		x	
Egg White		x	May cause allergic reactions
Egg Yolk, hard cooked	x		For infants 8 months of age and older when served at lunch/supper. Commercial baby food egg yolk or properly cooked and prepared (pureed or mashed) egg yolk may be served.
Evaporated Milk		x	Cow's milk must not be served to infants under 1 year of age. Medical exception: Must have a signed statement from a recognized medical authority on file.
Fish, boneless fin (such as haddock, cod)	x		Creditable for infants 8 months of age and older at lunch/supper only. Examine fish closely and remove bones. Serve only after it has been introduced with no problems. Observe infant closely for allergic reactions.
Fish, shellfish		x	Shellfish may cause a severe allergic reaction in some infants.
Fish Sticks, commercially prepared		x	Is difficult to determine the amount of creditable fish in commercially breaded or battered fish or seafood products. These products are often high in fat.
Formula, infant, iron-fortified (includes soy-based)	x		During the first year of life, the only acceptable alternative to breast milk is iron-fortified infant formula. Refer to the Approved Infant Formula list on the CCFP website for acceptable formulas.
Formula, infant, low-iron (includes soy-based)		x	Only iron-fortified formula is creditable. Medical exception: Must have a signed statement from a recognized medical authority on file.
Formula, follow-up		x	Refer to the Approved Infant Formula list on the CCFP website for acceptable formulas.
Fruit, plain cooked (homemade)	x		Plain, fresh, or canned, pureed or mashed, and cooked if necessary. Raw fruits may cause choking if not prepared to the appropriate texture for an infant, which is cooked, if necessary, and/or pureed or mashed.
Fruit, single-item commercial baby food	x		Commercial baby fruits for infants 4-7 months at lunch/supper, or 8 months of age and older at breakfast, lunch, and supper. Commercial baby fruits with modified food starch with a fruit or vegetable as the first ingredient on the label. See Baby foods, commercial, single item.

INFANT FOODS

Food	Creditable Yes	No	Comments
Fruit Juice	X		Must be full strength, for infants 8 months of age and older for snack only. May be a blend of two or more 100% fruit juices.
Fruit/Vegetable Juice Blends		X	Vegetable/fruit juice blends are not 100% fruit juice.
Fruit Drink		X	Fruit drinks are not 100% fruit juice and may be high in sugar.
Fruit Punch		X	Fruit punch is not 100% fruit juice and may be high in sugar.
Half and Half		X	
Home-Canned Infant Foods		X	Not creditable due to the risk of food borne illness.
Homemade Infant Foods	X		Must be plain fruits, vegetables, or meats. Avoid adding salt, fat, sugar, and other seasonings.
Honey		X	Honey (including cooked or baked in products such as honey graham crackers) should not be served to infants less than 1 year of age. Honey is sometimes contaminated with <i>Clostridium botulinum</i> spores. If an infant ingests these spores, they can produce a toxin that may cause a severe food borne illness called infant botulism.
Hot Dogs		X	May cause choking; not intended for infants to eat.
Juice	X		See: Fruit juice
Legumes – dried or canned beans	X		Cooked dried beans may be claimed when served at lunch or supper to infants 8 months of age and older. Dried or canned legumes should be prepared (mashed or pureed) to the appropriate texture for infants. Whole cooked legumes may cause choking in infants.
Meat, plain cooked (homemade)	X		May be served at lunch or supper to infants 8 months of age and older. Fresh or frozen meats must be cooked thoroughly and then prepared (pureed, ground or finely chopped) to the appropriate texture for infants.
Meat, single-item commercial baby food	X		Plain commercial baby food meats may be served at lunch or supper to infants 8 months of age and older.
Meat Sticks		X	May cause choking; not intended for infants to eat.
Milk, reduced-fat (2%), low-fat (1%) or fat-free (skim)		X	Not creditable for infants. Medical exception: Must have a signed statement from a recognized medical authority on file.
Milk, raw		X	Unpasteurized.

INFANT FOODS

Food	Creditable Yes	No	Comments
Milk, whole		X	Cow's milk must not be served to infants under 1 year of age. Cow's milk can place stress on an infant's kidneys, cause allergic reactions, and cause blood loss through the intestines, leading to iron deficiency anemia. The American Academy of Pediatrics recommends serving breast milk and/or iron-fortified formula during the first year of life. Medical exception: Must have a signed statement from a recognized medical authority on file.
Mixed Cereal with Fruit		X	Only plain, iron-fortified dry infant cereals may be served.
Nuts		X	May cause choking; not intended for infants to eat.
Peanut Butter (or other nut butters or seeds)		X	May cause choking; not intended for infants to eat.
Sausages		X	May cause choking; not intended for infants to eat.
Single-Item Baby Foods, commercial	X		See: Fruit, Meat, Vegetables
Soy Formula	X		See: Formula, iron-fortified
Teething Biscuits	X		Teething biscuits may be served to developmentally ready infants 8 months of age and older at snack only. Must be made from whole-grain or enriched flour or meal.
Toasted Oat Cereal		X	Only bread, crackers, and infant cereal are reimbursable on the infant meal pattern.
Vegetables, plain cooked (homemade)	X		For infants 4-7 months who are developmentally ready at lunch or supper or for infants 8 months of age and older at breakfast, lunch, or supper. Raw vegetables may cause choking. Should be plain cooked and/or pureed to the appropriate texture.
Vegetables, single-item commercial baby food	X		Plain single-item commercial baby food vegetables at lunch or supper to infants 4-7 months who are developmentally ready or at breakfast, lunch or supper to infants 8 months of age and older.
Vegetable Juice		X	Only 100% fruit juices are creditable toward the infant meal pattern requirements.
Whole Egg		X	Only egg yolk is creditable.
Yogurt		X	Is not creditable for infants. See page 31 for children.

INFANT FOODS

Questions and Answers

1. Q: If a physician prescribes whole cow's milk as a substitute for breastmilk for an infant less than 12 months of age, is the meal reimbursable?

A: Yes. A meal or snack containing whole fluid cow's milk and served to an infant less than 12 months of age is eligible for reimbursement if the substitution is authorized, in writing, by the infant's physician. Similarly, if a physician prescribes a formula such as low-iron formula, which is not currently listed as a formula for CCFP, the meal is eligible for reimbursement.

We have always recognized the unique dietary needs of infants and that decisions concerning diet, during this first year of life, are for the infant's health care provider and parents or guardians to make together. Therefore, to support the request, a medical statement that explains the food substitution or modification is needed. The statement must be submitted and kept on file by the child care facility.

2. Q: Cottage cheese is a meat alternate in the lunch and supper meal pattern for infants aged 8 through 11 months. How much cottage cheese must be offered to fulfill the meat/meat alternate meal pattern requirement?

A: Cottage cheese, cheese food, and cheese spread are acceptable meat alternates in the CCFP infant meal pattern. The correct amount, which may be offered as a meat alternate to infants, aged 8 through 11 months, is 1 to 4 ounces volume of cottage cheese and 1 to 4 ounces weight of cheese food and cheese spread.

3. Q: Is yogurt an allowable meat alternate in the infant meal pattern?

A: No. However, the Office of Analysis, Nutrition and Evaluation plans to issue a memorandum on the use of yogurt in the CCFP infant meal pattern in the future.

4. Q: Is enriched farina, regular oatmeal, and corn grits allowable substitutes for cereal in the infant meal pattern?

A: No. These hot cereals are not reimbursable as a substitute for iron-fortified infant cereal. Only plain, dry, iron-fortified infant cereals (which are then mixed with formula or breastmilk) are reimbursable in the infant meal pattern. Reimbursable infant cereals include rice, oat, barley, wheat, and mixed-grain. Infant cereals that are pre-mixed with ingredients such as formula, fruit, or yogurt are not allowable.

5. Q: Are combination jar baby foods that include a vegetable, fruit, or pasta and meat an allowable meat/meat alternate in the infant meal pattern?

A: No. Only commercial baby food meats with meat or poultry as the first ingredient in the ingredient listing are reimbursable as a meat/meat alternate in the infant meal pattern. Commercially prepared baby food combination dinners are not reimbursable, including those that list meat as the first ingredient. These dinners include but are not limited to: Chicken Lasagna, Macaroni and Beef, or Broccoli and Turkey.

6. Q: If fruit or vegetable is the first ingredient listed on a jar of baby food cereal or dessert, is it allowable in the infant meal pattern?

A: No. Commercially prepared baby food vegetables and fruits are reimbursable only if vegetable or fruit is listed as the first ingredient in the ingredient listing on the label of single item vegetables and fruits or multiple vegetables and fruits. Jar baby foods with cereal, dessert, or pudding on the label are not reimbursable.

Also, vegetable or fruit jar baby food with a label stating that the first ingredient is water is not reimbursable.

7. Q: Is food prepared at the child care facility allowable in the infant meal pattern?

A: Yes. Preparing baby food at the child care facility can be equally nutritious and more economical than commercially prepared baby foods. Care must be taken to prepare and store foods safely. Foods prepared at the child care facility must be of an appropriate texture and consistency for the age of the infant. Cooking methods used to prepare foods must conserve nutrients and avoid adding unnecessary ingredients such as sugar and salt.

Child Care Food Program Meal Pattern for Children

A significant goal of the Child Care Food Program is to safely serve nutritious meals and snacks that meet program meal pattern requirements and are appetizing to children. The Child Care Food Program Meal Pattern for Children assures well-balanced meals that supply the kinds and amounts of foods that children require to help meet their daily nutrient and energy needs.

Child care providers must ensure that each meal served to children contains, at a minimum, each of the food components in the amounts indicated for the appropriate age group as stated in the CCFP Meal Pattern for Children.

To comply with the policy above, child care providers must adhere to the CCFP Meal Pattern for Children.

Child Meal Pattern Food Components:		Age Group and Serving Size:		
		1 and 2 year olds:	3 – 5 year olds:	6 – 12 ¹ year olds:
Breakfast (3 components)	Milk¹¹ Fluid milk	1/2 cup	3/4 cup	1 cup
	Vegetables and Fruits¹⁰ Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice ²	1/4 cup 1/4 cup	1/2 cup 1/2 cup	1/2 cup 1/2 cup
	Grains/Breads^{3, 10} Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁴ or Cooked cereal grains or Cooked pasta or noodle products	1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup
Lunch/Supper (4 components – 5 items)	Milk¹¹ Fluid milk	1/2 cup	3/4 cup	1 cup
	Vegetables and Fruits^{8, 10} Vegetable(s) and/or fruit(s), 2 or more	1/4 cup total	1/2 cup total	3/4 cup total
	Grains/Breads^{3, 10} Bread or Cornbread, biscuits, rolls, muffins, etc. or Cooked pasta or noodle products or Cooked cereal grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1 slice 1 serving 1/2 cup 1/2 cup
	Meat and Meat Alternates¹⁰ Lean meat or poultry or fish ⁵ or Alternate protein products ⁶ or cheese or Egg (large) or Cooked dry beans or peas or Peanut butter or soynut butter or other nut/seed butters or Peanuts or soynuts or tree nuts or seeds ⁹ or Yogurt, plain or flavored, unsweetened or sweetened	1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup 2 Tbsp. 1/2 oz. = 50% 4 oz. or 1/2 cup	1 1/2 oz. 1 1/2 oz. 1 1/2 oz. 3/4 egg 3/8 cup 3 Tbsp. 3/4 oz. = 50% 6 oz. or 3/4 cup	2 oz. 2 oz. 2 oz. 1 egg 1/2 cup 4 Tbsp. 1 oz. = 50% 8 oz. or 1 cup

Note: Milk must be served with each breakfast, lunch and supper meal. Between a child's first and second birthday, serving whole milk is strongly recommended. After the child's second birthday, it is required that lowfat or fat-free milk be served. To encourage adequate calcium intake, lowfat flavored milk can be served.

