

Community Child Care Council (4Cs) of Alameda County

PROVIDER HANDBOOK

4Cs CHILD HEALTH and NUTRITION PROGRAM



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4Cs is a sponsor of the Child and Adult Care Food Program (CACFP)
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4Cs Child Health and Nutrition Program

Introduction

4Cs of Alameda County sponsors the Child and Adult Care Food Program (CACFP) for family child care homes in Alameda County. The CACFP is a United States Department of Agriculture (USDA) program that partially reimburses child care providers for serving nutritious meals to children in child care. USDA sets the regulations for the CACFP. Also, in California, the CACFP is administered through the California Department of Education (CDE). 4Cs of Alameda County is one of many agencies throughout the state that sponsor the CACFP. All family child care providers are eligible to participate in this program, regardless of income. The purpose of 4Cs Child Health and Nutrition Program is to assist family child care providers in serving nutritious, safe, balanced and varied meals to children in their care and to ensure that the Child and Adult Care Food Program is made available, at no cost, to everyone, regardless of race, color, religion, national origin, sex, age, or disability.

Why It's Important to be on 4Cs Child Health and Nutrition Program

1. Your participation demonstrates to parents that you are providing their children with nutritious foods.
2. Reimbursements help offset your food costs.
3. We offer useful, free nutrition education materials and informative nutrition workshops.
4. We have a lending library of nutrition books, videos and cookbooks for those working with children.

How to Participate

To apply to the Child Health and Nutrition Program through 4Cs, you need to do four things:

1. Obtain a copy of your current child care license and have children in care.
2. During a home visit, fill out our agreement form and site application; this serves as a contract between you and the program.
3. Have parents complete and sign an enrollment form for each child. Submit with your monthly claim.

Sanitation & Safety

Food safety and personal hygiene are critical to ensuring the health of children. Staff and children must wash their hands with soap and water: before food preparation, handling, or serving; after toileting or changing diapers; before any food service activity (setting the table); before and after eating meals or snacks; after handling pets or other animals; and after coughing or sneezing or wiping runny noses. **Pets (including caged animals and birds) should not be present in food preparation, food storage, and eating areas.** All food preparation, food service and dining areas should be cleaned and sanitized between uses and before and after each meal.

Providers are also required to adhere to their licensed child care capacity. Failure to do so is a safety violation and may result in termination from the program.

Mealtime / Meal Service

Meals can be served in different ways: family-style, buffet-style, or pre-plated. Family-style meals are highly recommended. Family style meal service presents many learning opportunities for children. Their coordination is improved by having them use utensils and pass and serve various kinds of food. Having developmentally appropriate foods and feeding utensils will facilitate the development of self-feeding. Messes and spills are part of

the learning process. Participating in mealtime activities and conversation stimulates the development of children's language and social skills.

Ensure children do not eat when walking, running, playing or lying down. All meal components should be offered at the beginning of the meal service to allow children to make choices. Children should be encouraged but not forced to eat. Food should never be used as a reward or punishment.

Comfortable, safe seating should be made available to children during feeding. It is recommended that children should be comfortably seated at tables that are between waist and mid chest level and allow the children's feet to rest on a firm surface while seated for eating. If no table is available, children are required to eat on a clean, sanitary surface (ex. table cloth). Children who are unable to sit unassisted in a high chair or other seating equipment should be held by a staff person for feeding.

Meal Reimbursements

The CACFP has a two-level reimbursement system. The two different levels of reimbursement for meals are Tier I and Tier II. The tier of reimbursement that you will receive will be determined by the income level of the area in which your home is located. To receive Tier I rates the provider's home must be in the draw area of an elementary/middle/high school where the free/reduced meal participation is at least 50%. If you are a Tier II provider, you may qualify for Tier I reimbursement based on following:

▶ You can demonstrate that your household meets the income criteria (*Provider Income Eligibility Application and income verification/tax records needed*). If you meet the income criteria then all of the children you serve meals to and your own children will qualify for Tier I reimbursement.

▶ Individual children can be reimbursed at the higher (Tier I) rate if their parents can demonstrate that their family income meets eligibility guidelines. (*Parent Income Eligibility Application*).

If you think you or individual children in your care might qualify for Tier 1 reimbursement, please call the Child Health and Nutrition Department at (510) 584-3105 and request an application packet.

Provider's Own Children – Must Pre-Qualify

A provider may claim their own, residential (ex. grandchild lives in home) or foster children, up to age thirteen (13) years, for reimbursement only if he/she meets the income eligibility guidelines set by USDA. A provider's children may be counted for meals only when other child care children are present and eating a claimed meal with them. If you think you may qualify, please call (510) 584-3105 and request a Provider Eligibility Application.

Enrolling Your Child Care Children

At the time of your application to the program, you will be given scannable enrollment forms for all of your child care children or if you are claiming online, you will complete them on the computer and print out on your own. Whenever you start caring for a new child, an enrollment form must be completed and signed/dated by the parent on the 1st day of care. You can claim meals served to a child 1) from the date of the parent's or guardian's signature on the enrollment document or 2) the first date of care, whichever is later. You must have the signed and dated enrollment form on file before any meals served to the child can be claimed for reimbursement. Each child's enrollment document must contain the following information prior to claiming meals served to the child:

- The normal days and hours that a child is in care at the child care
- The meals that the child ordinarily would receive during normal hours at the child care
- The parent's or guardian's signature and the date signed

For online, enroll children on the first day in care so you can begin recording their meals. Have the parent sign the enrollment form, make a copy and send the original to 4Cs by the end of the month, before you submit your online claim. For scannable forms, enroll on the first day in care with the child enrollment form, assigning a child number, so you can begin recording their meals. Have the parent sign the enrollment form, keep your copy and send the original to 4Cs with your claim at the end of the month. Late enrollments will not be credited until the following month.

Due to federal regulations, only children under the age of thirteen (13) years can be enrolled and claimed for meal reimbursement. A child older than 13 years can be claimed if the child has a disability. An IEP or a medical statement signed by a physician must be submitted as verification.

When dropping a child from enrollment on the program, simply write his/her name down on the Claim Information Form (CIF) in the “Children Leaving Your Care” section and write in the date they left your care. If you are online, simply click on your list of children, then select withdraw button and the child you are going to drop. Enter the date the child left your care and save. Drop a child only if you do not expect the child to return to your child care.

4Cs may survey the parents of enrolled children at any time to verify the child’s attendance and participation in meals that are claimed. Reasons for surveying parents include, but are not limited to:

1. A child’s hours of attendance are the same every day and the child never misses a day.
2. A child attends weekends and/or holidays.
3. A provider claims meals for more children than his/her capacity
4. A provider consistently claims more children than observed during site monitoring visits
5. The site monitoring record does not match the attendance or meal in the claim submitted by the provider.
6. A child is claimed by more than one provider at the same time.

Recordkeeping: Menus and Attendance

It is a requirement of the CACFP that providers perform daily recordkeeping for both attendance, meal counts and menus, both online and on scannable forms. What is considered daily recordkeeping? Record your menus and meals counts before 11:59 pm daily to receive reimbursement, either online or written down on scannable forms. If a provider who normally claims online is unable to log on to the internet and record their information, they must leave a message at (510) 690-2164 that night and document on the “Daily Meals Worksheet” because at midnight (12:00am) the system will advance to the next day and you will not be able to go back. These worksheets must be saved. If you have a visit, a 4Cs representative will ask to see them. A provider can also use any device (tablet, phone) to log on to the internet and record their meals.

