

CHILD AND ADULT CARE FOOD PROGRAM (CACFP) MEAL PATTERNS



BREAKFAST Meal Pattern for Children and Adults

Offer the appropriate components for a reimbursable meal

Meal Components ¹	Minimum Quantities				
	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18 ²	Adult participants
Fluid Milk	4 fluid ounces ³	6 fluid ounces ⁴	8 fluid ounces ⁵	8 fluid ounces ⁵	8 fluid ounces ⁶
Vegetables, fruits, or portions of both ⁷	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains ⁸	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	2 ounce equivalents

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool care and adult day care centers.

² At-risk afterschool programs and emergency shelters may need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

³ Must serve unflavored whole milk to children age 1.

⁴ Must serve unflavored milk to children 2 through 5 years old. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁵ May serve unflavored or flavored milk to children ages 6 and older. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁶ May serve unflavored or flavored milk to adults. The milk must be fat-free, skim, low-fat, or 1 percent or less. Yogurt may be offered in the place of milk once per day for adults. Yogurt may count as either a fluid milk substitute or as a meat alternate, but not both, in the same meal. Six ounces (by weight) or ¾ cup (by volume) of yogurt is the equivalent of 8 ounces of fluid milk. Yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

⁷ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day.

⁸ At least one serving per day, across all eating occasions of bread, cereals, and grains, must be whole grain-rich. Whole grain-rich is the term designated by FNS to indicate that the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched. This requirement only applies for days on which at least one serving from the grains component is served. Grain-based desserts may not be used to meet the grains requirement. Meats/meat alternates may be offered in place of the entire grains requirement, up to three times per week at breakfast. One ounce equivalent of meats/meat alternates credits equal to one ounce equivalent of grains. Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items and meats/meat alternates may be found in FNS guidance.



CHILD AND ADULT CARE FOOD PROGRAM (CACFP) MEAL PATTERNS

LUNCH AND SUPPER Meal Pattern for Children and Adults

Offer the appropriate components for a reimbursable meal.

Meal Components ¹	Minimum Quantities				
	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18 ²	Adult participants
Fluid Milk	4 fluid ounces ³	6 fluid ounces ⁴	8 fluid ounces ⁵	8 fluid ounces ⁵	8 fluid ounces ⁶
Meats/meat alternates ⁷	1 ounce equivalent	1½ ounce equivalents	2 ounce equivalents	2 ounce equivalents	2 ounce equivalents
Vegetables ⁸	⅛ cup	¼ cup	½ cup	½ cup	½ cup
Fruits ⁸	⅛ cup	¼ cup	¼ cup	¼ cup	½ cup
Grains ⁹	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	2 ounce equivalents

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool care and adult day care centers.

² At-risk afterschool programs and emergency shelters may need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

³ Must serve unflavored whole milk to children age 1.

⁴ Must serve unflavored milk to children 2 through 5 years old. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁵ May serve unflavored or flavored milk to children ages 6 and older. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁶ May serve unflavored or flavored milk to adults. The milk must be fat-free, skim, low-fat, or 1 percent or less. Yogurt may be offered in place of milk once per day for adults. Yogurt may count as either a fluid milk substitute or as a meat alternate, but not both, in the same meal. Six ounces (by weight) or ¾ cup (by volume) of yogurt is the equivalent of 8 ounces of fluid milk. A serving of fluid milk is optional for suppers served to adult participants.

⁷ Alternate protein products must meet the requirements in Appendix A to 7 CFR Part 226. Yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). Information on crediting meats/meat alternates may be found in FNS guidance.

⁸ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁹ At least one serving per day, across all eating occasions of bread, cereals, and grains, must be whole grain-rich. Whole grain-rich is the term designated by FNS to indicate that the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched. This requirement only applies for days on which at least one serving from the grains component is served. Grain-based desserts may not be used to meet the grains requirement. Breakfast cereal must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.



CHILD AND ADULT CARE FOOD PROGRAM (CACFP) MEAL PATTERNS

SNACK Meal Pattern for Children and Adults

Offer two of the five components for a reimbursable snack.

Meal Components ¹	Minimum Quantities				
	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18 ²	Adult participants
Fluid Milk	4 fluid ounces ³	4 fluid ounces ⁴	8 fluid ounces ⁵	8 fluid ounces ⁵	8 fluid ounces ⁶
Meats/meat alternates ⁷	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent
Vegetables ⁸	½ cup	½ cup	¾ cup	¾ cup	½ cup
Fruits ⁸	½ cup	½ cup	¾ cup	¾ cup	½ cup
Grains ⁹	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent

¹ Must serve two of the five components for a reimbursable snack. Milk and juice may not be served as the only two items in a reimbursable snack.

² At-risk afterschool programs and emergency shelters may need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

³ Must serve unflavored whole milk to children age 1.

⁴ Must serve unflavored milk to children 2 through 5 years old. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁵ May serve unflavored or flavored milk to children ages 6 and older. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁶ May serve unflavored or flavored milk to adults. The milk must be fat-free, skim, low-fat, or 1 percent or less. Yogurt may be offered in place of milk, once per day for adults. Yogurt may count as either a fluid milk substitute or as a meat alternate, but not both, in the same meal. Six ounces (by weight) or ¾ cup (by volume) of yogurt is the equivalent of 8 ounces of fluid milk.

⁷ Alternate protein products must meet the requirements in Appendix A to 7 CFR Part 226. Yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). Information on crediting meats/meat alternates may be found in FNS guidance.

⁸ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day.

⁹ At least one serving per day, across all eating occasions of bread, cereals, and grains, must be whole grain-rich. Whole grain-rich is the term designated by FNS to indicate that the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched. This requirement only applies for days on which at least one serving from the grains component is served. Grain-based desserts may not be used to meet the grains requirement. Breakfast cereal must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.

FLUID MILK

Use this section as a guide to identify creditable milk and products that contain creditable milk. This is NOT an all-inclusive list. Age-specific requirements for percent fat content and flavored vs. unflavored still apply.

Details in the “Additional Information” column help you to determine if the product is creditable and where to find more information.

Food	Creditable			Additional Information
	Yes	Maybe	No	
A2 Milk	X			A2 milk only contains the A2 protein. A2 milk meets the standard of identity for milk and is creditable.
Breastmilk	X			Breastmilk may be served to a child of any age.
Buttermilk		X		Only commercially prepared buttermilk is creditable.
Certified Raw Milk			X	Regulations require the use of pasteurized milk.
Cultured Milk (Kefir Milk, Acidified Milk, Acidophilus Milk)		X		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid milk under controlled conditions to produce a product with a specific flavor and/or consistency. Examples are cultured buttermilk, cultured kefir milk, and cultured acidophilus milk. Only commercially prepared cultured milk that meets fat standards is creditable.
Flavored Milks (chocolate, strawberry, etc.)		X		Flavored fat-free (skim) and low-fat (1%) milks are creditable for children 6 years and older and adults. Different flavors may contain different levels of sweetener. However, as a best practice, serve flavored milks that contain no more than 10 g of added sugars per 8 fl oz.
Goat’s Milk		X		Goat’s milk must be pasteurized and meet State and local health standards for fluid milk. Only commercially prepared goat’s milk is creditable. Age-specific requirements for percent fat content and flavored vs. unflavored still apply.

FLUID MILK

Food	Creditable			Additional Information
	Yes	Maybe	No	
Lactose-Free Milk, Lactose-Reduced Milk	X			Lactose-free and lactose-reduced milks are fluid milks that have been modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children or adults who cannot digest lactose may benefit from the use of lactose-free or lactose-reduced milk.
Reduced-fat (2%) Milk		X		Unflavored reduced-fat (2%) milk may be served to children during the 1-month transition period between 24 months through 25 months of age.
Low-fat (1%) Milk	X			Low-fat (1%) unflavored milk is creditable when served to children 2 years through 5 years of age. Low-fat (1%) unflavored and flavored milks are creditable when served to children 6 years and older and adults.
Skim Milk, Nonfat Milk, Fat-free Milk	X			Fat-free (skim) unflavored milk is creditable when served to children 2 years and older and adults. Fat-free (skim) unflavored and flavored milks are creditable for children 6 years and older and adults.
UHT (Ultra High Temperature) Milk or Shelf-Stable Milk	X			UHT is a Grade A, pasteurized milk that has been heated to 280°F for a few seconds then cooled and packaged. UHT milk is creditable.
Whole Milk		X		Unflavored whole milk is creditable when served to children ages 12 through 23 months and during the 1-month transition period between 24 months through 25 months of age.

