

Creditable Foods Guide

Child and Adult Care Food Program

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INTRODUCTION

The goal of the Child and Adult Care Food Program (CACFP) is to improve and maintain the health and nutritional status of children and adults in care while promoting the development of good eating habits.

This manual has been designed to provide information on creditable and noncreditable foods in childcare centers/preschools, Head Start centers, outside school hours centers, family day care homes, at-risk centers, emergency shelters and adult day care centers.

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

- Nutrient content;
- Customary function in a meal;
- Regulations governing the Child Nutrition Programs (on quantity requirements and/or by definition);
- Food and Drug Administration (FDA) Standards of Identity;
- U.S. Department of Agriculture (USDA) Standard for Meat and Meat Products; and
- Administrative policy decisions on the crediting of particular foods.

Noncreditable foods are those that do not meet the above criteria. Noncreditable foods may be served as an "extra" food, but cannot be counted toward the meal pattern.

USDA reimburses child and adult day care centers and family day care homes participating in the CACFP for the meals and snacks it serves. A meal or snack is reimbursable if it contains components in the amounts required in the CACFP Meal Pattern Food Chart on pages 4-8.

The lists of creditable and noncreditable foods in this publication are not all inclusive. The publication includes commonly served foods about which our office has received inquiries on and foods noted as being credited incorrectly. Refer to the USDA website (www.fns.usda.gov/tn/Resources/foodbuyingguide.html) or contact your specialist if you have questions regarding foods not included in this guide.

Definitions

1. **Alternate Protein Products (APP)** – Protein products from plant sources, which may be used, in some cases, to substitute, in part, for meat, poultry, of seafood.
2. **Arizona Department of Education (ADE)** – Agency that administers the Child and Adult Care Food Program in Arizona.
3. **Child and Adult Care Food Program (CACFP)** – The Child and Adult Care Food Program (CACFP) is a USDA program which provides reimbursement to child care centers/preschools, family day care homes, Head Start centers, outside school hours centers, at-risk centers, emergency shelters and adult day care centers so that nutritious meals can be provided to participants.
4. **Child Nutrition Labeling** – A Child Nutrition (CN) label is a voluntary federal labeling program for food manufacturers regulated by the U.S. Department of Agriculture (USDA). The CN label allows manufacturers to state a product's contribution to the Child and Adult Care Food Program meal pattern requirements on their 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. (See page 71) Commercially prepared products must be CN labeled or must have the appropriate product analysis documentation on file.
5. **Child Nutrition Programs (CNP)** – Federally funded programs administered through the U.S. Department of Agriculture. These programs include: Child and Adult Care Food Program, National School Lunch and Breakfast programs, Summer Food Service Program, Special Milk Program, Nutrition Education Training and the Food Distribution Program.
6. **Combination Foods** – Any single serving of food that contains two or more of the required meal components.
7. **Component** – A food grouped in a certain category according to the CACFP Meal Pattern (i.e., Milk Component, Meat/Meat Alternate Component, Fruit/Vegetable Component and the Grains/Breads Component).
8. **Creditable Foods** – Foods that meet regulations governing the Child and Adult Care Food Program (CACFP) in terms of nutrient content, meal pattern quantity and food component requirements, and standards of identity and foods that may be counted toward meeting the requirements for a reimbursable meal.
9. **Entree or Main Dish** – The main course of a meal that contains a meat and/or meat alternate.
10. **Food and Nutrition Service (FNS)** – The division of the United States Department of Agriculture (USDA), which at the federal level is responsible for administering the Child and Adult Care Food Program. The FNS develops regulations, policies, and publications and provides supervision necessary to states to administer the CACFP.

11. **Infant Cereal** — Iron-fortified infant cereal is cereal specially formulated for and generally recognized as cereal for infants. It is routinely mixed with formula or milk before served to infants.
12. **Infant Formula** — Iron-fortified infant formula, intended for dietary use as a source of food for normal, healthy infants. It is served in a liquid state at the manufacturer's recommended dilution.
13. **Non-creditable Foods** — Foods that do not meet regulations governing the CACFP in terms of nutrient content, meal pattern quantity and food component requirements, and/or standards of identity. Such foods may not be counted toward meeting the requirements for a reimbursable meal.
14. **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. (See page 72) Commercially prepared products must be CN labeled or must have the appropriate product analysis sheet on file in order to be served in a meal claimed for reimbursement.
15. **Reimbursement** — Federal financial assistance paid to institutions for authorized meals served to children in care which meet USDA meal pattern requirements.
16. **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 can be credited toward meeting the meal pattern requirements.
17. **Simplified Buying Guide** — Resource published by ADE and used by CACFP sponsors to determine the amount of food to purchase for the Child and Adult Care Food Program.
18. **Sponsoring Organization (SO)** — The organization that is responsible for the administration of the food program in day care homes, child care centers, adult care centers, after school programs, and emergency shelters.
19. **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 Department of Agriculture and for other food products by the U.S. Food and Drug Administration (FDA).
20. **United States Department of Agriculture (USDA)** — Federal agency responsible for the administration of the Child Nutrition Programs.
21. **Vegetable Protein Products (VPP)** — Food components that may be used, in some cases, to substitute, in part, for meat, poultry, or seafood.

MEAL PATTERNS FOR OLDER CHILDREN (AGES ONE THROUGH TWELVE YEARS)

Food Components	Ages 1 - 2	Ages 3 - 5	Ages 6-12
Breakfast: 1. Milk, fluid 2. Vegetable, fruit, or 100% full-strength juice 3. Grains/Breads (whole grain or enriched): Bread or cornbread, rolls, muffins, or biscuits or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	$\frac{1}{2}$ cup $\frac{1}{4}$ cup $\frac{1}{2}$ slice $\frac{1}{2}$ serving $\frac{1}{4}$ cup or $\frac{1}{3}$ oz $\frac{1}{4}$ cup	$\frac{3}{4}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ slice $\frac{1}{2}$ serving $\frac{1}{3}$ cup or $\frac{1}{2}$ oz $\frac{1}{4}$ cup	1 cup $\frac{1}{2}$ cup 1 slice 1 serving $\frac{3}{4}$ cup or 1 oz $\frac{1}{2}$ cup
Lunch or Supper: 1. Milk, fluid 2. Vegetable and/or fruit, or 100% full-strength juice (2 or more kinds) 3. Grains/Breads (whole grain or enriched): Bread or cornbread, rolls, muffins, or biscuits or cooked cereal, pasta, noodle products, or cereal grains 4. Meat or meat alternates: Lean meat, fish or poultry (edible portion as served) or cheese* or egg or cooked dry beans or peas** or yogurt (low or nonfat) or peanut butter, soy nut butter or other nut or seed butters or peanuts, soy nuts, tree nuts or seeds or an equivalent quantity of any combination of the above meat/meat alternates	$\frac{1}{2}$ cup $\frac{1}{4}$ cup total $\frac{1}{2}$ slice $\frac{1}{2}$ serving $\frac{1}{4}$ cup 1 oz 1 oz 1 egg $\frac{1}{4}$ cup $\frac{1}{2}$ cup or 4 oz 2 Tbsps*** $\frac{1}{2}$ oz*** 1 oz	$\frac{3}{4}$ cup $\frac{1}{2}$ cup total $\frac{1}{2}$ slice $\frac{1}{2}$ serving $\frac{1}{4}$ cup 1- $\frac{1}{2}$ oz 1- $\frac{1}{2}$ oz 1 egg $\frac{3}{8}$ cup $\frac{3}{4}$ cup or 6 oz 3 Tbsps*** $\frac{3}{4}$ oz*** 1- $\frac{1}{2}$ oz	1 cup $\frac{3}{4}$ cup total 1 slice 1 serving $\frac{1}{2}$ cup 2 oz 2 oz 1 egg $\frac{1}{2}$ cup 1 cup or 8 oz 4 Tbsps*** 1 oz*** 2 oz

* Natural or Processed only.

** In the same meal service, dried beans or dried peas may be used as a meat alternate or as a vegetable; however, such use does **not** satisfy the requirement for both components.

*** No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For the purpose of determining combinations, one ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry, or fish.

MEAL PATTERNS FOR OLDER CHILDREN
(AGES ONE THROUGH TWELVE YEARS)
(CONTINUED)

Food Components	Ages 1 - 2	Ages 3 - 5	Ages 6-12
Snack: (select 2 of these 4 components)***			
1. Milk, fluid	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
2. Vegetable, fruit, or 100% full-strength juice	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
3. Grains/Breads (whole grain or enriched):			
Bread	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
or cornbread, rolls, muffins, or biscuits	$\frac{1}{2}$ serving	$\frac{1}{2}$ serving	1 serving
or cold dry cereal (volume or weight, whichever is less)	$\frac{1}{4}$ cup or $\frac{1}{3}$ oz	$\frac{1}{3}$ cup or $\frac{1}{2}$ oz	$\frac{3}{4}$ cup or 1 oz
or cooked cereal, pasta, noodle products, or cereal grains	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
4. Meat or meat alternates:			
Lean meat, fish or poultry (edible portion as served)	$\frac{1}{2}$ oz	$\frac{1}{2}$ oz	1 oz
or cheese*	$\frac{1}{2}$ oz	$\frac{1}{2}$ oz	1 oz
or egg or yogurt	$\frac{1}{2}$ egg or $\frac{1}{4}$ cup	$\frac{1}{2}$ egg or $\frac{1}{4}$ cup	1 egg or $\frac{1}{2}$ cup
or cooked dry beans or peas**	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup
or peanut butter, soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsps
or peanuts, soy nuts, tree nuts or seeds	$\frac{1}{2}$ oz	$\frac{1}{2}$ oz	1 oz
or an equivalent quantity of any combination of the above meat/meat alternates	$\frac{1}{2}$ oz	$\frac{1}{2}$ oz	1 oz

* Natural or Processed only.

** In the same meal service, dried beans or dried peas may be used as a meat alternate **or** as a vegetable; however, such use does **not** satisfy the requirement for both components.

*** Juice may not be served when milk is served as the other component.

MEAL PATTERNS FOR INFANTS

	Birth through 3 Months	4 through 7 months	8 through 11 months
Breakfast	4-6 fluid ounces breast milk or iron-fortified infant formula	4-8 fluid ounces breast milk or iron-fortified infant formula 0-3 tablespoons infant cereal (optional)	6-8 fluid ounces breast milk, iron-fortified infant formula 2-4 tablespoons infant cereal 1-4 tablespoons fruit and/or vegetable
Lunch or Supper	4-6 fluid ounces breast milk or iron-fortified infant formula	4-8 fluid ounces breast milk or iron-fortified infant formula 0-3 tablespoons infant cereal (optional) 0-3 tablespoons fruit and/or vegetable (optional)	6-8 fluid ounces breast milk, iron-fortified infant formula 2-4 tablespoons infant cereal and/or 1-4 tablespoons meat, fish, poultry, egg yolk, cooked dry beans, or dry peas, or $\frac{1}{2}$ - 2 ounces cheese or 1-4 ounces cottage cheese, cheese food, or cheese spread 1-4 tablespoons fruit and/or vegetable
Supplement	4-6 fluid ounces breast milk or iron-fortified infant formula	4-6 fluid ounces breast milk or iron-fortified infant formula	2-4 fluid ounces breast milk, iron-fortified infant formula, or full-strength fruit juice 0 - $\frac{1}{2}$ slice bread or 0 - 2 crackers (optional)

- Meals containing **breast milk** may be claimed when the milk has been expressed and is served by the center or child care home provider. Breast milk is not reimbursable when a mother comes in to nurse, unless she is the provider.
- Meals containing iron-fortified infant formula provided by the parent or provider may be claimed if served by the provider. However, once semi-solid foods are introduced to the infants diet, the provider must provide the additional food component(s) in order to be reimbursed. In order for the meal to be reimbursed, the center must serve at least one component.
- **Formula** served must be iron-fortified infant formula. The formula must be intended as the sole source of food for normal, healthy infants and must be served in the liquid state at the manufacturer's recommended dilution. Menu must indicate that the infant formula served is iron-fortified.
- **Infant cereal** must be iron-fortified, dry infant cereal. Infant cereal is often mixed with breast milk, formula, or milk. Menu must indicate that the infant cereal served is iron-fortified.
- **Bread or crackers** must be made from whole grain or enriched meal or flour.
- **Yogurt, nuts, seeds, or nut butters** are not allowed as a meat alternate.

Meal Patterns for Adult Day Care Participants

Food Components	Adult Participant
<p>Breakfast:</p> <p>1. Milk, fluid</p> <p>2. Vegetable(s) and/or fruits or Full-strength vegetable or fruit juice or an equivalent of any combination of vegetable(s), fruit(s) and juice.</p> <p>3. Grains/Breads (whole grain or enriched) Bread or cornbread, biscuits, rolls, muffins, etc. or cold dry cereal or cooked cereal, pasta or noodle product or cooked cereal grains or an equivalent quantity of any combination of grains/breads.</p>	<p>1 cup</p> <p>$\frac{1}{2}$ cup</p> <p>$\frac{1}{2}$ cup</p> <p>2 slices (servings)</p> <p>2 servings</p> <p>1 $\frac{1}{2}$ cups or 2 oz</p> <p>1 cup</p>
<p>Lunch/Supper:</p> <p>1. Milk, fluid*</p> <p>2. Vegetable(s) and/or fruits</p> <p>3. Grains/Breads or cornbread, biscuits, rolls, muffins etc. or cooked pasta or noodle products or cooked cereal or grains or an equivalent quantity of any combination of grains/breads.</p> <p>4. Meat and meat alternate Lean meat or poultry or fish or cheese or eggs or cooked dry beans or peas** or yogurt† or peanut butter or soy nut butter or other nut or seed butters or peanuts, soy nuts or tree nuts or seeds*** or an equivalent quantity of any combination of the above meat/meat alternate.</p>	<p>1 cup</p> <p>1 cup total</p> <p>2 slices (servings)</p> <p>2 servings</p> <p>1 cup</p> <p>1 cup</p> <p>2 oz</p> <p>2 oz</p> <p>1 egg</p> <p>$\frac{1}{2}$ cup</p> <p>1 cup or 8 oz</p> <p>4 Tbsps</p> <p>1 oz = 50 percent</p>

* Milk not required at supper.

** In the same meal service, dried beans or dried peas may be used as a meat alternate or as a vegetable; however, such use does **not** satisfy the requirement for both components.

*** No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, one ounce of nuts or seeds or two tablespoons of nut butter is equal to one ounce of cooked lean meat, poultry or fish.

The offer vs. serve option is available to adult day care centers participating in the CACFP. Contact the Child Nutrition Programs office for more information on the offer vs. serve provision.

Meal Patterns for Adult Day Care Participants (continued)

Food Components	Adult Participant
Snack:	
1. Milk, fluid*	1 cup
2. Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s) and juice	$\frac{1}{2}$ cup $\frac{1}{2}$ cup
3. Grains/Breads	
Bread	1 slice (serving)
or cornbread, biscuits, rolls, muffins, etc.	1 serving
or cold dry cereal	$\frac{3}{4}$ cup or 1 oz
or cooked cereal	$\frac{1}{2}$ cup
or cooked pasta or noodle products	$\frac{1}{2}$ cup
or cooked cereal grains or an equivalent quantity of any combination of grains/breads	$\frac{1}{2}$ cup
4. Meat and meat alternate	
Lean meat or poultry or fish	1 oz
or cheese	1 oz
or eggs	1 egg
or cooked dry beans or peas**	$\frac{1}{4}$ cup
or peanut butter or soynut butter or other nut or seed butters	2 Tbsps
or peanuts or soynuts or tree nuts or seeds***	1 oz
or yogurt, plain, or sweetened and flavored	4 oz or $\frac{1}{2}$ cup
or an equivalent quantity of any combination of the meat/meat alternates	

* Milk not required for snack.

** In the same meal service, dried beans or dried peas may be used as a meat alternate **or** as a vegetable; however, such use does **not** satisfy the requirement for both components.

*** No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, one ounce of nuts or seeds or two tablespoons of nut butter is equal to one ounce of cooked lean meat, poultry or fish.

The offer vs. serve option is available to adult day care centers participating in the CACFP. Contact the Child Nutrition Programs office for more information on the offer vs. serve provision.

MILK COMPONENT

Milk is an important source of calcium, riboflavin, protein, vitamin A and D and other nutrients.

Fluid milk must be served at breakfast, lunch and supper. Additionally, fluid milk may be served as one of the two food components for snack.

"Milk" means pasteurized fluid types of unflavored or flavored milk, such as whole milk, reduced-fat (2%) milk, low-fat (1%) milk, skim milk or cultured buttermilk, which meet state and local standards. Reconstituted dry milk and evaporated milk do not fit the definition of fluid milk and are not creditable.

At breakfast, fluid milk may be served as a beverage or on cereal, or in combination. 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 snacks when juice is served as the only other component.

Whole milk should be served to children under 2 years of age. After the age of 2, low fat milk (1%) or skim milk is recommended.

Infants must be served iron-fortified infant formula or breast milk. See page 6 for more information regarding meal patterns for infants.

If a child is unable to drink milk, a medical statement signed by a recognized medical authority must be on file, which states the substitute the child can have.

Milk Amounts Needed				
	Ages 1-2	Ages 3-5	Ages 6-12	Adults*
Breakfast	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	1 cup
Lunch/Supper	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	1 cup
Snack	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup	1 cup

* Adults enrolled in the CACFP in an adult day care center.