If you record online, make sure to enter your menus, check children only in attendance and save. Failure to do this will result in meals not being reimbursed. Be sure that when you want to claim meals on the scannable forms you mark the meal reimbursement bubble. If a provider is closed or does not provide meals for the day, this must be recorded. This is part of daily recordkeeping.

Records are checked on all site visits and must be up-to-date in order for you to receive reimbursement for dates prior to the site visit. The option of scannable forms is available as long as the daily recordkeeping requirement is met. A repeat offense of failing to keep daily records will result in serious deficiency. If a serious deficiency is not corrected, this will lead to termination and disqualification from the program for 7 years.

In addition to keeping records daily, providers must also ensure records are accurate. Providers may only claim meals for children when they are enrolled and “in care” receiving child care services at the time of the meal service. Children may never be claimed when they are absent (e.g. illness, vacation, dropped from care). Claiming children when they are not present is grounds for termination and disqualification from the program.

Upon enrollment into the program, a provider will indicate her days of operation, the hours care is provided, meals served and meal times. If providers wish to change their days of operation/times or meals times, they must notify the office in advance.

When providers are closed for business (ex. vacation), they must notify the office in advance or the day of by calling the office or indicating on their CIF or online calendar beforehand. When providers are closed unexpectedly for illness or no children in care, they must indicate this on their CIF, meal count sheets or closed on their online calendar by the end of each day. Only meals served on-site can be claimed for reimbursement.

Meal Pattern Requirements

Each age group (infants: birth-5 months, 6-11 months; children: 1-2 years, 3-5 years and 6-12 years) has specific meal pattern requirements. Additionally, each age group has a minimum amount of food that is required to be offered for each meal pattern component. Meal pattern requirements must be followed for each age group.

Infant Menus

Infant menus must be documented on the Infant Menu forms or online under “Infant Menu” until a child’s first birthday. This may mean that an infant will be claimed on the infant forms for part of a month and then transferred to the older child’s menu when one (1) year of age. The meal pattern and amounts vary for infants depending on age.

Meals for School Age Children

Both daycare arrival/departure and school arrival/departure times must be documented on enrollment forms for school age children attending before and after school. If you provide lunch to a school age child on a school day, document on your CIF or if online click the reason: school out or sick. Otherwise, we can not reimburse you for lunches for school age children.

Meal Times

You can be reimbursed for up to two main meals (breakfast, lunch, supper) plus one snack, or two snacks plus one main meal per day for each child. A snack and a meal can not be served less than 2 hours apart; if two meals are claimed consecutively with no snack, then 3 hours must elapse between meals. Meals must be served at the following times:

Breakfast - Before 9am Lunch - 11am-1:30pm Supper 4-7pm

Due to the meal time requirements, breakfast can not be reimbursed for children arriving at 9am or later, lunch can only be reimbursed for children arriving prior to 1:30pm and supper can only be reimbursed for children arriving prior to 7pm. *Children must attend for at least 10 minutes to receive reimbursement for a snack; they must attend at least 20 minutes to receive reimbursement for a meal.*

Serve a Variety of Foods

A healthful diet for children is built by providing a variety of foods. The same menu can not be claimed for the same children at different meals on the same day. For example, the same menu can not be claimed for both lunch and dinner for the same child or if a child receives two snacks, the foods must be different in order to receive reimbursement. Offer a wide variety of tastes and textures in your menu. Eating should be fun.

Special Diets/Allergies

If any child in your care requires a special diet that does not allow them to be served a meal that meets the Meal Pattern Requirements, contact our office for instructions. A completed Medical Statement must be signed by a physician stating the food to be omitted from the child's diet, what foods should be substituted and the medical reason/physical impairment. Submit the medical statement to our office. Without a Medical Statement, meals for that child would not be reimbursed.

One exception is the child who drinks a non-dairy milk substitute, equivalent to milk. A signed parent request is required for reimbursement. Contact our office to obtain the required form.

Sundays & Evenings (Monday-Saturday)

4Cs does not provide reimbursement for evening snack (unless served before 7:00pm) or Sundays (all meals).

Holidays

4Cs does not reimburse for the meal on the following major holidays: New Year's Day, July 4, Labor Day, Memorial Day, Thanksgiving Day, and Christmas Day

Site Visits

You will receive a visit from our staff at least three times a year. At least two of the visits will be unannounced. One visit may be scheduled ahead of time, at the program's discretion. Visits occur anytime during a month and vary in timing throughout the year. They do not follow a pattern or schedule (ex. not every 4 months). The purpose of these visits is to provide you with technical assistance, ensure that program regulations are being followed, and offer you educational materials and support. Your paperwork or online claim will be reviewed at that time and usually a meal service will be observed.

A provider must allow site visits by 4Cs Child Health and Nutrition staff at any time during operating hours, including Saturdays. If meals are being claimed on Saturdays, providers can expect an unannounced visit to their child care. If we attempt a visit on a Saturday and no children are present, future Saturday reimbursement will be denied. Claims will not be reimbursed when providers do not allow site visits to occur.

Additional unannounced visits will be performed if any of the following occurs:

1. During a visit, records are found not up-to-date. A follow up visit will be performed to ensure daily records are now being kept.
2. After a visit, records submitted do not match what was observed during the visit (ex. claiming children not present or different foods than served).
3. Provider claims more children than normally observed at site visits. For example, a provider claims 6 children each day for dinner; however on the day of visit only 3 children are present.

Providers must notify 4Cs in advance of intended absences from the home during meal service periods and child care closure days (ex. away for field trip, closure for vacation, illness, no children in care). If we attempt a visit at mealtime and no is home, the meal will be disallowed, unless advance notification has been made to 4Cs.

Record Maintenance – Maintain Copies

Providers are required to maintain copies of their daily records (menus and meal counts) and enrollment forms for 49 months. Providers who record online can access their past records electronically. If a provider records their

menus and meal counts on the Daily Meals Worksheets (DMW) or a separate document (approved by 4Cs) and then transfers that information online, the Daily Meals Worksheets must also be kept for 49 months. Providers who record on the 2-part scannable forms must keep the carbon copies. Providers must maintain on-site the current month and the previous twelve months records. Providers may store the remaining two years of records off-site. These records are also necessary for tax purposes.

Submitting Your Claim

Each month a provider submits their meal records for the preceding month. For prompt reimbursement, claims must be submitted by the 5th of the month by 5pm. If you are on scannable reimbursement forms you may *mail* your claim to our Hayward office or *bring* your claim to the Hayward office or the Fremont drop box.

If the 5th falls on the weekend, claims are due by 9:00am on the following Monday. All online claims must be submitted online on the 5th of the month by 5pm for prompt reimbursement. Claims submitted after the 5th will be considered late and will delay reimbursement. Scannable claims submitted without the provider's Claim Information Form (CIF) will be considered late and will delay reimbursement. Locations to submit your claim:

1. 4Cs Hayward Office, Child Health and Nutrition main office, 22351 City Center Drive. (510) 582-2182. Office hours: M-R 9a-5p, F 9-12. *Submit late claims here.* Drop box available outside.
2. Fremont Drop Box: located to the left of the door of the Plaza Real 1 Building, 39155 Liberty St., Fremont (corner of Liberty and Capitol). *For on-time claims only.*

4Cs can accept scannable and online claims up until the first day of the following month claimed. For example, the last day to turn in claims for the month of February would be April 1. Unfortunately, we can not reimburse claims received after this time. *Remember to include your CIF and sign and date your scannable claim.* Not doing so may result in significant delays in your reimbursements.