FLUID MILK

Food	Creditable			Additional Information
	Yes	Maybe	No	
Dairy Products or Milk Substitutes				
Cheese			X	Cheese is not creditable as fluid milk. Cheese may credit toward the meats/meat alternates component.
Cream			X	Cream is not creditable as fluid milk.
Cream Sauces			X	Cream sauces are not creditable as fluid milk.
Cream Soups			X	Cream soups are not creditable as fluid milk.
Custard			X	Custard is not creditable as fluid milk.
Eggnog			X	Eggnog is not creditable as fluid milk. If serving eggnog as an extra item (nonreimbursable), please note, eggnog made with uncooked eggs increases the risk for foodborne illness.
Evaporated Milk		X		Evaporated milk typically does not credit as fluid milk, however, canned evaporated milk may be creditable under certain conditions of limited fluid milk availability. Contact your State agency or your sponsoring agency for additional guidance.

FLUID MILK

Food	Creditable			Additional Information
	Yes	Maybe	No	
Dairy Products or Milk Substitutes				
Frozen Yogurt			X	Frozen yogurt is not creditable as fluid milk.
Half and Half			X	Half and half is not creditable as fluid milk.
Hot Chocolate (Cocoa)		X		Hot chocolate must be made with fluid milk, and only the fluid milk portion is creditable. Hot chocolate is considered a flavored milk and is not creditable in CACFP for children under 6 years of age. For children 6 years and older and adults, the milk in hot chocolate may be creditable if it meets the fat requirements.
Ice Cream			X	Ice cream is not creditable as fluid milk.
Ice Milk			X	Ice milk is not creditable as fluid milk.
Plant-based Beverages / Milks Common examples: Almond Milk Coconut Milk Hemp Milk Oat Milk Pea Milk Rice Milk Soy Milk		X		Plant-based beverages, such as almond or soy milk, are nondairy beverages and must be nutritionally equivalent to fluid milk to be creditable (see Nutrient Requirements for Fluid Milk Substitutes/Nondairy Beverages Chart on page 14). Most commercial plant-based beverages are not nutritionally equivalent to fluid milk (with the exception of most soy milks) and therefore are not reimbursable. Use of nondairy beverages that do not meet nutrient standards for fluid milk substitutes must be supported by a medical statement from a State licensed healthcare professional or registered dietitian to be reimbursable.
Pudding			X	Pudding is not creditable as fluid milk.
Pudding Pops			X	Pudding pops are not creditable as fluid milk.

FLUID MILK

Food	Creditable			Additional Information
	Yes	Maybe	No	
Dairy Products or Milk Substitutes				
Reconstituted Dry Milk		X		Reconstituted dry milk typically does not credit as fluid milk, however, it may be creditable under certain conditions of limited fluid milk availability. Contact your State agency or your sponsoring agency for additional guidance.
Sherbet/Sorbet			X	Sherbet and sorbet are not creditable as fluid milk.
Smoothies		X		The volume of fluid milk in each portion of smoothie is creditable if it contains at least ¼ cup (2 fl oz) of milk; this is the minimum creditable amount of milk in a smoothie. In addition, the milk must meet the fat standards for the age(s) being served and be unflavored for children younger than 6 years old. When a smoothie contains less than the amount of milk required in the meal pattern, additional fluid milk must be offered. For more information, see policy memo: <u>Smoothies Offered in Child Nutrition Programs</u> .
Sweetened Condensed Milk			X	Sweetened condensed milk is not creditable as fluid milk.
Sour Cream			X	Sour cream is not creditable as fluid milk.
Yogurt		X		Yogurt is not creditable as fluid milk. However, for adults, yogurt may be substituted for fluid milk once per day. Yogurt may credit toward the meats/meat alternates component in other instances.



MEATS/MEAT ALTERNATES

Use this section as a guide to identify creditable M/MA and products that contain creditable M/MA. This is NOT an all-inclusive list. For information on creditable M/MA commonly served in CNP, see the FBG. Details in the “Additional Information” column help you to determine if the product is creditable and where to find more information.

Note: CN label = Child Nutrition label; PFS = Product Formulation Statement

Food	Creditable			Additional Information
	Yes	Maybe	No	
Acorns			X	Acorns are not creditable due to their low protein content.
Bacon and Imitation Bacon Products			X	Bacon is not creditable. These products contain little meat. See the Other Foods section in the FBG for purchasing information.
Bacon/Pork Rinds			X	Bacon/Pork rinds are not creditable.
Bacon, Turkey		X		Turkey bacon is creditable only if the product is (1) CN labeled or (2) has a verified PFS.
Bean/Pea/Lentil Flour		X		Bean/pea/lentil flour used in pastas, other processed foods, or recipes is creditable toward the M/MA component when served with at least 0.25 oz eq of visible M/MA. Document meal pattern contribution with a CN label, PFS or standardized recipe. Note: Bean/pea/lentil flour used in pastas may also credit as a vegetable, but not as both M/MA and vegetable in the same meal.
Beans, Peas, and Lentils, Canned or Dry	X			Cooked dry or canned beans, peas, and lentils (kidney, garbanzo, black, pinto, etc.) may be credited as either a meat alternate or a vegetable, but not as both in the same meal. See the M/MA section in the FBG.
Beans, Refried	X			See the M/MA section in the FBG.
Beef Jerky		X		Beef jerky is creditable toward the M/MA component if it is (1) CN labeled or (2) has a verified PFS. The PFS should identify the type of beef or pork used to make the product as listed in the FBG. For example, “ground beef (not more than 30 percent fat).” Please note beef jerky may be a choking hazard for some populations.

MEATS/MEAT ALTERNATES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Bologna		X		Bologna is creditable toward the M/MA component. See the M/MA section in the FBG for creditable luncheon meats such as bologna. Bologna containing byproducts, cereals, or binders/ extenders is only creditable if the product is (1) CN labeled or (2) has a verified PFS. Examples of binders/extenders are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. As a best practice, it is recommended to serve low-fat versions of luncheon meats.
Canadian Bacon or Mild Cured Pork	X			See the M/MA section in the FBG for creditable pork products.
Canned or Frozen Combination Foods such as: Stews, Beefaroni, Chili, Macaroni & Cheese, Pizzas, Pot Pies, Raviolis		X		These products are creditable toward the M/MA component if the product is (1) CN labeled or (2) has a verified PFS and contains at least 0.25 oz eq M/MA per serving.
Canned, Pressed Luncheon Meat (Potted/Deviled)			X	Canned, pressed luncheon meat is not creditable.
Ceviche (Raw Fish Marinated in Citrus Juice)			X	Raw ceviche is not creditable. Raw fish is a potential health hazard for vulnerable populations.
Cheese, Cottage or Ricotta	X			See the M/MA section in the FBG. A 2 oz serving of cottage cheese credits as 1 oz eq meat alternate.
Cheese, Homemade			X	Homemade cheese is not creditable.
Cheese, Natural or Processed	X			See the M/MA section in the FBG. A 1 oz serving of hard cheese provides 1 oz eq meat alternate.



MEATS/MEAT ALTERNATES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Cheese Foods, Cheese Food Substitutes, Cheese Spreads, and Cheese Spread Substitutes	X			See the M/MA section in the FBG. A 2 oz serving provides 1 oz eq meat alternate. These products are not creditable in the infant meal pattern.
Cheese, Imitation or Cheese alternative/alternate			X	Cheese labeled as “imitation” or as “cheese alternative” is not creditable because the nutrient content is inferior to the food it substitutes and therefore is not creditable.
Cheese Products			X	Cheese labeled as a “cheese product” is not creditable. Cheese products do not have a standard of identity.
Chicken Nuggets		X		The edible chicken portion is creditable toward the M/MA component. See the M/MA section in the FBG. Commercial chicken nuggets are creditable only if they have (1) a CN label or (2) a verified PFS. Document the meal pattern contribution of homemade nuggets with a standardized recipe. For breading/batter crediting, see the Grains section in the FBG. Deep-fat frying is not allowed as a way of preparing foods onsite. Chicken nuggets credit if reheated using a method other than deep-fat frying. This product has a high fat content and as a best practice it is recommended to be served on a limited frequency.
Chickpeas, Roasted (Roasted Garbanzo Beans)	X			Roasted chickpeas may be credited as either a meat alternate or a vegetable but not as both in the same meal. A ¼ cup roasted chickpeas credit as a 1 oz eq meat alternate or a ¼ cup vegetable, but not as both at the same meal. Please note they may be a choking hazard for some populations.
Chitterlings (Chitlins, Tripes, Mondongo, Chinchulines)	X			Chitterlings are small intestines and credit toward the M/MA component. A ½ cup chitterlings is equal to 2 oz eq meat.

