

Infant Meal Pattern

	Birth through 3 months	4 through 7 months	8 through 11 months
Breakfast	4-6 fluid ounces formula (1) or breast milk (2,3)	4-8 fluid ounces formula (1) or breast milk (2,3) and 0-3 Tbsp. Infant cereal (1,4)	6-8 fluid ounces formula (1) or breast milk (2,3) and 2-4 Tbsp. Infant cereal (1) and 1-4 Tbsp fruit and/or vegetable
Lunch or Supper	4-6 fluid ounces formula (1) or breast milk (2,3)	4-8 fluid ounces formula (1) or breast milk (2,3) and 0-3 Tbsp. Infant cereal (1,4) and 0-3 Tbsp. Fruit and/or vegetable or both (4)	6-8 fluid ounces formula (1) or breast milk (2,3) and 2-4 Tbsp. Infant cereal (1); and/or 1-4 Tbsp. Meat, fish, poultry, egg yolk, cooked dry beans or peas; or 2-2 ounces cheese; or 1-4 Ounces (volume) Cottage cheese; 1-4 ounces (weight) cheese food or cheese spread; and 1-4 Tbsp. Fruit and/or vegetables or both.
Supplement (snack)	4-6 fluid ounces formula (1) or breast milk (2,3)	4-6 fluid ounces formula (1) or breast milk (2,3)	2-4 fluid ounces formula (1), breast milk (2,3), or fruit juice (5); and 0-2 bread (4,6) or 0-2 crackers (4,6)

- (1) Infant formula and dry infant cereal shall be iron-fortified.
- (2) Breast milk or formula, or portions of both may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.
- (3) For some breast fed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
- (4) A serving of this component is required only when the infant is developmentally ready to accept it.
- (5) Fruit juice shall be full-strength.
- (6) A serving of this component must be made from whole-grain or enriched meal or flour.

Child and Adult Care Food Program Meal Pattern Requirements for Children

Meal Components	Ages 1-2	Ages 3-5	Ages 6-12
Breakfast:			
• Milk, Fluid	½ cup (4 ounces)	¾ cup (6 ounces)	1 cup (8 ounces)
• Juice or Fruit or Vegetable ¹	¼ cup	½ cup	½ cup
• Bread or Bread alternate or • Cornbread, biscuits, rolls, muffins, etc. • Cereal, cold dry ² • Cereal, hot cooked • Noodles, Pasta, or Noodles Products	½ slice ½ serving ¼ cup or ⅓ ounce ¼ cup ¼ cup	½ slice ½ serving ⅓ cup or ½ ounce ¼ cup ¼ cup	1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup
Supplement (Snack): (Select 2 of the 4 components)			
• Milk, Fluid	½ cup (4 ounces)	½ cup (4 ounces)	1 cup (8 ounces)
• Juice or fruit or vegetable ¹	½ cup	½ cup	¾ cup
• Meat or Meat Alternate • Cheese • Egg (large) • Cooked dry beans or dry peas • Peanut Butter or other nut or seed butters • Nuts and/or seeds ⁴ • Yogurt, plain or sweetened ³	½ ounce ½ ounce ½ ⅛ cup 1 TBSP ½ ounce ⁴ 2 ounces	½ ounce ½ ounce ½ ⅛ cup 1 TBSP ½ ounce ⁴ 2 ounces	1 ounce 1 ounce ½ ¼ cup 2 TBSP 1 ounce 4 ounces
• Bread or bread alternate including • Cereal, cold dry • Cereal, hot cooked • Cooked pasta or noodle products	½ slice ¼ cup or ⅓ ounce ¼ cup ¼ cup	½ slice ⅓ cup or ½ ounce ¼ cup ¼ cup	1 slice ¾ cup or 1 ounce ½ cup ½ cup
Lunch or Supper:⁴			
• Milk, fluid	½ cup (4 ounces)	¾ cup (6 ounces)	1 cup (8 ounces)
• Meat or poultry or fish • Or Egg • Or Cheese • Or cooked dry beans or dry peas • Or Peanut Butter and other “Butters” • Or Nuts and Seeds ⁴ • Or Yogurt ³	1 ounce 1 1 ounce ¼ cup 2 TBSP ½ ounce ⁴ 4 ounces	1 ½ ounces 1 1 ½ ounces ⅔ cup 3 TBSP ¾ ounce ⁴ 6 ounces	2 ounces 1 2 ounces ½ cup 4 TBSP 1 ounce 8 ounces
• Vegetables and/or fruits or juice (2 or more total)	¼ cup	½ cup	¾ cup
• Bread or bread alternate • Cooked cereal grains • Cooked pasta or noodle products	½ serving or ½ slice ¼ cup ¼ cup	½ serving or ½ slice ¼ cup ¼ cup	1 serving or 1 slice ½ cup ½ cup

¹ IF YOU ARE SERVING JUICE: Try not to serve juice to meet the fruit/vegetable requirement too many times throughout the day. It may fill up the children and take the place of other needed nutrients.

² Cup measurement is volume, ounce measurement is weight, whichever is less.

³ Yogurt is permitted as a meat/meat alternate. Four ounces (½ cup) of yogurt fulfills the equivalent of 1 ounce of meat/meat alternate.

⁴ Nuts and seeds may be credited towards meeting only 50% of the meat/meat alternate requirement. Nuts and seeds are NOT recommended for children under 4 years of age. 1 ounce of nuts or seeds = 1 ounce of cooked lean meat.

Crediting Foods

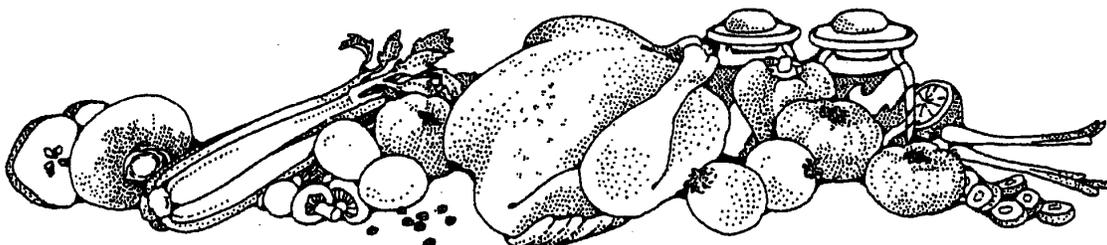
One goal of the Child and Adult Care Food Program (CACFP) is to improve the health and nutrition of children in the Program. The Program also promotes good eating habits and nutrition education. The *Food Buying Guide (FBG) for Child Nutrition Programs* is the main resource used to determine the contribution foods make toward the meal requirements. The same rules apply for foods prepared on-site or purchased commercially.

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

- Nutrient content
- Function in a meal
- Regulations governing the Child Nutrition Programs (on quantity requirements and/or by definition)
- FDA Standards of Identity
- USDA standards for meat and meat products
- Administrative policy decisions on the crediting of particular foods

Noncreditable or **other** foods are not creditable toward the meal pattern. Noncreditable foods do not meet the requirements for any component in the meal pattern. However, noncreditable foods may supply calories which 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.

The IDOE reimburses child care centers and family day care home sponsors participating in the CACFP for the meals served, not for individual foods. A meal is reimbursable if it contains foods in amounts required by the meal pattern for the specific age group. Meals that contain foods in addition to all components specified in the meal pattern are also reimbursable.



Meeting the Meal Pattern Requirements

A meal component can consist of one or more creditable foods. For lunches or suppers served to children 3 through 5 years old:

- At least 1/4 ounce of meat/meat alternate must be served to count toward the 1.5 ounce meat/meat alternate requirement.
- At least 1/8 cup of fruit or vegetable must be served to count toward the 1/2 cup fruit and/or vegetable requirement. Any amount less than 1/8 cup is considered a garnish.
- At least 1/4 slice of bread or its equivalent must be provided to count toward the 1/2 slice equivalent grains/breads requirement.
- A full serving of milk must be served to count toward the 3/4 cup fluid milk requirement.

Portion Sizes

Consider the serving size of menu items when planning meals to meet the meal pattern. A small amount of food can often satisfy a young child's appetite.

Some foods will meet the meal pattern requirements only when very large serving sizes are provided. When large serving sizes are needed, serve a smaller portion and supplement with another food from the same component. For example, instead of serving 3 tablespoons of peanut butter to a three year-old at lunch, serve one tablespoon of peanut butter and 1 ounce of cheese to meet the meat/meat alternate requirement.

Combination Dishes

Dishes that contain foods from more than one food group are combination dishes. **It is recommended that combination dishes be credited for only one or two meal pattern components.** This is to ensure children do not go hungry when a dish is disliked. For example, if lasagna were to contribute toward the meat/meat alternate, the fruit/vegetable and the grains/breads components, and if a child disliked the lasagna, he/she would not receive a sufficient amount of food.

Prepackaged combination dishes are creditable only if (1) the food is CN labeled or (2) a product formulation sheet signed by an official of the manufacturer (not a salesperson) is on file stating the amount of meat/meat alternate, fruit/vegetable, and/or grains/breads in the product.



The following food lists include only those foods about which crediting inquiries are often made or foods that are often credited incorrectly. Use of product brand names does not constitute USDA approval or endorsement. Product names are used solely for clarification. If you have a question regarding the crediting of a particular item not listed here, contact your State agency or sponsor for information.

Grains/Breads

CACFP regulations require that breakfast, lunch and supper contain a grains/breads serving in the amount specified for each age group served. A grains/breads item may also be served as one of the two components of a snack.

Grains/breads may be credited when the products are whole-grain, bran, germ or enriched or made with whole-grain, bran, germ and/or enriched meal or flour. If it is a cereal, the product must be whole-grain, bran, germ, enriched, or fortified. If the product is enriched, the item must meet the Food and Drug Administration's Standards of Identity for enriched bread, macaroni and noodle products, rice, cornmeal or corn grits. The grains/breads item must contain enriched flour, bran, germ and/or whole-grain as specified on the label or according to the recipe or must be enriched in preparation or processing and labeled "enriched."