Conversions:

1/2 cup = 4 fl. oz.
3/4 cup = 6 fl. oz.
1 cup = 8 fl. oz.

1 pint = 2 cups
1 quart = 2 pints = 4 cups
1 gallon = 4 quarts = 16 cups

CCFP Meal Pattern for Children *(continued)*

Child Meal Pattern Food Components:		Age Group and Serving Size:		
		1 and 2 year olds:	3 – 5 year olds:	6 – 12 ¹ year olds:
Snack⁷ (Select 2 different components)	Milk¹¹			
	Fluid milk	1/2 cup	1/2 cup	1 cup
	Vegetables and Fruits¹⁰			
	Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice ²	1/2 cup 1/2 cup	1/2 cup 1/2 cup	3/4 cup 3/4 cup
Grains/Breads^{3, 10}				
Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁴ or Cooked cereal grains or Cooked pasta or noodle products	1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup	
Meat and Meat Alternates¹⁰				
Lean meat or poultry or fish ⁵ or Alternate protein products ⁶ or cheese or Egg (large) or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds or Yogurt, plain or flavored, unsweetened or sweetened	1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/8 cup 1 Tbsp. 1/2 oz. 2 oz. or 1/4 cup	1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/8 cup 1 Tbsp. 1/2 oz. 2 oz. or 1/4 cup	1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup 2 Tbsp. 1 oz. 4 oz. or 1/2 cup	

1. Children ages 13 through 18 must be served minimum or larger portion sizes as specified for children ages 6-12.
2. Vegetable or fruit juice must be full-strength, pasteurized and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C.
3. Bread, pasta or noodle products, and cereal grains, must be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc., must be made with whole grain or enriched meal or flour; cereal must be whole grain or enriched or fortified. Prepackaged grain/bread products must have enriched flour or meal or whole grain as the first ingredient.
4. Cold dry cereal can be measured by volume (cup) or weight (ounces) whichever is less.
5. The serving size for lean meat, poultry or fish is the edible portion as served.
6. Alternate protein products must be equal to at least 80% of the protein quality of milk (casein) determined by the Protein Digestibility Corrected Amino Acid Score (PDCAAS) and must contain at least 18% protein by weight when fully hydrated or formulated.
7. At snack, select at least two different food components. Juice must not be served when milk is served as the only other component.
8. At lunch and supper, serve two or more kinds of vegetables(s) and/or fruit(s) or a combination of both. Full-strength vegetable or fruit juice must not be counted to meet more than one-half of this requirement.
9. At lunch and supper, no more than 50% of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.
10. Servings can be an equal amount of any combination of this component. Note: Less than 1/8 cup of fruit or vegetables is not creditable.
11. After the child's first birthday and prior to the second birthday, serving whole milk is strongly recommended. After the child's second birthday, it is required that lowfat or fat free milk be served.

CCFP Meal Pattern for Children Guidelines to Follow

Child care providers must ensure quality meals are served to children and that nutrition education is encouraged.

Fluid Milk:

- After the child's first birthday and prior to the second birthday, serving whole milk is strongly recommended.
- After the child's second birthday, lowfat (1%) or fat-free milk must be served.

Vegetable or fruit or juice:

- Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C.
- Fruit juice should not be served more than once a day.
- Fresh, frozen, or canned vegetables and/or fruits should be served at least twice a week on the breakfast menu and twice a week on the snack menu.
Please note: For those centers that claim two snacks and one meal, instead of two meals and one snack, fresh, frozen, or canned vegetables and/or fruits should be served at least twice a week *at each* snack time.
- Good vitamin A sources from vegetables and fruits should be served a minimum of two times a week.
- Good vitamin C sources from vegetables and fruits or fruit juice should be served daily.
- Less than 1/8 cup of vegetables and fruits may not be counted to meet the vegetable/fruit component.

Grains/breads:

- Grain/bread food must be whole grain, enriched, or made from whole grain or enriched meal or flour. Bran and germ are counted as enriched or whole-grain meals or flours. Cornmeal, corn flour, and corn grits must be designated as whole or enriched to be creditable.
- Only ready-to-eat breakfast cereals containing 10 grams of sugar or less per serving as stated on the Nutrition Facts label should be served.
- Sweet grain/bread foods must be whole grain or made with enriched flour or meal and may be credited as a bread serving at breakfast and snack only. Prepackaged grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package.
- Sweet grain/bread items should not be served more than two times a week at breakfast and two times a week at snack and should not exceed four sweet items per week.

Meat or meat alternate:

- Commercially processed combination foods (convenience entrees – frozen or canned) must have a CN label or manufacturer's analysis sheet stating the food component contribution to the meal pattern.
- A serving of cooked dry beans or peas may count as a vegetable or as a meat alternate, but not as both components in the same meal.

****Please note that donated foods cannot be used to contribute to the meal pattern requirements****

MILK

General Requirements

CCFP regulations require that in order to be eligible for cash reimbursement, each child's breakfast, lunch, and supper must include fluid milk. Fluid milk may also be served as one of the two components of a snack.

Between the child's first and second birthday, serving whole milk is strongly recommended. After the child's second birthday, it is **required** that low-fat (1%) or fat-free milk be served.

Milk means pasteurized fluid types of unflavored or flavored whole milk, low-fat milk, fat-free milk, or cultured buttermilk that 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. Lactose-free and lactose-reduced milk may be offered as options for children who are lactose intolerant.

The Food and Drug Administration issued new names in 1998 for the various milks to make it easier to identify low-fat and fat-free milks. For your convenience, we have listed both the previous name and the current name below:

Previous Name	Current Name
Skim or nonfat milk	Fat-free milk
1% low-fat milk	1% low-fat or light milk
2% low-fat milk	2% reduced-fat milk
Whole milk	Whole milk

The breakfast meal pattern requires that a serving of fluid milk be served as a beverage, used on cereal, or used in part for each purpose. Lunch and supper must contain a serving of fluid milk as a beverage. Refer to the CCFP 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, used on cereal, or used in part for each purpose. Milk may not be credited for snacks when juice is served as the other component. Milk is not creditable when used in cooking for such foods as cooked cereals, custards, puddings, or other foods.

Breastmilk and/or iron-fortified infant formula must be served to infants until their first birthday. Cow's or goat's milk may not be served in the CCFP for children less than one year of age. Iron-fortified infant formula served to a child beyond 13 months requires a medical statement from a recognized medical authority. Breastmilk does not need a medical statement to be served past one year of age and can be served as a substitute for cow's milk in the meal pattern for children.

MILK

Food	Creditable Yes	No	Comments
Types of Milk			
Milk, fluid (unflavored or flavored)	X		The milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk. Flavored milks include (but are not limited to) such flavors as strawberry, blueberry, and banana. See chocolate milk below.
Acidified Milk, Acidified Kefir Milk	X		Acidified fluid milk is produced by souring fluid whole, low-fat or fat-free milk with an acidifying agent. Examples include acidified kefir milk and acidified acidophilus milk.
Buttermilk	X		Must be cultured and meet state and local standards.
Certified Raw Milk		X	Raw milk is not pasteurized and regulations require the use of pasteurized milk.
Chocolate Milk or Cocoa Milk (cold or hot)	X		Chocolate milk or cocoa milk must be made with fluid milk and meet state and local standards for milk. Only the fluid milk portion is creditable. Cocoa made with powder mixes and hot water is not creditable as a milk item.
Cultured Milk, Cultured Kefir Milk	X		Cultured milk is made by adding selected microorganisms to fluid whole, low-fat, or fat-free milk under controlled conditions to produce a product with a specific flavor and/or consistency. Examples include cultured buttermilk, cultured kefir milk, and cultured acidophilus milk.
Fat-free Milk, Non-fat Milk, Skim Milk	X		Fat-free milk (or low-fat 1% milk) is required for children 2 years of age and older. Fat-free milk is not recommended for children under two years of age.
Goat's Milk	X		Must be pasteurized and meet State and local standards. Goat's milk should not be served to infants.
Lactose-reduced Milk, Lactose-free Milk	X		Lactose-reduced milk and lactose-free milk is fluid milk modified by the addition of lactase enzymes. The lactose (milk sugar) has been broken down into simple sugars. Children who can not digest the lactose in milk may benefit from the use of lactose-reduced milk or lactose-free milk.
Low-fat Milk (1%)	X		Low-fat (or fat-free) milk is required for children 2 years of age and older. Low-fat milk is not recommended for children under two years of age.
Reduced-fat Milk (2%)		X	Low-fat or fat-free milk is required for children 2 years of age and older. Reduced-fat milk is not recommended for children under two years of age.
Soy 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 Milk, fortified	X		Soy-based beverages that are nutritionally equivalent to fluid milk are creditable only for children who cannot consume milk due to a special dietary condition, other than a disability. The child care center must have a medical statement or parent request on file. Refer to the CCFP website for the list of approved soy-based beverages.

MILK

Food	Creditable Yes	No	Comments
UHT (Ultra High Temperature) 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.
Whole Milk	x		May be served only to children between one and two years of age. Whole milk is not recommended for infants under one year of age.
Other Milk Products			
Almond Milk		x	Almond milk does not meet the definition of milk.
Cheese		x	Cheese does not meet the definition of milk. Look for cheese items under the meat/meat alternate sections.
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 snacks served in the CCFP, if they 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 (powdered)		x	See Sections 226.20 e and f of the CCFP regulations concerning the availability of fluid milk.
Rice Milk		x	Rice milk does not meet the definition of milk.
Sherbet/Sorbet		x	Sherbet does not meet the definition of milk. Please refer to the vegetable/fruit section.
Sour Cream		x	Sour cream does not meet the definition of milk.
Sweetened Condensed Milk		x	Sweetened condensed milk does not meet the definition of milk.
Yogurt		x	Yogurt does not meet the definition of milk. Please refer to the meat/meat alternate section.

MILK

Questions and Answers

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 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. You must obtain a written medical statement from a recognized medical authority or written parent request that states that the participant should not be served milk. At the present time, only soy-based beverages that are nutritionally equivalent to fluid milk are creditable for children who cannot consume milk due to a special dietary condition, other than a disability. Refer to the CCFP website for the list of approved soy-based beverages.

3. 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. Fluid milk served must be served as a beverage at breakfast, lunch/dinner, or snack in order to be credited toward the milk requirement. At breakfast or snack, milk may also be poured over cereal.

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

A: Yes. It must be pasteurized fluid milk and meet state and local health standards. Also, it must include vitamins A and D at levels consistent with state and local standards.

5. Q: Can milkshakes be served to meet the milk requirement?

A: Yes. Milkshakes served as a part of a reimbursable snack or lunch must contain a serving of milk. Only the milk portion of the milkshake is creditable.