Receiving Your Reimbursement Check

4Cs issues reimbursement checks promptly after receiving funds from the state. You will generally receive your reimbursement check between the 10th and the 25th of the month, *if* you turn your claim in on-time. Claims received by the 5th of the month are considered on time. Claims submitted after the 5th of the month will be reimbursed at a later date, approximately **45-75** days after they are submitted. ***Remember, all late claims should be submitted to the 4Cs Hayward Office only.*** 4Cs offers direct deposit for providers, either into a checking or savings account. Direct deposit is a faster and more secure way to receive reimbursement. If a provider declines direct deposit, they are responsible for any bank charges for stop payments on lost or stolen checks and replacement fees. The provider must notify 4Cs immediately if they lose a reimbursement check or their check is stolen. Checks may be picked up only in the event of an emergency. Providers are limited to one emergency per year.

Meal Pattern Requirements

Introduction

4Cs Child Health and Nutrition Program meal pattern requirements are set by the United States Department of Agriculture. Please see the Menu Patterns at the end of this section for the minimum serving sizes required for each age group. Please note that the requirements for infants under one year of age are different from the requirements for children over one. Minimum quantities that must be served to children also vary depending on the age of the child.

Documenting Your Meals

If you are using scannable forms it is very important to list how the food you serve meets the meal pattern requirements. We cannot assume you served an item unless it is recorded. For example, if you serve a casserole, mixed dish, pizza or soup, please note each ingredient into its meal pattern requirement space.

Menu Item:

Spaghetti	Record as “Spaghetti” (bread/grain) and “Meat balls” or “Meat sauce” (meat).
Tacos	Record as “Corn tortillas” (bread/grain), “Ground beef” (meat), “Lettuce and tomato” (1 fruit/vegetable).
Tuna Casserole	Record as “Noodles” (bread/grain) and “Tuna” (meat) - plus any vegetables as a fruit/vegetable.
HM Beef Stew	Record as “HM” (homemade), since commercial stews are not creditable. Record “Beef” (meat) and “Potatoes, carrots” (1 fruit/vegetable).
HM Pot Pie	Record as “HM” (homemade), since commercial pot pies are not creditable. Record “Pie crust” (bread/grain), “Chicken/Turkey” (meat) and “Peas, Carrots” (1 fruit/vegetable).

Because many commercial, processed foods are not creditable, it is important to designate homemade foods as such (see meat/meat alternates section for additional items). For example:

HM Macaroni and Cheese

HM Cheese Pizza

HM Chicken Noodle Soup

Be specific when recording foods: **CORRECT**

Infant rice cereal (infant menu)
Cherrios (child’s menu 1 year+)
Brown Rice
Carrots
Orange Juice
Whole Turkey

INCORRECT

Cereal
Cereal
Rice
Vegetable
Juice
Turkey

IF IT IS NOT RECORDED, IT IS THE SAME AS NOT SERVED.

Snacks

Snacks may not contain two liquids/beverages, for example milk plus juice. Blended fruit or vegetables is considered juice.

Some Commonly Made Errors

- 1. Incomplete Meal served.** Providers must offer a meal that contains all the required components according to the federal meal pattern and document each component. If it is not documented, it is the same as not being served.
- 2. Serving potatoes as a grain/bread.** Potatoes, ex. french fries, are creditable as a vegetable only.
- 3. Serving two items from the same food group for snack.** For example, yogurt and peanut butter together, as a snack would not meet the minimum snack requirement because these two foods are in the same (Meat/Meat Alternate) food group.
- 4. Not being specific in naming type of food served.** List the type of foods served. For example, if you serve spaghetti be sure to record your whole wheat spaghetti (if whole grain) and meat separately. Pasta in the grain section and ground turkey in meat section.
- 5. Serving rice or pasta as a fruit/ vegetable or meat/meat alternate.** Rice/Pasta is creditable as a bread alternate only. List fruit or vegetables or meat/meat alternates served with the rice or pasta in their correct menu component section.
- 6. Bacon and Cream Cheese are not creditable as meat/meat alternates.** Canadian bacon is creditable.
- 7. Homemade Soups.** Very few commercial, canned soups are creditable (check your Creditable/Non Creditable Food List). Therefore, if you wish to receive credit for soup, you need to indicate that it is homemade (“HM”) and specify which foods meet meal pattern requirements. When you serve soups or stews containing vegetables, you must serve a second, separate fruit/vegetable at lunch and dinner.
- 8. Serving Jell-O without fruit or vegetables in it.** Jell-O alone is not creditable even when it is fruit-flavored. If a fruit or a vegetable is added, it can be used to meet a portion of the Fruit or Vegetable requirement.
- 9. Milk is required at all main meals.**

Cereals

To be creditable, breakfast cereals must contain no more than 6 grams of sugar per dry ounce. Breakfast cereals include ready-to-eat cereals and instant and regular hot cereals. Providers may not mix a non-creditable cereal with a creditable cereal to make the new food item creditable. Visit our website to view a list of creditable breakfast cereals. WIC approved cereals are creditable. To calculate whether a cereal is creditable, divide the amount of sugars by the serving size in grams. The cereal is creditable if it contains 0.212 sugars or less.

Water Availability

Drinking water must be available to children, as nutritionally appropriate. Throughout the day, including at meal times, water should be made available to children to drink upon their request, but does not have to be available for children to self-serve. While drinking water must be made available to children during meal times, it is not part of the reimbursable meal and may not be served in lieu of fluid milk. There is not a daily minimum intake for water consumption, but it is recommended that water be consumed daily. However, providers should not serve young children too much water before and during meal times; excess water may lead to meal displacement, reducing the amount of food and milk consumed by the children.

Requirements for Infants

Feed infants when they seem to be hungry, unless the parent provides instructions that the baby should be on a feeding schedule for medical reasons. Continue to feed them until they indicate fullness. Never force a baby to finish what is in the bottle. They are the best judge of how much they need

Breastmilk

Meals containing only breast milk may be claimed for reimbursement. Even if a mother comes to the provider's home and breastfeeds her infant, the breastmilk is part of a reimbursable meal. Make sure that parents clearly label each child's breastmilk with the child's name and date/time expressed; store in the refrigerator or freezer. It is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

Iron Fortified Infant Formulas

Providers must offer one type of iron-fortified infant formula for their child care in writing to parents.

We cannot provide an all-inclusive list. Instead, use the following criteria to determine whether a formula is eligible for reimbursement:

1. Look for "infant formula with iron" on the front of the formula package.
2. Use the nutrition facts label to ensure the formula contains 1 milligram of iron or more per 100 kilocalories (calories) of formula when prepared.
3. Ensure the formula is not an exempt formula labeled for use by infants who have inborn errors of metabolism or low birth weight. These require a medical statement signed by the child's physician.

Parents may not be asked to provide formula unless it is different from the formula the provider provides. If a parent provides formula, they must sign a waiver declining the formula offered by the provider.