The grains/breads item must serve the customary function of bread in a meal. For a lunch or supper, this means that the item must be served as an accompaniment to the main dish (i.e. dinner rolls), or as a recognizable integral part of the main dish (i.e. taco shells, pot pie crust or spaghetti).

Grains/breads items have been divided into nine groups. The required weight for each group is based on the key nutrients in one slice of bread (25 grams or 0.9 oz) or an equal amount (14.75 grams) of whole-grain, bran, germ or enriched flour. Within each group, all bread items have approximately the same nutrient and grain content in each serving. Items with fillings, toppings, etc. require larger serving sizes to meet minimum grain content. A chart classifying products by groups and crediting them according to product weights based on FNS Instruction 783-1, Rev 2, is included on the next two pages. For homemade products, serving sizes can be determined based on the grains and/or cereal content, following the steps in the section, Evaluating Recipes.

When planning menus, the practicality of the serving size for the age of the child being served should be taken into consideration. Also, **it is recommended that no more than two dessert-type items be served as a snack each week.** Examples of dessert-type items can be found in the grains/breads chart in this section.

State agencies and sponsors are excellent sources for additional information on the crediting of grains/breads.



Grains/Breads for the Child Nutrition Programs		
The serving size for children ages 1-5 is 1/2. The serving size for children ages 6-12 is 1.		
Group F		
1/4 serving = 19 grams (0.7 oz)		3/4 serving = 56 grams (2 oz)
1/2 serving = 38 grams (1.3oz)		1 serving = 75 grams (2.7 oz)
Cake - plain, unfrosted Coffee Cake		
Group G		
1/4 serving = 29 grams (1 oz)		3/4 serving = 86 grams (3 oz)
1/2 serving = 58 grams (2 oz)		1 serving = 25 grams (0.9 oz)
Brownies – plain Cake – all varieties, frosted		
Group H		
1 serving= 1/2 cup cooked or 25 grams (0.9 oz) dry 3/4 serving = 3/8 cup cooked or 19 grams (0.7 oz) dry 1/2 serving = 1/4 cup cooked or 13 grams (0.5 oz) dry 1/4 serving = 2 tablespoons cooked or 6 grams (0.2 oz) dry		
Barley	Macaroni - all shapes	Ravioli- noodle only
Breakfast Cereals – cooked	Noodles - all varieties	Rice - enriched white or brown
Bulgur (cracked wheat)	Pasta - all shapes	
Group I		
1 serving = 3/4 cup or 1 oz, whichever is less 1/2 serving = 1/3 cup or 0.5 oz, whichever is less 1/4 serving 1/4 cup or 9 grams or 0.3 oz, whichever is less		
Ready to Eat Breakfast Cereal - cold, dry		

Crediting Foods

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
bagels	X		Group B Ages 1-5: one serving = 13g or 0.5 oz Ages 6-12: one serving = 25g or 0.9 oz	Bagels are relatively low in fat and high in complex carbohydrates. Enriched bagels contain significant amounts of thiamin, riboflavin, iron and niacin. Whole-grain varieties are good sources of fiber.
banana bread	X		See: Quick bread	
bagel chips	X		See: Chips.	
barley	X		Group H Ages 1-5: one serving = 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving = 25g or 0.9 oz dry or 1/2 cup cooked	
batter-type coating	X		Batters may be credited when served as a part of the main dish of the meal. Crediting is based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. It may be difficult to determine the amount of batter on products. It is recommended that another bread item be served with the meal. Group B Ages 1-5: one serving = 13g or 0.5 oz Ages 6-12: one serving = 25g or 0.9oz	Foods with a batter-type coating may be high in fat
biscuits	X		Homemade biscuits may be credited based on the amount of whole grain, bran, germ and/or enriched meal or flour in the recipe. For commercial biscuits, use Group B. Ages 1-5: one serving = 13g or 0.5 oz Ages 6-12: one serving = 25g or 0.9 oz	Biscuits may be high in fat
Boston brown bread	X		See: Quick Breads	
bread pudding	X		Bread pudding may be credited for snack only, based on the amount of whole grain, bran, germ or enriched bread in a serving.	It is recommended that no more than two dessert type items be served as a snack each week.
breads (white, rye, whole wheat, pumpernickel, seven grain, Italian, Roman meal, French, etc.)	X		Breads may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial breads, use Group B. Ages 1-5: one serving = 13g or 0.5 oz Ages 6-12: one serving = 25g or 0.9 oz	Breads are excellent sources of complex carbohydrates and fiber along with thiamin, riboflavin, niacin and iron. Breads are usually low in fat
bread sticks, hard	X		Group A Ages 1-5: one serving = 10 or 0.4 oz Ages 6-12: one serving = 20g or 0.7 oz	

Crediting Foods

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
bread stuffing/dressing, dry	X		Homemade stuffing may be credited based on the amount of bread in the recipe. For commercial stuffing made from croutons or quick stuffing mixes, use Group A. Ages 1-5: one serving = 10g or 0.4 oz Ages 6-12: one serving = 20g or 0.7 oz	Bread stuffing may be high in fat depending on the recipe followed.
breadings	X		Breadings may be credited when served as a part of the main dish of the meal. Crediting is based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. It may be difficult to determine the amount of breading on products. It is recommended that another bread item be served with the meal. For commercial breadings, use Group A. Ages 1-5: one serving = 10g or 0.4 oz Ages 6-12: one serving = 20g or 0.7 oz	Breaded foods may be high in fat
brownies, plain	X		Plain brownies may be credited for snack only, based on the amount of whole-grain, bran, germ and/or enriched meal and flour in the recipe. For commercial brownies, use Group G. Ages 1-5: one serving = 58g or 2 oz Ages 6-12: one serving = 115g or 4 oz	Since flour is not usually the main ingredient in brownies, a large serving will be needed. This may be impractical for young children. It is recommended that no more than two dessert type items be served as a snack each week.
brownies, frosted or with fillers such as cream cheese, nuts, etc.		X		
bulgur	X		Group H Ages 1-5: one serving = 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving = 25g or 0.9 oz dry or 1/2 cup cooked	
buns, hamburger and hot dog	X		Homemade buns may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial buns, use Group B. Ages 1-5: one serving = 13g or 0.5 oz Ages 6-12: one serving = 25g or 0.9 oz	

Crediting Foods

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
cake	X		Homemade cake may be credited based on the amount of whole-grain, bran, germ and/or enriched meat or flour in the recipe. For commercial cake, unfrosted, use Group F. Ages 1-5: one serving = 38g or 1.3 oz Ages 6-12: one serving = 75g or 2.7 oz For commercial cake, frosted, use Group G Ages 1-5: one serving = 58g or 2 oz Ages 6-12: one serving = 115g or 4 oz	Since flour is not usually the main ingredient in cake, a large serving will be needed. This may be impractical for young children. It is recommended that no more than two dessert type items be served as a snack each week.
caramel corn		X	Popcorn does not meet the definition of grains/breads	Popcorn is a good source of fiber.
carrot bread	X		See: Quick bread	
cereal bars	X		See: Granola Bars	It is recommended that no more than two dessert-type items be served as a snack each week
cereal, cooked	X		Group H Ages 1-5: one serving = 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving = 25g or 0.9 oz dry or 1/2 cup cooked	
cereal, dry	X		Group I Ages 1-2: one serving: = 1/4 cup or 0.3 oz* Ages 3-5: one serving: = 1/3 cup or 0.5 oz* Ages 6-12: one serving = 3/4 cup or 1 oz* *whichever is less	
cheese puffs	X		See: Chips	Cheese puffs may be high in fat and salt.
chips	X		Chips made from whole-grain, whole corn, bran, germ and/or enriched meal or flour are credible using Group B. Ages 1-5: one serving: = 13g or 0.5 oz* Ages 6-12: one serving = 25g or 0.9 oz	Chips may be high in fat and salt.
chow mein noodles	X		Group A Ages 1-5: one serving = 10g or 0.4 oz Ages 6-12: one serving = 20g or 0.7 oz	
cinnamon roll	X		See: Sweet Rolls	These rolls may be high in fat and sugar. It is recommended that no more than two dessert type items be served as a snack each week.

Crediting Foods

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
cobbler, fruit	X		The bread portion of the cobbler is creditable for snack only, based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. See: Fruit/Vegetable section for additional crediting information.	It is recommended that no more than two dessert type items be served as a snack each week.
coffee cake	X		Homemade coffee cake is creditable for breakfast/snack only, based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Commercial coffee cake may be credited using Group F. Ages 1-5: one serving = 38g or 1.3 oz Ages 6-12: one serving = 75g or 2.7 oz	It is recommended that no more than two dessert type items be served as a snack each week.
cookies	X		Homemade cookies may be credited for snack only, based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial cookies, plain, use Group C. Ages 1-5: one serving = 16g or 0.6 oz Ages 6-12: one serving = 31g or 1.1 oz For commercial cookies with nuts, raisins, chocolate pieces, peanut butter, fillings, and/or fruit purees, use Group E. Ages 1-5: one serving = 31g or 1.1 oz Ages 6-12: one serving = 63g or 2.2 oz	It is recommended that no more than two dessert type items be served as a snack each week.
corn		X	See: Fruits and Vegetables.	Corn is considered a vegetable.
cornbread	X		Homemade cornbread may be credited based on the amount of whole-grain and/or enriched meal or flour in the recipe. For commercial cornbread, use Group C. Ages 1-5: one serving = 16g or 0.6 oz Ages 6-12: one serving = 31g or 1.1 oz	
corn chips	X		See: Chips.	Must be labeled whole or enriched corn.
corn dog batter	X		See: Batter Type Coating	
cornmeal	X		If corn meal is used in a recipe: Ages 1-5: one serving = 7.38g Ages 6-12: one serving = 14.75g	Must be labeled whole or enriched corn meal.
corn muffin	X		Homemade corn muffins may be credited based on the amount of whole-grain and/or enriched meal or flour in the recipe. For commercial corn muffins, use Group C. Ages 1-5: one serving = 16g or 0.6oz Ages 6-12: one serving = 1g or 1.1oz	
couscous	X		See: Pasta	