MEATS/MEAT ALTERNATES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Corn Dogs, Corn Dog Nuggets		X		Only the weight of the hot dog (frankfurter) credits toward the M/MA component. See the M/MA section in the FBG. If the hot dog contains byproducts, cereals, or binders/extenders they are only creditable if the product is (1) CN labeled or (2) has a verified PFS. Examples of binders/extendors are starch, cellulose, and nonfat dry milk. For breading/batter crediting see the Grains section in the FBG. Deep-fat frying is not allowed as a way of preparing foods onsite. Corn dogs credit if reheated using a method other than deep-fat frying. Document the meal pattern contribution with a standardized recipe, a CN label, or a PFS. This product has a high fat and salt content and as a best practice it is recommended to be served on a limited frequency. Remember to serve corn dogs in small pieces for those participants where choking is a potential hazard.
Cream Cheese			X	Cream cheese is not creditable. See the Other Foods section in the FBG for purchasing information.
Deviled Eggs	X			Whole eggs are creditable. See the M/MA section in the FBG. The weights of the added ingredients (for example, relish, mayonnaise, etc.) cannot credit toward the meal pattern requirements.
Dried and Semi-Dried Meat, Poultry, and Seafood Snacks, Shelf-Stable		X		These products credit based on the percent of meat, poultry, and/or seafood the product contains. These products are creditable if the product is (1) CN labeled or (2) has a verified PFS. The creditable amount cannot exceed the weight of the volume served. The creditable ingredients must match or have a similar description as listed on the product label and must match or have a similar description as listed in the FBG. Please note these products may be a choking hazard for some populations.
Eggs, Liquid Substitutes			X	Liquid egg substitutes are not whole eggs and are not creditable. Only whole liquid eggs are creditable.



MEATS/MEAT ALTERNATES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Eggs, Whites Only			X	Egg whites are not creditable if served without the yolks. Only whole eggs are creditable. See the Other Foods section in the FBG for purchasing information.
Eggs, Whole, Fresh, Frozen, Dried, or Liquid	X			All forms of whole eggs are creditable toward the M/MA component. One large egg credits as 2 oz eq meat alternate. See the M/MA section in the FBG.
Eggs, Yolks Only			X	Only whole eggs are creditable. See the Other Foods section in the FBG for purchasing information.
Falafel		X		The volume of meat alternate, such as chickpeas, in each serving is creditable. See the M/MA section in the FBG. Document the meal pattern contribution with a standardized recipe, CN Label, or a PFS.
Fish, Commercial	X			<p>Must comply with State and local regulations. See M/MA section in the FBG. See “Fish sticks” item below for crediting breaded fish products.</p> <p>The FDA and the <i>Dietary Guidelines for Americans</i> recommend that pregnant women and young children avoid eating fish that typically have higher mercury levels. Please note that bones in fish should also be considered a choking hazard.</p>
Fish, Home Pickled			X	For safety reasons, home pickled fish is not creditable.
Fish, Noncommercial, Home-Caught		X		<p>Home-caught fish is only creditable if it meets State or local public health policies regarding food safety or if the center is serving primarily a Native American population with donated traditional foods.</p> <p>The FDA and the <i>Dietary Guidelines for Americans</i> recommend that pregnant women and young children avoid eating fish that typically have higher mercury levels. Please note that bones in fish should also be considered a choking hazard.</p>

MEATS/MEAT ALTERNATES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Fish Sticks or Portions/Nuggets (breaded)		X		<p>The edible fish portion credits toward the M/MA component. See the M/MA section in the FBG. For breading/batter crediting, see the Grains section in the FBG.</p> <p>Document the meal pattern contributions with a CN label, PFS, or a standardized recipe. Deep-fat frying is not allowed as a way of preparing foods onsite. Fish sticks credit if reheated using a method other than deep-fat frying. This product has a high fat content and as a best practice it is recommended to be served on a limited frequency. The FDA and the <i>Dietary Guidelines for Americans</i> recommend that pregnant women and young children avoid eating fish that typically have higher mercury levels.</p>
Game [e.g., Deer Meat (Venison), Bison, Elk, etc.]		X		<p>Meat from both farm raised and wild game animals (e.g., bison, venison, and reindeer) may be served in CNP. Producers selling domesticated and wild game animals to CACFP sites must meet applicable Federal, State, local, and Tribal food safety regulations and inspection requirements. CACFP sponsoring organizations should work with their local food safety authority to determine applicable State and local food safety regulations. See the policy memo: <u>Crediting Traditional Indigenous Foods in Child Nutrition Programs</u>.</p>
Home-Slaughtered Meat			X	<p>For safety reasons, home-slaughtered meat is not creditable.</p>
Hot Dogs (Frankfurters)		X		<p>Hot dogs (frankfurters) are creditable toward the M/MA component. See the M/MA section in the FBG. If they contain byproducts, cereals, or binders/extenders they are only creditable if the product is (1) CN labeled or (2) has a verified PFS. Examples of binders/extenders are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. The selection of low-fat versions of these types of products is encouraged as a best practice. Cut into age-appropriate sizes and shapes for those participants where choking is a potential hazard.</p>



MEATS/MEAT ALTERNATES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Hummus		X		Hummus is a dip made from beans and nut/seed butter and does not have a standard of identity. Therefore, hummus would require a PFS or CN label to determine the volume of meat alternate in each serving of commercially prepared hummus. A standardized recipe can be used for crediting hummus if it is prepared onsite. Note: Nut/seed butter will credit as an M/MA, while the beans, peas, and/or lentils (e.g., chickpeas) could credit as either a vegetable or M/MA, potentially crediting as two food components.
Kidney, Liver, Heart, Gizzards	X			See the M/MA section in the FBG.
Liverwurst		X		Liverwurst is creditable if the product is (1) CN labeled or (2) has a verified PFS.
Luncheon Meats		X		Only luncheon meats that are listed in the FBG or have a (1) CN label or (2) verified PFS are creditable.
Meat Sauce (Spaghetti Sauce)		X		Only the amount of cooked meat in the sauce may be credited toward the M/MA component. The creditable ingredients must match or have a similar description as listed in the FBG (e.g., Ground Beef, not more than 30% fat). The minimum creditable amount is 0.25 oz eq. Commercial meat sauce is creditable if the product is (1) CN labeled or (2) has a verified PFS.
Meat and Poultry Sticks (Not Dried or Semi-Dried and Not Jerky)		X		Meat sticks in a jar are similar to Vienna sausage. Meat sticks are creditable if the product is (1) CN labeled or (2) has a verified PFS. The creditable amount cannot exceed the weight of the volume served. The creditable ingredients must match those listed on the product label and must match or have a similar description as listed in the FBG.
Neufchatel Cheese			X	Neufchatel cheese is not creditable.
Nuts	X			A 1 oz serving of nuts provides 1 oz eq meat alternate. See the M/MA section in the FBG. Please note that nuts may be a choking hazard for some populations.

MEATS/MEAT ALTERNATES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Nut or Seed Butters	X			2 tablespoons of nut or seed butter provides 1 oz eq meat alternate. See the M/MA section in the FBG. Examples of nut or seed butters include: Almond butter, Cashew nut butter, Peanut butter, Sesame seed butter, Soy nut butter, Sunflower seed butter.
Nut or Seed Flour		X		Nut and seed meal flours (such as almond flour) may credit only if they meet the requirements for Alternate Protein Products (APPs) and are served in a product with at least 0.25 oz eq visible M/MA. Nut and seed flours do not credit toward the grains component.
Nut or Seed Spreads		X		Nut spreads (such as peanut spreads) are not the same as a nut butter. Nut or seed spreads must be credited using a PFS or CN label that lists the creditable ingredient(s) (i.e., peanuts) and uses the yields found in the FBG for the ingredient(s) that contribute to the meal requirements.
Pasta/Noodles or Flour made from Beans/Peas/Lentils		X		Noodles made from bean/pea/lentil flours may credit toward the M/MA component when paired with at least 0.25 oz eq of visible M/MA, such as meat or cheese. Document meal pattern contribution with a CN label or a PFS.
Peas or Lentils, Dry	X			A ¼ cup cooked dry peas or lentils credits as 1 oz eq meat alternate.
Pepperoni, Traditional, Dried		X		These products credit based on the percent of meat (beef and pork) the product contains. Pepperoni is creditable if the product is (1) CN labeled or (2) has a verified PFS.
Pepperoni, Turkey		X		These products credit based on the percent of poultry the product contains. Turkey Pepperoni is creditable if the product is (1) CN labeled or (2) has a verified PFS.
Pig's Feet, Neck Bones, or Tails (Parts)			X	These products contain small amounts of meat and are not creditable.
Pimento Cheese, Commercial	X			Pimento cheese is classified as a cheese spread. A 2 oz serving provides 1 oz eq meat alternate.
Pizza, Commercial		X		Meats, cheeses, or other meat alternates on a pizza are creditable toward the M/MA component. The weights of the sauce, vegetables, and crust may credit toward the vegetable and grains components. Document the meal pattern contribution with a CN label or a PFS.



