

2 — MEAL PATTERN COMPONENTS: GRAINS AND BREADS

USDA REQUIREMENTS

CACFP regulations require that breakfast, lunch and supper contain two servings of grains/breads. A grain/bread item may also be served as one of the two required snack components. When planning the grains/breads component for CACFP menus, adult day care centers must ensure that the following requirements are met.

- Grains/breads may be credited if they are whole-grain or enriched, or are made from whole-grain or enriched meal or flour, or contain bran or germ.
 - ▶ Breakfast cereals and cooked cereal grains (e.g., rice, bulgur and oatmeal) must be whole grain, enriched or fortified.
 - ▶ If the product is enriched, it must meet the Food and Drug Administration (FDA) Standards of Identity for enriched bread, macaroni and noodle products, rice, cornmeal or corn grits.
- All grains/breads must contain whole grain, enriched flour, bran or germ as specified on the label or according to the recipe, or must be enriched in preparation or processing and labeled “enriched.”
- One-quarter ($\frac{1}{4}$) of a serving is the smallest amount allowed to count toward the minimum required quantities. Several sources of grains/breads can be served, but the combined total must equal the minimum required for each meal.
- The CSDE recommends serving sweet grain-based foods infrequently, if at all, as they are often high in fat, sugars and sodium. For more information, see *State Nutrition Recommendations* in this section. If served, sweet grain-based foods must contain whole-grain or enriched flour or meal, or bran or germ in the appropriate quantities. They must also meet the criteria below.
 - ▶ Toaster pastries, coffee cakes, doughnuts, sweet rolls, pastries, fruit turnovers, granola bars, formulated grain-fruit products (e.g., cereal bars) and other sweet grain-based foods specified in *Serving Sizes for Grains/Breads in CACFP Adult Centers* (see pages 19-20) are allowed only at breakfast and snack.
 - ▶ Cookies (including animal crackers and graham crackers), cakes, fruit dessert pies, fruit cobblers, fruit crisps, plain brownies and other grain-based desserts specified in *Serving Sizes for Grains/Breads in CACFP Adult Centers* are allowed only at snack.
 - ▶ Sweet grain-based foods cannot be served at snack more than twice a week between all snacks (morning, afternoon and evening) provided in the CACFP.
 - ▶ The CSDE does not recommend serving sweet grain-based foods at breakfast.

SERVE WHOLE GRAINS MOST OFTEN

The *Dietary Guidelines for Americans* recommends a variety of grains daily, especially whole grains. At least half the recommended daily servings of grains should be whole grains. Whole grains are nutrient rich. They contain vitamins, minerals, fiber, antioxidants and other health-enhancing substances. Whole-grain products (such as whole-wheat bread and brown rice) provide more nutrients than refined enriched products (such as white bread and white rice).

STATE NUTRITION RECOMMENDATIONS

In addition to the specified USDA requirements for grains/breads, the CSDE strongly recommends that all grains and breads served as part of CACFP meals and snacks meet the nutrition standards below. These standards provide the healthiest choices for CACFP participants by promoting whole or minimally processed nutrient-rich foods that are low in fat, added sugars and sodium.

NUTRITION STANDARDS FOR GRAINS AND BREADS

- A serving of grains or breads contains:
 - ▶ no more than 35 percent of calories from fat and no chemically altered fat substitutes.
 - ▶ less than 10 percent of calories from saturated fat.
 - ▶ less than 0.5 gram of trans fat and no hydrogenated or partially hydrogenated oils.
 - ▶ no more than 35 percent of calories from sugars and no artificial sweeteners, nonnutritive sweeteners or sugar alcohols.
 - ▶ no more than 200 milligrams of sodium.
- Choose whole grains for most breads, grains, pastas and cereals. Look for whole grain to be listed as the first ingredient or that the food contains the entire grain kernel.
- Serve whole grains for at least half of the CACFP grains and breads servings at meals and snacks each day.
- Read labels and choose foods that are good sources of fiber (at least 2.5 grams per serving) most often.
- Prepare grains and breads with minimal or no added fat. If fat is used, choose polyunsaturated and monounsaturated fats. Do not serve any foods made with hydrogenated or partially hydrogenated oils.
- Serve whole-grain breakfast cereals that meet the standards above and that contain at least 2.5 grams of fiber per serving.
- Limit condiments, such as margarine, butter, jelly, jam, syrup and cream cheese. If served, provide low-fat or fat-free, low-sugar and low-sodium varieties separately from the food so participants can decide whether to add them. Use portion control measures as appropriate, such as preportioned servings or portion control (PC) packets.