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

A: FNS Instruction 783-7 Revision 1, (issued January 24, 1995) permits the use of commercial milkshake mixes, if state and local officials define the mix as fluid milk in the geographic area where the mix is to be served. Since milkshakes tend to be filling, be aware that preschool children 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 infants under one year of age and fat-free/low-fat milk is not recommended for children under two years of age?

A: CCFP regulations do not permit the use of whole cow's milk or goat's milk before age one. 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 does not meet the definition of milk. These regulations reflect the position of the American Academy of Pediatrics that it is recommended that breastmilk or iron-fortified formula be used for the entire first year.

The relationship between high fat diets and heart disease has led some caregivers to believe that they should feed their infants fat-free or low-fat milk to prevent obesity or atherosclerosis later in life. However, pediatric nutrition authorities agree that fat-free milk (fresh liquid, reconstituted, nonfat dry milk powder or evaporated, fat-free milk) or low-fat milk (1/2, 1 or 2 percent low-fat milk) should not be fed to infants and children younger than age two. These milks contain insufficient quantities of fat (including linoleic acid), iron, vitamins E and C. They also contain excessive amounts of protein, sodium, potassium and chloride for infants. The amount of proteins and minerals in low-fat and fat-free milk is even higher than in whole cow's milk. These milks may put a strain on an infant's kidneys as does whole cow's and goat's milk.

8. Q: Can non-dairy beverages such as soymilk be served to meet the milk requirement?

A: The Healthy, Hunger-Free Kids Act (HHFKA) of 2010 allows the substitution of non-dairy beverages that are nutritionally equivalent to fluid milk for those children with special dietary conditions, other than a disability, who cannot drink any of the creditable milks (*breastmilk, pasteurized fluid types of unflavored or flavored cow or goat milk, lactose-free or lactose-reduced milk, UHT (Ultra High Temperature) milk, acidified or cultured milk, and organic milk*). Non-dairy milk substitutes must meet specific nutritional standards. See Milk Substitutes and Creditable Milks on the CCFP website at:

<http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/special-needs.html>

MEAT/MEAT ALTERNATES

General Requirements

CCFP regulations require that lunch and supper must contain the required serving amount of meat or meat alternate specified in the meal pattern. A serving of meat or meat alternate may be credited as one of the two components of a snack when served in the amount specified in the snack pattern. 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 meat or meat alternate to be counted toward meeting any part of the meat/meat alternate requirement.

Meat and meat alternates include lean meat, poultry, or fish; cheese; eggs; 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 alternate, they may not also be credited as a vegetable in the same meal.

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 preschool day care populations.

Alternate protein products (APP) are processed from soy or other vegetable protein sources. APP may be used alone or in combination with other food ingredients to fulfill the meat/meat alternate component. Examples of these combined items are beef patties, beef crumbles, pizza topping, meat loaf, meat sauce, taco filling, burritos, and tuna salad. These products **still do not include tofu, seitan, or tempeh**. The product may be colored or uncolored and seasoned or unseasoned. APP may be used in the dry form (non-hydrated), partially hydrated, or fully hydrated form. The moisture content of the fully hydrated APP (if prepared from a dry concentrated form) must be such that the mixture will have a minimum 18 percent protein by weight or equivalent amount for the dry or partially hydrated form. However, before using APP in meals claimed for reimbursement, obtain documentation that the product meets these criteria.

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. These products currently are being used successfully as meat/meat alternate extenders and/or substitutes in large Child Nutrition Programs. However, before using APP and claiming these meals for reimbursement, contact your State agency or sponsoring organization 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. Also, children under four years of age are at high risk of choking. Nuts and seeds should be ground or finely chopped in meal preparation and nut/seed butters should be spread thinly.

Commercially processed combination foods such as ravioli, chili, spaghetti with meat sauce, beef stew, and pot pies may not count as a meat/meat alternate unless:

- They have a CN Label (see pages 6 and 65 for more information)

Or

- Have a manufacturer's analysis sheet signed by an official of the manufacturer (not the sales person) stating the amount of cooked lean meat or meat alternate per serving.

NOTE: If the information indicates that the product contributes less than the required amount of meat or meat alternate, supplement the product with an appropriate amount of additional meat or meat alternate.

Cheese

Cheese is considered a meat/meat alternate. There are several types of cheese available that vary in nutrient quality:

Natural or Pasteurized Processed Cheese or Cheese Substitutes – Counts ounce for ounce toward the meat/meat alternate (examples include: American, cheddar, mozzarella, and Swiss).

Cottage Cheese and Ricotta Cheese – These are made from milk liquids. Serve twice as much of these as the natural cheeses in order to count as one serving.

Cheese Foods and Spreads – Two ounces of these cheeses can count for one ounce as a meat/meat alternate.

Cheese Product and Imitation Cheese – The term “Cheese Product” is a category name and is non-standardized. It is not creditable as a meat/meat alternate. Neither would any product labeled “imitation”.

Cream Cheese – Cream cheese is not creditable because of the low protein content.

MEAT/MEAT ALTERNATES

Food	Creditable Yes	No	Comments
Acorns		x	Acorns have a low protein content.
Baco - Bits		x	Are low in protein and high in fat.
Bacon and Imitation Bacon Products		x	These products are considered fats with little protein.
Bacon, turkey	x		Turkey bacon is creditable only if it is a CN-labeled product.
Beans, dried or canned	x		See the Food Buying Guide (FBG).
Beef Jerky or other dried meat, poultry, or seafood snacks		x	Beef jerky and other dried meat snacks do not meet the usual and customary function of the meat/meat alternate component in a meal and do not qualify for CN-labeling.
Bologna	x		Must be all meat and/or poultry products with no by-products, cereal, or extenders. This product is high in fat and salt.
Canadian Bacon or Mild Cured Pork	x		1 lb. (16 oz.) will yield 11 1-oz servings of cooked, lean meat. See the FBG.
Canned or Frozen: Beef Stew Beef-a-Roni Chili Macaroni Meat Stew Pizza Pot Pies Ravioli	x		These products are creditable only if: (1) they have a CN label or (2) a Manufacturer's Analysis Sheet signed by an official of the manufacturer (not a sales person). The documentation should state the amount of cooked, lean meat per serving.
Canned, Pressed Luncheon Meat (e.g., Spam)	x		Must be all meat and/or poultry products with no by-products, cereal, or extenders.
Cheese Foods, Cheese Spreads	x		A 2 oz serving equals 1 oz of meat alternate. See the FBG.
Cheese, imitation		x	Products labeled <i>imitation</i> are not creditable.
Cheese Products		x	While cheese foods and spreads have a Standard of Identity, cheese products do not.
Cheese, natural or processed, or Cheese Substitute	x		These products count ounce for ounce towards the meat/meat alternate.
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/meat alternate. For breading/batter crediting, see the grain/ bread section. CN-labeled products are required.
Chitterlings		x	Chitterlings are considered a fat.
Coconuts		x	Coconuts have a low protein content.

MEAT/MEAT ALTERNATES

Food	Creditable Yes	No	Comments
Corn Dogs, Corn Dog Nuggets	x		The crust is credited like cornbread. The frankfurter is credited as a meat/meat alternate. These products are high in fat and salt. CN-labeled products are required.
Crab, imitation		x	Products labeled <i>imitation</i> are not creditable.
Cream Cheese		x	Cream cheese is considered a fat. It contains less protein and more fat than creditable cheese.
Deviled Eggs	x		Only the whole egg portion is credited.
Eggbeaters		x	Inadequate meat/meat alternate.
Eggs, whole	x		Eggs may be credited only when cooked. Raw eggs are a potential health hazard.
Falafel	x		The pre-ground weight of beans is credited. See the FBG.
Fish, self-caught		x	Self-caught fish are not creditable. Self-caught fish can be a safety hazard because of the danger of pollution and contamination.
Fish Sticks	x		Only the edible fish portion is creditable as a meat/meat alternate. For breading/batter crediting, see the grain/bread section. CN-labeled products are required.
Frankfurters or Hot Dogs	x		Must be all meat and poultry products with no by-products, cereal, or extenders. These products are high in fat and salt. Remember to serve hot dogs in small pieces for those children where choking is a potential hazard.
Frankfurters, imitation		x	Products labeled <i>imitation</i> are not creditable.
Game (e.g., squirrel, rabbit, venison, etc.)		x	For safety reasons, game is not creditable in the CCFP unless it is inspected and approved by the appropriate State or Federal agency.
Gizzards, chicken or turkey	x		
Goat Meat	x		Must be inspected and approved by the appropriate State or Federal agency.
Ham Hocks		x	Ham hocks are high in fat and low in protein.
Home-Slaughtered Meat		x	For safety reasons, home-slaughtered meat is not creditable in the CCFP.
Hummus	x		The pre-ground weight of the beans is credited. See the FBG.
Kidney	x		
Liver	x		
Liverwurst or Luncheon Meat	x		Must be all meat and poultry products with no by-products, cereals, or extenders. These products are high in fat and salt.
Meat Sauce	x		May be homemade sauce from a standardized recipe or commercial sauce with a CN label or Manufacturer's Analysis Sheet.

MEAT/MEAT ALTERNATES

Food	Creditable Yes	No	Comments
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 preschoolers.
Ostrich Meat, ground	x		16 ounces (1 lb.) of this ground meat yields 11 ounces of meat/meat alternate.
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 preschool children.
Peanut Butter, reduced fat	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 the FBG.
Pepperoni		x	Dried pepperoni is only creditable when used as a topping on CN-labeled pizza.
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 FBG.
Pizza, commercial	x		These products are creditable only if they have (1) a CN label or (2) a Manufacturer's Analysis Sheet signed by an official of the manufacturer (not a sales person), which states the amount of cooked, lean meat/meat alternate per serving.
Pizza, homemade	x		The amounts of meat/meat alternate ingredients must be identified and documented.
Polish Sausage	x		Must be all meat and/or poultry products with no by-products, cereal, or extenders. This product is high in fat and salt.
Pot Pies, commercial	x		Only CN-labeled pot pies may be credited. These products may not contain adequate amounts of meat.
Pot Pies, homemade	x		The meat in homemade pot pies can be credited if there is sufficient meat/meat alternate per serving.
Potted or Deviled Meats		x	These products are high in fat and salt and include extenders and binders.
Powdered Cheese in Boxed Macaroni and Cheese		x	The powdered cheese mix is not credited toward any of the components. See the grains/breads sections for crediting of the macaroni noodles.

MEAT/MEAT ALTERNATES

Food	Creditable Yes	No	Comments
Quiche	x		See Child Care Recipes D-08 and D-08a. 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.
Salt Pork		x	This product is extremely high in fat and salt.
Sausage	x		Please refer to the FBG. Also refer to Meat and Poultry Inspection Regulation, Standards of Identity, Part 319 for specific sausage products.
Scrapple		x	Scrapple has insufficient meat content.
Seeds	x		See meal pattern regulations for crediting. Be careful of the use of seeds with preschoolers to avoid choking hazards.
Shellfish	x		Shellfish must be fully cooked; only the edible fish portion is creditable.
Shellfish, imitation		x	Products labeled <i>imitation</i> are not creditable.
Soups, commercial (e.g., bean, lentil or split pea)	x		Refer to the FBG. ½ cup soup contains ¼ cup heated beans and ¾ cup soup contains 3/8 cup heated beans.
Soups, homemade with meat or meat alternate	x		Homemade soups are creditable as a source of meat/meat alternate if the minimum amount of ¼ oz. per serving can be identified and documented through the use of a standardized recipe.
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.
Spare Ribs	x		These products contain small amounts of meat and are high fat products. Only the lean meat portion is creditable.
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		Refer to the FBG.
Vienna Sausage	x		Must be all meat and/or poultry products with no by-products, cereal, or extenders. This product is high in fat and salt.
Yogurt, commercial - plain, unflavored, flavored, sweetened	x		Commercially prepared products meeting the Standard of Identity for yogurt, low-fat, and nonfat yogurt may be credited. 4 oz of yogurt equals 1 oz of the meat/meat alternate requirements. See page 15 for infants.