Solid Foods

Solid foods must be served to infants around 6 months of age, as it is developmentally appropriate for the infant. Once the infant is ready to accept solid foods, the day care home is required to offer them. New foods may be introduced gradually, one at a time. As a best practice, have parents request in writing when to start serving solid foods to their infant and which ones.

Infant Cereal

Infant cereal is defined as "any iron-fortified dry cereal specially formulated for and generally recognized as cereal for infants that is routinely mixed with formula or milk prior to consumption." Iron-fortified dry infant cereal is usually found in the baby food section of grocery stores and includes the following on the package label: "Cereal for baby."

Cereals which are **NOT** reimbursable as a meal component in the infant cereal category:

- Iron-fortified dry infant cereals containing fruit are not reimbursable.

- Commercial jarred baby food cereals (which are “wet” not “dry”) are not reimbursable. Ready to eat breakfast cereal (cold dry) and breakfast cereals (cooked) are not considered “iron-fortified dry infant cereal”. For example, Cheerios is not an infant cereal.



Reimbursable (plain cereal)



Not Reimbursable (cereal with bananas)

Fruits and Vegetables

Commercial Baby Foods which **are** reimbursable as a meal component in the fruit or vegetable category:

- Commercial baby food fruits and vegetables which list only a fruit or vegetable in the ingredient listing on the label are reimbursable.
- Commercial baby food fruits and vegetables which contain multiple fruits or multiple vegetables, and list only fruits or vegetables in the ingredient listing on the label are reimbursable.

Commercial Baby Foods which are **NOT** reimbursable as a meal component in the fruit or vegetable category:

- Commercial baby food dinners, which list fruit or vegetable as the first ingredient, are not reimbursable.
- Commercial baby foods in the jarred cereal with fruit category are not reimbursable.
- Commercial baby foods in the dessert category (these generally have “dessert” or “pudding” as part of the product name on the front of the label) are not reimbursable.
- Juice not creditable for infants



Reimbursable (plain vegetable)



Not Reimbursable (vegetable w/ spaghetti)

Meat/Meat Alternates

Commercial Baby Foods which **are** reimbursable as a meal component in the meat/meat alternate category:

Commercial plain strained baby food meats (including those with beef, chicken, turkey, lamb, veal, and ham) are reimbursable.

Commercial Baby Foods which are **NOT reimbursable** as a meal component in the meat/meat alternate category:

- Commercial baby food combination dinners are not reimbursable because the actual amount of various food components in the dinners is difficult to determine (for example Chicken/Rice); however, these foods can be served as additional foods.
- Meat sticks or “finger sticks” (which look like miniature hot dogs) and chicken nuggets are not reimbursable.

- Commercial fish sticks, other commercial breaded or battered fish or seafood products, canned fish with bones, hot dogs, and sausages are not reimbursable.
- Nuts, seeds and nut and/or seed butters are not reimbursable.



Reimbursable (plain meat)



Not Reimbursable (mixed meat)

Bread & Crackers

Commercial Foods & Baby Foods which **are** reimbursable as a meal component in the bread/cracker category:

- Must be made from whole grain or enriched meal or flour.
- Ready to eat breakfast cereals (sugar limit)

Reminder: infants should not be served products that contain honey (ex. Graham crackers).

	BIRTH THROUGH FIVE MONTHS	SIX THROUGH ELEVEN MONTHS
BREAKFAST, LUNCH, AND SUPPER	4 TO 6 FLUID (FL) OUNCE (OZ) BREAST MILK ¹ OR FORMULA ²	6 TO 8 FL OZ BREAST MILK ¹ OR FORMULA ² AND 0 TO 4 TABLESPOON (TBSP) INFANT CEREAL ² , MEAT, FISH, POULTRY, WHOLE EGG, COOKED DRY BEANS OR COOKED DRY PEAS OR CHEESE OR 0 TO 2 OZ YOGURT ⁴ OR 0 TO 4 OZ (½ CUP) COMBINATION OF THE ABOVE ⁵ AND 0 TO 2 TBSP FRUIT, VEGETABLE, OR COMBINATION OF BOTH ^{5,6}
SNACK	4 TO 6 FL OZ BREAST MILK ¹ OR FORMULA ²	2 TO 4 FL OZ BREAST MILK ¹ OR FORMULA ² AND 0 TO ½ SLICE BREAD ⁷ OR 0 TO 2 CRACKERS ^{3,7} OR 0 TO 4 TBSP INFANT CEREAL ^{2,7} OR READY-TO-EAT BREAKFAST CEREAL ^{5,7,8} AND 0 TO 2 TBSP FRUIT, VEGETABLE, OR COMBINATION OF BOTH ^{5,6}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

⁴ Yogurt must contain no more than 23 grams (g) of total sugars per 6 oz.

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

⁷ A serving of grains must be whole grain-rich (WGR), enriched meal, or enriched flour.

⁸ Breakfast cereals must contain no more than 6 g of sugar per dry oz (no more than 21 g sucrose and other sugars per 100 g of dry cereal).

Meal Pattern for Older Children

BREAKFAST (SELECT ALL THREE COMPONENTS)¹	AGES 1–2	AGES 3–5	AGES 6–12
MILK, FL ³ (WHOLE ONLY FOR: 13-24 MONTHS; 1% OR FAT FREE REQ FOR: 2 YRS & +)	½ CUP (4 OZ)	¾ CUP (6 OZ)	1 CUP (8 OZ)
VEGETABLE, FRUIT, OR BOTH ⁴	¼ CUP	½ CUP	½ CUP
GRAINS ^{5, 6, 7} WGR OR ENRICHED BREAD OR WGR OR ENRICHED BISCUIT, ROLL, MUFFIN, ETC. OR WGR, ENRICHED, OR FORTIFIED COOKED BREAKFAST CEREAL ⁸ , CEREAL GRAIN, AND/OR PASTA OR WGR, ENRICHED OR FORTIFIED READY-TO-EAT BREAKFAST CEREAL (DRY COLD) ^{8, 9} FLAKES OR ROUNDS PUFFED CEREAL GRANOLA	½ SLICE ½ SERVING ¼ CUP ½ CUP ¾ CUP ⅛ CUP	½ SLICE ½ SERVING ¼ CUP ½ CUP ¾ CUP ⅛ CUP	1 SLICE 1 SERVING ½ CUP 1 CUP 1¼ CUP ¼ CUP
LUNCH OR SUPPER (SELECT ALL FIVE COMPONENTS)¹			
MILK, FL ³ (Whole only for: 13-24 months; 1% or Fat Free req for: 2 yrs & +)	½ CUP	¾ CUP	1 CUP
VEGETABLES ⁴	⅛ CUP	¼ CUP	½ CUP
FRUITS ^{4, 10}	⅛ CUP	¼ CUP	¼ CUP
GRAINS ^{6, 7} WGR OR ENRICHED BREAD OR WGR OR ENRICHED BISCUIT, ROLL, MUFFIN, ETC. WGR, ENRICHED OR FORTIFIED COOKED BREAKFAST CEREAL ⁸ , CEREAL GRAIN, AND/OR PASTA	½ SLICE ½ SERVING ¼ CUP	½ SLICE ½ SERVING ¼ CUP	1 SLICE 1 SERVING ½ CUP
MEAT/MEAT ALTERNATES (M/MA) LEAN MEAT, FISH, OR POULTRY OR TOFU, SOY PRODUCT, OR ALTERNATE PROTEIN PRODUCTS ¹¹ OR CHEESE OR EGG (LARGE) OR COOKED DRY BEANS OR DRY PEAS ¹² OR PEANUT BUTTER, SOY NUT BUTTER, OR OTHER NUT OR SEED BUTTERS OR PEANUTS, SOY NUTS, TREE NUTS, OR SEEDS ¹³ OR YOGURT, PLAIN OR FLAVORED, UNSWEETENED OR SWEETENED ¹⁴	1 OZ 1 OZ 1 OZ ½ EGG ¼ CUP 2 TBSP ½ OZ ½ CUP OR 4 OZ	1½ OZ 1½ OZ 1½ OZ ¾ EGG ⅜ CUP 3 TBSP ¾ OZ ¾ CUP OR 6 OZ	2 OZ 2 OZ 2 OZ 1 EGG ½ CUP 4 TBSP 1 OZ 1 CUP OR 8 OZ