The CSDE has developed worksheets to assist CACFP facilities with evaluating grains/breads for compliance with the CSDE's recommended nutrition standards. For commercially made products, see:

- worksheet 1, *Crediting Purchased Grains/Breads in CACFP Adult Centers*; and
- worksheet 2, *Crediting Breakfast Cereals in CACFP Adult Centers*.

For products made from scratch, see:

- worksheet 3, *Crediting Family-Size Recipes for Grains/Breads in CACFP Adult Centers*; and
- worksheet 4, *Crediting Quantity Recipes for Grains/Breads in CACFP Adult Centers*.

All worksheets compare the nutrient content of products with the CSDE's recommended nutrition standards for fat, saturated fat, trans fat, sugars and sodium. With the exception of breakfast cereals (worksheet 2), the nutrition standards do not require a minimum level for fiber. However, they encourage CACFP sponsors to choose whole grains and good sources of fiber most often.

These worksheets are available under *Forms and Handouts* in section 6. For information on how to use these worksheets, see *Crediting Purchased Grains/Breads* and *Crediting Grains/Breads Made from Scratch* in this section.

FOODS THAT QUALIFY AS GRAINS/BREADS

Foods that qualify as grains/breads include, but are not limited to, the list below. For specific crediting information, see *Serving Sizes for Grains/Breads in CACFP Adult Centers* in this section and the Grains/Breads section of the Crediting Foods Guide.

- Breads that are whole grain or enriched or made from whole-grain or enriched meal, or contain bran or germ.
- Biscuits, bagels, rolls, tortillas, muffins or crackers made with whole-grain or enriched meal or flour, or bran or germ.
- Cereal grains (cooked) such as rice, bulgur, oatmeal, corn grits, wheat or couscous that are whole grain, enriched or fortified. For more information, see “cereal grains” in the Glossary.
- Ready-to-eat breakfast cereals that are whole grain, enriched or fortified.
- Cereals or bread products that are used as an ingredient in another menu item, such as crispy rice treats, oatmeal cookies or breading on fish or poultry, when they are whole grain, enriched or fortified.
 - ▶ For commercial products, such as breaded meat or battered fish, CACFP facilities must obtain documentation from the manufacturer to indicate that the breading provides a sufficient portion of grains/breads (see *Determining Serving Sizes Based on Creditable Grains Content* in this section).
 - ▶ For products made from scratch, the recipe must document the amount of grains/breads provided per serving (see *Crediting Grains/Breads from Scratch* in this section).
- Macaroni or noodle products (cooked) made with whole-grain or enriched flour.
- Sweet grain-based foods such as toaster pastries, coffee cakes, doughnuts, sweet rolls, cookies (including animal and graham crackers), cakes, granola bars or formulated grain-fruit products when made with whole-grain or enriched meal or flour, or bran or germ and permitted by *Serving Sizes for Grains/Breads in CACFP Adult Centers*. The CSDE recommends serving these items infrequently, if at all, as they are often high in fat, sugars and sodium. For more information, see *Nutrition Standards for Grains and Breads* on the previous page.
 - ▶ Not all sweet grain-based foods are creditable for both breakfast and lunch. The chart on the next page, *Do These Sweet Foods Count as Grains/Breads?*, summarizes when these foods can be served.
 - ▶ Sweet grain-based desserts that meet the USDA criteria for grains/breads are creditable at snack only. *They cannot be served more than twice a week between all snacks (morning, afternoon and evening) provided in the CACFP.*
 - ▶ Granola bars and fruit-and-grain cereal bars that meet the criteria for grains/breads are creditable at snack and breakfast only. However, the CSDE does not recommend serving these foods at breakfast.
- Pie crust made with whole-grain or enriched flour or meal and served as permitted by *Serving Sizes for Grains/Breads in CACFP Adult Centers*. Dessert pie crust can be credited as a grain/bread only at snack. Pie crust in meat/meat alternate dishes such as quiche can be credited at meals.
- Snack products such as hard pretzels, hard bread sticks and tortilla chips made from whole-grain or enriched meal or flour.

