

# **CREDITABLE** **FOODS GUIDE** **FOR CACFP** **and SFSP**



## **Department of Public Instruction Child Nutrition Programs**

Dr. Wayne G. Sanstead, State Superintendent  
600 E. Boulevard Avenue, Dept. 201  
Bismarck, North Dakota 58505-0440



Telephone: (701) 328-2294 and toll-free 1-888-338-3663  
Fax: (701) 328-2461

<http://www.dpi.state.nd.us/child/>

August 2012

The Department of Public Instruction does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. Contact the Department of Public Instruction at 600 E Boulevard Avenue, Dept 201, Bismarck, ND 58505-0440, 701-328-2260 for inquiries regarding non-discrimination.

“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.”

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

## TABLE OF CONTENTS

<a href="#">Introduction</a> .....	1
<a href="#">Definitions and/or Explanations</a> .....	2
<a href="#">Meal Patterns</a> .....	4
<a href="#">Milk</a> .....	5
<a href="#">Meat/Meat Alternates</a> .....	9
<a href="#">Vegetables/Fruits</a> .....	13
<a href="#">Grains and Breads</a> .....	19
<a href="#">Infant Feeding</a> .....	27
<a href="#">Food Item Index</a> .....	33

## INTRODUCTION

The goal of the USDA Child Nutrition Programs is to improve the health and nutrition of children and adults in the Program while promoting the development of good eating habits. The Food Buying Guide (FBG) for Child Nutrition Programs is the main resource to determine the contribution foods make toward the meal pattern requirements, to assist in food purchases, and to determine whether foods will be prepared on site or purchased commercially. This resource will provide additional information on creditable foods in schools, child and adult care centers, outside-school-hours care center, and family child care homes.

Creditable foods are those foods that may be counted toward meeting the requirements for a reimbursable meal/snack. The following factors are considered when determining whether a food is creditable:

1. nutrient content;
2. customary function in a meal;
3. regulations governing the Child Nutrition Programs (on quantity requirements and/or by definition);
4. FDA's Standards of Identity;
5. USDA standards for meat and meat products; and
6. administrative policy decisions on the crediting of particular foods.

Noncreditable foods are those that are not creditable because they do not meet the above criteria. These foods do not meet the requirements for any components in the meal patterns. However, noncreditable foods may supply calories that help meet the energy needs of participants and may contribute additional protein, vitamins, and minerals. They can be used to supplement the required meal components to improve acceptability, and to satisfy appetites.

USDA reimburses schools, child and adult care centers and family day care home providers participating in the Child Nutrition Programs for the meals served, not for individual foods. A meal is reimbursable if it contains those foods in the amounts outlined in the meal patterns. Therefore, a meal may be made up of both creditable foods and noncreditable foods.

THE LISTS OF CREDITABLE AND NONCREDITABLE FOODS IN THIS PUBLICATION ARE NOT ALL INCLUSIVE. IF YOU HAVE QUESTIONS REGARDING FOODS NOT INCLUDED IN THIS GUIDE, CONTACT CHILD NUTRITION PROGRAMS AT 1-888-338-3663.

## DEFINITIONS AND/OR EXPLANATIONS

1. **Child Nutrition (CN) Label** – A Child Nutrition (CN) label is a voluntary federal labeling program for food manufacturers regulated by the USDA. The CN label allows manufacturers to state a product's contribution to the CACFP meal pattern requirements on its label. CN labeled products are not usually found in grocery stores, but are found at larger food retailers where food products are purchased in bulk.
2. **Child Nutrition Programs** – Programs funded by the United States Department of Agriculture which include: CACFP, National School Lunch, School Breakfast, Special Milk and Summer Food Service.
3. **Combination Foods** – Any single serving of food that contains two or more of the required meal components.
4. **Component** – A food grouped in a certain category according to the CACFP Meal Pattern; i.e., milk component, meat/meat alternate component, fruit/vegetable component, and the bread/bread alternate component.
5. **Entrée or Main Dish** – The main course of a meal that contains a meat or meat alternate.
6. **Medical Exceptions** – Substitutions to the standard meal pattern are required for participants who are considered to be persons who are disabled under 7CFR Part 15b. If a student has a documented disability that restricts their diet, the foodservice department **MUST** make the substitutions as listed by a licensed physician on a medical statement form. If, however, a request for food substitutions is made for a student without a documented disability, the foodservice department **MAY** make the substitutions listed on the medical statement form signed by a recognized medical authority. **The statement must be signed by a licensed physician if the allergy or condition is severe and life threatening.** The medical statement should specify the food or foods to be omitted from the child or adult's diet and specify a choice of foods that may be substituted.
7. **North Dakota Department of Public Instruction (NDDPI)** – Agency which administers the Child and Adult Care Food Program in North Dakota.
8. **Product Specification Sheet** (sometimes called a product analysis sheet) – An information sheet obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient in the product by weight. It must have an original signature of a company official.

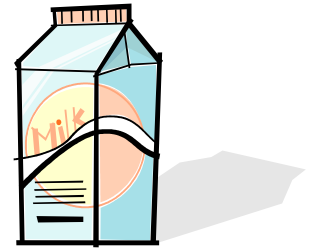
9. **Recognized Medical Authority** – A recognized medical authority, for the purposes of identifying the need for food substitutions in children's meals and for recommending alternate foods, is defined as one of the following health care professionals:
1. A physician, either a M.D. (Medical Doctor) or a D.O. (Doctor of Osteopathy).
  2. A licensed physician's assistant who is licensed to a physician and has prescriptive authority. Prescriptions shall be signed and dated.
  3. An advanced licensed registered nurse practitioner (ARNP) who has prescriptive authority. "Prescriptions shall be signed by the prescriber with the initials ARNP and the prescriber's identification number assigned by the board".
  4. A licensed Naturopathic Physician mentioned in the law relating to nursing care.
10. **Reimbursement** – Money received for serving creditable meals and snacks.
11. **Serving size or portion** – The portion size is described by the weight, measure, or number of pieces or slices. The serving size specified in the meal patterns must be provided to meet the meal pattern requirements in order for meals to be reimbursable.
12. **Standard of Identity** – Government standards for content, preparation, and labeling of food before it is manufactured and sold in commerce. Standards of Identity set specific (and optional) ingredients a food must contain when a product is to be labeled or identified by a common product name. Standards for meat and poultry products are developed by USDA. For other food products, standards are set by the U.S. Food and Drug Administration (FDA).
13. **United States Department of Agriculture (USDA)** – Federal agency which funds Child Nutrition Programs.
14. **Meat Alternate** – Meat alternates include alternate protein products, cheese, eggs, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chestnut and coconut) and yogurt.

CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERN REQUIREMENTS			
Breakfast	Children Ages 1 and 2	Children 3 through 5	Children 6 through 12
Milk, fluid	½ cup**	¾ cup	1 cup
Fruit or vegetable or full strength juice	¼ cup	½ cup	½ cup
Bread *	½ slice	½ slice	1 slice
or cereal:	¼ cup	⅓ cup	¾ cup
cold dry -	or ⅓ oz	or ½ oz	or 1 oz
or hot cooked	¼ cup	¼ cup	½ cup
Snack	Children Ages 1 and 2	Children 3 through 5	Children 6 through 12
<b>(Select 2 of the 4 components)</b>			
Milk, fluid	½ cup**	½ cup	1 cup
Meat or meat alternate	½ oz	½ oz	1 oz
Yogurt	2 oz or ¼ cup	2 oz or ¼ cup	4 oz or ½ cup
Fruit or vegetable or full strength juice	½ cup	½ cup	¾ cup
Bread *	½ slice	½ slice	1 slice
or cereal:	or ⅓ oz	or ½ oz	or 1 oz
cold dry	¼ cup	⅓ cup	¾ cup
or hot cooked	¼ cup	¼ cup	½ cup
May not serve juice and milk as only two snack components			
Lunch or supper	Children Ages 1 and 2	Children 3 through 5	Children 6 through 12
Milk, fluid	½ cup **	¾ cup	1 cup
Meat or meat alternate			
lean meat/poultry/fish	1 oz	1 ½ oz	2 oz
Alt. protein products	1 oz	1 ½ oz	2 oz
Cheese	1 oz	1 ½ oz	2 oz
Egg	1	1	1
Cooked dry beans/peas	¼ cup	⅜ cup	½ cup
Peanut butter	2 T	3 T	4 T
Vegetable and/or fruit (two or more)	¼ cup total	½ cup total	¾ cup total
Grains/Bread*	½ slice	½ slice	1 slice
*enriched or whole grain			
**whole milk is recommended until children are two years of age			

# Milk

A Child Nutrition Program regulation requires **fluid milk** to be served for breakfast, lunch, and supper. Additionally, **fluid milk** may be served as one of the meal pattern components for snacks.