MEATS/MEAT ALTERNATES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Pizza, Homemade	X			Meats, cheeses, or other meat alternates on a pizza are creditable toward the M/MA component. The weights of the sauce, vegetables, and crust may credit toward the vegetable and grains components. Document the meal pattern contribution with a standardized recipe.
Polish Sausage		X		Polish sausage is creditable if the product is (1) CN labeled or (2) has a verified PFS.
Pot Pies, Commercial		X		The M/MA ingredients are creditable if there is at least a 0.25 oz eq M/MA per serving. See the FBG for information on crediting the remaining ingredients toward other meal components. Document the meal pattern contribution with a CN label or PFS.
Pot Pies, Homemade		X		The M/MA ingredients are creditable if there is at least a 0.25 oz eq M/MA per serving. See the FBG for information on crediting the remaining ingredients toward other meal components. Document the meal pattern contribution with a standardized recipe.
Potted or Deviled Meats			X	Potted or deviled meats are not creditable.
Powdered Cheese (e.g., in Boxed Macaroni and Cheese)			X	Powdered cheese mix is not creditable. The macaroni, if made from enriched or whole grains, may be credited toward the grains component.
Queso Blanco, Commercial, Pasteurized	X			Queso blanco is a fresh, crumbly white cheese. Commercial, pasteurized queso blanco is creditable. Queso blanco credits similarly to feta cheese; 1 oz cheese = 1 oz eq
Queso Fresco, Commercial, Pasteurized	X			Queso fresco is a fresh, white cheese. Commercial, pasteurized queso fresco is creditable. Queso fresco credits similarly to feta cheese; 1 oz cheese = 1 oz eq
Quiche		X		The eggs, cheese, and other M/MA may be credited toward the M/MA component if there is at least a 0.25 oz eq per serving. See the FBG for information on crediting the remaining ingredients toward other meal components. Document the meal pattern contribution with a standardized recipe if made from scratch, or a CN label or PFS if commercially purchased.

MEATS/MEAT ALTERNATES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Salami		X		Creditable only if it is (1) CN labeled or (2) has a verified PFS. This product is high in sodium and fat and as a best practice should be served less frequently.
Salt Pork			X	Salt pork contains little meat and it is not creditable.
Sausage		X		Sausage products that are listed in the FBG are creditable. See the M/MA section in the FBG. Other sausage products must have (1) CN label or a (2) verified PFS.
Scrapple			X	Scrapple contains little meat and is not creditable.
Seeds	X			A 1 oz serving of seeds provides 1 oz eq meat alternate. See the M/MA section in the FBG.
Shellfish	X			Shellfish must be fully cooked; only the edible fish portion is creditable. See the M/MA section in the FBG.
Soups, Bean or Pea, Commercial	X			1 cup serving of commercially prepared bean or pea soup provides ½ cup heated beans which credits as 2 oz eq meat alternate. Beans, peas, and lentils may be credited either as a vegetable or meat alternate, but not both in the same meal. See the M/MA section in the FBG.
Soups, Commercial with M/MA		X		The M/MA ingredients are creditable if there is at least a 0.25 oz eq M/MA per serving. See the FBG for information on crediting the remaining ingredients toward other meal components. Document the meal pattern contribution with a CN label or PFS.
Soups, Homemade with M/MA		X		The M/MA ingredients are creditable if there is at least a 0.25 oz eq M/MA per serving. See the FBG for information on crediting the remaining ingredients toward meal pattern requirements. Document the meal pattern contribution with a standardized recipe.
Soybeans, Fresh (Edamame) or Dry/Roasted (Soy Nuts)	X			A ¼ cup soybeans credits as 1 oz eq meat alternate. Soybeans may credit toward either the M/MA or vegetables component, but not both in the same meal. See the M/MA section in the FBG.



MEATS/MEAT ALTERNATES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Surimi Seafood, Commercial (Imitation Crab, Imitation Shellfish)	X			3 oz of commercially prepared surimi seafood credits as 1 oz eq meat. See the M/MA section of the FBG. Document surimi seafood products containing higher quantities of fish product, or other creditable ingredients with a PFS or a CN label.
Sushi (Raw Seafood and Sashimi)			X	Raw sushi is not creditable. Raw fish is a potential health hazard for vulnerable populations.
Tahini (Sesame Seed Butter)	X			Tahini is classified as a seed butter. A 2-tablespoon serving provides 1 oz eq meat alternate.
Tempeh, Commercial	X			1 oz of commercially prepared tempeh provides 1 oz eq meat alternate. Document meal pattern contribution of tempeh that contains other creditable ingredients (grains, seeds, etc.) with a PFS or a CN label.
Tofu, Commercial	X			Commercially prepared tofu is creditable. A 2.2 oz (1/4 cup) serving of commercially prepared tofu, containing at least 5 g of protein, provides 1 oz eq meat alternate. Homemade or noncommercial tofu is not creditable.
Vienna Sausage		X		Vienna sausage is creditable toward the M/MA component. See the M/MA section in the FBG. If Vienna sausage contains byproducts, cereals, or binders/extenders it is only creditable if the product is (1) CN labeled or (2) has a verified PFS. Examples of binders/extenders are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. The selection of low-fat versions of these types of products is encouraged. Remember to serve Vienna sausage in age-appropriate sizes and shapes for those participants where choking is a potential hazard.

MEATS/MEAT ALTERNATES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Yogurt, Commercial Plain, Unflavored, Flavored, Sweetened	X			Product must be labeled as “yogurt”. A ½ cup or 4 oz serving provides 1 oz eq meat alternate. Must contain no more than 12 g of added sugars per 6 oz. See the M/MA section in the FBG for additional crediting information. Homemade yogurt is not creditable.
Yogurt, Soy	X			A ½ cup or 4 oz serving provides 1 oz eq meat alternate. Must contain no more than 12 g of added sugars per 6 oz.
Yogurt in a Tube	X			Product must be labeled as “yogurt”. A 2.2 oz tube of yogurt provides ½ oz eq meat alternate. Must contain no more than 12 g of added sugars per 6 oz (or no more than 4 g of added sugars per 2 oz of yogurt).
Yogurt, Frozen		X		Only yogurt that is frozen by program operators may credit. Please note that crediting of yogurt in this form is discouraged, as it is perceived as a dessert. Commercial frozen yogurt is similar to ice cream and is not creditable.
Yogurt Drinks		X		Yogurt drinks that meet the Food and Drug Administrations’ Standard of Identify for yogurt may credit. Must contain no more than 12 g of added sugars per 6 oz (or no more than 4 g of added sugars per 2 oz of yogurt). Note: cultured milk (kefir) credits toward the fluid milk component.
Yogurt Products (commercial); Frozen Yogurt, Yogurt Bars, Yogurt Flavored Products, Yogurt-Covered Fruits or Nuts, or similar products			X	These products are not creditable.

VEGETABLES

Use this section as a guide to identify creditable vegetables and products that contain creditable vegetables. This is NOT an all-inclusive list. For information on creditable vegetables commonly served in Child Nutrition Programs (CNP), see the FBG.

Details in the “Additional Information” column help you to determine if the product is creditable and where to find more information.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Barbecue Sauce			X	Barbecue sauce is a condiment and is not creditable.
Beans, Peas, or Lentils, Canned or Dry	X			Beans, peas, or lentils (kidney, garbanzo, black, lentils, etc.) may be credited as either a vegetable or as a meat alternate, but not as both in the same meal. See the Vegetables section in the FBG.
Bean Sprouts (canned or cooked)	X			See the Vegetables section in the FBG for canned or cooked sprouts. Please be aware, for food safety reasons, raw sprouts are not creditable.
Carrot Bread		X		Carrot bread must contain at least an ⅛ cup (2 tablespoons) of visible vegetable per serving. Document the meal pattern contribution with a standardized recipe or a PFS. Generally, these products contain an insufficient amount of vegetable per serving.
Chickpeas, Roasted (Roasted Garbanzo Beans)	X			Roasted chickpeas may be credited as either a vegetable or a meat alternate, but not as both in the same meal. A ¼ cup of roasted chickpeas credits as a ¼ cup of vegetable or a 1 oz eq of meat alternate. Please note they may be a choking hazard for some populations.
Chili Sauce			X	Chili sauce is a condiment and is not creditable.
Coleslaw		X		The vegetable portion of coleslaw, without condiments or other ingredients, is creditable. Document meal pattern contribution with a standardized recipe or a PFS. See the Vegetables section in the FBG.
Corn, Fresh (Kernel or On-the-Cob)	X			See the Vegetables section in the FBG.