DO THESE SWEET FOODS COUNT AS GRAINS/BREADS?			
Food Item	Breakfast	Lunch and Supper	Snack
Toaster pastries, coffee cakes, doughnuts, sweet rolls, pastries, granola bars, formulated grain-fruit products (e.g., cereal bars), fruit turnovers	Yes ^{1, 2, 3}	No	Yes ^{2, 3, 4}
Cookies (including animal crackers and graham crackers), cakes, fruit dessert pies, fruit cobblers, fruit crisps, plain brownies	No	No	Yes ^{2, 3, 4}

¹ The CSDE does not recommend serving these types of dessert products at breakfast.
² These foods are often high in fat, sugars and sodium. They should be served infrequently, if at all. The CSDE strongly recommends that all grains/breads meet the recommended nutrition standards for grains/breads (see page 16).
³ Products must contain whole-grain or enriched flour, or bran or germ, and the minimum serving size must be provided. The CACFP facility is responsible for providing documentation that these requirements are met.
⁴ Sweet grain-based foods cannot be served at snack more than twice a week between all snacks (morning, afternoon and evening) provided in the CACFP.

MINIMUM SERVING SIZES FOR GRAINS/BREADS

The USDA specifies minimum serving sizes for a wide variety of grains and breads in *Serving Sizes for Grains/Breads in CACFP Adult Centers*. Grains/breads are divided into nine groups based on their average grain content. The weight needed for each group to provide one serving of grain/bread varies since different types of foods contain different concentrations of whole-grain or enriched flour or meal, or bran or germ. Grains/breads with fillings, frosting, toppings, nuts, chocolate chips, dried fruit and other similar ingredients require larger serving sizes to meet the minimum grain content.

For Groups A through G, one serving of grain/bread must provide 14.75 grams of whole-grain or enriched flour, meal, bran or germ. For Groups H and I, one serving of grain/bread must meet the specified weights and volumes.

Determining Serving Sizes for Grains/Breads

CACFP facilities must determine whether a product contains enough whole-grain or enriched flour or meal, or bran or germ to meet the CACFP meal pattern requirements. The method used depends on whether the CACFP facility purchases a commercial product or makes the item from scratch.

- **Commercial products:** Use *Serving Sizes for Grains/Breads in CACFP Adult Centers* to determine the required weight for a CACFP serving and worksheet 1, *Crediting Purchased Grains/Breads in CACFP Adult Centers*, to determine the appropriate serving size, e.g., number of pieces (see *Forms and Handouts* in section 6). For more information, see *Crediting Purchased Grains/Breads* in this section. There are some situations where a commercial product's creditable grains content must be used to calculate the CACFP serving size (see *Determining Serving Sizes Based on Creditable Grains Content* in this section).
- **USDA standardized recipes:** All USDA recipes specify CACFP crediting information, i.e., the servings of grains/breads provided by one serving of the recipe. The USDA recipes are available at http://teamnutrition.usda.gov/Resources/usda_recipes.html.
- **Local recipes:** Calculate the CACFP serving size based on the grain content of the recipe, using the worksheet for either family-size or quantity recipes (see worksheets 3 and 4 under *Forms and Handouts* in section 6). For more information, see *Crediting Grains/Breads Made from Scratch* in this section.