Fluid milk served to children two years of age and older is required to be fat-free (skim) or low-fat milk (1%), fat-free or low-fat (1%) lactose reduced milk, fat-free or low-fat (1%) lactose free milk, fat-free or low-fat (1%) buttermilk, or fat-free or low-fat (1%) acidified milk. Milk served must be pasteurized fluid milk that meets State and local standards, and may be flavored or unflavored.



Whole milk is **recommended** for children 1 up to 2 years of age.

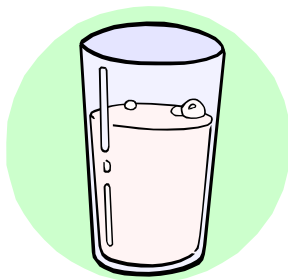
Reconstituted dry milk does not fit the definition of fluid milk and is not creditable.

At breakfast, fluid milk can be served as a beverage, used on cereal, or used in part of each purpose.

Both lunch and supper must contain a serving of fluid milk as a beverage.

If milk is one of the two components served for a snack, it must be fluid milk as a beverage or used on cereal, or used in part for each purpose. Milk may not be credited for snacks when juice is served as the only other component.

Milk **may never** be credited when cooked in cereals, puddings or other foods.





## **Non-dairy Beverages**

If children cannot consume cow's milk due to medical or other special dietary needs, other than a disability, non-dairy beverages may be served in place of cow's milk. Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. The non-dairy beverage must meet the nutrient standards listed in the chart below.

Nutrient	Amount
Calcium	276 mg
Protein	8 g
Vitamin A	500 IU
Vitamin D	100 IU
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg

Parents or guardians may now request in writing non-dairy milk substitutions without providing a medical statement. As an example, if a parent has a child who follows a vegan diet, the parent can submit a written request asking that soy milk be served in lieu of cow's milk. The written request must identify the medical or other special dietary need that restricts the diet of the child. Such substitutions are at the option and expense of the facility.



The requirements related to milk or food substitutions for a participant who has a medical disability and who submits a medical statement signed by a licensed physician remains unchanged.

### **Serving Sizes of Milk Based on Age:**

	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>
<b>Breakfast</b>	½ cup	¾ cup	1 cup
<b>Lunch/Supper</b>	½ cup	¾ cup	1 cup
<b>Snack</b>	½ cup	½ cup	1 cup

# Milk

## Creditable Milk

- Acidified milk (acidophilus)
- Breast milk - expressed
- Buttermilk, cultured milk or kefir
- Chocolate milk (hot)
- Cow's milk: unflavored fat-free (skim) or low-fat (1%) and flavored fat-free (skim)
- Cocoa – made from fat-free fluid milk
- Cultured milk
- Goat's milk
- Lactose-reduced milk
- Milkshakes – only the milk portion
- Milk substitutes, when nutritionally equal to cow's milk (with a written request from a parent/guardian)
- Reduced-fat (2%) milk – only for children ages 1 to 2 years old
- Skim milk
- Soy milk – only if an exception statement is on file and the nutrients are similar to cow's milk
- UHT milk – ultra high temperature milk (shelf stable)
- Whole milk – only creditable for children less than 2 years old

## Non-Creditable Milk

- Cheese, all types
- Cocoa mix made with water
- Coffee creamers
- Cream
- Cream sauces
- Cream soups
- Custard
- Dry milk
- Eggnog (commercial or homemade)
- Evaporated milk
- Half and half
- Ice cream
- Ice milk
- Imitation milk
- Milk alternatives: almond, coconut, flax, hemp, rice, sunflower
- Pudding
- Pudding pops
- Raw milk (prohibited)
- Reconstituted dry milk
- Rice milk
- Sherbet or sorbet
- Sour cream
- Soy milk, beverage or drink (if not nutritionally equal to cow's milk)
- Sweetened Condensed Milk
- Whole and 2% milk – for child over age 2
- Yogurt – creditable only as a meat alternate



## QUESTIONS AND ANSWERS ABOUT MILK

**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 quantities of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk.

**Q: Is a caregiver required to provide a non-dairy milk substitute if it is not related to a medical disability?**

**A:** No. It is at the caregiver's discretion to provide a non-dairy milk substitute if it is not related to a medical disability.

**Q: If the parent agrees to provide the non-dairy substitute, but brings in one that does not meet the USDA's nutritional standards; can the caregiver serve it and still receive reimbursement?**

**A:** Caregivers should inform parents about the types of creditable non-dairy milk substitutes. If a non-dairy milk substitute is served that does not meet the nutritional standards outlined in 7 CFR 210.10(m)(3), then the meal is **NOT** reimbursable.

**Q: If a child cannot have milk, can I still be reimbursed for breakfast and lunch?**

**A:** Yes, if you obtain a written medical statement from a recognized medical authority stating that the child cannot be served milk due to a medical disability. The statement must specify a substitute food.

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

**A:** No. The milk served must be served as a beverage and/or poured over cereal at breakfast or snack.

**Q: Can milk be purchased directly from a farm?**

**A:** Yes, as long as it is pasteurized fluid milk which meets state and local health standards. Also, it must include vitamins A and D levels consistent with state and local standards.

**Q: Can I serve chocolate milk every day?**

**A:** Yes. As long as the milk served is fluid fat-free milk, flavored milks may be served.

# Meat and Meat Alternates

Child Nutrition Program regulations require that a lunch or supper served must contain the amount of meat or meat alternates specified in the meal pattern. You may use a serving of meat or meat alternate as one of the two components of a snack.



Meat is not a creditable component substitute at **breakfast** time.

Meat and meat alternates include lean meat, poultry or fish; or cheese; or an egg; or cooked dry beans or peas; or nuts and seeds and their butters (except for acorn, chestnut and coconut); or an equivalent quantity of any combination of these foods. These foods must be served in a main dish, or in a main dish and one other item, to meet this requirement.

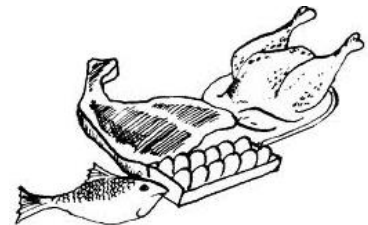


Meats must be USDA inspected. Meats may not contain extenders or binders such as dried milk, starchy vegetable flour, cereal, calcium-reduced dried skim milk, or milk solid proteins.

Nuts and seeds may fulfill: (1) no more than one-half of the meat/meat alternate requirement for lunch/supper; and (2) all of the meat/meat alternate requirements for snack.

Commercially-purchased processed foods such as ravioli, chili, spaghetti with meat sauce, beef stew, chicken nuggets, fish sticks, pocket sandwiches, and pizza rolls may not count as meat/meat alternates, unless:

- extra cheese or meat is added, or
- the product is CN labeled, or
- you have a product analysis sheet signed by an official of the manufacturer, stating the amount of cooked lean meat/meat alternate per serving, or
- you can document that the product contains the required amount of lean meat.



# Meat and Meat Alternates

## Creditable Meat and Meat Alternate

- Buffalo – if from a USDA inspected plant
- Canadian bacon\*
- Cheese – natural or processed\*
- Cheese food, spread or substitute\*  
(2 oz. = 1 oz. meat alternate)
- Corndogs - only the hot dog counts as meat\*
- Cottage cheese, ricotta cheese  
¼ c. or 2 oz. = 1 oz. meat alternate
- Dried peas, beans, lentils, refried beans, soy beans (canned or cooked from dry – ¼ c. = 1 oz. meat alternate)
- Eggs – cooked, including deviled eggs
- Fish and shellfish – cooked, count only meat portion
- Fish sticks – CN label required\*
- Hot dogs – must be all meat; no cereals, binders or extenders\*
- Lunch meat\* – must be all meat; no cereals, binders or extenders\* (includes bologna, ham, liverwurst, turkey ham, turkey roll)
- Meat analogs, if CN labeled
- Meat products made with binders or extenders, if CN labeled
- Peanuts, nuts, seeds, soybeans
- Peanut, nut, soy or seed butter – regular or reduced fat
- Pizza – creditable if CN labeled or homemade and the amount of meat/meat alternate is documented\*
- Quiche – only the meat, cheese or egg portion\*
- Sausage, Polish, knockwurst, Vienna sausage,\* must be all meat; no cereals, binders or extenders\*
- Soups – must be homemade with at least ¼ oz. or equivalent of meat/meat alternate per serving to credit
- Soy cheese, if CN labeled
- Spare ribs – only lean meat portion\*
- SunButter®
- Vegetable protein/meat protein mixtures, if CN labeled
- Yogurt – plain, flavored, low fat, unsweetened or sweetened (½ cup or 4 ounces = 1 ounce meat alternate minimum serving is ¼ c.)