MEAT/MEAT ALTERNATES

Food	Creditable Yes	No	Comments
Yogurt, homemade		x	There are potential safety concerns with this product.
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.
Yogurt, liquid		x	This product does not meet the definition of yogurt.
Yogurt Products (e.g., frozen yogurt, yogurt bars, yogurt-covered fruit and/or nuts)		x	These are considered "other" foods. There is insufficient yogurt in these products to be creditable.

MEAT/MEAT ALTERNATES

Questions and Answers

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 Care Food Program 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 four years of age because choking may occur. 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 (6 tablespoons) of shredded cheese 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 recipe on file to assure it contains the required amount of meat/meat alternate per serving, a CN-labeled pizza, or a cheese/meat pizza with a manufacturer's analysis sheet.

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

A: Yes. However, the meals must meet meal pattern requirements. Examples of acceptable vegetarian meat alternates that are creditable in the CCFP 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, products 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 alternates such as tofu, seitan, and tempeh are not creditable meat alternates.**

5. Q: We have several participants who cannot eat certain foods because of religious reasons that attend our day care. 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). If religious dietary restrictions need additional accommodation, contractors may request that alternate meal patterns be allowed by submitting a letter to the state agency that administers the program. The letter must state the reasons for the proposed changes and describe the dietary accommodations that are needed. At that time, the state agency will make a decision based upon the nutritional needs of the participants. Prior written approval from the state agency for CCFP 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 as meeting the meat/meat alternate requirement?

A: Meal planners, at their discretion, may vary the portion sizes in the reimbursable meal in a range from 1 ounce (credited as 1/8 cup or 1/4 ounce of the meat/meat alternate) to 8 ounces (credited as 1 cup or 2 ounces of the meat/meat alternate). Please refer to the CCFP Meal Pattern for Children.

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: 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. Check either the CN label or the manufacturer's analysis sheet. The label or sheet will provide crediting information specific to the product. This documentation should be maintained on file and is especially important when serving odd-shaped products.

VEGETABLES AND FRUITS

General Requirements

A reimbursable breakfast shall contain a serving of vegetable(s) or fruit(s) or full strength vegetable or fruit juice or an equivalent quantity of any combination of these foods. Lunch and supper shall contain two or more vegetables or fruits or a combination of both. Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement. A serving of vegetable or fruit may be credited as one of the two required components of a snack. However, juice may not be credited as one of the components of a snack when milk is served as the only other component.

In order to be creditable, a juice must be pasteurized and 100% full-strength vegetable or fruit juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of vitamin C. It is important to read the product label. 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. **Please note that traditionally, cranberry juice cocktails were served by contractors 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.**

Fresh, frozen, or canned vegetables and/or fruits must be served at least twice a week on the breakfast menu and twice a week on the snack menu. Fruit juice must not be served more than once a day.

Two forms of the same fruit or vegetable served at lunch or supper can not both be 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.

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.

Good sources of vitamin A from vegetables and fruits must be served at least two times a week. Good sources of vitamin C from vegetables and fruits must be served daily. Refer to *USDA Recipes for Child Care, Building Blocks for Fun and Healthy Meals*, and page 70.

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.

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.

Home canned fruit and vegetable products are not allowed for service in the Child Care Food Program because of health and safety reasons. 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.

VEGETABLES AND FRUITS

Food	Creditable Yes	No	Comments
Ade Drinks		x	These drinks do not contain at least 50% full strength juice.
Apple Butter		x	Insufficient amount of fruit.
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.
Baked Beans	x		Yes, but beans may not be credited both as a meat/meat alternate and as a vegetable in the same meal.
Banana in Bread		x	It has less than 1/8 cup fruit per serving and may not be counted to meet the vegetable/ fruit requirement.
Banana in Pudding (fruit added)	x		The pudding must have at least 1/8 cup banana (fruit) per serving.
Barbecue Sauce		x	
Bean Sprouts	x		Extreme care should be used with raw sprouts. Bean sprouts may be contaminated with Salmonella or E-coli. Pregnant women, children, elderly, and those with compromised immune systems are more susceptible to illness from these food borne pathogens.
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/ Relish	x		Only if it contains whole or crushed berries.
Dried Fruit (e.g., raisins, apricots, prunes, cranberries)	x		Dried fruits are concentrated. Check the FBG for serving sizes.

VEGETABLES AND FRUITS

Food	Creditable Yes	No	Comments
Dried (dehydrated) Vegetables	x		See page 45 of this publication.
Drinks, fruit		x	Fruit drinks contain less than 50% full strength juice.
Dry Spice Mixes		x	
Fig Bar Cookies		x	The amount of figs per serving is insufficient to count toward the fruit/vegetable component.
Frozen Fruit-flavored Bars		x	These bars do not contain enough, if any, fruit juice.
Frozen Fruit Juice Bars	x		Fruit juice bars must contain a minimum of 50% full strength juice. Only the juice portion may be counted to meet the fruit/vegetable requirement. Also, look for CN labels.
Fruit Cobblers/Crisps	x		These must contain at least 1/8 cup of fruit per serving.
Fruit Juice Bases		x	Juice bases do not contain sufficient fruit per serving.
Fruit Juice Concentrates	x		These are credited as reconstituted juice.
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 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		If the predominant ingredient is fruit, it will provide one-half credit; that is ½ cup fruit pie filling will provide ¼ cup of fruit, unless otherwise documented. 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 (e.g., bars, roll-ups, leathers, wrinkles, gummy styles)	x		Must contain at least 1/8 cup (2 Tbsp) of vegetable or fruit per serving. Obtain documentation from the manufacturer.
Gelatin Desserts 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.

VEGETABLES AND FRUITS

Food	Creditable Yes	No	Comments
Honey		x	Honey is a sugar, not a fruit. This product is not recommended for children under one year of age.
Ice Cream, fruit flavors		x	No fruit flavoring is 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 - all fruit or all vegetable	x		These are combinations of full-strength juices.
Ketchup (Catsup)		x	This is a condiment.
Kiwi Fruit	x		
Lemon Pie Filling		x	Lemon pie filling does not contain fruit solids; the juice contained requires dilution beyond the 50% limit for palatability.
Lemonade		x	Lemonade requires dilution beyond the 50% limit for palatability.
Macaroni Salad		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.
Maple Syrup		x	Maple syrup is a sugar not a fruit. See the entry for corn syrup.
Mayonnaise, Salad Dressing, Margarine, Salad Oil or Butter		x	Mayonnaise, margarine, butter, salad oils, and salad dressings are fats, not fruits or vegetables.
Muffins with Fruit		x	Insufficient fruit
Nectars		x	Nectars do not commonly contain sufficient quantities of full-strength juice to be creditable.
Olives	x		They must have at least 1/8 cup per serving. High salt content should be noted.
Onion Rings	x		They may be credited if they are homemade, or if a manufacturer's analysis sheet is available. Must have at least 1/8 cup of cooked onion per serving. This product is high in fat.
Pickles	x		They must have at least 1/8 cup 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.
Plantains	x		Plantains are creditable, but plantain chips are not creditable.

VEGETABLES AND FRUITS

Food	Creditable Yes	No	Comments
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 45; also refer to the FBG.
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 towards 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. It is creditable as a grain/bread only.
Salsa, homemade or commercial	x		Salsa may be credited if the recipe documents 1/8 cup (2 Tbsp) of vegetables per serving is provided. For products that contain all vegetable ingredients 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.
Sherbet or Sorbet	x		Only Sherbet/Sorbet with CN labels may be credited.
Soups: such as Clam Chowder, Minestrone, Split Pea, Tomato, Tomato Rice, Vegetable, Vegetable w/ Beef, or Chicken	x		See entries below.
<u>Canned, Condensed Soup</u> (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. Refer to the FBG.
<u>Canned or Frozen Ready-to-Serve Soup</u>	x		1 cup serving will yield ¼ cup of vegetable. Refer to the FBG.

VEGETABLES AND FRUITS

Food	Creditable Yes	No	Comments
(Soups Continued) <u>Dehydrated Soup Mixes</u>	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.
<u>Home Made Soups</u>	x		Use the quantities of vegetables in the recipe to calculate crediting amounts.
Spaghetti Sauce (Tomato Sauce)	x		Spaghetti sauce is credited as tomato sauce if 1/8 cup (2 Tbsp) per serving is provided.
Sprouts (e.g., alfalfa, bean)	x		Extreme care should be used with raw sprouts. Bean sprouts may be contaminated with Salmonella or E-coli. Pregnant women, children, elderly, and those with compromised immune systems are more susceptible to illness from these food borne pathogens.
Syrup, fruit flavored		x	
Toaster Pastries With Fruit (Poptarts)		x	These are credited as a grain/bread only and only at snacks 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 or onions in prepared dishes, may be credited, provided that at least 1/8 cup (2 Tbsp) per serving is supplied.
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. Fruit may be added to the yogurt by the provider in the amount of at least 1/8 cup and counted to meet the fruit requirement.
Yucca (Cassava)	x		
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 vegetable/fruit requirement.

VEGETABLES AND FRUITS

Questions and Answers

1. Q. Are foods like coleslaw, 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 coleslaw 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 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.

In addition to being full strength, juice must also be pasteurized and, unless orange or grapefruit juice, must be fortified with 100% or more of vitamin C. At lunch and supper, juice may only count for up to ½ of the vegetable/fruit meal component requirement.

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

A: Yes. However, since there are significant safety problems with the service of unpasteurized ciders and juices, we require that only pasteurized juice products are served. Children 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 fruit or vegetable 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. Documentation must be available (such as a standardized recipe or food receipts) to show that sufficient juice or fruit/vegetable was used. Gelatin made with water and without fruits or vegetables or pudding without fruit will not meet CCFP requirements.

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

A: Yes. 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. Purchase only from reliable sources.

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 are based on the rehydrated volume, not upon the fresh volume that may be stated on the container. Keep in mind that rehydration yields on the container often vary from brand to brand. This variation in yields means that the following procedure must be used for each brand of dehydrated product to determine yield.

Determine the rehydrated 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 rehydration directions from the manufacturer.
- b) Measure the rehydrated volume.
- c) Measure the number of ¼ cup servings of rehydrated product that one purchase unit provides.
- d) Keep a record of the yield data obtained as required by the State agency or sponsor as verification. Records should include information on the size of the purchase unit, the number of ¼ cup servings of rehydrated product per purchase unit, the name of the manufacturer, and the manufacturers' directions for how to rehydrate the product.

14.Q: What is "blended" juice?