SERVING SIZES FOR GRAINS/BREADS IN CACFP ADULT CENTERS ^{1, 2}	
Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> • Bread type coating (see entry in <i>Crediting Foods Guide</i>) • Bread sticks, hard • Chow mein noodles • Crackers, saltines and snack crackers • Croutons • Pretzels, hard • Stuffing, dry <i>Note: weights apply to bread in stuffing</i> 	<p>1 serving = 20 grams or 0.7 oz. ¾ serving = 15 grams or 0.5 oz. ½ serving = 10 grams or 0.4 oz. ¼ serving = 5 grams or 0.2 oz.</p>
Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating (see entry in <i>Crediting Foods Guide</i>) • Biscuits • Breads, e.g., white, wheat, whole wheat, French, Italian • Buns, hamburger and hot dog • Graham crackers and animal crackers, plain • Egg roll skins • English muffins • Pita bread, e.g., white, wheat, whole wheat • Pizza crust • Pretzels, soft • Rolls, e.g., white, wheat, whole wheat • Tortillas, wheat or corn • Tortilla chips, wheat or corn • Taco shells 	<p>1 serving = 25 grams or 0.9 oz. ¾ serving = 19 grams or 0.7 oz. ½ serving = 13 grams or 0.5 oz. ¼ serving = 6 grams or 0.2 oz.</p>
Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> • Cookies, plain³ • Cornbread • Corn muffins • Crackers including filled crackers, e.g., peanut butter or cheese • Crackers, frosted, e.g., frosted animal crackers and chocolate-covered graham crackers³ • Croissants • Pancakes • Pie crust (dessert pies³, fruit turnovers⁴ and meat or meat alternate pies) • Waffles 	<p>1 serving = 31 grams or 1.1 oz. ¾ serving = 23 grams or 0.8 oz. ½ serving = 16 grams or 0.6 oz. ¼ serving = 8 grams or 0.3 oz.</p>
Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> • Doughnuts, cake and yeast raised, unfrosted⁴ • Granola bars, plain⁴ • Muffins, all except corn⁴ • Sweet rolls, unfrosted⁴ • Toaster pastries, unfrosted⁴ 	<p>1 serving = 50 grams or 1.8 oz. ¾ serving = 38 grams or 1.3 oz. ½ serving = 25 grams or 0.9 oz. ¼ serving = 13 grams or 0.5 oz.</p>

¹ All grain/breads must be whole grain or enriched or made with whole-grain or enriched flour or meal, or bran or germ.

² Some of these foods or their accompaniments are high in sugars, salt or fat. This should be a consideration when deciding how often to serve them.

³ Allowed only for supplements (snacks).

⁴ Allowed only for supplements (snacks) and breakfasts.

SERVING SIZES FOR GRAINS/BREADS IN CACFP ADULT CENTERS ^{1, 2}	
Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> • Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees³ • Chocolate covered grahams³ • Doughnuts, cake and yeast raised, frosted or glazed⁴ • French toast • Grain fruit bars, cereal bars⁴ • Granola bars, with nuts, raisins, chocolate pieces or fruit⁴ • Sweet rolls, frosted⁴ • Toaster pastries, frosted⁴ 	1 serving = 63 grams or 2.2 oz. ¾ serving = 47 grams or 1.7 oz. ½ serving = 31 grams or 1.1 oz. ¼ serving = 16 grams or 0.6 oz.
Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> • Cake, plain, unfrosted³ • Coffee cake⁴ 	1 serving = 75 grams or 2.7 oz. ¾ serving = 56 grams or 2.0 oz. ½ serving = 38 grams or 1.3 oz. ¼ serving = 19 grams or 0.7 oz.
Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> • Brownies, plain³ • Cake, all varieties, frosted³ 	1 serving = 115 grams or 4 oz. ¾ serving = 86 grams or 3 oz. ½ serving = 58 grams or 2 oz. ¼ serving = 29 grams or 1 oz.
Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> • Barley • Breakfast cereals, cooked⁵ • Bulgur or cracked wheat • Cereal grains⁶ • Macaroni, all shapes • Noodles, all varieties • Pasta, all shapes • Ravioli, noodle only • Rice, brown or enriched white 	1 serving = ½ cup cooked (or 25 grams or 0.9 oz. dry) ½ serving = ¼ cup cooked (or 13 grams or 0.5 oz. dry)
Group I	Minimum Serving Size for Group I
<ul style="list-style-type: none"> • Ready-to-eat breakfast cereals (cold dry)⁵ • Rice cakes 	1 serving = ¾ cup measure or 1 oz. weight, whichever is less

¹ All grain/breads must be whole grain or enriched or made with whole-grain or enriched flour or meal, or bran or germ.