VEGETABLES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Corn Chips			X	Corn chips are classified as a grain (not a vegetable) when made from creditable ingredients. See the Grains section in the FBG.
Corn Syrup			X	Corn syrup is a sugar, not a vegetable, and considered a noncreditable food in CNP.
Dehydrated/Dried Vegetables	X			Dehydrated and dried (including freeze-dried) vegetables are creditable based on the rehydrated volume served. See the Vegetables section in the FBG.
Dry Spice Mixes			X	Spices do not credit toward meal pattern requirements.
French-Fried Potatoes (French Fries)		X		French-fried potatoes that are air-fried, pre-fried, flash-fried, or par-fried by a commercial manufacturer may be served, when reheated by a method other than deep-fat frying. Foods deep-fat fried onsite are not creditable. See the Vegetables section in the FBG.
Gelatin Containing Vegetables (Aspic)		X		Gelatin containing vegetables must contain at least an 1/8 cup (2 tablespoons) of visible vegetable per serving. Document meal pattern contribution with a standardized recipe or a PFS.
Gravy Base			X	Gravy base is not a vegetable and is not creditable.
Greens, All Varieties (such as Mustard, Collard, and Chard)	X			See the Vegetables section in the FBG.
Hominy, Canned	X			See the Vegetables section in the FBG. 1/4 cup of canned, drained hominy credits as 1/4 cup vegetable. Note: hominy grits credit toward the grains component.
Hummus		X		Hummus is a dip made typically from chickpeas and nut/seed butter and does not have a standard of identity. Therefore, hummus would require a PFS or CN label to determine the volume of vegetables (chickpeas) in each serving of commercially prepared hummus. A standardized recipe can be used for crediting hummus if it is prepared onsite. Note: Nut/seed butter will credit as an M/MA, while the beans, peas, and/or lentils (e.g., chickpeas) could credit as either a vegetable or M/MA, potentially crediting as two food components.



VEGETABLES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Juice, 100% Vegetable	X			Pasteurized, 100% full-strength vegetable juice is creditable.
Juice Blends (Vegetable only or Fruit and Vegetable)		X		Vegetable and fruit juice blends that are combinations of pasteurized, 100% full-strength juices are creditable. If vegetable is the first ingredient listed, the juice blend may credit toward the vegetables component.
Ketchup (Catsup)			X	Ketchup is a condiment and is not creditable.
Macaroni Salad (also Pasta Salads)		X		Macaroni Salad containing vegetables must contain at least an ½ cup (2 tablespoons) of visible vegetable per serving. Document with a standardized recipe or a PFS.
Mayonnaise, Salad Dressing, Margarine, Salad Oil, and Butter			X	These products are condiments and are not creditable.
Mustard			X	Mustard is a condiment and is not creditable.
Olives	X			Olives may be credited if a minimum of an ½ cup (2 tablespoons) is provided. Please note that most olives are high in sodium and may pose a choking hazard to young children.
Onion Rings		X		Onion rings that are air-fried, pre-fried, flash-fried, or par-fried by a commercial manufacturer may be served but must be reheated by a method other than deep-fat frying. Foods deep-fat fried onsite are not creditable. To credit as a vegetable, this product must contain at least an ½ cup (2 tablespoons) of cooked onion per serving. Document meal pattern contribution with a standardized recipe or a PFS.
Pasta/Noodles from Bean/Pea/Lentil Flours		X		Noodles made from bean/pea/lentil flours may credit toward the vegetable or meat/meat alternate component. Program operators may serve noodles made from bean/pea/lentil flours without serving additional recognizable vegetables and credit toward the vegetables component.
Pickle Relish			X	Pickle relish is a condiment and is not creditable.
Pickles	X			Pickles may be credited if a minimum of an ½ cup (2 tablespoons) is provided. Please note that most pickles are high in sodium.



VEGETABLES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Pie Filling: Sweet Potato, Pumpkin		X		Pie fillings containing vegetables must contain at least an 1/8 cup (2 tablespoons) of visible vegetable per serving. Document meal pattern contribution with a standardized recipe or a PFS.
Pizza Sauce (Tomato Sauce)		X		Pizza/Tomato sauce may be credited if a minimum of an 1/8 cup (2 tablespoons) of sauce is provided. An 1/8 cup of sauce equals an 1/8 cup of vegetable. See the Vegetables section in the FBG. Document meal pattern contribution with a standardized recipe or a PFS.
Potato Chips (and Other Vegetable Chips)			X	Snack-type vegetable products, such as potato chips, do not credit toward meal pattern requirements.
Potatoes	X			See the Vegetables section in the FBG.
Potatoes, Dehydrated	X			Reconstituted, heated potatoes made from dehydrated potatoes are creditable. See the Vegetables section in the FBG.
Pumpkin Bread		X		Pumpkin bread must contain at least an 1/8 cup (2 tablespoons) of visible vegetable per serving. Document meal pattern contribution with a standardized recipe or a PFS. Generally, these products contain an insufficient amount of vegetable per serving.
Salsa	X			Salsa is creditable toward the vegetables component. See the Vegetables section in the FBG.
Soups: Canned, Condensed, or Ready-To-Serve (Minestrone, Tomato, Tomato with other basic ingredients such as Rice, Vegetable, and Vegetable with basic ingredients such as Meat and Poultry)	X			1 cup of reconstituted or ready-to-serve soup provides 1/4 cup of vegetable. See the Vegetables section in the FBG. Please note that 1 cup of soup may be an excessive volume for young children.



VEGETABLES

Food	Creditable			Additional Information
	Yes	Maybe	No	
Soups, Homemade		X		Homemade soups must contain at least an ⅛ cup (2 tablespoons) of visible vegetable per serving. Document meal pattern contribution with a standardized recipe.
Soybeans, Roasted	X			Roasted soybeans may be credited as either a vegetable or a meat alternate, but not as both in the same meal. A ¼ cup of roasted soybeans credits as a ¼ cup of vegetable or a 1 oz eq meat alternate. Please note these may be a choking hazard for some populations.
Spaghetti Sauce (Meatless)	X			Spaghetti sauce is creditable toward the vegetables component. See the Vegetables section in the FBG.
Vegetable Spirals (from Fresh or Frozen Vegetables such as Carrot or Squash)	X			Fresh or frozen vegetable spirals are creditable toward the vegetables component based on the volume served.
Vegetable Sticks/ Vegetable Straws (Dehydrated/ Puffed)			X	Snack-type vegetable products, such as dehydrated/ puffed vegetable sticks/straws, do not credit toward meal pattern requirements.
Vegetables, Fresh, Frozen, or Canned (All Varieties)	X			See the Vegetables section in the FBG.
Zucchini Bread (Squash in Bread)		X		Zucchini bread must contain at least an ⅛ cup (2 tablespoons) of visible vegetable per serving. Document meal pattern contribution with a standardized recipe or a PFS. Generally, vegetable breads contain an insufficient amount of vegetable per serving.



FRUITS

Use this section as a guide to identify creditable fruits and products that contain creditable fruits. This is NOT an all-inclusive list. For information on creditable fruits commonly served in Child Nutrition Programs (CNP) see the FBG.

Details in the “Additional Information” column help you to determine if the product is creditable and where to find more information.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Ade Drinks (Lemonade, Limeade)			X	Ade drinks, such as lemonade and limeade, are not 100% juice and are not creditable.
Apple Butter			X	Apple butter is a condiment and is not creditable.
Apple Cider		X		Cider must follow the same crediting rules as fruit juice (must be 100% juice and pasteurized).
Apple Fritters		X		Fritters must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Generally, fritters contain an insufficient amount of fruit per serving. Fritters are a grain-based dessert and do not credit toward the grains component. Deep-fat frying is not allowed as a way of preparing foods onsite. Apple fritters may credit if reheated using a method other than deep-fat frying and if they contain a creditable amount of visible fruit per serving. This product has a high fat and added sugars content and should be served on a limited frequency.
Applesauce	X			Applesauce credits toward the fruit component. See the Fruits section in the FBG. Note: Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in muffins. Purees will credit as juice if included in a beverage.
Banana Bread		X		Banana bread must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Typically, banana bread contains an insufficient amount of fruit per serving.
Berries, All Varieties	X			See the Fruits section in the FBG.



FRUITS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Cake Containing Fruit		X		Although cake containing fruit is a grain-based dessert and cannot credit toward the grains component, if it contains at least an 1/8 cup (2 tablespoons) of visible fruit per serving, the fruit portion may credit toward the fruits component. Document meal pattern contribution with a standardized recipe or a PFS. Generally, cakes with fruit contain an insufficient amount of fruit per serving.
Coconut, Dried	X			Dried coconut credits as twice the volume served. For example, a 1/4 cup dried coconut credits as a 1/2 cup fruit. See the Fruits section in the FBG.
Coconut Flour			X	Coconut flour is not creditable.
Coconut, Fresh or Frozen	X			See the Fruits section in the FBG.
Cranberry Juice Cocktail			X	Juice cocktails are not 100% juice and are not creditable.
Cranberry Sauce or Relish		X		Canned cranberry sauce/relish credits toward the fruit component. See the Fruits section in the FBG. Note: canned cranberry sauce/relish often contains a large amount of added sugars, therefore, as a best practice, program operators should limit how often these foods are served. Cranberry sauces made from scratch may be creditable if they contain an 1/8 cup of fruit per serving. Document meal pattern contribution with a standardized recipe.
Dried Fruit, Whole (such as Raisins, Apricots, Prunes, Cranberries)	X			Dried fruit credits as twice the volume served. For example, a 1/4 cup of raisins credits as a 1/2 cup fruit. See the Fruits section in the FBG. Dried fruit may be a choking hazard for some populations.
Fig Bars		X		Although fig bars are a grain-based dessert and cannot credit toward the grains component, if it contains at least an 1/8 cup (2 tablespoons) of visible fruit per serving, the fruit portion may credit toward the fruits component. Document meal pattern contribution with a standardized recipe or a PFS. Generally, fig bars contain an insufficient amount of fruit per serving.