CACFP Meal Pattern for Older Children continued

SNACKS (SELECT TWO OF THESE FIVE COMPONENTS) ¹⁵	AGES 1–2	AGES 3–5	AGES 6–12
MILK, FL ³ (WHOLE ONLY FOR: 13-24 MONTHS; 1% OR FAT FREE REQ FOR: 2 YRS & +)	½ CUP (4 OZ)	½ CUP (4 OZ)	1 CUP (8 OZ)
VEGETABLES ⁴	½ CUP	½ CUP	¾ CUP
FRUITS ⁴	½ CUP	½ CUP	¾ CUP
GRAINS ^{6, 7} WGR OR ENRICHED BREAD OR WGR OR ENRICHED BISCUIT, ROLL, MUFFIN, ETC. OR WGR, ENRICHED, OR FORTIFIED COOKED BREAKFAST CEREAL ⁸ , CEREAL GRAIN, AND/OR PASTA OR WGR, ENRICHED, OR FORTIFIED READY-TO-EAT BREAKFAST CEREAL (DRY COLD) ^{8, 9} FLAKES OR ROUNDS PUFFED CEREAL GRANOLA	½ SLICE ½ SERVING ¼ CUP ½ CUP ¾ CUP ⅛ CUP	½ SLICE ½ SERVING ¼ CUP ½ CUP ¾ CUP ⅛ CUP	1 SLICE 1 SERVING ½ CUP 1 CUP 1¼ CUP ¼ CUP
M/MA LEAN MEAT, FISH, OR POULTRY OR TOFU, SOY PRODUCT, OR ALTERNATE PROTEIN PRODUCTS ¹¹ OR CHEESE OR EGG (LARGE) OR YOGURT, PLAIN OR FLAVORED, UNSWEETENED OR SWEETENED ^{14, 16} OR COOKED DRY BEANS OR DRY PEAS ¹² OR PEANUT BUTTER, SOY NUT BUTTER, OR OTHER NUT OR SEED BUTTERS OR PEANUTS, SOY NUTS, TREE NUTS, OR SEEDS	½ OZ ½ OZ ½ OZ ½ EGG ¼ CUP ⅛ CUP 1 TBSP ½ OZ	½ OZ ½ OZ ½ OZ ½ EGG ¼ CUP ⅛ CUP 1 TBSP ½ OZ	1 OZ 1 OZ 1 OZ ½ EGG ½ CUP ¼ CUP 2 TBSP 1 OZ

¹ Offer versus serve is an option for at-risk afterschool participants only.

² Age group applies to at-risk programs and emergency shelters. Larger portion sizes than specified may need to be served to children ages 13–18 to meet their nutritional needs.

³ Must serve unflavored whole milk to children age one. Must serve unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children ages 2–5. Must serve unflavored low-fat (1 percent), unflavored fat-free (skim), or unflavored fat-free (skim) milk to children six years and older.

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ M/MA may be used to meet the entire grains requirement a maximum of three times a week for breakfast. One oz of M/MA is equal to 1 oz eq of grains.

⁶ At least one serving per day, across all eating occasions, must be WGR. Grain-based desserts do not count towards meeting the grains requirement.

⁷ Beginning October 1, 2019, oz eq are used to determine the quantity of creditable grains.

⁸ Breakfast cereals must contain no more than 6 g of sugar per dry oz (no more than 21.2 g sucrose and other sugars per 100 g of dry cereal).

⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1–2; ½ cup for children ages 3–5; and ¾ cup for children ages 6–18.

¹⁰ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different types of vegetables must be served.

¹¹ Alternate protein products must meet the requirements in Appendix A per 7 CFR, Section 226.20.

¹² Cooked dry beans or dry peas may be used as a meat alternate or as a vegetable component; but **cannot** be counted as both components in the same meal.

¹³ No more than 50 percent of the requirement shall be met with nuts (peanuts, soy nuts, tree nuts) or seeds. Nuts or seeds shall be combined with another M/MA to fulfill the requirement. To determine combinations, 1 oz of nuts or seeds is equal to 1 oz of cooked lean meat, poultry, or fish.

¹⁴ Yogurt must contain no more than 23 g of total sugars per 6 oz.

¹⁵ Juice cannot be served when milk is served as the only other component.

¹⁶ Commercially added fruit or nuts in flavored yogurt cannot be used to satisfy the second component requirement in snacks.

Requirements for Children 1+

Milk

The CACFP meal pattern requires FLUID MILK to be served for breakfast, lunch and supper. Additionally, fluid milk may be served as one of the meal pattern components for snacks.

For children between 1 year and 2 years old (12 months to 23 months), whole, unflavored milk must be served. A child may transition from formula to whole milk between 12 and 13 months.

For children 2 years old (24 months) and over, low-fat 1% or fat-free skim milk, unflavored milk must be served. A child may transition from whole milk to 1% milk between 24 and 25 months.

*If a child is unable to drink cow's milk due to a medical or other special dietary need that is not considered a disability, their parent may request a non-dairy milk substitute, nutritionally equivalent to milk. The parent must complete our "Milk Substitute" form, choosing a creditable milk substitute, in order for the child's meals to be reimbursed. Children with a disability that require food substitutions will need a signed medical statement from a doctor in order for that child's meals to be reimbursed. Contact our office to obtain the Medical Statement.

Milk is an invaluable component of a child's diet, providing protein, calcium, vitamin B-6, vitamin D, vitamin B-12 and magnesium. To be creditable, milk must be pasteurized and meet state or local standards for fluid milk. All milk should be fortified with vitamins A and D.

Milk is not creditable for snacks when juice is served as the only other component. Milk is never creditable when cooked or prepared in cereals, puddings, or other foods. Syrups cannot be added to milk (added sugar).