Crediting Foods

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
crackers	X		For saltine or snack crackers, use Group A. Ages 1-5: one serving = 10g or 0.4 oz Ages 6-12: one serving = 20g or 0.7 oz For graham or animal crackers, use Group B. Ages 1-5: one serving = 13g or 0.5 oz Ages 6-12: one serving = 25g or 0.9 oz	Some crackers are high in fat and/or salt. They should be served in moderation.
cream puff shells	X		Homemade cream puff shells may be credited for snack only based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial cream puff shells, use Group D. Ages 1-5: one serving = 25g or 0.9 oz Ages 6-12: one serving = 50g or 1.8 oz For commercial filled cream puffs, use Group E. Ages 1-5: one serving = 31g or 1.1 oz Ages 6-12: one serving = 63g or 2.2 oz	Cream puffs and traditional custard or cream fillings are high in fat. It is recommended that no more than two dessert type items be served as a snack each week.
crepes	X		Homemade crepes may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial crepes, use Group C. Ages 1-5: one serving = 16g or 0.6 oz Ages 6-12: one serving = 31g or 1.1 oz	
crisp	X		The grains/breads portion of the crisp is creditable for snack only, based on the amount of cereal and/or whole-grain, bran; germ and/or enriched meal or flour in the recipe. See: Fruit/Vegetable section for additional crediting information.	It is recommended that no more than two dessert type items be served as a snack each week.
croissants	X		Group C Ages 1-5: one serving = 16g or 0.6 oz Ages 6-12: one serving = 31g or 1.1 oz	Croissants may be high in fat.
croutons			Group A. Ages 1-5: one serving = 10g or 0.4 oz Ages 6-12: one serving = 20g or 0.7 oz	
cupcakes	X		See: Cakes.	It is recommended that no more than two dessert type items be served as a snack each week.
Danish pastry	X		See: Sweet rolls	It is recommended that no more than two dessert type items be served as a snack each week.

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
doughnuts	X		Homemade doughnuts are creditable for breakfast/snack only based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial doughnuts, unfrosted, use Group D. Ages 1-5: one serving = 25g or 0.9 oz Ages 6-12: one serving = 50g or 1.8 oz For commercial doughnuts, frosted, glazed and/or filled, use Group E. Ages 1-5: one serving = 31g or 1.1 oz Ages 6-12: one serving = 63g or 2.2 oz	Doughnuts may be high in fat and sugar. It is recommended that no more than two dessert type items be served as a snack each week..
dressing	X		See: Bread Stuffing	
dumplings	X		See: Batters	
egg roll or wonton wrappers	X		Group B Ages 1-5: one serving = 13g or 0.5 oz Ages 6-12: one serving = 25g or 0.9 oz	
English muffins	X		Group B Ages 1-5: one serving = 13g or 0.5 oz Ages 6-12: one serving = 25g or 0.9 oz	
French bread	X		See: Bread.	
French toast	X		Homemade French toast may be credited based on the amount of whole-grain, bran, germ and/or enriched bread in the recipe. For commercial French toast, use Group E. Ages 1-5: one serving = 31g or 1.1 oz Ages 6-12: one serving = 63g or 2.2 oz	
fried bread	X		Fried bread may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.	Fried bread is high in fat.
ginger bread	X		See: Cake.	It is recommended that no more than two dessert type items be served as a snack each week.
glorified rice	X		See: Rice pudding	It is recommended that no more than two dessert type Items be served as a snack each week.
grain fruit bars/fruit and cereal bars	X		Grain fruit bars may be credited for breakfast/snack only using Group E. Ages 1-5: one serving = 31g or 1.1 oz Ages 6-12: one serving = 63g or 2.2 oz	It is recommended that no more than two dessert type items be served as a snack each week.

Crediting Foods

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
granola bars	X		<p>Granola bars may be credited for breakfast/snack only based on the amount of cereal and/or whole-grain, bran, germ and/or enriched meal or flour in the recipe.</p> <p>For commercial granola bars, plain, use Group D.</p> <p>Ages 1-5: one serving = 25g or 0.9 oz Ages 6-12: one serving = 50g or 1.8 oz</p> <p>For commercial granola bars with nuts, raisins, chocolate pieces and/or fruit, use Group E.1</p> <p>Ages 1-5: one serving = 31g or 1.1 oz Ages 6-12: one serving = 63g or 2.2 oz</p>	<p>Granola bars may be high in sugar and fat. They can be a good source of fiber and complex carbohydrates.</p> <p>It is recommended that no more than two dessert type items be served as a snack each week..</p>
grits, com, enriched	X		<p>Corn grits must be enriched to be credited. If corn grits are served as a cooked cereal, use Group H.</p> <p>Ages 1-5: one serving = 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving = 25g or 0.9 oz dry or 1 1/2 cup cooked</p> <p>If corn grits are used in a recipe: Ages 1-5: one serving = 7.38g Ages 6-12: one serving = 14.75g</p>	
hominy		X	<p>Hominy is not creditable. It is not made from the whole kernel of corn and therefore, does not meet the criteria for grains/breads.</p>	
hushpuppies	X		<p>Homemade hushpuppies may be credited based on the amount of cereal and/or whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial hush puppies, use Group C.</p> <p>Ages 1-5: one serving = 16g or 0.6 oz Ages 6-12: one serving = 31g or 1.1 oz</p>	
ice cream cones	X		<p>Ice cream cones may be credited for snack only. It may take two or three cones to equal one serving. Group A</p> <p>Ages 1-5: one serving = 10g or 0.4 oz Ages 6-12: one serving = 20g or 0.7 oz</p>	<p>It is recommended that no more than two dessert type items be served as a snack each week.</p>
lefsa	X		<p>Lefsa is an unleavened bread made primarily of potatoes and flour. Lefsa is often rolled with butter, brown sugar, jams, or cinnamon and sugar.</p> <p>Lefsa is credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.</p>	

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
macaroni, all shapes	X		Macaroni must be whole-grain, bran, germ or enriched. Group H Ages 1-5: one serving = 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving = 25g or 0.9 oz dry or 1/2 cup cooked.	
toast	X		Group A Ages 1-5: one serving = 10g or 0.4 oz Ages 6-12: one serving = 20g or 0.7oz	
millet	X		Group H Ages 1-5: one serving = 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving = 25g or 0.9 dry or 1/2 cup cooked	
muffins	X		Homemade muffins may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial corn muffins, use Group C. Ages 1-5: one serving = 16g or 0.6 oz Ages 6-12: one serving = 31g or 1.1 oz For other muffins, use Group D. Ages 1-5: one serving = 25g or 0.9 oz Ages 6-12: one serving = 50g or 1.8 oz	
nachos	X		See: Chips	
noodles	X		Noodles must be whole-grain, bran, germ or enriched. Group H Ages 1-5: one serving = 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving = 25g or 0.9 oz dry or 1/2 cup cooked	
nut or seed meal or flour		X	Nuts and seeds are not grains and there are no standards for enrichment.	
oat bran	X		If oat bran is used in a recipe: Ages 1-5: one serving = 7.38g Ages 6-12: one serving = 14.75g	
oatmeal	X		If oatmeal is served as a cooked cereal, use Group H. Ages 1-5: one serving = 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving = 25g or 0.9 oz dry or 1/2 cup cooked If oatmeal is used in a recipe: Ages 1-5: one serving = 7.38g Ages 6-12: one serving = 14.75g	

Crediting Foods

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
pancakes	X		Homemade pancakes may be credited based on the amount of whole-grain, bran, germ, and/or enriched meal or flour in the recipe. For commercial pancakes, use Group C. Ages 1-5: one serving = 16g or 0.6 oz Ages 6-12: one serving = 31g or 1.1 oz	
party mix	X		Party mix may be credited based on the cereal content per serving. Group I Ages 1-2: one serving = 1/4 cup or 0.3 oz* Ages 3-5: one serving = 1/3 cup or 0.5 oz* Ages 6-12: one serving = 3/4 cup or 1 oz* *whichever is less	
Pasta	X		Pasta. must be whole-grain, bran, germ or enriched. Group H Ages 1-5: one serving 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving 25g or 0.9 oz dry or 1/2 cup cooked	
pie crust	X		Homemade pie crust served in dessert pies, meat/meat alternate pies and turnovers may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial pie crust, use Group C. Ages 1-5: one serving = 16g or 0.6 oz Ages 6-12: one serving = 31g or 1.1 oz	Pie crust may be high in fat. Dessert pies may be credited for snack only. It is recommended, that no more than two dessert type items be served as a snack each week.
pineapple-upside-down cake	X		Upside-down cakes may be credited for snack only, based on the whole-grain, bran, germ and/or enriched meal or flour in the recipe. Crediting by weight may be impractical.	It is recommended that no more than two dessert type items be served as a snack each week.
pita bread	X		Group B Ages 1-5: one serving 13g or 0.5oz Ages 6-12: one serving = 25g or 0.9 oz	Pita bread is a good source of complex carbohydrates. Enriched pita is a good source of thiamin, riboflavin, thiamin and iron. Whole wheat pita can be high in fiber.
pizza crust	X		Homemade pizza crust may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Commercial pizza crust may be credited using Group B. Ages 1-5: one serving = 13g or 0.5 oz Ages 6-12: one serving = 25g or 0.9 oz	