MILK- CREDITABLE AND NON-CREDITABLE FOODS

FOOD	YES	NO	COMMENTS
Acidified Milk	X		Fluid milk produced by souring fluid whole milk, low-fat or skim milk with an acidifying agent. Example: <i>Acidophilus Milk</i> .
Butter or Margarine		X	Does not fit the definition of milk component.
Buttermilk	X		
Cheese		X	Does not fit the definition of milk component. Cheese can be counted toward the meat/meat alternate.
Chocolate Milk	X		High in sugar. Limit servings to twice per week.
Cream		X	Does not fit the definition of milk component.
Cream Soups, sauces		X	Does not fit the definition of milk component.
Cultured Milk	X		Cultured milk is fluid milk produced by adding selected microorganisms to fluid whole, low-fat, or skim milk under controlled conditions to produce a product with specific flavor and/or consistency.
Custard		X	Does not fit the definition of milk component.
Dry Milk, Reconstituted		X	Does not fit the definition of milk component.
Eggnog		X	Made with uncooked eggs that may possibly cause food-borne illness.
Evaporated Milk		X	Does not fit the definition of milk component.
Flavored Milk	X		High in sugar. Limit servings to twice per week.
Fruit Smoothies	X		Must contain the correct portion of milk and fruit. Commercial smoothies are not creditable.
Goat's Milk	X		Must be canned milk, pasteurized and fortified. A medical statement must be on file if served as a milk component.
Half and Half		X	Does not fit the definition of milk component.
Hot Chocolate/Cocoa	X		Made with fluid milk only. High in sugar. Limit servings to twice per week.
Ice Cream, Ice Milk		X	Does not fit the definition of milk component.
Imitation Milk		X	Does not fit the definition of milk component.
Lactose-Reduced Milk	X		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 lactose reduced milk.

**MILK- CREDITABLE AND NON-CREDITABLE FOODS
(CONTINUED)**

<i>FOOD</i>	<i>YES</i>	<i>NO</i>	<i>COMMENTS</i>
Low-fat (1%) Milk	X		Not recommended for children under 2 years of age.
Milkshakes	X		Must contain the correct portion of milk. If ice cream is used, will be a high-sugar item. Commercial shakes are not creditable.
Pudding, Pudding Pops		X	Does not fit the definition of milk component.
Raw or Certified Raw Milk		X	Does not fit the definition of milk component.
Reduced-fat (2%) Milk	X		Not recommended for children under 2 years of age.
Sherbet		X	Does not fit the definition of milk component.
Skim Milk	X		Not recommended for children under 2 years of age.
Sour Cream		X	Does not fit the definition of milk component.
Soy Milk	X		A medical statement must be on file.
UHT Milk	X		Ultra High Temperature Milk.
Whole Milk	X		Recommended for children 12 - 24 months.
Yogurt		X	Does not fit the definition of milk component. May be served as a meat/meat alternate.

QUESTIONS AND ANSWERS ABOUT MILK

1. **Is milk required at snack?**

No, milk may be one of the two components, but is not required.

2. **Why is reconstituted dry milk not creditable as fluid milk?**

Reconstituted milk is not included in the definition of milk in the Program regulations. It is not possible to ensure that the quantities of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk. Dry milk may be used only when a center or home is unable to obtain a supply of fluid milk on a continuing basis. In such cases, the Arizona Department of Education, Child Nutrition Program Unit may approve service of meals without fluid milk, provided that an equivalent amount of canned whole dry or non-fat milk is used in the preparation of the components of the meal. Prior approval must be obtained.

3. **Can fluid milk be served with juice and be creditable for any meal?**

The combination of serving milk and juice 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 combination may only count as one component at snack, either milk or a fruit/vegetable.

4. **Is a beverage made of milk and solid fruit(s)/vegetable(s) creditable?**

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.

5. **If a child cannot have milk, can I still be reimbursed for meals?**

Yes. If you obtain a written medical statement from a recognized medical authority stating that the child should not be served milk. The statement must specify a substitute food.

QUESTIONS AND ANSWERS ABOUT MILK

(CONTINUED)

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

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

7. **Can milk be purchased directly from a farm?**

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

8. **Can milkshakes be served to meet the milk requirement?**

Yes. Homemade milkshakes that contain the required amount of fluid milk are creditable. Milkshakes that contain ice cream will be considered high-sugar items. **Commercially bought milkshakes are not creditable because it is impossible to determine the amount of milk.**

Meat/Meat Alternate Component

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

Lunch and supper must contain a meat or meat alternate; it is optional for breakfast and snack.

Meat includes **lean** meat such as beef, pork, lamb, veal, turkey, chicken and fish. Meat alternates include cheese, peanut butter, eggs, yogurt, cooked dry beans or peas, nuts and seeds and their butters. A serving of cooked meat is defined as **lean meat** without bone. Meats cannot contain extenders or binders such as dried milk, starchy vegetable flour, calcium-reduced skim milk or cereal. Meats containing allowable amounts of fortified alternate protein products are creditable. (see page 18)

Meat/Meat Alternate Amounts Needed at Lunch and Supper				
	Ages 1-2	Ages 3-5	Ages 6-12	Adults**
Lean Meat, Poultry or Fish	1 oz	1 $\frac{1}{2}$ oz	2 oz	2 oz
or Cheese	1 oz	1 $\frac{1}{2}$ oz	2 oz	2 oz
or Cottage Cheese, Cheese Spread, Cheese Food	2 oz (or $\frac{1}{4}$ cup)	3 oz (or $\frac{3}{8}$ cup)	4 oz (or $\frac{1}{2}$ cup)	4 oz (or $\frac{1}{2}$ cup)
or Eggs	1 egg	1 egg	1 egg	1 egg
or Yogurt	4 oz (or $\frac{1}{2}$ cup)	6 oz (or $\frac{3}{4}$ cup)	8 oz (or 1 cup)	8 oz (or 1 cup)
or Cooked Dry Beans/Peas	$\frac{1}{4}$ cup	$\frac{3}{8}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
or Bean/Pea Soup, (reconstituted)	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	1 cup
or Peanut Butter, Soybean Butter, or Other Nut and Seed Butters*	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
or Peanuts, Soybeans, Tree Nuts and Seeds*	$\frac{1}{2}$ oz	$\frac{3}{4}$ oz	1 oz	1 oz

(* No more than 50 percent of the requirement shall be met with nut, seeds or nut butters. These must be combined with another meat/meat alternate to fulfill the requirement.)

Snack		
Snack may contain a meat/meat alternate as one of the two food components served.		
Ages 1-6	6-12	Adults**
$\frac{1}{2}$ oz	1 oz	1 oz

** Adults enrolled in the CACFP in an adult day care center.

MEAT - CREDITABLE AND NON-CREDITABLE FOOD CHART

FOOD	YES	NO	COMMENTS
Bacon or Imitation Bacon		X	Low protein content, high in fat and sodium. Limit servings to twice per week.
Beef	X		
Beef Jerky		X	Due to its high salt content, its high cost, it is difficult for children to chew, and the need to serve large portions to meet the requirement.
Braunschweiger	X		Cannot contain binders or extenders.
Canadian Bacon	X		Limit use, high in sodium.
Chicken Nuggets and Patties	X		Only when CN labeled or documented with manufacturer product analysis. High in fat. Limit servings to twice per week.
Chili, Canned	X		Only the beans in this product are creditable. The meat in this product is creditable only if: (1) it is CN labeled; (2) a product analysis sheet signed by an official of the manufacturer (not a salesperson) states the amount of meat/meat alternate in the product per serving and is on file.
Chili, Homemade	X		
Cured Pork Products	X		Example: Sausage, pepperoni. High in fat and sodium. Limit servings to twice per week.
Deli Meats; sliced ham, turkey, chicken, roast beef	X		Deli meats include lean ham, turkey, roast beef, and chicken breast that are sliced for sandwiches and salads and are at least 95% fat free.
Fish	X		
Fish Nuggets and Patties	X		Only when CN labeled or documented with manufacturer product analysis. High in fat. Limit servings to twice per week.
Frankfurters/Hot Dogs/Corn Dogs	X		Cannot contain binders or extenders except for fortified alternate protein products (APP). See page 24 for more information. High in fat and sodium. Limit servings to twice per week. The breading on corndogs can be credited as a grains/breads (like cornbread) only when CN labeled or documented with manufacturers product analysis.
Home-slaughtered meats		X	Not allowed because their quality cannot be guaranteed; they are not subject to the controls outlined in CFR Title IX, Chapter 3.
Imitation Frankfurters		X	The allowable levels of vegetable protein products are exceed.
Imitation Seafood		X	No standard of identity. (For imitation crab - see Seafood.)
Lamb	X		
Liverwurst	X		Cannot contain binders of extenders except for fortified vegetable protein products. High in fat and sodium. Limit servings to twice per week.
Luncheon Meat, Bologna, Salami	X		Cannot contain binders of extenders except for fortified vegetable protein products. These products are high in fat and sodium. Limit servings to twice per week.

**MEAT - CREDITABLE AND NON-CREDITABLE FOOD CHART
(CONTINUED)**

FOOD	YES	NO	COMMENTS
Meat Sauce	X		Homemade only.
Ox Tail	X		
Pepperoni	X		Pepperoni must be all meat and/or poultry. See Luncheon Meats. High in fat and sodium. Limit servings to twice per week.
Pig's Feet	X		A 4-ounce serving will yield a 2-ounce portion of cooked lean meat; not recommended for preschoolers.
Pig's Neck Bones/Tail		X	Does not contain sufficient amount of meat content.
Pizza	X		Homemade pizza can be credited if the meat/meat alternate is included in a sufficient quantity to meet the required amount. Indicate homemade on the menu. Commercially-prepared pizza must have a CN label.
Pork	X		
Pot Pies, Commercial		X	Does not contain adequate amounts of meat.
Potted Meats		X	High in sodium, includes binders and extenders.
Poultry	X		Example: chicken, turkey, Cornish hen.
Pressed Meat Products	X		Example: <i>Spam</i> . High in fat and sodium. Limit servings to twice per week.
Salt Pork		X	High in fat and sodium. Limit servings to twice per week.
Sausage (including Polish and Vienna)	X		To be creditable, sausage cannot contain binders, extenders, or cereal products. High in fat and sodium. Limit servings to twice per week.
Seafood	X		Example: shrimp, crabs, scallops, imitation crab, squid.
Soups, commercially prepared (only bean, lentil, or split pea)	X		Three-fourths cup of bean, lentil, or split-pea soup may be credited as 1 $\frac{1}{2}$ ounces meat alternate.
Soups, commercially prepared, other than bean, lentil, or split pea		X	These soups contain insufficient quantities of meat.

**MEAT - CREDITABLE AND NON-CREDITABLE FOOD CHART
(CONTINUED)**

FOOD	YES	NO	COMMENTS
Soups, homemade containing: meat, fish, poultry, or other meat alternate	X		Homemade soups may contribute toward the meat requirement. Soup must contain enough meat to meet the meal pattern requirement.
Tripe	X		Tripe has low quality protein.
Veal	X		
Vienna Sausages	X		See Sausage.
Wild Game and Fowl		X	Not allowed because their quality cannot be guaranteed; They are not subject to the controls outlined in CFR Title IX, Chapter 3.

MEAT ALTERNATES - CREDITABLE AND NON-CREDITABLE FOOD CHART

FOOD	YES	NO	COMMENTS
Alternate Protein Product (APP)	X		Must be processed so that some portions of the non-protein constituents are removed. The protein quality of the APP must be at least 80 percent that of casein and contain 18 percent protein by weight when fully hydrated or formulated. A CN label or Product Analysis Sheet must be obtained from the manufacturer verifying that the above is true.
Acorns		X	Low protein content; choking can occur in small children
Bean/Pea Soup	X		Homemade or commercial.
Beans, canned or dry	X		Example: peas, pinto beans, lentils, black-eyed peas, great northern, soybeans, kidney. Count as either a vegetable or meat alternate, but not both at the same meal.
Cheese	X		Natural or processed.
Cheese Alternates	X		Must be combined with an equal amount of natural or processed cheese.
Cheese Food or Cheese Spread	X		Example: <i>Velveeta, Cheese Whiz</i> . Must double portion size.
Cheese, Canned Sauces		X	Not creditable unless CN labeled
Cheese, low- and reduced-fat	X		Can be served by themselves or on a combination with regular fat cheeses.
Cheese, Neufchatel		X	Low in protein.
Cheese, Parmesan or Romano	X		Six tablespoons equals one ounce of meat. If served as a garnish, the cheese is not creditable because the serving size is too small.
Cottage Cheese	X		Must double portion size.
Cream Cheese		X	High in fat and low in protein. Limit servings to twice per week.
Egg Custard	X		Snack only.
Eggs	X		Fresh or dried.
Macaroni and Cheese	X		The cheese in homemade macaroni and cheese can count toward the meat requirement. The powdered cheese in boxed macaroni and cheese cannot be credited toward the meat requirement.
Nuts and Seeds and Their Butters	X		Example: peanuts, soynuts, walnuts, pecans, almonds, cashews, sesame, sunflower. Can meet no more than 50% of the portion requirement at lunch or dinner.
Peanut Butter	X		Can meet no more than 50% of the portion requirement at lunch or dinner. Caution highly allergenic food.
Peanuts in Cracker-Jack-type Products		X	Not enough peanuts in product.

**MEAT ALTERNATES - CREDITABLE AND NON-CREDITABLE FOOD CHART
(CONTINUED)**

FOOD	YES	NO	COMMENTS
Quiche	X		
Ravioli, Commercially Prepared	X		Must have CN Label.
Ricotta Cheese	X		Must double portion size.
Soy burgers and other soy products	X		Must meet criteria for alternate protein products. (See page 18)
Tempeh		X	Fermented soybean; USDA has no Standard of Identity for 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.
Vegetable Protein Product (VPP)	X		See requirements for Alternate Protein Products.
Yogurt	X		Commercially-prepared yogurt may be plain, sweetened or flavored. Homemade yogurt, commercially prepared frozen yogurt, yogurt flavored products, yogurt bars, yogurt-covered fruit and/or nuts or similar products cannot be claimed as yogurt.

QUESTIONS ABOUT MEAT/MEAT ALTERNATES

1. Is tofu a creditable meat alternate?

No, tofu is a soybean curd, which has the general color and shape of cream cheese. Currently, tofu is not a creditable meat alternate in the CACFP. There is no standard of identity for tofu, so the product can vary from one manufacturer to another.

2. Why are nuts and seeds and nut and seed butters allowed as a meat/meat alternate?

Peanut butter has always been included as a meat alternate in the Child Nutrition Program. Other nut and seed butters are now becoming available on the market. Food consumption habits and food preferences are influenced by many cultural, ethnic, economic, religious and environmental factors 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. Nuts and seeds and a variety of nut or seed butters are becoming more popular at mealtime in main dishes. **Caution** should be taken to assure that a child is not allergic to nuts or nut butters before serving. Peanut allergies can be very severe. Nuts are not recommended for children under 3 years old because choking may occur.

3. Are grated Romano and Parmesan cheeses creditable?

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 Romano and Parmesan cheeses, $\frac{3}{8}$ -cup serving provides 1 ounce of meat alternate.

4. How can I use cheese alternates as a meat/meat alternate?

Cheese alternates are imitation products, which appear, taste and have a nutritional value similar to cheese. However, they may not melt or cook the same as cheese.

Following are the basic requirements for using cheese alternates:

- a. They must be combined with natural or processed cheese;
- b. At least half of this combination must be natural or processed cheese;
- c. The combination of "cheese and cheese alternate product" can be used in a cooked food or cold food;
- d. Cheese alternate products cannot be mixed with cheese foods and cheese spreads because they are not 100% cheese; and
- e. Acceptable brands of cheese alternate products will contain the following information on the label: "This product meets USDA-FNS specifications for cheese alternate products."

QUESTIONS ABOUT MEAT/MEAT ALTERNATES

(CONTINUED)

5. **Are items labeled with the wording "cheese product" creditable?**

No. These items do not meet the requirements for a meat alternate protein source.

6. **Can pizza be credited as a meat/meat alternate?**

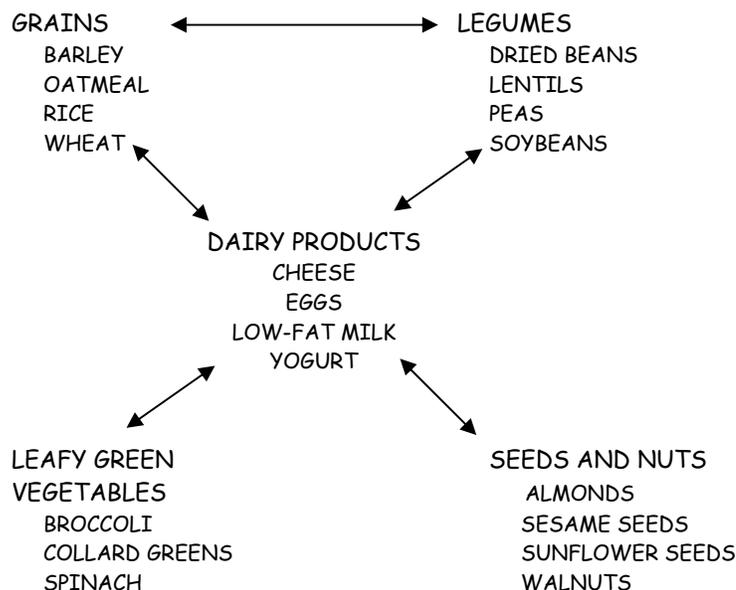
Yes, if it is CN labeled, homemade or if the appropriate product analysis is on file (see pages 74). Pizza may be credited for up to three different components (one meat/ meat alternate, one grains/breads, and one fruit/vegetable), provided that sufficient quantities of each component are used. If homemade, indicate that on the menu.

7. **Can vegetarian meals be served in the CACFP?**

In some cases, vegetarian diets may be accommodated within the CACFP meal pattern. There are many different types of vegetarian diets.

- * Vegan (pure vegetarian): does not contain any food of animal origin
- * Lacto-vegetarian: contains milk and milk products, but does not contain other animal foods
- * Lacto-ovo-vegetarian: contains milk, milk products and eggs, but not meat
- * Pesco-vegetarian: contains milk and milk products, eggs, and fish, but not any other animal foods

Care should be taken when planning meals so that the foods served make up a complete protein. The following diagram outlines the food groups that, when eaten together, provide a complete-protein combination.



QUESTIONS ABOUT MEAT/MEAT ALTERNATES

(CONTINUED)

8. **We have several children that attend our day care that cannot eat certain foods because of religious reasons. How do we claim these children on the food program?**

It is possible to make certain modifications to the meal pattern for religious reasons. For more information on meal pattern modifications for religious reasons, please contact your assigned CACFP Specialist.

9. **How many fish sticks do I need to serve to meet CACFP requirements?**

CACFP serving size refers to cooked edible fish, not the breading. The examples below show how much fish must be served to meet the creditable amount of actual fish.

