



Colorado Department
of Public Health
and Environment

Creditable Foods Guide for Child Care Centers and Family Day Care Homes

2012



Colorado Department of Public Health and Environment
Child and Adult Care Food Program
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“Nutritious Meals for Children and Adults in Care”



**Colorado Department
of Public Health
and Environment**

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INTRODUCTION

The goal of the Child and Adult Care Food Program (CACFP) is to improve the health and nutrition of children and adults in care while promoting the development of good eating habits. This manual has been designed to provide additional information on creditable and non-creditable foods in child care centers, outside school hours centers, family child care homes, and adult day care centers.

Creditable foods are those foods that may be counted toward meeting the requirements for a reimbursable meal. Foods are determined to be creditable based on the following guidelines:

1. Nutrient content of foods.
2. Customary function in a meal.
3. Meets the regulations governing the Child Nutrition Programs (on quantity requirements and/or by definition).
4. Meets the Food and Drug Administration (FDA) Standards of Identity.
5. Meets the United States Department of Agriculture (USDA) Standards for Meat and Meat Products.
6. Meets administrative policy decisions on the crediting of particular foods.

Non-creditable foods are not allowable because the foods do not meet the above criteria. For example, snack foods (pop-corn, potato chips, snack chips or puffs, etc.), condiments, tofu, canned cheese sauce, bacon, home-canned foods or home-slaughtered meats.

The USDA reimburses child care centers, adult day care centers, homeless shelters, At-Risk After School Programs, and family child care homes participating in the CACFP for the meals and snacks it serves, not for individual foods served. A meal or snack is reimbursable if it contains creditable foods in the amounts outlined in the CACFP Meal Pattern Food Charts.

The lists of creditable and non-creditable foods in this publication are not all-inclusive. The publication includes only those foods about which the CACFP office has received inquiries or that have been credited incorrectly by centers or homes on the Child and Adult Care Food Program.

NOTE: Some other non-creditable foods may be served as “extra” foods but may not be counted toward the meal pattern. For example, foods such as **pudding** served with bananas or **ketchup** served with hamburgers are **not** creditable and do **not** count toward the meal pattern. The CACFP does not provide additional reimbursement for “extra” foods.

DEFINITIONS

Child Nutrition Labeling:

A Child Nutrition (CN) label is a voluntary federal labeling program for food manufacturers regulated by the United States Department of Agriculture. The CN label allows manufacturers to state a product's contribution to the Child and Adult Care Food Program 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.

Child Nutrition Programs:

Programs funded by the United States Department of Agriculture which include:

- Child and Adult Care Food Program
- National School Lunch Program
- School Breakfast Program
- Summer Feeding Program

Colorado Department of Public Health and Environment:

The agency that administers the Child and Adult Care Food Program in the state of Colorado.

Combination Foods:

Any single serving of food that contains two or more of the required meal components. See pages 47 and 14 for more information.

Component:

A food grouped in a certain category according to the Child and Adult Care Food Program, i.e. Milk Component, Meat/Meat Alternate Component, Fruit and Vegetable Component, and the Bread/Bread Alternate Component.

Entrée or Main Dish:

The main course of a meal that contains a meat and/or a meat alternate.

Simplified Food Buying Guide:

A resource published by the Colorado Department of Public Health and Environment-Child and Adult Care Food Program (CDPHE-CACFP) to aid in determining the amount of food to purchase for the Child Nutrition Programs.

Reimbursement:

Money received for serving meals and snacks that meet the meal pattern requirements.

Product Specification Sheet or Product Analysis Sheet:

Information obtained from a food manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient in the product by weight.

Serving Size or Portion Size:

The weight, measure, or number of pieces or slices of food needed to serve one person. The serving size specified in the Meal Pattern Food Chart that can be credited toward meeting the meal pattern requirements. See meal pattern food charts on page iv and v.

Standard of Identity:

Government standard for content, preparation, and labeling of a food. 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 products are developed by the United States Department of Agriculture and standards for other food products are developed by the United States Food and Drug Administration (FDA).

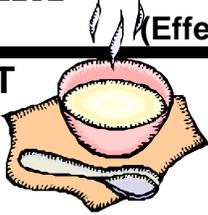
United States Department of Agriculture (USDA):

Federal agency that funds the Child Nutrition Programs.

CHILD & ADULT CARE FOOD PROGRAM

FOOD CHART

(Effective April 1, 2004)

		AGE 1 through 2	AGE 3 through 5	AGE 6 through 12
BREAKFAST 	Fluid Milk	½ cup	¾ cup	1 cup
	Juice or Fruit or Vegetable	¼ cup	½ cup	½ cup
	Bread or Bread Alternate	½ slice	½ slice	1 slice
SNACK <i>(Serve 2)*</i> 	Fluid Milk	½ cup	½ cup	1 cup
	Juice or Fruit or Vegetable	½ cup	½ cup	¾ cup
	Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
	Bread or Bread Alternate	½ slice	½ slice	1 slice
LUNCH/SUPPER 	Fluid Milk	½ cup	¾ cup	1 cup
	Meat or Poultry or Fish or	1 ounce	1 ½ ounce	2 ounces
	Cheese or	1 ounce	1 ½ ounce	2 ounces
	Egg (large) or	½	¾	1
	Cooked Dry Beans and Peas or	¼ cup	⅜ cup	½ cup
	Peanut Butter	2 tablespoons	3 tablespoons	4 tablespoons
	Yogurt, plain or flavored	4 ounces (or ½ cup)	6 ounces (or ¾ cup)	8 ounces (or 1 cup)
	Vegetables and/or Fruits (Must serve at least 2 different varieties**)	¼ cup total	½ cup total	¾ cup total
	Bread or Bread Alternate	½ slice	½ slice	1 slice

* Juice may not be served if Milk is the only other component at Snack.

** A minimum of ⅛ cup each must be served

Yogurt may also be served for Snack as a meat/meat alternate as follows:

1 through 5 years old: ½ ounce meat/meat alternate=2 ounces or ¼ cup of yogurt

6 through 12 years old: 1 ounce meat/meat alternate=4 ounces or ½ cup of yogurt

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INFANT MEAL PATTERN

Child and Adult Care Food Program

Minimum Requirements ¹

		Birth through 3 months of age	4 through 7 months of age	8 through 11 months of age
BREAKFAST	Breast milk or Iron-fortified Infant Formula	4-6 fl. oz. ²	4-8 fl. oz. ²	6-8 fl. Oz. ²
	Iron-fortified Dry Infant Cereal		0-3 Tbsp. ⁴	2-4 Tbsp.
	Fruit and/or Vegetable of appropriate consistency (not juice)			1-4 Tbsp.
SNACK	Breast milk or Iron-fortified Infant Formula	4-6 fl. oz. ²	4-6 fl. oz. ²	2-4 fl. oz. ²
	or Full-strength Fruit Juice (after 8 months of age)			2-4 fl. oz.
	Slice of Bread or Crackers			0-½ slice ⁴ 0-2
LUNCH/ SUPPER	Breast milk or Iron-fortified Infant Formula	4-6 fl. oz. ²	4-8 fl. oz. ²	6-8 fl. oz. ²
	Fruit and/or Vegetable of appropriate consistency (not juice)		0-3 Tbsp. ⁴	1-4 Tbsp.
	Iron-fortified Dry Infant Cereal		0-3 Tbsp. ⁴	2-4 Tbsp.
	and/or Meat or Poultry or Fish (after 8 months of age) ³ or Egg Yolk or cooked, dried beans or dried peas or Cheese or Cottage Cheese or Cheese Food or Spread			1-4 Tbsp. 1-4 Tbsp. 1-4 Tbsp. ½ - 2 oz. 1-4 oz. (volume) 1-4 oz. (weight)

1. Even though the infant meal pattern specifies breakfast, snack, lunch, and supper, these are just guidelines. Infants should be fed on demand and should not, in any way, be restricted to a rigid feeding schedule. You may find that some infants must be fed every 2 hours and will receive 5-6 meals while in care.
2. A serving of less than the minimum amount of **breast milk** may be offered for the infant who regularly consumes smaller portions. Additional **breast milk** must be offered, if the infant is still hungry.
3. Hot dogs, frankfurters, corn dogs, and sausages are NOT creditable for infants. Fish sticks, patties, nuggets, or other commercial breaded or battered seafood products or canned, fresh, or frozen fish with bones are NOT creditable for infants.
4. A serving of this component is required only when the infant is developmentally ready to accept it. Additional semisolid foods may be served, as developmentally appropriate.

All centers who have infants enrolled and in care must serve and claim the infant meals.

MEASURING–SERVING SPOONS



Measuring-serving spoons are volume-standardized serving spoons identified for a specific volume measure. They are similar to a ladle, scoop, spoodle, disher, or dipper in that they can be used to measure specific volumes of food but they are shaped like a serving spoon (solid or perforated).

As with ladles, they are labeled in ounces but not in fluid ounces, which would be more accurate since they measure volume, not weight.

Sizes and Capacities of Measuring-Serving Spoons

Size of Measuring-Serving Spoon	Approximate Measure
2 oz.	1/4 cup
3 oz.	3/8 cup
4 oz.	1/2 cup
6 oz.	3/4 cup
8 oz.	1 cup



Serving Spoons

Serving spoons (solid or perforated) may be used instead of scoops for variation in portion shapes. However, it is more difficult to ensure correct portioning. Since serving spoons are not standardized measuring devices, they are not identified and labeled by number.

When using serving spoons, some extra steps are needed to ensure accurate portioning. Before using a particular serving spoon for portioning, 1) measure or weigh the quantity of food the spoon holds, and 2) determine how full to fill the serving spoon. Then determine how many spoonfuls will be needed for the required serving size.

A Guide to Volume Equivalents for Liquids

1 tablespoon	=	3 teaspoons	=	0.5 fluid ounces
1/8 cup	=	2 tablespoons	=	1 fluid ounce
1/4 cup	=	4 tablespoons	=	2 fluid ounces
1/3 cup	=	5-1/3 tablespoons	=	2.65 fluid ounces
3/8 cup	=	6 tablespoons	=	3 fluid ounces
1/2 cup	=	8 tablespoons	=	4 fluid ounces
5/8 cup	=	10 tablespoons	=	5 fluid ounces
2/3 cup	=	10-2/3 tablespoons	=	5.3 fluid ounces
3/4 cup	=	12 tablespoons	=	6 fluid ounces
7/8 cup	=	14 tablespoons	=	7 fluid ounces
1 cup	=	16 tablespoons	=	8 fluid ounces
1/2 pint	=	1 cup	=	8 fluid ounces
1 pint	=	2 cups	=	16 fluid ounces
1 quart	=	2 pints	=	32 fluid ounces
1 gallon	=	4 quarts	=	128 fluid ounces

1 peck = 8 quarts (dry) =
 1 bushel = 4 pecks =

Metric Equivalents by Weight		Metric Equivalents by Volume	
Customary Unit	Metric Unit	Customary Unit	Metric Unit
Ounces (oz)	Grams (g)	Fluid Ounces (fl oz.)	Milliliters (mL) or Liter (L)
1 oz.	28.35 g.	1 cup (8 fl oz.)	236.59 mL
4 oz.	113.4 g.	1 quart (32 fl oz.)	946.36 mL
8 oz.	226.8 g.	1.5 quarts (48 fl oz.)	1.42 L
16 oz.	453.6 g.	33.818 fl oz.	1.0 L
Pounds (lb)	Grams (g)		
1 lb.	453.6 g.		
2 lb.	907.2 g.		
Pounds (lb)	Kilograms (kg)		
2.2 lb.	1 kg. (1000 g.)		