## Non-Creditable Meat and Meat Alternate

- Acorns
- Bacon-bits, imitation bacon
- Bacon – as in BLT sandwiches
- Canned cheese sauce
- Cheese product or imitation cheese (Velveeta)
- Chestnuts
- Coconut
- Cream cheese - regular, light (Neufchatel cheese) and fat free
- Fish – home caught (prohibited)
- Frozen commercial yogurt products and bars
- Game – venison, squirrel, fish etc. (prohibited)
- Ham hocks
- Home canned meats, home slaughtered meats (prohibited)
- Home canned meats, home slaughtered meats (prohibited)
- Imitation meats and meat alternates
- Jerky (beef, turkey, salmon)
- Oxtails
- Pepperoni
- Pigs' feet, neck bones, tail bones
- Pot pies – commercial
- Potted, pressed or deviled canned meat
- Powdered cheese – as in boxed macaroni and cheese
- Salt pork
- Scrapple
- Snack meat sticks (smoked, beef, poultry, pepperoni)
- Soup – commercial canned
- Soy yogurt
- Summer sausage
- Tofu, if commercially made
- Turkey bacon
- Yogurt covered fruits, nuts
- Yogurt, homemade
- Yogurt, liquid



## Meat and Meat Alternates

**Amounts of Meat/Meat Alternate Needed at Lunch/Supper:**

	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>
<b>Lean Meat, Poultry, Fish<sup>1</sup>, or Cheese</b>	1 ounce	1 1/2 ounces	2 ounces
<b>Cottage Cheese, Ricotta Cheese, Cheese Spread, or Cheese Food</b>	2 ounces (or 1/4 cup)	3 ounces (or 3/8 cup)	4 ounces (or 1/2 cup)
<b>Eggs (large)</b>	1/2 egg	3/4 egg	1 egg
<b>Cooked Dry Beans/Peas</b>	1/4 cup	3/8 cup	1/2 cup
<b>Bean/Pea Soup (reconstituted)</b>	1/2 cup	3/4 cup	1 cup
<b>Peanut Butter, Soy Nut Butter, or Other Nut and Seed Butters<sup>2</sup></b>	2 tablespoons	3 tablespoons	4 tablespoons
<b>Peanuts, Soy Nuts, Tree Nuts and Seeds<sup>3, 4</sup></b>	1/2 ounce	3/4 ounce	1 ounce
<b>Yogurt, commercial, plain, or flavored</b>	4 ounces = 1/2 cup	6 ounces = 3/4 cup	8 ounces = 1 cup

**Note:**

- A meat/meat alternate is not required at breakfast.
- Snack may contain meat/meat alternate as one of the two food components served. If serving the meat/meat alternate for snack, then 1/2 ounce is required for 1-5 year olds, and 1 ounce is required for 6-12 year olds.
- The least amount of meat/meat alternate that may be offered in a serving is 1/4 ounce.

## QUESTIONS ABOUT MEAT AND MEAT ALTERNATES

- **Q: Can we serve peanuts & peanut butter?**

**A:** Yes, however some facilities are peanut-free due to an increased number of individuals with peanut allergies. Peanut allergies range in severity from person to person and for some people it can be life-threatening. Please take your customers' health and well-being into consideration when deciding whether or not to serve peanut products.

**NOTE: Nuts are not recommended for children under 3 years old because choking may occur.**

- **Q: Are grated romano and parmesan cheeses creditable?**

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

- **Q: Can pizza be credited as a meat/meat alternate?**

**A:** Yes, if it is CN labeled or homemade. If commercial, additional cheese must be added.

- **Q: Can vegetarian meals be served in the Child Nutrition Programs?**

**A:** Yes. The meals must meet meal pattern requirements. Examples of meat alternates that are creditable include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, eggs, cooked dry beans and peas, nuts and seed butters or any combination of the above.

# Vegetables and Fruits

A breakfast must 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.



Both lunch and supper must 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.

In order to be creditable, a juice must contain 100% full-strength juice. Read all juice labels carefully to ensure the product is 100% juice. Claims of 100% vitamin C do not ensure the juice is creditable. All fruit juices must be pasteurized.

Cooked dry beans or peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.



A serving of vegetable or fruit may be credited as one component of the required two 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. Juice and fresh or canned fruit or vegetables may not be served as the only items for snack as they are from the same food component group.

Vegetables and fruits are credited as served. Small amounts (less than 1/8 cup) of vegetables and fruits used for flavorings or as optional ingredients, such as garnishes, may not be counted to meet the vegetable/fruit requirement. These small amounts are generally not controlled, and it is hard to determine the contribution to the meal.

Vegetables or fruits served as a combination item, e.g., fruit cocktail, succotash, peas and carrots, mixed vegetables, lettuce/tomato in a taco, beans/tomato sauce in chili, mushrooms/green peppers on pizza, etc., may be credited to meet only one of the two required components for lunch and supper.

Home canned products are **NOT** acceptable because of health and safety reasons. Home frozen products are creditable. Home dried products are creditable.





# Vegetables and Fruits

## **Creditable Vegetables and Fruits**

- Apples
- Apricots
- Apple Cider
- Apple Fritters (homemade)
- Asparagus
- Artichoke
- Avocado
- Bamboo Shoots
- Beans, dried or canned
- Beans, green
- Bean Sprouts - cooked
- Beans - canned, dry
- Beet greens
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cactus fruit
- Cantaloupe
- Carambola (Star Fruit)
- Carrots
- Cassave
- Cauliflower
- Celery
- Chayote
- Cherries
- Chicory
- Coleslaw
- Collard greens
- Corn
- Cranberries
- Cranberry Juice (Blend)
- Cranberry Sauce
- Dehydrated Vegetables
- Dried Fruit
- Edamame
- Eggplant
- Endive
- Figs (fresh)
- Frozen Fruit Juice Bars - CN label required

*(continued on next page)*

## **Non-Creditable Vegetables and Fruits**

- “Ade” Drinks – lemonade, limeade, etc.
- Apple Butter
- Apple Straws®
- Banana in Bread
- Banana Pudding
- Barbecue Sauce
- Beverages, fruit
- Cake containing fruit
- Carrots in Bread
- Catsup or Chili Sauce
- Coconut
- Corn Chips
- Corn Syrup
- Cranberry Juice Cocktail
- Dry Spice Mixes
- Figs in Fig Bar Cookies
- Frozen Fruit Flavored Bars
- Fruit Flavored Canned Punch
- Fruit Flavored Powders/Syrups
- Fruit Jerky, fruit leather
- Fruit Snacks
- Gelatin Salads with fruit and/or juice
- Hominy
- Honey
- Ice Cream, Fruit-flavored
- Jam
- Jelly
- Ketchup
- Kool Aid
- Lemon Pie Filling
- Lemonade
- Maple Syrup
- Muffins with Fruit
- Mustard
- Nectar – Canned apricots, pears, peaches, etc.
- Oil, Salad
- Olives
- Onion Rings
- Pickle Relish

*(continued on next page)*

# Vegetables and Fruits

## Creditable Vegetables and Fruits

- Fruit Cobblers
- Fruit Crisps
- Fruit Pie Filling
- Fruit Pies
- Fruit Sauces
- Grapefruit
- Grapes
- Grapples
- Guava
- Honeydew
- Jicama
- Juice, 100% Fruit or Vegetable
- Juice Bars - CN label required, must be 100% juice
- Juice Blends – all fruit
- Kale
- Kiwi Fruit
- Kohlrabi
- Kumquat
- Leeks
- Lefse
- Lemon
- Lime
- Lettuce
- Malanga
- Mango
- Mustard Greens
- Nectarines
- Okra
- Papaya
- Passion Fruit
- Peaches
- Pears
- Peas
- Peppers
- Persimmons
- Pickles
- Pineapple
- Pizza Sauce
- Plums
- Pluots

*(continued on next page)*

## Non-Creditable Vegetables and Fruits

- Pineapple Upside Down Cake
- Pop Tart® filling
- Popcorn
- Popsicles
- Posole
- Potato Chips
- Preserves
- Puddings with fruit
- Pumpkin in Bread
- Rice
- Salad Dressing
- Soup: cream soups
- Squash in Bread
- Syrup (fruit flavored)
- Toaster Pastries with Fruit
- Veggie Straws®
- Yogurt with Fruit
- Zucchini in Bread



# Vegetables and Fruits

## Creditable Vegetables and Fruits

- Pomegranate
- Potatoes, all varieties
- Prickly Pear Cactus (Nopales)
- Pummelo (Chinese grapefruit)
- Quince
- Radishes
- Raisins
- Raspberries
- Rutabagas
- Salad Mix
- Salsa
- Sherbet/Sorbets (only if CN labeled)
- Snow Peas
- Soup: commercial soups are creditable  
only if it is vegetable based (1 c. soup = ¼ c. vegetables)
- Soup: homemade (based on vegetable content)
- Spaghetti Sauce
- Spinach
- Sprouts
- Squash
- Star Fruit
- Strawberries
- Summer Squash
- Sweet Potatoes
- Swiss Chard
- Tangelos
- Tangerines
- Tomatillos
- Tomatoes
- Tomato Paste, Puree, Sauce
- Turnips/Turnip Greens
- Ugli Fruit
- Vegetable Juice Blends
- Vegetable, chopped
- Water Chestnuts
- Watermelon
- Winter Squash
- Yautia (Tannier)
- Yucca
- Zucchini



# Vegetables and Fruits

Serving sizes are approximate.