<u>Fish Product</u>	<u>Portion Size</u>	<u>Creditable Amount</u>
Frozen Fried Breaded Fish Sticks	3 one-ounce sticks	1.5 ounces
Frozen Raw Breaded Fish Sticks	3 one-ounce sticks	1.5 ounces
Frozen Fried Breaded Fish Portions	3 ounces	1.6 ounces
Frozen Raw Breaded Fish Portions	3 ounces	1.7 ounces
Frozen Unbreaded Fish Portions	3 ounces	1.6 ounces

10. **What types of frankfurters are creditable and what is their contribution toward meal pattern requirements?**

Red meat (beef, pork, etc.) and poultry (turkey, chicken) frankfurters that do not contain meat by-products¹, variety meats², cereals, binders³ or extenders³ are creditable. Frankfurters that meet this standard are credited on an ounce per ounce basis, or one-ounce product provides one ounce cooked lean meat.

Frankfurters containing limited amounts of fortified alternate protein products (APP) are also eligible for ounce per ounce crediting. See page 18 for more APP information. If the APP limits are exceeded, the product must be labeled "imitation frankfurter" and it is not creditable.

¹ Meat by-products are pork stomachs or snouts; beef, veal, lamb or goat tripe; beef, veal, lamb, goat or pork hearts, tongues, fat, lips, weasand and spleen; and partially defatted pork or beef fatty tissue.

² The frankfurter is credited on an ounce per ounce basis provided that it contains no variety meats, meat by-products, binders or extenders, with the exception of alternate protein products.

³ Binders and extenders include: cereal, dried milk, isolated soy protein, sodium caseinate, dry or dried whey, whey protein concentrate, soy flour, soy protein concentrate, starchy vegetable flour, vegetable starch, wheat gluten, tapioca, and dextrin.

QUESTIONS ABOUT MEAT/MEAT ALTERNATES

(CONTINUED)

11. **Are corndogs creditable?**

Both the frankfurter and the batter/breading may be credited toward meal pattern requirements provided that you have a CN label on file.

12. **Is yogurt creditable in the CACFP?**

Yes, yogurt is creditable as a meat/meat alternate for breakfast, lunch/supper, and snacks for children and adults.

13. **Can frozen or canned products such as ravioli, pizza, meat stew, and sloppy joes be credited in the CACFP?**

Generally no, these products cannot be used unless: (1) they are a CN labeled product; or (2) you have a product analysis sheet stating the amount of cooked lean meat/meat alternate per serving.

14. **Are luncheon meats creditable?**

Yes. Luncheon meats include hot dogs, Frankfurters, bologna, pepperoni, Polish and smoked sausage, Summer sausages, liverwurst, and other pressed meats. Luncheon meats must not contain meat by-products, cereals, binders, or extenders to be creditable (see page 22) on an ounce-per-ounce basis or one ounce of product provides one ounce of cooked lean meat. Look for products labeled "All Meat."

Note: Luncheon meats are high in salt and fat and shall not be served more than twice per week.

The Child and Adult Care Food Program limits the serving of high-fat foods to a total of two per week.

Hot Dogs, Wieners, and Franks

Creditable

Ballpark Beef Franks
Ballpark Premium Kosher Beef Franks
Bryan Beef Jumbos
Bryan Wieners
Cloverdale Franks
Dubuque Hot Dogs
Farmland Bun Size Bacon & Cheddar Cheese Franks
Farmland Deli Style Cheese Franks
Farmland Deli Style Franks
Farmland Hickory Smoked Franks
Farmland Original Hot Dogs
Kahn's Jumbo Franks
Ohes Hickory Smoked Jumbo Franks
Ohse Hickory Smoked Wieners
Oscar Mayer Original Hot Dogs
Pilgrim Pride Turkey Franks
Wranglers' Beef Franks

Non-Creditable

Amour Stars Bun Size Hotdog	Gwaltney Great Dogs
Amour Stars Regular Hotdogs	Gwaltney Hot Dogs
Ballpark Fat Free Franks	Healthy Choice Low Fat Franks
Ballpark Lite Franks	Hebrew National Reduced Fat Beef Franks
Ballpark Smoked White Turkey Franks	Hebrew National Beef Franks
Bar-S Beef Franks	Hormel's Fat Free Beef Hot Dogs
Bar-S Jumbo Franks	Hunter Bun Length Franks
Bryan Juicy Fat Free Hot Dogs	Hunter Beef Franks
Butterball Lean Franks	Hygrade's Hot Dogs
Decker Franks	John Morrell's Franks
Eckrich Jumbo Franks	Jennie-O' Jumbo Turkey Franks
Field's Old Fashion Franks	Kretschmar Gourmet Jumbo Franks
Farmland Black Angus Jumbo Beef Franks	Kroger Franks and Wieners
Farmland Bun Sized Gourmet Beef Franks	Louis Rich Bun Length Turkey Franks
Farmland Jumbo Deli Style Beef Franks	Louis Rich Lower Fat Turkey Franks
FMV Hot Dogs	Louis Rich Original Franks
Frick's Franks	Nathan's Famous Beef Franks
Great Value Beef Hot Dogs	Oscar Meyer Fat-Free Hot Dogs
Great Value Pork and Beef Hot Dogs	Oscar Meyer Lite Hot Dogs
	Pilgrim Pride Chicken Franks

This list is not all-inclusive and is subject to change with new and different brands. Read the ingredient list carefully. Creditable Hot Dogs and franks must contain 100% meat (beef, turkey, chicken, pork, or a mix of these meats) and contain **no** meat byproducts, cereals, binders, or extenders. (See page 22)

Adapted from Missouri CACFP

Fruit/Vegetable Component

Vegetables and fruits are an important source of fiber, iron, minerals, vitamins C and A, and other nutrients. Fresh fruits and vegetables usually have the most nutrients and offer children variety. However, frozen and commercially canned fruits and vegetables are also a good source of nutrients. Serving a variety of fruits and vegetables is encouraged to expose children to new food experiences and provide them with varied nutrients.

Breakfast must contain a serving of a vegetable, a fruit or full-strength 100% juice. Lunch and supper must contain two servings of fruit and/or vegetable from two different sources. Full-strength 100% juice may be served to meet one component at lunch or supper. A snack may contain a fruit, a vegetable or a full-strength 100% 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. Two kinds of the same fruit or vegetable may not be used in the same meal (i.e., apple slices and applesauce). Fruit cocktail, mixed vegetables or peas and carrots are considered as only one item.

Fruits include, but are not limited to, oranges, bananas, apples, grapes, plums, pineapples, etc. Fruit juice must be 100% full-strength or frozen concentrate. Lemonade or other ades, juice drinks, juice cocktail or nectars may not be used. Vegetables include, but are not limited to, green beans, broccoli, cauliflower, carrots, spinach, etc. Cooked dry beans or peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.

Home canned products are NOT acceptable because of health and safety reasons. Home frozen products are creditable. Small portions (less than $\frac{1}{8}$ cup) of vegetables and fruits used for flavoring or garnishes are not to be counted. Combinations of vegetables on items such as sandwiches (example: lettuce, tomato) or pizza (example: mushrooms, green peppers) count only as one vegetable.

Fruit/Vegetable Amounts Needed				
	Ages 1-2	Ages 3-5	Ages 6-12	Adults*
Breakfast	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Lunch and Supper (2 or more fruits and/or vegetables)	$\frac{1}{4}$ cup total	$\frac{1}{2}$ cup total	$\frac{3}{4}$ cup total	1 cup
Snack	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup

* Meal Pattern for adults participating in the CACFP in an adult day care center.

FRUIT/VEGETABLE - CREDITABLE AND NON-CREDITABLE FOOD CHART

<i>FOOD</i>	<i>YES</i>	<i>NO</i>	<i>COMMENTS</i>
Ade Drinks		X	Not full-strength 100% juice. Example: lemonade
Apple Butter		X	Not enough fruit present.
Apple Cider	X		Apple cider is a full-strength juice.
Banana Chips		X	Low vitamin/mineral content.
Bean/Pea Soup	X		1 cup commercial, reconstituted soup = $\frac{3}{4}$ cup vegetable.
Cactus	X		
Catsup or Chili Sauce		X	Not enough vegetable present.
Cranberry Juice Cocktail		X	Not 100% juice.
Cranberry Sauce (Whole)	X		
Coconut		X	High in fat, low in nutrients.
Coleslaw	X		Only the fruit/vegetable ingredients can be counted toward the fruit/vegetable requirement.
Dehydrated Soup Mixes		X	Not enough vegetable present.
Dried Beans or Peas	X		Count as either a vegetable or a meat alternate but not both at the same meal.
Dried Fruit	X		
Fig Newton		X	Not enough fruit present.
Fruit-Flavored Powders or Syrups		X	Not enough fruit juice present. Example: <i>Tang</i>
Fruit or Juice in Gelatin	X		Each serving must contain a minimum of $\frac{1}{8}$ -cup fruit, full-strength fruit juice, vegetable, or vegetable juice.
Fruit or Vegetable Juice	X		Only full-strength 100% juice; include type of juice on menus.
Fruit Nectar		X	Not 100% juice.
Fruit or Juice Cocktail Drinks		X	Not 100% juice.
Fruit Leathers or Fruit Rollups		X	Not enough fruit present; contributes to tooth decay.
Fruit Punch		X	Not 100% juice.
Fruit Pie Filling, Commercial	X		Count $\frac{1}{2}$ cup of fruit pie filling as $\frac{1}{4}$ cup fruit.
Fruit Pie Filling, Homemade	X		Count the actual amount of fruit.
Fruits or Vegetables Added to Quick Breads		X	Not enough fruit present.

FRUIT/VEGETABLE - CREDITABLE AND NON-CREDITABLE FOOD CHART
(CONTINUED)

<i>FOOD</i>	<i>YES</i>	<i>NO</i>	<i>COMMENTS</i>
Gelatin, Plain or Flavored		X	Low in nutrients, high in sugar. Limit servings to twice per week.
Gravy Bases		X	
Green Chiles or Green Chili Sauce	X		Must contain at least $\frac{1}{8}$ cup green chilies.
Hominy		X	Not made from the whole kernel of corn.
Jellies, Jams, Preserves		X	Not enough fruit present; high in sugar.
Juice Bars, Frozen	X		Made with 100% juice only
Kool-Aid		X	Not 100% juice.
Lemon Pie Filling		X	High in sugar.
Nectar (apricot, pear, peach, etc.)		X	Nectars commonly contain less than 50% full-strength juice.
Olives		X	High in sodium.
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 ingredient, water cannot be in the list of ingredients. If tomato paste is the first ingredient, water may be listed.
Pop Tart Filling		X	Not enough fruit present. High in sugar. Limit servings to twice per week.
Popsicles		X	Not 100% juice. (See juice bars, frozen)
Posole		X	Not made from the whole kernel of corn.
Potato Chips		X	
Potato Skins, Commercial	X		
Puddings with Fruit	X		Pudding must contain at least $\frac{1}{8}$ -cup (2 tablespoons) fruit per serving. High in sugar. Limit servings to twice per week.
Raisins	X		Raisins must be served with other fruit or vegetable at breakfast and snacks.
Salsa	X		May be homemade. Commercially-prepared salsa must list tomatoes, tomato sauce or tomato paste as the first ingredient. Serving sizes must meet meal pattern requirements.
Sherbet/Sorbet		X	Sherbets and sorbets do not contain a sufficient amount of fruit per serving to be creditable.

**FRUIT/VEGETABLE - CREDITABLE AND NON-CREDITABLE FOOD CHART
(CONTINUED)**

<i>FOOD</i>	<i>YES</i>	<i>NO</i>	<i>COMMENTS</i>
Soup; Canned, Condensed	X		(One part soup to 1 part liquid) or ready to serve: clam chowder, minestrone, potato, split pea, tomato, tomato with other basic components such as rice or vegetables, vegetable with other basic components such as meat or poultry 1 cup serving = $\frac{1}{4}$ cup vegetable $\frac{1}{2}$ cup serving = $\frac{1}{8}$ cup vegetable A serving of less than $\frac{1}{2}$ cup does not contribute to the fruit/vegetable requirement.
Soup, Canned		X	Beef (with vegetables and barley), beef, chicken or turkey noodle, chicken gumbo, chicken with rice or stars, cream of celery, cream of chicken, cream of mushroom, French onion, home-style beef or chicken, pepper steak, chicken corn chowder Canned soups, such as these, do not contain a sufficient amount of vegetable to contribute toward the fruit/vegetable requirement.
Soup, Dehydrated soup mixes		X	
Soup, Homemade	X		When making homemade soups, use a quantity of vegetables that result in at least $\frac{1}{8}$ cup (2 tablespoons) vegetable per serving.
Soybeans, Edible, Edmame or MaoDou	X		High in protein and fiber
Spaghetti Sauce, Commercial	X		See "Pizza Sauce" on previous page.
Sprouts	X		Example: Alfalfa, Bean.
Vegetable Soups	X		Example: Clam, Vegetable, Minestrone, Potato, Tomato, Bean and Pea. One cup commercial, reconstituted soup - $\frac{1}{4}$ cup vegetable.
Vegetable Juice	X		
V-8 Juice	X		
Yogurt with Fruit, Commercial		X	Commercially prepared yogurt with fruit contains less than $\frac{1}{8}$ cup fruit per serving. Fruit added to yogurt is creditable.

QUESTIONS AND ANSWERS ABOUT FRUIT/VEGETABLES

1. **Are foods like coleslaw, potato salad or waldorf salad creditable?**

The fruit and vegetable ingredients in these items all count toward meeting one fruit/vegetable requirement. Other ingredients such as mayonnaise and marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a $\frac{1}{4}$ cup serving of coleslaw containing noncreditable ingredients would not equal a $\frac{1}{4}$ cup of fruit/vegetable.

2. **Can fruit cocktail, mixed vegetables or peas and carrots be used to meet the requirement of serving two or more fruits/vegetables at lunch and supper?**

No. These types of items are considered as only one item.

3. **How do I prepare a homemade pizza so that it is creditable as a fruit/vegetable component?**

A homemade pizza may be counted as one fruit/vegetable component. In order to do this, the pizza should include pizza sauce AND/OR pizza sauce combined with a 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 or the appropriate product analysis is on file. To meet the meal pattern for lunch, another fruit/vegetable component must be provided.

4. **How much tomato paste, tomato puree or tomato sauce should I use to equal $\frac{1}{4}$ cup vegetable?**

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

5. **Are the raisins in rice or bread pudding creditable?**

Yes. However, the minimum portion for each age group must be provided to be creditable. In most recipes, not enough raisins are used to meet this requirement.

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

The label will state "Juice," "Full-strength Juice," "Single-strength Juice," "Reconstituted Juice," "Juice from Concentrate" or "Juice Concentrate." Juice that has the word "cocktail," "beverage" or "drink" on the label is not 100% juice.

QUESTIONS AND ANSWERS ABOUT FRUIT/VEGETABLES

7. **Can the fruit or vegetable in pudding or gelatin be counted toward the fruit/vegetable requirement?**

Yes. However, the minimum portion for each age group must be provided in each serving. Gelatin or pudding alone will not meet the CACFP requirement. Pudding and gelatin are high in sugar. Limit servings to twice per week, snack only.

8. **Are edible plants such as dandelion greens, burdock and lamb's quarters (pigweed) creditable?**

Yes, they are considered a vegetable.

9. **Are fruit sauces, such as orange sauce made with orange juice or blueberry sauce made with canned blueberries, creditable?**

Yes. However, only the fruit portion of the sauce, i.e., the orange juice or blueberries, is creditable. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the number of servings prepared.

10. **Are pickles and olives creditable as fruit/vegetable?**

No, traditionally they are considered as garnishes and therefore are not creditable. In addition, they are very high in salt compared to other fruits and vegetables.

11. **How are fruits and vegetables counted in combination dishes such as beef stew?**

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

12. **Are pickle relish, tomato catsup, banana chips and potato chips creditable?**

No, snack type foods made from vegetables or fruits, such as potato chips, corn curls, banana chips, pickle relish, tomato catsup and chili sauce do not qualify as a vegetable or fruit and may not be credited toward meeting the vegetable/fruit requirement in any meal served under the Child Nutrition Programs.

13. **Is commercial salsa creditable as a vegetable/fruit component?**

Commercial salsa may receive credit toward the vegetable/fruit component if it meets the following criteria:

- The minimum amount that can be used to receive credit is one-eighth cup.
- The first ingredient must be tomatoes, tomato sauce or tomato paste.
- For products that contain all vegetable ingredients plus minor amounts of spices or flavorings, 100% of the product may be used to meet the volume requirement. These salsas may be credited on a volume for volume basis. The USDA commodity salsa fits into this category.
- For products that contain non-vegetable components, like gums, starches or stabilizers, documentation of the percentage of vegetable in the product is required to count the salsa as a vegetable/fruit component. Documentation can be a CN label or a manufacturer's product analysis stating the product's contribution to the meal pattern.

Grains/Breads Component

Grains/breads products are an important source of iron, thiamin, niacin, riboflavin and often fiber in our diets.

Breakfast, lunch and supper must contain a serving of grains/breads in the amount specified for each age group. A snack may contain a grains/breads item as one of the two food components served. Grains/breads 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.

Grains/breads include but are not limited to: cornbread, rolls, bagels, biscuits, cooked or cold dry cereal, pasta, noodle products, or cereal grains. Items high in sugar may not appear on the menu more than twice per week and may only be served at breakfast and snack. Items high in fat may not appear on the menu more than twice per week. Examples of grains/breads higher in fat are: croissants, sopapillas, and chips. Examples of grains/breads higher in sugar are: doughnuts, pop tarts, sweet rolls, cookies, granola bars, cereal bars, and quick breads and muffins (such as banana, pumpkin, zucchini, etc.). For instance, if doughnuts are served at Monday breakfast and oatmeal cookies are served at Thursday snack, then no other sweet items may be served again until the following week.

Grains/breads items can be credited only when they are made from whole-grain or enriched meal flour. Refer to pages 36-37 for minimum portion weights of grains/breads products. Cereals must be whole grain, enriched or fortified. Please refer to page 40 for a list of recommended cereals.

