

# **CREDITABLE** **FOODS GUIDE**

FOR USDA  
CHILD NUTRITION  
PROGRAMS



**Department of Public Instruction**  
**Child Nutrition Programs**

Dr. Wayne G. Sanstead, State Superintendent  
600 E. Boulevard Avenue, Dept. 201  
Bismarck, North Dakota 58505-0440



Telephone: (701) 328-2294 and toll-free 1-888-338-3663  
Fax: (701) 328-2461

<http://www.dpi.state.nd.us/child/>

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## INTRODUCTION

The goal of the USDA Child Nutrition Programs is to improve the health and nutrition of children and adults in the Program while promoting the development of good eating habits. The Food Buying Guide (FBG) for Child Nutrition Programs is the main resource to determine the contribution foods make toward the meal pattern requirements, to assist in food purchases, and to determine whether foods will be prepared on site or purchased commercially. This resource will provide additional information on creditable foods in schools, child and adult care centers, outside-school-hours care center, and family child care homes.

Creditable foods are those foods that may be counted toward meeting the requirements for a reimbursable meal/snack. The following factors are considered when determining whether a food is creditable:

1. nutrient content;
2. customary function in a meal;
3. regulations governing the Child Nutrition Programs (on quantity requirements and/or by definition);
4. FDA's Standards of Identity;
5. USDA standards for meat and meat products; and
6. administrative policy decisions on the crediting of particular foods.

Noncreditable foods are those that are not creditable because they do not meet the above criteria. These foods do not meet the requirements for any components in the meal patterns. However, noncreditable foods may supply calories that help meet the energy needs of participants and may contribute additional protein, vitamins, and minerals. They can be used to supplement the required meal components to improve acceptability, and to satisfy appetites.

USDA reimburses schools, child and adult care centers and family day care home providers participating in the Child Nutrition Programs for the meals served, not for individual foods. A meal is reimbursable if it contains those foods in the amounts outlined in the meal patterns. Therefore, a meal may be made up of both creditable foods and noncreditable foods.

THE LISTS OF CREDITABLE AND NONCREDITABLE FOODS IN THIS PUBLICATION ARE NOT ALL INCLUSIVE. IF YOU HAVE QUESTIONS REGARDING FOODS NOT INCLUDED IN THIS GUIDE, CONTACT CHILD NUTRITION PROGRAMS AT 1-888-338-3663.

## DEFINITIONS AND/OR EXPLANATIONS

1. **Child Nutrition (CN) Label** – A Child Nutrition (CN) label is a voluntary federal labeling program for food manufacturers regulated by the USDA. The CN label allows manufacturers to state a product's contribution to the CACFP meal pattern requirements on its label. CN labeled products are not usually found in grocery stores, but are found at larger food retailers where food products are purchased in bulk.
2. **Child Nutrition Programs** – Programs funded by the United States Department of Agriculture which include: CACFP, National School Lunch, School Breakfast, Special Milk and Summer Food Service.
3. **Combination Foods** – Any single serving of food that contains two or more of the required meal components.
4. **Component** – A food grouped in a certain category according to the CACFP Meal Pattern; i.e., milk component, meat/meat alternate component, fruit/vegetable component, and the bread/bread alternate component.
5. **Entrée or Main Dish** – The main course of a meal that contains a meat or meat alternate.
6. **Medical Exceptions** – Substitutions to the standard meal pattern are required for participants who are considered to be persons who are disabled under 7CFR Part 15b. Substitutions for other participants who are not disabled but are unable to consume regular program meals because of medical or other special dietary needs are required when supported by a statement from a recognized medical authority. **The statement must be signed by a licensed physician if the allergy or condition is severe and life threatening.** The medical statement should specify the food or foods to be omitted from the child or adult's diet and specify a choice of foods that may be substituted.
7. **North Dakota Department of Public Instruction (NDDPI)** – Agency which administers the Child and Adult Care Food Program in North Dakota.
8. **Product Specification Sheet** (sometimes called a product analysis sheet) – An information sheet obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient in the product by weight. It must have an original signature of a company official.

9. **Recognized Medical Authority** – A recognized medical authority, for the purposes of identifying the need for food substitutions in children's meals and for recommending alternate foods, is defined as one of the following health care professionals:
  1. A physician, either a M.D. (Medical Doctor) or a D.O. (Doctor of Osteopathy).
  2. A licensed physician's assistant who is licensed to a physician and has prescriptive authority. Prescriptions shall be signed and dated.
  3. An advanced licensed registered nurse practitioner (ARNP) who has prescriptive authority. "Prescriptions shall be signed by the prescriber with the initials ARNP and the prescriber's identification number assigned by the board".
  4. A licensed Naturopathic Physician mentioned in the law relating to nursing care.
10. **Reimbursement** – Money received for serving creditable meals and snacks.
11. **Serving size or portion** – The portion size is described by the weight, measure, or number of pieces or slices. The serving size specified in the meal patterns must be provided to meet the meal pattern requirements in order for meals to be reimbursable.
12. **Standard of Identity** – Government standards for content, preparation, and labeling of food before it is manufactured and sold in commerce. Standards of Identity set specific (and optional) ingredients a food must contain when a product is to be labeled or identified by a common product name. Standards for meat and poultry products are developed by USDA. For other food products, standards are set by the U.S. Food and Drug Administration (FDA).
13. **United States Department of Agriculture (USDA)** – Federal agency which funds Child Nutrition Programs.
14. **Meat Alternate** – Meat alternates include alternate protein products, cheese, eggs, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chestnut and coconut) and yogurt.

**CHILD AND ADULT CARE FOOD PROGRAM  
MEAL PATTERN REQUIREMENTS**

Breakfast	Children Ages 1 and 2	Children 3 through 5	Children 6 through 12
Milk, fluid	½ cup**	¾ cup	1 cup
Fruit or vegetable or full strength juice	¼ cup	½ cup	½ cup
Bread *	½ slice	½ slice	1 slice
or cereal:	¼ cup	⅓ cup	¾ cup
cold dry -	or ⅓ oz	or ½ oz	or 1 oz
or hot cooked	¼ cup	¼ cup	½ cup
Snack	Children Ages 1 and 2	Children 3 through 5	Children 6 through 12
<b>(Select 2 of the 4 components)</b>			
Milk, fluid	½ cup**	½ cup	1 cup
Meat or meat alternate	½ oz	½ oz	1 oz
Yogurt	2 oz or ¼ cup	2 oz or ¼ cup	4 oz or ½ cup
Fruit or vegetable or full strength juice	½ cup	½ cup	¾ cup
Bread *	½ slice	½ slice	1 slice
or cereal:	or ⅓ oz	or ½ oz	or 1 oz
cold dry	¼ cup	⅓ cup	¾ cup
or hot cooked	¼ cup	¼ cup	½ cup
May not serve juice and milk as only two snack components			
Lunch or supper	Children Ages 1 and 2	Children 3 through 5	Children 6 through 12
Milk, fluid	½ cup **	¾ cup	1 cup
Meat or meat alternate			
lean meat/poultry/fish	1 oz	1 ½ oz	2 oz
Alt. protein products	1 oz	1 ½ oz	2 oz
Cheese	1 oz	1 ½ oz	2 oz
Egg	1	1	1
Cooked dry beans/peas	¼ cup	⅜ cup	½ cup
Peanut butter	2 T	3 T	4 T
Vegetable and/or fruit (two or more)	¼ cup total	½ cup total	¾ cup total
Grains/Bread*	½ slice	½ slice	1 slice
*enriched or whole grain			
**whole milk is required until children are two years of age			

\*No more than 1 ounce of nuts and/or seeds may be served in any one meal.

<b>TRADITIONAL SCHOOL BREAKFAST PATTERN</b>		
U.S. Department of Agriculture, National School Breakfast Program Meals must meet the Dietary Guidelines and nutrition standards when averaged over the course of a week.		Minimum quantities required:
<b>Food components</b>	<b>Food Items</b>	Grades K-12
<b>MILK</b>	Fluid (As a beverage, on cereal, or both)	8 oz
<b>VEGETABLES OR FRUIT</b>	Fruit and/or vegetable OR full-strength juice	½ cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS <u>OR</u> TWO FROM ONE COMPONENT		
<b>GRAINS/ BREADS</b>	One of the following OR an equivalent combination:	
	Whole-grain or enriched bread	1 slice
	Whole grain or enriched biscuit, roll, muffin, etc.	1 serving
	Whole-grain, enriched or fortified cereal	¾ cup or 1 oz
<b>MEAT OR MEAT ALTERNATE</b>  (Edible portion, as served)	Lean meat, poultry, fish, or cheese	1 oz
	Cheese	1 oz
	Large egg	½ egg
	Peanut butter or other nut or seed butter	2 T
	Cooked dry beans or peas	4 T
	Nuts and/or seeds*	1 oz
	Yogurt, plain or unflavored, unsweetened or sweetened	4 oz (½ cup)

## TRADITIONAL SCHOOL LUNCH PATTERN

U.S. Department of Agriculture, National School Lunch Program  USDA recommends, but does not require, that portions be adjusted by age/grade group to better meet the food and nutritional needs of children according to their ages when following this basic meal pattern. <i>Meals must meet the Dietary Guidelines and nutrition standards when averaged over the course of a week.</i>		Minimum Quantities		Recommended Quantities	Specific Requirements
		Food Components	Food Items	Grades K-3 (ages 5-8)	
<b>MEAT OR MEAT ALTERNATE</b>  (quantity of the edible portion as served)	<b>A serving of one of the following or a combination to give an equivalent quantity:</b>				Must be served in the main dish or the main dish and only one other menu item. • Vegetable protein products, cheese alternate products, and enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement. Food and Nutrition Service Fact Sheets on each of these alternate foods give detailed instructions for use.
	Lean meat, poultry, or fish	1½ oz	2 oz	3 oz	
	Alternate Protein Products	1½ oz	2 oz	3 oz	
	Cheese	1½ oz	2 oz	3 oz	
	Large egg(s)	¾	1	1 1/2	
	Cooked dry beans or peas	3/8 cup	1/2 cup	3/4 cup	
	Peanut Butter or other nut or seed butters	3 Tbsp	4 Tbsp	6 Tbsp	
	Yogurt, plain or flavored, sweetened or unsweetened	6 oz (¾ cup)	8 oz (1 cup)	12 oz (1½ cup)	
	Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, meet no more than 50% of the requirement and must be combined in the meal with at least 50% of other meat or meat alternates. (1 oz of nuts/seeds = 1 oz of cooked lean meat, poultry, or fish.)	3/4 oz = 50%	1 oz = 50%	1 1/2 oz = 50%	
<b>VEGETABLE OR FRUIT</b>	2 or more servings of vegetables or fruits or both to total:	1/2 cup	3/4 cup	3/4 cup	• No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice.  • Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both in the same meal.
<b>GRAINS/ BREADS</b>	Servings of grains/breads	8 per week*	8 per week*	10 per week*	• Enriched macaroni with fortified protein may be used as a meat alternate or a grain, but not as both in the same meal.  NOTE: Refer to <i>FCS Instruction 783-1</i> for information on the minimum weight of a serving. *One week = 5 days
	Must be enriched or whole-grain.  A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products or cereal grains, or a combination of any of the above	minimum of 1 serving per day	minimum of 1 serving per day	minimum of 1 serving per day	
<b>MILK</b> (as a beverage)	A variety of fluid milk should be offered.	1/2 pint (8 fl oz)	1/2 pint (8 fl oz)	1/2 pint (8 fl oz)	