Decimal Weight Equivalents



Ounces	=	Pounds	Ounces	=	Pounds
1 oz.	=	.06 lb.	16 oz.	=	1.00 lb.
2 oz.	=	.12 lb.	32 oz.	=	2.00 lb.
3 oz.	=	.19 lb.	35 oz.	=	2.19 lb.
4 oz.	=	.25 lb.	48 oz.	=	3.00 lb.
5 oz.	=	.31 lb.	64 oz.	=	4.00 lb.
6 oz.	=	.38 lb.	71 oz.	=	4.44 lb.
7 oz.	=	.44 lb.	80 oz.	=	5.00 lb.
8 oz.	=	.50 lb.	96 oz.	=	6.00 lb.
9 oz.	=	.56 lb.	106 oz.	=	6.63 lb.
10 oz.	=	.62 lb.	112 oz.	=	7.00 lb.
11 oz.	=	.69 lb.	128 oz.	=	8.00 lb.
12 oz.	=	.75 lb.	141 oz.	=	8.82 lb.
13 oz.	=	.81 lb.	144 oz.	=	9.00 lb.
14 oz.	=	.88 lb.	160 oz.	=	10.00 lb.
15 oz.	=	.94 lb.			

MILK COMPONENT

To be eligible for cash reimbursement, each breakfast, lunch, and supper must contain fluid milk. A snack may contain fluid milk as one of the two food components served.

Milk served must be pasteurized fluid cow’s milk that meets State and local standards and may be flavored or unflavored. Milk is an important source of 9 essential nutrients needed for healthy growth and development including: calcium, riboflavin, protein, Vitamin A, Vitamin D, and others.

The Dietary Guidelines for Americans recommends all persons ages 2 years and older to consume fat-free or low-fat milk. Therefore, the CACFP requires all milk served to children and adults ages 2 years and older must be low-fat (1%) or fat-free (skim). All children ages 1 to 2 years must be served whole milk. Reduced-fat milk (2%) is not creditable for any age group. The following milk types meet the definition of milk and are creditable:

- ✓ Low-fat (1%) or fat-free (skim) flavored or unflavored milk
- ✓ Low-fat (1%) or fat-free (skim) lactose reduced milk
- ✓ Low-fat (1%) or fat-free (skim) lactose free milk
- ✓ Low-fat (1%) or fat-free (skim) buttermilk
- ✓ Low-fat (1%) or fat-free (skim) acidified milk
- ✓ Whole milk for children ages 1 to 2 years only.

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

At breakfast, fluid milk may be served as a beverage or on cereal, or both in combination to ensure appropriate quantities of milk are served. Both lunch and supper must contain a serving of fluid milk as a beverage. If milk is one of the two components served for snack, it must be fluid milk served as a beverage or on cereal. **Milk may not be served for snack when juice is served as the only other component.**

MILK AMOUNT NEEDED			
	1 through 2 Years Old	3 through 5 Years Old	6 through 12 Years Old
BREAKFAST	½ cup	¾ cup	1 cup
LUNCH/SUPPER	½ cup	¾ cup	1 cup
SNACK	½ cup	½ cup	1 cup

NON-DAIRY BEVERAGES

In the case of children and adults who cannot consume fluid milk due to medical or other special dietary needs, other than a disability, non-dairy beverages may be served in lieu of fluid milk. **Non-dairy beverages, such as soymilk, must be nutritionally equivalent to milk and meet the nutritional standards for the fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk, as outlined in the National School Lunch Program Regulations (NSLP).** These nutritional standards per cup of milk are as follows:

Nutrient	Amount Per Cup	%DV
Calcium	276 mg	28%
Protein	8 g	16%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	22%
Potassium	349 mg	10%
Riboflavin	0.44 mg	26%
Vitamin B-12	1.1 mcg	18%

Non-dairy milk substitutions are at the option and the expense of the facility. If the parent/guardian submits a written request for a creditable non-dairy milk substitute and chooses to provide the substitute, the caregiver may serve the requested substitute and claim reimbursement. If the parent/guardian submits a written request for a creditable non-dairy milk substitute and chooses to not provide the substitute, the caregiver has the option to: supply the non-dairy milk substitute and claim reimbursement, or to not supply the non-dairy milk substitute and decline reimbursement. Non-dairy milk substitutes that do not meet the above nutrient requirements are not creditable for meal reimbursement. Contact product manufacturers to obtain accurate nutritional information.



MILK

CREDITABLE AND NON-CREDITABLE FOOD CHART

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Acidified Milk	X		A fluid milk produced by souring fluid whole milk, low-fat or skim milk with an acidifying agent. Examples: “acidified kefir milk” and “acidified acidophilus milk.” Must be low-fat or fat-free for participants 2 years and older.
Breast Milk	X		CACFP Supports breast feeding.
Butter or Margarine		X	Does not fit the definition of a milk component.
Buttermilk	X		The sour liquid that remains after the butterfat has been removed from whole milk. Buttermilk is low in fat, despite its name. Must be low-fat or fat free for participants 2 years and older.
Cream		X	Does not fit the definition of a milk component.
Cream Soups, sauces		X	Does not fit the definition of a milk component.
Cultured Milk	X		A fluid milk produced by adding selected microorganisms. Examples: “cultured kefir milk” and “cultured acidophilus milk.” Must be low-fat or fat-free for participants 2 years and older.
Custard		X	Does not fit the definition of a milk component.
Dry Milk, reconstituted		X	Does not fit the definition of a milk component. See question number 1 on page 12. Also, see part 226.20(f) of the Regulations on continuing unavailability of milk.
Eggnog		X	Commercial Eggnog is not creditable because the fluid milk portion is difficult to determine. Homemade Eggnog is not acceptable because eating uncooked eggs may cause illness.
Evaporated Milk		X	Does not fit the definition of a milk component.
Flavored Milk	X		Made with fluid milk only. Must be low-fat or fat-free for participants 2 years and older.
Fruit and or Milk Shakes	See comments		Only homemade shakes are creditable and must contain the correct portion of milk. Commercial shakes are not creditable. Milk used must be low-fat or fat-free for participants 2 years and older.
Goat’s Milk		X	High in fat. Lacks nutritional equivalency to cow’s milk.
Half and Half		X	Does not fit the definition of a milk component.
Hot Chocolate	X		Made with fluid milk only. Must be low-fat or fat-free for participants 2 years and older.
Ice Cream, Ice Milk		X	Does not fit the definition of a milk component.
Imitation Milk		X	Does not fit the definition of a milk component.
Lactose-Reduced Milk	X		A fluid milk modified by the addition of lactose enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children who cannot digest the lactose in milk may benefit from a lactose-reduced low-fat milk. Must be low-fat or fat-free for participants 2 years and older.
Low-fat Milk (1%)	X		Only for children 2 years of age and older.

MILK

CREDITABLE AND NON-CREDITABLE FOOD CHART

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Pudding, Pudding Pops		X	Does not fit the definition of a milk component.
Raw or Certified Raw Milk		X	Does not fit the definition of a milk component.
Reduced Fat Milk (2%)		X	Not recommended for any age group. High in fat for persons ages 2 and older. Low in fat for children 1 - 2 years.
Rice Milk		X	Lacks nutritional quality. Not creditable unless fortified to meet the nutritional standards of milk as outlined in the NSLP regulations.
Sherbet		X	Does not fit the definition of a milk component.
Skim Milk, Fat Free	X		Only for children 2 years of age and older.
Sour Cream		X	Does not fit the definition of a milk component.
Soy Milk	See Comments		Must meet nutritional standards for milk listed on page 9, and as outlined in the NSLP regulations; otherwise soy milk is not creditable.
UHT Milk	X		Ultra High Temperature (UHT) milk is Grade pasteurized milk that has been heated to about 280 degrees F for a few seconds, then cooled and packaged in a box carton. It can be stored without refrigeration until opened. Must be low-fat or fat-free for participants 2 years and older.
Vitamite Milk		X	Does not fit the definition of a milk component.
Whole Milk	X		Only creditable for children ages 1 to 2 years.
Yogurt	See Comments		Does not fit the definition of a milk component. NOTE: Yogurt is creditable as a meat/meat alternate for snack and lunch.



QUESTIONS AND ANSWERS ABOUT MILK

1. Q: Why is reconstituted dry milk not creditable as fluid milk?
A: When the Program regulations were written, reconstituted milk was not included in the definition of milk and therefore, is not creditable. Part 226.20(f) of the regulations permits dry milk to be used only when the center is unable to obtain a supply of fluid milk on a continuing basis. Prior approval must be obtained from the Colorado Department of Public Health and Environment-Child and Adult Care Food Program.
2. Q: Can fluid milk mixed with juice be creditable for any meal?
A: The milk-juice mixture is creditable at breakfast, lunch, and supper because it meets both the milk and fruit/vegetable component. The beverage must contain the required amount of each food component. The milk-juice mixture may only count as one component at snack, either milk or a fruit/vegetable, because you may not claim two liquid foods at snack.
3. Q: Is a beverage made of milk and solid fruit(s) or vegetable(s) creditable?
A: Yes, this type of beverage is creditable as both milk and fruit/vegetable when served for any meal or snack. The beverage must contain the required amounts of each food component.
4. Q: If a child cannot have milk, can I still be reimbursed for breakfast, lunch and/or supper?
A: Yes, if a child cannot have milk due a special diet or medical needs, other than a disability, a parent preference form may be completed by the parent and participating Institution, documenting the request for a non-dairy milk substitute to be served. The substitute must meet specific nutrient standards (see page 9 for nutrient standards and reimbursement information). If a child cannot consume milk due to a disability, a written medical statement from a recognized medical authority stating that the child should not be served milk must be obtained. The statement must specify a substitute food and center must provide the substitution in order to claim the meal.
5. Q: May the milk used in the preparation of products such as puddings, cream sauces, and ice cream count toward the milk requirement?
A: No, the milk served must be served as a beverage and/or poured over cereal at breakfast or snack.
6. Q: Can milk be purchased directly from a farm?
A: Yes, as long as it is pasteurized fluid milk that meets state and local health standards. In addition, it must include vitamins A and D at levels consistent with state and local standards.
7. Q: Can milkshakes be served to meet the milk requirement?
A: Yes, to be creditable, homemade milkshakes served as a part of a reimbursable lunch or supper must contain the required amount of milk found on page 8. **NOTE: Because it is difficult to determine the amount of milk in commercial milkshakes, they are not creditable.**

QUESTIONS AND ANSWERS ABOUT NON-DAIRY MILK SUBSTITUTIONS

1. Is a caregiver required to provide a non-dairy milk substitute if it is not related to a medical disability?

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

2. Will caregivers receive additional meal reimbursements if they provide a non-dairy milk substitution?

No. All non-dairy milk substitutions are at the expense of the caregiver and/or the child's parent or guardian.