Vegetable	Yield
Carrot Sticks	6 sticks = 1/2 cup 3 sticks = 1/4 cup
Baby Carrots	1 lb = 10 1/4 cup servings
Celery Sticks	6 sticks = 1/2 cup
Lettuce (bag)	1/4 cup servings per lb
Iceberg only	29
Salad mix (mostly iceberg)	26
Salad mix (mixed lettuce)	25
Tomatoes-cherry	5 halves = 1/4 cup
Fruit	Yield
Apples (125-138 ct)	1/2 apple = 1/2 cup
Bananas	1/2 banana = 1/4 cup
Kiwi	1 kiwi = 1/2 cup
Oranges	1 orange = 1/2 cup

## Amounts of Vegetables/ Fruits Needed Based on Age:

	Ages 1-2	Ages 3-5	Ages 6-12
<b>Breakfast</b>	1/4 cup	1/2 cup	1/2 cup
<b>Lunch/Supper</b> (2 or more serving of Fruits and/or Vegetables)	1/4 cup, total	1/2 cup, total	3/4 cup, total
<b>Snack</b>	1/2 cup	1/2 cup	3/4 cup



## QUESTIONS AND ANSWERS ABOUT VEGETABLES/FRUITS

- **Q: Are foods like coleslaw, potato salad, or waldorf salad creditable?**

**A:** The fruit and vegetable ingredients in these items all count toward meeting the fruit/vegetable requirement. 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 1/4 cup serving of coleslaw containing non-creditable ingredients would not equal a 1/4 cup of fruit/vegetable.

- **Q: Can 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. These types of items are considered as only one item.

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

**A:** Only one component of a fruit/vegetable can be counted in a combination dish. For example, if the beef stew you served contained stew meat, potatoes, carrots, and onions; the beef stew would only count for one fruit/vegetable component and an additional fruit or vegetable would need to be served. Other combination foods include: tacos, pizza.

- **Q: How much tomato paste, tomato puree, or tomato sauce would I need to equal 1/4 cup vegetable for each 3-to-6 year old at lunch/supper?**

**A:** Tomato Paste, 1 tablespoon = 1/4 cup vegetable

Tomato Puree, 2 tablespoons = 1/4 cup vegetable

Tomato Sauce, 4 tablespoons = 1/4 cup vegetable

- **Q: How can I tell if juice is 100% full-strength juice?**

**A:** The label will state Juice, Full-strength Juice, Single-strength Juice, Reconstituted Juice, Juice from Concentrate, or Juice Concentrate. **Juice that has the word cocktail, natural, beverage, or drink on the label is not 100% juice. 100% vitamin C does not equal 100% juice.**

- **Q: Can the fruit or vegetable in pudding or gelatin be counted towards the fruit/vegetable requirement?**

**A:** No, it is too hard to determine the amount of actual fruit/vegetable in a serving.

## Grains and Breads

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

Grain/bread products are an important source of iron, thiamine, niacin, riboflavin, and often fiber in the diet.



Breads and grains served in the Child Nutrition Programs must meet the following criteria to be creditable:

- Must be whole-grain or enriched or made from whole-grain or enriched meal or flour; or if it is a cereal, the product must be whole-grain, enriched, or fortified.
- If a cereal is fortified, the label must indicate it is fortified.
- Must be provided in quantities specified in the Regulations and in minimum serving sizes as specified in program guidance.
- Must serve the customary function of bread in a meal for a lunch or supper. The grain/bread must be served as an accompaniment to, or a recognizable integral part of, the main dish (not merely as an ingredient).

Sweet desserts are limited to two times per week at snack (inclusive of both morning and afternoon snack). Sweet desserts include: cookies, dessert pies, doughnuts, granola bars, sweet rolls, toaster pastry, grain fruit bars, cake, brownies, ginger snaps, Nilla wafers®, Rice Krispie® bars, and any other grains/breads that contain a high amount of sugar (ex: puppy chow).



# Grains and Breads

## Grains/Breads Serving Sizes for children 1-5 years old and 6-18 years old

*NOTE: Some of the grains or breads 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.*

<b>Group A</b>	<b>1-5 year olds should have a minimum weight of 10 grams (0.4 oz)</b>	<b>6-18 year olds should have a minimum weight of 20 grams (0.7 oz)</b>
<b>Bread Type Coating</b>	10 grams (0.4 ounce)	20 grams (0.7 ounce)
<b>Bread Sticks (hard - approx 7¾")</b>	2 sticks	3 sticks
<b>Chow Mein Noodles</b>	1/4 cup	1/2 cup
<b>Crackers (saltines)</b>	4 squares	8 squares
<b>Crackers (snack-rounds, ovals, squares)</b>	4 crackers	8 crackers
<b>Crackers (one inch squares)</b>	6 crackers	12 crackers
<b>Croutons</b>	1/4 cup	1/2 cup
<b>Melba Toast</b>	3 slices	5 slices
<b>Pilot Bread</b>	1 slice	2 slices
<b>Pretzels (hard-mini pretzel twists)</b>	7 pretzels	14 pretzels
<b>Pretzel Chips</b>	7 chips	14 chips
<b>Bread Stuffing (dry)</b>	1/4 cup	1/2 cup
<b>Wafers (rye)</b>	2 wafers	4 wafers
<b>Zwieback</b>	2 pieces	3 pieces

<b>Group B</b>	<b>1-5 year olds should have a minimum weight of 13 grams (0.5 oz)</b>	<b>6-18 year olds should have a minimum weight of 25 grams (.9 oz)</b>
<b>Bagels (approx. 4" diameter)</b>	1/4 bagel	1/2 bagel
<b>Bagels (approx. 3" diameter)</b>	1/2 bagel	1 bagel
<b>Batter Type Coating</b>	13 gram (0.5 oz)	25 gram (0.9 oz)
<b>Biscuits (approx. 2½" diameter)</b>	1/2 biscuit	1 biscuit
<b>Breads (white, wheat, whole wheat, rye, French, Italian, Vienna, raisin)</b>	1/2 slice	1 slice
<b>Buns (hamburger, hot dog)</b>	1/2 bun	1 bun
<b>Crackers (goldfish)</b>	19 crackers	37 crackers
<b>Crackers (animal)</b>	6 crackers	12 crackers
<b>Crackers (small cheese-flavored)</b>	12 crackers	24 crackers
<b>Crackers (graham - 2 ½" x 5")</b>	1 cracker	2 crackers
<b>Crackers (graham-animal shapes, unfrosted)</b>	6 crackers	12 crackers
<b>Egg Roll Skins (approx. 7" square)</b>	1/2 skin	1 skin
<b>English Muffins</b>	1/2 muffin	1 muffin
<b>Fry-Bread</b>	1/2 piece	1 piece

\* Snack Only

\*\* Breakfast or Snack Only

# Grains and Breads

## Grains/Breads Serving Sizes (continued)

<b><u>Group B (continued)</u></b>	<b>1-5 year olds should have a minimum weight of 13 grams (0.5 oz)</b>	<b>6-18 year olds should have a minimum weight of 25 grams (.9 oz)</b>
<b>Gingersnaps* (purchased box)</b>	2 cookies	4 cookies
<b>Oyster Crackers</b>	1/3 cup (30 crackers)	2/3 cup (60 crackers)
<b>Pita Bread (white, wheat - 6½ round)</b>	1/4 medium	1/2 medium
<b>Pizza Crust</b>	1 serving	2 servings
<b>Pretzels (soft)</b>	1/2 pretzel	1 pretzel
<b>Rolls (dinner, white, wheat, whole wheat, potato)</b>	1/2 roll	1 roll
<b>Tortillas 6" (corn or wheat)</b>	1/2 tortilla	1 tortilla
<b>Tortillas 8" (flour)</b>	1/3 tortilla	2/3 tortilla
<b>Tortilla Chips (round or large)</b>	6 chips (9 mini rounds)	12 chips (18 mini rounds)
<b>Taco shells 6" (fried corn tortilla)</b>	1/2 shell	1 shell