Crediting Foods

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Pop Tarts	X		See: Toaster pastry.	It is recommended that no more than two dessert type items be served as a snack each week.
popcorn		X	Popcorn does not meet the general requirements for grains/breads.	.
popovers	X		Homemade popovers may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. Commercial popovers may be credited using Group C. Ages 1-5: one serving = 16g or 0.6 oz Ages 6-12: one serving = 31g or 1.1 oz	
potato chips or shoe string potatoes		X	Potato chips are not a grain-based chip and not creditable.	
potato pancakes		X	Potato pancakes contain a minimal quantity of flour.	
potatoes		X	See: Fruits and Vegetables.	Potatoes are a vegetable.
pound cake	X		See: Cakes.	It is recommended that no more than two dessert type items be served as a snack each week.
pretzel chips	X		See: Pretzels, hard.	
pretzels, hard	X		Group A Ages 1-5: one serving = 10g or 0.4 oz Ages 6-12: one serving = 20g or 0.7 oz	
pretzels, soft	X		Soft pretzels may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe using Group B. Ages 1-5: one serving = 13g or 0.5 oz Ages 6-12: one. serving = 25g or 0.9 oz	
puff pastry	X		Homemade puff pastry may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial puff pastry, use Group 0. Ages 1-5: one serving = 25g or 0.9 oz Ages 6-12: one serving = 50g or 1.8 oz	Puff pastry may be high in fat.
pumpnickel bread	X		See: Breads.	
pumpkin bread	X		See: Quick bread.	
quick bread	X		Homemade quick breads may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour In the recipe. Commercial quick breads may be credited using Group D. Ages 1-5: one serving = 25g or 0.9 oz Ages 6-12: one serving = 50g or 1.8 oz	

Crediting Foods

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
quinoa	X		Quinoa is a cereal-like plant product Group H Ages 1-5: one serving = 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving = 25g or 0.9 oz dry or 1/2 cup cooked	
raisin bread	X		See: Bread.	
ravioli	X		The pasta in homemade ravioli is creditable based on the amount of whole-grain, bran, germ or enriched meal or flour in the recipe. For commercial ravioli, use Group H. Ages 1-5: one serving = 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving = 25g or 0.9 oz dry or 1/2 cup cooked	
rice, white or brown	X		Rice must be whole-grain or enriched. Group H Ages 1-5: one serving = 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving = 25g or 0.9 oz dry or 1/2 cup cooked	Rice is a good source of complex carbohydrates.
rice cakes	X		Rice cakes must be enriched or whole-grain. Rice cakes which are made of puffed rice may be credited based on the serving size for cereal. Group I Ages 1-2: one serving = 1/4 cup or 0.3 oz* Ages 3-5: one serving = 1/3 cup or 0.5 oz* Ages 6-12 one serving = 3/4 cup or 1 oz* *whichever is less	
rice cereal bars	X		Ages 1-2: one serving = 1/4 cup or 0.3oz* Ages 3-5: one serving = 1/3 cup or 0.5 oz* Ages 6-12: one serving = 3/4 cup or 1 oz* *whichever is less	
rice pudding	X		Rice pudding may be credited for snack only based on the amount of whole-grain or enriched rice in a serving	It is recommended that no more than two dessert type items be served as a snack each week.
rolls, all varieties	X		See: Breads.	
Roman meal bread	X		See: Breads	
rye wafers	X		Group A Ages 1-5: one serving = 10g or 0.4 oz Ages 6-12: one serving = 20g or 0.7 oz	

Crediting Foods

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
scones	X		Homemade scones may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial scones, use Group E. Ages 1-5: one serving = 31g or 1.1 oz Ages 6-12: one serving = 63g or 2.2 oz	
sopaipillas	X		Homemade sopaipillas may be credited for snack only based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial sopaipillas, use Group C. Ages 1-5: one serving = 16g or 0.6 oz Ages 6-12: one serving = 31g or 1.1 oz	It is recommended that no more than two dessert type items be served as a snack each week.
spoon bread	X		Spoon bread may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe.	
squash bread	X		See: Quick bread.	
stuffing, bread	X		See: Bread stuffing.	
sweet rolls, sticky buns, cinnamon rolls, Danish pastries, caramel rolls	X		Homemade sweet rolls may be credited for breakfast/snack only based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial rolls, unfrosted, use Group D. Ages 1-5: one serving = 25g or 0.9 oz Ages 6-12: one serving = 50g or 1.8 oz For commercial rolls, frosted, use Group E. Ages 1-5: one serving = 31g or 1.1 oz Ages 6-12: one serving = 63g or 2.2 oz	These rolls may be high in fat and sugar. It is recommended that no more than two dessert type items be served as a snack each week.
taco chips	X		See: Chips.	
taco shells	X		Group B Ages 1-5: one serving = 13g or 0.5 oz Ages 6-12: one serving = 25g or 0.9 oz	
tapioca pudding		X		Tapioca is not a grain.
Toaster pastry	X		Toaster pastry may be credited for breakfast/snack only. For unfrosted toaster pastry use Group D. Ages 1-5: one serving = 25g or 0.9 oz Ages 6-12: one serving = 50g or 1.8 oz For frosted toaster pastry, use Group E. Ages 1-5: one serving = 31g or 1.1 oz Ages 6-12: one serving = 63g or 2.2 oz	

Grains/Breads				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
tortilla chips, wheat to corn	X		See: Chips	
tortillas, wheat to corn	X		Tortillas must contain whole-grain, bran, germ or enriched meal or flour. Group B Ages 1-5: one serving = 13g or 0.5 oz Ages 6-12: one serving = 25g or 0.9 oz	
turnovers	X		See: Pie Crust	Turnovers may be high in fat It is recommended that no more than two dessert type items be served as a snack each week.
waffles	X		Homemade waffles may be credited based on the amount of whole-grain, bran, germ and/or enriched meal or flour in the recipe. For commercial waffles, use Group C. Ages 1-5: one serving = 16g or 0.6 oz Ages 6-12: one serving = 31g or 1.1 oz	
wheat germ	X		If wheat germ is used in a recipe: Ages 1-5: one serving = 7.38g Ages 6-12: one serving = 14.75g	
wild rice	X		Group H Ages 1-5: one serving = 13g or 0.5 oz dry or 1/4 cup cooked Ages 6-12: one serving = 25g or 0.9 oz dry or 1/2 cup cooked	
zucchini bread	X		See: Quick bread	
zwieback	X		Group A Ages 1-5: one serving = 10g or 0.4 oz Ages 6-12: one serving = 20g or 0.7 oz	

Fruits and Vegetables

CACFP regulations require that breakfast 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 separate servings of vegetables or fruits. 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 component of the required two components of a snack. Juice may not be credited as one of the components of a snack when milk is served as the only other component.

For information on juices, refer to “Understanding Food Labels: What’s in a Food?”

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

Small amounts (less than 1/8 cup) of vegetables and fruits, used as garnishes, may not be counted toward the vegetable/fruit requirement.

Fruit or vegetable dishes that contain more than one fruit or vegetable, such as fruit cocktail, mixed fruit or mixed vegetables, may be credited toward only one of the two required components for lunch and supper.

Home canned products are not creditable because of health and safety reasons. For more information on canned foods, contact your State agency, sponsor or county extension agent

The following chart lists only those fruits and vegetables about which crediting inquiries are often made or foods that are often credited incorrectly. Refer to The Food Buying Guide for a complete list of fruits and vegetables used in Child Nutrition Programs.



Crediting Foods

Fruits and Vegetables				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
“ade” drinks (lemonade, limeade, etc.)		X	“Ade” drinks are not 100% full-strength juice.	“Ade” drinks are usually high in sugar.
apple butter		X	Apple butter does not contain enough fruit for crediting purposes.	
apple cider	X		Apple cider is a full-strength juice. Only pasteurized apple cider should be served.	
apple fritters, homemade	X		Apple fritters may be credited as part of the total requirement for fruits/vegetables if each serving has at least 1/8 cup of apples.	Apple fritters are high in fat.
aspic	X		See: Gelatin salads.	
banana bread		X	Fruit and vegetable breads, such as banana bread or zucchini bread, do not contain enough fruit/vegetable to be credited toward the fruit/vegetable requirement. They contain less than 1/8 cup per serving. See: Grains/Breads section for additional crediting information.	
banana pudding	X		Banana pudding may be credited based on the amount of fruit in each serving of pudding. Fruit may be credited as a fruit/vegetable if each serving has at least 1/8 cup of bananas.	
barbecue sauce		X	Barbecue sauce does not contain enough vegetable per serving to be credited.	Barbecue sauce may be high in salt. Choose lower sodium varieties or limit the use of barbecue sauces.
bean sprouts	X		Bean sprouts can be credited if at least 1/8 cup are served.	
beans, canned or dry	X		Beans and peas, canned or cooked from dry (kidney, garbanzo, black beans, etc.) may be credited as a vegetable. They cannot be credited toward the meat/meat alternate and the fruit/vegetable requirement in the same meal	Beans and peas are good sources of protein, fiber and iron and are naturally low in fat
beverages, fruit		X	Fruit beverages (juice drinks, punches) contain less than 50% full-strength juice. Fruit drinks are primarily sugar, flavors and water.	
cake containing fruit	X		Cakes containing at least 1/8 cup fruit per serving can be credited. See: Pineapple Upside Down Cake in the grains/breads section for additional crediting information.	
carrot bread		X	See: Banana bread	
catsup		X	There is not enough vegetable present to be credited.	
chili sauce		X	Chili sauce does not contain enough vegetable to be credited.	