Grains/breads has been divided into eight groups. The items in each group have approximately the same nutrient content, percent solids, and grain content per serving. The minimum serving size is based on the grain content of the product (it does not include fillings, toppings, etc.). A chart with this information, adapted from the *Food Buying Guide for Child Nutrition Programs*, is included on pages 36-37.

Grains/Breads Amounts Needed for Lunch/Supper (Refer to meal pattern for breakfast and snack)				
	Ages 1-2	Ages 3-5	Ages 6-12	Adults**
Bread	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice	2 slices
Cold Dry Cereal*	$\frac{1}{4}$ c (or $\frac{1}{3}$ oz)	$\frac{1}{3}$ c (or $\frac{1}{2}$ oz)	$\frac{3}{4}$ c (or 1 oz)	1 cup
Pasta/Noodles	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	1 cup
Cooked Cereal/Grains	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	1 cup

* Cold dry cereal not creditable at lunch or supper.

** Adults enrolled in the CACFP in an adult day care center.

GRAINS/BREADS- CREDITABLE AND NON-CREDITABLE FOOD CHART

<i>FOOD</i>	<i>YES</i>	<i>NO</i>	<i>COMMENTS</i>
Bagel Chips	X		Chips, grain-based.
Bagels	X		
Bread	X		
Bread Pudding	X		Snack only. Bread pudding must contain a minimum of $\frac{1}{2}$ slice of bread per serving.
Bread Sticks	X		
Bread Stuffing	X		Commercial stuffing not creditable if it contains modified starch or other fillers.
Breading/Batter	X		On foods such as commercial fish sticks, chicken or fish nuggets; CN labeled products are acceptable for breading if stated on label.
Brownies	X		Snack only, high in sugar. Limit servings to twice per week.
Cakes or Cupcakes	X		Snack only, high in sugar. Limit servings to twice per week.
Cereals	X		Includes dry and cooked cereals. See page 40 for recommended cereals.
Cereal Bars	X		Breakfast and snack only, high in sugar. Limit servings to twice per week.
Chips, Snack Types		X	Includes corn chips, cheese puffs.
Chow Mien Noodles	X		
Coffee Cake, Cinnamon Rolls, Danish	X		Breakfast and snack only, high in sugar. Limit servings to twice per week.
Cookies	X		Snack only, high in sugar. Limit servings to twice per week.
Cornbread or Hush Puppies	X		
Corndog Breading	X		Must have a CN label.
Couscous	X		
Crackers	X		
Crepes	X		Serve as an accompaniment to, or as an integral part, of the main dish.
Croissants	X		High in fat. Limit servings to twice per week.
Croutons	X		Croutons made from enriched or whole grain bread are creditable. Croutons must be served as an integral part of the main dish to be creditable for lunch or supper.
Doughnuts	X		Breakfast and snack only, high in sugar and fat. Limit servings to twice per week.
Dumplings	X		
Egg roll or Won Ton Wrapper	X		

**GRAINS/BREADS- CREDITABLE AND NON-CREDITABLE FOOD CHART
(CONTINUED)**

<i>FOOD</i>	<i>YES</i>	<i>NO</i>	<i>COMMENTS</i>
Empañada	X		Serve as integral part of main dish, and as an accompaniment to the main dish as with meat or bean filling.
English Muffin	X		
Fry Bread	X		Enriched or whole grain meal or flour must be the primary ingredient by weight in the recipe.
Gingerbread	X		Breakfast and snack only, high in sugar. Limit servings to twice per week.
Granola Bars	X		Breakfast and snack only, high in sugar. Limit servings to twice per week.
Grits, Corn and Hominy Grits	X		Must be made from whole kernel corn.
Hominy		X	Not made from the whole kernel of corn.
Ice Cream Cones		X	Serving size not practical.
Masa		X	Serving size not practical.
Muffins	X		Breakfast and snack only, high in sugar. Limit servings to twice per week.
Nachos	X		Nachos made with tortilla pieces or chips made from whole grain and/or enriched meal or flour can be credited. Chips are high in fat. Limit servings to twice per week.
Noodles	X		
Nut or seed meal or flour		X	
Oatmeal	X		
Pancakes	X		
Party Mix	X		Party mix (mixed cereals) is creditable for snacks only. Only the weight of the cereals is creditable as a grains/breads item. Specify the cereals used in mix.
Pie Crust, Dessert		X	Not considered an integral part of the meal.
Pie Crust, Main Dish	X		Example: quiche crust, hamburger pie crust.
Pita Bread	X		
Pizza Crust, Homemade or Commercial	X		Pizza crust must meet the general requirement for the grains/breads alternate.
Pop Tarts	X		Breakfast and snack only, high in sugar. Limit servings to twice per week.

**GRAINS/BREADS- CREDITABLE AND NON-CREDITABLE FOOD
CHART
(CONTINUED)**

<i>FOOD</i>	<i>YES</i>	<i>NO</i>	<i>COMMENTS</i>
Popcorn		X	Low in nutrients; choking can occur in small children.
Popovers	X		
Pretzels, Soft	X		Must state soft on menus.
Pretzels, Hard	X		Must be made from whole grain and/or enriched meal or flour and served as a snack only.
Puff Pastry	X		
Quick Breads	X		Breakfast and snack only, high in sugar. Limit servings to twice per week.
Rice Pudding	X		Snack only, high in sugar. Limit servings to twice per week.
Rolls, Biscuits	X		
Sopapillas	X		High in fat, limit servings to twice per week.
Tapioca pudding		X	
Taco Shells	X		
Tortilla Chips	X		Must be whole grain or enriched. High in fat. Limit servings to twice per week.
Tortillas	X		Homemade or purchased, must be whole grain or enriched.
Waffles	X		
Wafers	X		Example: Chocolate, Vanilla. Snack only, high in sugar. Limit servings to twice per week.
Wheat Germ		X	Not a whole-grain.
Zwieback	X		

GRAINS/BREADS FOR THE FOOD BASED PLANNING MENU ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS

GROUP A	MINIMUM SERVING SIZE FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mien noodles • Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	<p>1 serving = 20 gm or 0.7 oz.</p> <p>$\frac{3}{4}$ serving = 15 gm or 0.5 oz.</p> <p>$\frac{1}{2}$ serving = 10 gm or 0.4 oz.</p> <p>$\frac{1}{4}$ serving = 5 gm or 0.2 oz.</p>
GROUP B	MINIMUM SERVING SIZE FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Buns (hamburger and hot-dog) • Crackers (graham crackers – all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	<p>1 serving = 25 gm or 0.9 oz.</p> <p>$\frac{3}{4}$ serving = 19 gm or 0.7 oz.</p> <p>$\frac{1}{2}$ serving = 13 gm or 0.5 oz.</p> <p>$\frac{1}{4}$ serving = 6 gm or 0.2 oz.</p>
GROUP C	MINIMUM SERVING SIZE FOR GROUP C
<ul style="list-style-type: none"> • Cookies (plain) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies, fruit turnovers, and meat/meat alternate pies) • Waffles 	<p>1 serving = 31 gm or 1.1 oz.</p> <p>$\frac{3}{4}$ serving = 23 gm or 0.8 oz.</p> <p>$\frac{1}{2}$ serving = 16 gm or 0.6 oz.</p> <p>$\frac{1}{4}$ serving = 8 gm or 0.3 oz.</p>

GRAINS/BREADS FOR THE FOOD BASED PLANNING MENU ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS

GROUP D	MINIMUM SERVING SIZE FOR GROUP D
<ul style="list-style-type: none"> • Doughnuts (cake and yeast raised, unfrosted) • Granola bars (plain) • Muffins (all, except corn) • Sweet roll (unfrosted) • Toaster pastry (unfrosted) 	1 serving = 50 gm or 1.8 oz. ¾ serving = 38 gm or 1.3 oz. ½ serving = 25 gm or 0.9 oz. ¼ serving = 13 gm or 0.5 oz.
GROUP E	MINIMUM SERVING SIZE FOR GROUP E
<ul style="list-style-type: none"> • Cookies (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars • Granola bars (with nuts, raisins, chocolate pieces and/or fruit) • Sweet rolls (frosted) • Toaster pastry (frosted) 	1 serving = 63 gm or 2.2 oz. ¾ serving = 47 gm or 1.7 oz. ½ serving = 31 gm or 1.1 oz. ¼ serving = 16 gm or 0.6 oz.
GROUP F	MINIMUM SERVING SIZE FOR GROUP F
<ul style="list-style-type: none"> • Cake (plain, unfrosted) • Coffee cake 	1 serving = 75 gm or 2.7 oz. ¾ serving = 56 gm or 2 oz. ½ serving = 38 gm or 1.3 oz. ¼ serving = 19 gm or 0.7 oz.
GROUP G	MINIMUM SERVING SIZE FOR GROUP G
<ul style="list-style-type: none"> • Brownies (plain) • Cakes (all varieties, frosted) 	1 serving = 115 gm or 4 oz. ¾ serving = 86 gm or 3 oz. ½ serving = 58 gm or 2 oz. ¼ serving = 29 gm or 1 oz.
GROUP H	MINIMUM SERVING SIZE FOR GROUP H
<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked) • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 serving = ½ cup cooked (or 25 gm dry)
GROUP I	MINIMUM SERVING SIZE FOR GROUP I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry) 	1 serving = ¾ cup or 1 oz, whichever is less

QUESTIONS AND ANSWERS ABOUT GRAINS/BREADS

1. Are all types of cookies creditable?

Yes, when made with enriched or whole grain meal or flour. Creditable for snack only. The use of cookies, cake, brownies, and other dessert items (high-sugar items) are limited to a total of no more than two times per week, and no more than once per day.

2. Are Rice Krispie bars or similar bars made from a cereal product creditable?

Yes. These "cereal snacks" may be creditable for breakfast and snack only, if the cereal is whole-grain or enriched or fortified, and if the amount of cereal per serving equals the minimum requirement for the age group. Do not serve more than twice a week.

3. Can nut or seed meal or flour be used to meet the grains/breads requirement for a meal?

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

4. Can piecrust be credited as a grains/breads?

Yes. If the crust is being served as an accompaniment to, or as an integral part of, the main dish (the main dish contains the meat/meat alternate). Also, the heaviest ingredient in a piecrust by weight must be enriched or whole-grain flour or meal. Piecrusts served as part of a dessert are not creditable because bread is not customarily served in a meal as a dessert.

5. Is a granola bar an acceptable grains/breads?

Yes. Commercial and homemade granola bars, which meet the general criteria for bread alternates, are creditable for breakfast and snack only. Granola bars are considered a cookie because of their high sugar and fat content; therefore, they cannot be served more than twice a week.

6. Is granola cereal an acceptable grains/breads?

Yes. Commercial and homemade granola cereals are acceptable grains/breads products for breakfast and snacks only. However, only the grain portion of the cereal is creditable as a grains/breads. In other words, any nuts, seeds, coconut, dried fruit, etc., are not to be included when determining the serving size.

7. Is corndog batter/breading creditable?

The batter/breading is credited like cornbread. A CN label or product analysis must be provided.

8. **Can crackers be served as a grains/breads?**

Yes. Crackers can be served as a grains/breads for breakfast, lunch, supper or snack. Some crackers are high in fat, sugar or salt and should be avoided. Low sodium brands are encouraged. Some popular crackers have been evaluated to determine serving sizes:

Crackers	Serving Size for Ages 1 through 5 year olds	Serving Size for Ages 6 and Above
Cheese Nips	11	22
Chicken in a Biscuit	5	10
Goldfish Crackers	20	40
Graham Crackers	2 squares	4 squares
Matzo Crackers	$\frac{1}{2}$ large	1 large
Meal Mates	3	6
Melba Toast	3	6
Mini Ritz	10	18
Oyster Crackers	12	24
Rice or Rye Cakes	$1\frac{1}{2}$	3
Ritz Crackers	4	7
Rye Krisp	2	3
Saltines	4 squares	8 squares
Sociables	5	10
Stoned Wheat	4	8
Townhouse Crackers	3	6
Triscuits	4	7
Twigs	4	8
Vegetable Thins	4	8
Wasa Crisp Bread	$\frac{2}{3}$ large	$1\frac{1}{3}$ large
Waverly Wafers/Club Crackers	3 5	5 10
Wheat Thins	6	12
Wheatbury	4	8
Wheatsworth Stoneground Wheat	2	4
Zwieback		

Source from: Washington Department of Education-Child and Adult Care Food Program

RECOMMENDED CEREALS

35% or less total sugar by weight

100% Bran	Honey Nut Cheerios
100% Whole Grain Wheat Chex	Kaboom
40% Bran (Post, Kellogg's)	Kashi (any type)
All Bran (Kellogg's)	Kix
All Bran (Fruit & Almonds)	Life (plain, cinnamon, honey graham, vanilla)
Almond Delight	Low-fat granola
Alpen Natural Cereal	Malt-O-Meal
Alpha Bits	Multi-Bran Chex/Multi-Grain Chex
Basic 4	Oatmeal, instant (except Raisins & Spice and Cinnamon Roll)
Berry Berry Kix	Oatmeal Crisp (General Mills)
Berry Krispies	Puffed Rice (any brand)
Bran Chex	Puffed Wheat (any brand)
Bran Flakes (Post, Kellogg's)	Quaker 100% Natural
Caramel Nut Crunch (Kellogg's)	Quaker Multi Grain Hot Cereal
Cheerios	Quaker Oat Squares
Clusters	Quaker Oatmeal
Coco Wheats	Quaker Quick Grits
Complete Bran Flakes	Quaker Quick Oats
Corn Chex	Raisin Bran (any brand)
Corn Flakes (any brand)	Raisin Nut Bran
Craklin' Oat Bran	Ralston Whole Wheat Hot Cereal
Cran Vanilla Crunch (Kellogg's)	Rice Chex
Cream of Rice	Rice Krispies, any brand toasted rice cereal
Cream of Wheat	Selects Cereal (Post) Blueberry Morning, Banana Nut Crunch
Crispix	Shredded Wheat
Dora the Explorer (General Mills)	Special K
Farina Hot Cereal	Spoon Size Shredded Wheat
Frosted Mini Wheats (all flavors)	Toasted Oats (any brand)
Fruit & Fiber	Toasty O's
Grape Nuts	Total
Grape Nuts Flakes	Uncle Sam Cereal
Grape Nuts Trail Mix Crunch	Weetabix
Great Grains (Post)	Wheat Chex
Honey Bunches of Oats Honey Roasted	Wheatena
Honey Bunches of Oats with Almonds	Wheaties
Honey Bunches of Oats with Strawberries	
Honey Nut Chex	

This cereal list is not all-inclusive, but contains low-sugar cereals most recommended

COMBINATION FOODS

Definition: "**Combination food**" means any single serving of food that contains two or more of the required meal components.

Definition: "**Entrée or main dish**" means the main course of a meal. The main course may be a combination of foods that contains a meat/meat alternate as one of the components.

Requirements for meals:

- I. Combination foods served as an entrée or main dish may be credited as the meat/meat alternate plus a maximum of two of the required meal components if amounts of each are sufficient to meet meal pattern requirements.

Examples:

Beef Stew with beef, carrots, potatoes, and onions; credit as:

1. Meat/meat alternate component
2. Fruit/vegetable component (can count as only 1 component)

Chef Salad with egg, turkey, cheese, lettuce, tomatoes, celery, and cucumber; credit as:

1. Meat/meat alternate component
2. Fruit/vegetable component (can count as only 1 component)

Spaghetti with ground beef and tomato sauce; credit as:

1. Meat/meat alternate component
2. Fruit/vegetable component (can count as only 1 component)
3. Grains/Breads component

Sloppy Joes (ground beef and tomato sauce on a bun); credit as:

1. Meat/meat alternate component
2. Fruit/vegetable component (can count as only 1 component)
3. Grains/Breads component

Homemade Pizza; credit as:

1. Meat/meat alternate component
2. Fruit/vegetable component (can count as only 1 component)
3. Grains/Breads component

Grilled Cheese Sandwich; credit as:

1. Meat/meat alternate component
2. Grains/Breads component

II. Combination foods in dishes served as an accompaniment to the entrée or main dish may be credited for one of the two required meal components if the amount is sufficient to meet meal pattern requirements.

Examples:

Carrots and Peas with cooked peas and carrots; credit as:

1. One fruit/vegetable component

Green Salad with lettuce, tomato, sometimes served on sandwiches or in tacos, credit as:

1. One fruit/vegetable component

III. Some combination foods may be credited for two of the required meal components if amounts of each are sufficient to meet meal pattern requirements:

Example:

Fresh fruit salad with peaches, melons, and bananas served for lunch or supper; credit as:

1. Fruit/vegetable component
2. Fruit/vegetable component

IV. Combination foods in beverage form made from milk and solid fruits or vegetables may be credited as meeting the following meal components if amounts of each are sufficient to meet meal pattern requirements:

Example:

Banana Cow with banana and milk; credit as:

1. Milk component
2. Fruit/vegetable component (can count as only 1 component)

MISCELLANEOUS QUESTIONS

1. **Can foods brought in by the parents be used to fulfill meal pattern requirements?**

No, the participating CACFP institution or provider must provide all the required meal components in order to claim the meal for reimbursement. Foods provided by parents must be considered "extras." Foods that are not creditable (i.e., cupcakes, candy) should be served only after the meal.

2. **Can foods donated to the center be used to fulfill meal pattern requirements? For example, a case of apples donated by a fruit company.**

Yes, if available to all children. Include in the food receipts that it was received as a donation.

3. **Are picnics or cold meals acceptable?**

Yes, as long as they meet the meal pattern requirements.

4. **Are foods from fast food restaurants creditable?**

No, the institution or contracted food vendor must provide all required meal components.

5. **Can vegetarian meals be claimed for CACFP reimbursement?**

Yes, however, the meals must still meet the meal pattern requirement. Meat alternates that can be credited toward meeting the CACFP meat requirement include cheese (natural, processed, cheese foods, and cheese spreads), cottage cheese, and ricotta cheese; yogurt, eggs, cooked dry beans, and peas; peanut butter; nuts and seeds; nut or seed butters; or any combination of the above. Meat binders and extenders and 100 percent vegetable protein products are not creditable in the CACFP except under certain conditions.