## MILK

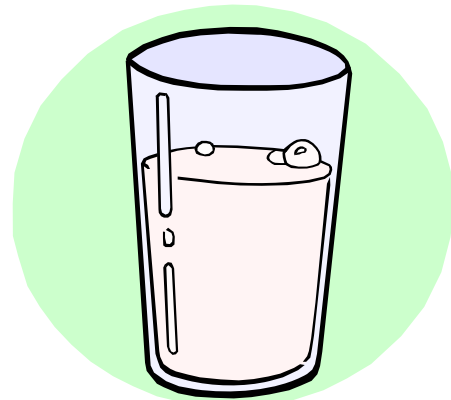
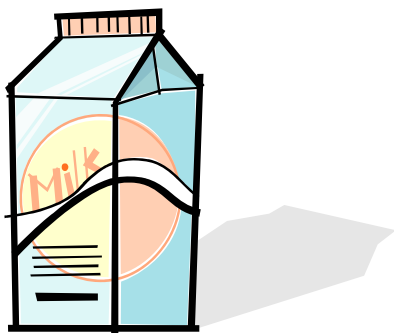
Child Nutrition Program regulations require that, to be eligible for cash reimbursement, each breakfast, lunch or supper must include fluid milk. Fluid milk is also one of the options for a snack.

Milk means pasteurized fluid types of unflavored or flavored whole milk, reduced fat milk, lowfat milk, fat-free milk, or cultured buttermilk which meet state and local standards for such milk except that, in the meal pattern for children under the age of two, milk means unflavored whole fluid milk. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration and be consistent with state and local standards for such milk.

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

At breakfast you must provide a serving of fluid milk as a beverage or use it on cereal, or use in part for each purpose. Both lunch and supper shall contain a serving of fluid milk as a beverage. Refer to the meal pattern for quantity requirements. If milk is one of the two components served for a snack, it must be fluid milk as a beverage or used on cereal, or used in part for each purpose. However, milk may not be credited for snacks when juice is served as the other component.

If a child is unable to drink milk, a medical statement must be on file, which states the substitute food the child can have or the meal cannot be claimed for reimbursement. The substitute food should contain nutrients similar to those found in milk.



## MILK

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Butter or Margarine		X	Does not meet the definition of milk.
Buttermilk	X		
Certified Raw Milk		X	Regulations require the use of pasteurized milk.
Cheese, all types		X	
Chocolate Milk (hot)	X		Must be made with fluid milk; only the fluid milk portion is creditable.
Cream		X	Does not fit the definition of milk.
Cream Sauces		X	Does not fit the definition of milk.
Cream Soups		X	Does not fit the definition of milk.
Cultured Milk	X		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid whole, Lafayette, or skim milk under controlled conditions to produce a product with specific flavor and/or consistency. Examples of cultured milk are cultured buttermilk, cultured kefir milk, and cultured acidophilus milk.
Custard		X	Does not fit the definition of milk.
Eggnog, Commercial		X	Only the fluid milk portion is creditable. It would be necessary to have a manufacturer's statement to determine this.
Eggnog, Homemade		X	Use of raw eggs presents a health hazard.
Evaporated Milk		X	Does not fit the definition of milk.
Goat's Milk	X		Only if it is canned, pasteurized and fortified. A medical statement must be on file for the person using goat's milk.
Half and Half		X	Does not fit the definition of milk.
Ice Cream		X	Does not fit the definition of milk.
Ice Milk		X	Does not fit the definition of milk.
Imitation Milk		X	Does not fit the definition of milk.
Lactose Reduced Milk	X		<b><i>A medical statement must be on file for the person using lactose reduced milk.</i></b> Lactose reduced milk is a fluid milk 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 the lactose in milk may benefit from a lactose reduced milk.

## MILK

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Milkshakes	X		Milkshakes must contain the minimum required quantity of fluid milk per serving appropriate for the age group being served.
Pudding		X	Does not fit the definition of milk.
Pudding Pops		X	Does not fit the definition of milk.
Reconstituted Dry Milk		X	If there is an unavailability of milk, it may be permissible to use. You must contact the NDDPI for approval.
Rice Milk		X	Rice milk does not meet the definition of milk. Can be substituted with a medical statement.
Sherbet/Sorbet		X	Does not fit the definition of milk.
Skim Milk	X		Not allowed for children under two years of age.
Sour Cream		X	Does not fit the definition of milk.
Soy Beverages/Drinks		X	Soy drinks and beverages are not fortified and do not contain calcium, niacin, or vitamins D, E or C.
Soybean Milk	X		A medical statement must be on file for a person using soybean milk.
Sweetened Condensed Milk		X	Does not fit the definition of milk.
UHT (Ultra High Temperature) Milk	X		UHT is Grade A pasteurized milk that has been heated to about 280 degrees F for a few seconds, then cooled and packaged. It can be stored without refrigeration until opened.
Whole Milk	X		Required until the age of two.
Yogurt		X	Does not fit the definition of milk for children (see meat/meat alternate section).

## QUESTIONS AND ANSWERS ABOUT MILK

- **Q: Why is reconstituted dry milk not creditable as fluid milk?**

**A:** Reconstituted milk is not included in the definition of milk in the Program regulations. It is not possible to ensure that the quantities of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk.

- **Q: If a child cannot have milk, can I still be reimbursed for breakfast and lunch?**

**A:** Yes, if you obtain a written medical statement from a recognized medical authority stating that the child cannot be served milk. The statement must specify a substitute food.

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

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

- **Q: Can milk be purchased directly from a farm?**

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

- **Q: Can milkshakes be served to meet the milk requirement?**

**A:** Yes, milkshakes must contain the required amount of fluid milk.

- **Q: Can I serve low-fat, skim, or reduced-fat milk to children under the age of two?**

**A:** No. CACFP policies require whole milk to be given to children until the age of two.

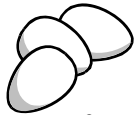
- **Q: Can I serve chocolate milk every day?**

**A:** Yes. As long as the milk served is fluid milk, flavored milks may be served.

## MEAT AND MEAT ALTERNATES

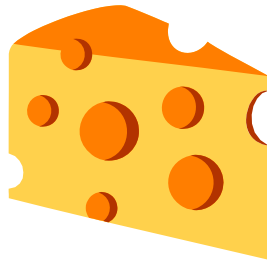
Child Nutrition Program regulations require that a lunch or supper served must contain the amount of meat or meat alternates specified in the meal pattern. You may use a serving of meat or meat alternate as one of the two components of a snack.

Meat and meat alternates include lean meat, poultry or fish; or cheese; or an egg; or

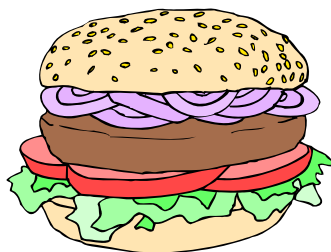


cooked dry beans or peas; or nuts and seeds and their butters (except for acorn, chestnut and coconut); or an

equivalent quantity of any combination of these foods. These foods must be served in a main dish, or in a main dish and one other item, to meet this requirement.



Meats must be USDA inspected. Meats may not contain extenders or binders such as dried milk, starchy vegetable flour, cereal, calcium-reduced dried skim milk, or milk solid proteins.

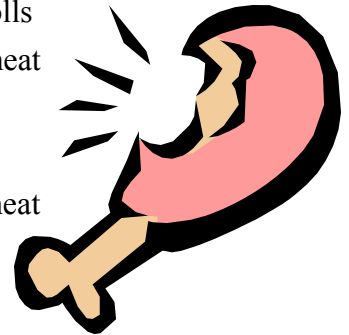


Nuts and seeds may fulfill: (1) no more than one-half of the meat/meat alternate requirement for lunch/supper; and (2) all of the meat/meat alternate requirements for snack.



Commercially-purchased processed foods such as ravioli, chili, spaghetti with meat sauce, beef stew, chicken nuggets, fish sticks, pocket sandwiches, and pizza rolls may not count as meat/meat alternates, unless:

- extra cheese or meat is added, or
- the product is CN labeled, or
- you have a product analysis sheet signed by an official of the manufacturer, stating the amount of cooked lean meat/meat alternate per serving, or
- you can document that the product contains the required amount of lean meat.



### MEAT AND MEAT ALTERNATES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Acorn		X	Low protein content.
Bacon-Bits		X	
Bacon and Imitation Bacon Products		X	High fat content compared to protein content.
Bacon, Turkey		X	Creditable only if a CN labeled product.
Beans, Dry or Canned	X		May be credited as meat/meat alternate OR vegetable
Beef Jerky	X		Beef jerky made with pure beef may be credited; 1-ounce dried jerky equals 1-ounce lean cooked meat. Beef jerky has a high salt sodium content and is difficult to chew.
Bologna	X		All-meat or poultry products that do not contain by-products, cereal or extenders.
Buffalo	X		Must be inspected by appropriate state officials.
Canadian Bacon	X		
Canned Meat such as beef with juices or broth	X		
Canned Pressed Luncheon Meat		X	
Cheese	X		
Cheese Food and Cheese Spread	X		2-oz. serving equals 1-oz. meat alternate.
Cheese, Imitation or Product (canned cheese sauce, canned cheese soup, powdered cheese)		X	
Cheese Sauce, Commercial		X	
Cheese Sauce, Homemade	-	-	Would be difficult to insure the appropriate amount of cheese in a reasonably acceptable product.
Cheese, Cottage	X		2 oz. = 1 oz. meat/meat alternate.
Cheese, Ricotta	X		2 oz. = 1 oz. meat/meat alternate.
Cheeses: Natural, Processed	X		
Chestnuts		X	Low protein content.
Chitterlings		X	High fat content compared to protein content.
Coconut		X	Low protein content.