Fruits and Vegetables				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
coconut		X	Coconut does not contribute towards the meal pattern. Coconut is considered a nut or seed product.	In comparison to other fruits, coconut is high in fat with approximately 7 grams of fat per every 1/4 cup serving. Most other fruits have less than 1 gram of fat per serving.
coleslaw	X		Only the vegetable/fruit ingredients can be counted toward the fruit/vegetable requirement	Cabbage is a good source of Vitamin C
corn chips		X	See: Chips in grains/breads section.	Chips are high in fat and salt.
corn syrup		X	Corn syrup is primarily sugar and does not make a contribution to the fruit/vegetable requirement.	
cranberries	X			Cranberries are a good source of Vitamin C and fiber
cranberry juice blend	X		Cranberry juice (not cocktail) in a blend with another full-strength juice is creditable (for example, 100% cranberry juice mixed with 100% apple juice). Cranberry juice (100%) that is not blended with other juices is not commercially available as a fruit juice	
cranberry juice cocktail		X	Cranberry juice cocktail contains less than 50% full-strength juice.	
cranberry relish or sauce	X		Only sauces with whole or crushed berries can be credited. Jellied sauces are up to half sugar and cannot be credited.	
drinks, fruit		X	Fruit drinks contain less than 50% full-strength juice. Fruit drinks are primarily sugar, flavors and water.	
dry spice mixes		X		
fig bar cookies		X	The amount of fig in the cookies is too small to count toward the fruit/vegetable component See: Cookies in the grains/breads section for additional crediting information.	
frozen fruit flavored bars (commercial)		X	Frozen fruit flavored bars do not contain enough fruit juice to be a-creditable.	
frozen fruit juice bars (homemade or commercial)	X		The fruit juice portion of the bars may be counted to meet the fruit/vegetable requirement. Commercial fruit juice bars containing 100% juice can be credited. Other commercial fruit juice bars cannot be credited because it is impossible to determine the amount of fruit juice in each bar.	
fruit cobblers (homemade)	X		The fruit may contribute toward the fruit/vegetable requirement if one serving contains at least 1/6 cup fruit. See: Cobblers in the grains/breads section for additional crediting information.	Depending on the recipe, fruit cobblers may be high in sugar and fat.

Fruits and Vegetables				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Fruit crisps (homemade)	X		The fruit may contribute towards the fruit/vegetable requirement if one serving contains at least 1/8 cup. See: Fruit Pie Filling and Crisps in the grains/breads section for additional crediting information.	Fruit crisps may be high in fat.
fruit, dried	X		Check the Food Buying Guide for serving sizes of various dried fruits.	
fruit drinks		X	See: Drinks, fruit in this section.	
fruit flavored punch		X	Fruit flavored punch does not contain a sufficient amount of full-strength juice.	Fruit punch is high in sugar.
fruit flavored powders and syrups		X	Fruit flavored powders and syrups do not contain a sufficient amount of fruit to contribute toward the fruit/vegetable requirement	Fruit flavored powders are primarily sugar and flavoring.
fruit juice bases	X		Fruit juice bases do not contain a sufficient amount of fruit per serving to contribute toward the fruit/vegetable requirement.	The use of fruit pies and pastries to meet the fruit/vegetable requirement should be limited due to high fat and sugar contents.
fruit pie filling, commercial	X		If the first item listed in the ingredient list is fruit, the filling may provide one-half credit (1/2 cup of fruit pie filling will provide 1/4 cup of fruit credit).	
fruit pie filling, homemade	X		In a homemade or center-made pie, the amount of fruit can be credited based on the amount of fruit in each serving,	The use of fruit pies to meet the fruit/vegetable requirement should be limited due to high fat and sugar contents,
fruit sauces, homemade	X		The fruit portion of the sauce may be credited. One serving must provide a minimum of 1/8 cup of fruit (2 Tbsp).	
fruit snacks		X	It is impossible to determine the amount of fruit in products such as fruit bars, roll-ups, wrinkles, or candy.	
gelatin salads or desserts with fruit/fruit juice/vegetable	X		The fruit/vegetable in gelatin salads or desserts may be credited toward the fruit/vegetable requirement if each serving contains a minimum of 1/8 cup fruit, vegetable or full-strength fruit or vegetable juice.	
gravy bases		X		
honey		X		
ice cream, fruit flavored		X	Fruit flavored ice cream contains an insufficient amount of fruit to credit toward the meal pattern.	
jam		X	Jam contains an insufficient amount of fruit per serving to credit toward the meal pattern.	Jams are high in sugar.
jelly		X	Jelly contains an insufficient amount of fruit per serving to credit toward the meal pattern.	Jellies are high in sugar.

Fruits and Vegetables				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
juice bars	X		Juice bars made from 100% juice can be credited.	
juice blends - all fruit juice	X		Juice blends that are combinations of full-strength juices may be credited. Only pasteurized fruit juices should be served.	
ketchup		X	There is-not enough vegetable present to be credited.	Ketchup has a high sodium content.
kiwi fruit	X		About six ¼-inch slices equals ¼ cup serving.	Kiwi fruit is a good source of Vitamin C.
Kool-Aid		X	See: Fruit Flavored Powders.	
lefsa	X		Lefsa is unleavened bread made primarily of potatoes and flour, Lefsa containing at least 1/8 cup of potato per serving is creditable as a fruit/vegetable. See: Lefsa in the grains/breads section for optional crediting information.	Lefsa is often served with butter, brown sugar, jams, or cinnamon and sugar. These toppings are high in fat and/or sugar.
lemon pie filling		X	Lemon pie filling contains an insufficient amount of fruit per serving.	
lemonade		X	For lemonade to be palatable the lemon juice must be diluted beyond the 50% fruit juice level and sugar must be added.	
maple syrup		X		
mayonnaise		X		
muffins with fruit		X	See: Banana bread in this section.	
mustard		X		
nectar (apricot pear, peach, etc.)		X	Nectars usually contain less than 50% full strength juice.	
oil, salad		X		
olives	X		Olives can be credited if each serving is at least 1/8 cup (2 tbsp).	Olives are high in salt and fat. This serving size is impractical for small children.
onion rings	X		Onion rings are creditable if they are homemade or if a product specification sheet is available which states the amount of onion.	Because they are fried, onion rings are high in fat.
pickles	X		Pickles can be credited if each serving is at least 1/8 cup (2 tbsp).	Pickles are high in sodium.
pickle relish		X	Pickle relish is considered a garnish or condiment.	
pineapple upside down cake	X		See: Cake Containing Fruit	
pizza sauce	X		At least 1/8 cup (2 tbsp) per serving is needed. 1/8 cup of pizza sauce 1/8 cup of vegetable.	
Pop Tart filling		X	See: Toaster Pastry Filling.	
popsicles		X	Popsicles do not contain a sufficient amount of fruit juice to be credited	Popsicles are high in sugar.
posole		X	Posole is a thick soup. It usually contains pork or chicken, broth, hominy, onion, garlic, dried chili peppers and cilantro.	

Fruits and Vegetables				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
potato chips		X		Potato chips are high in fat and salt.
potatoes and potato skins	X			Potato skins are high in fiber, Potatoes and potato skins can be high in fat if fried. Toppings such as sour cream, cheeses, butter or margarine are also high in fat
preserves		X	Preserves do not contain a sufficient amount of fruit per serving.	
pumpkin in bread		X	See: Banana bread.	
puddings with fruit	X		A serving must contain at least 1/8 cup or 2 tbsp of fruit per serving.	
raisins	X		1/4 cup of raisins equals 1/4 cup of fruit. Larger serving sizes may be impractical. Serve raisins with other fruits or vegetable	Raisins are high in sugar (1/4 cup is equivalent to almost 3 Tbsp sugar). Raisins are high in iron and fiber.
rice		X	Rice is a grain. See: Rice in the grains/breads section for crediting information.	
salad dressing		X		
salsa	X		Salsa that contains all vegetable ingredients plus minor amounts of spices or flavorings is creditable. At least 1/8 cup (2 tbsp) per serving is needed. 1/8 cup of salsa: 1/8 cup of vegetable. If salsa contains non-vegetable components, like gums, starches or stabilizers, only the portion that is vegetable may be credited.	
sherbet		X	Sherbet does not contain a sufficient amount of fruit per serving to be creditable.	
sorbet	X		Sorbet made from 100% juice is creditable.	
soup, canned ₁ condensed (1 part soup to 1 part liquid): clam chowder, minestrone, split pea, tomato, tomato with other basic components such as rice or vegetables, vegetable with other basic components such as meat or poultry	X		Based on reconstituted soup: 1 cup serving = 1/4 cup vegetable 1/2 cup serving = 1/8 cup vegetable A serving of less than 1/2 cup soup does not contribute to the fruit/vegetable requirement	Soups made from broths containing a variety of vegetables can be a nutritious, low-calorie main dish or accompaniment to a meal. Cream soups are high in fat. Some canned soups may be high in sodium.

Fruits and Vegetables				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
soup, canned, ready-to-serve: clam chowder, minestrone, split pea, tomato, tomato with other basic components such as rice or vegetables, vegetable with other basic components such as meat or poultry	X		1 cup serving = 1/4 cup vegetable 1/2 cup serving = 1/8 cup vegetable A serving of less than 1/2 cup soup does not contribute to the fruit/vegetable requirement.	Soups made from broths containing a variety of vegetables can be a nutritious, low-calorie main dish or accompaniment to a meal. Cream soups are high in fat. Some soups may be high in sodium.
soup, canned: beef (with vegetables and barley), beef, chicken or turkey noodle, chicken gumbo, chicken with rice or stars, cream of celery, cream of chicken, cream of mushroom, French onion, home-style beef or thickened, pepper steak, chicken corn chowder	X		Canned soups, such as these, do not contain a sufficient amount of vegetable to contribute toward the fruit/vegetable requirement	Soups made from broths containing a variety of vegetables can be a nutritious, low-calorie main dish or accompaniment to a meal. Cream soups are high in fat. Some soups may be high in sodium.
soup, dehydrated soup mixes	X		Dehydrated be credited. Yields for dehydrated vegetables must be based on the re-hydrated volume, not the dry volume stated on the label. Re-hydration yields vary from brand to brand. To determine the re-hydrated volume for vegetables: (1) Re-hydrate the dehydrated vegetable according to the manufacturer's directions by adding water or other liquid. (2) Measure the re-hydrated volume of the vegetables. (3) Calculate the number of servings provided. (4) Keep a record of yield data for referral.	Dry soups may be high in sodium.
soup, homemade	X		When making homemade soups, use a quantity of vegetables that results in at least 1/8 cup (2 Tbsp) vegetable per serving.	
spaghetti sauce	X		At least 1/8 cup (2 tbsps) per serving is needed. 1/8 cup of spaghetti sauce equals 1/8 cup of vegetable.	