6. **Can home dried and home canned foods be served in the childcare centers?**

USDA guidance has advised against the use of home canned foods in a group-feeding situation; i.e., childcare centers. If they are served in a family childcare home, there is the risk the childcare home provider assumes that the canned item was prepared correctly and is safe (free of harmful organisms). Home canned and frozen fruits may be allowed. Childcare home providers should check first with their sponsoring organization.

Infant Feeding

The Infant Meal Pattern allows for a gradual introduction of solid foods and encourages breast-feeding or formula feeding up to the first birthday. The first year of life, from birth until the baby's first birthday, is divided into three equal age groups, each consisting of four months. Although the infant meal pattern specifies breakfast, lunch, supper, and snack, this may be inconsistent with a baby's feeding pattern. Meals are specified as a guideline only. Young babies, under 6 months of age, usually will not comply with rigid schedules and may need to eat every 2 to 4 hours. Some older babies also will need to eat more frequently than the specified feedings. Babies should be fed when they are hungry and not restricted to a rigid schedule. The texture and amount of the feeding should be consistent with the age of the infant. For emotional, nutritional and physical growth, infants need foods that are rich in nutrients. Foods such as breastmilk, strained meat, fruit, vegetables, iron-fortified dry infant cereal and iron-fortified infant formula 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.

Baby foods with DHA (docosahexaenoic acid) added are not creditable. DHA is an omega-3 fatty acid that is added to some commercially prepared fruits and vegetables. Some lines of baby food contain DHA derived from egg yolk. These products combine fruits or vegetables with dried egg yolk, heavy cream, rice flour, vanilla extract, and other ingredients. Although these products are not labeled or marketed as desserts, they contain similar ingredients that may not be appropriate for infants younger than 8 months of age. Introducing these ingredients in an infant's diet at an earlier age could result in food sensitivity or a food allergy. DHA-added foods could be served as additional foods for infants 8 months of age or older. However, because of the possibility of allergic reactions, we recommend that the center or provider consult with the infant's parent or guardian before serving.

Portion Sizes - There are ranges given for each food portion in the meal pattern to allow for flexibility in how much food is served to the baby based on its appetite. Babies' appetites will vary day-to-day. The amounts listed are the minimum portions you must serve to meet the requirements. Some babies will want more than these amounts. You may serve larger portions and additional foods to those babies. For example, a 3-month-old baby may be fed more than 6 ounces of formula or breastmilk at a feeding or an 8-month-old baby may be fed an additional food such as bread at breakfast, lunch, or supper. Other babies may want less than the portions listed here. Never force babies to finish what is in the bottle or what is fed by spoon. Let babies determine how much they eat. Babies will let you know if they are hungry by opening their mouths and leaning forward. They will let you know if they have had enough to eat by pulling away from the bottle or spoon, turning their heads away, playing with the food, sealing their lips, or pushing the

nipple or food out of their mouths. Babies may want to eat less if they are teething or not feeling well and more if they are going through a growth spurt.

Formula and Breastmilk - Iron-fortified infant formula is the best food for the baby when the baby is not being breast-fed or when a supplement to breast-feeding is needed. Commercially prepared iron-fortified infant formula is specially formulated to have the right balance of nutrients and to be easily digested by the baby.

In order for infant meals to be claimed for reimbursement, program rules require that formula is iron-fortified infant formula intended for dietary use as a sole source of food for normal, healthy infants served in liquid state at the manufacturer's recommended dilution. The formula label must state "with iron" or "iron-fortified." Formula labels that say "low-iron" do not meet the meal pattern requirement. Low-iron, other formulas or cow's milk may be served as a dietary substitute only when a note from a medical doctor or other recognized medical authority requiring its use is on file.

Breastmilk provided by the infant's mother may be served from birth until the child is weaned from breastmilk. Meals containing only breastmilk are reimbursable only if the milk has been expressed and the provider is serving the infant. Breastmilk is not reimbursable when a mother comes in to nurse, unless the mother is the childcare provider. Meals containing only breastmilk qualify for reimbursement for infants through 7 months of age only when the breastmilk, provided by the mother, is fed to the infant by child care staff. Meals containing breastmilk served to infants in the 8 through 11 month age group may be claimed for reimbursement only if all other required food components are provided by the center and the center serves at least one component. In the child meal pattern, breastmilk may be substituted for cow's milk after the first birthday only if the mother has requested. Meals containing only iron-fortified formula supplied by the infant's parent/guardian may be reimbursed for infants through 7 months of age if the parent has refused the facility-provided formula. Meals containing parent-provided formula may be reimbursed for infants 8 through 11 months only if the child care facility provides at least one other meal component as indicated by the Infant Food Chart, and the parent has refused the formula offered by the facility. An Infant Feeding Preference form signed by the parent/guardian must be on file before the meals can be claimed. The childcare facility must offer a formula which meets program requirements and the decision to decline the offered infant formula is made by the parents/guardian. Iron-fortified infant cereal must be provided at the breakfast meal to infants 8 through 11 months of age in order for that meal to be reimbursed.

Solid Foods - The portions for solid foods in the meal pattern are listed as 0 to 3 tablespoons in the 4 through 7-month age group. Solid foods are optional in this age group and should only be served when babies are developmentally ready for them and interested in learning to eat them. However, the decision to introduce solid foods should be made in consultation with the parents. The age at which to introduce solid foods is likely to be the area of greatest discrepancy between the childcare provider and parents. Some parents start serving solid foods before their baby is developmentally ready; others wait beyond

the time of developmental readiness. It is important to let the parents make the decision when to introduce solid foods. You should communicate frequently with the parents so that you can coordinate foods served at home with foods served in your care. In this way, you can assure the best care for the babies.

Fruit Juice - Fruit juices containing 100% juice are creditable only at snack from 8 through 11 months. No other juices or juice drinks are creditable. 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 a bottle or give a bottle to a baby during naptime. This can cause choking as well as tooth decay and ear infections.

Reminders - Heating bottles in a microwave oven is not recommended because uneven heat distribution of the formula can occur and burn the infant's mouth.

If an infant requires food(s) different than stipulated by the Infant Meal Pattern Food Chart, a medical statement must be on file and a substitute food must be listed on the statement. The caregiver may claim the meal(s) provided this documentation is in place.

INFANT - CREDITABLE AND NON-CREDITABLE FOOD CHART

FOOD	YES	NO	COMMENTS
Adult cereal		X	"Adult" cereal, including oatmeal and farina, are not creditable for infants.
Baby food fruit desserts		X	Not 100% fruit.
Baby food pudding		X	
Bread crusts	X		Must meet general criteria for grains/breads. For infants 8 through 11 months of age for snacks only.
Breastmilk	X		Meals containing only breastmilk can be claimed for reimbursement provided the milk has been expressed. Meals are not reimbursable when a mother comes in to nurse, unless the mother is the provider.
Buttermilk		X	
Cheese or cottage cheese	X		
Combination dinners (commercial)		X	Examples: Meat/vegetable dinners, meat dinners, and dehydrated dinners. Prepared combination infant foods have water as the first ingredient and may not be used.
Crackers	X		Must meet the general criteria for grains/breads and served for snacks only.
Cream		X	
Dry milk (reconstituted)		X	
Egg white		X	May cause an allergic reaction in children under 12 months old.
Egg yolk, cooked	X		Only for infants 8 through 11 months of age.
Evaporated milk (includes canned goat's milk)		X	To be used, must have a signed medical statement on file.
Fruit juice	X		100% fruit juices, for snacks only and only for 8 through 11 months of age.
Half and half		X	
Heinz instant baby food	X		Dehydrated, single-item foods.
Homemade baby food	X		Avoid salt, other seasonings, and fat.
Honey		X	Contains harmful botulism spores.
Infant meat sticks		X	
Iron-fortified dry infant cereal	X		
Iron-fortified infant formula (includes soy based)	X		

**INFANT - CREDITABLE AND NON-CREDITABLE FOOD CHART
(CONTINUED)**

<i>FOOD</i>	<i>YES</i>	<i>NO</i>	<i>COMMENTS</i>
Low fat (1%) Milk		X	To be used, must have a signed medical statement on file.
Low-iron formulas (includes soy based)		X	To be used, must have a signed medical statement on file.
Milupa		X	
Mixed cereal with fruit (commercial)		X	
Mocha mix		X	
Peanut butter, nuts, seeds		X	May cause choking.
Pedialyte		X	
Raw or certified raw milk		X	
Reduced fat (2%) Milk		X	To be used, must have a signed medical statement on file.
Single-item baby foods (commercial)	X		Such as vegetables, fruits, and meats.
Skim Milk		X	To be used, must have a medical statement on file.
Whole Milk		X	To be used, must have a medical statement on file.
Yogurt		X	

Do not serve peanut butter, nuts and seeds and other similar foods to infants because choking can occur.

Do not serve honey, raw or in cooked products, to infants until after the first birthday because honey contains harmful botulinum spores.

QUESTIONS AND ANSWERS ABOUT FEEDING INFANTS

1. **How can you serve "0" tablespoons of food according to the Infant Meal Pattern Food Chart?**

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

2. **Does an infant have to eat only at the specified meal times?**

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

3. **Why are some of the food portions so small?**

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

4. **Why is fruit juice not required at breakfast, lunch and supper?**

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.

5. **When parents provide an infant formula that does not meet the FDA requirements for iron-fortified infant formula, is a medical statement required in order for the caregiver to claim the meal for reimbursement?**

Any time an infant is served any formula that does not meet the FDA requirements; a statement from a recognized medical authority must support the substitution.

The type of formula that the parent provides dictates the need for a medical statement. If it meets the FDA requirements for iron-fortified infant formula, then none is required. If the formula provided is any other type of formula, then a medical statement is required.

6. Can infants less than four months of age be claimed for reimbursement?

Yes, meals containing iron-fortified infant formula provided by the parent or provider, or the infant is breast-fed and the breastmilk has been expressed or the mother is the provider may be claimed if served by the provider. However, once semi-solid foods are introduced to the infant's diet, the provider must provide and serve at least one additional food component in order to be reimbursed.

7. Are low-iron formulas creditable?

Yes, but only if a signed medical statement from the infant's physician is on file stating the reason the infant may not have iron-fortified infant formulas and listing the formulas to be substituted.

8. Can infants less than eight months of age be claimed if on whole milk instead of iron-fortified infant formula or breastmilk?

No, unless a medical statement is on file.

9. Can fortified adult cereals be substituted for the iron-fortified dry infant cereal for older infants (>8 months of age)?

No, adult cereals do not provide infants with the same kind of easily absorbed iron as the iron-fortified infant cereals do. In addition, adult cereals often contain added sugar or salt. USDA requires iron-fortified infant cereal up to the infant's first birthday to claim the infant's meal for reimbursement. Iron-fortified infant cereal is a requirement at breakfast; however, at lunch and supper, iron-fortified cereal is optional. Note that cereal is iron-fortified on the menu.

10. Beech Nut has a product called a "dessert" which contains only apples, apple concentrate with water added, cinnamon and Vitamin C. There is no added sugar. Is this product creditable in the CACFP?

No, the Beech Nut product labeled as a "dessert" is not reimbursable in the CACFP. Commercial baby foods in the dessert category, those generally having "dessert" or "pudding" as part of the product name on the front of the label, which list a fruit as the first ingredient in the ingredient listing are not reimbursable meal components in the CACFP.

Carbohydrates

Our bodies use carbohydrates as energy for our brains as well as for our muscles. In fact, the glucose supplied by carbohydrates are the brain's preferred energy source. About half of the energy used by the body comes from carbohydrates, while the other half comes from fat. Carbohydrates can be found in plant foods such as whole grains, vegetables, legumes and fruits. Milk products also provide carbohydrates in the diet. Not all carbohydrates are created equal. The simple carbohydrates are sugars, while the complex carbohydrates contain starches and fiber along with valuable vitamins and minerals. Most of these carbohydrates contain little or no fat. Fiber is the structural part of a plant. While it does not provide energy, it does offer health benefits such as helping to lower cholesterol, offering protection against heart disease, reducing the risk of type 2 diabetes, promoting GI health, offering possible protection against colon cancer and promoting weight management.

CACFP requires that all grain and bread items be enriched or whole grain and recommends that whole grain products be served at least three times per week. "Make half your grains whole" is the recommendation of the 2005 Dietary Guidelines for Americans. What are the benefits of whole grain? In addition to fiber, whole grains also contain vitamins, minerals and hundreds of other compounds that have health benefits. It is the combination and interaction between these components that play an important role in reducing the risk of chronic diseases. This is an example of the "whole" being greater than the sum of the parts. When looking for products made with whole grains, read the ingredient label. The first word appearing on the label of whole grain products will be the word "whole". Bread isn't the only source of whole grains. Here are some tips to help you find other whole grain products in the supermarket. Check the ingredient list. Foods made with whole grain will list a whole grain such as wheat, oats, corn or rice as the first ingredient. Look for the words "whole" or "whole grain" before the grain's name. Descriptive words in a product's name, such as stone-ground, multi-grain or 100% wheat, do not mean that a product is whole grain. Including whole grain foods in your menus can be as simple as offering whole grain cold or hot cereals for breakfast or snack, using whole grain breads, rolls and crackers, experimenting with the new whole grain pastas and substituting brown rice for white.

Protein

Proteins have many roles in the body. They are used as building materials for growth, repair or replacement of tissues, as enzymes to facilitate reactions in the body, as hormones regulating actions in the body, as regulators of fluid balance, as transporters carrying nutrients, as antibodies to protect against disease and they participate in blood clotting and vision. The body can also use protein as a source of energy if needed. Proteins are made up of about 20 different amino acids. Nine of these amino acids are essential which means that the body cannot make them. The body continuously breaks down and loses some protein and cannot store amino acids. In order to replace this protein, the body needs dietary protein. The best sources of dietary protein are foods derived from animals such as meat, fish, poultry, cheese, eggs, yogurt and milk. Plants also provide proteins, but are limited in one or more of the essential amino acids. Vegetarians who do not eat animal products may still receive all the amino acids they need by combining plant-protein foods that have different, but complementary amino acids.

FATS

Fat is a major source of energy for the body and aids in the absorption of vitamins A, D, E, and K. Both animal and plant-derived food products may contain fat, and when eaten in moderation, fat is important for proper growth, development, and maintenance of good health. Fats are an especially important source of calories and nutrients for infants and toddlers (up to 2 years of age), who have the highest energy needs per unit of weight of any age group.

Recommendations from the American Heart Association for daily intake of fat include:

- < 30% of total calories from total fat
- < 7% of total calories from saturated fat
- 10-15% of total calories from monounsaturated fat
- 10% of total calories from polyunsaturated fat
- < 300 mg of cholesterol
- < 1% of total calories from trans fat

Unsaturated fats are beneficial when consumed in moderation, but saturated and trans fats are not. Saturated and trans fats may raise LDL (bad) cholesterol in our blood; this may later lead to heart disease. Over-consumption of fat can contribute to overweight/obesity, which can lead to other chronic diseases, such as diabetes, hypertension and coronary artery disease.

The Arizona Child and Adult Care Food Program limits the number of high-fat foods served to children to **two per week**. When purchasing foods look for lean, extra lean, low-fat or non-fat options.

- **Lean:** < 10 grams of fat, 4.5 grams of saturated fat, and 95 mg cholesterol per serving and per 100 grams of meat, poultry, and seafood
- **Extra lean:** < 5 grams of fat, 2 grams of saturated fat, and 95 mg of cholesterol per serving and per 100 grams of meat, poultry, and seafood
- **Low-fat:** ≤ 3 grams of fat per serving

This information can be found on the nutrition label located on the food package. Also, when choosing foods low in saturated fat and cholesterol, use the general rule of thumb that 5% of the Daily Value or less is low and 20% or more is high.

THE MECHANICS OF MEAL PLANNING

1. Usually the meat or vegetarian entrée is planned first to complement other foods. However, a newer "school of thought" is to de-emphasize the meats in our diets. Instead, plan the vegetables and "garnish" with a meat dish.
 - Balance high cost entrees with low cost vegetables, fruits, grains/breads. Balance low cost entrees with higher cost vegetables, grains/breads (starches) and fruit.
2. Choose grains/breads, fruits and vegetables to complement the entrée. The foods need to have variety in form and in temperature (i.e., cooked vs. raw).
 - Size and shape are important. Young children like finger foods. Try round or oval, stick, and cube shapes, quarter-cut sandwiches, fancy cookie cutters, and carrot curls (as time and energy allow).
3. Color is critical.
 - Children prefer bright colors (green, orange, yellow, and red are favorites).
 - No one likes a meal that is all one color.
 - Try to use at least two colorful foods at each meal for visual appeal.
4. Texture needs to be considered too.
 - Serve a variety of textures at each meal: one soft food, one crispy, one chewy.
 - Dry foods are often difficult for children to eat.
 - Gravies and sauces help make dry or tough foods, such as some meats, easier to eat. Use low-fat varieties to add flavor.
5. Flavor is essential.
 - Children generally prefer mild and sweet flavors.
6. Familiarity is important: children prefer familiar foods. Introduce new foods in small amounts, possibly as "extra" additions to a meal.
7. Remember to coordinate snacks with the overall meal to avoid repetition of foods.
 - School age children enjoy a set time period for self-service snacks. It is more family-like, and helps ease the transition from school to after-school care.

Adapted from: Missouri Department of Health

THE MOST COMMON ERRORS IN MEAL PLANNING

- All bland or strong flavors
- Same flavors
- Same color
- Unpleasant color combinations
- Too many mixtures
- Same texture, shape or size
- Lack of variety in preparation (all fried foods, creamed foods, or food sauces over food)
- Too many high protein or starchy foods (peas, macaroni and cheese and bread)
- Too many of the same type foods
- Unidentifiable foods
- Foods take too long to prepare
- Same temperature foods
- Same pieces of equipment needed
- Not ordering, preparing, or serving required amounts of food

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:

Have you included all components of the meal?

Are serving sizes sufficient to provide children the required quantity of:

Meat and/or meat alternate?

Two or more vegetables and/or fruits?

Enriched or whole-grain bread or an equivalent?

Fluid milk?

Have you included other foods to help meet the nutritional needs of young children and to satisfy their appetites?