### MEAT AND MEAT ALTERNATES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Convenience Items (egg rolls, burritos, corn dogs, canned beef stew, beef aroni, chili macaroni, pot pies, ravioli, chicken nuggets)	X		Creditable only if (1) they are a CN labeled product; or (2) you have a product analysis sheet signed by an official of the manufacturer (not a sales person), stating the amount of cooked lean meat/meat alternate per serving.
Corndogs	X		The bread is credited like cornbread as a grain/bread; the frankfurter is credited as a meat/meat alternate.
Crab, Imitation		X	
Cream Cheese		X	Contains less protein and more fat than other creditable cheeses. A serving size that would provide an equivalent quantity of protein would be excessive, especially for preschool children.
Deviled Eggs	X		
Egg Custard		X	
Egg Substitutes		X	No standard of identity.
Eggs	X		Cooked only. Serving raw eggs is not allowed.
Fish	X		Self-caught fish are not creditable.
Fishsticks	X		Only the edible fish portion is creditable.
Frankfurters or Hot Dogs	X		All-meat or poultry products that do not contain by-products, cereal, or extenders.
Frankfurters, Imitation		X	
Game		X	Venison, squirrel, rabbit, etc.- for safety reasons are not creditable unless inspected and approved by the appropriate State or Federal Agency.
Home Slaughtered Meat		X	All meat must be USDA inspected.
Kidney	X		
Liver	X		
Luncheon Meat	X		Cannot contain binders and extenders.
Meat Sauce	X		From scratch preparation only. No commercial canned meat sauces.
Neufchatel Cheese		X	Soft unripened cheese similar to cream cheese but containing less fat and more moisture.
Nuts	X		Full meat/meat alternate credit for snack but no more than one-half credit for lunch or supper. Be careful not to serve nuts to children under 3 years of age to avoid choking.

**MEAT AND MEAT ALTERNATES**

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Peanut Butter	X		For preschool children it is suggested that peanut butter be served in combination with another meat/meat alternate item for lunch/supper, since the required portion sizes for peanut butter may not be acceptable.
Peanut Butter, reduced fat	X		It must meet the FDA Standard of Identity for peanut butter with 90% peanuts or peanut flour.
Peanut Butter, Spreads		X	Peanut butter spreads do not meet FDA Standard of Identity and may not be credited.
Peas or Lentils, Dry	X		
Pepperoni		X	Only CN labeled pepperoni may be credited.
Pizza, commercial	X		Creditable only if (1) it is a CN labeled product; or (2) you have a product analysis sheet signed by an official of the manufacturer (not a sales person), stating the amount of cooked lean meat/meat alternate per serving, or 3) additional meat or cheese added.
Pizza, homemade	X		If the amounts of meat or meat alternate ingredients are identified and documented.
Pot Pies, commercial		X	Do not contain adequate amounts of meat. Need to supplement.
Potted Meat (Deviled)		X	High in sodium, includes binders and extenders.
Powdered cheese in boxed macaroni		X	The powdered cheese mix is not credited toward any of the food components. The macaroni, if enriched, can be credited as a grain/bread.
Quiche	X		Creditable as a meat/meat alternate.
Ravioli		X	Need to supplement if no CN label.
Sausage	X		
Seeds	X		Full meat/meat alternate credit for snack but no more than one-half credit for lunch or supper. Be careful not to serve seeds to children under 3 years of age to avoid choking.
Shellfish	X		Must be fully cooked; only the edible fish portion is creditable.
Shellfish, Imitation		X	

### MEAT AND MEAT ALTERNATES

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Soups, homemade containing: meat, fish, poultry or other meat alternate	X		Creditable as a source of meat or meat alternate if minimum required amount of 1/4 oz. per serving can be identified and documented.
Soups, commercially prepared		X	Insufficient meat/meat alternate content per serving.
Soy Burgers or Other Soy Products	X		CN label or manufacturer's statement required.
Soy Butter	X		Soy butter is credited like peanut butter.
Sun Butter	X		Sun butter is credited like peanut butter.
Tempeh		X	Fermented soybean; USDA has no Standard of Identity for this product.
Tofu		X	Tofu is soybean curd. There is no Standard of Identity for tofu. The product can vary from one manufacturer to another.
Tripe	X		
Vienna Sausage	X		
Wild Game and Fish		X	
Yogurt, Homemade		X	
Yogurt in a tube	X		This product must meet all requirements to be labeled as yogurt in the ingredient label.
Yogurt, Liquid		X	This product does not meet the definition of yogurt.
Yogurt Products (frozen, homemade, yogurt bard, yogurt flavored, or yogurt-covered items)		X	
Yogurt, unsweetened or sweetened; flavored or plain	X		4 oz yogurt equals 1 oz of the meat/meat alternate requirements.

## QUESTIONS AND ANSWERS ABOUT MEAT/MEAT ALTERNATES

- **Q: Why are nuts and seeds and nut and seed butters allowed as a meat/ meat alternate?**

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

**NOTE: Nuts are not recommended for children under 3 years old because choking may occur.**

- **Q: Are grated romano and parmesan cheeses creditable?**

**A:** Yes. However, small amounts used as a garnish, or seasoning, or in breadings should not be counted toward meeting the meat/meat alternate requirement of a meal. For both romano and parmesan cheeses, 3/8 cup serving provides 1 oz. of meat alternate.

- **Q: Can pizza be credited as a meat/meat alternate?**

**A:** Yes, if it is CN labeled or homemade. If commercial, additional cheese must be added.

- **Q: Can vegetarian meals be served in the Child Nutrition Programs?**

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

- **Q: We have several children that cannot eat certain foods because of religious reasons. How do we claim these children on the food program?**

**A:** You may request that alternate meal patterns be allowed by submitting a letter to the SA stating the reasons for the proposed changes. At the time, the Agency will make a decision based on the nutrition needs of the children.

## VEGETABLES AND FRUITS

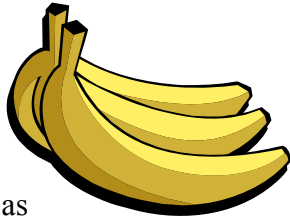
A breakfast must contain a serving of vegetable(s) or fruit(s) or full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods.



Both lunch and supper must contain two or more vegetables or fruits, or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

In order to be creditable, a juice must contain 100% full-strength juice. Read all juice labels carefully to ensure the product is 100% juice. Claims of 100% vitamin C do not ensure the juice is creditable. All fruit juices must be pasteurized.

Cooked dry beans or peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.



A serving of vegetable or fruit may be credited as one component of the required two components of a snack. However, juice may not be credited as one of the components of a

snack when milk is served as the only other component. Juice and fresh or canned fruit or vegetables may not be served as the only items for snack as they are from the same food component group.

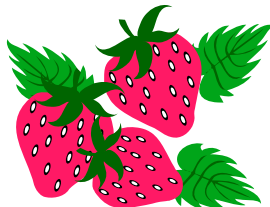


Vegetables and fruits are credited as served. Small amounts (less than 1/8 cup) of vegetables and fruits used for flavorings or as optional ingredients, such as garnishes, may not be counted to meet the vegetable/fruit requirement. These small amounts are generally not controlled, and it is hard to determine the contribution to the meal.

Vegetables or fruits served as a combination item, e.g., fruit cocktail, succotash, peas and carrots, mixed vegetables, lettuce/tomato in a taco, beans/tomato sauce in chili, mushrooms/green peppers on pizza, etc., may be credited to meet only one of the two required components for lunch and supper.



Home canned products are **NOT** acceptable because of health and safety reasons. Home frozen products are creditable. Home dried products are creditable.



## VEGETABLES AND FRUITS

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Ade Drinks		X	Not 100% full-strength juice.
Apple Butter		X	Not enough fruit present.
Apple Cider	X		Must be pasteurized.
Apple Fritters	X		Must have at least 1/8 cup of apples per serving.
Banana in Bread		X	Less than 1/8 cup per serving - may not be counted to meet the vegetable/fruit requirement.
Banana Pudding, homemade	X		The pudding must have at least 1/8 cup banana per serving.
Barbecue Sauce		X	
Beans, Dried or canned	X		May be credited as vegetable OR meat/meat alternate
Beans, Green	X		
Bean Sprouts	X		
Beverages		X	e.g., ades, juice drinks, punches, nectars which contain less than 100% full-strength juice.
Cake containing Fruit		X	
Carambola (Star Fruit)	X		
Carrot in Bread		X	Less than 1/8 cup per serving - may not be counted to meet the vegetable/fruit requirement.
Catsup or Chili Sauce		X	Not enough vegetable present.
Coconut		X	
Corn Chips		X	See grains/breads section
Corn Syrup		X	
Cranberry Juice (Blend)	X		Cranberry juice (not cranberry cocktail) in a blend with another 100% juice is creditable; for example, cranberry juice mixed with apple juice.
Cranberry Juice Cocktail		X	Contains less than 100% full-strength juice.
Cranberry Sauce	X		
Dehydrated Vegetables	X		See page 23.
Dried Fruit	X		

**VEGETABLES AND FRUITS**

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	CREDITABLE		
Dry Spice Mixes		X	
Figs in Fig Bar Cookies		X	Amount too small to count toward fruit/vegetable component.
Frozen Fruit Flavored Bars		X	Do not contain enough, if any, fruit juice.
Frozen Fruit Juice Bars	X		Must contain a minimum of 100% full-strength juice. Only the juice portion may be counted to meet the fruit/vegetable requirement.
Fruit Cobblers	X		Must contain at least 1/8 cup of fruit per serving.
Fruit Crisps	X		Must contain at least 1/8 cup of fruit per serving.
Fruit Flavored Canned Punch		X	Does not contain sufficient amount of fruit per serving.
Fruit Flavored Powders/Syrups		X	Does not fit the definition of fruit.
Fruit Jerky, fruit leather	X		100% fruit. CN label required
Fruit Pie Filling	X		If the predominant ingredient is fruit, it will provide one-half credit; that is, 1/2 cup of fruit pie filling will provide 1/4 cup of fruit credit, unless otherwise documented. Use of such items should be minimized due to high sugar content.
Fruit Pies	X		Must contain at least 1/8 cup of fruit per serving. Use of such items should be minimized due to high sugar content.
Fruit Sauces	X		Only the fruit portion of the sauce. Minimum serving of fruit must be 1/8 cup.
Fruit Snacks	-	-	Only CN labeled products are creditable. For example, bars, roll-ups, wrinkles, cakes, candy; do not contain sufficient amount of fruit per serving.
Gelatin Salads with fruit and/or juice	X		Must contain at least 1/8 cup (2 Tbsp) of vegetable, fruit or full-strength juice per serving. Fruit Flavored gelatins are not creditable.
Gravy Bases		X	
Hominy		X	Considered as an "other food." No nutritional value other than minimal amounts of fiber and starch.
Honey		X	
Ice Cream, Fruit-flavored		X	
Jam		X	Insufficient fruit content per serving.