3. If a parent provides a creditable non-dairy milk substitute, can the caregiver serve it and still receive reimbursement?

Yes. If a parent provides a non-dairy milk substitute that meets the nutritional standards and that has been approved by the State agency, the caregiver may serve the non-dairy milk substitute and still claim reimbursement for the meal.

4. If a parent or adult participant can request a non-dairy milk substitute that is equivalent to cow's milk, can the parent or adult participant also request that their child or themselves be served whole or reduced-fat (2%) milk?

No. Milk served to children and adults in the CACFP must be aligned with the most recent version of the Dietary Guidelines for Americans. The 2010 Dietary Guidelines for Americans recommends that persons over the age of two consume low-fat (1%) or fat-free (skim) milk. Therefore, any request for higher fat milk must be made through a medical statement, related to a medical disability, and prescribed by a licensed physician.

5. What 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?

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 then the meal is not reimbursable. The CDPHE-CACFP intends to keep an updated list of creditable non-dairy milk substitutes on the CDPHE-CACFP website: <http://www.cdphe.state.co.us/ps/cacfp/>.

6. Where are allergies, other than allergies related cow's milk documented?

Other allergies can be documented on the special diet statement form, which needs to be signed by a recognized medical authority. The statement must specify a substitute food and center must provide an appropriate substitution in order to claim the meal.

MEAT/MEAT ALTERNATE COMPONENT

Lunch and supper must contain a meat or meat alternate. A snack may contain a meat/meat alternate as one of the two food components served. A meat/meat alternate is not required for breakfast.

A serving of cooked meat is defined as lean meat without bone. Meats may not contain extenders or binders such as:

- Dried milk
- Soy flour*
- Soy protein concentrate*
- Isolated soy protein*
- Starchy vegetable flour/oat flour
- Calcium-reduced dried skim milk
- Cereal

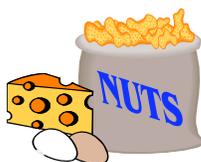
- * **The starred items are considered alternate protein products. They can be counted toward the meal pattern as a meat alternate only when the biological quality of the protein in the alternate protein product is at least 80% that of casein and must contain at least 18% protein by weight when fully hydrated or formulated. (For more detailed information on the use of alternate protein products in the CACFP, call our office at (303) 692-2330).**

Meat includes lean meat such as pork, lamb, veal, turkey, chicken, and fish. Meat alternates include cheese, peanut butter, eggs, cooked dry beans or peas, yogurt, nuts and seeds and their butters.

Meat and meat alternates are an important source of protein, iron, B vitamins (thiamine, riboflavin, niacin), and other nutrients.

Commercially processed foods such as ravioli, chili, spaghetti with meat sauce, beef stew, pizza, fishsticks, chicken nuggets, pot pies, and breaded patties may not count as a meat/meat alternate unless one of the following applies:

- Extra cheese or meat is added to equal the required portion.
- The product is CN Labeled (see Child Nutrition Labeling below and on page iii).
- A product analysis sheet signed by an official (not a sales person) of the manufacturer, stating the amount of cooked lean meat/meat alternate per serving is on file.
- Documentation from the manufacturer verifying that the product contains the required amount of lean meat is on file.



CHILD NUTRITION (CN) LABELING

A Child Nutrition (CN) label is a voluntary federal labeling program for food manufacturers regulated by the United States Department of Agriculture. The CN label allows manufacturers to state a product's contribution to the Child and Adult Care Food Program 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.

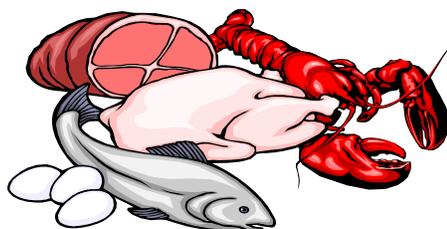
MEAT/MEAT ALTERNATE AMOUNTS NEEDED AT LUNCH/SUPPER

	1 through 2	3 through 5	6 through 12
Lean Meat, Poultry, or Fish	1 ounce	1 ½ ounces	2 ounces
or Cheese	1 ounce	1 ½ ounces	2 ounces
or Cottage Cheese, Ricotta Cheese, Cheese Spread, or Cheese Food	2 ounces (or ¼ cup)	3 ounces (or ⅜ cup)	4 ounces (or ½ cup)
or Eggs	½ Egg	¾ Egg	1 Egg
or Cooked Dry Beans/Peas	¼ cup	⅜ cup	½ cup
or Bean/Pea Soup (reconstituted)	½ cup	¾ cup	1 cup
or Peanut Butter, Soy Nut Butter, or Other Nut and Seed Butters	2 tablespoons*	3 tablespoons*	4 tablespoons*
or Peanuts, Soy Nuts, Tree Nuts and Seeds	½ ounce* (need an additional ½ ounce of meat/meat alternate)	¾ ounce* (need an additional ¼ ounce of meat/meat alternate)	1 ounce* (need an additional 1 ounce of meat/meat alternate)
Yogurt, commercial, plain or flavored	4 ounces=½ cup	6 ounces=¾ cup	8 ounces=1 cup

- * Nut and seed **butters** may not fulfill all of the meat/meat alternate requirement, a second meat or meat alternate must be added at lunch/supper.
- * Nuts and seeds may only make up one-half of the meat/meat alternate requirement for lunch and supper. Nuts and seeds may fulfill all of the meat/meat alternate requirement at snack.
- * ½ ounce is equal to 2 tablespoons of whole peanuts, cashews, or almonds, or chopped pecans or walnuts, or 1 tablespoon of sunflower seeds.

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 ½ ounce is required for 1 through 5 year olds, and 1 ounce is required for 6 through 12 year olds.
- The least amount of meat/meat alternate that may be offered in a serving is ¼ ounce.



**MEATS/MEAT ALTERNATES
CREDITABLE AND NON-CREDITABLE FOOD CHART**

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Alternate Protein Product (APP)	X		Simulated meat product/analog, made from soy protein. Must be served in combination with meat, poultry, or fish. Alternate protein products must contain at least 18% protein by weight when fully hydrated.
Bacon or Imitation Bacon		X	Low protein content, high in fat and sodium.
Bacon, Turkey	See Comments		Creditable only if a CN labeled product.
Bean/Pea Soup	X		Homemade or commercial. See page 15 for amounts needed.
Beef	X		
Beef Jerky	X		Made with pure beef; use sparingly because of high sodium content and cost.
Beef Stew, Commercial		X	See comments on page 14.
Braunschweiger	X		A cooked pork liver sausage. Cannot contain binders or extenders. See page 14.
Canadian Bacon	X		Limit use, high in sodium.
Cheese	X		Natural or processed.
Cheese Food or Cheese Spread	X		Examples: <i>Cheez Whiz</i> , <i>Velveeta</i> . Portion sizes must be doubled.
Cheese in Commercial Macaroni & Cheese Products		X	Not able to determine the amount of cheese in the product. The macaroni, if enriched, may be creditable as a bread alternate .
Cheese sauce, homemade	See comments		Must contain the appropriate quantities of cheese to meet the meat/meat alternate component according to the age of children.
Cheese sauce, commercial, canned or powdered		X	Does not contain adequate amounts of cheese.
Chicken nuggets, commercial (and breaded products)	See comments as described on p. 14		Must have a CN label or product specification sheet to determine creditable serving size.
Chicken nuggets, homemade (and breaded products)	X		Are creditable as the amount of chicken used can be documented.

**MEATS/MEAT ALTERNATES
CREDITABLE AND NON-CREDITABLE FOOD CHART**

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Chili, commercial	See comments		See page 14.
Chitterlings		X	The small intestines of pigs. Low protein content, considered a fat. Portion sizes are unrealistic. Not creditable unless manufacturer letter on file or CN label states appropriate quantities.
Cottage Cheese	X		Must double portion size.
Cream Cheese		X	High in fat and low in protein.
Cured Pork Products	X		Examples: sausage, pepperoni; limit use, high in sodium and fat.
Dried Beans	X		Examples: peas, pinto beans, lentils, black-eyed peas, great northern beans, soybeans, kidney beans. Count as either a vegetable or meat alternate, but not as both at the same meal.
Eggs	X		Fresh, dried, pasteurized, liquid, or hard boiled eggs.
Egg custard	X		Snack only.
Fish	X		Commercially caught only. Not creditable for infants. Home caught does not meet the definition of an approved source.
Fish Sticks	See Comments as described on p. 14		Not creditable for infants.
Home-slaughtered Meats		X	Does not meet the definition of an approved source.
Kidney	X		
Lamb	X		
Liverwurst	X		Cannot contain binders or extenders. See page 14.