<b><u>Group C</u></b>	<b>1-5 year olds should have a minimum weight of 16 grams (0.6 oz)</b>	<b>6-18 year olds should have a minimum weight of 31 grams (1.1 oz)</b>
<b>Cookies* (plain - approx 2 ¼")</b>	2 cookies	4 cookies
<b>Cookies* (vanilla wafers)</b>	3 cookies	6 cookies
<b>Cornbread (2 ¼" x 1 ½")</b>	1 piece	2 pieces
<b>Corn Muffin</b>	1/2 muffin	1 muffin
<b>Croissant</b>	1/2 croissant	1 croissant
<b>Dumplings</b>	1/2 serving	1 serving
<b>Hush Puppies (large)</b>	1/2 serving	1 serving
<b>Pancakes (approx 4" diameter)</b>	1/2 serving	1 serving
<b>Pie Crust (meat/meat alternate pies)</b>	1/2 serving	1 serving
<b>Popovers</b>	1/2 popover	1 popover
<b>Sopapillas</b>	1/2 serving	1 serving
<b>Spoon bread</b>	1/2 serving	1 serving
<b>Waffles (frozen - square or round)</b>	1/2 waffle	1 waffle

\* Snack Only

\*\* Breakfast or Snack Only



# Grains and Breads

## Grains/Breads Serving Sizes (continued)

<b><u>Group D</u></b>	<b>1-5 year olds should have a minimum weight of 25 grams (0.9 oz)</b>	<b>6-18 year olds should have a minimum weight of 50 grams (1.8 oz)</b>
<b>Doughnuts**</b> (cake and yeast, raised, unfrosted)	1/2 doughnut	1 doughnut
<b>Granola Bars**</b> (plain - minimum 25 gram bar)	1 bar	2 bars
<b>Muffins</b> (all but corn muffins)	1/2 muffin	1 muffin
<b>Sweet Roll**</b> (unfrosted - 2" x 2 1/2")	1 roll	2 rolls
<b>Toaster Pastry **</b> (unfrosted)	1/2 pastry	1 pastry

<b><u>Group E</u></b>	<b>1-5 year olds should have a minimum weight of 31 grams (1.1 oz)</b>	<b>6-18 year olds should have a minimum weight of 63 grams (2.2 oz)</b>
<b>Crème Filled Cookies*</b>	2 cookies	4 cookies
<b>Cookies*</b> (with nuts, raisins, chocolate pieces, and/or fruit puree)	3"-1 cookie	3"-2 cookies
<b>Doughnuts**</b> (cake and yeast, raised, frosted or glazed)	1/2 doughnut	1 doughnut
<b>French Toast</b>	1/2 slice	1 slice
<b>Grain Fruit Bars**</b> (minimum 31 gram bar)	1 bar	2 bars
<b>Granola Bars*</b> (with nuts, raisins, chocolate pieces, and/or fruit - minimum 31 gram bar)	1 bar	2 bars
<b>Sweet Rolls**</b> (frosted - 2" x 2 1/2")	1 roll	2 rolls
<b>Toaster Pastry**</b> (frosted)	2/3 pastry	1 1/3 pastry

<b><u>Group F</u></b>	<b>1-5 year olds should have a minimum weight of 38 grams (1.3 oz)</b>	<b>6-18 year olds should have a minimum weight of 74 grams (2.6 oz)</b>
<b>Coffee Cake**</b> (2 1/4" x 1 3/4")	1 piece	2 pieces

<b><u>Group G</u></b>	<b>1-5 year olds should have a minimum weight of 58 grams (2 oz)</b>	<b>6-18 year olds should have a minimum weight of 115 grams (4 oz)</b>
<b>Brownies*</b> (plain - 2" x 2 1/2")	1 piece	2 pieces

\* Snack Only

\*\* Breakfast or Snack Only

# Grains and Breads

## Grains/Breads Serving Sizes (continued)

### Group H

NOTE: All breakfast cereals should be whole grain, enriched or fortified

The serving sizes for 1-5 year olds is 1/4 cup

The serving sizes for 6-18 year olds is 1/2 cup

Barley	1/4 cup	1/2 cup
Breakfast Cereals (cooked)	1/4 cup	1/2 cup
Bulgur (cracked wheat)	1/4 cup	1/2 cup
Corn Grits or Meal	1/4 cup	1/2 cup
Macaroni (all shapes)	1/4 cup	1/2 cup
Noodles Egg (all varieties)	1/4 cup	1/2 cup
Pasta (all shapes)	1/4 cup	1/2 cup
Ravioli (noodles only)	1/4 cup	1/2 cup
Rice (enriched or brown)	1/4 cup	1/2 cup

### Group I

The serving sizes for 1-2 year olds is 1/4 cup or .33 ounce whichever is less

The serving sizes for 3-5 year olds is 1/3 cup or .5 ounce whichever is less

The serving sizes for 6-18 year olds is 3/4 cup or 1 ounce whichever is less

Breakfast Cereal - dry	1/4 cup	1/3 cup	3/4 cup
------------------------	---------	---------	---------



\* Snack Only

\*\* Breakfast or Snack Only

# Grains and Breads

## Creditable Grains/Breads

- Animal Crackers
- Bagel Chips
- Bagels
- Banana Bread
- Barley
- Biscuits
- Boston Brown Bread
- Bread Pudding
- Bread-white, rye, whole wheat, pumpernickel, seven grain, Italian, Roman meal, French, etc.
- Bread sticks
- Breeding on Corndogs
- Brownies, plain
- Cakes
- Canned Pasta
- Carrot Bread
- Cereal Bars
- Cereal, cooked
- Cereal, dry
- Chips, Corn
- Chow Mein Noodles
- Cobbler-fruit
- Coffee Cake, Cinnamon/Danish Rolls
- Cookies
- Cornbread
- Corn chips
- Couscous
- Crackers
- Cream Puff Shells
- Crepes
- Croissants
- Croutons
- Crust on fruit crisps or cobblers
- Cupcakes
- Danish
- Doughnuts
- Dumplings
- Egg Roll or Won Ton Wrappers
- English Muffins
- French Bread
- Fried Bread

*(continued on next page)*

## Non-Creditable Grains/Breads

- Apple Straws®
- Breeding/Batter on Commercial Items
- Caramel Corn
- Cheese Puffs
- Chips, Potato
- Corn
- Corn Nuts
- Hominy
- Ice cream cones
- Nut or Seed Meal or Flour
- Popcorn
- Potato Pancakes
- Tapioca
- Veggie Straws®



# Grains and Breads

## Creditable Grains/Breads

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>▪ Gingerbread</li> <li>▪ Granola Bars</li> <li>▪ Grits</li> <li>▪ Hushpuppies</li> <li>▪ Ice Cream Sandwich Wafers</li> <li>▪ Lefse</li> <li>▪ Macaroni – all shapes</li> <li>▪ Macaroni/Cheese (Boxed)</li> <li>▪ Muffins</li> <li>▪ Nachos</li> <li>▪ Noodles/Pasta</li> <li>▪ Oatmeal</li> <li>▪ Pancakes</li> <li>▪ Party Mix</li> <li>▪ Pie Crust for dessert item</li> <li>▪ Pie Crust (meat/meat alternate)</li> <li>▪ Pineapple Upside Down Cake</li> <li>▪ Pita Bread</li> <li>▪ Pizza Crust</li> <li>▪ Popovers</li> <li>▪ Pop Tarts</li> <li>▪ Pound Cake</li> <li>▪ Pretzel, Dutch Style (Soft)</li> <li>▪ Pretzel, Thin (hard)</li> <li>▪ Puff Pastry</li> <li>▪ Pumpkin Bread</li> <li>▪ Pumppernickel Bread</li> <li>▪ Quinoa</li> <li>▪ Raisin Bread</li> </ul> | <ul style="list-style-type: none"> <li>▪ Ravioli</li> <li>▪ Rice – brown, wild, or white</li> <li>▪ Rice Cakes*</li> <li>▪ Rice Pudding</li> <li>▪ Rolls, all types</li> <li>▪ Roman Meal Bread</li> <li>▪ Rye Wafers</li> <li>▪ Scones</li> <li>▪ Snack Type Crackers</li> <li>▪ Sopapillas</li> <li>▪ Squash Bread</li> <li>▪ Stuffing, Bread</li> <li>▪ Sweet Rolls and Buns</li> <li>▪ Taco Chips or Tortilla Chips</li> <li>▪ Taco Shells</li> <li>▪ Teddy Grahams</li> <li>▪ Toaster Pastry</li> <li>▪ Tortillas - wheat, corn</li> <li>▪ Trail Mix, Party Mix, Gorp (grain portion only)</li> <li>▪ Turnovers</li> <li>▪ Wafers, Vanilla</li> <li>▪ Waffles</li> <li>▪ Wheat Germ/Bran</li> <li>▪ Whole Grain or Enriched Bread (all types)</li> <li>▪ Zucchini Bread</li> <li>▪ Zwieback</li> </ul> |
|--|---|
- \*Not creditable in CACFP due to large serving size.