**VEGETABLES AND FRUITS**

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FOOD	CREDITABLE		COMMENTS
	YES	NO	
Jelly		X	Insufficient fruit content per serving.
Juice, 100% Fruit or Vegetable	X		
Juice Bars	X		100% juice or CN label required
Juice Blends - <u>All Fruit</u>	X		These are combinations of full-strength juices.
Ketchup		X	
Kiwi Fruit	X		1 Kiwi = 1/2 cup serving
Kool Aid		X	
Lefse	X		Can be credited as a fruit/veg or as a grain/bread
Lemon Pie Filling		X	
Lemonade		X	Not 100% juice.
Mango	X		
Maple Syrup		X	
Muffins with Fruit		X	Less than 1/8 cup per serving - may not be counted to meet the vegetable/fruit requirement.
Mustard		X	
Nectar - Canned apricots, pears, peaches, etc.		X	Does not commonly contain a minimum of 100% full strength juice.
Oil, Salad		X	
Olives		X	
Onion Rings		X	
Papaya	X		
Pickles	X		At least 1/8 cup per serving. Use of pickles should be limited due to high salt (sodium) content.
Pickle Relish		X	Pickle relish is considered a garnish/condiment.
Pineapple Upside Down Cake		X	Less than 1/8 cup per serving - may not be counted to meet the vegetable/fruit requirement.
Pizza Sauce	X		Credited as tomato sauce if 1/8 cup (2 Tbsp) per serving is provided. If commercial, the first ingredient must be a tomato product.

**VEGETABLES AND FRUITS**

	CREDITABLE		
	YES	NO	

FOOD	YES	NO	COMMENTS
Pop Tart Filling		X	Not enough fruit present.
Popcorn		X	
Popsicles		X	Not 100% juice.
Posole		X	Not made from the whole kernel corn.
Potatoes, All Varieties	X		
Potato Chips		X	
Preserves		X	
Puddings with Fruit	X		A serving must contain at least 1/8 cup of fruit per serving.
Pumpkin in Bread		X	Less than 1/8 cup per serving - may not be counted to meet the vegetable/fruit requirement.
Raisins	X		The serving size may be impractical. Raisins should be served with other fruits or vegetables.
Rice		X	Creditable as bread only, whole-grain or enriched.
Salad Dressing		X	
Salsa	X		Must serve a minimum of 1/8 cup. Product must contain no starches or fillers.
Sherbet/Sorbets	-	-	Only CN labeled products are creditable.
<b>Soup: commercial soups are creditable only if they are vegetable based, i.e.</b> Clam Chowder, Minestrone, Split Pea, Tomato, Tomato Rice, Vegetable, Vegetable Beef, Vegetable Chicken			1 cup is equal to 1/4c vegetable
Soup: Canned Condensed (1 part soup to 1 part water)	X		1 cup reconstituted will yield about 1/4 cup vegetable.
Soup: Canned or Frozen Ready-to-Serve	X		1 cup serving will yield 1/4 cup vegetable.
Soup: Cream Soups		X	

### VEGETABLES AND FRUITS

	CREDITABLE	
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FOOD	YES	NO	COMMENTS
Soup: Dehydrated Soup Mixes	X		To credit vegetables in dehydrated soup mixes: -Determine the volume measurement by rehydrating the soup according to manufacturer's directions. Heat, then isolate the vegetable pieces and measure the volume. -Separate vegetable pieces from noodles, rice, etc. Keep records of the yield data obtained. Volume measurements must be recorded for each brand and type of soup.
Soup: Homemade Soups	X		Use quantities of vegetables in recipe to calculate credit.
Spaghetti Sauce	X		Credited as tomato sauce if 1/8 cup (2 Tbsp) per serving is provided. If commercial, the first ingredient must be a tomato product.
Sprouts	X		Example: Alfalfa, bean
Squash in Bread		X	Less than 1/8 cup per serving - may not be counted to meet vegetable requirement.
Syrup (Fruit Flavored)		X	
Toaster Pastries with Fruit		X	Creditable as bread only, snack and breakfast only; insufficient fruit content.
Tomato Sauce	X		
Vegetable Juice Blends	X		Mixed, full strength 100% vegetable juices.
Vegetable, chopped	X		Such as celery, onions, in prepared dish providing that at least 1/8 cup (2 Tbsp) per serving is supplied.
Yogurt with Fruit		X	Less than 1/8 cup per serving - may not be counted to meet the fruit requirement.
Zucchini in Bread		X	Less than 1/8 cup per serving - may not be counted to meet the fruit requirement.

## QUESTIONS AND ANSWERS ABOUT VEGETABLES/FRUITS

- **Q: Are foods like coleslaw, potato salad, or waldorf salad creditable?**

**A:** The fruit and vegetable ingredients in these items all count toward meeting the fruit/vegetable requirement. Other ingredients such as mayonnaise and marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a 1/4 cup serving of coleslaw containing non-creditable ingredients would not equal a 1/4 cup of fruit/vegetable.

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

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

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

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

- **Q: How are the fruits/vegetables in large entrée salads such as a chef salad credited?**

**A:** Large combination vegetable/fruit salads, served as an entree, which contains at least 3/4 cup or more of vegetables/fruit in combination with a meat/meat alternate may be considered two or more servings of vegetable/fruit and could be used to meet the full requirement.

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

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

- **Q: How much tomato paste, tomato puree, or tomato sauce would I need to equal 1/4 cup vegetable for each 3-to-6 year old at lunch/supper?**

**A:** Tomato Paste, 1 tablespoon = 1/4 cup vegetable  
Tomato Puree, 2 tablespoons = 1/4 cup vegetable  
Tomato Sauce, 4 tablespoons = 1/4 cup vegetable

• **Q: Are the raisins in rice or bread pudding creditable?**

**A:** Yes; however, at least 1/8 cup must be served in each serving to be creditable. In most recipes, not enough raisins are used to meet this requirement.

• **Q: How can I tell if juice is 100% full-strength juice?**

**A:** The label will state Juice, Full-strength Juice, Single-strength Juice, Reconstituted Juice, Juice from Concentrate, or Juice Concentrate. **Juice that has the word cocktail, natural, beverage or drink on the label is not 100% juice. 100% vitamin C does not equal 100% juice.**

• **Q: Can the fruit or vegetable in pudding or gelatin be counted towards the fruit/vegetable requirement?**

**A:** Yes; however, at least 1/8 cup must be present in each serving. Gelatin or pudding alone will not meet the meal pattern requirement.

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

**A:** Yes, they are considered a vegetable.

• **Q: Are fruit sauces, such as orange sauce made with orange juice or blueberry sauce made with canned blueberries, creditable?**

**A:** Yes. However, only the fruit portion of the sauce, i.e., the orange juice or blueberries, is creditable. At least 1/8 cup must be in each serving. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the number of servings prepared.

• **Q: Are dehydrated vegetables creditable and how are yields determined?**

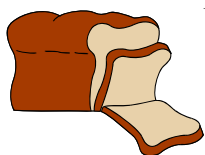
**A:** Yes. Dehydrated vegetables are creditable. Yields for dehydrated vegetables must be based on the re-hydrated volume, not the fresh volume that may be stated on the container. Keep in mind that **re-hydration** yields on the container often vary from brand to brand.

**Determine the re-hydrated volume as follows:**

- a) Re-hydrate (add water or liquid) a purchase unit of the dehydrated vegetable according to manufacturers' directions. If the directions are not on the container, request re-hydration directions from the manufacturer.

- b) Measure the re-hydrated volume.
- c) Measure the number of  $\frac{1}{4}$  cup servings of re-hydrated product that one purchase unit provides.
- d) Keep a record of the yield data obtained as required by the State agency, Regional office, or sponsor as verification. Records should include information on the size of the purchase unit the number of  $\frac{1}{4}$  cup servings of re-hydrated product per purchase unit, the name of the manufacturer, and the manufacturers' directions for how to re-hydrate the product.

## GRAINS AND BREADS



The meal patterns for breakfast, lunch or supper contain a bread or grain requirement in the amount specified for each age group. A bread or grain may also be served as one of the two components of a snack.

Grain/bread products are an important source of iron, thiamine, niacin, riboflavin, and often fiber in the diet.

Breads and grains served in the Child Nutrition Programs must meet the following criteria to be creditable:

Must be whole-grain or enriched or made from whole-grain or enriched meal or flour; or if it is a cereal, the product must be whole-grain, enriched, or fortified.

If a cereal is fortified, the label must indicate it is fortified.

Must be provided in quantities specified in the Regulations and in minimum serving sizes



as specified in program guidance.

Must serve the customary function of bread in a meal for a lunch or supper.

The grain/bread must be served as an accompaniment to, or a recognizable integral part of, the main dish (not merely as an ingredient).



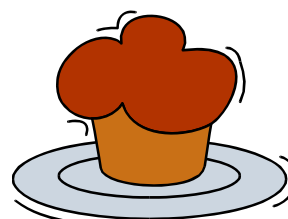
Sweet desserts are limited to two times per week at snack (inclusive of both morning and afternoon snack). Sweet desserts include: cookies, dessert pies, doughnuts, granola bars, sweet rolls, toaster pastry, grain fruit bars, cake, brownies, and any other grains/breads that contain a high amount of sugar (ex: puppy chow).



