

# CACFP Meal Pattern Requirements on Grain Based Desserts

To align with the Dietary Guidelines for Americans, effective October 1, 2017, grain based desserts are no longer allowed to be served at any meal or snack for CACFP reimbursement. Grain-based desserts are sources of added sugar and saturated fats to a participant's diet. It is important to note crackers, cookies and other grain-based desserts do not have a standard of identity, so food manufacturers often create fancy names which can mislead you into thinking the food is allowable when it is not. For example, a cookie may be called a "breakfast round." The menu planner needs to use common perceptions of the product to determine if the product is a grain-based dessert. If a product is not labeled as a grain-based dessert, but is high in sugar, fat and sodium, the menu planner should use discretion when serving these items. If there is a food not listed on this handout, but you would consider it a sweetened grain then it will be considered not creditable.

The following food items, whether homemade or commercially prepared, are defined as grain-based desserts; these items cannot be served at any meal or snack and be claimed for reimbursement.

## The grain-based desserts which are no longer creditable are:

**Bars**  
cereal bars, breakfast bars & granola bars  
(plain or with nuts, raisins, and/or chocolate pieces)



**Cookies**  
wafer, sandwich & bar  
(plain or with nuts, raisins, chocolate pieces, and/or fruit purees)



**Pastries**  
sweet rolls, toaster pastries, sweet scones & donuts  
(all types, plain, unfrosted, frosted, or glazed)



**Cakes**  
coffee cake, cake & brownies  
(all types, plain, unfrosted, frosted)



**Pie Crusts\***  
dessert pies, cobblers & turnovers



**Puddings\***  
rice pudding & bread pudding



\* Pie Crust & Bread Pudding with savory and/or meat/meat alternative fillings are not considered grain-based desserts

This institution is an equal opportunity provider.



**COLORADO**

Prevention Services Division

Department of Public Health & Environment

# Healthier Grain Options

The following items are creditable options to serve for the grain requirement. This list is not all-inclusive, but provides examples of healthy alternatives to consider.

## Savory Crackers saltine & snack crackers



## Pasta/Noodles



## Sweet Crackers graham crackers & animal crackers (all shapes)



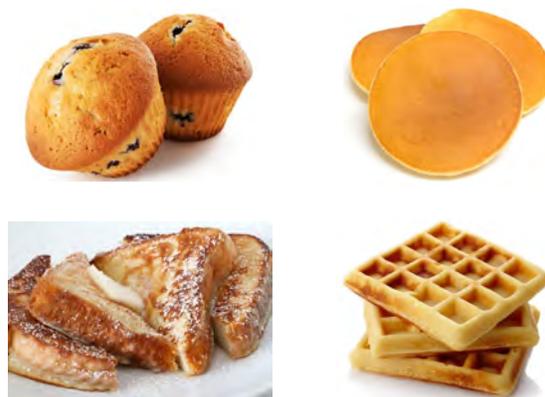
## Cereal cereal grains or ready-to-eat



## Pretzels



## Breakfast Breads muffins, pancakes, waffles, French toast, croissants



## Rice



## Bread

bread, bagel, roll, pita, tortilla, taco shell, pizza crust, cornbread, quick bread