FRUITS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Frozen Fruit-Flavored Bars/Popsicles (Freezer Pops)			X	Frozen fruit-flavored bars/popsicles are not made of 100% juice and are not creditable.
Frozen Fruit Juice Bars or Cups		X		Frozen fruit juice bars or cups must contain at least an $\frac{1}{8}$ cup (2 tablespoons) of fruit and/or full-strength 100% fruit juice per serving. Only the fruit or fruit juice portion may credit toward the fruit requirement. Document meal pattern contribution with a standardized recipe or a PFS.
Fruit Cups		X		Commercially prepared fruit cups (packed in water, 100% juice, or light syrup) must contain at least an $\frac{1}{8}$ cup (2 tablespoons) of visible fruit. Document meal pattern contribution with a PFS. Fruit cups prepared by using a #8 scoop serving from a #10 can of fruit may credit $\frac{1}{2}$ cup measure of fruit and juice as $\frac{1}{2}$ cup of fruit as described in the FBG.
Fruit Cobblers/Crisps		X		Although fruit cobblers/crisps are a grain-based dessert and cannot credit toward the grains component, if it contains at least an $\frac{1}{8}$ cup (2 tablespoons) of visible fruit per serving, the fruit portion may credit toward the fruits component. Document meal pattern contribution with a standardized recipe or a PFS.
Fruit Juice Bases			X	Juice bases are not 100% fruit juice and are not creditable.
Fruit Juice Concentrates		X		Juice concentrates may only be credited when reconstituted to full-strength 100% juice. Juice concentrate cannot be credited when used as an ingredient in another food or beverage unless it is reconstituted to 100% full-strength and provides a minimum of $\frac{1}{8}$ of a cup of full-strength 100% juice.
Fruit Drinks			X	Fruit drinks are not 100% juice and are not creditable.
Fruit-Flavored Powders and Syrups			X	Fruit-flavored powders and syrups do not meet the definition of fruit or juice and are not creditable.
Fruit-Flavored Punch			X	Fruit-flavored punch is not 100% juice and is not creditable.

FRUITS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Fruit-Flavored Waters			X	Fruit-flavored waters are not 100% juice and are not creditable.
Fruit Purees	X			Fruit purees credit on volume served. See the Fruits section in the FBG. Please note: Purees do not credit toward the meal pattern requirements when used to improve the nutrient profile such as applesauce used to replace oil in muffins. Purees will credit as juice if included in a beverage, including smoothies.
Fruit Sauces (Other than applesauce or cranberry sauce)		X		Fruit sauces must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Generally, commercial sauces contain an insufficient amount of fruit per serving.
Fruit Snacks (Fruit Strips, Leather, Fruit Drops, or other Fruit Snack-Type Products)			X	Fruit snacks are not creditable.
Gelatinized Fruit/ Gelatin Containing Fruit		X		Thickened or gelatinized fruit (such as gelatin with fruit) must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS.
Honey			X	Honey is a sweetener and is not creditable. See the Other Foods section in the FBG for purchasing information. For food safety reasons, honey should not be served to children less than 1 year of age.
Ice Cream, Fruit Flavors			X	Fruit-flavored ice cream contains an insufficient amount of fruit to credit toward the fruits component. See the Other Foods section in the FBG for purchasing information.
Jam			X	Jam is a condiment and is not creditable. See the Other Foods section in the FBG for purchasing information.
Jelly			X	Jelly is a condiment and is not creditable. See the Other Foods section in the FBG for purchasing information.



FRUITS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Juice, 100% Fruit	X			Pasteurized, 100% full-strength fruit juice is creditable.
Juice Blends (All Fruit)		X		Juice blends made from pasteurized, 100% full-strength fruit juice are creditable.
Juice Blends (Fruit and Vegetable)		X		Juice blends containing combinations of full-strength 100% fruit and vegetable juice are creditable. May be credited toward the fruits component when fruit is the first ingredient listed.
Maple Syrup			X	Maple syrup is a condiment or sweetener and is not creditable. See the Other Foods section in the FBG for purchasing information.
Muffins Containing Fruit		X		Muffins must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Generally, muffins contain an insufficient amount of fruit per serving.
Nectars (Fruit)		X		Full-strength 100% fruit nectars are creditable. Please note that there are no industry standards for nectars, and juice content may range anywhere from 0 to 100%.
Pie Filling (Fruit)		X		Pie filling must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Pies are a grain-based dessert and do not credit toward the grains component.
Pineapple Upside-Down Cake		X		Cake must contain at least an 1/8 cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Cake is a grain-based dessert and does not credit toward the grains component.
Preserves			X	Preserves, similar to jams and jellies, are considered a condiment and are not creditable.
Puddings Containing Fruit, Commercial			X	Commercial puddings are not creditable toward the fruits component.

FRUITS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Puddings Containing Fruit, Homemade		X		Homemade pudding containing fruit must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving to credit toward the fruits component. Document meal pattern contribution with a standardized recipe. In most cases, puddings are an “Other Food” and do not credit toward the meal pattern requirements. See the Other Foods section in the FBG for purchasing information.
Sherbet, Commercial or Homemade			X	Sherbet is not creditable. See the Other Foods section in the FBG for purchasing information.
Sorbets, Commercial or Homemade		X		Sorbets must contain at least an ⅛ cup (2 tablespoons) of fruit per serving. Document meal pattern contribution with a standardized recipe or a PFS. Please note that sorbets are perceived as desserts and often contain a large amount of added sugars, therefore, as a best practice, program operators should limit how often these foods are served.
Syrup (Fruit Flavored)			X	Syrup is a condiment and is not creditable.
Toaster Pastries with Fruit			X	Toaster pastries do not credit toward the fruits component. Toaster pastries are a grain-based dessert and do not credit toward the grains component.
Yogurt, Commercial (Fruit added by Provider)		X		Yogurt containing fruit added by the provider must contain at least an ⅛ cup (2 tablespoons) of visible fruit per serving. Document meal pattern contribution with a standardized recipe. Yogurt must contain no more than 12 g of added sugars per 6 oz.
Yogurt with Fruit, Commercial			X	The entire volume of commercial yogurt with fruit may credit toward the meat alternates component but cannot count toward the fruits component. See the Meats/Meat Alternates section in the FBG for additional crediting information. Yogurt must contain no more than 12 g of added sugars per 6 oz.



GRAINS

Exhibit A Grain Requirements For Child Nutrition Programs^{1,2}

Color Key: Footnote 3 or 4 = Red, Footnote 5 = Blue

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow Mein noodles • Savory crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing 	1 oz eq = 22 gm or 0.8 oz ¾ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz ¾ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads—all (for example sliced, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁵ (graham crackers—all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread • Pizza crust • Pretzels (soft) • Rolls • Tortillas • Tortilla chips • Taco shells 	1 oz eq = 28 gm or 1.0 oz ¾ oz eq = 21 gm or 0.75 oz ½ oz eq = 14 gm or 0.5 oz ¼ oz eq = 7 gm or 0.25 oz	1 serving = 25 gm or 0.9 oz ¾ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz

¹ In the National School Lunch Program (NSLP), School Breakfast Program (SBP) (grades K–12), and NSLP afterschool snacks, at least 80 percent of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Please note: State agencies have the discretion to set stricter requirements than the minimum nutrition standards for school meals. For additional guidance, please contact your State agency. For all other Child Nutrition Programs, grains must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the Child and Adult Care Food Program (CACFP) child and adult meal patterns and in the NSLP/SBP preschool meals, at least one grain serving per day must meet the whole grain-rich criteria.

² For the NSLP, SBP (grades K–12), NSLP afterschool snacks, and CACFP, and NSLP/SBP infant and preschool meals grain quantities are determined using ounce equivalents (oz eq). Summer Food Service Program (SFSP) may determine grain quantities using grains/breads servings. Some of the following grain items may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

⁵ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K–12) as specified in §210.10. May count toward the grains component in the SBP (grades K–12), NSLP afterschool snacks, CACFP, NSLP/SBP infant and preschool meals, and SFSP.