Fruits and Vegetables				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Sprouts (alfalfa, bean, etc.)	X			
squash in bread		X	See: Banana Bread in this section.	
toaster pastry filling		X	These do not contain enough fruit to count toward the fruit/vegetable requirement. See: Toaster Pastry in the grains/breads section for additional crediting information	
tomato paste	X		One tablespoon = 1/4 cup vegetable	
tomato puree	X		Two tablespoon = 1/4 cup vegetable	
tomato sauce	X		One-fourth cup = 1/4 cup vegetable	
V-8 juice	X		See: Vegetable Juice Blends	
vegetable juice blends	X		Vegetable juice blends are mixed, full-strength vegetable juices.	Vegetable juice blends may contain a variety of nutrients. However, they may be high in sodium.
vegetable, chopped	X		Vegetables may be credited toward the meal pattern when at least 1/8 cup (2 tbsp) is provided per serving.	
vinegar		X		
wild plants	X		USDA does not recommend using wild plants due to the possibility of gathering look-alikes or poisonous plants, Mustard or dandelion greens, if used, should be purchased from a reputable commercial source.	Dark green leafy vegetables and greens are good sources of iron and vitamin A.
yogurt with fruit commercial		X	Commercially prepared yogurt with fruit contains less than 1/8 cup fruit per serving. Fruit added to yogurt is creditable. See meat/meat alternates section for crediting yogurt.	
zucchini bread		X	See: Banana Bread In this section.	



Meat and Meat Alternates

CACFP regulations require that all lunches and suppers contain a serving of meat or meat alternates as specified in the meal pattern. Meat or meat alternates may also be served as one of the two components of a snack.

Meat includes lean meat, poultry or fish. Meat alternates include cheese, eggs, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chestnut and coconut), and yogurt. These foods must be served in a main dish, or in a main dish and one other item, to meet this requirement.

The usual serving size of meat or meat alternate for preschool (ages 1-5) children ranges from 1 to 1.5 ounces. To be counted toward meeting any part of the meat/meat alternate requirement, a menu item must provide a minimum of 1/4 ounce of cooked lean meat or equivalent. The rest of the required serving must be met by adding other meat or meat alternates.

Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for lunch and supper or the entire meat/meat alternate requirement for a supplement.

Vegetable protein products may be counted as meeting part of the meat or meat alternate requirement. State agencies or sponsors can provide information on the preparation, serving and crediting of vegetable protein products.

Crediting Foods

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
acorns		X		Acorns have a low protein content
baco-bits		X		Baco-bits are low in protein and high in fat.
bacon and imitation bacon products		X		Bacon is low in protein and high in fat. Also, since the meat is cured and/or smoked, it is high in sodium.
bacon, turkey	X		See: Processed Meat and Poultry Products In this section.	
beans, canned or dry	X		Beans and peas cooked from dry may be credited as a meat/meat alternate. Canned black, garbanzo, kidney, pinto, etc. beans may be credited as a meat/meat alternate or as a fruit/vegetable, but not both. Canned green or yellow beans and green peas may be credited only as vegetables.	Beans and peas (those that can be credited as meat/meat alternates) are good sources of protein and fiber and are low in fat.
beef jerky	X		Beef jerky made with pure beef may be credited for snack only. The label should state: beef jerky chopped and formed, natural jerky, or beef jerky sausage.	Beef jerky does not serve the customary function of meat in a meat. Beef jerky is very high in sodium.
bologna	X		See: Processed Meat and Poultry Products In this section.	Bologna, and other processed meats are commonly high in fat and sodium. Like all processed meats, bologna is lower in protein than fresh meat by weight.
Canadian bacon	X		One pound (16 oz.) will yield 11 one-ounce servings of cooked meat. Refer to the Food Buying Guide or your State agency or sponsor for information.	Canadian bacon is high in sodium.
canned or frozen food, commercial: beef stew, chili mac, meat stew, pizza, pot pies, ravioli, etc.	X		These combination items are creditable only if (1) the food is CN labeled or (2) a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the amount of cooked lean meat/meat alternate in the product per serving, is on file.	Processed combination foods such as these are usually higher in fat and sodium than homemade foods.
canned pressed luncheon meat (Spam)	X		See: Processed Meat and Poultry Products in this section.	Canned pressed luncheon meat is usually high in fat and sodium.
cheese, cottage	X		A two-ounce (1/4 c) serving of cottage cheese is equivalent to a one-ounce the serving of meat	Cottage cheese contains less protein per ounce; therefore, required serving size is greater.
cheese, cream		X	Due to low protein and high fat content, a serving size that would provide enough protein would be excessive, especially for preschool children.	Cream cheese is high in fat and low in protein in comparison to other cheeses.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
cheese food and cheese spread (Velveeta, Cheese Whiz, includes reduced fat, lite, or non-fat substitutes)	X		A two-ounce serving of these products is equivalent to a one-ounce serving of meat.	Cheese food and cheese spread are often high in sodium. Try to watch for lower sodium varieties. These foods are higher in moisture content and lower in protein content than natural cheeses.
cheese, imitation		X	Products labeled "imitation" are not creditable.	
cheese, natural or process (American, brick, Cheddar, Colby, Monterey jack, mozzarella, Muenster, provolone, Swiss, includes reduced fat, lite or non-fat substitutes)	X		A one-ounce serving of natural or processed cheese is equivalent to one ounce of meat	Some cheeses are high in fat and cholesterol. Cheese is a good source of protein, calcium, vitamin A and vitamin D.
cheese, Neufchatel		X	Due to low protein and high fat content, a serving size that would provide enough protein would be excessive, especially for preschool children.	Neufchatel cheese contains less protein and more fat than other creditable cheeses.
cheese, Parmesan	X		Six tablespoons equal one ounce of meat. If served as a garnish, the cheese is not creditable because the serving size is too small.	
cheese, pimento	X		A two-ounce serving of pimento cheese is equivalent to one ounce of meat	
cheese products		X		Cheese product is a category name.
cheese, ricotta	X		A two-ounce (1/4 c) serving of ricotta cheese is equivalent to a one-ounce serving of meat.	Ricotta cheese has less protein and a greater moisture content than natural cheeses per ounce.
cheese, Romano	X		Six tablespoons equals one ounce of meat. If served as a garnish, the cheese is not creditable because the serving size is too small.	
chestnuts		X		Chestnuts are very low in protein.
chicken nuggets	X		See: Processed Meat and Poultry Products in this section.	.
chitterlings		X	Chitterlings have low protein content	Chitterlings are high in fat.
coconuts		X	Coconut cannot be credited as a meat/meat alternate or a fruit/vegetable.	Coconut is very low in protein.
corn-dogs	X		The frankfurter can be credited as a meat/meat alternate if it meets criteria for frankfurters. See: Processed Meat and Poultry Products. See: Batter-Type Coatings in the grains/breads section for additional crediting information.	Com-dogs are high in fat.
crab, imitation		X	See: Imitation Seafood in this section.	

Crediting Foods

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
cream cheese		X	See: Cheese, Cream in this section,	
deviled eggs	X		Cooked eggs may be credited. See: Eggs In this section.	Due to the egg and the addition of mayonnaise, deviled eggs are high in cholesterol and fat. Rather than preparing deviled eggs with mayonnaise, try a lower fat variety of the spread.
eggs	X		Cooked eggs may be credited. Eggs cannot be credited when part of a homemade custard or pudding.	Eggs are a good source of protein. However, eggs also contain a significant amount of cholesterol.
fish	X			Fish is a good source of protein and iron. Many varieties of fish are lower in fat than other types of meat. Try to broil or bake fish, rather than frying it which increases the amount of fat
fish, non-commercial (home caught)		X	Should not be served.	
fish sticks or nuggets	X		Only the edible fish portion is creditable toward the meat requirement.	
frankfurters, imitation		X		
frankfurters, meat and poultry	X		See: Processed Meats and Poultry Products in this section.	Up to 80% of the calories in frankfurters may be from fat. Also, they can be high in cholesterol, and are high in sodium.
game (venison, squirrel, rabbit, etc.)		X	For health and safety reasons, these are not creditable in the unless they are inspected and approved by the appropriate Federal, State, or local agency.	
garbanzo beans	X		See: Beans, Canned or Dry in this section.	
Ham hocks		X		Ham hocks are high in fat and low in protein by weight.
home-slaughtered meat		X	To be credited, home-raised animals must be slaughtered at a USDA facility that has a USDA inspector on duty. Poultry is subject to State inspection.	
hot dogs	X		See: Processed Meat and Poultry Products in this section.	
imitation seafood		X		
kidney	X			
kidney beans	X		See: Beans, Canned or Dry in this section.	
legumes			See: Beans, Canned or Dry in this section.	
liver	X			Liver is high in cholesterol and fat.
liverwurst	X		See: Processed Meat and Poultry Products in this section.	Liverwurst is high in cholesterol and fat.