## Amounts of Grains/Breads Needed Based on Age For Breakfast, Lunch, Supper, and Snack:

	Ages 1-2	Ages 3-5	Ages 6-12
<b>Bread</b>	½ slice	½ slice	1 slice
<b>Cold Dry Cereal</b>	¼ cup (or ⅓ oz.)	⅓ cup (or ½ oz.)	¾ cup (or 1 oz.)
<b>Pasta/Noodles</b>	¼ cup	¼ cup	½ cup
<b>Cooked Cereal/Grains</b>	¼ cup	¼ cup	½ cup

## QUESTIONS AND ANSWERS ABOUT GRAINS AND BREADS

- **Q: Are Rice Krispie bars or similar bars made from a cereal product creditable?**

**A:** Yes. These cereal snacks may be creditable for **snacks only**, if the cereal is whole-grain or enriched or fortified. Do not serve sweet snacks more than twice a week.

- **Q: Can nut or seed meal flour be used to meet the bread/bread alternate requirement for a meal?**

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

- **Q: Can pie crust be credited as a bread alternate?**

**A:** Yes. If the crust is being served as an accompaniment to, or as an integral part of the main dish (the main dish contains the meat/meat alternate).

- **Q: Are granola bars acceptable bread alternates?**

**A:** Yes. Commercial and homemade granola bars that meet the general criteria for bread alternates are creditable for **breakfast and snack only**. Granola bars are considered as sweet items because of their high sugar and fat content, and should not be served more than twice a week.

- **Q: Is granola cereal an acceptable bread alternate?**

**A:** Yes. Commercial and homemade granola cereals are acceptable bread alternates for **breakfasts and snacks only**. However, only the grain portion of the cereal is creditable as a bread alternate. In other words, any nuts, seeds, coconut, dried fruit, etc., are not to be included when determining the serving size.

- **Q: Can cracker be served as a bread alternate?**

**A:** Yes. Crackers can be served as a bread alternate for breakfast, lunch, supper or snack. Some crackers are high in fat, sugar, or salt and should be avoided.

## Infant Feeding

CHILD AND ADULT CARE FOOD PROGRAM INFANT MEAL PATTERN REQUIREMENTS			
Breakfast	Children Birth through 3 mo.	Children 4 through 7 mo.	Children 8 through 11 mo.
*Infant formula or breast milk	4-6 oz	4-8 oz	6-8 oz
Fruit and/or Vegetable (not juice)	---	---	1-4 T
*Infant cereal	---	0-3 T (optional)	2-4 T
Snack	Children Birth through 3 mo.	Children 4 through 7 mo.	Children 8 through 11 mo.
*Infant formula or breast milk	4-6 oz	4-6 oz	2-4 oz
Or full-strength fruit juice			Maximum 4 oz in a cup daily
Grains/Bread	---	---	0-½ slice bread or 0-2 crackers (optional)
Lunch or Supper	Children Birth through 3 mo.	Children 4 through 7 mo.	Children 8 through 11 mo.
*Infant formula or breast milk	4-6 oz	4-8 oz	6-8 oz
*Infant cereal	---	0-3 T (optional)	2-4 T
And/Or			
Meat or meat alternate Meat, poultry or fish or egg yolk	---	---	1-4 T or
Cheese	---	---	½-2 oz or
Cottage cheese or cheese food or Cheese spread	---	---	2-8T or 1-4 oz
Fruit or vegetable (not juice)	---	0-3 T (optional)	1-4 T
*Iron Fortified			

## Infant Feeding

Child care centers and family day care homes must claim infant meals if infants are enrolled and in care. CACFP defines the infant age as birth to 12 months. The Infant Meal Pattern allows for a gradual introduction of solid foods and requires breastfeeding or formula feeding up to the first birthday. The texture and amount of the feeding should be consistent with the developmental age of the infant. For emotional, nutritional, and physical growth, infants need foods that are rich in nutrients. Foods such as strained meat, fruit, vegetables, iron-fortified-infant cereal (IFIC), iron-fortified-infant-formula (IFIF) and breast milk provide the maximum amount of vitamins and minerals for growing babies. Commercial foods, such as combination or mixed baby foods, are *not creditable* because water often is listed as the first ingredient, and it is difficult to determine from the ingredient label the actual amounts of the food components in the product.

Meals for infants on the CACFP may contain either breast milk or iron-fortified infant formula, or both, supplied by the child care provider or by the parent or guardian. **In order to claim infant meals on the CACFP, the child care provider must offer the infant a complete, developmentally appropriate meal that complies with the CACFP Infant Meal Pattern requirements for the age of the infant.** The NDDPI-CACFP requires that child care providers supply parents or guardians of infants enrolled in the child care home or child care center with the choice of at least one iron-fortified infant formula. The NDDPI-CACFP recommends that choices of formula include one **milk-based, iron-fortified infant formula** and one **soy-based, iron fortified infant formula**. Child care providers caring for infants are strongly encouraged to select infant formulas that satisfy the needs of one or more infants in care.



A parent or guardian may elect to decline the infant formula provided by the child care provider and supply a formula of the parents' choice. The NDDPI-CACFP recognizes the non-food related cost of serving infants by allowing reimbursement for meals containing only infant formula, whether supplied by the child care provider or by the parent or guardian. Since the labor involved in serving meals to infants is recognized, the meal must be served and fed to the infant by the child care provider.

**Meals containing only breast milk are reimbursable until the infant is developmentally ready to accept other foods.** At that time, the child care provider must supply at least one component other than breast milk to claim the meals.

Meals served to infants must be of a texture and consistency that are appropriate for the age of the infant being served. Listen to the infants' cues. They will let you know if they are hungry by opening their mouths to the touch of a nipple or spoon, or they will close their mouths or turn their heads away from the nipple or the spoon, or may push the food out, when they are not hungry or developmentally ready to eat.

100% fruit juice is creditable only at snack from 8 months up to the first birthday. Juice should not be offered to infants until they are ready to drink from a cup. Drinking juice from a bottle can promote tooth decay. **Never prop or give a bottle during naptime.** This can cause choking as well as tooth decay and ear infection. Never use a microwave oven to heat a bottle. The liquid may become very hot in the center, though the bottle feels cool.

## Infant Feeding

For a list of Iron-Fortified Infant Formulas which do not require a Medical Statement in the Child and Adult Care Food Program, go to:

<http://www.fns.usda.gov/cnd/care/Regs-Policy/InfantMeals/FormulaList.htm> or contact North Dakota DPI Child Nutrition and Food Distribution at 1-888-338-3663.

### Creditable Foods for Infants

- Baby food-commercial combination fruits/vegetables (Fruit or vegetable must be listed as first ingredient).
- Bread Crusts, Cracker - **For Snack Only 8-11 months of age** (Must have whole grain and/or enriched flour or meal as first ingredient).
- Breast Milk
- Cheese or Cottage Cheese (it is recommended that it be served at meals only when iron-fortified infant formula is also provided).
- Cookie- Arrowroot and Teething Biscuits **ONLY** (Must be made from whole-grain or enriched meal).
- Egg Yolk, cooked (only for infants 8 through 11 months of age).
- 100% Fruit Juice (2-4 ounces at Snack only)
- Iron-fortified Infant Formula
- Iron-fortified Dry Infant Cereal
- Homemade prepared baby food (avoid added salt, fat, and other seasonings).
- Legumes - dry or canned beans or peas- (mashed or pureed to the appropriate texture for infant).
- Single-item baby foods-**commercial** (such as vegetables, fruits, meats)
- Yogurt

### Non-Creditable Foods for Infants

- Adult Cereals (such as O's, Oatmeal, Cream of Wheat are non-creditable as iron-fortified infant cereals – or cracker/bread component)
- Baby Food Desserts or smoothies
- Commercial jarred baby cereal with fruit
- Combination Dinners-**commercial** (such as meat/vegetable dinners, meat dinners, and mac and cheese dinners)
- Cream, half & half, non-dairy creamer
- DHA added to fruits and vegetables
- Egg white or whole egg
- Electrolyte drinks
- Fish sticks, patties, nuggets, or other commercial breaded or battered seafood products, canned fish with bones
- Honey
- Hot dogs, frankfurters, corn dogs, and sausages
- Infant Meat Sticks
- Milk, cow or goat, (2%, 1%, whole, fat-free {skim}, evaporated, condensed, dry, buttermilk)
- Low-Iron Infant Formula
- Mixed Cereal with Fruit-**commercial**
- Peanut Butter, nuts, seeds
- Popcorn



**Do not serve peanut butter, nuts, and seeds to infants because choking can occur. Do not serve honey, raw or in cooked products, to infants because honey contains Botulinum spores that can cause serious illness in infants.**





# Infant Feeding

Young children, ages 2 to 3, are at risk of choking on food. They remain at risk until they can chew and swallow better, by about age 4.