A: There are 100% juice blends or juice drink/beverages that are labeled by the primary flavored juice as opposed to the primary volume juice. For example, a juice blend of white grape, apple, pear, and raspberry juice may be labeled as "Raspberry Juice Blend", which leads the purchaser to assume that raspberry juice is the primary ingredient when actually only 10% of the blend is raspberry juice. Manufacturers are increasingly using certain blend juices as a base for many juice drinks and juice drink products. By not paying attention to the ingredients on labels, it would be possible to serve the same juice everyday, with the only difference being color and flavor.

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. Refer to the *Food Buying Guide* for a full listing of serving sizes and yields for vegetables and fruits.

Vegetable	Serving Size and Yield	Fruit	Serving Size and Yield
Broccoli	1 medium spear = ¼ cup	Apples	1 small apple = ½ cup ½ apple = ¼ cup ¼ apple = ⅛ cup
Carrots baby carrots	14 baby carrots = ½ cup 7 baby carrots = ¼ cup 4 baby carrots = ⅛ cup	Bananas	3 small bananas = 1 pound ½ small banana = ¼ cup ¼ small banana = ⅛ cup
sticks	1 stick is 4 inches long x ½ inch wide 6 sticks = ½ cup 3 sticks = ¼ cup 2 sticks = ⅛ cup	Cantaloupe	1/8 large melon = ½ cup 1/16 large melon = ¼ cup 1/32 large melon = ⅛ cup
Cauliflower	1 medium head = 6 cups florets	Grapes, seedless	14 large grapes = ½ cup 7 large grapes = ¼ cup 4 large grapes = ⅛ cup
Celery sticks	1 stick is 3 inches long x ¾ inch wide 8 sticks = ½ cup 4 sticks = ¼ cup 2 sticks = ⅛ cup	Nectarines	1 nectarine = ½ cup ½ nectarine = ¼ cup ¼ nectarine = ⅛ cup
Cucumber slices	2 inches across, ⅛ inch thick slices 8 slices = ½ cup 4 slices = ¼ cup 2 slices = ⅛ cup	Oranges	4 oranges = 1 pound 1 orange = ½ cup ½ orange = ¼ cup ¼ orange = ⅛ cup
Dill pickles	4 to 4¾ inches long 3 pickles = ½ cup 1½ pickles = ¼ cup ¾ pickle = ⅛ cup	Peaches	4 peaches = 1 pound 1 peach = ½ cup ½ peach = ¼ cup ¼ peach = ⅛ cup
Radishes	14 radishes = ½ cup 7 radishes = ¼ cup 4 radishes = ⅛ cup	Pears	4 pears = 1 pound 1 pear = ½ cup ½ pear = ¼ cup ¼ pear = ⅛ cup
Tomatoes slices	¼ inch thick slices 4 slices = ½ cup 2 slices = ¼ cup 1 slice = ⅛ cup	Raisins	1 pound = 3 cups 5⅓ ounces = 1 cup 2⅔ ounces = ½ cup 1⅓ ounces = ¼ cup 1 package (1½ ounces) = ¼ cup
cherry	6 tomatoes = ½ cup 3 tomatoes = ¼ cup 2 tomatoes = ⅛ cup	Tangerines	1 tangerine = ½ cup
		Watermelon	1 melon = 28 pounds 1/16 piece = ½ cup 1/32 piece = ¼ cup 1/64 piece = ⅛ cup

GRAINS/BREADS (Bread/ Bread Alternate)

General Requirements

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

FNS Instruction 783-1 Revision 2 (January 8, 1997) updated the criteria used to determine minimum portion sizes, qualifying criteria, and examples of foods which qualify as grains/breads. The instruction also redefined the bread/bread alternate as the grain/bread requirement. Currently both of these terms are used interchangeably. The term grain/bread 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 fiber in the diet.

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

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

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

3. The grain/bread must be provided in the quantities specified in the regulations. One-quarter (1/4) of a serving is the smallest amount allowable to be credited toward the minimum quantities of grains/breads specified in program regulations.
4. The grain/bread must serve the customary function of bread in a meal, for lunch or supper. That is, it must be served as an accompaniment to, or a recognizable, integral part of, the main dish and not merely as an ingredient.

5. Sweet grain/bread foods (e.g. cookies, sweet rolls, and toaster pastries or others, as authorized under Exhibit A, of CFR, part 220) must be made with enriched flour or meal or whole grain and may be credited as a bread serving at breakfast and snack only. **Pre-packaged grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package. No more than two sweet breakfast items and no more than two sweet snack items should be served per week** (not to exceed four sweet items per week).
6. Only ready-to-eat breakfast cereals with 10 grams of sugar or less per serving as stated on the Nutrition Facts label on the cereal box should be served under the CCFP.

Serving Size Information

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 the total of enriched or whole grain, meal and/or flour. Cornmeal is considered to be a grain meal and thus, items made with cornmeal also must contain no less than the 14.75 grams of enriched or whole grain 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.

The crediting of a food item as a grain/bread serving is determined by the total amount of enriched or whole grain meal and/or flour in the recipe divided by the number of servings the recipe yields. Contractors 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 contractors to serve products that more closely resemble standard quick breads and muffins and thus, are more acceptable to children.

Please note that in the calculation of grains/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 grain/bread 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.

For commercial products (including such products as individually packaged granola bars, coffee cakes, etc.), the information on the package food label 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 Nutrition Facts label since this serving size is for adult portion sizes (see question 9 on page 57).

GRAINS/BREADS

for the Food Based Alternatives on the Child Nutrition Programs¹

EXHIBIT A

Group A	Minimum Serving Size for Group A
Bread Type Coating Bread Sticks (hard) Chow Mein Noodles Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) note: weights apply to bread in stuffing	1 serving = 20 gm or 0.7 oz. ¾ serving = 15 gm or 0.5 oz. ½ serving = 10 gm or 0.4 oz. ¼ serving = 5 gm or 0.2 oz.
Group B	Minimum Serving Size for Group B
Bagels Batter Type Coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hot dog) Crackers (graham crackers - all shapes, animal crackers) Egg Roll Skins, Won Ton Wrappers English Muffins Pita Bread (white, wheat, whole wheat) Pizza Crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla Chips (enriched or whole grain) Taco Shells	1 serving = 25 gm or 0.9 oz. ¾ serving = 19 gm or 0.7 oz. ½ serving = 13 gm or 0.5 oz. ¼ serving = 6 gm or 0.2 oz.
Group C	Minimum Serving Sizes for Group C
Cookies ² (plain) Cornbread Corn Muffins Croissants Pancakes Pie Crust (dessert pies ² , fruit turnovers ³ , and meat/alternate pies) Waffles	1 serving = 31 gm or 1.1 oz. ¾ serving = 23 gm or 0.8 oz. ½ serving = 16 gm or 0.6 oz. 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 supplements (snacks) served under the CCFP.
3. Allowed only for supplements (snacks) served under the CCFP and for breakfasts served under the CCFP.
4. Refer to program regulations for the appropriate serving size for snacks and meals served to children ages 1 through 5 in the CCFP. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast.

EXHIBIT A (continued)

Group D	Minimum Serving Size for Group D
Doughnuts ³ (cake and yeast raised, unfrosted) Granola Bars ³ (plain) Muffins/Quick Breads (all except corn) Sweet Roll ³ (unfrosted) Toaster Pastry ³ (unfrosted)	1 serving = 50 gm or 1.8 oz. ¾ serving = 38 gm or 1.3 oz. ½ serving = 25 gm or 0.9 oz. ¼ serving = 13 gm or 0.5 oz.
Group E	Minimum Serving Size for Group E
Cookies ² (with nuts, raisins, chocolate pieces, and/or fruit purees) Doughnuts ³ (cake and yeast raised, frosted, or glazed) French Toast Grain Fruit Bars ³ Granola Bars ³ (with nuts, raisins, chocolate pieces, and/or fruit) Sweet Rolls ³ (frosted) Toaster Pastry (frosted)	1 serving = 63 gm or 2.2 oz. ¾ serving = 47 gm or 1.7 oz. ½ serving = 31 gm or 1.1 oz. ¼ serving = 16 gm or 0.6 oz.
Group F	Minimum Serving Size for Group F
Cake ² (plain, unfrosted) Coffee Cake ³	1 serving = 75 gm or 2.7 oz. ¾ serving = 56 gm or 2.0 oz. ½ serving = 38 gm or 1.3 oz. ¼ serving = 19 gm or 0.7 oz.
Group G	Minimum Serving Size for Group G
Brownies ² (plain) Cake ² (all varieties, frosted)	1 serving = 115 gm or 4 oz. ¾ serving = 86 gm or 3 oz. ½ serving = 58 gm or 2 oz. ¼ serving = 29 gm or 1 oz.
Group H	Minimum Serving Size for Group H
Barley Breakfast Cereals ⁴ (cooked) Bulgur or Cracked Wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 serving = ½ cup cooked (or 25 gm dry)
Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal ⁴ (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 supplements (snacks) served under the CCFP.
3. Allowed only for snacks and for breakfasts served under the CCFP.
4. Refer to program regulations for the appropriate serving size for snacks and meals served to children ages 1 through 5 in the CCFP. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast.

Note: Only ready-to-eat breakfast cereals with 10 grams of sugar or less per serving as stated on the Nutrition Facts label on the cereal box should be served under the CCFP.

GRAINS/BREADS

Food	Creditable Yes	No	Comments
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 grain or flour. Commercial quick breads are credited in the same group as muffins (other than corn).
Barley	x		It must be enriched or whole grain.
Biscuits	x		
Boston Brown Bread	x		
Bread Pudding, homemade	x		The bread in bread pudding is credited for snacks only and must contain a minimum of ½ slice of bread per serving.
Bread Sticks	x		
Bread Stuffing	x		
Breading/Batter	x		See Group B, Exhibit A for batter coatings. For foods such as commercial fish sticks, chicken, or fish nuggets CN-labeled products are acceptable for breading if it is stated on the CN label.
Brownies	x		May be credited for snack only.
Bulgur	x		
Buns, hot dog or hamburger	x		
Cakes	x		May be credited for snack only. Unfrosted, see Group F; Frosted, see Group G, Exhibit A.
Caramel Corn		x	This product does not meet the definition of bread.
Carrot Bread	x		See banana bread.
Chips, corn/cornmeal	x		Corn/cornmeal chips must be plain and must use whole grain or enriched flours.
Chips, potato		x	These are considered “other” foods. Fruit and vegetable chips are not creditable.
Chow Mein Noodles	x		
Cobbler, Crisp	x		Bread portion is credited based on the amount of enriched flour in the recipe.
Coffee Cake, Cinnamon/ Danish Rolls	x		These may be credited at breakfast and snack only and may not be served more than twice a week
Cookies	x		These may be credited for snacks only. Cookies may be served as part of a snack no more than twice a week.
Cornbread	x		
Corndogs, batter	x		See breading/batter; a CN-labeled product is required.
Cornpone	x		This product is credited in Group C, Exhibit A.
Couscous	x		This pasta product must be enriched or whole grain.