Crediting Foods

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
luncheon meat	X		See: Processed Meat and Poultry Products in this section.	
macaroni and cheese, commercial		X	The powdered cheese in commercial macaroni and cheese mixes cannot be credited toward the meat requirement. To credit the macaroni, see Macaroni in the grains/breads section.	
macaroni and cheese, homemade	X		The cheese in homemade macaroni and cheese may be credited based on the amount of cheese in each serving. To credit the macaroni, see Macaroni in the grains/breads section.	
meat sauce, commercial		X	The meat in commercial sauce can not be credited,	
meat sauce, homemade	X		The meat in homemade sauce can be credited based on the amount of meat in each serving.	
Neufchatel cheese		X	See: Cheese, Neufchatel in this section	
nuts	X		Nuts and seeds may be credited as a serving of meat alternate for snack, but only one-half serving of meat alternate at lunch or supper. Serve only ground or finely chopped nuts and seeds to children under 3 years of age to avoid choking.	Nuts and seeds are good sources of protein. Nuts and seeds do not contain cholesterol, as they are of plant origin. However, nuts and seeds are high in fat and have low iron content.
nut or seed meal or flour		X	Nut or seed meal or flour cannot be credited unless it meets the requirements for vegetable protein products. Contact your State agency or sponsor for information.	
pasta products with meat, commercial	X		See: Canned or Frozen Food, Commercial in this section.	
pasta products with meat, homemade	X		Pasta products with meat may be credited based on the amount of meat in each serving. See: Pasta in the grains/breads section.	
peanut butter, reduced fat	X		It is suggested that peanut butter be served in combination with another meat/meat alternate since the serving size may be too large for preschool children.	
peanut butter, regular	X		Unlike nuts, peanut butter and other 100% nut butters can fulfill 100% of the meat/meat alternate requirement for lunch or supper. However, it is suggested that peanut butter be served in combination with another meat/meat alternate since the serving size may be too large for preschool children.	Peanut butter is high in fat it does not contain cholesterol as it is of plant origin.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
peanut butter spreads		X	Peanut butter spreads do not meet the FDA Standard of Identity for peanut butter.	
peas, dry or canned	X		See: Beans, Dry or Canned in this section.	
pepperoni	X		See: Processed Meat and Poultry Products in this section.	Pepperoni is high in fat and sodium.
pig's feet		X	Pig's feet do not contain sufficient meat content.	Pig's feet are high in fat
pig neck bones		X	Pig neck bones do not contain sufficient meat content.	Pig neck bones are high in fat.
pig tails		X	Pig tails do not contain sufficient meat content	Pig tails are high in fat.
pimento cheese	X		See: Cheese, Pimento in this section.	
pinto beans	X		See: Beans, Canned or Dry in this section.	
pizza, commercial	X		See: Canned or Frozen Food, Commercial in this section.	
pizza, homemade	X		Homemade pizza may be credited based on the amount of meat/meat alternate in each serving. See: Pizza Crust in the grain/breads section,	
Polish sausage	X		See: Processed Meat and Poultry Products in this section.	Polish sausage, like most sausage products, is high in fat and sodium.
pot pies, commercial	X		See: Canned or Frozen Food, Commercial in this section.	
pot pies, homemade	X		Homemade pot pies can be credited based on the amount of meat/meat alternate in each serving. See: Pie Crust in the grains/breads section.	The crust and sauce may both be high in fat
potted meat	X		See: Processed Meat and Poultry Products in this section.	Potted meat is high in sodium.
powdered cheese in macaroni		X	See: Macaroni and Cheese, Commercial in this section.	
pressed meat products.	X		See: Processed Meat and Poultry Products in this section.	Use pressed meat products infrequently as they are high in sodium.

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
processed meat and poultry products	X		Processed meat and poultry products and sausages may be served in the CACFP. Only the meat in these products can be credited. Since many processed meats contain large amounts of binders and extenders, the composition of these processed meats must be known in order to properly credit the meat/meat alternate portion. Meat products without binders/extendors may be fully credited based on weight. Refer to Some Things to Know About Processed Meats in the Understanding Food Labels section for more information on crediting meats with vegetable protein products as an extender. Products with a CN Label may be credited.	In order to provide a reasonable serving size, it is recommended that all-meat or poultry products be purchased.
quiche	X		The eggs, meat and/or cheese in quiche may be credited based on the amount of meat/meat alternate in each serving. See: Pie Crust in the grains/breads section for crediting the crust on quiche.	
ravioli, commercial	X		See: Canned or Frozen Food, Commercial in this section.	
salt pork		X	Salt pork is not creditable due to its high fat and low protein content	
sausage	X		See: Processed Meat and Poultry Products in this section.	:
scrapple		X	Scrapple does not contain a sufficient amount of meat to be credited.	
seeds	X		See: Nuts in this section.	
shellfish	X		Only the edible portion of shellfish is creditable. The shellfish must be fully cooked.	
soups, homemade	X		Homemade soups may contribute toward the meat requirement if a minimum of 1/4 oz. meat/meat alternate per serving is provided.	
soups, commercial (bean, lentil, or split pea only)	X		Three-fourths cup of bean, lentil, or split-pea soup may be credited as 1 1/2 oz (3/8 cup) meat alternate.	Commercial soups are often high in sodium.
soups, commercial, other than bean, lentil, or split pea		X	These soups contain insufficient quantities of meat.	

Meat/Meat Alternates				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
soy burgers or other soy products	X		Vegetable protein products may be credited provided the quantity, by weight, of the fully hydrated vegetable protein product does not exceed 30 parts to 70 parts meat, poultry, or seafood on an uncooked basis.	
soy butter	X		Soy butter made from 100% soy nuts is creditable. It is a good alternate to peanut butter for those who are allergic to peanuts and is nutritionally comparable to meat or other meat alternates. It is suggested that soy butter be served in combination with another meat/meat alternate since the serving size may be too large for preschool children.	
Tempeh		X	Tempeh is fermented soybean. Because there is no standard of identity for this food, and it could vary from manufacturer to manufacturer, it cannot be credited.	
tofu		X	Tofu is soybean curd. Because there is no standard of identity for this food, and it could vary from manufacturer to manufacturer it cannot be credited.	
tripe	X			Tripe has low quality protein.
Vienna sausage	X		See: Processed Meat and Poultry Products in this section.	
yogurt, plain or sweetened and flavored	X		Yogurt is creditable as a meat/meat alternate. Four ounces (weight) or 1/2 cup (volume) of plain or sweetened and flavored yogurt is equivalent to one ounce of meat/meat alternate.	Yogurt is a good source of calcium and phosphorus.
yogurt products (frozen yogurt, yogurt bars, yogurt coating on fruit or nuts)		X	There is not enough yogurt in these products to be creditable.	

Milk

The CACFP meal pattern 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.

To be credited, milk must be pasteurized, and meet State or local standards for fluid milk. Flavored or unflavored whole milk, reduced fat (2%) milk, low-fat (1%) milk, skim (nonfat) milk, or cultured buttermilk may be served. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration.

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



Crediting Foods

Milk				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
acidified milk	X		Acidified milk is a fluid milk produced by souring fluid milk with an acidifying agent. Examples of acidified milk include acidified kefir milk and acidified acidophilus milk.	
buttermilk		X		Buttermilk is low in fat.
certified raw milk		X	Certified raw milk is not pasteurized. Regulations require the use of pasteurized milk. Pasteurized milk is heated at a high temperature for a period of time to destroy microorganisms.	
cheese		X	Cheese cannot be credited toward the milk requirement as it does not meet the definition of milk. To be credited, the milk provided must be fluid. Cheese can be counted toward the meat/meat alternate requirement.	
chocolate milk	X			It is recommended that the use of flavored milk be limited due to the high sugar content.
cocoa	X		Cocoa made with fluid milk is creditable. Credit the fluid milk portion only. Cocoa made from water is not creditable.	
cream		X	Cream does not meet the definition of milk.	
cream sauces		X	To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces or other foods.	
cream soups		X	To be credited, the milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces or other foods.	
cultured milk	X		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid milk under controlled conditions to produce a product with specific flavor and/or consistency. Examples of cultured milk include cultured buttermilk and cultured kefir milk.	
custard		X	To be credited, the milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces, or other foods.	
eggnog (commercial or homemade)	X		Eggnog made with cooked eggs is creditable. Only the fluid milk portion of eggnog may be credited. Eggnog made with uncooked eggs is NOT creditable due to the possibility of contracting Salmonella enteritidis, a foodborne illness related to the consumption of uncooked or undercooked eggs.	

Crediting Foods

Milk				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
eggnog flavored milk	X			It is recommended that the use of flavored milks be limited due to high sugar content.
evaporated milk		X	Evaporated milk does not meet the definition of milk.	
flavored milk	X			It is recommended that the use of flavored milks be limited due to high sugar content.
frozen yogurt		X	Frozen yogurt does not meet the definition of milk.	
goats milk	X		Goats milk must meet State standards for fluid milk to be creditable.	
half and half		X	Half and half does not meet the definition of milk.	
hot chocolate	x		Hot chocolate made with fluid milk is creditable. Credit the fluid milk portion only.	It is recommended that the use of flavored milks be limited due to a high sugar content
ice cream		X	To be credited, milk must be provided as fluid milk	Ice cream contains 11-20% fat.
ice cream, low-fat (ice milk)		X	To be credited, milk must be provided as fluid milk	Ice cream contains 2-6% fat.
imitation milk		X	Imitation milk does not meet the definition of milk.	
milk and fruit drink	X		When milk is combined with a full-strength juice, either the fruit juice or milk may be credited as a snack component not both.	
lactose reduced milk	X		Persons who cannot digest lactose found in standard milk may be able to drink lactose reduced milk.	
low-fat milk (1% or light)	X		The American Academy of Pediatrics and health and nutrition experts do not recommend serving reduced fat, low-fat or nonfat milk to children under two years of age. Children under the age of two need additional fat in their diets for normal growth and development.	Whole, reduced fat, nonfat milk provide equal amounts of the same nutrients. The difference is the fat content and therefore, the number of calories per serving.
milkshakes, homemade and commercial	X		Milkshakes containing the minimum required quantity of fluid milk per serving for the appropriate age group are creditable. Only the fluid milk portion is creditable.	
nonfat milk (fat free or skim)	X		The American Academy of Pediatrics and health and nutrition experts do not recommend serving reduced fat, low-fat or nonfat milk to children under two years of age. Children under the age of two need additional fat in their diets for normal growth and development.	Nonfat milk contains virtually no fat. Nonfat milk provides equal amounts of the same nutrients as whole, reduced fat and low-fat milk.
nonfat dry milk, reconstituted		X	Nonfat dry milk may be used only in emergency situations where the availability of milk has been affected. Contact your State agency or sponsor for approval.	