*Always watch children during meals and snacks to make sure they:*

- Sit quietly.
- Eat slowly.
- Finish swallowing before leaving the table.
- Chew food well before swallowing.
- Take only one bite at a time.

*Prepare foods so that they are easy to chew:*

- Cut food into small pieces or thin slices.
- Cut round foods, like hot dogs, lengthwise into thin strips.
- Remove all bones from fish, chicken and meat.
- Cook food such as carrots or celery until slightly soft. Then cut into sticks.
- Remove seeds and pits from fruit.
- Spread peanut butter thinly.

## Foods that may cause choking

*Firm, smooth, or slippery foods like:*

- hot dog rounds
- carrot rounds
- hard candy
- large pieces of fruit
- granola
- peanuts
- whole grapes
- cherries with pits
- cherry tomatoes

*Sticky or tough foods that do not break apart easily, like:*

- spoonfuls or chunks of peanut butter or other nut or seed butters
- chunks of meat
- raisins and other dried fruit

*Small, dry or hard foods that are difficult to chew and easy to swallow, like:*

- small pieces of raw carrot, celery or other raw hard vegetables
- nuts and seeds
- corn chips
- pretzels

## Choking Hazards

### < 6 months of age

No cereal in bottles

### 0-1 year olds

Do not serve:

- Nuts (including peanut butter)
- Raw carrots
- Tossed salad
- Raw fruits and vegetables, unless modified into ¼-inch bite-sized BEFORE serving
- Large chunks or stringy meat, unless modified into ¼-inch bite-sized pieces BEFORE serving



1/4 inch

### 1-3 year olds

Do not serve:

- Hotdogs or sausage rounds
- Whole grapes
- Whole cherry or grape tomatoes
- Chips, pretzels
- Nuts
- Raw carrot rounds
- Raw vegetables, unless modified into ½-inch bite-sized pieces BEFORE serving
- Dried fruit, including raisins
- Large chunks or stringy meat, unless modified into ½-inch bite-sized pieces BEFORE serving



1/2 inch

## QUESTIONS AND ANSWERS ABOUT INFANT FEEDING

- **Q: How can you serve 0 tablespoons of food according to the Infant Meal Pattern Food Chart?**

**A:** Certain foods are listed as 0 tablespoons to let you know that the food is optional and should be served at your discretion. Also, you may serve less than 1 tablespoon of those foods.

- **Q: Does an infant have to eat only at the specified meal times?**

**A:** No. The meal pattern states breakfast, lunch, supper, and snack, but that is only a guideline. Babies may need to eat every 2 to 4 hours, or more frequently than the specified times.

- **Q: Why are some of the food portions so small?**

**A:** The portions listed are the minimum amounts required by the infant feeding regulations. You may serve larger portions to those babies who would like more.

- **Q: Why is fruit juice no longer required at breakfast, lunch, and supper?**

**A:** The use of fruit juice, in addition to the required amount of formula or milk at each meal, would be too much liquid and could discourage the baby from eating solids.

- **Q: Can I serve regular cereals (such as Cheerios or Rice Krispies) to an infant for breakfast?**

**A:** No. The infant meal pattern requires Iron Fortified Infant Cereal (IFIC) at breakfast. Other cereals may be served in addition to the IFIC.

- **Q: Can I substitute regular oatmeal or farina-type cereals for iron-fortified infant cereals?**

**A:** No.

- **Q: There is a product on the market that comes as infant cereal and formula mixed. Are these type of foods creditable?**

**A:** No.

The chart below is a useful tool to determine when an infant's meal is reimbursable. Not all infant meals can be claimed for reimbursement, it depends on who is providing the infant formula/food and the age and development of the infant.

Are These Infant Meals Reimbursable?	Infant 0-3 months	Infants 4-7 months drinking only formula/breast milk, <b>NOT</b> developmentally ready for solid foods	Infant 4-7 months- developmentally ready for solid foods	Infant 8-11 months- drinking only formula/breast milk, <b>NOT</b> developmentally ready for solid foods	Infant 8-11 months- developmentally ready for solid foods
Parent comes to the center and <b>breastfeeds</b> her own child and infant receives <b>center</b> purchased baby food	No, center did not provide at least one of the required components.	No, center did not provide at least one of the required components.	Yes, only if center has a statement from the parent that the child has started developmentally ready solid foods at home.	No-The center would need a <i>Medical Exception Statement</i> if the infant less than 8 months cannot have solid food. If the parent feeds her own child and infant receives no other foods, the meal is not reimbursable.	Yes- Center provided at least one of the required components.
<b>Employee</b> of the daycare center nurses her own child at the facility and the infant is enrolled for care and <b>center</b> purchased baby food.	Yes	Yes	Yes	Yes- must have a <i>Medical Exception Statement</i> on file since infant cannot eat solid foods	Yes
Infant receives <b>center</b> purchased IFIF and <b>center</b> purchase baby food.	Yes	Yes	Yes	Yes- must have a <i>Medical Exception Statement</i> on file since infant cannot eat solid foods.	Yes
Infant receives <b>center</b> purchased IFIF and <b>parent</b> provided baby food	Yes	Yes	Yes- center provides at least one of the required components.	Yes- must have a <i>Medical Exception Statement</i> on file since infant cannot eat solid foods.	Yes- center provides at least one of the required components.
Infant receives <b>parent</b> provided IFIF/breast milk and <b>center</b> provided baby food	Yes	Yes	Yes, Meal is still reimbursable if parent declines center provided formula.	Yes- must have a <i>Medical Exception Statement</i> on file since infant cannot eat solid foods.	Yes- center provides at least one of the required components.
Infant receives <b>parent</b> provided IFIF/breast milk and <b>parent</b> provided baby food	Yes	Yes	Yes, Meal is still reimbursable if parent declines center provided formula.	No, center did not provide at least one of the required components.	No, center did not provide at least one of the required components.
Infant received <b>parent</b> provided <b>low-iron</b> infant formula and <b>center</b> provided baby food	Yes- must have <i>Medical Exception Statement</i> on file for low-iron formula.	Yes- must have <i>Medical Exception Statement</i> on file for low-iron formula.	Yes- must have <i>Medical Exception Statement</i> on file for low-iron formula.	Yes- must have <i>Medical Exception Statement</i> on file for low-iron formula and infant cannot eat solid foods.	Yes- must have <i>Medical Exception Statement</i> on file for low-iron formula.
Infant receives <b>parent</b> provided low- iron infant formula and <b>parent</b> provided baby food.	Yes- must have <i>Medical Exception Statement</i> on file for low-iron formula.	Yes- must have <i>Medical Exception Statement</i> on file for low-iron formula.	No, center did not provide at least one of the required components.	No, center did not provide at least one of the required components.	No, center did not provide at least one of the required components.

## FOOD ITEM INDEX

Acorn.....	3, 9
Ade Drinks .....	14
Animal Crackers .....	24
Apple Butter.....	14
Apple Cider .....	14
Apple Fritters .....	14
Bacon-Bits.....	10
Bacon and Imitation Bacon Products .....	10
Bagel Chips .....	24
Bagels.....	24
Banana Bread .....	24
Banana in Bread .....	14
Banana Pudding .....	14
Barbeque Sauce.....	14
Barley .....	24
Beans, Dry or Canned .....	3, 4, 9, 10, 11, 12, 13, 14
Beans, Green .....	14
Bean Sprouts .....	14
Beef Jerky .....	10
Beverages .....	14
Biscuits.....	20, 24
Bologna .....	10
Boston Brown Bread.....	24
Bread .....	2, 4, 19-21, 24-27
Bread Alternates.....	26
Bread Pudding.....	24
Bread Sticks .....	24
Breading/Batter on Commercial Items.....	24
Breads, All other whole grain or enriched breads.....	4, 19, 23, 25, 26
Breast Milk.....	27, 28, 32
Brownies .....	19, 22, 24
Buffalo .....	10
Buttermilk .....	5, 7
Cake containing Fruit.....	14
Cakes.....	19, 24