### ***National School Lunch***

***Program sites:*** *If the enhanced meal pattern option is followed at lunch,*

*one sweet grain-based dessert per day at lunch may be credited as a grains/breads item.*



## Grains/Breads Requirements for Child Nutrition Programs<sup>1</sup>

FCS Instruction 783-1, Revision 2

<b>GROUP A</b>	<b>MINIMUM SERVING SIZE FOR GROUP A</b>
Bread type coating Bread sticks (hard) Chow mein noodles Crackers (saltines and snack crackers) Croutons Pretzels (hard) Dry bread in stuffing	1 serving = .7 oz (20 gm) 3/4 serving = .5 oz (15 gm) 1/2 serving = .4 oz (10 gm) 1/4 serving = .2 oz (5 gm)
<b>GROUP B</b>	<b>MINIMUM SERVING SIZE FOR GROUP B</b>
Bagels Batter type coating Biscuits Bread (white, wheat, whole wheat, French, Italian) Buns (hamburger and hotdog) Crackers (all shapes graham crackers and animal crackers) Egg roll skins English muffins Pita breads (white, wheat, whole wheat) Pizza crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla chips (wheat or corn) Taco shells	1 serving = .9 oz (25 gm) 3/4 serving = .7 oz (19 gm) 1/2 serving = .5 oz (13 gm) 1/4 serving = .2 oz (6 gm)
<b>GROUP C</b>	<b>MINIMUM SERVING SIZE FOR GROUP C</b>
Cookies <sup>2</sup> (plain) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies <sup>2</sup> , fruit turnovers <sup>2</sup> and meat/meat alternate pies) Waffles	1 serving = 1.1 oz (31 gm) 3/4 serving = .8 oz (23 gm) 1/2 serving = .6 oz (16 gm) 1/4 serving = .3 oz (8 gm)
<b>GROUP D</b>	<b>MINIMUM SERVING SIZE FOR GROUP D</b>
Doughnuts <sup>3</sup> (cake and yeast raised, unfrosted) Granola bars <sup>3</sup> (plain) Muffins (all except corn) Sweet roll <sup>3</sup> (unfrosted) Toaster pastry <sup>3</sup> (unfrosted)	1 serving = 1.8 oz (50 gm) 3/4 serving = 1.3 oz (38 gm) 1/2 serving = .9 oz (25 gm) 1/4 serving = .5 oz (13 gm)
<b>GROUP E</b>	<b>MINIMUM SERVING SIZE FOR GROUP E</b>

Cookies <sup>2</sup> (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts <sup>3</sup> (cake and yeast raised, frosted or glazed) French Toast Grain fruit bars <sup>3</sup> Granola bars <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit) Sweet rolls <sup>3</sup> (frosted) Toaster pastry <sup>3</sup> (frosted)	1 serving = 2.2 oz (63 gm) 3/4 serving = 1.7 oz (47 gm) 1/2 serving = 1.1 oz (31 gm) 1/4 serving = .6 oz (16 gm)
<b>GROUP F</b>	<b>MINIMUM SERVING SIZE FOR GROUP F</b>
Cake <sup>2</sup> (plain, unfrosted) Coffee cake <sup>3</sup>	1 serving = 2.7 oz (75 gm) 3/4 serving = 2 oz (56 gm) 1/2 serving = 1.3 oz (38 gm) 1/4 serving = .7 oz (19 gm)
<b>GROUP G</b>	<b>MINIMUM SERVING SIZE FOR GROUP G</b>
Brownies <sup>2</sup> (plain) Cake <sup>2</sup> (all varieties, frosted)	1 serving = 4 oz (115 gm) 3/4 serving = 3 oz (86 gm) 1/2 serving = 2 oz (58 gm) 1/4 serving = 1 oz (29 gm)
<b>GROUP H</b>	<b>MINIMUM SERVING SIZE FOR GROUP H</b>
Barley Breakfast cereals (cooked) <sup>4</sup> Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 serving = 1/2 cup cooked or .9 oz (25 gm) dry 3/4 serving = 3/8 cup cooked or .7 oz (19 gm) dry 1/2 serving = 1/4 cup cooked or .5 oz (14 gm) dry 1/4 serving = 1/8 cup cooked or .2 oz (6 gm) dry
<b>GROUP I</b>	<b>MINIMUM SERVING SIZE FOR GROUP I</b>
Ready to eat breakfast cereal (cold dry) <sup>4</sup>	1 serving = 3/4 cup or 1 oz, whichever is less

**CACFP Only:**

1. Some of these foods, or their accompaniments, may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
2. Allowed only for snacks and a maximum of twice per week. (**School Programs**-Allowed if following enhance meal pattern.)
3. Allowed only for snacks (maximum of twice per week) and breakfast.
4. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

### GRAINS AND BREADS

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Animal Crackers	X		
Bagel Chips	X		
Bagels	X		
Banana Bread	X		May be credited as acceptable bread alternate if the recipe shows that the bread contains whole-grain or enriched flour. And it serves the customary function of bread in a meal.
Barley	X		It must be enriched or whole grain.
Biscuits	X		
Boston Brown Bread	X		
Bread Pudding	X		
Bread Sticks	X		
Breading/Batter on Commercial Items	-	-	<b>CACFP-</b> Only the breading on corndogs is creditable. <b>School Programs-CN</b> label required to credit breading.
Brownies	X		At snack only.
Cakes	X		At snack only.
Canned Pasta	X		Ingredient label must list a whole or enriched grain product.
Carmel Corn		X	Does not fit the definition of bread.
Carrot Bread	X		May be credited as acceptable bread alternate if the recipe shows that the bread contains whole-grain or enriched flour. And it serves the customary function of bread in a meal.
Chips, Corn	X		If made with enriched or whole grain cornmeal.
Chips, Potato		X	Considered as “other food”.
Chow Mein Noodles	X		
Coffee Cake, Cinnamon/Danish Rolls	X		Breakfast and snack only.
Commercial Products	-	-	<b>CACFP-</b> Only the breading on corndogs is creditable. Breading on items such as chicken nuggets and fish sticks is insufficient. <b>School Programs-CN</b> label required to credit breading.

### GRAINS AND BREADS

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Cookies	X		<u>At snack only.</u> Quaker brand Oatmeal Cookies okay at breakfast.
Cornbread	X		
Corn Nuts		X	
Couscous	X		This pasta product must be enriched or whole grain.
Crackers	X		
Cream Puff Shells	X		If used as a dessert, can only be credited at snack.*
Crepes	X		
Croissants	X		
Croutons	X		Made from enriched or whole-grain bread.
Crust on fruit crisps or cobblers	X		At snack only.
Cupcakes	X		At snack only.*
Danish	X		Breakfast and snack only.*
Doughnuts	X		Breakfast and snack only.*
Dumplings	X		
Egg Roll or Won Ton Wrappers	X		
English Muffins	X		
French Bread	X		
Fried Bread	X		
Gingerbread	X		Snack only.
Granola Bars	X		Creditable only for breakfast and snack.*
Grits	X		Must be whole-grain or enriched.
Hominy		X	
Hushpuppies	X		
Ice Cream Cones		X	One cone weighs about 3 grams which is insufficient as a cookie serving size.

\*School programs following enhanced meal pattern may credit at lunch.

### GRAINS AND BREADS

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Ice Cream Sandwich Wafers	X		The wafers may be credited as a serving of cookies if requirements for weight and enrichment are met.
Lefse	X		
Macaroni/Cheese (Boxed)	X		Macaroni portion is creditable as a grain/bread.
Muffins	X		For example: corn, bran, blueberry.
Nachos	X		Chip portion, if made with whole or enriched cornmeal.
Noodles/Pasta	X		Must be enriched and served in sufficient quantity.
Oatmeal	X		
Pancakes	X		
Pie Crust for dessert items	X		<b>CACFP</b> -At snack only. <b>School Programs</b> -creditable for all meals.
Pie Crust (Meat/Meat Alternate)	X		If it is a recognizable, integral part of the main dish, and served as an accompaniment to the main dish as in beef or chicken pot pies.
Pineapple Upside Down Cake	X		At snack only.*
Pita Bread	X		
Popcorn		X	
Popovers	X		As long as it is made with enriched or whole-grain meal or flour and serves the customary function of bread in a meal. Creditable as bread component only.
Pound Cake	X		At snack only.*
Pretzel, Dutch Style (Soft)	X		
Pretzel, Thin (hard)	X		<b>CACFP</b> -At snack only. <b>School Programs</b> -creditable for all meals.
Puff Pastry	X		
Pumpernickel Bread	X		
Pumpkin Bread	X		

\*School programs following enhanced meal pattern may credit at lunch.

### GRAINS AND BREADS

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Quinoa	X		A cereal-like plant product derived from an herb creditable as a whole-grain type of flour. Seeds may be red, black, or white.
Raisin Bread	X		
Rice	X		Must be enriched or whole-grain.
Rice Cakes	X		One cake weighs approximately 9 grams. Therefore, use 3 rice cakes per serving.
Rice Pudding	X		<b>CACFP</b> -The rice used in rice pudding is creditable for snacks only. <b>School Programs</b> -creditable for all meals.
Rolls - All types	X		For example, hard, parker house, dinner, Kaiser, whole wheat, onion, hamburger, hot dog, etc.
Roman Meal Bread	X		
Rye Wafers	X		
Snack Type Crackers	X		
Sopapillas	X		
Squash Bread	X		May be credited as acceptable bread alternate if the recipe shows that the bread contains whole-grain or enriched flour. And it serves the customary function of bread in a meal.
Stuffing, Bread	X		
Sweet Rolls and Buns	X		Creditable for breakfast and snack meals only.
Taco Chips or Tortilla Chips	X		Only with whole-grain or enriched corn.
Taco Shells	X		
Tapioca		X	
Teddy Grahams	X		
Toaster Pastry	X		
Tortillas	X		
Trail Mix, Party Mix, Gorp	X		For snacks only. The bread/grain portion must be in the appropriate amount.
Wafers, Vanilla	X		Credit for snacks only.*

\*School programs following enhanced meal pattern may credit at lunch.

**GRAINS AND BREADS**

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Waffles	X		
Wheat Germ/Bran	X		Bran and germ are credited in the same manner as whole grain meal or flour.
Whole Grain or Enriched Bread (all others)	X		
Zucchini Bread	X		May be credited as acceptable bread alternate if the recipe shows that the bread contains whole-grain or enriched flour. And it serves the customary function of bread in a meal.