² Some of these foods or their accompaniments are high in sugars, salt or fat. This should be a consideration when deciding how often to serve them.

³ Allowed only for supplements (snacks).

⁴ Allowed only for supplements (snacks) and breakfasts.

⁵ Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast. One serving must measure ¾ cup or weigh 1 ounce, whichever is less. Cereals must be whole grain, enriched or fortified.

⁶ Examples of cereal grains include amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries and rolled wheat.

NUTRITION INFORMATION FOR GRAINS/BREADS

Grains/breads products are rich sources of protein, B-vitamins (thiamin, riboflavin and niacin) and iron. In addition, whole-grain breads and cereals provide folate, vitamins B₆ and A; the antioxidant nutrients vitamin E and selenium; the minerals zinc and copper; and many health-enhancing phytonutrients (such as lignans and flavonoids) and fiber. Whole-grain products (such as whole-wheat bread and brown rice) provide more vitamins, minerals, fiber and other health-enhancing substances than refined enriched products (such as white bread and white rice).

There is considerable variation in the nutrient content of grains/breads, depending on the ingredients contained, such as whole-wheat flour or white flour; the type of fat, e.g., oil, shortening, butter or margarine; and the amount of added sugars. CACFP facilities should consider the nutrient content of grain/bread products when planning menus. Some choices are much higher in fat, sugars and sodium, and should be served infrequently, if at all. Whole-grain products should be offered most often.

Sometimes manufacturers add fiber or whole grains to processed foods, such as:

- adding a small amount of whole grain to a ready-to-eat cereal, dessert or other product that is high in refined grains, fat, added sugars or sodium;
- adding fiber to refined products that otherwise have little nutritional value, such as snack bars, cookies and brownies.

Adding fiber or whole grains does not make an undesirable product a healthy choice. Choose whole-grain foods with the lowest amount of saturated fat, trans fat, sugars and sodium. For more information, see *Nutrition Policies and Guidance for Adult Centers: Planning Healthy Meals*.

CREDITABLE GRAINS

To be creditable in the CACFP, grains/breads must be whole grain or enriched, or contain bran or germ. This must be specified on the label in the ingredients statement. The USDA credits bran and germ the same as whole-grain or enriched flour or meal. For more information on terms for grains and breads, see the Glossary.

IDENTIFYING WHOLE GRAINS

Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran and the nutrient-rich germ. Usually the grain kernel is cracked, crushed, flaked or ground during the milling process. A finished grain product is considered whole grain if it contains the same relative amounts of bran, germ and endosperm as the original grain.

Whole grains contain a wide variety of nutrients and compounds that help reduce the risk of chronic diseases, such as heart disease and cancer. The CSDE strongly encourages CACFP facilities to choose whole-grain foods most often. Ideally, products should be 100 percent whole grain or list whole grains

WHOLE GRAIN OR FIBER

Whole grains and fiber both provide health benefits but they are not the same thing. Whole-grain foods contain a large variety of health-enhancing substances that may not be present in high-fiber foods.

Fiber content is not a good indicator of whether a food is whole grain because the fiber content and serving size of different categories of grains (such as cereal and bread) vary. Grain foods that are good sources of fiber, such as bran cereal, may contain bran or other added fiber without much or any whole grain.

To determine whether a food is whole grain, read the ingredients statement (see *Terms Indicating a Product is Whole Grain* on the next page). To determine fiber content, check the Nutrition Facts panel. The FDA defines good sources of fiber as foods with at least 2.5 grams of fiber per serving. High-fiber foods contain at least 5 grams of fiber per serving.

as the first ingredient (see *Terms Indicating a Product is Whole Grain* in this section). Products containing 100 percent whole grain are the most nutritious.

The Nutrition Facts label does not currently identify the amount of whole grains in foods. However, menu planners can determine whether a product is either 100 percent whole grain or predominately whole grain by reviewing the package and ingredients. Some whole-grain products have a Standard of Identity that assures the product is 100 percent whole grain. The Food and Drug Administration’s (FDA) health claim for whole grains indicates products that contain at least 51 percent whole grain.