GRAINS

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> • Cookies³ (plain—includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meats/meat alternate pies) • Waffles 	1 oz eq = 34 gm or 1.2 oz ¾ oz eq = 26 gm or 0.9 oz ½ oz eq = 17 gm or 0.6 oz ¼ oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz ¾ serving = 23 gm or 0.8 oz ½ serving = 16 gm or 0.6 oz ¼ serving = 8 gm or 0.3 oz
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars⁴ (plain) • Muffins (all, except corn) • Sweet roll⁴ (unfrosted) • Toaster pastry⁴ (unfrosted) 	1 oz eq = 55 gm or 2.0 oz ¾ oz eq = 42 gm or 1.5 oz ½ oz eq = 28 gm or 1.0 oz ¼ oz eq = 14 gm or 0.5 oz	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	Ounce Equivalent (oz eq) for Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> • Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls⁴ (frosted) • Toaster pastry⁴ (frosted) 	1 oz eq = 69 gm or 2.4 oz ¾ oz eq = 52 gm or 1.8 oz ½ oz eq = 35 gm or 1.2 oz ¼ oz eq = 18 gm or 0.6 oz	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	Ounce Equivalent (oz eq) for Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	1 oz eq = 82 gm or 2.9 oz ¾ oz eq = 62 gm or 2.2 oz ½ oz eq = 41 gm or 1.5 oz ¼ oz eq = 21 gm or 0.7 oz	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

³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K–12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP afterschool snacks, or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁴ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K–12) as specified in §210.10. May count toward the grains component in SBP (grades K–12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP, NSLP afterschool snacks, or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.



GRAINS

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group G	Ounce Equivalent (oz eq) for Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted) 	1 oz eq = 125 gm or 4.4 oz ¾ oz eq = 94 gm or 3.3 oz ½ oz eq = 63 gm or 2.2 oz ¼ oz eq = 32 gm or 1.1 oz	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	Ounce Equivalent (oz eq) for Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> • Cereal grains (barley, quinoa, etc.) • Breakfast cereals (cooked)^{6,7,8} • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice 	1 oz eq = ½ cup cooked or 1 ounce (28 gm) dry	1 serving = ½ cup cooked or 25 gm dry
Group I	Ounce Equivalent (oz eq) for Group I	Minimum Serving Size for Group I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry)^{6,7,8} 	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1¼ cups or 1 ounce for puffed cereal 1 oz eq = ¼ cup or 1 ounce for granola	1 serving = ¾ cup or 1 oz, whichever is less

³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K–12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grain component in CACFP, NSLP afterschool snacks, or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

⁶ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁷ In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified. If the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified.

⁸ Cereals must contain no more than 6 grams of added sugars per dry ounce.

GRAINS

Use this **Grains** chart as a guide to identify creditable grains. Use the product ingredient list and/or the product food label along with the details in the Additional Information column to determine if the grain is creditable and where to find more information. This is NOT an all-inclusive list.

Grain	Creditable			Additional Information
	Yes	Maybe	No	
Amaranth	X			Amaranth is creditable as a whole grain. See Group H of Exhibit A. When amaranth is used as an ingredient in another product, crediting is based on the food item being served.
Barley		X		Barley must be whole grain or enriched to be creditable. See Group H of Exhibit A. When barley is used as an ingredient in another product, crediting is based on the food item being served. Please note that “pot” or “Scotch” barley and “pearl” or “pearled” barley are not creditable because they are not whole grain or enriched.
Buckwheat	X			Buckwheat is creditable as a whole grain. See Group H of Exhibit A. When buckwheat is used as an ingredient in another product, crediting is based on the food item being served.
Bulgur	X			Bulgur is creditable as a whole grain. See Group H of Exhibit A. When bulgur is used as an ingredient in another product, crediting is based on the food item being served.
Cornmeal		X		Cornmeal must be whole grain or enriched to be creditable. When cornmeal is used as an ingredient in another product, crediting is based on the food item being served.
Emmer (Wheat)		X		Emmer is a type of wheat (see Group H of Exhibit A). Emmer must be whole grain or included as in ingredient of an enriched product. When emmer is used as an ingredient in another product, crediting is based on the food item being served.



GRAINS

Grain	Creditable			Additional Information
	Yes	Maybe	No	
Freekeh	X			Freekeh is creditable as a whole grain. See Group H of Exhibit A. When freekeh is used as an ingredient in another product, crediting is based on the food item being served.
Kasha	X			Kasha made from buckwheat is creditable as a whole grain. See Group H of Exhibit A. When kasha is used as an ingredient in another product, crediting is based on the food item being served.
Millet	X			Millet is creditable as a whole grain. See Group H of Exhibit A. When millet is used as an ingredient in another product, crediting is based on the food item being served.
Quinoa	X			Quinoa is creditable as a whole grain. See Group H of Exhibit A. When quinoa is used as an ingredient in another product, crediting is based on the food item being served. Products made from whole-grain or enriched quinoa flour are also creditable.
Rice (Either Enriched White or Brown)	X			See Group H of Exhibit A.
Rice Flour		X		Rice flour must be whole grain or enriched. Check packaging carefully before purchasing. When rice flour is used as an ingredient in another product, crediting is based on the food item being served.
Rye		X		Rye must be whole grain or included as an ingredient in a final product that has been enriched. See Group H of Exhibit A. When rye is used as an ingredient in another product, crediting is based on the food item being served.



GRAINS

Grain	Creditable			Additional Information
	Yes	Maybe	No	
Sorghum		X		Sorghum must be whole grain or included as an ingredient in a final product that has been enriched. See Group H of Exhibit A. Pearled sorghum is not a whole grain since the bran is removed during processing; a pearled sorghum grain product must be enriched in order to credit toward the grains component. Popped sorghum is similar to popcorn so it may be credited using information for popcorn found in the FBG. When sorghum is used as an ingredient in another product, crediting is based on the food item being served.
Spelt		X		Spelt is a type of wheat (see Group H of Exhibit A). Spelt must be whole grain or included as an ingredient in a final product that has been enriched. When spelt is used as an ingredient in another product, crediting is based on the food item being served.
Triticale	X			Triticale is a whole grain. When triticale is used as an ingredient in another product, crediting is based on the food item being served.
Wheat Berries	X			Wheat berries are whole-wheat kernels and creditable as whole grains. See Group H of Exhibit A. When wheat berries are used as an ingredient in another product, crediting is based on the food item being served.
Wheat Germ/Bran	X			When wheat germ or bran is used as an ingredient in another product, crediting is based on the food item being served.
Wild Rice	X			Wild rice is creditable as a whole grain. See Group H of Exhibit A.



GRAINS

Use this **Grain Products** chart as a guide to determine if a grain product may be creditable in CACFP. Remember: first check if the product is made from creditable grain ingredients (whole grains, enriched grains, bran and/or germ). To verify the product contains creditable grains, you must check the product ingredient list and/or the product food label. Details in the Additional Information column help you to determine if the product is creditable and where to find more information. This is NOT an all-inclusive list.

Food	Creditable			Additional Information
	Yes	Maybe	No	
Animal Crackers	X			Animal crackers are credited in the same group as sweet crackers. See Group B of Exhibit A.
Bagels	X			See Group B of Exhibit A.
Bagel Chips	X			See Group B of Exhibit A. These products should be served with caution due to potential choking hazards.
Banana Bread	X			Quick breads are credited in the same group as muffins (other than corn muffins). See Group D of Exhibit A.
Bean/Pea/Lentil Pasta/Noodles			X	Bean/pea/lentil pastas are not creditable toward the grains component. Pasta made from bean/pea/lentil flours may credit toward the M/MA or vegetables components.
Biscuits	X			See Group B of Exhibit A.
Boston Brown Bread	X			See Group B of Exhibit A.
Bread—All (For Example: French, Italian, Sandwich)	X			See Group B of Exhibit A.
Bread Pudding		X		Sweet bread puddings are considered grain-based desserts and do not credit toward the grains component. Savory bread puddings, such as those made with spinach and mushrooms, are not considered grain-based desserts and may credit toward the grains component. Please note that bread puddings may contain an insufficient amount of grains per serving. See Group B of Exhibit A for weights of creditable bread (without other ingredients) required per serving. Document with a standardized recipe or a PFS.