Canadian Bacon .....	10
Canned Meat (such as beef with juices or broth).....	10
Canned Pasta .....	24
Canned Pressed Luncheon Meat .....	10
Carambola (Star Fruit) .....	16
Caramel Corn .....	24
Carrot Bread.....	24
Carrot in Bread.....	14
Catsup or Chili Sauce.....	14
Cereal, Adult .....	29
Cereal, Iron-fortified Infant.....	29
Cereal, commercial, jarred .....	29
Cheese .....	3, 4, 7, 9, 11, 15, 27, 29
Cheese Food and Cheese Spread .....	10, 27
Cheese, Imitation .....	10
Cheese Sauce .....	10
Cheese, Cottage.....	10
Cheese, Ricotta .....	10
Cheeses: Natural, Processed .....	10
Chestnuts.....	10
Chili Sauce (see: Catsup).....	14
Chips, Corn .....	14, 24
Chips, Potato.....	16
Chocolate .....	22
Chocolate Milk (hot).....	7
Chow Mein Noodles .....	20, 24
Coconut .....	3, 9, 10, 14, 26
Coffee Cake, Cinnamon/Danish Rolls.....	22, 24
Combination dinners/foods, commercial baby food .....	29
Commercial breaded/battered fish products .....	24, 29
Cookies .....	19, 21, 22, 24
Cornbread.....	21, 24
Corn Chips .....	14, 24
Corndogs.....	10, 24
Corn Nuts .....	24
Corn Syrup .....	14
Couscous.....	24

Crackers .....	23-27
Cranberry Juice (Blend) .....	14
Cranberry Juice Cocktail.....	14
Cranberry Sauce .....	14
Cream .....	7, 29
Cream Cheese .....	10
Cream Puff Shells .....	24
Cream Sauces.....	7
Cream Soups .....	7
Crepes .....	24
Croissants.....	21, 24
Croutons.....	20, 24
Crust on fruit crisps or cobblers.....	24
Cultured Milk.....	7
Cupcakes .....	24
Custard .....	7
Danish .....	24
Dehydrated Vegetables .....	14
Desserts, Baby Food.....	29
Deviled Eggs.....	10
Doughnuts .....	19, 22, 24
Dried Fruit.....	14, 26
Dry Spice Mixes.....	14
Dumplings.....	21, 24
Egg Roll or Won Ton Wrappers .....	20, 24
Eggnog, Commercial .....	7
Eggnog, Homemade.....	7
Egg White .....	29
Egg Yolk .....	29
Eggs.....	3, 10, 11, 12, 29
English Muffins .....	20, 24
Evaporated Milk.....	7
Figs in Fig Bar Cookies .....	14
Fish.....	4, 9, 10, 11, 27, 33
Fishsticks.....	10
Formula, Iron-fortified or with Iron .....	29
Formula, Low-iron .....	29

French Bread .....	24
Fried Bread.....	24
Frozen Fruit Flavored Bars .....	14
Frozen Fruit Juice Bars .....	14
Fruit and Vegetables w/DHA.....	29
Fruit Cobblers .....	15
Fruit Crisps.....	15
Fruit Flavored Canned Punch .....	14
Fruit Flavored Powders .....	14
Fruit Jerky, fruit leather .....	14
Fruit Pie Filling.....	15
Fruit Pies .....	15
Fruit Sauces.....	15
Fruit Snacks .....	14
Game .....	10
Gelatin Salads with fruit and/or juice .....	14
Gingerbread.....	24
Goat's Milk.....	7
Granola Bars .....	19, 22, 25, 26
Grits.....	23, 25
Half and Half.....	7, 29
Homemade Baby Food.....	29
Home Slaughtered Meat.....	10
Hominy.....	14, 24
Honey .....	14, 29
Hot Dogs .....	10, 29
Hushpuppies.....	25
Ice Cream .....	7
Ice Cream Cones .....	24
Ice Cream, Fruit-flavored.....	14
Ice Cream Sandwich Wafers.....	25
Ice Milk.....	7
Imitation Milk .....	7
Jam .....	14
Jelly.....	14
Juice, 100% Fruit or Vegetable.....	15, 29
Juice Bars .....	15

Juice Blends – All Fruits .....	15
Ketchup .....	14
Kiwi Fruit.....	15
Kool Aid.....	14
Lactose Reduced Milk .....	7
Lefse.....	15, 25
Lemon Pie Filling.....	14
Lemonade.....	14
Lunch Meat .....	10
Macaroni/Cheese (Boxed).....	25
Mango .....	15
Maple Syrup.....	14
Meat .....	1-4, 9-13, 18, 21, 25-28, 30
Meat Sauce.....	9
Meats Sticks, Infants .....	29
Milk. Low-fat (1%) .....	7, 29
Milk. Reduced-fat (2%) .....	7, 29
Milk, Raw .....	7
Milk, Skim .....	7, 29
Milk, Whole .....	7, 29
Milkshakes .....	7, 8
Muffins.....	22, 25
Muffins with Fruit.....	14
Mustard .....	14
Nachos.....	25
Nectar, Canned Apricots, Pears, Peaches, etc.....	14
Neufchatel Cheese.....	10
Noodles/Pasta.....	25
Nuts/Seeds.....	10, 29
Oatmeal .....	25, 31
Oil, Salad.....	14
Olives .....	14
Onion Rings .....	14
Pancakes.....	21, 25
Papaya .....	15
Peanut Butter.....	4, 10-12, 29, 30
Peanut Butter, reduced fat.....	10



Peas or Lentils, Dry .....	10
Pepperoni .....	10
Pickles .....	15
Pickle Relish .....	14
Pie Crust for dessert items .....	25
Pie Crust (Meat/Meat Alternate).....	25
Pineapple Upside Down Cake .....	15, 25
Pita Bread.....	21, 25
Pizza, Commercial .....	12, 21, 25
Pizza, Homemade .....	12, 21, 25
Pizza Sauce .....	15
Pop Tart Filling .....	15
Popcorn .....	15, 24
Popovers.....	21, 25
Popsicles .....	15
Posole.....	15
Pot Pies, Commercial.....	10
Potatoes, All Varieties .....	16
Potato Chips .....	15
Potted Meat (Deviled).....	10
Pound Cake .....	25
Powdered cheese in boxed macaroni .....	10
Preserves .....	15
Pretzel chips .....	20
Pretzel, Dutch Style (soft).....	21, 25
Pretzel, Thin (hard) .....	21, 25
Pudding .....	5, 7
Pudding Pops .....	7
Puddings with Fruit.....	15
Puff Pastry.....	25
Pumpernickel Bread.....	25
Pumpkin Bread.....	25
Pumpkin in Bread .....	15
Quiche .....	10
Quinoa.....	3
Raisins.....	16, 30
Raisin Bread.....	25

Ravioli.....	9, 25
Reconstituted Dry Milk.....	5, 7
Rice .....	25
Rice Cakes .....	25
Rice Milk .....	7
Rice Pudding.....	25
Rolls – All Types .....	19, 22, 25
Roman Meal Bread .....	25
Rye Wafers.....	25
Salad Dressing .....	15
Salsa .....	16
Sausage .....	10
Seeds .....	3, 9, 10, 26, 30
Shellfish .....	10
Sherbet/Sorbets .....	7, 16
Skim Milk .....	7, 29
Snack Type Crackers.....	25
Sopapillas.....	25
Soup/Soups (Itemized).....	16
Sour Cream .....	7
Soy Beverages/Drinks.....	7
Soy Milk.....	7
Spaghetti Sauce.....	16
Sprouts .....	16
Squash Bread .....	25
Squash in Bread .....	15
Stuffing, Bread.....	25
SunButter® .....	10
Sweet Rolls and Buns .....	25
Sweetened Condensed Milk.....	7
Syrup (Fruit Flavored).....	15
Taco Chips or Tortilla Chips.....	25
Taco Shells.....	25
Tapioca.....	24
Teddy Grahams .....	25
Teething Biscuits .....	29
Toaster Pastries with Fruit .....	15

Toaster Pastry.....	19, 25
Tofu.....	10
Tomato Sauce.....	16, 18
Tortillas.....	25
Trail Mix, Party Mix, Gorp.....	25
Turkey Bacon.....	10
UHT (Ultra High Temperature) Milk.....	7
Vegetable Juice Blends.....	16
Vegetable, chopped.....	16
Vegetables.....	13-18, 28-30
Vienna Sausage.....	10
Wafers, Vanilla.....	25
Waffles.....	25
Wheat Germ/Bran.....	25
Whole Grain or Enriched Bread (all types).....	25
Whole Milk.....	4, 5, 7, 29
Won Ton Wrappers (See: Egg Roll).....	20, 24
Yogurt.....	3, 4, 7, 10, 11, 29
Yogurt covered fruits, nuts.....	10
Yogurt, Homemade.....	10
Yogurt, Liquid.....	10
Yogurt, unsweetened or sweetened, flavored or plain.....	10
Yogurt with Fruit.....	15
Zucchini Bread.....	25
Zucchini in Bread.....	15