Are the combinations of foods pleasing and acceptable to children?

Do meals include a good balance of:

Color - in the foods themselves or as a garnish?

Texture - soft, crisp, firm-textured?

Shape - different-sized pieces and shapes of foods?

Flavor - bland and tart or mild and strong flavored foods?

Temperature - hot and cold foods?

Do your meals balance out over a week's time to follow the US Dietary guidelines?

Have you included foods high in vitamin A, vitamin C, and iron?

Have you included fiber-rich foods?

Have you considered children's cultural and ethnic food practices?

Are foods varied from day-to-day, week-to week?

Do you prepare foods in different ways? For instance, instead of always serving mashed potatoes try scalloped potatoes, oven baked, etc.

Have you included different kinds or forms of foods (fresh, canned, dried)?

Have you included seasonal foods?

Do you serve special menus for holidays or theme days?

Do you review your cycle menus for seasonal changes?

HEALTHIER MENUS

- Serve foods lower in salt.
- Serve foods lower in fat.
- Serve foods lower in sugar.
- Enhance flavors with spices, herbs or lemon juice instead of with salt or fat.
- Include fruits and vegetables in snack menus to add fiber.
- 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 fruits such as raisins, prunes and apricots, occasionally, since they stick to children's teeth and promote tooth decay.
- Serve whole grain breads and cereals whenever possible to add fiber.
- Avoid serving highly processed foods such as hot dogs and bologna, which are high in fat, salt and sugar.
- Bake, broil or steam foods instead of pan-frying or deep-frying them.
- Try more whole grain products for snacks. Inexpensive ideas are corn bread, slices of whole wheat or rye bread or toast with peanut butter, cheese or a light spread of margarine, corn tortillas, whole meal biscuits and muffins.
- Serve lean meats, trim visible fat and drain grease from meat.
- Serve foods high in vitamin A, C and Iron frequently. (See pages 58-60)

FOODS HIGH IN VITAMIN A

Serve foods high in Vitamin A at least twice a week

Vegetables

Asparagus
Broccoli
Cabbage
Carrots
Chili peppers, red
Kale
Mixed Vegetables
Peas and Carrots
Pumpkin
Spinach
Squash, winter
Sweet Potatoes
Tomatoes
Tomato Juice, Paste or Puree
Turnip Greens
Vegetable Juice

Fruits

Apricots
Avocado
Cantaloupe
Cherries, red sour
Mandarin oranges
Mangos
Melons
Nectarines
Peaches (not canned)
Plums, purple (canned)
Prunes

Other

Egg yolk
Liver
Whole Milk and its products

FOODS HIGH IN VITAMIN C

Serve foods high in Vitamin C daily

Vegetables

Asparagus
Avocado
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Chili Peppers
Collards
Kale
Okra
Peppers, sweet
Potatoes, white
Spinach
Sweet Potatoes
Tomatoes
Tomato Juice, Paste or Puree
Turnip Greens
Turnips

Fruits

Apricots
Blackberries
Blueberries
Banana
Cantaloupe/Honeydew
Grapes
Grapefruit
Grapefruit Juice
Nectarines
Oranges
Orange Juice
Peaches
Pineapple
Raspberries
Strawberries
Tangerines
Watermelon

FOODS HIGH IN IRON

Serve as often as possible

Meat/Meat Alternates

Dried Beans, Peas, Legumes
Eggs
Meat in general, especially liver
and other organ meats
Peanut Butter
Shellfish
Turkey
Tuna

Grains/Breads

All enriched, whole grain, or
fortified Grains/Breads

Vegetables

Bean Sprouts
Dark, green leafy: beet greens,
chard, collards, kale, mustard
greens, parsley, spinach, turnip
greens
Dried Beans, Peas, Legumes
Parsnips
Peas, green
Potatoes (baked)
Squash, winter
Sweet Potatoes
Tomato Juice, Paste, Puree
Sauce
Tomatoes (canned)
Vegetable Juice (canned)

Fruits

Apricots
Dried Fruits: apples, apricots,
dates, figs, peaches, prunes,
raisins

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 also to gain self-confidence.
- **Serve finger foods** such as meat or cheese cubes, vegetable sticks or fruit chunks. Foods 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.
- **Offer new foods to children 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.
- **Encourage adult staff or providers to eat with the children.** 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.

TIPS ON INTRODUCING NEW FOODS TO CHILDREN

- Try only one new food at a time.
- Serve a food children will eat along with the new food.
- Try to serve new foods when children are happy and peaceful. If they are cranky or not feeling well they are more likely to refuse the food.
- Keep trying. It may take 20 introductions before some children will accept a new food so don't become discouraged if they won't try it right away.
- Get the children involved in the planning and preparation of different foods. They are more likely to accept a new food if they have helped prepare it.
- Lead by example. If the providers are excited about trying a new food, the children are more likely to accept it.
- Introduce new foods on a regular basis; try having a weekly/biweekly "New Food Day".
- Introduce new foods as part of a game (i.e., a counting game).
- Have families contribute their favorite recipes. This is a great way to introduce ethnic foods, too. The parents may even get involved in the preparation of the foods and explain the history of the food, when it is customarily used, etc.
- Have a "theme day" when all activities are related to a theme and introduce new foods related to that theme.
- Rotate meal service: try self-serve, bag lunch, family style and buffet.

KEY POINTS IN FOOD SAFETY - TIPS TO AVOID FOOD POISONING

- 1. Properly clean site and service area**
- 2. Wash hands often**
- 3. Wash hands for 20 seconds with warm water**
- 4. Maintain good personal hygiene**
- 5. Keep hot foods hot at 140°**
- 6. Serve hot foods within 2 hours**
- 7. Keep cold foods cold at 40° (Coolers must have ice)**
- 8. Keep cold foods chilled until served**
- 9. Cover all foods**
- 10. Properly dispose/store leftovers**
- 11. Serve leftovers within 72 hours**
- 12. Reheat hot foods to 165° before serving**
- 13. Cover garbage cans, empty them daily**
- 14. Clean and sanitize items used in preparation, cooking, and service areas**
- 16. Transport food properly**
- 17. Keep pets out of the cooking area**

MENU PRODUCTION WORKSHEETS AND SIMPLIFIED BUYING GUIDE

Menu Production Worksheets allow center staff to plan a menu, calculate the number of servings needed for each food item, compile a shopping list, and record the total amount of food purchased. Production worksheets for breakfast and snacks are on page 67 for childcare centers and page 69 for adult care centers; lunch and dinner are on page 68 for childcare centers and page 70 for adult care centers. Use these pages to make copies for your center. **A menu production worksheet must be completed for every meal claimed for reimbursement on the Child and Adult Care Food Program.**

Production worksheets are not required for infant meals; instead, these meals are recorded on the Infant Daily Meal Production Record. An Infant Daily Meal Production Record must be completed for every infant meal claimed for reimbursement on the Child and Adult Care Food Program.

The *Simplified Buying Guide* lists foods most often served by centers and childcare homes participating in the CACFP, and is used to determine the amount of food needed for 1 to 100 servings. Allowances have been made for peelings, pits, seeds and another inedible parts of foods as well as for loss of water or fat during cooking. The *Simplified Buying Guide* is divided into five colored sections:

- | | |
|-------------------------|---------------|
| 1. Meat/Meat Alternates | yellow |
| 2. Fruits | salmon |
| 3. Vegetables | green |
| 4. Grains/Breads | tan |
| 5. Milk | blue |

Information from the Buying Guide is used to complete the menu production worksheets.

USING MENU PRODUCTION WORKSHEETS AND THE SIMPLIFIED BUYING GUIDE

- A. Write date meal will be served.
- B. List number of children or adults (including staff) who will be eating this meal.
- C. Plan menu to meet the meal pattern requirement.
- D. Calculate total number of servings. The worksheet uses the smallest portion unit for calculations. The number in each age group is multiplied by a factor that takes into account the different serving sizes.
 - list number of people in each age group
 - multiply by the factor
 - add up amounts and write total in "No. of Servings" column
- E. Use the Simplified Buying Guide to determine "Market Unit" and "Amount Needed" for the total servings of each food item. In some cases it will be necessary to add together the amounts from each column to get the total number of "Amount Needed."
- F. List the "Amount to Purchase". This number should be rounded up from the "Amount Needed" to ensure there is enough food for seconds.

MENU PLANNING AND MENU PRODUCTION WORKSHEETS

Points to Remember

1. Menu production worksheets are required documentation for every meal claimed on the Child and Adult Care Food Program (CACFP).
 - a. Production worksheets must be planned two weeks in advance.
 - b. Plan for the maximum number of children or adults.
 - c. If staff members eat at the center, plan for them on the production worksheet.

Cycle menus may be used if planned for at least a four-week cycle. Each menu and accompanying production worksheet must be numbered or coded for identification. (For example: Week 1, Monday could be coded: 1M). This code is then recorded on the monthly meal count summary sheet to track menus served each month.

2. Two snacks and one meal or two meals and one snack may be claimed per day for each participant.
3. The minimum amount of all components must be served together at the beginning of the meal, and all food must be consumed at the center.
4. A Child Nutrition (CN) label or Product Analysis for each commercially prepared food used in the food program must be on file at the center.
5. Substitutions may be made in the meal patterns for children or adults with special medical or dietary needs provided that a written statement from a recognized medical authority is on file at the center. The written statement should specify recommended alternate foods.
6. Centers may provide food substitutions for religious reasons. The food substitution must be recorded on the menu production worksheet.

ARIZONA DEPARTMENT OF EDUCATION CHILD AND ADULT CARE FOOD PROGRAM Menu Production Worksheet

BREAKFAST

Date _____

MENU: VEGETABLE/
FRUIT

Number Planned For:

Age 1 up to 3	Age 3 up to 6	Age 6 up to 12 + Adult

GRAINS/BREADS

MILK

Component Requirements	Age	FOOD ITEMS Factor	No. of Servings	Market Unit	Amount Needed	Amount to Purchase
VEGETABLES AND/OR FRUITS	1-3	_____ x 1 = _____ +	¼ c.			
	3-6	_____ x 2 = _____ +				
	6-Adt	_____ x 2 = _____ + =				
GRAINS/BREADS	1-3	_____ x 1 = _____ +	½ sl.			
	3-6	_____ x 1 = _____ +				
	6-Adt	_____ x 2 = _____ + =				
FLUID MILK	1-3	_____ x 1 = _____ +	½ c.			
	3-6	_____ x 1.5 = _____ +				
	6-Adt	_____ x 2 = _____ + =				

SUPPLEMENT

Choose Any TWO of the FOUR Components for Each Supplement

A.M. SUPPLEMENT

P.M. SUPPLEMENT

Age	Milk ½ c. Bread ½ sl.	Meat 1 oz.	Fruit/Vegetable ¼ c.		Age	Milk ½ c. Bread ½ sl.	Meat 1 oz.	Fruit/Vegetable ¼ c.	
1-6	_____ x 1 = _____	x .5 = _____	x 2 = _____		1-6	_____ x 1 = _____	x .5 = _____	x 2 = _____	
6-12 + Adults	_____ x 2 = _____	x 1 = _____	x 3 = _____		6-12 + Adults	_____ x 2 = _____	x 1 = _____	x 3 = _____	
TOTALS	_____	_____	_____		TOTALS	_____	_____	_____	
Component	No. of Servings	Market Unit	Amount Needed	Amount to Purchase	Component	No. of Servings	Market Unit	Amount Needed	Amount to Purchase

**ARIZONA DEPARTMENT OF EDUCATION
CHILD AND ADULT CARE FOOD PROGRAM
Menu Production Worksheet**

LUNCH/SUPPER

Date _____

MENU: MEAT/MEAT
ALTERNATE

Number Planned For:

Age 1 up to 3	Age 3 up to 6	Age 6 up to 12 + Adult

VEGETABLE/
FRUIT

VEGETABLE/
FRUIT

GRAINS/BREADS

MILK

Component Requirements	Age	FOOD ITEMS Factor	No. of Servings	Market Unit	Amount Needed	Amount to Purchase
1. MEAT OR MEAT ALTERNATE	1-3	_____ x 1 = _____ +	1 oz.			
	3-6	_____ x 1.5 = _____ +				
	6-Adt	_____ x 2 = _____ + =				
2. VEGETABLES AND/OR FRUITS Use two or more sources to meet the total portion requirement for each age group.	1-3	_____ x 1 = _____ +	¼ c.			
	3-6	_____ x 2 = _____ +				
	6-Adt	_____ x 3 = _____ + =				
3. GRAINS/ BREADS	1-3	_____ x 1 = _____ +	½ sl.			
	3-6	_____ x 1 = _____ +				
	6-Adt	_____ x 2 = _____ + =				
4. FLUID MILK	Use "No. of Servings" from Meat/Meat Alternate		½ c.			

**ARIZONA DEPARTMENT OF EDUCATION
CHILD AND ADULT CARE FOOD PROGRAM
Adult Menu Production Worksheet**

BREAKFAST

Date _____

MENU: VEGETABLE/
FRUIT

Number Planned For:

Adults	Staff	Total

GRAINS/BREADS

MILK

Component Requirements	Age	FOOD ITEMS Factor	No. of Servings	Market Unit	Amount Needed	Amount to Purchase
VEGETABLES AND/OR FRUITS		(Total) _____ x 2 = _____	¼ c.			
GRAINS/BREADS		(Total) _____ x 4 = _____	½ sl.			
FLUID MILK		(Total) _____ x 2 = _____	½ c.			

SUPPLEMENT

Choose Any TWO of the FOUR Components for Each Supplement

A.M. SUPPLEMENT

P.M. SUPPLEMENT

A.M. SUPPLEMENT					P.M. SUPPLEMENT				
Number of:	Milk ½ c. Bread ½ sl.	Meat 1 oz.	Fruit/Vegetable ¼ c.		Number of:	Milk ½ c. Bread ½ sl.	Meat 1 oz.	Fruit/Vegetable ¼ c.	
Adults _____					Adults _____				
Staff _____	x 2 = _____	x 1 = _____	x 2 = _____		Staff _____	x 2 = _____	x 1 = _____	x 2 = _____	
TOTALS _____					TOTALS _____				
Component	No. of Servings	Market Unit	Amount Needed	Amount to Purchase	Component	No. of Servings	Market Unit	Amount Needed	Amount to Purchase

**ARIZONA DEPARTMENT OF EDUCATION
CHILD AND ADULT CARE FOOD PROGRAM
Adult Menu Production Worksheet**

LUNCH/SUPPER

Date _____

MENU: MEAT/MEAT
ALTERNATE

Number Planned For:

Adults	Staff	Total

VEGETABLE/
FRUIT

VEGETABLE/
FRUIT

GRAINS/BREADS

MILK

Component Requirements	Age	FOOD ITEMS Factor	No. of Servings	Market Unit	Amount Needed	Amount to Purchase
1. MEAT OR MEAT ALTERNATE		(Total) _____ x 2 = _____	1 oz.			
2. VEGETABLES AND/OR FRUITS Use two or more sources to meet the total portion requirement for each age group.		(Total) _____ x 4 = _____	¼ c.			
3. GRAINS/BREADS		(Total) _____ x 4 = _____	½ sl.			
4. FLUID MILK		Use "No. of Servings" from Meat/Meat Alternate	½ c.			

DOCUMENTING CONVENIENCE FOODS

When commercial products are used in Child Nutrition Programs to meet the meal pattern requirement, sponsors must determine these products' contribution.

Child Nutrition labels and product analysis sheets provide valuable information. Manufacturers also have advertising literature available. Each of these provide product information but are different from each other.

Advertising Literature

Advertising Literature is information provided by the company which may contain valuable information about one or more of the company's products but it may not be used to support the contribution that a production makes toward the meal patterns.

Child Nutrition (CN) Label

A CN label is a product label found on meat, poultry, seafood, meat alternate and juice products, which contains a statement that clearly identifies the contribution that the product makes toward the meal pattern requirements. A CN labeled product provides a warranty against audit claims, if used according to the manufacturer's directions, for noncompliance with the meal pattern requirement. This warranty applies to the CN labeled product portion, not the entire meal.

A CN label will always contain the following information:

- the CN logo, which is a distinct border
- the meal pattern contribution statement
- a six-digit product identification number
- USDA/FNS authorization
- the month and year of approval

A CN label statement does not do the following:

- Assure that a product is "good for children"
- Assure that a product is "acceptable" to children
- Suggest that products without CN statements are inferior

Product Analysis Sheet

A product analysis sheet is written by the manufacturer and contains a statement that clearly identifies the contribution that the product makes toward the meal pattern requirements. This statement is based on formulation and/or laboratory testing and is signed by a high-ranking official in the company. Product analysis sheets carry no USDA warranty nor do Nutrition and Technical Services Division review it.

In order to determine a product's contribution toward the meal pattern, the following information should be included:

- Weight of raw portion
- Percent of raw meat or poultry
- Percent of fat of raw meat
- Percent dry vegetable protein products (VPP) if product contains VPP
- Percent protein of the vegetable protein product (on an as purchased basis)
- Certification that the vegetable protein product used meets USDA-FNS requirements.

Sponsors may verify the accuracy of the information on a product analysis sheet by having the product tested at an independent laboratory.

COMPARISON CHART

	CHILD NUTRITION LABELS	PRODUCT ANALYSIS SHEETS which contain meal pattern contribution statements and are signed by a high ranking company official
DESCRIPTION	Product label which contains a statement that clearly identifies the meal pattern contribution of the product.	Document that contains a statement that clearly identifies the meal pattern contribution of the product (must be signed).
STANDARD INFORMATION IS REQUIRED	Yes	No
REVIEWED AND MONITORED BY USDA	Yes	No
PROVIDES A USDA WARRANTY	Yes	No
PRODUCT IDENTIFICATION NUMBERS	Each CN labeled product is assigned its own distinct 6-digit identification number.	The product must be identifiable by name, code number, weight, ingredient listing, etc.
ACCEPTED AT EVALUATION	Yes	Yes

PRODUCT ANALYSIS DATA

Sample

PRODUCT NAME: Chicken Nuggets XXXX

PRODUCT CODE: 00000

PACK: 12 - 4 LB. BAGS

NET WT.: 48 LBS.