CREDITABLE

Fluid milk –

Whole milk for:

12 months – 23 months;

1%/Low fat or Fat Free only for: 2 years and older

Lactose-reduced or free milk
UHT (ultra-high temperature) milk
Acidophilus milk
Buttermilk
Extra-rich milk
Cultured milk

NOT CREDITABLE

Almond milk / Rice milk/ Goat's milk
Certified raw milk
Cheese
Chocolate dairy drink
Cocoa/hot chocolate made from mix with water
Cream/ Cream sauce/ soups
Eggnog
Evaporated milk
Half and Half
Ice cream, Ice milk
Imitation milk
Milkshakes
Pudding/Pudding pops/Custard
Reconstituted dried powdered milk
Sour cream
Soybean milk (most)*
Yogurt

Meat/Meat Alternates

Regulations require that all lunches and suppers contain the serving sizes of meat or meat alternates as specified in the meal pattern. Meat or meat alternates may be served as one of the two components of a snack. Meat includes lean meat, poultry, or fish. All meat or poultry cannot contain binders, extenders, water or broth (ex. luncheon meat). Meat alternates include cheese, eggs, tofu, yogurt, cooked dry beans or peas, nuts and seeds. Serving sizes on the Menu Pattern Chart are *cooked* amounts. Dried or canned legumes such as lentils, split peas, refried beans and pinto beans *are* creditable as a meat/meat alternate OR a vegetable, but not as both at the same meal or snack. Meat and meat alternates provide protein, B vitamins, iron and zinc. Vitamin B-12 is found only in foods of animal origin. Vegetable protein sources provide folate, magnesium and fiber.

Three safe ways to defrost meat are in the refrigerator, in cold water, or in the microwave. Never thaw meat on the counter or let it sit out of the refrigerator for more than two hours.

Serving Size Requirements

To be counted toward meeting any part of the meat/meat alternate requirement, a menu item must provide a minimum of ¼ ounce of cooked lean meat or equivalent. The rest of the required serving must be met by adding other meat or meat alternates. Small amounts (less than 3 tablespoons) of meat or meat alternate used as garnishes or seasoning or in breading must not be counted toward satisfying the meat/meat alternate requirement of the meal. Examples are grated Parmesan cheese used as a garnish over spaghetti, or egg used in breading.

Commercially prepared soups, *excluding* bean, lentil or split pea are not creditable. Yogurt *can satisfy* the meat/meat alternate requirement. Four ounces of yogurt will satisfy one ounce of the meat/meat alternate requirement. Homemade yogurt is not creditable due to food safety reasons

Another meat/meat alternate *must be* served in addition to peanut butter at lunch and supper to fulfill the meat alternate requirement. Serving sizes of peanut butter are too large (2-4 Tbsp.) and may pose a choking hazard to young children. Be as specific as possible to avoid disallowances.

Nuts and seeds may meet only one-half (½) of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement. Nuts are not recommended for children under 3 years of age because choking may occur. Thus, we advise you to serve nuts only to older children.

Commercial, frozen and fast foods including pizza, restaurant food, boxed macaroni and cheese, frozen supermarket raviolis, taquitos, mini-quiches etc. *are not* creditable; homemade items *are* creditable if the minimum serving is prepared and offered and should be marked as such (“HM”).

Cheese must be specified. Processed cheese (cheese food, cheese spread, Velveeta or cheese whiz) is not creditable. Cream cheese and Neufchatel cheese *are not* creditable because they are low in protein and also high in fat. Parmesan cheese in macaroni is not creditable because it is low in protein.

Pasta products with meat *are not* creditable because they are low in protein. However, some homemade items *are* creditable if the serving size requirements have been met. Be sure to identify them as homemade with HM.

Non-commercial fish (home caught) and game *is not* creditable due to food safety reasons. Home slaughtered meat *is not* creditable. A USDA inspector must inspect meat in order to be creditable. Imitation crab is also not creditable because it is low in protein.

CREDITABLE

MEATS

Beef
Canadian bacon *
Chicken (breast, leg, thighs, etc)
Chicken Nuggets * **CN approved only**
Corndogs * **full meat only**
100% meat Hot dogs *
Fish (salmon, cod, tuna, etc)
Fish sticks * **CN approved only**
Ham (whole)***no deli meat**
Lamb
Liver
Liverwurst
Meat sauce, HM
Pork sausage ***Fresh only**
Pork (roast, chops, ribs)
Shellfish
Tripe
Turkey (whole, breasts, leg or ground)
***no deli meat**
Veal
HM Soups & Stews: containing meat, fish, poultry

MEAT ALTERNATES

Dried beans, canned or cooked from dry
Cottage cheese
Cheese, natural (cheddar, colby, monterey jack, mozzarella, muenster, provolone, swiss)
Ricotta cheese
Romano cheese
Eggs, Deviled eggs
Garbanzo beans
Kidney beans
Legumes
Macaroni and cheese, homemade with enough natural cheese
Peanut butter**
Split peas/Lentils, dry or canned
Pinto beans
Pizza, homemade with cheese or meat
Pot pies, homemade
Quiche, homemade
Soups made with meat/meat alternate, homemade
Stews made with meat/meat alternate, homemade
Tofu (firm/extra firm; must meet protein requirements)
Yogurt or Soy Yogurt (sugar limit)
Nuts/Seeds— Nuts are not recommended for children under 3 years of age because choking may occur. Thus, we advise you to serve nuts only to older children. If served, nuts and seeds should be finely minced.

* The foods marked with an asterisk (*) are high in fat and/or contain various additives. **It is recommended that you serve these foods infrequently, if at all.** Thus these foods are limited to not more than twice per week, per child, includes all meals.

**Must be served with an additional meat/meat alternate.

Yogurt

All yogurt served must contain no more than 23 grams of sugar per 6 ounces. Providers may not mix a non-creditable yogurt with a creditable yogurt to make the new food item creditable. To calculate whether a yogurt is creditable, divide the sugars by the serving size. The yogurt is creditable if it contains 3.83 sugars or less. Visit our website to view a yogurt tip sheet.

Tofu

Commercially prepared tofu (not homemade) is creditable, but it must contain at least 5 grams of protein per ¼ cup (2.2 ounces). This is creditable as 1 ounce of meat alternate. Firm or extra firm tofu in dishes such as stir-fry, omelets, and soup that is easily recognizable (cut in pieces) may count towards the meat alternate component.

First determine the grams of protein per ounce using the manufacturer's serving size. Divide the total grams of protein by the serving size in ounces. Then determine the grams of protein in 2.2 ounces. Multiply the grams of protein per ounce by 2.2. If the protein is 5 grams or more it is creditable. Next, determine the amount of ounces needed to prepare for children being served. Here is an example:

House Foods Tofu – Firm

3 oz of tofu = 7 grams of protein

7 divide by 3 = 2.33

2.33 grams of protein per oz x 2.2 = 5.13

Creditable YES but..