GRAINS/BREADS

Food	Creditable Yes	No	Comments
Crackers	x		For crediting purposes specify the type served, e.g., graham, etc. See pages 49 and 59-61.
Cream Puff Shells	x		This item may be credited for snack only.
Crepes	x		For the required serving size, see Group C, Exhibit A.
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, see Group F; Frosted, see Group G, Exhibit A.
Danish Pastries	x		This item may be credited for breakfast and snack only and may not be served more than twice a week.
Doughnuts	x		This item may be credited for breakfast and snack only and may not be served more than twice a week.
Dumplings	x		
Egg Roll or Won Ton Wrappers	x		
English Muffins	x		
Fig Bar	x		This item is credited the same as cookies, snack only. See Group E, Exhibit A.
French Bread	x		This product must be whole grain or enriched.
French Toast	x		See Group E, Exhibit A.
Fried Bread	x		Refer to page 62 to determine the grain/bread contribution for the recipe.
Gingerbread	x		Creditable at snack only.
Grain and Cereal Bars	x		Creditable only for breakfast and snack. See groups D and E, Exhibit A, for serving sizes. Must have whole grain or enriched cereal or flour as the first ingredient.
Granola Bars, plain or with fruits/nuts	x		Creditable only for breakfast and snack. For commercial serving sizes, see Groups D and E, Exhibit A. Must have whole grain or enriched cereal or flour as the first ingredient.
Grits	x		This product must be whole grain or enriched.
Hominy		x	Hominy is not made from the whole kernel of corn.
Hushpuppies	x		This product is credited in Group C, Exhibit A.
Ice Cream Cones		x	Insufficient flour to meet requirements.
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.
Muffins	x		
Nachos	x		This product must be enriched or whole grain.

GRAINS/BREADS

Food	Creditable Yes	No	Comments
Noodles	x		
Noodles in canned soup	x		If the product contains sufficient noodles per serving to meet minimum portion sizes. Maintain documentation on file.
Pasta	x		
Pie Crust (dessert crust)	x		This item may be credited as a snack only.
Pie Crust (meat/meat alternate or with vegetables)	x		If it is a recognizable, integral part of the main dish and is served as an accompaniment to the main dish as in beef or chicken pot pies.
Pineapple Upside Down Cake	x		This item may be credited as a snack only.
Pita	x		See Group B, Exhibit A.
Pizza Crust	x		See Group B, Exhibit A.
Pop Tarts	x		This item may be credited for breakfast or snack only and may not be served more than twice a week.
Popcorn		x	This item is not creditable. Popcorn provides fiber but little nutritional value. There is a potential choking hazard for preschoolers.
Popover	x		See puff pastry. This product is creditable as a bread component only.
Potato Pancakes		x	Potato pancakes contain a minimal quantity of flour.
Potatoes		x	Potatoes (including French fries, tater tots, hash browns) are not a bread/grain. They are creditable as a vegetable/fruit only.
Pound Cake	x		This item may be credited as a snack only.
Pretzel, hard	x		
Pretzel, soft	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		Quick breads are credited in the same group as muffins (other than corn). See banana bread.
Quinoa	x		A cereal-like plant product derived from an herb, creditable as a whole-grain type of flour. Seeds may be red, black or white.
Raisin Bread	x		This product is credited in the same way as breads without raisins (grain/bread only).
Ravioli (or other stuffed pasta product)	x		For homemade ravioli, the pasta portion is credited based on the amount of whole grain or enriched meal or flour in the recipe. Commercially produced stuffed pasta must have a CN label or a Manufacturer's Analysis Sheet to be creditable for the meat/meat alternate contribution.

GRAINS/BREADS

Food	Creditable Yes	No	Comments
Rice, white or brown	x		This product must be enriched or whole grain.
Rice Cakes	x		
Rice in Pudding, homemade	x		Only if the recipe documents that sufficient whole grain or enriched rice is used to provide at least ¼ serving.
Rice Treats	x		The rice cereal used as an ingredient in the treats may be creditable if it is enriched or fortified. Homemade rice treats may be credited on the amount of cereal in a serving. Refer to Group C, Exhibit A, for crediting commercial rice treats. Creditable for snack only.
Rolls, all types	x		For example, hard, parkerhouse, dinner, kaiser, whole wheat, onion, hamburger, hot dog, etc.
Rye Wafers	x		
Snack Type Crackers	x		Refer to Group B, Exhibit A.
Sopapillas	x		Credited in the same group as doughnuts. For serving size see Group D, Exhibit A. Creditable for breakfast or snack only.
Spoon Bread	x		Credited in the same group as cornbread. For serving size see Group C, Exhibit A.
Squash or Zucchini Bread	x		Quick breads are credited in the same group as muffins (other than corn). See banana bread. See Group D, Exhibit A.
Stuffing, bread, dry	x		See Group A, Exhibit A. Weights apply to the bread in the stuffing.
Sweet Rolls/Buns	x		Creditable for breakfast and snack meals only.
Taco or Tortilla Chips	x		The chips must be enriched, fortified, or whole grain.
Taco or Tortilla Shells	x		The shells must be enriched, fortified, or whole grain.
Tapioca		x	Tapioca is not a grain.
Turnover Crust	x		Creditable at breakfast and snack. See Group C, Exhibit A. Creditable for lunch or dinner as part of the entree.
Wafers, vanilla	x		These are considered cookies and are creditable at snack only.
Waffles	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.

GRAINS/BREADS

Questions and Answers

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

A: Yes. Please see Group E 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 at 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 snack only and 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 accompaniment to, or as an integral part of the main dish. Dessert pies can only be served as snacks. Fruit turnovers may be served for snacks and breakfasts only. Crisps or cobbler crusts are creditable for snack only and are considered a sweet grain/bread.

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

A: Yes. However, they may be credited for breakfast and snacks only. If commercial granola bars are served, then the serving sizes for plain granola bars would be found in Group D, Exhibit A. Serving sizes for those granola bars with nuts, raisins, chocolate pieces, and/or fruit purees would be found in Group E, Exhibit A. Those programs that wish to serve homemade granola bars should use the worksheet on page 62 for calculating the amount of whole grain (the grain portion of the formula) or enriched flour per serving.

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

A: Yes. Both 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. Since each commercial granola is based upon its own formulation, the contractor should take a sample box and separate out the whole grain portion and weigh it to calculate out the number of

allowable servings and required serving size for each type and brand of granola used. 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 snack. Children who are in the 1- to 2-year-old age range and in the 3- to 5-year-old age range require $\frac{1}{2}$ serving for any of these meals. Children six through twelve years old require one serving.

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

- One serving of Group A equals 20 grams or .7 ounce; $\frac{1}{2}$ serving of Group A equals 10 grams or .4 ounce.

Graham and animal crackers are listed under Group B, Exhibit A. 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 .9 oz.; $\frac{1}{2}$ serving of Group B equals 13 grams or .5 oz.

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

A: Whenever there is an apparent variance in size, we encourage centers and providers to verify serving sizes on such products as bagels, especially if they are purchased from a local bakery. The actual size of a bagel varies greatly from the various frozen commercial bagel varieties to deli size bagels. Contractors are encouraged to weigh a sample bagel product and to serve the equivalent required grams for the age group being served. For example, a half of one brand of bagel may meet requirements while a half of another type of bagel may provide too small a serving size for a three- to five-year-old 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 on commercial packaging for determining serving size, can I use the Nutrition Facts label serving size as a basis for calculation?

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

10.Q. How do I determine the serving size?

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, not serving excessive amounts 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 contractors 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. Contractors 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 and the crediting and portion size indicated on the recipe. 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 62).

GRAINS/BREADS

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. 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.

Name of item	Age one to two (1/2 serving)	Age three to five (1/2 serving)	Age six to twelve (1 serving)
Animal Crackers ¹ by cup by each "animal"	1/4 cup 5	1/4 cup 5	1/2 cup 9
Bagel (water, whole wheat, egg, flavored, bialy) small or mini 3" diameter	1/2 1/4	1/2 1/4	1 1/2
Bagel chips (include all flavors) chips	1 each	1	2
Bread stick (hard, with or without sesame seeds) 4 1/4" size (small) 4 3/4" size (medium) 5 3/8" size (suggested - use a medium bread stick for 1/2 serving)	2 each 1 each	2 1	4 2 1
Bread stick (soft) 6 1/4" long 6 3/4" long (suggested - use a small bread stick for 1/2 serving)	1	1	2 1
"Bear" Crackers (unfrosted, no filling, include honey and cinnamon varieties) by cup each	1/4 cup 13	1/4 cup 13	1/3 cup 25
Boston Brown Bread by slice	1	1	1 1/2 slice
Butter Crackers (also club) square rectangle large rectangle small rectangle rounds bite size bite size by cup	2 each 3 each 1 each 4 each 4 each 10 each 1/4 cup	2 3 1 4 4 10 1/4 cup	4 5 2 8 7 20 1/3 cup

Name of item	Age one to two (1/2 serving)	Age three to five (1/2 serving)	Age six to twelve (1 serving)
Cheese Crackers small square	10 each	10	20
various shapes	4 each	4	7
fish	10 each	10	20
twigs	5 each	5	10
bite size	10 each	10	20
round	4 each	4	7
snack stick	5 each	5	10
Cornbread (with or without jalapeño peppers) by cubic inches	3"x3" square	3"x3" square	5"x5" square
Corn Cakes regular	2	2	3
mini-cakes	5	5	10
Cornpone (includes Hoe Cake) by cubic inches	2"x2" square	2"x2" square	3½"x 3½" square
Crisp Bread, Rye 3 ½" x 1 7/8" x ¼"	2	2	3
thin wafer	5	5	10
flat bread	2	2	4
English Muffin (with or without raisins - include rye, multi-grain, pumpernickel, oat bran, toasted/ un-toasted)	¼ muffin	¼ muffin	½ muffin
Graham Crackers (includes sugar, honey, and cinnamon, no chocolate or frosting) ¹			
squares	2	2	4
large rectangles	1	1	2
small rectangles	4	4	8
Hushpuppies (include Fried Cornbread) each	1 (#40 scoop)	1 (#40 scoop)	2 (#40 scoop)
Johnny Cake	3"x3" square	3"x3" square	7"x7" square
Matzo	½	½	1
Melba Toast (rectangles)	2	2	4
rounds	4	4	7
Milk Crackers	1	1	2
Oat Bran Crackers thins	5	5	10
cup	¼	¼	1/3
Pita (includes Greek, Syrian flat bread, and pocket bread) small 4" diameter	½	½	1

Name of item	Age one to two (1/2 serving)	Age three to five (1/2 serving)	Age six to twelve (1 serving)
Pretzels (hard)			
1 ring	5	5	10
3 ring	4	4	7
thin (3 ¼" x2 ¾" x ¼")	2	2	4
rod (7 ½" x ½" x ¼")	1	1	2
Dutch pretzel (2 ¾" X 2 5/8" x 5/8")	1	1	2
log 3" x ½"	2	2	4
sticks 2 ½" x 1/8" diameter	20	20	40
thin sticks, rings, bite size by cup	¼ cup	¼ cup	½ cup
Rice or Rye Cakes (regular size)	2	2	3
mini-cakes	5	5	10
Saltine Crackers (include soda crackers, sea toast, "Uneeda")	4	4	7
large round crackers	1	1	2
Soup and Oyster Crackers			1/3 cup
each	10	10	20
Spoon Bread			
by cubic inches	1½"x1½" square	1½"x1½" square	2½"x 2½" square
Tortilla, Corn			
5" diameter	1	1	2
7" diameter	½	½	1
Tortilla, Flour			
4" diameter	1	1	2
6" diameter	½	½	1
Tortilla, Whole Wheat Tortilla No diameter given (includes Chappati and Puri breads)	½	½	1
Tortilla Chips (include enriched corn or cornmeal)	8 chips	8 chips	14 chips
Whole Wheat Crackers (includes toasted wheat, cracked wheat and stoned wheat types)			
cracker	3	3	5
Whole Wheat wafer	3	3	5
Water Biscuits	3	3	5

¹ Graham crackers and animal crackers are in Group B. One serving is 25 grams and ½ serving is 13 grams. All other crackers are in Group A. One serving is 20 grams and ½ serving is 10 grams. (Updated: Iowa Department of Education, CACFP).