**MEATS/MEAT ALTERNATES
CREDITABLE AND NON-CREDITABLE FOOD CHART**

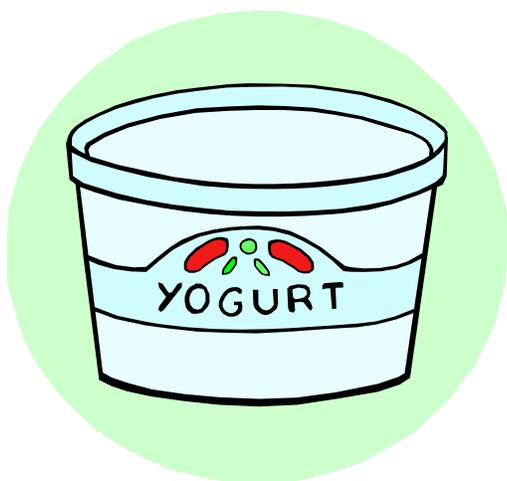
FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Loma Linda Meat*	X		A brand of simulated meat products/analog, made from soy protein. Federal regulations do not allow except in certain situation. *Creditable as a meat alternate for religious reason only. Centers contact CDPHE-CACFP, Family Child Care Homes contact your sponsor for approval.
Luncheon Meat	X		Cannot contain binders or extenders. See page 14.
Meat Sauce	X		Homemade or CN labeled only. See page 14.
Meat Balls	X		Homemade or CN labeled only.
Neufchatel Cheese		X	Soft, un-ripened, high-moisture cheese. Low in protein.
Nuts and Seeds and their Butters	X		Examples: Peanuts, soy nuts, walnuts, pecan, almonds, cashews, sesame seeds, and sunflower seeds.
Nut and Seed Flour		X	Federal regulations do not allow unless all requirements of Appendix A of the regulations are met.
Peanut Butter	X		When serving peanut butter at lunch a second meat/meat alternate must be served to ensure enough protein is available. For example: serve 1 ½ tablespoons of peanut butter in a sandwich and serve 1 ounce of string cheese. A typical serving of peanut butter is often less than the 3 tablespoons required to meet the 1 ½ ounce meat/meat alternate requirement for a 3 through 5 year old.
Peanut Butter, reduced fat	See comments		Commodity reduced fat peanut butter is creditable. Commercial reduced fat peanut butter <u>spreads</u> are <u>not creditable</u> .
Peanuts in Cracker-Jack type products		X	Not enough peanuts in product. Considered a snack-type item.
Pizza	X		CN labeled only or homemade with adequate meat and cheese. See question 3 on page 21.
Pork	X		

**MEATS/MEAT ALTERNATES
CREDITABLE AND NON-CREDITABLE FOOD CHART**

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Pot Pies, commercial	See comment.		See page 14.
Poultry	X		Examples: Chicken, Turkey, and Cornish Hen.
Pressed Meat Products	X		Example: <i>Spam</i> -limit use, high in sodium.
Quiche	X		
Ravioli	See comment.		See page 14.
Ricotta Cheese	X		Must double portion size.
Salt Pork		X	High in fat.
Sausage	X		Not creditable for infants. High in fat and sodium.
Seafood/Shellfish	X		Examples: Shrimp, Crab, and Scallops. Not creditable for infants.
Spaghetti sauce with meat, commercial		X	Unable to determine amount of lean meat. See page 14.
Spam	X		Limit use, high in sodium.
Surimi		X	A minced fish product. Not an adequate amount of fish.
Tempeh		X	Fermented soybean; FDA has no Standard of Identity for this product.
Tofu		X	Tofu is a soybean curd, which has the general color and shape of cream cheese. FDA has no Standard of Identity for tofu, so the product can vary from one manufacturer to another.
Tripe	X		Stomach lining of cattle or other hooved, cud-chewing mammals.
Veal	X		

MEATS/MEAT ALTERNATES CREDITABLE AND NON-CREDITABLE FOOD CHART

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Vegetarian "Burgers", commercial		X	Main ingredient is a grain or vegetable.
Vienna Sausages	X		Cannot contain binders or extenders. See page 14.
Wild Game and Fowl		X	Not allowed; see "Home-slaughtered Meats" on page ii and page 17.
Yogurt	X		Yogurt may be plain, sweetened, or flavored. Yogurt is <u>not</u> creditable for infants. Homemade yogurt is not creditable. Serving sizes for yogurt are as follows:
			MEAL AGE SERVING SIZE
			Snack
			1 through 5 ½ ounce m/ma=2 ounces or ¼ cup yogurt
			6 through 12 1 ounce m/ma=4 ounces or ½ cup yogurt
			Lunch/Supper
			1 through 2 1 ounce m/ma=4 ounces or ½ cup yogurt
			3 through 5 1½ ounce m/ma=6 ounces or ¾ cup yogurt
			6 through 12 2 ounces m/ma=8 ounces or 1 cup yogurt
Yogurt Products		X	Yogurt bars, yogurt beverages, yogurt covered fruit and/or nuts, or similar products are not creditable.



QUESTIONS AND ANSWERS ABOUT MEATS/MEAT ALTERNATES

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

A: Peanut butter has always been included as a meat alternate in the Child Nutrition Program. Other nut and seed butters are now available on the market. Food consumption habits and food preferences are influenced by many cultural, ethnic, economic, religious, and environmental factors and are constantly changing. These changes can affect how foods are used in meals. In the past, nuts have always been considered a snack food. Today, nuts and seeds and a variety of nut or seed butters are becoming more popular at mealtime in main dishes.

Nuts are not recommended for children under 3 years old, as nuts may be a choking hazard.

2. Q: Are grated Romano and Parmesan cheeses creditable?

A: Yes. However, small amounts used as a garnish, or seasoning, or in breading, should not be counted toward meeting the meat/meat alternate requirement of a meal. For both Romano and Parmesan cheeses, a $\frac{3}{8}$ cup serving provides 1 ounce of meat alternate.



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

A: Yes, if it is CN labeled or homemade. Homemade pizza must have adequate meat and cheese (see page 14). Also, pizza crust may be counted as a bread (see page 31). Other pizza may be creditable if you have a signed manufacturer's product analysis sheet stating the amount of cooked meat/meat alternate per serving or if enough meat/cheese is added to a commercial pizza to provide the minimum serving size.

4. Q: May vegetarian meals be claimed in the CACFP?

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

5. Q: We have several children that attend our child care that cannot eat certain foods because of religious reasons. How do we claim these children on the food program?

A: The center may request that alternate meal patterns be allowed by submitting a letter to the CDPHE-CACFP stating the reasons for the proposed changes. At that time, CDPHE-CACFP will make a decision based on the nutritional needs of the children.

6. Q: How many fish sticks do I need to serve to meet CACFP requirements?

A: Fish sticks are only creditable when served in amounts indicated by a CN label or product specification that describes the amount of meat/meat alternate by portion size.

. Q: How many chicken nuggets do I need to serve to meet the CACFP requirements?

A: CACFP serving size refers only to cooked lean meat, not breading. The amount of cooked lean meat can vary by manufacturer. Chicken nuggets are only creditable when served in amounts required by a CN label or product specification sheet.

FRUIT/VEGETABLE COMPONENT

Breakfast must contain a serving of a vegetable, a fruit, or a full-strength fruit or vegetable juice. Lunch and supper must contain a serving of two or more vegetables or fruits, or a serving of both. Full-strength juice may be served to meet one component at lunch or supper. A snack may contain a fruit, a vegetable, or a full-strength juice as one of the two food components served. However, juice may not be served when milk is served as the only other snack component.



Full-strength fruit juice is creditable when it is 100% full strength juice. Products labeled 100% juice, 100% pure juice, 100% fruit juice, 100% fruit juice blends, and 100% juice concentrate are creditable. Beverages that have similar names such as – ade drinks, citrus beverages, drinks, coolers, punches, cocktails, and thirst quenchers are usually not creditable. Fruits include, but are not limited to oranges, bananas, apples, grapes, plums, pineapples, etc. Vegetables include, but are not limited to, green beans, broccoli, cauliflower, carrots, spinach, etc. CDPHE-CACFP recommends limiting the serving of juice to twice per week and encourages the use of fruits and vegetables to substitute for juices.

Vegetables and fruits are an important source of fiber, iron, minerals, vitamins A and C, and other nutrients. Fruits and vegetables offer children variety and are a good source of nutrients as well. Serving a variety of fruits and vegetables is encouraged by the CDPHE-CACFP to expose children to new food experiences and provide varied nutrients.

Home canned products **DO NOT** meet the definition of an approved source and are not allowed. Home frozen products are creditable. Small amounts (less than 1/8 cup) of vegetables and fruits used for flavorings or garnishes are not to be counted. Combinations of fruits and vegetables on items such as sandwiches, (example: fruit cocktails, lettuce & tomato) or pizza (example: mushrooms, green peppers) count only as one vegetable. Home dried products are creditable.

	Fruits/Vegetables Amounts Needed		
	1 through 2 years	3 through 5 years	6 through 12 years
Breakfast	1/4 cup	1/2 cup	1/2 cup
Lunch and Supper (2 or more servings of Fruits and/or Vegetables)	1/4 cup, total	1/2 cup, total	3/4 cup, total
Snack	1/2 cup	1/2 cup	3/4 cup



**FRUITS/VEGETABLES
CREDITABLE AND NON-CREDITABLE FOOD CHART**

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Ade Drinks		X	Not 100% full-strength juice. Example: Lemonade.
Apple Butter		X	Not enough fruit present.
Apple Cider	X		
Apple Fritters	X		Must have at least 1/8 cup of apples per serving. The remainder of fruit/vegetable component must be provided by serving an additional fruit or vegetable.
Banana Chips		X	USDA considers this a non-creditable snack food item, similar to potato chips. Usually has added sugar, oil, and salt.
Banana, home dried	X		For crediting purposes, 1/4 cup dried banana is equal to 1/4 cup of fruit.
Banana in pudding	X		Must have at least 1/8 cup of bananas per serving. The remainder of fruit/vegetable component must be provided by serving an additional fruit or vegetable.
Bean and Pea Soup	X		1/2 cup commercial, reconstituted soup=1/4 cup vegetable for 3 through 5 year olds.
Bread containing fruits or vegetables		X	Not enough fruit or vegetable. Fruit breads may count as a bread/bread alternate if flour is the first ingredient or if fruit is the first ingredient and flour the second. Example: Banana Bread
Cake containing fruits or vegetables		X	Example: Carrot Cake
Carambola (Star Fruit)	X		
Chips, Snack Types		X	Includes potato chips and any snack chips or puffs.
Cranberry Sauce	X		Does <u>not</u> include jellied cranberry sauce.
Coconut		X	High in fat, low in nutrients.
Dehydrated Soup Mixes		X	Not enough vegetable present
Dried Beans or Peas	See comments		Count as either a vegetable or a meat alternate, but not both at the same meal.
Dried Fruit	X		The serving size of dried fruit is based on volume and may be impractical. Serve with other fruits and/or vegetables.
Fig Newtons		X	Not enough fruit present.
Fruit Drink		X	Not 100% full-strength juices.
Fruit-flavored Powders or Syrups		X	Not enough fruit present. Example: Tang
Fruit in Gelatin	X		If fruit is provided in adequate portions within the gelatin.