## QUESTIONS AND ANSWERS ABOUT GRAINS AND BREADS

- **Q: Are Rice Krispie bars or similar bars made from a cereal product creditable?**

**A:** Yes. These cereal snacks may be creditable for **snacks only**, if the cereal is whole-grain or enriched or fortified. Do not serve sweet snacks more than twice a week.

- **Q: Can nut or seed meal flour be used to meet the bread/bread alternate requirement for a meal?**

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

- **Q: Can pie crust be credited as a bread alternate?**

**A:** Yes. If the crust is being served as an accompaniment to, or as an integral part of the main dish (the main dish contains the meat/meat alternate).

- **Q: Are granola bars acceptable bread alternates?**

**A:** Yes. Commercial and homemade granola bars that meet the general criteria for bread alternates are creditable for **breakfast and snack only**. Granola bars are considered as sweet items because of their high sugar and fat content, and should not be served more than twice a week.

- **Q: Is granola cereal an acceptable bread alternate?**

**A:** Yes. Commercial and homemade granola cereals are acceptable bread alternates for **breakfasts and snacks only**. However, only the grain portion of the cereal is creditable as a bread alternate. In other words, any nuts, seeds, coconut, dried fruit, etc., are not to be included when determining the serving size.

- **Q: Can cracker be served as a bread alternate?**

**A:** Yes. Crackers can be served as a bread alternate for breakfast, lunch, supper or snack. Some crackers are high in fat, sugar, or salt and should be avoided.

## INFANT FEEDING

All child care providers/facilities participating in the CACFP must offer the CACFP to all enrolled children. Therefore, if your facility provides care to infants, the CACFP must be made available to infants. At least one type of iron-fortified infant formula must be made available to enrolled infants. It is the parental/guardian decision whether to accept the facility supplied formula, provide their own formula/breast-milk, or not to enroll their infant in the CACFP. The parental/guardian chosen level of participation is reported on the **Infant Participation in the CACFP** form.

Whether an enrolled infant is fed breast-milk, parent supplied formula, WIC supplied formula, or formula supplied by the caregiver the meals/snacks served to the child are eligible for CACFP reimbursement. Keep in mind, all meals/snacks must meet CACFP Infant Meal Pattern requirements. In addition, additional foods (iron fortified infant cereal, fruits/vegetables, etc.) must be supplied by the caregiver when age-appropriate consistent with CACFP meal pattern requirements.

The Infant Meal Pattern allows for a gradual introduction of solid foods and requires breast-feeding or formula feeding up to the first birthday. The texture and amounts of the feeding should be consistent with the age and developmental ability of the infant. For emotional, nutritional, and physical growth, infants need foods that are rich in nutrients. Foods such as strained meat, fruit, vegetables, iron-fortified infant cereal, iron-fortified infant formula and breast milk provide the maximum amount of vitamins and minerals for growing babies. Commercial foods such as combination or mixed baby foods are not creditable in the CACFP because water often is listed as the

first ingredient. Also, infant foods with thickening agents (rice flour, cornstarch, tapioca, etc.) do not meet CACFP requirements as they contain fillers.



Parent will also give you important information to help you in feeding their babies. You should communicate frequently with the parents so that you can coordinate foods served at home and in your care. In this way, you can assure best care for the babies.

Infant formula is any iron-fortified infant formula intended for dietary use as a sole source of food for normal, healthy infants served in liquid state at manufacturer's recommended dilution. Formulas which require a statement from a recognized medical authority are (1) low-iron infant formulas, (2) follow-up formulas when served to an infant under six months of age, and (3) exempt infant formulas (ex: Nutramigen, Pregestimil, Slimentum, and LoFenalac). The medical statement must include the recommended infant formula. See chart of pages 43-46 for medical statement exclusions.

Juice must not be offered to infants until they are ready to drink from a cup. Drinking juice from a bottle can promote tooth decay.

Never prop a bottle or give a bottle to a baby during nap time. This can cause choking as well as tooth decay and ear infection.

Heating bottles in a microwave oven is not recommended because uneven heating can occur and burn an infant's mouth.

Formula or breast milk that remains in a bottle after a baby's feeding must be discarded. Babies' tummies are extra

sensitive to germs and bacteria. Do not attempt to refrigerate and reheat leftover milk.

Canned baby food in a jar should not be served directly to children. Foods should be transferred to a bowl and any unused portions remaining in the bowl should be discarded. The unused portion in the jar may be reused, if it was not used in the serving dish. Leftover baby food should be stored in the refrigerator and used promptly.

For more information on infants, see **Feeding Infants: A Guide for Use in the Child Nutrition Programs**, USDA publication FNS-258.

### **Preparing and Storing Bottles:**

- Ensure that bottle feeding is clean and sanitary.
- Do not allow bottles of breast milk or formula to stand at room temperature to prevent spoilage. Refrigerate prepared bottles until ready to use.
- For those babies who prefer a warm bottle, hold the bottle under running warm (not hot) water immediately before feeding.
- Shake a bottle of breast milk before feeding because breast milk separates when it is stored.
- **Never use a microwave oven to heat the bottles** because they may explode or the milk may get too hot. Since the liquid heats unevenly, it can be much hotter than it feels. Microwave heating can destroy special substances in breast milk.
- Do not put cereal or other food in a bottle since this forces the baby to eat food this way.
- Throw out unused breast milk or formula left in a bottle and wash the bottle with soap and hot water immediately. Clean and sterilize bottles before reusing them.

### **Feeding the Baby:**

- Feed when the baby indicates hunger. Respond to the early signs of hunger. Do not wait until the baby is upset or crying from hunger.
- Gently and slowly calm and position the baby to get ready for feeding.
- Feed in a smooth and continuous fashion following the baby's lead on when to feed, how long to feed and how much to feed. Avoid disrupting the feeding with unnecessary burping, wiping, juggling and arranging.
- Always hold the baby during feedings. Tip the bottle so that milk fills the nipple and air does not get in. Propping a bottle can cause ear infections and choking, and it deprives the baby of important cuddling and human contact.
- Hold the baby's head a little higher than the rest of the body to prevent milk from backing up in the ear and causing an ear infection.
- Do not offer the bottle at nap time or let a baby carry a bottle around. Allowing a baby to go to sleep with a bottle may lead to tooth decay.
- Wait for the baby to stop eating before burping. Burp by gently patting or rubbing the baby's back while the baby is resting on your shoulder or sitting on your lap.
- Continue to feed until the baby indicates he or she is full. Signs of fullness include sealing the lips, decrease in sucking, spitting out the nipple, and turning from bottle or pushing bottle away.
- Never force a baby to finish what is in the bottle. Babies are the best judge of how much they need.
- Older babies may be fed a bottle while sitting up in a high chair.

### **Introducing Solid Foods: Starting out**

- Talk with the parents before introducing solid foods. Only introduce solid foods when babies are developmentally ready for them.
- Coordinate with each baby's parents so that the same new foods and textures are introduced at the same time as at home.
- Do not serve solid foods to a baby younger than 4 months of age without a doctor's written instructions.

### **How to Feed When Baby is Ready for Solid Foods**

- Sit directly in front of the baby to encourage the baby. Offer the spoon. Wait for the baby's mouth to open before attempting to feed. If babies are not ready to eat from a spoon they are not ready to eat solid foods.
- In feeding solid foods, use a small spoon and place a tiny amount of food between a young baby's lips. At first much of it may slide out of the mouth, but gradually the baby will learn to move the food to the back of the mouth for swallowing.
- Do not force the baby to finish the serving. Babies are the best judge of how much food they need. Let them decide how much they eat. Feed until the baby indicates fullness by:
  - not opening the mouth,
  - pulling away from the spoon,
  - turning away,
  - pushing food or spoon back out of the mouth, or
  - throwing the food on the floor.
- Be calm and friendly but not overwhelming. Follow the baby's lead on when to feed, what to feed, and how much to feed.
- Do not put cereal or any other solid food in a bottle or infant feeder. Use a spoon for feeding instead. An infant feeder is a hard plastic container with a spout at one end and

a plunger at the other end which is used to push a liquid mixture of solid food into a baby's mouth. Babies fed food in a bottle or infant feeder are forced to eat the food, can choke, and may not learn to eat foods properly.

**• Any special equipment needed for feeding children with disabilities should be used. Consult with the parents on how to feed babies with special needs.**

- Make the texture of the food appropriate for the baby's stage of development. Providing new textures encourages the baby's further development.

### **Feeding Safety**

- Test the temperature of foods before feeding them to make sure they are not too hot.
- When feeding solid foods, seat babies in highchairs appropriate for their age and development. Fasten the baby into the highchair with safety straps before feeding. Keep the highchair away from a table, counter, wall, or other surface so that the baby cannot push off from it.
- Babies being fed and older babies learning to feed themselves should be closely supervised by an adult seated at the same table or next to the baby's highchair. Make sure that the baby does not eat while talking, crying, or laughing. Also, the adult can watch for "squirreling" (keeping several pieces of food in the mouth without swallowing) which can cause choking.
- To prevent choking, make sure that babies (and children) are not eating while they are talking, crying, laughing, crawling, walking, running, playing, lying down, or riding in a vehicle.
- Use a small spoon, made of unbreakable material that will not splinter, that easily fits into the mouth (do not use plastic utensils). Place food in a clean small plastic unbreakable bowl or dish with edges that are not sharp.

- Keep hot liquids or foods out of reach of babies and children, not on the edge of a counter or table, or on a tablecloth that could be pulled down. Make sure that staff do not consume hot liquids near babies or children. Babies and children can be burned from hot liquids or foods tipped over.

### **Watching for Reactions**

- Reinforce the introduction of new foods by serving the same foods as the parents are feeding. Wait at least 1 week between introducing new foods to watch for reactions (diarrhea, rashes, vomiting, coughing, wheezing, general irritability, hives, stomach pain).
- If a baby seems to be having a severe reaction to a food (e.g., hives, difficulty breathing, or shock), contact the rescue squad or Emergency Medical Service and the baby's parents immediately.
- If a baby does not like the taste of a new food at first, you can try offering it again 3 or 4 weeks later after discussing this with the parents.

### **Drinking Water**

- A baby's doctor may recommend feeding a small amount of sterile water in a cup when solid foods are introduced. Consult with the baby's parents about the feeding of water. Sterile water is water that is brought to a very bubbly boil, boiled for 1 to 2 minutes, and then allowed to cool.