Standard of Identity for Whole Grains

Some whole grains have a Standard of Identity, which is set by the FDA and specifies the name for the product, what ingredients a grain must contain and what additional ingredients a grain may contain. For example, the Standard of Identity for whole-wheat flour requires that it be made from only the whole-grain kernel. Some whole grains have a Standard of Identity and do not include the word “whole,” such as “cracked wheat,” “crushed wheat” and “graham flour.” Only a small number of whole grains have a Standard of Identity, including bromated whole-wheat flour; cracked wheat; crushed wheat; entire wheat flour; graham flour; whole-wheat flour; and whole durum wheat flour.

The only whole-grain products with Standards of Identity are bakery products (whole-wheat bread, whole-wheat buns and whole-wheat rolls) and macaroni products (whole-wheat macaroni, whole-wheat spaghetti and whole-wheat vermicelli). For bakery products, the grain used must be only from whole-wheat flour, bromated whole-wheat flour or a combination of both. For macaroni products, the grain used must be only from whole-wheat flour, whole durum wheat flour or a combination of both.

The Standard of Identity is reliable for identifying whole-grain products because it specifies the whole grain as the *only* grain, but it does not specify the *amount* of whole grain in the product. The manufacturer can add other ingredients to the standardized product, e.g., adding extra fiber, bran or germ to whole-wheat bread. For example, the 100% Whole-Wheat Bread at right meets the Standard of Identity for whole-wheat bread. The primary ingredient is *whole-wheat flour*, which is a whole grain. This product also contains wheat bran. Since this bread does not contain any refined grains, it contributes a significant amount of whole grains.

100% Whole-Wheat Bread
 22 g whole grain per slice
 Serving size: 1 slice (43 g)

Ingredients: **Whole wheat flour**, water, sugar, wheat gluten, yeast, raisin juice concentrate, **wheat bran**, molasses, soybean oil, salt, monoglycerides, calcium propionate (preservative), calcium sulfate, datem, grain vinegar, citric acid, soy lecithin, whey, nonfat milk.

Health Claim for Whole Grains

The FDA has approved a health claim for food labels that is related to the health benefits of eating whole grains. This claim states that “Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers.” If a food product displays the FDA health claim, it must contain at least 51 percent of whole-grain ingredients by weight, based on the FDA serving size for food labels. It must also be low in fat and meet the FDA requirements for fiber, based on the food label’s serving weight. However, the health claim does not indicate that the product is 100 percent whole grain.

Misleading Terms for Whole Grains

Menu planners should read labels carefully as packaging can be misleading. When a grain name, such as corn or rice, is listed in the ingredient statement without a descriptor (such as “whole” corn or “brown” rice), the product may not be whole grain. These ingredients cannot be counted as whole grains unless the CACFP facility obtains documentation from the manufacturer indicating that they are whole grain (see *Crediting Products with Multiple Grain Ingredients* in this section).

Manufacturers often use terms in their product names or labels that make a product appear to contain a significant amount of whole grain when it does not. Products with the following terms are usually not 100 percent whole grain and do not contain much whole grains. They often contain refined flour (or other ingredients that are not whole grain) as the first or second ingredient.

- *Made with whole grains:* These products must have some whole grains but may contain mostly refined flour.
- *Made with whole wheat:* These products must have some whole wheat but may contain mostly refined flour.
- *Contains whole grain:* These products may contain a small amount of whole grain but usually are mostly refined grain.
- *100% wheat:* All bread made from any part of the wheat kernel is 100 percent wheat (not to be confused with 100 percent whole wheat). These products may contain some whole-wheat flour or may contain only refined flour. Instead, look for “100% whole-wheat” or “100% whole-grain,” which indicates the product is made from only whole grains.
- *Multigrain or specifies number of grains, e.g., Seven Grain Bread:* These products must contain more than one type of grain, which can include refined grains, whole grains or both. Some multigrain breads may have enriched flour as the primary ingredient with multiple grains in smaller amounts, while others contain mostly whole grains.
- *Cracked wheat bread:* While cracked wheat is a whole grain, cracked wheat bread may contain refined flour as the primary ingredient with small amounts of cracked wheat.