**FRUITS/VEGETABLES
CREDITABLE AND NON-CREDITABLE FOOD CHART**

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Fruit or Vegetable Juice	X		Only 100% full-strength juice; include type of juice on menus.
Fruit Juice Blend	See comments		Must be combinations of full-strength juices. Will say 100% juice on the label. Ingredient list will only have juices; no sugar or corn syrup.
Fruit Nectar		X	Not 100% juice. (Commonly contains less than 50% full strength juice.)
Fruit or Juice Cocktail Drinks		X	Not 100% juice.
Fruit Leathers or Fruit Rollups		X	Not enough fruit present.
Fruit Juice Strips or Twists made from 100% Fruit Juice		X	These foods are made with carbohydrates from fruit purees and concentrate combined with gels or stabilizing agents (pectin) to form a stable, jelly-like character. Instead these types of foods are classified as Candies/Jellies and Gums and are not creditable.
Fruit Punch		X	Normally not 100% juice. (If label states it is 100% juice and has no other ingredients such as sugar or fructose, then it can be creditable.)
Fruit Pie Filling, commercial	X		Count ½ cup fruit pie filling as ¼ cup fruit.
Fruit Pie Filling, homemade	X		Count the actual amount of fruit.
Fruits or Vegetables added to Quick Breads		X	Not enough fruit or vegetable present.
Gelatin, Plain or Flavored		X	Low in nutrients, high in sugar.
Green Chiles	X		Each serving must contain at least ⅛ cup of green chiles.
Green Chile Sauce	X		Each serving must contain at least ⅛ cup of green chiles or other vegetables.
Hominy		X	Not made from the whole kernel of corn.
Ice pops, flavored		X	Normally not 100% juice. (If label states it is 100% juice or fruit and it has no other ingredients such as added sugars or corn syrup, then it can be creditable.)
Jellies, Jams, Preserves		X	Not enough fruit present, high in sugar.
Jicama	X		A Mexican, white tuber vegetable resembling a turnip.
Juice Bars, Frozen	See comments		100% fruit juice only. (If label states it is 100% juice and has no other ingredients such as sugar or fructose, then it can be creditable.)
Ketchup, Chili Sauce, or Barbecue Sauce		X	Not enough vegetable present.

**FRUITS/VEGETABLES
CREDITABLE AND NON-CREDITABLE FOOD CHART**

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Kiwi Fruit	X		
Kool-aid		X	Not 100% juice.
Lemon Pie Filling		X	High in sugar.
Mango	X		Tropical, sweet, juicy, yellow-orange fleshed fruit.
Olives		X	High in sodium
Orange Juice with Calcium	X		Only 100% juice.
Papaya	X		Tropical, yellow fruit.
Pickles, Pickle Relish		X	High in sodium.
Pizza Sauce, commercial	X		Tomatoes, tomato sauce, or tomato paste must be the first ingredient listed. If tomato sauce or tomatoes are the first ingredients, water cannot be in the list of ingredients. If tomato paste is the first ingredient, water may be listed.
Posole		X	Not made from the whole kernel of corn.
Potatoes	X		Creditable as a fruit/vegetable component.
Potato Skins	X		



**FRUITS/VEGETABLES
CREDITABLE AND NON-CREDITABLE FOOD CHART**

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Raisins	See comments		The serving size, ½ cup at breakfast or snack, is based on volume and is impractical. A second fruit/vegetable must be served when raisins are served at breakfast or snack or the meal may not be claimed for reimbursement.
Salsa, homemade	X		Homemade salsa made with fresh tomatoes or commercially canned tomatoes is creditable. The minimum serving size is ⅓ cup for 3 through 5 year olds for breakfast, lunch/supper, and snack. However, the total fruit/vegetable component served must equal the serving size required for any age group at any of these meals.
Salsa, USDA commodity	X		Commercial salsa is only creditable if it is USDA commodity salsa.
Salsa, Commercial		X	Commercial salsa is not creditable due to the difficulty in establishing the amount of vegetables versus water present in the mixture.
Sherbet/Sorbets		X	Not enough fruit present, high in sugar.
Spaghetti Sauce, commercial	X		See Pizza Sauce.
Sparklers/Sparkling Water		X	Not 100% juice.
Sprouts		X	Examples: Alfalfa, Bean. Not creditable due to food safety hazards.
Toaster Pastry Filling		X	Not enough fruit present.
Vegetable Soups	See comments		Vegetable soups are creditable if the following amounts are served: Vegetable, Minestrone, Tomato Soups: 1 cup commercial, reconstituted soup=¼ cup vegetables for 3 through 5 year olds. Bean/Pea Soups: ½ cup commercial, reconstituted soup=¼ cup vegetable for 3 through 5 year olds.
V-8 Juice	X		



QUESTIONS AND ANSWERS ABOUT FRUITS/VEGETABLES

1. 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 requirements. Other ingredients such as mayonnaise and marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a $\frac{1}{4}$ cup serving of Coleslaw containing non-creditable ingredients would not equal a $\frac{1}{4}$ cup of fruit/vegetable.

2. Q: May 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.

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

A: Only one component of a fruit/vegetable may 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/vegetable would need to be served. **However, a Chef Salad or a fruit salad (with meat or meat alternate) may be creditable as two meal components of a fruit/vegetable because two or more fruits or vegetables are identifiable as individual servings and served as part of an entrée (see Crediting Combination Foods on page 47).**

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

A: A homemade pizza may be counted as one fruit/vegetable component. In order to do this, the pizza should include pizza sauce **AND** vegetable or fruit toppings. The amount of sauce on a commercial pizza is not sufficient to count as a vegetable unless the pizza is CN labeled (see page 14).

5. Q: How much tomato paste, tomato puree, or tomato sauce would I need to equal $\frac{1}{4}$ cup of vegetable for each 3 through 5 year old at lunch/supper?

A: Tomato Paste 1 tablespoon = $\frac{1}{4}$ cup vegetable
Tomato Puree 2 tablespoons = $\frac{1}{4}$ cup vegetable
Tomato Sauce 4 tablespoons = $\frac{1}{4}$ cup vegetable

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

A: The label will state "100% Juice." **Juice that has the words "cocktail," "natural," "beverage," or "drink" on the label is usually not 100% juice.**

7. Q: May the fruit or vegetable in pudding or gelatin be counted towards the fruit/vegetable requirement?
- A: Yes; however, at least $\frac{1}{8}$ cup must be present in each serving. Gelatin or pudding alone will not meet the CACFP requirement.
8. Q: Are edible plants such as Dandelion Greens, Burdock, and Lamb's Quarters (Pigweed) creditable?
- A: Yes, they are considered a vegetable.
9. Q: Are fruit sauces, such as orange sauce made with orange juice or blueberry sauce made with canned blueberries, creditable?
- A: Yes; however, only the fruit portion of the sauce, i.e., the orange juice or blueberries are creditable. At least $\frac{1}{8}$ cup must be in each serving. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the number of servings prepared.
- 10.Q: Are dehydrated vegetables creditable and how are yields determined?
- A: Yes, dehydrated vegetables are creditable. Yields for dehydrated vegetables must be based on the **rehydrated** volume, not the fresh volume that may be stated on the container. Keep in mind that rehydration yield on the container often vary from brand to brand. This means that the following procedure must be used for each brand of dehydrated product to determine the yield.

Determine the rehydrated volume as follows:

1. Rehydrate (add water or liquid to) a purchase unit of the dehydrated vegetable according to manufacturer's directions. If the directions are not on the container, request rehydration directions from the manufacturer.
2. Measure the rehydrated volume.
3. Measure the number of $\frac{1}{4}$ cup servings of rehydrated product that one purchase unit provides.
4. Keep a record of the yield data obtained at the center as verification. Records should include information on the size of the purchase unit, the number of $\frac{1}{4}$ cup servings of rehydrated product per purchase unit, and the name of the manufacturer and the manufacturer's directions for how to rehydrate the product.



BREAD/BREAD ALTERNATE COMPONENT

Breakfast, lunch, and supper must contain a serving of bread/bread alternate. A snack may contain a bread/bread alternate as one of the two food components served. Bread products are an important source of iron, thiamine, niacin, riboflavin, and often fiber in the diet. Bread/bread alternates must serve the customary function of bread in a meal, that is, as an accompaniment to, or integral part of, the main dish, **not as a dessert**. Remember, for a bread/bread alternate to be creditable enriched or whole-grain flour, or meal, or germ, or bran must be the heaviest ingredient or listed first in the ingredient list.

Sweet breads are not creditable at lunch/supper and should be limited to twice a week at breakfast and snack. Bread products include items such as sliced bread, bagels, muffins, etc. Bread alternates include hot or cold cereals, pasta, rice, etc. The following list contains bread/bread alternates that are *high in fat and/or sugar*.

- | | | |
|--------------------------------------|---------------------------------------|---|
| <input type="checkbox"/> Brownies* | <input type="checkbox"/> Danish | <input type="checkbox"/> Sopapillas (page 34) |
| <input type="checkbox"/> Cereal Bars | <input type="checkbox"/> Doughnuts | <input type="checkbox"/> Sweet Rolls |
| <input type="checkbox"/> Cookies | <input type="checkbox"/> Granola Bars | <input type="checkbox"/> Toaster Pastries |
| <input type="checkbox"/> Croissants | <input type="checkbox"/> Pop Tarts | |

*Note: Commercial Brownies are not creditable. See page 38-41 to determine if the homemade brownie recipe is creditable. The recipe will need to be on file proving that the Brownies are creditable or the meal/snack will be disallowed.

Limit the use of items listed above to twice a week. (Example: Monday Breakfast, a cinnamon roll and Thursday Snack, an oatmeal cookie). Note: It is not 2 times per child but 2 times per menu for the week.

The heaviest ingredient in a bread/bread alternate must be 1) a whole-grain flour and/or 2) an enriched flour and/or 3) enriched meal and/or 4) germ and/or 5) bran. If the product's ingredient label lists flour as the first ingredient, it must list all of the following nutrients for the product to be considered acceptable as a bread/bread alternate: Iron, Thiamine, Riboflavin, and Niacin.

Exception: Homemade Breads such as banana bread or zucchini bread may have a fruit or vegetable as the heaviest ingredient with enriched or whole-grain flour, or meal, or germ, or bran as the second heaviest ingredient.

Bread/Bread Alternate Amounts Needed for Breakfast, Lunch, Supper, and Snack			
	1 through 2 years	3 through 5 years	6 through 12 years
BREAD	½ slice	½ slice	1 slice
*or Cold Dry Cereal	¼ cup (or ⅓ oz.)	⅓ cup (or ½ oz.)	¾ cup (or 1 oz.)
or Pasta/ Noodles	¼ cup	¼ cup	½ cup
or Cooked Cereal/Grains	¼ cup	¼ cup	½ cup

- Cold dry cereal is not creditable at lunch or supper.