### **Do Not Feed Babies These Foods:**

- Cow's Milk—it is not as nutritious and may cause anemia in babies. Breast milk or infant formula are best for the first year of life.
- Hard pieces of raw vegetable or raw fruit—they can cause choking and be difficult to digest.
- Egg white, whole eggs, shellfish (shrimp, lobster, crab, oysters, clams, scallops,

crawfish), and chocolate and cocoa. These foods may cause allergic reactions in babies.

- Shark, swordfish, king mackerel, or tilefish—these fish may contain high levels of harmful mercury.
- Citrus (e.g., orange, tangerine, grapefruit), pineapple, or tomato juices or foods before 6 months of age. These foods may cause allergic reactions in babies.
- Home-prepared beets, carrots, collard greens, spinach, and turnips before 6 months of age.
- Peanut butter and other nut and seed butters (e.g., soy nut, almond, cashew, or sunflower seed butter) and nuts and seeds. These foods can cause choking and may cause allergic reactions in some babies.
- Commercially prepared baby food desserts or commercial cakes, cookies, candies, and sweet pastries. These foods tend to be high in sugar and may contain less of the key nutrients that babies need.
- Sugar, maple syrup, corn syrup, molasses, glucose, or other syrups added to food or beverages.
- Foods, beverages, or powders containing artificial sweeteners. Babies should not be fed low-calorie foods or drinks.
- Foods that could cause choking.

### **Never Feed Babies These Foods:**

- Honey—Honey and products containing honey, including sources used in cooking or baking (such as in honey graham crackers), should never be fed to babies. Honey is sometimes contaminated with *Clostridium botulinum* spores which may cause a type of illness called infant botulism.
- Raw milk—Raw cow's or goat's milk could be contaminated with harmful substances which can make a baby very sick. Only pasteurized milk products should be used once milk is introduced at 12 months of age.

- Raw or undercooked eggs, meat, poultry, or fish– These foods when raw or undercooked can contain harmful bacteria, parasites, and other harmful substances that can make a baby very sick.
- Home-canned foods–These foods may contain harmful bacteria if improperly canned.

### **Choking Prevention**

Babies are at risk of choking on food due to their poor chewing and swallowing abilities. It is therefore very important to be careful about how a baby is fed. Serve foods that are the appropriate texture for a baby and avoid feeding certain foods that can cause choking. Following the general guidelines below will reduce the risk of choking in babies in your care.

### **Preventing Choking When Serving Foods**

When serving food to babies, keep in mind the following:

- Keep mealtimes calm by avoiding too much excitement or disruption during eating. Feed the baby in a quiet area away from noise and distractions such as a TV set.
- Sit with the baby and supervise mealtimes and snacks. Do not leave babies alone when they are eating.
- Have babies sit in an upright position during meals and snacks.
- Make sure that biscuits, toast, and crackers are eaten only when the baby is in an upright position. A baby who eats these foods while lying down could choke on crumbs.
- Hold babies while giving them a bottle.
- Make sure the hole in the nipple of the baby's bottle is not too large (if the bottle is held upside down, the falling drops should follow each other closely and not make a stream).
- Serve foods that are the appropriate texture for the baby's development. Prepare food so

that it is soft and doesn't require much chewing.

- Avoid using teething pain relief medicine before mealtime since it may interfere with chewing.
- Feed small portions.
- Encourage babies to eat slowly.

### **Feeding and Eating Behaviors to Avoid**

Certain feeding and eating behaviors increase a baby's risk of choking on food and must be avoided. These include:

- Propping a bottle in the baby's mouth,
- Giving the baby a bottle with a nipple with too large a hole,
- Feeding solid foods to a baby before the baby is developmentally ready,
- Feeding a baby solid foods in a bottle,
- Feeding the baby too quickly,
- Feeding while the baby is lying down, walking, talking, crying, laughing, running, riding in a vehicle, or playing,
- Serving difficult-to-chew foods to babies with poor chewing and swallowing abilities,
- Feeding a baby without close supervision,
- Feeding foods that may cause choking (see list below).

### **Acceptable Finger Foods**

Examples of finger foods that are safer and present a lower risk of choking include:

- Small pieces of ripe soft peeled banana, peach or pear,
- Small strips of toast or bread,
- Cooked macaroni,
- Thin slices of mild cheese,
- Soft cooked chopped vegetables such as string beans or potatoes,
- Teething biscuits, and
- Soft moist finely chopped meats.

## **Foods to Avoid That Can Cause Choking**

Some foods are hard to control in the mouth, and they can slip into the airway before being chewed properly. Do not feed babies or young children foods or pieces of food that are the size or shape of a marble. Foods this size can be swallowed whole and could become lodged in a child's throat and cause choking. The following foods are **not** recommended for babies and young children because they can cause choking:

- tough meat or large chunks of meat,
- peanuts or other nuts and seeds (such as pumpkin or sunflower),
- peanut butter or other nut or seed butters,
- candy (e.g., hard candy, jelly beans, caramels, chewing gum),
- popcorn,
- hot dogs, sausages, or toddler hot dogs (even when cut into round slices),
- potato and corn chips and similar snack foods,
- pretzels,
- chunks of cheese,
- cooked or raw whole kernel corn,
- plain wheat germ,
- fish with bones,
- marshmallows,
- whole uncut grapes, berries, cherries, melon balls, or cherry or grape tomatoes,
- raisins and other dried fruit,
- whole beans,
- hard pieces of raw fruit,
- whole grain kernels,
- raw vegetable pieces (e.g., carrots, green peas, string beans, celery, etc.) or hard pieces of partially cooked vegetables,
- whole pieces of canned fruit (cut them up instead).

See page 38 for a list of acceptable finger foods.

## **Food Preparation Techniques to Lower Choking Risk**

You can lower a baby's risk of choking on food by taking the proper precautions. When preparing food for babies, make sure it is in a form that does not require much chewing. The following preventive preparation techniques are recommended:

- Cook foods until soft enough to easily pierce with a fork.
- Cut soft foods into small pieces (cubes of food no larger than 1/4 inch) or thin slices that can easily be chewed.
- Cut soft round foods, such as soft cooked carrots, into short strips rather than round pieces.
- Substitute foods that may cause choking with a safe substitute, such as thinly sliced meat or hamburger instead of hot dogs.
- Remove all bones from poultry and meat and especially from fish.
- Cut grapes in quarters.
- Remove pits and seeds from very ripe fruit and cut the fruit into small pieces.
- Grind or mash and moisten food for young babies.
- Cook and finely grind or mash whole grain kernels of wheat, barley, rice, etc. before feeding to a baby. Do not feed babies raw or cooked whole grain kernels in the whole form.

Remember, choking can occur anywhere and anytime there is food. Avoid those foods known to be a risk or modify them to make them safer. Closely supervise mealtimes and encourage babies to eat their meals sitting quietly. Meals can continue to be both a happy time and a safe time.

**CHILD AND ADULT CARE FOOD PROGRAM  
INFANT MEAL PATTERN REQUIREMENTS**

Breakfast	Children Birth through 3 mo.	Children 4 through 7 mo.	Children 8 through 11 mo.
*Infant formula or breast milk	4-6 oz	4-8 oz	6-8 oz
Fruit and/or Vegetable (not juice)	---	---	1-4 T
*Infant cereal	---	0-3 T (optional)	2-4 T
Snack	Children Birth through 3 mo.	Children 4 through 7 mo.	Children 8 through 11 mo.
*Infant formula or breast milk	4-6 oz	4-6 oz	2-4 oz
Or full-strength fruit juice			Maximum 4 oz in a cup daily
Grains/Bread	---	---	0-½ slice bread or 0-2 crackers (optional)
Lunch or Supper	Children Birth through 3 mo.	Children 4 through 7 mo.	Children 8 through 11 mo.
*Infant formula or breast milk	4-6 oz	4-8 oz	6-8 oz
*Infant cereal	---	0-3 T (optional)	2-4 T
And/Or			
Meat or meat alternate Meat, poultry or fish or egg yolk	---	---	1-4 T or ½-2 oz or
Cheese Cottage cheese or cheese food or Cheese spread	---	---	2-8T or 1-4 oz
Fruit or vegetable (not juice)	---	0-3 T (optional)	1-4 T
*Iron Fortified			

**IRON-FORTIFIED INFANT FORMULAS WHICH DO NOT REQUIRE A  
MEDICAL STATEMENT IN THE CHILD NUTRITION PROGRAMS (as of 6/12/02)**

Although a medical statement is not required for the following iron-fortified infant formulas, child care providers should only provide an infant with the formula recommended to the infant's parent by the infant's health care provider. If the formula provided by the child care facility is not the same as the formula recommended by an infant's health care provider, the infant's parent or guardian may elect to decline the offered infant formula and supply another formula.

**Milk-based Infant Formulas:**

- Carnation Good Start
- Enfamil With Iron
- Enfamil AR
- Enfamil Lactofree
- Similac With Iron
- Similac Lactose Free w/iron
- Similac Advance
- Enfamil Lipil
- Gentle Moments (Wal-Mart brand)
- Kirkland Signature Infant Formula w/iron (sold through Costco)

Wyeth-Produced Private Label Store Brand Milk-based Infant Formulas:

- Albertson's Baby Basics Infant Formula
- Amway Kozy Kids Infant Formula Powder
- CVS Infant Formula Powder
- Good Sense Infant Formula Powder
- K-Mart Little Ones Infant Formula Powder
- Kroger Comforts Infant Formula Powder
- Members' Mark ( sold through Sams' Club)
- Parents' Choice Infant Formula (in powder, concentrated liquid and ready-to-feed 8 oz can forms)
- Target Healthy Baby Infant Formula Powder
- Walgreen's Infant Formula Powder

**Soy-based Infant Formulas:**

- Carnation Alsoy
- Gentle Moments Soy Infant Formula
- Isomil
- ProSobee

Wyeth-Produced Private Label Store Brand Soy-based Infant Formulas:

- Albertson's Baby Basics Soy Infant Formula Powder (sold through a variety of stores)

- Babysoy Soy Protein Infant Formula Powder (sold through a variety of stores)
- CVS Soy Infant Formula Powder
- Good Sense Infant Soy Formula Powder
- K-Mart Little Ones Soy Infant Formula Powder
- Member's Mark (sold through Sam's Club)
- Parents' Choice Soy Infant Formula (sold through Wal-Mart, in powder concentrated liquid, and ready-to-feed 8 oz forms)
- Target Healthy Baby Soy Infant Formula Powder
- Walgreen's Soy Infant Formula Powder