GRAINS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Breading/Batter	X			See Groups A and B of Exhibit A for weights of the prepared breading or batter coatings. Many commercial products such as commercial fish sticks or chicken nuggets, contain varying amounts of batter/breading. Document crediting information with manufacturers documentation.
Brownies			X	Brownies are considered a grain-based dessert and are not creditable toward the grains component.
Buns, Hamburger and Hot Dog	X			See Group B of Exhibit A.
Cakes			X	Cake is considered a grain-based dessert and is not creditable toward the grains component.
Carrot Bread	X			Quick breads are credited in the same group as muffins (other than corn muffins). See Group D of Exhibit A.
Cereal Bars			X	Cereal bars are considered a grain-based dessert and are not creditable toward the grains component.
Chips, Corn/Tortilla (Wheat or Corn)	X			See Group B of Exhibit A.
Chips, Potato			X	Potato chips are not creditable.
Chow Mein Noodles	X			See Group A of Exhibit A.
Coffee Cake, Cinnamon/ Danish Rolls			X	Coffee cakes, cinnamon rolls, and Danish rolls are considered grain-based desserts and are not creditable toward the grains component.
Cookies			X	Cookies are considered grain-based desserts and are not creditable toward the grains component.
Cornbread	X			See Group C of Exhibit A.
Corn Muffins	X			See Group C of Exhibit A.
Corn Pone	X			Corn pone is a cornbread often made without milk or eggs and baked or fried. See Group C of Exhibit A.
Couscous		X		Couscous is a pasta. Couscous must be whole grain or enriched to be creditable. See Group H of Exhibit A.



GRAINS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Crackers—Savory (Saltines and Snack Crackers)	X			See Group A of Exhibit A.
Crackers—Sweet (Graham crackers—All Shapes, Animal Crackers)	X			See Group B of Exhibit A.
Cream Puff Shells (Dessert)			X	Cream puff shells are considered grain-based desserts and are not creditable toward the grains component.
Crepes	X			Crepes are credited in the same group as pancakes. See Group C of Exhibit A.
Croissants	X			See Group C of Exhibit A.
Croutons	X			See Group A of Exhibit A.
Cupcakes			X	Cupcakes are considered grain-based desserts and are not creditable toward the grains component.
Danish Pastries (Danishes)			X	Sweet pastries are considered grain-based desserts and are not creditable toward the grains component.
Doughnuts (Donuts)			X	Doughnuts are considered grain-based desserts and are not creditable toward the grains component.
Dumplings	X			Dumplings are credited in the same group as biscuits. See Group B of Exhibit A.
Egg Roll Skins/ Wonton Wrappers	X			See Group B of Exhibit A.
English Muffins	X			See Group B of Exhibit A.
Farina		X		Farina is a cooked cereal, similar to porridge. See Group H of Exhibit A. Farina must be whole grain-rich or enriched.
Fig Bars			X	Fig bars are considered grain-based desserts and are not creditable toward the grains component.
Flour Alternatives (Made from Nongrain Ingredients)			X	Flour alternatives are not grains and are not creditable toward the grains component. These include almond flour, bean flour, coconut flour, chickpea flour, hazelnut flour, Jerusalem artichoke flour, legume flour, potato flour, soy flour, and other nut/seed and vegetable flours.



GRAINS

Food	Creditable			Additional Information
	Yes	Maybe	No	
French Toast	X			See Group E of Exhibit A. Document crediting information with standardized recipe or manufacturer's documentation.
Fruit Fritters (such as Apple Fritter)			X	Fruit fritters are considered grain-based desserts and are not creditable toward the grains component.
Graham Crackers	X			Graham crackers are credited in the same group as sweet crackers. See Group B of Exhibit A.
Granola Bars			X	Granola bars are considered grain-based desserts and are not creditable toward the grains component.
Grits		X		Grits are a cooked cereal, similar to porridge, made from coarsely dried maize or hominy. Grits must be whole grain or enriched to be creditable. See Group H of Exhibit A.
Hominy Grits, Regular, Dry	X			Hominy grits are creditable as a whole grain. See Group H of Exhibit A.
Hush Puppies		X		Hush puppies are credited in the same group as corn muffins. See Group C of Exhibit A. Must be made with an enriched and/or whole-grain flour. Document with a standardized recipe or manufacturer's documentation. Deep-fat frying is not allowed as a way of preparing foods onsite. Pre-fried bread may count toward the grains component if it is reheated using a method other than deep-fat frying. Please note that this product is high in fat.
Ice Cream Cones			X	Ice cream cones are considered grain-based desserts and are not creditable toward the grains component.
Ice Cream Sandwich Wafers			X	Ice cream sandwich wafers are considered grain-based desserts and are not creditable toward the grains component.
Johnny Cake			X	Johnny cake is considered a grain-based dessert and is not creditable toward the grains component.
Muffins	X			Muffins are found in Groups C and D of Exhibit A. See Group C for corn muffins. See Group D for all other muffins.



GRAINS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Noodles (All Varieties)	X			See Group H of Exhibit A.
Noodles in Canned Soup	X			Crediting is based on the weight/volume of the noodles alone without other ingredients. See Group H of Exhibit A.
Oatmeal, Instant and Regular	X			See Group H of Exhibit A. Oatmeal must meet the added sugars limit for breakfast cereals. When oatmeal is used as an ingredient in another product, crediting is based on the food item being served.
Pancakes	X			See Group C of Exhibit A.
Pie Crust (Savory Pies with M/MA and/or Vegetable)		X		See Group C of Exhibit A. The crust portion of savory pies, such as beef or chicken pot pies, may be creditable toward the grains component. Document crediting with a standardized recipe or manufacturer's documentation.
Pie Crust (Dessert Crust)			X	Dessert pie is considered a grain-based dessert and is not creditable toward the grains component.
Pineapple Upside - Down Cake			X	Cake is considered a grain-based dessert and is not creditable toward the grains component.
Pita Bread	X			See Group B of Exhibit A.
Pizza Crust	X			See Group B of Exhibit A.
Polenta	X			See Group H of Exhibit A.
Popcorn, Popped	X			Popcorn is creditable as a whole grain. See the Grains section in the FBG. A ¾ cup serving of popcorn credits as 0.25 oz eq grains. A 1½ cup serving credits as 0.5 oz eq of grains. A 3 cup serving credits as 1 oz eq of grains. Please note that popcorn may be a choking hazard for some participants.
Potato Pancakes		X		Potatoes are not a grain. Only the enriched or whole-grain flour in the potato pancakes may be creditable toward the grains component. Document crediting with a standardized recipe or manufacturer's documentation. Typically, potato pancakes do not contain enough grain flour to credit toward the grains component.



GRAINS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Pound Cake			X	Pound cake is considered a grain-based dessert and is not creditable toward the grains component.
Pretzels, Soft	X			See Group B of Exhibit A.
Pretzels, Hard	X			See Group A of Exhibit A.
Puff Pastry		X		<p>Puff pastry is credited in the same group as pie crusts. See Group C of Exhibit A for weights of creditable grains (without other ingredients) required per serving.</p> <p>Sweet puff pastries are considered grain-based desserts and are not creditable toward the grains component. Savory puff pastries, such as ones made with vegetables and/or M/MA, are not considered grain-based desserts and may credit toward the grains component. Please note that pastries may contain an insufficient amount of grains per serving.</p> <p>Document crediting with a standardized recipe or manufacturers documentation.</p>
Pumpernickel Bread	X			See Group B of Exhibit A.
Pumpkin Bread	X			Quick breads are credited in the same group as muffins (other than corn muffins). See Group D of Exhibit A.
Raisin Bread	X			Raisin bread is credited in the same group as breads without raisins. See Group B of Exhibit A.
Rice Pudding			X	Sweet rice pudding is considered a grain-based dessert and is not creditable toward the grains component.
Scones, Savory	X			Savory scones are credited in the same group as biscuits. See Group B of Exhibit A.
Scones, Sweet			X	Sweet scones are considered a grain-based dessert and are not creditable toward the grains component.
Sopapillas			X	Sopapillas are considered grain-based desserts and are not creditable toward the grains component.



GRAINS

Food	Creditable			Additional Information
	Yes	Maybe	No	
Spoon Bread (Spoonbread)	X			Spoon bread is credited in the same group as cornbread. See Group C of Exhibit A.
Squash or Zucchini Bread (Quick Bread)	X			Quick breads are credited in the same group as muffins (other than corn). See Group D of Exhibit A.
Stuffing, Bread, Dry	X			See Group A of Exhibit A. Weights apply only to the dry bread in the stuffing.
Sweet Rolls/Buns			X	Sweet rolls are considered grain-based desserts and are not creditable toward the grains component.
Tapioca			X	Tapioca is not a grain and is not creditable toward the grains component.
Taco Shells (Hard Tortillas)	X			See Group B of Exhibit A.
Toaster Pastries			X	Toaster pastries are considered grain-based desserts and are not creditable toward the grains component.
Tortilla Chips	X			See Group B of Exhibit A.
Tortillas, Soft (Flour and Corn)	X			See Group B of Exhibit A.
Turnover Crust		X		See Group C of Exhibit A for weights of creditable pie crusts (without other ingredients). Sweet turnovers are considered grain-based desserts and are not creditable toward the grains component. Savory turnovers, such as ones made with vegetables and/or M/MA, are creditable toward the grains component.
Wafers, Vanilla			X	Vanilla wafers are considered grain-based desserts and are not creditable toward the grains component.
Waffles	X			See Group C of Exhibit A.