Crediting Foods

Milk				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
pudding		X	To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces or other foods.	
pudding pops		X	To be credited, milk must be provided as a serving of fluid milk, not cooked in cereals, puddings, cream sauces or other foods.	
reduced fat milk (2%)	X		The American Academy of Pediatrics and health and nutrition experts do not recommend serving reduced fat, low-fat, or nonfat milk to children under two years of age. Children under the age of two need additional fat in their diets for normal growth and development.	Whole, reduced fat, low-fat, and skim milk provide equal amounts of the same nutrients. The difference is the fat content and therefore, the number of calories per serving.
sherbet		X	Sherbet does not meet the definition of milk.	
skim milk (nonfat or fat free)	X		The American Academy of Pediatrics and health and nutrition experts do not recommend serving reduced fat, low-fat or nonfat milk to children under two years of age. Children under the age of two need additional fat in their diets for normal growth and development.	Skim milk contains virtually no fat. Skim milk provides equal amounts of the same nutrients as whole, reduced fat and low-fat milk.
sour cream		X	Sour cream does not meet the definition of milk.	Sour cream is high in fat. A sour cream substitute recipe that is lower in fat is provided in the Modifying Recipes and Menus Section.
soy milk		X	Soy milk is creditable only if used as a substitution because of medical or other dietary needs. A statement signed by a medical authority must be on file for a person being served soy milk.	
UHT (ultra-high temperature) milk	X		UHT milk is Grade-A pasteurized milk heated to 280 °F, then cooled. It can be stored without refrigeration until it is opened.	
whole milk	X			Whole milk contains 3.3% fat. Reduced fat, low-fat, or skim milk provide equal amounts of the same nutrients with less fat.
yogurt		X	Yogurt does not meet the definition of milk. Yogurt can be credited as a meat See: Yogurt in the meat/meat alternate section.	Yogurt is a good source of calcium, phosphorus and protein.

Infant Foods

Meals served to children less than 12 months of age must follow the infant meal pattern. A copy of the infant meal pattern is in the Feeding Infants chapter.

Child care facilities should work closely with parents when deciding what foods to serve infants. Likewise, the decision to introduce solid foods should be made with parents. Because infants have small appetites and may not be able to eat a complete meal in one setting, foods required by the infant meal pattern may be served to infants over a period of time.

For more information, refer to the section, “Feeding Infants” or the publication, *Feeding Infants* (FNS-258).

Milk				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
bread	X		Bread, including dry bread, toast, biscuits, bagels, English muffins, pita bread, rolls, and soft tortillas, may be claimed in supplements for infants 8-11 months of age. Bread must be made from whole-grain, bran, germ and/or enriched meal or flour to be creditable. Bread should not contain nuts, seeds, or hard pieces of whole grain kernels.	
breast milk	X		Breast milk is a creditable meal component for infants birth through 11 months.	Breast milk is the best food for infants; It provides energy and all important nutrients in appropriate amounts for infants.
cereal, adult		X	“Adult” cereals, including oatmeal and Farina, are not creditable for infants,	Iron and other nutrients in ‘adult’ cereals are provided to meet the needs of older children and adults rather than infants. Raisins and nuts in “adult” cereals may cause choking.
cereal, infant with fruit		X	It is difficult to determine the amount of cereal and fruit.	
cereal, iron-fortified infant	X		Iron-fortified dry cereals specially formulated and recognized for infants are creditable.	The iron in iron-fortified infant cereals is designed to be easily absorbed by infants.
cheese (natural cheese, cottage cheese, cheese food, cheese spread)	X		Natural cheese, cottage cheese, cheese food and cheese spread may be claimed when served at lunch or supper to infants 8-11 months of age.	
chocolate		X	Chocolate should not be served to infants less than one year of age as it may cause allergic reactions.	

Crediting Foods

Milk				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
combination dinners/foods, commercial baby food		X	The amount of each component in combination meals is difficult to determine. After measuring the appropriate amount of each item, plain meats may be mixed with vegetables.	Commercial combination baby food dinners/foods have less nutritional value by weight than single ingredient foods.
crackers	X		Crackers, including saltine, snack or matzo crackers, animal crackers and graham crackers may be credited as snack only when served to developmentally ready infants 8-11 months of age. Crackers must be made from whole-grain, bran, germ and/or enriched meal or flour. Crackers should not contain nuts, seeds, hard pieces of whole grain kernels, or honey.	
desserts, baby food		X		Desserts may be high in sugar and/or fat and often contain less of the key nutrients needed by infants.
egg white		X	Egg whites should not be served to infants less than one year of age because they may cause allergic reactions.	
egg yolk	X		Egg yolk may be claimed when served at lunch or supper to 8-11 month old infants. Commercial baby food egg yolk or properly cooked and prepared (pureed or mashed) egg yolk may be served.	
fish sticks		X	Fish sticks and other commercial breaded or battered fish or seafood products are not intended for infant consumption. These foods may cause choking.	
formula, follow-up	X		Follow-up formulas are designed for older infants or toddlers consuming solid foods. Follow-up formulas are creditable when served to infants 6 months of age or older. Follow-up formulas are not creditable when served to infants less than 6 months of age, except when served as substitutions supported by a medical statement.	
formula, iron-fortified or with iron	X		Iron-fortified infant formulas, including soy-based formulas, may be served. Iron-fortified formula recommended by the infant's health care provider should be served. The American Academy of Pediatrics recommends that, during the first year of life, the only acceptable alternative to breast milk is iron-fortified infant formula and that low-iron formulas not be used.	Iron-fortified infant formula contains 1 milligram or more of iron in a quantity of product that supplies 100 kilo-calories when prepared in accordance with label directions for infant consumption. The amount of iron in a product is specified on the label.

Crediting Foods

Milk				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
formula, low-iron		X	Only iron-fortified infant formula is creditable	Low-iron infant formulas contain less than 1 milligram of iron per 100 kilo-calories of formula. Infants need to receive an adequate amount of iron in the first year to maintain health.
formula, powdered	—	—	Powdered infant formula may or may not be creditable in some States due to State licensing regulations.	
fruit	X		Raw fruits may cause choking if not prepared (cooked, if necessary, and/or pureed or mashed) to the appropriate texture for an infant. Plain commercial baby food fruits may be claimed when served at lunch or supper to infants 4-7 months old, or when served at breakfast, lunch or supper to infants 8-11 months old.	
fruit and vegetable juice blend		X	Fruit and vegetable juice blends are not creditable for infants. Only 100% fruit juices are creditable for infants.	
fruit drink		X	Fruit drinks are not creditable. Juices must be 100% fruit juice to be credited.	Fruit drinks are high in sugar.
fruit juice	X		Full-strength (100%) fruit juice, including infant and adult varieties, may be claimed when served to infants when they are ready to drink the juice from a cup.	Choose juices that are fortified with vitamin C.
fruit punch		X	Fruit punch is not creditable	Fruit punch is high in sugar
home-canned infant foods		X	Home-canned infant foods should not be served due to the risk of food borne illness.	
honey		X	Honey (including that cooked or baked in products such as honey graham crackers) should not be served to infants less than one year of age. Honey is sometimes contaminated with Clostridium botulinum spores. If these spores are ingested by a baby, they can produce a toxin which may cause severe food-borne illness called infant botulism.	
hot dogs (frankfurters)		X	Hot dogs are not intended for infant consumption. Hot dogs may cause choking.	
juice	—	—	See: Fruit and Vegetable Juice Blend, Fruit Juice or Vegetable Juice in this section.	
Legumes (dry or canned beans and peas)	X		Cooked dry beans and dry peas may be claimed when served at lunch or supper to infants 8-11 months of age. Dried or canned legumes should be prepared (mashed or pureed) to the appropriate texture for infants. Whole cooked legumes may cause choking in infants.	

Crediting Foods

Milk				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
meat	X.		Plain commercial baby food meats may be claimed when served at lunch or supper to infants 8-11 months of age. Fresh or frozen meats should be cooked thoroughly and then prepared (pureed, ground or finely chopped) to the appropriate texture for Infants.	
meat sticks (finger sticks)		X	Meat sticks are not intended for infant consumption. Meat sticks may cause choking.	
milk, low-fat (1% or light)		X	Low-fat milk is not creditable for infants.	Low-fat milk should not be served to infants. Babies need adequate amounts of fat for normal growth and development.
milk, nonfat (fat free or skim)		X	Nonfat milk is not creditable for infants.	Nonfat milk should not be served to infants. Babies need adequate amounts of fat for normal growth and development.
milk, reduced fat (2%)		X	Reduced fat milk is not creditable for infants,	Reduced fat milk should not be served to infants. Babies need adequate amounts of fat for normal growth and development.
milk, whole		X	The only creditable alternative to breast milk is iron-fortified infant formula. Whole cow's milk is not creditable for infants.	Whole milk, unlike breast milk and formula, does not contain all nutrients needed for an infant's growth and development. Also, whole milk can place stress on an infants kidneys, cause allergic reactions, and cause blood loss through the intestines which can lead to iron deficiency anemia.
nuts		X	Nuts, seeds, and nut and/or seed butters may cause choking or an allergic reaction and should never be served to infants.	
peanut butter		X	Peanut butter should not be served to children less than one year of age because it may cause choking or an allergic reaction.	
shellfish		X	Shellfish may cause allergic reactions in infants less than one year old.	
soy formula	X		See: Formula, Iron-Fortified or with Iron in this section.	
vegetables	X		Plain commercial baby food vegetables may be claimed when served to infants 4-7 months old at lunch or supper and infants 8-11 months old at breakfast, lunch or supper. Fresh or frozen vegetables should be cooked and then prepared (pureed or mashed) to the appropriate texture for infants. Raw vegetables are not recommended for infants because they may cause choking.	

Crediting Foods

Milk				
Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
vegetable juice		X	Vegetable juice is not creditable for infants. Only 100% fruit juices are creditable toward the infant meal pattern requirements.	
yogurt		X	Yogurt is not creditable for infants. Yogurt may be served as an additional food if a parent requests that it be served.	
zwieback	X		See: Crackers in this section.	