2.2 ounce purchased only = 1 oz prepared

Serving size of this package 3 oz x 4.5 servings inside =

13.5 oz but after prepare only 6

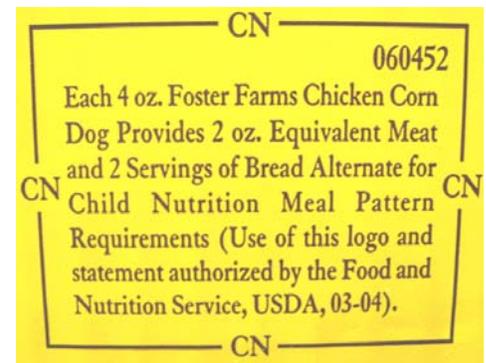
If 8 preschoolers need 1.5 oz meat alternate at lunch or dinner = 12 ounces total

Thus need to purchase and prepare 2 packages to serve to 8 preschoolers

Amount Per Serving		%DV*	Amount Per Serving		%DV*
Nutrition Facts					
Serv. Size 3oz. (85g) Approx. 1" Slice Servings about 4.5					
Calories 70 Fat Cal. 35					
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Total Fat 4g	6%	Sodium 10mg	2%		
Sat. Fat 0.5g	1%	Potassium 130mg	3%		
Trans Fat 0g		Total Carb. 2g	4%		
Polyunsat. Fat 2.5g		Fiber 2g	4%		
Monounsat. Fat 1g		Sugars 0g			
Cholesterol 0mg	0%	Protein 7g	14%		
Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 0%					

COMMERICALLY PERPARED MEAT & FISH PRODUCTS

Commercially processed meat and fish products (such as chicken nuggets, fish sticks, corndogs, egg rolls, potpies, etc) may be counted as meal components only if they have the Child Nutrition Label. The label will state exactly how much meat is on each nugget and how many nuggets must be served to each child. Products without the CN Label may not be counted towards the meal pattern.



NOT CREDITABLE

MEATS

Baco-bits***

Beef jerky

Beef tails, neck bones

Bologna

Bacon and imitation bacon products***

Chitterlings***

Corned beef hash***

Crab, imitation

Deli meat/Luncheon meat

Fish, non-commercial (home caught)

Game (venison, squirrel, rabbit, etc.)

Ham hocks***

Home slaughtered meat

Meat sauce, commercial

Oxtails***

Pasta products with meat, commercial

Pepperoni

Pig's feet, neck bones, and tails***

Pot pies, commercial

Ravioli, commercially prepared

Salami
Salt pork***
Scrapple***
Spam
Soups, commercially prepared such as
chicken/noodle not creditable (bean, lentil or split
pea are creditable)
Turkey Ham

***low in protein

MEAT ALTERNATES

Acorns
Chestnuts
Cream cheese
Nut or seed meal or flour
Processed cheese (cheese food, cheese spread,
Velveeta or cheese whiz)
Cream cheese
Powdered cheese in boxed macaroni
Neufchatel cheese
Tempeh
Coconuts
Soy burgers or other soy products
Fresh soy beans (edamame)
Yogurt (homemade and drinkable)

Fruits and Vegetables

Each breakfast, lunch, and dinner served must contain vegetables and/or fruits. Snacks may also have fruits and vegetables as components.

To meet meal requirements, one fruit and one vegetable or two (2) different types of vegetables must be served for lunch and supper. The following combinations count as one serving:

Frozen or canned mixed vegetables	Green salad, vegetable salad
Frozen or canned peas and carrots	HM vegetable soups/vegetable in HM stews
HM fruit salads	Canned fruit cocktail

Mixed vegetables, fruit salad, green salad do not have to be further described in menus (i.e. list specific ingredients) if they contain 100% fruit or vegetable.

Soups and combination foods such as stews and quiches may provide up to one (1) vegetable serving. An additional, separate fruit/vegetable must be served at lunch and dinner. Soups, reconstituted canned, ready to serve, or homemade, must yield at least ¼ cup vegetables per serving to count towards meeting the vegetable requirement.

Cooked dried peas, beans, or lentils can be counted EITHER as a meat alternate OR as a vegetable, but not both in the same meal.

Measure vegetables after they have been prepared. For example, measure frozen corn after cooking. Drain liquid before measuring a serving of cooked vegetables. Small amounts (less than 1/8 cup) of vegetables and fruits *may not* be counted toward the fruit/vegetable requirement.

One cup of leafy greens (e.g. lettuce, raw spinach, etc.) counts as ½ cup of vegetables and ¼ cup dried fruit counts as ½ cup of fruit.

One meal can not include an identical food in two different forms and receive reimbursement; for example, orange juice served with orange sections.

Serve fresh fruits and vegetables that are in season to help keep food costs low. Any fresh, frozen, commercially canned or dried fruit or vegetable may be used to meet the fruit and vegetable requirement. A variety of fruits and vegetables should be included in meals. Meals should include food high in fiber. Fiber is found in all fruits and vegetables.

Fruit and vegetable juices must be 100%, full strength juice and may only be served once per day. Blended fruit or vegetables (ex. smoothie) is considered juice. Juice blends must be 100% juice and will credit as fruit juice since most contain more fruit than vegetable. Juice “drinks”, “cocktails” and “beverages” are not 100% juice and *are not* creditable. Please read ingredient listings carefully.

Frozen fruit juice bars/HM juice pops *are* only creditable if they are 100% fruit juice and do not contain sugar or other sweeteners. Reminder: Juice (also juice bars) cannot be served when milk is served as the only other component (no two liquids).

A word of caution: infants and young children (under 3 years of age) can easily choke on grapes and raisins.

CREDITABLE

FRUITS

Apricots
Apples
Berries (Blackberries,
Blueberries, Boysenberries,
Cranberries, Strawberries)
Bananas
Boysenberries
Canned fruit
Cherries
Cranberries
Cranberry sauce
Currants
Figs
Grapes
Grapefruit
Kiwi
Kumquat
Loquat
Mangoes
Melons (Cantaloupe, Casaba,
Crenshaw, Honeydew,
Watermelon, etc)
Nectarines
Oranges
Papaya
Peaches
Pears
Persimmon
Pineapple
Plantains
Pluot
Plums
Persimmon
Prunes (pitted)
Raisins
Raspberries
Star Fruit
Tangerines/Tangelo

VEGETABLES

Asparagus
Avocados
Beets
Bittermelon
Brussels sprouts
Broccoli
Cabbage, Chinese
Cabbage, red
Cabbage
Celery
Carrots
Cauliflower
Chard, Swiss
Chayote
Chile, red or green
Coleslaw
Collards
Corn
Cucumbers
Eggplant
Endive (escarole, chicory)
Frozen vegetables
Frozen breaded vegetables
Jicama
Kale
Kohlrabi
**Lettuce (iceberg, leaf,
romaine)
**Mushrooms
Mustard greens
Nopales (cactus pads)
**Olives, green and black
Okra
**Onions, all varieties
** Onion rings
Parsnips

Potatoes (**commercial french
fries/tator tots are limited to
twice per week**)

Peppers, green or red
Pumpkin
Radishes
Rutabaga
Rhubarb
Succotash
Spinach
Squash, all varieties (ex.
zucchini, butternut)
Sweet potatoes/yams
Tomatoes
**Tomato paste
**Tomato sauce
Turnip
Turnip greens
Watercress

*Raisins need to be combined
with another fruit/vegetable at
breakfast and snacks to equal
one (1) serving.

**These items *must be* served
with a second vegetable
serving to equal one (1)
serving of vegetable. At lunch
and supper, a second
fruit/vegetable must be served
to meet the second serving
requirement from this food
group.

Creditable Vegetables
continued:

**DRIED BEANS AND
PEAS/LEGUMES**

Black eyed peas
Garbanzo beans
Green bean
Green peas
Kidney bean
Lima beans
Lentils
Mung beans
Navy beans
Pinto beans
Soy beans, Edamame
Wax beans

JUICES

Apple cider
Grape juice
Orange juice
Pear juice
Pear/apple juice
Pear/grape juice
Pineapple juice
Prune juice
Tangerine juice
Tomato juice
100% Frozen juice pops
100% fruit/vegetable juice

SOUPS **

Chicken vegetable
Clam chowder
Minestrone
Pea or bean soup
Tomato rice
Tomato soup
Vegetable soup
Vegetable beef

** When soups are homemade, the amount of vegetable used in preparation can be credited toward meeting ONE vegetable requirement if children receive adequate portions of that component. At lunch and supper a second, separate fruit/vegetable must be served. If used in very small quantities, the vegetables used may be considered only as seasonings and should not be counted toward the fruit or vegetable meal requirement.