**Follow-up Iron-fortified Formulas that Do Not Require Medical Statements When They are Served to Infants at the Ages Indicated:**

***When served to infants 4 months and older:***

These types of formulas do not require medical statements when they are served to infants 4 months of age or older. (A medical statement is required if any of them is served to infants less than 4 months of age.):

- Carnation Follow-up Formula (milk-based) – This formula is specifically designed for infants 4 to 12 months of age and older who are eating cereal and other baby foods.
- Carnation Follow-up Soy Formula (soy-based) – This formula is specifically designed for infants 4 to 12 months of age and older who are eating cereal and other baby foods.
- Gentle Moments 2 Infant Formula with Iron (milk-based, sold through Wal-Mart) – This formula is designed for infants 4 months and older as the infant grows and adjusts to solid foods.
- Wyeth-produced Label Store Brand “Follow-on” Infant Formulas – These types of formulas are designed for infants 4 months and older and are intended to replace traditional starter formula when an infant is eating cereal and other baby foods. They are not intended to replace breastmilk. These formulas have been specially formulated for use as a supplement to the solid food portion of the older infant's diet:

\*Albertson's Baby Basics 2 Follow-on Infant Formula Powder (sold through a variety of stores)

\*Hill Country Fare 2 Follow-on Infant Formula (sold through H.E. Butt or H-E-

B)

\*Kroger Comforts 2 Follow-on Infant Formula Powder

\*Parents' Choice 2 Follow-on Infant Formula (sold through Wal-Mart)

\*Safeway Select 2 Follow-on Infant Formula (sold through a variety of stores)

\*Target Healthy Baby Formula for Older Infants

\*Wegman's 2 Follow-on Infant Formula

***When served to infants 6 months and older:***

These types of formulas do not require medical statement when they are served to infants 6 months of age or older. (A medical statement is required if any of them is served to infants less

than 6 months of age.):

- Enfamil Next Step Toddler Formula (milk-based) – This formula is designed as an alternative to cow’s milk for the older infant (6 months of age or older, according to the manufacturer) or toddler. It is not marketed as an alternative to “Enfamil with Iron” or any other iron-fortified infant formulas that are designed for infants birth to 12 months of age.
- Enfamil Next Step Soy Toddler Formula (soy-based) – This formula is designed as an alternative to cow’s milk for the toddler with milk sensitivities.
- Ross Similac 2 Toddler Formula (milk-based) – This formula is designed as an alternative to cow’s milk for the older infant (6 months of age or older, according to the manufacturer) or toddler. It is not marketed as an alternative to “Enfamil with Iron” or any other iron-fortified infant formulas that are designed for infants birth to 12 months of age.
- Ross Isomil 2 Soy Toddler Formula (soy-based) – This formula is designed as an alternative to cow’s milk for the toddler with milk sensitivities.

### INFANT FOODS

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Beans, Dry or Canned (i.e., kidney, lima, pinto, navy, etc.)	X		Cooked dry beans may be claimed when served at lunch or supper to infants 8-11 months of age. Dried or canned legumes should be prepared (mashed or pureed) to the appropriate texture for infants. Whole cooked legumes may cause choking in infants.
Bread (all types of bread, biscuits, bagels, English muffins, pita bread, rolls, soft pretzels, soft breadsticks, and soft tortillas)	X		Crusty bread, including dry bread and toast, may be claimed for supplements to infants 8-11 months of age. Bread must be made from whole-grain, bran, germ and/or enriched meal or flour to be creditable.
Bread Alternates (hard pretzels, cookies, hard bread sticks, tortilla chips, granola bars, croutons, pieces of crunchy waffles, doughnuts, cake, brownies)		X	
Breast Milk	X		Meals served to infants (birth - 7 mo.) that receive breast milk only can be claimed for reimbursement. Meals served to infants (8 mo. – 1 year) that contain breast milk and the other required foods (supplied by the center) can be claimed for reimbursement.
Cereal, Adult		X	“Adult” cereals, including oatmeal and Farina, are not creditable for infants.
Cereal, Infant with Fruit		X	It is difficult to determine the amount of cereal and fruit.
Cereal, Iron-fortified Infant	X		Iron-fortified dry cereals specially formulated and recognized for infants are creditable. “Cereal for Baby” on label.
Cereal, commercial, jarred		X	
Cheese (natural cheese, cottage cheese, cheese food, cheese spread)	X		Natural cheese, cottage cheese, cheese food and cheese spread may be claimed when served at lunch or supper to infants 8-11 months of age.
Chocolate		X	Chocolate should not be served to infants under one year of age as it may cause allergic reactions.
Combination dinners/foods, commercial baby food		X	The amount of each component in combination meals is difficult to determine. After measuring the appropriate amount of each item, plain meats may be mixed with vegetables.
Commercial breaded/battered fish products		X	Not designed for consumption by infants.

### INFANT FOODS

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Crackers	X		Crackers may be credited at snack only when served to developmentally ready infants 8-11 months of age. Crackers must be made from whole-grain, bran, germ and/or enriched meal or flour. <b>MAY NOT CONTAIN HONEY.</b>
Desserts, Baby Food		X	
Egg White		X	Egg whites should not be served to infants less than one year of age because they may cause allergic reactions.
Egg Yolk	X		Egg yolk may be claimed when served at lunch or supper to 8-11 month old infants. Commercial baby food egg yolk or properly cooked and prepared (pureed or mashed) egg yolk may be served.
Formula, follow-up	-	-	Follow-up formulas are designed for older infants or toddlers consuming solid foods. Follow-up formulas are creditable when served to infants 6 months of age or older. Follow-up formulas are not creditable when served to infants less than 6 months of age, except when served as substitutions supported by a medical statement. (See pages 41 and 42.)
Formula, Iron-fortified or with Iron	X		Iron-fortified infant formulas, including soy-based formulas, may be served.  Formula recommended by the infant's health care provider should be served.  The American Academy of Pediatrics recommends that, during the first year of life, the only acceptable alternative to breast milk is iron-fortified infant formula and that low-iron formulas and whole milk not be used.
Formula, Low-iron		X	Only iron-fortified infant formula is creditable. A medical statement must be on file to claim low-iron formula.
Fruit	X		Raw fruits may cause choking if not prepared (cooked, if necessary, and/or pureed or mashed) to the appropriate texture for an infant. Plain commercial baby food fruits may be claimed when served at lunch or supper to infants 4-7 months old, or when served at breakfast, lunch or supper to infants 8-11 months old.

### INFANT FOODS

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Fruit and Vegetable Juice Blend		X	Fruit and vegetable juice blends are not creditable for infants. Only 100% <b>fruit</b> juices are creditable for infants.
Fruits and vegetables w/DHA		X	DHA is considered to be a filler. Infant fruit/vegetables containing DHA are not creditable.
Fruit Drink		X	Fruit drinks are not creditable. Juices must be 100% fruit juice to be credited.
Fruit Juice with Yogurt		X	
Fruit Punch		X	Fruit punch is not creditable.
Home-canned Infant Foods		X	Home-canned infant foods must not be served due to the risk of food borne illness.
Homemade Baby food	X		Avoid salt, other seasonings, and fat
Honey		X	Honey (including that cooked or baked in products such as honey graham crackers, honey snack crackers and all other items containing honey) should not be served to infants less than one year of age. Honey is sometimes contaminated with Clostridium botulinum spores. If these spores are ingested by a baby, they can produce a toxin which may cause severe food borne illness called infant botulism.
Juice, Vegetable		X	Vegetable juice is not creditable for infants. Only 100% <b>fruit</b> juices are creditable toward the infant meal pattern requirements.
Meat	X		Plain commercial baby food meats may be claimed when served at lunch or supper to infants 8-11 months of age. Also, Gerber 2 <sup>nd</sup> Foods Meats are creditable. Fresh or frozen meats should be cooked thoroughly and then prepared (pureed, ground or finely chopped) to the appropriate texture for infants.
Meats Sticks, Infant		X	Present a choking hazard and according to the manufacturer are designed to match the skills of children over 12 months of age.
Milk, Low-fat (1%)		X	Low-fat milk is not creditable for infants.
Milk, Reduced Fat (2%)		X	Reduced-fat milk is not creditable for infants.
Milk, Skim		X	Skim milk is not creditable for infants.
Milk, Whole		X	All infants must receive iron fortified infant formula or breast milk until age 1.
Nuts/Seeds		X	Nuts may cause choking and should never be served

			to infants.
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**INFANT FOODS**

FOOD	CREDITABLE		COMMENTS
	YES	NO	
Peanut Butter		X	Peanut butter should not be served to children less than one year of age because it may cause choking.
Puddings		X	
Shellfish		X	Shellfish may cause allergic reactions in infants less than one year old.
Soy Formula	X		See: Formula, iron-fortified or with iron.
Teething Biscuits	X		Creditable as snack only
Vegetables	X		Plain commercial baby food vegetables may be claimed when served to infants 4-7 months old at lunch or supper and infants 8-11 months old at breakfast lunch or supper. Fresh or frozen vegetables should be cooked and then prepared (pureed or mashed) to the appropriate texture for infants. Raw vegetables are not recommended for infants because they may cause choking.
Yogurt	X		Yogurt is creditable as a meat/meat alternate for lunch/supper only.

## QUESTIONS AND ANSWERS ABOUT INFANT FEEDING

- **Q: How can you serve 0 tablespoons of food according to the Infant Meal Pattern Food Chart?**

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

- **Q: Does an infant have to eat only at the specified meal times?**

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

- **Q: Why are some of the food portions so small?**

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

- **Q: Why is fruit juice no longer required at breakfast, lunch, and supper?**

**A:** The use of fruit juice, in addition to the required amount of formula or milk at each meal, would be too much liquid and could discourage the baby from eating solids.

- **Q: Can I serve regular cereals (such as Cheerios or Rice Krispies) to an infant for breakfast?**

**A:** No. The infant meal pattern requires Iron Fortified Infant Cereal (IFIC) at breakfast. Other cereals may be served in addition to the IFIC.

- **Q: Can I substitute regular oatmeal or farina-type cereals for iron-fortified infant cereals?**

**A:** No.

- **Q: There is a product on the market that comes as infant cereal and formula mixed. Are these type of foods creditable?**

**A:** No.

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