GRAINS/BREADS

Sample Worksheet for Calculating the Grain Contribution

Instructions based upon USDA Food and Consumer Services 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 Recipe Oatmeal Cookies

<u>All purpose Flour</u>	<u>1 lb. 13 oz.</u>	Butter or Margarine
Baking Soda		Large Eggs
Salt		Vanilla
<u>Rolled Oats</u>	<u>1 lb 4 oz.</u>	Raisins, Plumped (optional)
Brown Sugar		
Ground Cinnamon		
Ground Nutmeg		
Shortening		

Step One: Convert pounds to grams

Flour 1lb. 13 oz 1.81 lb. X 454 grams (454 grams per pound) = 821.74 g

Oats 1 lb. 4 oz 1.25 lb. X 454 grams = 567.50 g

Step Two: Determine the expected contribution or required grams of grain per serving

14.75g is the reference amount of enriched or whole-grain meal, flour, bran and/or germ in one grain/bread serving

Step Three: Add the total grams of each grain together (from step 1)

821.74 grams of flour + 567.5 grams of oats = 1389.24 total grams

Step Four: Divide total grams by the proposed number of servings in the recipe to calculate the actual grams of grain per serving

$1389.24 \div 100 = 13.89$ grams of grain per serving

Step five: Divide the actual grams of grain per serving (step 4) by the required grams per serving (step 2)

$13.89 \div 14.75 = .9419$ servings of grain

Step Six: round down to the nearest ¼ serving

.9419 becomes .75 or ¾ of a bread serving

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. This chart should eliminate 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	61
	Bran Buds	75
	Corn Chex	29
	Corn Flakes whole	29
	Corn Flakes crushed	80
	Cheerios	28
	Rice Krispies	27
	Rice Chex	33
	Puffed rice	13
	Wheaties	32
Flour, All Purpose	unsifted, spooned	126
	sifted, spooned	116
Bread Flour	unsifted, dipped	136
	spooned	123
	sifted, spooned	117
Bread Flour, Self Rising	unsifted, dipped	130
	spooned	127
	sifted, spooned	106
Whole Wheat Flour	spooned	120
Oats, Quick Cooking	uncooked	73
	cooked	246
Wheat Germ	spooned	115

Taken From: Average Weight of a Measured Cup of Various Foods, Home Economics Research Report Number 41.

CREDITING COMBINATION FOODS

You may credit some combination foods for a total of three different meal components, as long as the amounts served are sufficient to meet meal pattern requirements:

1. Meat/meat alternate
2. Grains/breads
3. Vegetable/fruit (count as one component only)

Example 1: Hamburger on a bun with lettuce and tomatoes

Credit as:

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

Example 2: 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 3: Fruit salad with cottage cheese, peaches, pineapple, pears, bananas, blueberries. In this case the fruit is 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	

Example 4: Banana/Strawberry Cow (with banana, strawberries, and milk)

Credit as:

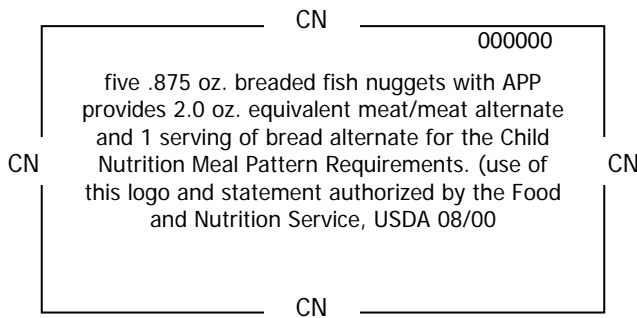
Milk	milk
Fruit/vegetable (count as one component only)	bananas and strawberries

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 meal components. However, the amounts served must meet meal pattern requirements.

CREDITING COMMERCIAL COMBINATION FOOD PRODUCTS

Main dish combination products that are commercially processed, such as ravioli, beef stew, spaghetti with meat sauce, egg rolls, pizza, chicken nuggets, fish sticks, etc., must contain a CN Label or Manufacturer's Analysis Sheet to show that the product contains sufficient quantities of meat/meat alternate, grains/breads, and/or vegetables/fruit to meet the meal pattern. Otherwise, it may not be counted towards a reimbursable meal.

Example of a CN Label:



For a detailed explanation of CN Labeling visit the USDA Food and Nutrition Service (FNS) website at www.fns.usda.gov/cnd/CNlabeling/.

Manufacturer's Analysis Sheet (or Product Analysis Sheet):

- Can be obtained by calling the 1-800 number on the packaging of the food item
- Can usually be faxed or mailed from them to you
- Will differ from food manufacturer to food manufacturer
- Must contain a statement about the amount of meat/meat alternate, grain/bread, and/or vegetable or fruit component per serving
- Must be signed by an official of the manufacturer, not a salesperson

If a CN Label or Manufacturer's Analysis Sheet Cannot Be Obtained:

A processed combination food may be used if another creditable ingredient is added in sufficient quantity to meet the meal pattern.

The added ingredient must:

1. Be sufficient on its own to meet the meal pattern requirement, and
2. Be one of the ingredients already in the processed combination food or typically associated with the food being served. For example, beef chunks could be added to canned stew, ground beef could be added to spaghetti sauce, or shredded cheese could be added to pizza.

***For your use in determining serving sizes, a CN Label and Manufacturer Analysis Calculator is available on our website (<http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/cn-calculator.html>).**

CREDITING SOME POPULAR FOODS

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

Commercial Gelatin Dessert: 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 (see Fruited Gelatin below). Check the ingredient listings for participants who do not eat meat, since some, but not all, gelatins contain animal products.

Fruited Gelatin: Only the fruit or vegetable portion of a fruited gelatin will contribute toward the fruit/vegetable component if it is made with water as directed. 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 3 to 5, 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, yogurt, 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, it is encouraged that pickles be served as a garnish in combination with other fruits and/or vegetables.

Popcorn: Popcorn is not credited in the CCFP because of its low nutritive value. **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). 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 are not creditable food items. They serve as extras to enhance the acceptability of the meal.

Snack/ Party Mixes, Trail Mixes (sometimes also called “bird seed”): These are snack food mixtures with a variety of items including 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.

GENERAL GUIDANCE

Menu Review Checklist

Use this checklist to ensure that all Child Care Food Program meal requirements are met. (All answers should be marked "Yes")

Breakfast:	Yes	No
<ul style="list-style-type: none"> ▪ 3 components: Fluid Milk, Vegetable or Fruit or Juice, Grains/Breads 		
<ul style="list-style-type: none"> ▪ Fresh, frozen, or canned fruits and vegetables are included at least twice a week. 		
<ul style="list-style-type: none"> ▪ No more than two sweet grain/bread breakfast items appear on the menu per week. 		
Lunch/Supper:	Yes	No
4 components – 5 items: Fluid Milk, Fruit and/or Vegetable (need 2 different vegetables and/or fruits), Grains/Breads, Meat/Meat Alternate		
Snack:	Yes	No
<ul style="list-style-type: none"> ▪ 2 different components: Fluid Milk, Vegetables/Fruits, Grains/Breads, Meat/Meat Alternates <p><i>Note: Juice must not be served when milk is the only other component.</i></p>		
<ul style="list-style-type: none"> ▪ Fresh, frozen, or canned fruits and vegetables are included at least twice a week. <p><i>Note: For those centers that claim two snacks and one meal instead of two meals and one snack, fresh, frozen, or canned vegetables and/or fruits must be served at least twice a week at each snack time.</i></p>		
<ul style="list-style-type: none"> ▪ No more than two sweet grain/bread snack items appear on the menu per week. <p><i>Note: Regardless of how many different types of snacks offered (i.e. morning snack, afternoon snack, and evening snack) – the CCFP menu must not contain more than two sweet grain/bread snack items per week.</i></p>		
General Menu:	Yes	No
<ul style="list-style-type: none"> ▪ Good vitamin A* sources from vegetables and/or fruits are included at least twice a week. 		
<ul style="list-style-type: none"> ▪ Good vitamin C* sources from vegetables or fruits or juice are included at least once a day. 		
<ul style="list-style-type: none"> ▪ Fruit juice does not appear on the menu more than once a day. 		
<ul style="list-style-type: none"> ▪ Only ready-to-eat breakfast cereals containing 10 grams of sugar or less per serving as stated on the Nutrition Facts label have been included on the menu. 		
<ul style="list-style-type: none"> ▪ Commercially processed combination foods must have a CN label or manufacturer's analysis sheet stating the food component contribution 		

*Please refer to Appendix B, *Building Blocks for Fun and Healthy Meals* or the CCFP *A Guide to Crediting Foods* for good sources of vitamins A and C.

Menu Review Tips

Below are tips to assist in reviewing menus.

Breakfast:
<ul style="list-style-type: none"> ▪ A meat/meat alternate is <i>not</i> required at breakfast.
Lunch/Supper:
<ul style="list-style-type: none"> ▪ Combination main dish products – if purchased – must have a CN Label or Manufacturer’s Analysis sheet to show food component contribution. ▪ Combination main dish items – “made from scratch” – should have supporting documentation such as a recipe (preferably standardized) and/or *grocery receipts. <p>Please note that combination dishes (i.e., products or recipes containing foods from more than one meal component) should only be credited for no more than two meal pattern components to ensure that children do not go hungry when a combination dish is disliked or not eaten.</p> <p>*Day care home providers are not required to maintain grocery receipts.</p>
Snack:
<ul style="list-style-type: none"> ▪ Cookies with fruit, nuts or chocolate pieces will need to be served in higher serving sizes to meet the grain/bread requirement. * ▪ Water does not appear on the menu as one of the two required components.
General Menu:
<ul style="list-style-type: none"> ▪ Pre-packaged grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package. ▪ Sweet grain/bread foods may be credited as a bread serving at breakfast and snack only. ▪ Yogurt is a meat/meat alternate, it is not considered milk. ▪ A commercial fruit yogurt or fruit smoothie does not count as a fruit component.

* Please refer to Exhibit A, Groups C and E, in *A Guide to Crediting Foods*, for the correct minimum serving sizes.

GENERAL GUIDANCE

Core Nutrition Messages

The USDA Food and Nutrition Service has released a set of 16 nutrition education messages to support and enhance nutrition education targeting low-income mothers and children. The messages are designed to increase consumption of fruits, vegetables and low-fat milk products and promote child feeding practices that support the development of healthy eating habits.