Grains/Breads For The Food-Based Menu Planning Alternatives In The Child Nutrition Programs ^{1,2}

Per FCS INSTRUCTION 783.1 REV 2: EXHIBIT A

Revised January 2011 by CDPHE-CACFP for use in CACFP facilities.

All bread/bread alternate products must have enriched or whole grain as first ingredient listed on nutrient label.

Group A		Minimum Serving Size for Group A
-Bread Sticks (hard) -Chow mein noodles -Crackers (Saltines and Snack Crackers)	-Croutons -Pretzels -Stuffing (dry) note: weights apply to bread in stuffing	1 serving = 20 gm or 0.7 oz for 6 -12 year olds and adults 1 serving = 10 gm or 0.4 oz for 1-5 year olds
Group B		Minimum Serving Size for Group B
-Bagels -Biscuits -Breads (white, wheat, whole wheat, French, Italian) -Buns (hamburger and hot dog) -Crackers (graham crackers – all shapes, animal crackers) -English Muffins	-Pita Bread (white, wheat, whole wheat) -Pizza crust -Pretzels -Rolls (white, wheat, whole wheat, potato) -Tortillas (wheat or corn) -Tortilla chips (wheat or corn) -Taco shells	1 serving = 25 gm or 0.9 oz for 6-12 year olds and adults 1 serving = 13 gm or 0.5 oz for 1 - 5 year olds
Group C		Minimum Serving Size for Group C
-Cookies ³ (plain) -Cornbread -Corn muffins	-Croissants -Pancakes -Waffles	1 serving = 31 gm or 1.1 oz for 6-12 year olds and adults 1 serving = 16 gm or 0.6 oz for 1-5 year olds
Group D		Minimum Serving Size for Group D
-Doughnuts (cake and yeast raised, unfrosted) -Granola bars (plain)	-Muffins (all, except corn) -Sweet rolls -Toaster pastries (unfrosted)	1 serving = 50 gm or 1.8 oz for 6 -12 year olds and adults 1 serving = 25 gm or 0.9 oz for 1-5 year olds
Group E		Minimum Serving Size for Group E
-Cookies ³ (with nuts, raisins, chocolate pieces and/or fruit purees) -Doughnuts ⁴ (cake and yeast raised, frosted or glazed)	-Grain fruit bars ⁴ -Granola bars (with nuts, raisins, chocolate pieces and/or fruit) -Sweet rolls ⁴ (frosted) -Toaster Pastries (frosted)	1 serving = 63 gm or 2.2 oz for 6 - 12 year olds and adults 1 serving = 31 gm or 1.1 oz for 1-5 year olds
Group F		Minimum Serving Size for Group F
-Coffee cake ⁴		1 serving = 75 gm or 2.7 oz for 6 - 12 year olds and adults 1 serving = 38 gm or 1.3 oz for 1 - 5 year olds
Group H		Minimum Serving Size for Group H
-Barley -Breakfast cereals ⁵ (cooked) - Bulgur or cracked wheat - Macaroni (all shapes)	-Noodles (all varieties) -Pasta -Ravioli (noodle only) -Rice (enriched white or brown)	1 serving = 1/2 cup cooked (or 25 gm dry) for 6 - 12 year olds and adults 1 serving = 1/4 cup cooked (or 13 gm dry) for 1 - 5 year olds
Group I		Minimum Serving Size for Group I
1 serving = ¼ cup or 1/3 oz for 1 – 2 year olds 1 serving = 1/3 cup or ½ oz for 3 – 5 year olds 1 serving = ¾ cup or 1 oz, for 6 – 12 year olds and adults		ready to eat breakfast cereal (cold dry) ⁵

1. The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.
2. Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
3. Allowed only for snacks, two times per week or less.
4. Allowed for snacks & breakfast only, two times per week or less
5. Cereals may be whole-grain or enriched.

**BREAD/BREAD ALTERNATES
CREDITABLE AND NON-CREDITABLE FOOD CHART**

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Bagels	X		
Biscuits	X		
Bread	X		
Batter/Breading		X	Examples: Batter/breading on commercial fish sticks and on chicken or fish nuggets. CN labeled products are acceptable for breading, if stated on the label.
Bread Pudding	X		For Snack only. Must be homemade with adequate bread.
Bread Sticks	X		
Brownies	See comments.		For Snack only. Brownies are creditable only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient, (this is the first ingredient on the label). Note: This eliminates most commercial brownies and most homemade recipes. The recipe or label must be on file to prove that the brownies are creditable and in order to claim the brownies for reimbursement.
Bulgar	X		
Cakes or Cupcakes		X	High in sugar.
Caramel Corn		X	Does not fit the definition of bread as well as being a choking hazard.
Cereals	X		Includes dry and cooked cereals. (Cold dry cereal is not creditable at lunch or supper). Must be whole grain, enriched or fortified, and be the first ingredient listed.
Cereal Bars	See comments.		For Breakfast and Snack only. Only products with whole-grain or enriched flour, meal, germ, or bran listed as the first ingredient are creditable.
Chips, Snack Types		X	Includes snack chips and puffs.
Chow Mein Noodles	X		
Coffee Cake	X		For Breakfast and Snack only. Only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient or listed as the first ingredient.
Cinnamon Rolls	X		For Breakfast and Snack only. Only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient or listed as the first ingredient.
Cookies	X		For Snack only. Only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient or listed as the first ingredient.

**BREAD/BREAD ALTERNATES
CREDITABLE AND NON-CREDITABLE FOOD CHART**

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Cornbread/Corn Muffins	X		Homemade or commercial products with whole grain or enriched flour, meal, germ or bran listed as the heaviest ingredient or listed as the first ingredient are creditable.
Corn Nuts		X	Corn Nuts are a snack food and are high in fat and salt.
Corndog Breading	X		Only if enough breading. CN labeled Corndogs are acceptable for breading if stated on the label.
Crackers	X		
Crepes	X		Served as an accompaniment to, or as an integral part of the main dish.
Croissants	X		High in fat. Limit use to twice per week.
Croutons	X		If enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient. See Group A on page 31 for amounts.
Danish, Doughnuts	X		For Breakfast and Snack only. Only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient or listed as the first ingredient. High in fat and sugar. Limit use to twice per week.
Dumplings	X		
Egg Roll or Won Ton Wrapper	X		
English Muffin	X		
Gingerbread	X		For Breakfast and Snack only. Only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient or listed as the first ingredient.
Granola Bars	X		For Snack only. See question #5 on page 36. Only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient or listed as the first ingredient.
Grits, Corn	X		Must be whole-grain or enriched.
Hominy, Posole		X	Not made from the whole kernel of corn.
Hushpuppies	X		Must use whole grain or enriched cornmeal.
Ice Cream Cones		X	Serving size is not practical.
Muffins	X		Only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient or listed as the first ingredient.
Noodles/Pasta	X		
Oat Bran	X		
Oatmeal	X		
Pancakes	X		

**BREAD/BREAD ALTERNATES
CREDITABLE AND NON-CREDITABLE FOOD CHART**

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Pie Crust, in a dessert at Lunch/Supper		X	Not considered an integral part of the meal. See question #4, page 36.
Pie Crust, in a dessert at Snack	X		Is creditable as a dessert-type food at Snack only. Enriched or whole-grain flour, or meal, or germ, or bran must be the heaviest ingredient.
Pie Crust, as part of a Main Dish	X		Examples: Quiche crust, Hamburger Pie Crust, Homemade Pot Pie.
Pita Bread	X		
Pizza Crust	X		Enriched or whole-grain flour, or meal, or germ, or bran must be the heaviest ingredient.
Popcorn		X	Low in nutrients; choking can occur in small children.
Popovers	X		
Pretzels, soft	X		Only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient or listed as the first ingredient.
Pretzels, hard	X		Only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient or listed as the first ingredient. Note: Hard pretzels are a choking hazard for children under the age of three.
Puff Pastry	X		
Quick Breads	See comments		Examples: Commercial Banana Bread, Pumpkin Bread, and Zucchini Bread are not creditable. Homemade quick breads may have a fruit or vegetable as the heaviest ingredient as long as enriched or whole-grain flour, or meal, or germ, or bran is the second heaviest ingredient.
Quinoa	X		A cereal-like grain product derived from the seed of a leafy plant, creditable as a whole-grain type flour. Seeds may be red, white, or black.
Rice	X		Examples: Enriched white, brown, or wild rice.
Rice Cakes	X		Must be enriched or whole-grain. One serving for 1 through 5 year olds weighs 15 grams (0.5 oz.) A standard rice cake weighs approximately 9 grams. One serving for lunch/supper is equal to 1.5 rice cakes for a 1 through 5 year old. This may be too large for a practical serving size, especially at lunch/supper. Use with discretion.
Rice Pudding	X		For Snack only. Rice must be the heaviest or first ingredient.
Rolls	X		
Sopapillas	X		Limit the number of times on the menu as they are high in fat.

**BREAD/BREAD ALTERNATES
CREDITABLE AND NON-CREDITABLE FOOD CHART**

FOOD	CREDITABLE?		COMMENTS
	YES	NO	
Stuffing, Bread	X		Homemade stuffing is recommended over commercial stuffing because of the high sodium content of many commercial varieties, although both are creditable.
Tapioca Pudding		X	High in sugar; low in nutrients.
Taco Shells	X		
Taco Chips	X		Must have whole-grain or stone-ground corn as first ingredient; do not serve more than twice a week. See "Tortillas" below.
Toaster Pastries	X		For Breakfast and Snack only. Only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient. Note: Many brands are not creditable, read the product label carefully.
Tortillas	X		The heaviest ingredient must be enriched or whole-grain flour, or meal, or germ, or bran, including whole-grain corn, whole ground corn, cornmeal, corn flour, enriched cornmeal, enriched corn flour, and enriched corn grits. The following grains are not creditable: corn grits, degermed corn flour, and degermed cornmeal.
Trail Mix, Party Mix, etc.	X		For Snack only. Only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient or listed as the first ingredient.
Waffles	X		
Wafers	X		For Snack only. Examples: Rye, Vanilla, etc.
Wheat Bran	X		
Wheat Germ	X		

REMINDER: The heaviest ingredient must be enriched or whole-grain flour, or meal, or germ, or bran to be creditable as a bread/bread alternate. The heaviest ingredient is the first item listed on the ingredients label.



QUESTIONS AND ANSWERS ABOUT BREADS/BREAD ALTERNATES

1. Q: Are fruit filled cookies creditable as a bread/bread alternate?

A: Yes, if the first ingredient is enriched or whole-grain flour, or meal, or germ, or bran. Check the label, fruit filled cookies that list fruit or filling as the first ingredient are not creditable.