VARIETY(IES) OF MEAT USED IN PRODUCT:
CHICKEN BREAST INCLUDING RIB MEAT AND THIGH MEAT

TOTAL WEIGHT OF UNCOOKED PRODUCT: .72 OZ.

WEIGHT OF RAW MEAT: .44437 OZ.

PERCENT FAT OF RAW MEAT: 8-20%

WEIGHT OF DRY VPP: N/A

WEIGHT OF HYDRATED VPP: N/A

WEIGHT OF RAW MEAT AND HYDRATED VPP: N/A

PERCENT VPP
(ON A FULLY HYDRATED BASIS REPLACING RAW MEAT): N/A

WEIGHT OF DRY WHOLE EGG: N/A

WEIGHT OF OTHER MEAT PORTION INGREDIENTS: .06643 OZ.

WEIGHT OF BREADING (IF USED): .209 OZ.

TOTAL WEIGHT OF READY TO COOK PRODUCT: .72 OZ.

I CERTIFY THAT TO THE BEST OF MY KNOWLEDGE, THE ABOVE INFORMATION IS TRUE AND CORRECT AND THAT THE ABOVE MEAT PRODUCT (ONE NUGGET, READY FOR COOKING), CONTAINS .31 OUNCES OF COOKED LEAN MEAT/MEAT ALTERNATE WHEN PREPARED ACCORDING TO DIRECTIONS.

COMPANY OFFICIAL'S SIGNATURE

TITLE

COMPANY

DATE

SAMPLE CN LABEL

CN

000000

CN

This 5.00 oz.-Pizza with Ground Beef and Vegetable Protein Product provides 2.00 oz. equivalent meat/meat alternate, ½ cup serving of vegetable, and 1½ servings of bread alternate for the Child Nutrition Meal Pattern Requirement. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-84.)

CN

CN

CHILD AND ADULT CARE FOOD PROGRAM BREAKFAST IDEAS

French Toast
Orange Slices
Milk

Waffle
Strawberries
Milk

English Muffin
Banana
Milk

Cinnamon Toast
Applesauce
Milk

Life
Grapefruit sections
Milk

Pancake
Strawberries
Milk

Cheerios
Orange Slices
Milk

Cinnamon Tortilla
Banana
Milk

Bagel
Apple
Milk

Whole Wheat Toast
Peach Slices
Milk

Whole Wheat Toast
Mango
Milk

English Muffin
Pears
Milk

Rice Krispies
Apple Slices
Milk

Cornbread
Tangerine
Milk

Tortilla
Apple Slices
Milk

Waffle
Applesauce
Milk

Wheaties
Raspberries
Milk

Crispix
Orange Slices
Milk

Oatmeal
Banana
Milk

Kix
Blueberries
Milk

Shredded Wheat
Grapes
Milk

Waffle
Pears
Milk

Pancake
Applesauce
Milk

Total
Orange Slices
Milk

Malt-o-Meal
Orange Slices
Milk

Grape Nut Flakes
Orange Slices
Milk

Special K
HB Potatoes
Milk

Bisquick Biscuit
Peach Slices
Milk

Whole Wheat Toast
Fruit Cocktail
Milk

Oatmeal
Pears
Milk

CHILD AND ADULT CARE FOOD PROGRAM BREAKFAST IDEAS

Wheaties
Kiwi Slices
Milk

Cornbread
Pears
Milk

French Toast
Applesauce
Milk

Tortilla w/Scrambled Eggs
Orange Slices
Milk

Bisquick Biscuit
Applesauce
Milk

Whole Wheat Toast
Melon Cubes
Milk

Bagel
Clementine
Milk

English Muffin
Melon cubes
Milk

Bagel
Banana
Milk

Brown Rice w/Raisins
Apple Slices
Milk

Cornbread
Banana
Milk

Cornflakes
Banana
Milk

Crepe
Applesauce
Milk

Tortilla
Orange Slices
Milk

English Muffin
Orange Slices
Milk

Whole Wheat Toast
Pineapple Chunks
Milk

Whole Wheat Waffle
w/Yogurt and Blueberries
Milk

Oatmeal w/Raisins
Applesauce
Milk

Pancake
Cantaloupe Cubes
Milk

Ham on English Muffin
Pineapple Chunks
Milk

Peanut Butter Toast
Berries
Milk

CHILD AND ADULT CARE FOOD PROGRAM LUNCH/SUPPER IDEAS

PB/Cheese Stix
Whole Wheat Roll
Celery Sticks
Pineapple
Milk

Ham/Cheese
Bagel
Lettuce/Tomatoes
Mixed Fruit
Milk

Roast Pork
Whole Wheat Roll
Broccoli
Applesauce
Milk

Roast Beef
Bread
Grapes
HM Oven-baked Fries
Milk

Pork 'n Beans
Soda Crackers
Orange
Banana
Milk

Baked Chicken
Noodles
Sweet Potato
Kiwi
Milk

Pork Spare Ribs
Whole Wheat Roll
HM Baked Sweet Potato Fries
Grapes
Milk

Red Snapper
Bread
Lettuce/Tomatoes
Orange
Milk

Hamburger/Rice
Tomato Sauce
Carrots
Grapes
Milk

Ground Beef Sloppy Joe
Bun
Tomato Sauce
Pear
Milk

Ground Beef Chili Mac
Kidney Beans
Macaroni
Tomato Sauce
Peaches
Milk

Baked Ham slice
Whole Wheat Roll
Baked Sweet Potato Fries
Pineapple Chunks
Milk

Chili Beans
Wheat Crackers
HM Oven-baked Fries
Banana
Milk

Ground Turkey
Whole Wheat Roll
Cranberry Sauce
Mashed Potatoes
Milk

Swiss Steak
Whole Wheat Roll
Tomato Sauce
Mashed Potatoes
Milk

Turkey Ham
Whole Wheat Bread
Lettuce/Tomato
Melon Cubes
Milk

Beef Patty
Bun
Green Beans
Applesauce
Milk

Ground Beef/Cheese
Pizza Crust
Tomato Sauce
Apples
Milk

Egg
Whole Wheat Bread
HM Oven-baked Fries
Apple
Milk

Baked Ham
Cornbread
HM Oven-baked Fries
Pineapple
Milk

Roast Turkey
Stuffing
Mixed Vegetables
Mashed Potatoes
Milk

Baked Chicken
Whole Wheat Roll
Mashed Potatoes
Pineapple
Milk

Shredded Chicken/Cheese
Tortilla
Lettuce/Tomato
Melon Cubes
Milk

Ground Beef/Cheese
Tortilla
Low-fat Refried Beans
Applesauce
Milk

CHILD AND ADULT CARE FOOD PROGRAM LUNCH/SUPPER IDEAS

Beef Roast
Cornbread
Mashed Potatoes
Corn
Milk

Egg/Ham Omelet
Whole Wheat Toast
Orange
Pear
Milk

Tuna
Whole Wheat Bread
Apple
Corn
Milk

Egg
Tortilla
HB Potatoes
Apple
Milk

Tuna/Cheese
Noodles
Apples
Green Beans
Milk

Pinto Beans
Rice
Tomato Sauce
Banana
Milk

Ground Beef
Noodles
Tomato Sauce
Corn
Milk

Egg
Waffle
HB Potatoes
Orange
Milk

Cheese
English Muffin
Pizza Sauce
Kiwi
Milk

PB/Cottage Cheese
Wheat Crackers
Peaches
Green Beans
Milk

HM Mac'n Cheese
Green Beans
Applesauce
Milk

Hot Dog
Bun
Applesauce
HM Oven-baked Fries
Milk

PB/Cheese
Whole Wheat Bread
Carrot Sticks
Tomato Soup
Milk

Low-fat Refried Beans/Cheese
Tortilla
Lettuce/Tomato
Orange
Milk

Chicken Chunks
Noodles
Carrot sticks
Melon Cubes
Milk

Cheese Crisp
HM Salsa
Mixed Fruit
Milk

Baked Chicken
Rice
Broccoli/Carrots
Peach Slices
Milk

Fish Stix
Whole Wheat Roll
HM Oven-baked Fries
Peas
Milk

Ground Beef
Spaghetti Noodles
Fruit Cocktail
Tomato Sauce
Milk

HM Chicken Soup
Noodles
Carrots/Celery
Banana
Milk

Corndog
Cornmeal Wrap
HM Oven-baked Fries
Peaches
Milk

Split Pea Soup
Wheat Crackers
Banana
Orange
Milk

Beef Stew
Whole Wheat Roll
Potatoes/Carrots
Peaches
Milk

Baked Fish Fillets
Whole Wheat Roll
Baked Sweet Potato Fries
Corn
Milk

CHILD AND ADULT CARE FOOD PROGRAM SNACK IDEAS

English Muffin
Apple Slices

Wheat Crackers
Cheese Cubes

String Cheese
Apple Slices

Peanut Butter
Apple Slices

Wheat Crackers
Peanut Butter

Bagel Half
Peanut Butter

Egg
Whole Wheat Toast

Cottage Cheese
Orange Wedges

Pasta
Orange Slices

Yogurt
Mini bagel

Cheese
Tortilla

Kiwi Slices
Pancake

Peanut Butter
Pancake

Peanut Butter
Whole Wheat Tortilla

Yogurt
Mixed Fruit

Tuna Fish
Whole Wheat Bread

Tomato Soup
Elbow Macaroni

Whole Wheat Bread
Kiwi Slices

English Muffin
Cheese

Pineapple Chunks
String Cheese

Chicken
Whole Wheat Bread

Cornbread
Apple Slices

Peanut Butter
Whole Wheat Toast

Whole Wheat Pita
Low-fat Refried Beans

Baked Potato
Cheese

Whole Grain Tortilla Chips
Cheese

Whole Wheat Tortilla
Low-fat Refried Beans

Pineapple
Whole Wheat Toast

Applesauce
Whole Wheat Toast

Whole Grain Tortilla Chips
HM Salsa

Oatmeal
Milk

Whole Grain Cereal
Milk

Yogurt
Whole Wheat Toast

Celery w/Peanut Butter
Raisins

Waffle
Melon

Carrots w/Fat-free Dressing
Wheat Crackers

CHILD AND ADULT CARE FOOD PROGRAM SNACK IDEAS

Cheese Toast
Orange Wedges

Ritz Crackers
String Cheese

HM Oven-baked Fries
Cheese

HM Oven-baked Fries
Chili Beans

Bread Sticks w/Pizza Sauce
Red Pepper Rings

Chili Beans
Cheese

Peach Slices
Milk

English Muffin
Banana

Cheese
Whole Wheat Bread

MENUS FOR CACFP

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	Orange Slices Oatmeal w/Raisins Milk*	Apple Slices Cheese Toast Milk	Banana Slices Corn Flakes Milk	Pink Grapefruit Sections Scrambled Egg English Muffin Milk	Cantaloupe Cubes Cinnamon Raisin Bagel Milk
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Turkey Pita Pockets Steamed Baby Carrots Apple Slices Milk	Beef Patties Hamburger Bun Lettuce & Tomato Baked Potato Wedges Grapes Milk	Peanut Butter Sandwich on Whole Wheat Bread Chicken Vegetable Soup Peach Slices Milk	Tuna Salad w/Low-fat Mayo Wheat Crackers Red/Green Pepper Rings Kiwi Slices Milk	Red & White Beans Couscous‡ Chopped Tomatoes Pear Slices Milk
<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	Pineapple Chunks String Cheese Water †	Peanut Butter Wheat Crackers Water	Whole-Grain Tortilla Chips HM Salsa Water	Strawberries Low-fat Strawberry Yogurt Water	Soft Bread Sticks Pizza Sauce for Dipping Red/Green Pepper Rings Water

* Nutritionists recommend serving whole milk for ages 1 and 2 and lowfat milk for ages 3-5.

† Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

‡ Couscous is an instant, tiny pearl-shaped pasta of Mediterranean origin.

Menus planned in accordance with the recommendations of the Dietary Guidelines for Americans.

National Food Service Management Institute, The University of Mississippi

MENUS FOR CACFP

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	Fresh Peaches Bagel Half Low-fat Cream Cheese Milk*	Orange Sections Bran Cereal Milk	Sliced Strawberries Waffle Milk	Pineapple Chunks Cheerios Milk	Applesauce French Toast Milk
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Turkey Sloppy Joe on Whole Wheat Bun Whole Kernel Corn Melon Cubes Milk	Crispy Baked Chicken Whole Wheat Roll Peas and Carrots New Potatoes Milk	Toasted Ham/Cheese Sandwich on Whole Wheat Bread Oven Baked Potato Wedges Lettuce/Tomato Salad Grapes Milk	Pocket Cheese Pizza † Steamed Broccoli and Cauliflower Plum Milk	Soft Chicken Taco with Shredded Lettuce, Tomato, Grated Cheese and Salsa Carrot Sticks Milk
<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	Wheat Crackers Cheese Cubes Water**	Low-fat Yogurt Banana Water	Whole Wheat Pita Low-fat Refried Beans Water	Cornbread Milk Water	Mini Bagel Peanut Butter Water

* Nutritionists recommend serving whole milk for ages 1 and 2 and lowfat milk for ages 3-5.

** Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

† Be careful to serve enough cheese to meet the meal requirement.

Menus planned in accordance with the recommendations of the Dietary Guidelines for Americans.

National Food Service Management Institute, The University of Mississippi

MENUS FOR CACFP

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	Banana Slices Crispy Rice Cereal Milk*	Pink Grapefruit Wedges Cinnamon Toast Milk	Applesauce English Muffin Milk	Orange Slices Scrambled Egg Whole Wheat Toast Milk	Blueberries Pancake Milk
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Ham Slices Whole Wheat Roll Baked Sweet Potato Fries Seasoned Green Beans Mixed Fruit Milk	Chicken Stir-Fry with Broccoli, Carrots, and Sweet Peppers † Rice Pear Slices Milk	Spaghetti and Meat Sauce† French Bread Green Salad with Cucumbers and Shredded Carrots Pineapple Tidbits Milk	Baked Breaded Fish Cornbread Cheese-topped Mashed Potatoes Peach Slices Milk	Cheese Sticks Wheat Crackers Fiesta Chili Beans Apple Wedges Milk
<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	Cheese Toast Orange Wedges Water**	Whole Wheat Tortilla Peanut Butter Water	Fruit Cocktail Low-fat Yogurt Water	Carrot Sticks w/Low-fat Dressing Wheat Crackers Water	Melon cubes Bagel Half Water

* Nutritionists recommend serving whole milk for ages 1 and 2 and lowfat milk for ages 3-5.

** Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

† Be sure mixed dishes contain the appropriate amount of each meal component.

Menus planned in accordance with the recommendations of the Dietary Guidelines for Americans.

National Food Service Management Institute, The University of Mississippi

MENUS FOR CACFP

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	Orange Slices Corn Flakes Milk*	Applesauce Baked French Toast Milk	Grapes (Cut in Half Lengthwise) Cheerios Milk	Strawberries Pancake Milk	Tomato Juice Scrambled Egg Whole Wheat Toast Milk
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Tuna/Cheese Noodles Peas & Carrots Peach Slices Milk	Beef Patty Hamburger Bun Orange Half Potato Salad Milk	Beef Stew w/Potatoes and Carrots Whole Wheat Roll Banana Half Milk	Sliced Baked Turkey Whole Wheat Roll Green Beans Mashed Potatoes Grapes Milk	Tortilla Pizza with Broccoli, Tomatoes, & Mozzarella Cheese† Carrot Sticks Fruit Cocktail Milk
<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	Watermelon Chunks Yogurt Water**	Melon Cubes Milk Water	Mini Bagel w/Low-fat Cream Cheese Apple Wedges Water	Celery stick w/Peanut Butter Raisins Water	Apricots or Peaches Milk Water

* Nutritionists recommend serving whole milk for ages 1 and 2 and lowfat milk for ages 3-5.

** Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

† Cheese is calculated in the nutrient analysis in amounts adequate to meet the meal requirements for the meat alternate.

Source: USDA. *A Tool Kit for Healthy School Meals: Recipes and Training Manual.*

Menus planned in accordance with the recommendations of the Dietary Guidelines for Americans.

National Food Service Management Institute, The University of Mississippi

MENUS FOR CACFP

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	Blueberries Waffle Milk*	Apple slices Peanut Butter Toast Milk	Grapefruit Wedges Oatmeal w/Raisins Milk	Peaches Kix Milk	Pineapple Chunks Ham on a Cheese Biscuit Milk
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Beef Patty Hamburger Bun Tomato & Lettuce Spicy Oven Baked Potato Wedges Milk	Turkey Ham Whole Wheat Roll Pasta Salad with Vegetables Kiwi Slices Milk	Chicken Fajitas Spanish Rice Carrot-Raisin Salad Peaches Milk	Barbecued Pork Tenders Whole Wheat Roll Corn & Green Bean Casserole Mixed Fresh Fruit Salad Milk	Vegetable Chili Cornbread Broccoli Milk
<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	Celery and Carrots w/Low-fat Dressing Wheat Crackers Water**	Soft Pretzel with Mustard Milk Water	English Muffin Pizza: Top with Pizza Sauce, Green Pepper Ring & Cheese Water	String Cheese Wheat Crackers Water	English Muffin Peach Slices Water

* Nutritionists recommend serving whole milk for ages 1 and 2 and lowfat milk for ages 3-5.

** Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

Menus planned in accordance with the recommendations of the Dietary Guidelines for Americans.