Seven of the 16 core messages are designed for mothers of preschoolers, which can be easily adapted to the childcare setting. These messages address: role modeling of eating fruits and vegetables, cooking and eating together, letting kids serve themselves, and offering new foods.

Role Modeling Messages

These messages encourage mothers to set a good example by eating fruits and vegetables themselves. Children are more likely to eat new foods when they see a parent eating them.

1. They learn from watching you. Eat fruits and veggies and your kids will too.
2. They take their lead from you. Eat fruits and veggies and your kids will too.

Cooking and Eating Together Messages

Families that eat together tend to have more healthful diets. Family meals may have a more positive effect on children's diets when the meal is prepared at home.

1. Cook together. Eat together. Talk together. Make mealtime a family time.
2. Make meals and memories together. It's a lesson they'll use for life.

Division of Responsibility Messages

These messages are based on the separation of parent and child feeding roles where the parent decides what, when, and where foods are offered and the child decides whether and how much to eat.

1. Let them learn by serving themselves.
Let your kids serve themselves at dinner. Teach them to take small amounts at first. Tell them they can get more if they are hungry.
2. Sometimes new foods take time.
Kids don't always take to new food right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them.
3. Patience works better than pressure.
Offer your children new foods. Then, let them choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice. It also helps them to be independent.

For more information about the core messages and a copy of the resource guide "Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices", visit the FNS web site at: <http://www.fns.usda.gov/fns/corenutritionmessages/default.htm>

Fruit and Vegetable Sources of Vitamins A and C

The following charts list fruits and vegetables that meet the requirement to serve good sources of vitamins A and C in the child meal pattern.

Items listed in the Good column provide at least 10-24% of the Recommended Dietary Allowance (RDA) for children ages 1-5.

Items listed in the Better column provide at least 25-39% of the RDA for children ages 1-5.

Items listed in the Best column provide 40% or more of the RDA for children ages 1-5.

Items with an * appear on both the vitamin A and C charts. Be sure to serve the appropriate amounts. For example, if you use frozen, cooked broccoli, you would have to serve at least ½ cup to meet the minimum requirement for both vitamins A and C. However, if you use fresh broccoli, you would only have to serve ¼ cup.

The shaded spaces indicate that there are no easily measurable items that fit into that category.

VITAMIN A (Include at least twice a week)

FRUIT	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Apricot*	2 whole, fresh 7 halves, dried ¼ cup, canned	½ cup, canned	
Cantaloupe*	¼ cup, fresh	½ cup, fresh	
Cherries, red sour*	½ cup, canned		
Grapefruit*	½ medium, fresh, pink or red		
Mandarin Oranges*	½ cup, canned		
Mango*	½ medium, fresh ½ cup, fresh		
Melon Balls*	½ cup, fresh or frozen		
Nectarine*	2 medium, fresh		
Papaya*	1 small, fresh ½ cup, fresh		
Plum*	½ cup, canned		
Peach	3 halves, dried		
Tangerine*	2 medium, fresh		
Watermelon*	1 cup, fresh		

VITAMIN A

(Include at least twice a week)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Broccoli*	¼ cup, fresh, cooked ½ cup, frozen, cooked		
Cabbage, Chinese	¼ cup, fresh, cooked		
Carrots*			¼ cup, all forms
Greens, Collard*			¼ cup, fresh or frozen, cooked
Greens, Mustard*		¼ cup, cooked	
Greens, Turnip*			¼ cup, fresh or frozen, cooked
Kale*			¼ cup, fresh or frozen, cooked
Mixed Vegetables*	¼ cup, frozen, cooked		¼ cup, canned, cooked
Peas, Green*	¼ cup, frozen, cooked ¾ cup, canned, cooked		
Peas & Carrots*			¼ cup, frozen or canned, cooked
Plantain*	½ medium, fresh, raw ¾ cup, fresh, cooked		
Pepper, Red*	¼ cup, fresh, raw or cooked	½ cup, fresh, raw or cooked	
Pumpkin*			¼ cup, fresh or canned
Romaine Lettuce	¼ cup, fresh, raw	½ cup, fresh, raw	
Spinach*	½ cup, fresh, raw		¼ cup, cooked
Squash, Butternut* or Winter*			¼ cup, fresh or frozen, cooked
Sweet Potato*			¼ medium, fresh, cooked ¼ cup, canned
Tomato, Fresh*	¾ cup, fresh, raw 6 cherry tomatoes, fresh		
Tomato Paste*	¼ cup, canned		
Tomato Puree*	¼ cup, canned		

VITAMIN C (Include daily)

FRUIT	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Apple	½ medium, fresh	1 medium, fresh	
Apricots*	¼ cup, canned 1 medium, fresh		
Avocado	¼ cup, fresh		
Banana	¼ medium, fresh	¾ medium, fresh	
Blackberries		¼ cup, fresh	½ cup, fresh
Blueberries	¼ cup, fresh 1 cup, frozen	½ cup, fresh	
Cantaloupe*			¼ cup, fresh
Cherries, red sweet	6 cherries, fresh		
Cherries, red sour*	½ cup, canned		
Fruit Cocktail	½ cup, canned		
Grapefruit*			¼ medium, fresh ¼ cup, canned
Guava			¼ medium, fresh
Honeydew		¼ cup, fresh	
Kiwi			¼ medium, fresh
Mandarin Oranges*			¼ cup, canned
Mango*			¼ medium, fresh ¼ cup, fresh
Melon Balls *	¼ cup, frozen		¼ cup, fresh
Nectarine*		1 medium, fresh	
Orange			¼ medium, fresh
Papaya*			¼ cup, fresh
Peach	½ medium, fresh ½ cup, canned	1 medium, fresh	¼ cup, frozen
Pear	½ medium, fresh ¾ cup, canned	1 whole, fresh	
Pineapple	¼ cup, canned		¼ cup, fresh
Plum*	½ cup, canned	1 medium, fresh	
Plum*	½ cup, stewed		
Raspberries		¼ cup, fresh	½ cup, fresh ¼ cup, frozen
Strawberries			¼ cup, fresh or frozen
Tangerine*			½ medium, fresh
Watermelon*	¼ cup, fresh	½ cup, fresh	1 cup, fresh

VITAMIN C

(Include daily)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Asparagus	3 spears, fresh, cooked	2 spears, canned or frozen	¼ cup, frozen
Broccoli*			¼ cup, all forms
Brussels Sprouts			¼ cup, fresh or frozen, cooked
Cabbage		¼ cup, fresh, raw	¼ cup, fresh, cooked
Carrots*	½ cup, fresh, raw or cooked ¾ cup, frozen or canned 9 baby carrots		
Cauliflower			¼ cup, all forms
Celery	¾ cup, fresh, raw		
Corn	¼ cup, canned ¾ cup, frozen		
Cucumber	¾ cup, fresh, raw		
Green Beans	¼ cup, fresh, cooked ½ cup, frozen, cooked ¾ cup, canned, cooked		
Greens, Collard*		¼ cup, fresh, cooked	¼ cup, frozen, cooked
Greens, Mustard*		¼ cup, fresh, cooked	
Greens, Turnip*		¼ cup, frozen, cooked	¼ cup, fresh, cooked
Kale*		¼ cup, frozen, cooked	¼ cup, fresh, cooked
Kohlrabi			¼ cup, cooked
Lima Beans	¼ cup, frozen		
Mixed Vegetables*	½ cup, canned or frozen, cooked		
Okra	¼ cup, frozen, cooked	¼ cup, fresh, cooked	
Peas & Carrots*	¼ cup, canned or frozen, cooked	½ cup, canned or frozen, cooked	
Peas, Green*	¼ cup, frozen ½ cup, canned		
Peas, Snow		¼ cup, frozen, cooked	¼ cup, fresh, cooked

VITAMIN C, *continued*

(Include daily)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Peppers, all colors*			¼ cup, all forms
Plantain*	¼ cup, fresh, cooked	¼ cup, fresh, raw	
Potato	¼ medium, cooked ¼ cup, mashed (from flakes)		
Pumpkin*	¼ cup, fresh or canned		
Rhubarb	½ cup, frozen, cooked		
Rutabaga		¼ cup, fresh, cooked	½ cup, fresh, cooked
Spinach*	¼ cup, fresh, cooked ½ cup, fresh, raw ¾ cup, frozen, cooked	¼ cup, canned	
Squash, Winter* or Summer	¼ cup, fresh, cooked or raw		
Squash, Butternut*	¼ cup, fresh, cooked ½ cup, frozen, cooked		½ cup, fresh, cooked
Sweet Potato*	¼ medium, cooked	½ medium, cooked	¼ cup, canned
Tomatillo	1 medium, fresh		
Tomato, Canned	¼ cup, canned or stewed		
Tomato, Fresh*	¼ cup, fresh, raw		5 cherry tomatoes
Tomato Paste*		⅛ cup, canned	¼ cup, canned
Tomato Puree*		¼ cup, canned	
Turnips	¼ cup, fresh, cooked		
Yam	¼ medium, cooked	½ medium, cooked	

SAFETY AND SANITATION TIPS

Prevention is the key to avoiding foodborne illness. These guidelines are adapted from Fight BAC at www.fightbac.org.

Clean:

Wash hands and surfaces often. Bacteria are easily spread via cutting boards, utensils, sponges, and counter tops.

- Wash hands with warm, soapy water for at least 20 second before and after each step of food preparation. Use a hand sink, one that is not used for food preparation or dishwashing.
- Wash, rinse, and sanitize cutting boards, dishes, and utensils. Wipe counters with a sanitizing solution after preparing each food item and before going on to the next food.
- Rinse fresh fruits and vegetables under running tap water before cooking or serving.
- Use paper towels and sanitizing solution to clean kitchen surfaces. If using cloth towels, keep in a sanitizing solution at all times and wash them often with bleach in the hot cycle of a washing machine.
- Air-dry kitchen equipment to prevent wet nesting.

Separate:

Don't cross-contaminate. Cross contamination is how bacteria are spread from one object to another.

- Keep raw meat, poultry, and seafood and their juices away from foods, even when shopping and storing in the refrigerator.
- Designate specific cutting boards for use with raw meat products.
- Always wash hands, cutting boards, dishes, utensils, and kitchen equipment after contact with raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry or seafood.

Cook:

Foods must be cooked to proper temperatures.

- Use a sanitized thermometer to make sure meat, casseroles, and other foods are cooked all the way through.
- Cook roasts to at least 145°F, ground meats (beef, pork, and lamb) to at least 160°F, and poultry (whole, parts, or ground) to 165°F.
- Cook eggs until the yolk and white are firm. Recipes in which eggs remain raw or only partially cooked must not be used.
- Fish should be cooked to at least 145°F and should be opaque and flake easily with a fork.
- When cooking in a microwave oven, make sure there are no cold spots in food where bacteria can survive. Cover food, stir and rotate for even cooking.
- Heat other leftovers to 165°F, and sauces, soups and gravy to a boil.

Chill:

Cold temperatures keep bacteria from growing. Freezers should be set at 0° F or below and refrigerators must be maintained at 41° F or below.

- Refrigerate or freeze perishables, prepared foods and leftovers immediately.
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water, as part of the cooking process, or in the microwave. Marinate foods in the refrigerator.
- Divide leftovers into small, shallow containers for quick cooling in the refrigerator.

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