2. Q: Are Snack Bars made from a cereal product creditable?

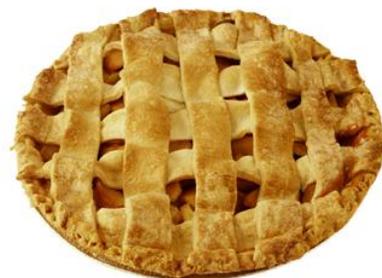
A: Yes. These “cereal snacks” may be creditable for snacks only; and only if the cereal is enriched, fortified, or whole-grain flour, or meal, or germ, or bran, and is the first ingredient. The amount of cereal per serving must equal the amounts listed on page 30. Do not serve more than twice a week.

3. Q: May nut or seed meal or 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.

4. Q: May pie crusts be credited as bread alternate?

A: Yes, if the pie crust is being served as an integral part of the main dish (the main dish contains the meat/meat alternate). Also, the heaviest ingredient in a pie crust by weight must be enriched or whole-grain flour, or meal, or germ, or bran. **Pie crusts served as part of a dessert are not creditable as a bread alternate at Lunch/Supper because bread is not customarily served as a dessert at lunch or supper. However, it is creditable at snack.**



5. Q: Are Granola Bars acceptable bread alternates?

A: Only if enriched or whole-grain flour, or meal, or germ, or bran is the heaviest ingredient. Commercial and homemade granola bars, which meet the general criteria for bread alternates, are creditable for **snacks only**. The serving size for granola bars for 1 through 5 year olds is 18 grams (0.6 oz.). Granola bars are considered cookies because of their high sugar and fat content and should not be served more than twice a week.

6. Q: Is granola cereal an acceptable bread alternate?

A: Must be whole grain, enriched or fortified, and be the first ingredient listed. Commercial and homemade granola cereals are acceptable bread alternates for **Breakfast and Snack only**. However, only the grain portion of the cereal is creditable as a bread alternate. Nuts, seeds, coconut, dried fruit, etc., are not to be included when determining the serving size. The amount required is on page 30.

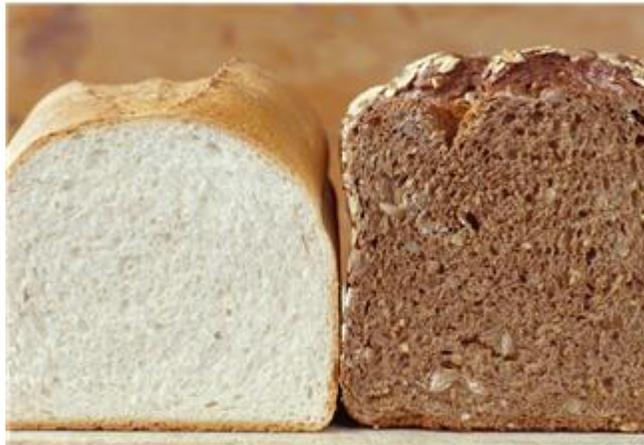


7. Q: The heaviest ingredient in pancake and waffle recipes is water. May pancakes and waffles be claimed as a bread/bread alternate?

A: Yes. When determining whether a pancake or waffle recipe is creditable (page 38), do not count the water. All batter-type recipes have water as the heaviest ingredient. See serving size under Group C on page 31.

8. Q: May crackers be served as a bread alternate?

A: Yes. Crackers may be served as a bread alternate for Breakfast, Lunch, Supper, or Snack. Refer to Group B on p. 31. 1 through 5 year olds needs 13 grams per serving. Some crackers are high in fat, sugar, or salt and should be avoided.



HOW TO DETERMINE IF HOMEMADE BREAD PRODUCTS ARE CREDITABLE

The following information will help determine if the recipes are creditable by calculating the weight of the major ingredients and determining the number of servings of each recipe. Part 1 of this section provides step-by-step evaluation of sample recipes. Use the ***Weights of Commonly Used Ingredients*** (see chart that starts on page 42) to determine the weights of various ingredients.

For a Bread/Bread Alternate: Remember, in order to meet CACFP requirements, a bread/ bread alternate's heaviest ingredient must be enriched or whole-grain flour or meal, germ or bran. Determine the weight of similar foods together. For instance, group sweetening agents together, such as granulated sugar, brown sugar, confectioners' sugar, corn syrup, molasses, honey, etc.

Exception: Homemade products with fruit/vegetable may have the fruit/vegetable as the heaviest ingredient as long as enriched or whole grain flour or meal, germ or bran is the second heaviest ingredient.

SAMPLE RECIPE 1: MUFFINS

1 $\frac{3}{4}$ cups enriched all-purpose flour
1/4 cup granulated sugar
2 $\frac{1}{2}$ teaspoons baking powder
1 large egg
3/4 cup milk
1/3 cup vegetable oil

Step 1: Determine the total weight of the flours/grains in the recipe.

1 $\frac{3}{4}$ cups flour = ? grams
1 cup flour = 126 grams (see *Weights of Commonly Used Ingredients* that starts on page 42)
1.75 cups flour (convert 1 $\frac{3}{4}$ into a decimal) X 126 grams = 220.5 grams
1 $\frac{3}{4}$ cups flour = 220.5 grams



Step 2: Determine the weight of each of the other major ingredients.

Sugars

1/4 cup Granulated sugar = ? grams
1 cup sugar = 196 grams (see chart)
.25 cup sugar (convert 1/4 into a decimal) X 196 grams = 49 grams
1/4 cup sugar = 49 grams

Eggs

1 large egg = 50 grams (see chart)

Milk

$\frac{3}{4}$ cup of milk = ? grams
 1 cup of milk = 241 grams (see chart)
 $.75$ cup of milk (convert $\frac{3}{4}$ into a decimal) x 241 = 180.75 grams
 $\frac{3}{4}$ cup milk = 180.75 grams

Fats

$\frac{1}{3}$ cup of vegetable oil = ? grams
 1 cup vegetable oil = 209 grams (see chart)
 $.33$ cup vegetable oil (convert $\frac{1}{3}$ into a decimal) x 209 = 68.97 grams
 $\frac{1}{3}$ cup vegetable oil = 68.97 grams

Step 3: Compare the total weight of the flours/grains from Step 1 to the weight of the other major ingredients in Step 2.

1 $\frac{3}{4}$ cup flour	=	220.50 grams
$\frac{1}{4}$ cup sugar	=	49 grams
1 egg	=	50 grams
$\frac{3}{4}$ cup milk	=	180.75 grams
$\frac{1}{3}$ cup vegetable oil	=	68.97 grams

Because the weight of the flours/grains is greater than the weight of the other ingredients, this product meets CACFP requirements as a bread/bread alternate.

Step 4: How many servings will this recipe make for children 1 through 5 years old?

A. Determine the total weight of the flours/grains in your recipe.

Flour = 220.50 grams (see Step 1)

B. Each serving of the bread product must supply a minimum of 8 grams enriched or whole-gran flour or meal for children 1 through 5 years old.

$220.50 \text{ grams} \div 8 \text{ grams} = 27.6 \text{ servings}$

This Muffin recipe **yields a minimum of 27 equal servings** for children ages 1 through 5 years old.

Sample Recipe 2: Pumpkin Bread

2 cups enriched all-purpose flour, sifted
2 teaspoons baking powder
½ teaspoon allspice
¼ teaspoon baking soda
½ cup brown sugar, packed
½ cup granulated sugar
⅓ cup vegetable shortening
2 large eggs
1 cup pumpkin, canned
¼ cup milk



Step 1: Determine the total weight of the flours/grains in the recipe.

2 cups flour, sifted = ? grams
1 cup flour, sifted = 116 grams (see chart)
2 X 116 grams = 232 grams
2 cups flour, sifted = 232 grams

Step 2: Determine the weight of each of the other major ingredients.

Sugars

½ cup brown sugar = 105.5 grams (see chart)
½ cup granulated sugar = 98 grams (see chart)
Total sugars = 203.5 grams

Fats

⅓ cup vegetable shortening = ? grams
1 cup vegetable shortening = 187 grams (see chart)
.33 cup vegetable shortening (convert ⅓ into decimal) X 187 = 61.71 grams
⅓ cup vegetable shortening = 61.71 grams

Eggs

2 eggs = ? grams
1 egg = 50 grams (see chart)
2 x 50 = 100 grams
2 eggs = 100 grams

Milk

¼ cup milk = ? grams
1 cup milk = 241 grams (see chart)
.25 (convert ¼ into decimal) x 241 = 60.25 grams
¼ milk = 60.25 grams

Fruits/Vegetables

1 cup pumpkin, canned = 238 grams (see chart)

Step 3: Compare the total weight of the flours/grains from Step 1 to the weight of each of the other major ingredients in Step 2.

2 cups flour	=	232 grams
½ cup brown sugar and ½ cup granulated sugar	=	203.5 grams
⅓ cup vegetable shortening	=	61.71 grams
2 eggs	=	100 grams
1 cup pumpkin, canned	=	238 grams
¼ cup milk	=	60.25 grams

In this recipe, **flour is the second heaviest ingredient**. Pumpkin is the heaviest ingredient. Therefore, this recipe would be creditable as a bread/bread alternate. **(Quick breads with fruit may not count as a fruit/vegetable component because the serving size would be impractical and difficult for a young child to eat).**

Step 4: How many servings will this recipe make for children 1 through 5 years old?

- A.** Each serving of bread product must have a minimum of 8 grams enriched or whole grain flour or meal for children ages 1 through 5 years old.

$$232 \text{ grams} \div 8 \text{ grams} = 29 \text{ servings}$$

This Pumpkin Bread recipe **yields a minimum of 29 equal servings** for children ages 1 through 5 years old.

Note: For adults in Adult Day Care Centers, each serving of a bread product must have a minimum of 16 grams of enriched or whole-grain flour or meal.