National Food Service Management Institute, The University of Mississippi

Arizona Grown™ Harvest Calendar

Fruit or Vegetable	J A N U A R Y	F E B R U A R Y	M A R C H	A P R I L	M A Y	J U N E	J U L Y	A U G U S T	S E P T E M B E R	O C T O B E R	N O V E M B E R	D E C E M B E R
ANISE	J	F	M									D
APPLES, FUJI									S	O		
APPLES, GALA								A	S			
APPLES, GOLDEN DELICIOUS								A				
APPLES, GRANNY SMITH									S	O		
APPLES, RED DELICIOUS								A	S			
APRICOTS						J	J					
ARTICHOKES		F	M									
ASPARAGUS		F	M									
BEANS, FAVA		F	M	A								
BEANS, GREEN					M	J			S			
BEANS, PINTO							J	A	S	O		
BEETS	J	F	M	A							N	D
BOK CHOY	J	F	M								N	D
BROCCOLI	J	F	M	A						O	N	D
CABBAGE, GREEN	J	F	M	A	M	J	J	A	S	O	N	D
CABBAGE, NAPA	J	F	M									D
CABBAGE, RED	J	F	M	A	M					O	N	D
CARROTS	J	F	M	A	M	J	J	A	S	O	N	D
CAULIFLOWER	J	F	M	A							N	D
CAULIFLOWER, GREEN	J	F	M								N	D
CELERY	J	F	M									
CILANTRO	J	F	M	A							N	D
CORN, SWEET					M	J	J	A	S	O	N	
DATES										O	N	
DAIKON, JAPANESE RADISH	J	F										
DILL	J	F	M								N	D
GRAPEFRUIT, RED BLUSH	J	F	M	A	M	J	J			O	N	D
GRAPEFRUIT, WHITE	J	F	M	A	M	J	J			O	N	D
GRAPES, BLACK BEAUTY						J						
GRAPES, CONCORD									S			
GRAPES, EXOTICS						J						
GRAPES, FLAME SEEDLESS						J	J					
GRAPES, PERLETTE					M	J						
GRAPES, THOMPSON (S.L.)						J	J	A				
GREENS, BEET	J	F	M	A							N	D

Fruit or Vegetable	J A N U A R Y	F E B R U A R Y	M A R C H	A P R I L	M A Y	J U N E	J U L Y	A U G U S T	S E P T E M B E R	O C T O B E R	N O V E M B E R	D E C E M B E R
GREENS, COLLARDS	J	F	M	A							N	D
GREENS, KALE	J	F	M	A							N	D
GREENS, MUSTARD	J	F	M	A							N	D
GREENS, SWISS CHARD	J	F	M	A							N	D
GREENS, TURNIP	J	F	M	A							N	D
KOHLRABI	J	F	M									D
LEEKs	J	F	M								N	D
LEMONS	J	F	M					A	S	O	N	D
LETTUCE, BUTTER	J	F	M								N	D
LETTUCE, ENDIVE	J	F	M								N	D
LETTUCE, ESCAROLE	J	F	M								N	D
LETTUCE, ICEBERG	J	F	M	A	M					O	N	D
LETTUCE, LEAF	J	F	M	A							N	D
LETTUCE, ROMAINE	J	F	M	A							N	D
MELONS, CANARY						J	J	A	S	O		
MELONS, CANTALOUPE					M	J	J	A	S	O	N	
MELONS, CASABA						J	J	A	S	O		
MELONS, CRENSHAW						J	J	A	S	O		
MELONS, HONEYDEW					M	J	J	A	S	O	N	
MELONS, MAYAN						J	J	A				
MELONS, ORANGE FLESH						J	J	A	S	O		
MELONS, PERSIAN						J	J	A				
MELONS, SANTA CLAUS						J	J	A				
MELONS, SHARLYN						J	J	A				
MELONS, SPECIALTY						J	J	A				
MELONS, WATERMELON					M	J	J	A	S	O	N	
NAPA CABBAGE	J	F	M									D
NECTARINES						J						
ONIONS, DRY				A	M	J	J					
ONIONS, GREEN	J	F	M	A	M				S	O	N	D
ORANGES, KINNOW	J	F	M									
ORANGES, NAVAL	J	F	M								N	D
ORANGES, SWEET	J	F									N	D
ORANGES, TEMPLE	J	F										D
ORANGES, VALENCIA		F	M	A	M	J	J					
PARSLEY	J	F	M	A						O	N	D
PEACHES				A	M			A				
PEPPERS (BELL), GREEN							J	A	S			
PEPPERS (BELL), RED								A	S			

Fruit or Vegetable	J A N U A R Y	F E B R U A R Y	M A R C H	A P R I L	M A Y	J U N E	J U L Y	A U G U S T	S E P T E M B E R	O C T O B E R	N O V E M B E R	D E C E M B E R
PEPPERS (CHILI), GREEN						J	J	A	S			
PEPPERS (CHILI), RED									S	O		
PLUMS						J						
POTATOES, RED LASOTA				A	M	J	J			O		
POTATOES, RUSSETT				A	M	J	J					
PUMPKINS									S	O		
RADISHES	J	F	M	A	M					O	N	D
RAPINI	J	F	M									D
RUTABAGAS	J	F										D
SPINACH	J	F	M								N	D
SQUASH (SUMMER), CROOKNECK						J	J	A	S	O		
SQUASH (SUMMER), SCALLOPED						J	J	A	S	O		
SQUASH (SUMMER), STRAIGHTNECK						J	J	A	S	O		
SQUASH (SUMMER), ZUCCHINI						J	J	A	S	O		
SQUASH (WINTER), ACORN									S	O	N	
SQUASH (WINTER), BANANA									S	O	N	
SQUASH (WINTER), BUTTERNUT									S	O	N	
SQUASH (WINTER), GOLD ACORN									S	O	N	
SQUASH (WINTER), HUBBARD									S	O	N	
SQUASH (WINTER), KABOCHA				A	M				S	O	N	
SQUASH (WINTER), SPAGHETTI									S	O	N	
SQUASH (WINTER), TURBAN									S	O	N	
TANGELOS, MINNEOLA	J	F									N	D
TANGELOS, ORLANDO	J	F									N	D
TANGERINES, ALGERIAN											N	D
TANGERINES, FAIRCHILD											N	D
TOMATOES	J	F	M	A	M	J				O	N	D
TURNIPS	J	F	M	A							N	D

Arizona's harvest seasons are amazingly long because of its diverse climates and elevations.

The sweet corn harvest, for example, is 7 months long! The sweet corn harvest begins in the low deserts in May, moving to the higher elevations in mid-summer, returning to the low deserts through November.

CONVERSION CHART

Fractional Equivalentents (F.E.) * For Use in Converting Recipes

The following chart is designed to help you change fractional parts of pounds, gallons, cups, etc., to accurate weights or measures. To use this chart, take the number in the F.E. column and look under the heading of Tablespoon, Cup, Pint, Quart, Gallon or Pound to convert to an accurate unit of measure or weight. For example, reading from left to right, the table shows that $\frac{7}{8}$ of one pound is 14 ounces, $\frac{1}{3}$ of a gallon is 1 quart plus $1\frac{1}{3}$ cups; $\frac{1}{16}$ of a cup is 1 tablespoon; etc.

F.E.*	Tablespoon	Cup	Pint	Quart	Gallon	Pound
1	3 tsp	16 Tbsp	2 cups	2 pints	4 quarts	16 ounces
$\frac{7}{8}$	2- $\frac{1}{2}$ tsp	1 cup less 2 Tbsp	1- $\frac{3}{4}$ cups	3- $\frac{1}{2}$ cups	3 quarts plus 1 pint	14 ounces
$\frac{3}{4}$	2- $\frac{1}{4}$ tsp	12 Tbsp	1- $\frac{1}{2}$ cups	3 cups	3 quarts	12 ounces
$\frac{2}{3}$	2 tsp	10 Tbsp plus 2 tsp	1- $\frac{1}{3}$ cups	2- $\frac{2}{3}$ cups	2 quarts plus 2 $\frac{2}{3}$ cups	10- $\frac{2}{3}$ ounces
$\frac{5}{8}$	2 tsp (scant)	10 Tbsp	1- $\frac{1}{4}$ cups	2- $\frac{1}{2}$ cups	2 quarts plus 1 pint	10 ounces
$\frac{1}{2}$	1- $\frac{1}{2}$ tsp	8 Tbsp	1 cup	2 cups	2 quarts	8 ounces
$\frac{3}{8}$	1- $\frac{1}{8}$ tsp	6 Tbsp	$\frac{3}{4}$ cup	1- $\frac{1}{2}$ cups	1 quart plus 2 pint	6 ounces
$\frac{1}{3}$	1 tsp	5 Tbsp plus 1 tsp	$\frac{2}{3}$ cup	1- $\frac{1}{3}$ cups	1 quart plus 1 $\frac{1}{3}$ cups	5- $\frac{1}{3}$ ounces
$\frac{1}{4}$	$\frac{3}{4}$ tsp	4 Tbsp	$\frac{1}{2}$ cup	1 cup	1 quart	4 ounces
$\frac{1}{8}$	$\frac{1}{2}$ tsp (scant)	2 Tbsp	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	1 pint	2 ounces
$\frac{1}{16}$	$\frac{1}{4}$ tsp (scant)	1 Tbsp	2 Tbsp	4 Tbsp	1 cup	1 ounce

Weights of Commonly Used Ingredients

FOOD ITEM	DESCRIPTION	WEIGHT OF 1 CUP (grams)
Applesauce	canned	257
Bananas	mashed	226
	sliced	145
Carrots	fresh, diced	144
	shredded	109
	strips	121
Cereals	All-Bran	61
	Bran Buds	75
	Corn Chex	29
	Corn Flakes, whole	29
	Corn Flakes, crushed	80
	Cheerios	28
	Rice Krispies	27
	Rice Chex	33
	Puffed Rice	13
	Wheaties	32
Cheese	Cheddar, diced	132
	shredded	98
	Cottage Cheese, cream style	233
Chocolate Chips		167
Cocoa		86
Coconut	dehydrated, flakes	88
	shredded	91
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
Flour, all-purpose	unsifted, spooned	126
	sifted, spooned	116
Bread flour	unsifted, dipped	136
	spooned	123
	sifted, spooned	117

Weights of Commonly Used Ingredients

FOOD ITEM	DESCRIPTION	WEIGHT OF 1 CUP (grams)
Self-rising	unsifted, dipped	130
	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, unsifted	113
	confectioners, sifted	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

CONVERSION CHART

WEIGHT AND VOLUME OF COMMONLY SERVED FOODS

Food	Weight	Measure (Approximate)
Baking powder	1 oz.	2 Tbsp.
Baking soda	1 oz	2 ¹ / ₃ Tbsp.
Bread, loaf	1 lb.	18 slices
sandwich	2 lbs.	36-40 slices
crumbs, dry	1 lb.	1 qt.
Butter, lard, margarine	1 lb.	2 cups
Flour, all purpose	1 lb.	4 cups
white, bread, sifted	1 lb.	4 cups
cake, sifted	1 lb.	4 ³ / ₄ cups
Honey	1 lb.	1 ¹ / ₃ cups
Lemon juice	1 lb.	2 cups (8-10 lemons)
Lettuce, average head	9 oz	1
Macaroni, dry	1 lb.	4 cups
1 lb. cooked	3 lbs.	2 ¹ / ₄ qts.
Oats, rolled, A.P. (quick)	1 lb.	6 cups
Oil, vegetable	1 lb.	2 \square 2 ¹ / ₈ cups
Onions, A.P.	1 lb.	4-5 medium
chopped	1 lb.	2-3 cups
Pepper, ground	1 oz	4 Tbsp.
Potatoes, white A.P.	1 lb.	3 medium
Rice, dry	1 lb.	2 cups
1 lb. cooked	4 \square 4 ¹ / ₂ lbs.	2 qts.
Salad dressing, mayonnaise	1 lb.	2 cups
Shortening, hydrogenated	1 lb.	2 ¹ / ₄ cups
Spaghetti, dry	1 lb.	5 cups
1 lb. cooked	4 lbs.	2 ¹ / ₂ qts.
Sugar, brown, solid pack	1 lb.	2 cups
granulated	1 lb.	2 cups
powdered, XXXX, sifted	1 lb.	3 cups
Vanilla extract	1 oz	2 Tbsp.
Vinegar	1 lb.	2 cups
Walnuts, E.P.	1 lb.	4 cups

A GUIDE TO COMMON CAN SIZES

6 oz	Approximately $\frac{3}{4}$ cup 6 fl. oz	Used for frozen concentrated juices and individual servings of single strength juices.
8 oz	Approximately 1 cup 8 oz ($7\frac{3}{4}$ fl. oz)	Used mainly in metropolitan areas for most fruits, vegetables, and specialty items.
No. 1 (Picnic)	Approximately $1\frac{1}{4}$ cups 10 $\frac{1}{2}$ oz ($9\frac{1}{2}$ fl. oz)	Used for condensed soups, some fruits, vegetables, meat, and fish products.
No. 300	Approximately $1\frac{3}{4}$ cups 15 $\frac{1}{2}$ oz ($13\frac{1}{2}$ fl. oz)	For specialty items, such as beans with pork, spaghetti, macaroni, chili con carne, date and nut bread - also a variety of fruits, including cranberry sauce and blueberries.
No. 303	Approximately 2 cups 1 lb. (15 fl. oz)	Used extensively for vegetables; plus fruits, such as sweet and sour cherries, fruit cocktail, applesauce.
No. 2	Approximately $2\frac{1}{2}$ cups 1 lb. 4 oz (1 pt. 2 fl. oz)	Used for vegetables, many fruits, and juices.
No. 2 $\frac{1}{2}$	Approximately $3\frac{1}{2}$ cups 1 lb. 13 oz (1 pt. 10 fl. oz)	Used principally for fruits, such as peaches, pears, plums, and fruit cocktail; plus vegetables, such as tomatoes, sauerkraut, and pumpkin.
46 oz	Approximately $5\frac{3}{4}$ cups 46 oz (1 qt. 14 fl. oz)	Used almost exclusively for juices, also for whole chicken.
No. 10	Approximately 12 cups 6 lbs. 9 oz (3 qts.)	So-called "institutional" or "restaurant" size container, for most fruits and vegetables. Stocked by some retail stores.

INFORMATION SHEET

Canned Goods

Size of Can	Average Weight	Average No. of Cups to a Can	No. of $\frac{1}{4}$ C. Servings/Can	No. of Cans to a Case
No. $\frac{1}{2}$	8 oz	1	4	8 doz
No. 1 tall	16 oz	2	8	2 doz
No. 2	20 oz	2 $\frac{1}{2}$	10	2 doz
No. 2 $\frac{1}{2}$	28 oz	3 $\frac{1}{2}$	14	2 doz
No. 3	33 oz	4	16	2 doz
No. 5	3 lb, 8 oz	6 $\frac{1}{2}$	26	1 doz
No. 6	46 oz	5 $\frac{2}{3}$	23	1 doz
No. 10	6 lb, 10 oz	13	52	$\frac{1}{2}$ doz

Ladles

Size	Part of Cup	No. to a Quart
1 oz	$\frac{1}{8}$	32
2 oz	$\frac{1}{4}$	16
2 $\frac{2}{3}$ oz	$\frac{1}{3}$	12
4 oz	$\frac{1}{2}$	8
6 oz	$\frac{3}{4}$	5 $\frac{1}{3}$
8 oz	1	4

Scoops or Dishers

Size	Part of Cup	Tablespoons	No. to a Quart
6	$\frac{2}{3}$	10 $\frac{2}{3}$	6
8	$\frac{1}{2}$	8	8
10	--	6 $\frac{2}{3}$	10
12	$\frac{1}{3}$	5 $\frac{1}{3}$	12
16	$\frac{1}{4}$	4	16
20	--	3 $\frac{1}{5}$	20
24	--	2 $\frac{2}{3}$	24
30	--	2 $\frac{1}{7}$	30
40	--	1 $\frac{3}{5}$	40

RECIPE CARD ABBREVIATIONS

t = teaspoon(s)

T = tablespoon(s)

C = cup(s)

pt = pint(s)

qt = quart(s)

gal = gallon(s)

oz = ounce(s)

lb = pound(s)

fl oz = fluid ounce(s)

wt = weight

ea = each

pc(s) = piece(s)

sl = slice(s)

= number (i.e. #10 can)

pkd = packed

AP = as purchased

MBG = Meat Buyers Guide

EP = edible portion

°F = degrees Fahrenheit

EQUIVALENT VOLUME MEASURES

3 teaspoons = 1 tablespoon

2 tablespoons = 1 fluid ounce

2 tablespoons = $\frac{1}{8}$ cup

4 tablespoons = $\frac{1}{4}$ cup

5 $\frac{1}{3}$ tablespoons = $\frac{1}{3}$ cup

8 tablespoons = $\frac{1}{2}$ cup

10 $\frac{2}{3}$ tablespoons = $\frac{2}{3}$ cup

12 tablespoons = $\frac{3}{4}$ cup

16 tablespoons = 1 cup

8 fluid ounces = 1 cup

2 cups = 1 pint

2 pints = 1 quart

4 cups = 1 quart

4 quarts = 1 gallon

FRACTION TO DECIMAL EQUIVALENTS

$\frac{1}{8}$ = 0.12

$\frac{1}{4}$ = 0.25

$\frac{3}{8}$ = 0.38

$\frac{1}{2}$ = 0.50

$\frac{5}{8}$ = 0.62

$\frac{3}{4}$ = 0.75

$\frac{7}{8}$ = 0.88

INFORMATION RESOURCES

Arizona Department of Education
www.ade.gov/health-safety/cnp/cacfp or (609) 542-8700

Arizona Nutrition Network
www.eatwellbewell.org

Building for the Future: Nutrition Guidance for the Child Nutrition Program
www.nfsmi.org or (800) 321-3054

CACFP National Professional Association
www.cacfp.com

CACFP Sponsor's Association
www.cacfp.org

Center for Disease Control and Prevention (CDC)
www.cdc.gov or (800) 311-3454

Center for Nutrition Policy and Promotion
www.cnpp.usda.gov or (703) 605-4266

Fight BAC! Keep Foods Safe From Bacteria
www.fightbac.org

Food and Drug Administration (FDA)
www.fda.gov or (888) 463-6332

Food and Nutrition Information Center
www.nal.usda.gov/fnic or (301) 504-5719

Foodsafety.gov
www.foodsafety.gov

National Association for the Education of Young Children
www.naeyc.org or (800) 424-2460

INFORMATION RESOURCES

National Dairy Counsel
www.nationaldairycouncil.org or (800) 426-8271

National Meat Association
(510) 763-1533

National Nutritional Foods Association
(949) 622-6272

Nursing Mothers Counsel, Inc
(650) 599-3669

Nutrition.gov
www.nutrition.gov

United Fresh Fruit and Vegetable Association
www.uniteduffva.org

United States Department of Agriculture
Food and Nutrition Services
www.fns.usda.gov/fnic or (301) 305-2590