Meat/meat alternates in homemade soups are creditable if adequate portions of that component are served. Only soups that contain a meat/meat alternate and labeled "HM" or split pea/bean soups will be given credit for meeting the meat/alternate requirement.

Currently, there are several canned (condensed) soups that meet the USDA fruit/vegetable or meat/alternate meal requirement:

Tomato: One Serving of Vegetable. This includes tomato or cream of tomato.
Vegetable: One Serving of Vegetable. Includes vegetable, vegetarian vegetable or vegetable with other basic components such as meat or poultry (meat or poultry does not count towards meat/meat alternate since amounts are too small).
Minestrone: One Serving of Vegetable.
Clam Chowder: One Serving of Vegetable. The primary ingredient is potatoes. The clams serve only as flavoring.
Split Pea/Bean: These condensed soups may be served as a meat/meat alternate OR a Vegetable.
All Others: All other canned soups are not creditable.

NOT CREDITABLE

FRUITS

Apple butter
Banana chips
Coconut
Fruit flavored or plain gelatin
Fruit jams, preserves, and jellies
Sweetened, frozen bars and Popsicle's
Fruit in cakes
Fruit in breads (i.e. banana bread)
Fruit flavored ice cream
Fruit in muffins (i.e. blueberry muffin)
Fruit flavored syrups
Fruit spreads (even when 100% fruit)
Fruit flavored yogurt (commercial)
Fruit snacks, fruit roll-ups (commercial)
Figs in fig bar cookies
Sherbet/sorbet

VEGETABLES

Hominy
Vegetables in bread (i.e. zucchini/carrot bread)
Vegetables in muffins

SOUPS/COMBINATIONS

Canned pasta with sauce
Posole
Spaghetti-O's

SNACKS

Corn chips
Potato chips

CONDIMENTS

Barbecue sauce
Mayonnaise
Ketchup
Maple syrup
Mustard
Salad dressing
Salad oil
Salsa
Vegetable Seasonings
Vinegar
Dry spice mixes
Parsley
Chili sauce
Cilantro
Pickles
Pickle relish
Pesto
Chutney
Hot peppers
Kimchee
Achara

JUICES

Sweetened grape juice
Powdered drinks (i.e. Kool-Aid)
"Ades" such as lemonade, limeade, orangeade
Fruit "punch" (i.e. Hawaiian punch)
Nectars (apricot, pear, peach, mango, etc.)
Juice or juice blend "cocktails" (i.e. most cranberry juice beverages, cranberry juice cocktail)
All Sports Drinks
Awake
Minute Maid Tangerine Juice
Capri-Sun
Crystal Light
Minute Maid Naturals
Five Alive
Gatorade

White Grape Juice (frozen concentrate)
Squeeze-Its
Sunny Delight
Hi-C
Tang
Tropicana Twisters
Welch's Orchard Tropicals

NOTE: Any "juice" with the following words listed on the label are *not creditable*:

NECTAR, DRINK, BEVERAGE, COCKTAIL, PUNCH, or SWEETENED.

REMEMBER: To read all labels and ingredient lists carefully. The following added ingredients result in a sweetened drink and, thus, the juice is *not creditable*:

NUTRASWEET, ASPARTAME, HIGH-FRUCTOSE CORN SYRUP, CORN SWEETENERS, SUGAR, or SUCROSE

Grains and Breads

Whole grain or enriched breads, cooked grains and pasta meet the requirements. Quick breads and other baked products must have enriched or whole grain flour as the main ingredient. Whole grain or enriched breads and bread products provide iron and B vitamins. Whole grains are also good sources of folate, magnesium, zinc and fiber. The fiber found in whole grain aids in digestion and may reduce the risk of some cancers.

At least one serving of grains per day must be whole grain or whole grain rich. Whole grain-rich foods are those that contain 100% whole grains, or are at least 50% whole grain and the rest are enriched. What is whole grain? A whole grain is listed as the first ingredient on the product's ingredient list or second after water. Some examples are brown rice, oatmeal, whole wheat, and quinoa. When recording your meals, specify type of grain served. For example is the rice white, brown or wild? Is the pasta whole wheat?

For other bread and bread alternates to be creditable the first ingredient must be whole grain or enriched flour. Make sure to check the ingredient list. Whole grains are the best choice because they have not been refined, so they have more fiber and certain nutrients. "Enriched" means that three of the B vitamins (riboflavin, niacin, thiamin) and iron are added back to the product after the milling process has removed them. However, this does not provide the same benefits as the unaltered version.

We recommend that you choose crackers that are low in fat and made of whole grains.

Breading on fish sticks, frozen chicken nuggets, fried chicken and so on *is not* creditable. However, breading on corn dogs *is* creditable as grains and bread item.

CREDITABLE

Bagels	Fried bread
Barley	Grits (whole or enriched only)
Biscuits	Fruit/Vegetable breads (zucchini, banana, and pumpkin bread)
Boboli bread	Hot cereal (specify)
Boston brown bread	Lefsa (Scandinavian unleavened bread)
Breads (white, rye, whole wheat)	Millet
Bread sticks	Muffins
Cold cereal low in sugar (specify on your menu)*	Noodles
Chow mien noodles	Pancakes
Cornbread	Pasta (spaghetti, macaroni, linguine, ravioli)
Corn dog breading	Pie crust, main dish
Couscous	Pita bread
Crackers (specify)	Pizza crust
Crepes	Polenta
Croissants	Pretzels - hard and soft (snack only)
Croutons	Puff pastry
Dinner rolls	Pumpernickel bread
Dumplings	Quinoa
Egg roll or wonton wrappers	Raisin bread
English muffins	Rice (brown and white)
French bread	

Rice noodles
Rice cakes
Rolls - all types
Roman meal bread
Rye wafers
Sopaipillas

Stuffing - HM and commercial
Taco shells
Tortillas (corn, wheat, flour)
Wild Rice

*NOTE: See the section on Breakfast Cereals

LIMITED TO TWICE PER WEEK/ SNACK only

Graham crackers, Animal crackers

NOT CREDITABLE

Bagel chips
Breading (fish sticks, chicken nuggets, fried chicken)
Bread pudding
Breakfast bars
Brownies
Cakes
Caramel corn
Cereal - high in sugar (first ingredient is sugar)
Cereal bars
Cheese puffs
Chips
Cinnamon rolls (pan dulce)
Cobblers and crisps
Coffee cake
Cookies – all types
Corn - counts as a vegetable
Corn chips
Cupcakes
Doughnuts – plain, glazed or filled
Granola bars
Hominy
Ice cream cones
Nut or seed meal or flour
Pastries
Pie crust, sweet

Potatoes - counts as a vegetable
Pineapple-upside-down cake
Popcorn
Poptarts / Toaster pastry
Potato chips
Potato pancakes
Pound cake
Rice pudding
Top Ramen
Tortilla chips
Tapioca
Wheat germ

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