WEIGHTS OF COMMONLY USED INGREDIENTS

Food Item	Description	Weight of 1 Cup in Grams
Apples	Raw, chopped	124
	Raw, diced	109
	Raw, sliced	108
Applesauce	Canned	257
Bananas	Mashed	226
	Sliced	145
Blueberries	Raw	146
	Frozen	154
Carrots	Fresh, diced	144
	Shredded	109
	Strips	121
Cheese	Cheddar, diced	132
	Cheddar, shredded	98
	Cottage Cheese, cream style	233
Cherries	Fresh, pitted	163
	Canned	241
	Canned, drained	180
Chocolate Chips		167
Cocoa		86
Coconut	Dehydrated, flakes	88
	Shredded	91
Cornmeal	Dry	150
Corn Syrup	Light or dark	325
Cream	Half and Half	242
	Sour Cream	236
	Whipping	232
Eggs, large	Whole, 1 egg	50
	White, 1 white	33
	Yolk, 1 yolk	17

Food Item	Description	Weight of 1 Cup in Grams	
Flour	All-purpose	Unsifted, dipped	143
		Unsifted, spooned	126
		Sifted, spooned	116
	Bread flour	Unsifted, dipped	136
		Unsifted, spooned	123
		Sifted, spooned	117
	Self-rising	Unsifted, dipped	130
		Unsifted, spooned	127
		Sifted, spooned	106
Whole Wheat	Spooned	120	
Honey		325	
Margarine or Butter	Regular	225	
	Soft	208	
Milk	Fresh, fluid	241	
	Evaporated	251	
	Non-fat dry, instant	74	
Molasses		309	
Oats	Quick cooking	Uncooked	73
		Cooked	246
Oil, cooking		209	
Peanut Butter	Crunchy	261	
	Smooth	251	
Pumpkin	Fresh, cooked, mashed	247	
	Canned	238	
Raisins		144	
Shortening		187	
Sugar	Brown, packed	211	
	Confectioners, sifted	113	
	Confectioners, unsifted	95	
	Granulated	196	
Walnuts	Chopped	120	
Wheat Germ	Spooned	115	
Zucchini	Fresh, uncooked, shredded	130	

Taken from-Average Weight of a Measured Cup of Various Foods, Home Economics Research Report No. 41

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 CDPHE-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 CDPHE-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 CDPHE-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. In the case of a child with special needs, the child care provider is required to provide the substitutions to the infant meal pattern (which could be the formula) to meet the infants' needs, in order to claim the infant's 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.

For current list of Iron-Fortified Infant Formulas that 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 CDPHE-CACFP at 303-692-2330.

CREDITABLE Foods Chart for infants	NON-CREDITABLE Foods Chart for infants
<ul style="list-style-type: none"> ◆ Bread Crusts, Cracker-For Snack Only. (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). ◆ 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). ◆ Single-item baby foods-commercial (such as vegetables, fruits, meats). 	<ul style="list-style-type: none"> ◆ 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 ◆ Combination Dinners-commercial (such as meat/vegetable dinners, meat dinners, and dehydrated dinners) ◆ Cream, half & half, non-dairy creamer ◆ Egg white or whole egg ◆ Electrolyte drinks ◆ Fish sticks, patties, nuggets, or other commercial breaded or battered seafood products, canned fish with bones ◆ High Meat Dinners or Lean Meat Dinners ◆ 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 ◆ Yogurt

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.



CACFP promotes breast-feeding.

QUESTIONS AND ANSWERS ABOUT INFANT FEEDING

1. 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 offered when developmentally appropriate for the infant, and in conjunction with the parent or medical authority recommendation. Also, you may serve less than 1 tablespoon of those foods.
2. Q: Does an infant have to eat only at the specified meal times?

A: No. The meal pattern states that 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.
3. 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 should serve larger portions to those babies who would like more.
4. Q: Why is fruit juice not 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.

CREDITING COMBINATION FOODS

Each meal component must meet minimum meal pattern requirements.

You may count combination foods up to a total of these three meal components:

- 1) Meat/Meat Alternate
- 2) Bread/Bread Alternate
- 3) Fruit/Vegetable (count as one component only)

Example:Homemade Pizza with Cheese, Tomato Sauce, Onions, Mushrooms, and Zucchini

Credit as:

- Meat/Meat Alternate
- Bread/Bread Alternate
- Fruit/Vegetable (count as one component only)

Example:Homemade Beef Stew made with Beef, Carrots, Potatoes, and Onions

Credit as:

- Meat/ Meat Alternate
- Fruit/ Vegetable (count as one component only.)



Example:Mixed Vegetables or mixed fruits

Credit as:

- Fruit/ Vegetable (count as one component only.)

Example: Tossed Lettuce Salad

Credit as:

- Fruit/ Vegetable (count as one component only.)

Exception: Chef Salad (with Meat/Meat Alternate)

Example: Chef Salad with Hard Boiled Egg, Turkey, Cheese, Lettuce, Tomato, Celery, and Cucumber.

Credit as:

- Meat/Meat Alternate
- Fruit/Vegetable } Counts as two components
- Fruit/Vegetable }

Exception: Fruit Salad (with Meat/Meat Alternate)

Example: Fruit Salad with Cottage Cheese, Peaches, Pineapple, Pears, Bananas, and Blueberries.

Credit as:

- Meat/Meat Alternate
- Fruit/Vegetable } Counts as two components
- Fruit/Vegetable }

Combination beverages made from fluid milk and solid fruits may be credited at all meals and snacks as meeting the following meal components. However, amounts served must meet meal pattern requirements:

- 1) Fluid Milk
- 2) Fruit/ Vegetable (count as one component only.)

Example: Banana Cow (made with Banana and Milk)

Credit as:

- Milk
- Fruit/ Vegetable (count as one component only.)



A MENU CHECKLIST

Use this checklist as a reminder when planning menus. Remember, menus must meet the Child and Adult Care Food Program Meal Requirements in order to be reimbursed for those meals or snacks.

VARIETY IN MEALS:

- Prepare a type of food in different ways. For instance, instead of always serving mashed potatoes, try scalloped potatoes, oven baked potatoes, etc.
- Offer more fresh fruits or vegetables.
- Limit the use of 100% fruit juice to twice per week.
- Offer unusual fresh fruits or vegetables such as kiwi fruit, jicama, etc.
- Serve only whole grain products. Be sure that the word “whole” is listed in the nutrient label.
- Serve special menus for holidays, theme days, or serve cultural or ethnic foods for a change.
- Serve food with a variety of color, texture, shape, flavor, and temperature.
- If you are using cycle menus, review for changes periodically. Use seasonal foods.
- Serve children over two years of age 1% or fat-free (skim) milk.
- Serve a variety of meat alternates during the week. For example, during one week serve fish, dried beans, chicken, beef, and pork.

HEALTHIER MENUS:

- Serve foods that are lower in salt.
- Serve foods that are lower in fat.
- Serve foods that are lower in sugar.
- Enhance flavors with spices, herbs, or lemon juice instead of salt or fat.
- When serving canned or frozen fruit, use fruit packed in its own juice, light syrup, or water rather than fruit packed in heavy syrup.
- Only serve dried fruit such as raisins, prunes, and apricots occasionally since they tend to stick to children’s teeth and promote tooth decay.
- Limit servings of highly-processed foods such as hot dogs and bologna, which are high in fat, salt, and sugar to no more than one time per week.

- Bake, broil, or steam foods instead of pan frying or deep frying them.
- Serve lean meats, trim visible fat, and drain grease from meat.
- Serve foods high in vitamins A, C, D, and iron frequently. (See the chart *Some Food Sources for Vitamin A, Vitamin C, and Iron* on page 51).

POSITIVE ATTITUDES TOWARD FOOD:

- Have a positive attitude toward foods and the mealtime experience. Remember, a negative attitude expressed by adults and children may influence other children not to try that food.
- When introducing new foods to children, serve a small amount of the new food along with more popular and familiar foods.
- Include children in food activities to encourage children to try new foods and to gain self-confidence.
- Serve finger foods such as meat or cheese cubes, vegetable sticks, or fruit chunks. Foods that are cut smaller are easier for children to handle.
- Do not force a child to eat. Children often go through food jags. It is normal for a child to ask for second helpings of food one day, yet eat very lightly the next day.
- Provide a comfortable atmosphere at mealtime. Mealtime is also a social activity. Therefore, allow children to talk with others.
- Encourage children to eat food or new foods in a low-key way. For instance, read a book about a new food that will be served that day, and serve the new food at snack when children are more hungry.
- Expose children to new foods five or six times instead of only once or twice. The more exposure children have to a food, the more familiar and comfortable it becomes, and the more likely they will be to try the food.
- Offer the new food first to a child who eats most foods. Children will usually follow other children and try the food.
- Have staff eat with the children. Have them eat the same foods that have been prepared for the children.
- Do not offer bribes or rewards for eating foods. This only reinforces that certain foods are not desirable.

SOME FOOD SOURCES FOR VITAMIN A, VITAMIN C AND IRON

Vitamin A – Serve foods high in vitamin A at least every other day.

Vegetables

Asparagus
Bok Choy
Broccoflower
Broccoli
Carrots
Chili Peppers (red)
Chives
Collards
Dandelion Greens (raw)
Endive
Kale
Mixed vegetables
Mustard Greens

Parsley
Peas and Carrots
Pumpkin
Spinach
Squash (winter)
Sweet Potatoes
Swiss Chard
Tomatoes
Tomato Juice, Paste or Puree
Turnip Greens
Vegetable Juice
Watercress (raw)

Fruits

Apricots
Cantaloupe
Cherries (red, sour)
Mangos
Nectarines
Papayas
Peaches (not canned)
Plums (purple, not canned)
Prunes

Other

Egg Yolk
Liver
Whole Milk and its Products

Vitamin C – Serve foods high in vitamin C at least daily.

Vegetables

Asparagus
Broccoflower
Broccoli
Brussels Sprouts
Cabbage (raw)
Chili Peppers (red)
Chives
Collards
Dandelion Greens (raw)
Endive
Kale
Kohirabi
Mixed vegetables

Mustard Greens
Okra
Parsley
Peppers (sweet)
Potatoes (white)
Spinach (raw)
Swiss Chard (raw)
Tomatoes
Tomato Juice, Paste or Puree
Turnip Greens
Turnips
Watercress (raw)

Fruits

Cantaloupe
Grapefruit
Grapefruit Juice
Guava
Kiwi Fruit
Lemons
Limes
Mangos
Oranges
Orange Juice
Papayas
Raspberries
Strawberries (raw or frozen)
Tangerines

Iron – Serve as often as possible

Vegetables

Asparagus (canned)
Beans: green, wax, lima (canned)
Bean Sprouts
Beets (canned)
Broccoli
Brussels Sprouts
Dark, green leafy vegetables:
 Beet Greens, Chard, Collards, Kale,
 Mustard Greens Parsley, Spinach,
 Turnip Greens
Parsnips
Peas (green)
Potatoes (canned)
Sauerkraut (canned)
Squash (winter)

Sweet Potatoes
Tomato Juice, Paste, Puree or Sauce
Tomatoes (canned)
Vegetable Juice (canned)

Fruits

Apricots (canned)
Cherries (canned)
Dried Fruits:
 Apples, Apricots, Dates, Figs,
 Peaches, Prunes, Raisins
Grapes (canned)

Meat/Meat Alternates

Dried Beans and Peas
Eggs
Meat in general
Peanut Butter
Turkey

Bread/Bread Alternates

All enriched, whole grain, or fortified bread and bread alternates

**For further information, contact the Child and Adult Care Food Program
303-692-2330**

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