The following examples illustrate products with misleading grain content. Each product’s grain ingredients are indicated in bold.

- While the label for Seven Grain Bread states “made with whole grains,” the ingredients statement indicates that the primary ingredient is *enriched wheat flour*, which is not a whole grain. The whole-grain ingredients include whole-wheat flour, cracked wheat, whole-grain barley, whole-rye flour, whole-grain triticale, whole-grain millet and brown rice. However, the whole grains (8.5 grams) contribute only about 20 percent of the serving’s total weight, compared with at least 51 percent for 100 percent whole-grain products. Oats and ground corn cannot be counted as whole grains unless they are listed as “whole oats,” “oatmeal” or “rolled oats” and “ground whole corn.”
- While the label for Whole Grain Crackers states “made with whole grains,” the ingredients statement indicates that the primary ingredient is *enriched wheat flour*, which is not a whole grain. The whole-grain wheat flour contributes only about 16 percent of the serving’s total weight.

Color cannot be used to determine whether a product is whole grain. While whole-grain products are browner than products made with refined white flour, sometimes the brown color comes from coloring (usually “caramel coloring”) or molasses, not from whole-grain ingredients. Menu planners should read labels to check for whole-grain ingredients.

Seven Grain Bread

Made with whole grains
8.5 g whole grain per serving
Serving size: 1 slice (41 g)

Ingredients: **Enriched wheat flour** [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, **whole-wheat flour**, soy, high fructose corn syrup, **cracked wheat**, molasses, raisin juice concentrate, soybean oil, yeast, **whole-grain barley**, salt, nonfat milk, **whole rye flour**, wheat gluten, **whole-grain triticale**, **whole-grain millet**, **oats**, **ground corn**, monoglycerides, soybeans, **brown rice**, grain vinegar, calcium sulfate, flaxseed, ascorbic acid (dough conditioner), soy lecithin.

Whole Grain Crackers

Made with whole grains
5 g whole grain per serving
Serving size: 7 crackers (31 g)

Ingredients: **Enriched wheat flour** (wheat flour, niacin reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), soybean oil, **whole-grain wheat flour**, sugar, defatted wheat germ, cornstarch, malt syrup (from barley and corn), high fructose corn syrup, salt, monoglycerides, leavening (calcium phosphate and/or baking soda), vegetable color (annatto extract, turmeric oleoresin), soy lecithin. BHT added to packaging material to preserve freshness.

TERMS INDICATING A PRODUCT IS WHOLE GRAIN

WHOLE GRAINS^{1,2}**Barley**

- dehulled barley
- dehulled-barley flour
- whole barley
- whole-barley flakes
- whole-barley flour
- whole-grain barley
- whole-grain barley flour

Brown Rice

- brown rice
- brown-rice flour

Corn

- whole corn
- whole-corn flour
- whole cornmeal
- whole-grain corn flour
- whole-grain grits
- whole-ground corn

Oats

- oat groats
- oatmeal, including old-fashioned, quick-cooking and instant
- rolled oats
- whole oats
- whole-oat flour

Rye

- whole rye
- rye berries
- whole-rye flour
- whole-rye flakes

Wheat (Red)³

- bulgur (cracked wheat)
- bromated whole-wheat flour
- crushed wheat
- entire-wheat flour
- graham flour
- sprouted wheat
- sprouted wheat berries
- stone ground whole-wheat flour⁴
- toasted crushed whole wheat
- wheat berries
- whole bulgur
- whole durum flour
- whole durum wheat flour
- whole-grain bulgur
- whole-grain wheat
- whole wheat
- whole-wheat flour
- whole-wheat pastry flour
- whole-wheat flakes

Less Common Grains⁵

- amaranth
- buckwheat, buckwheat groats
- einkorn
- emmer (farro)
- Kamut®
- millet
- quinoa
- sorghum (milo)
- spelt
- teff
- triticale

Wheat (White)⁶

- whole white wheat
- whole white wheat flour

Wild Rice

- wild rice
- wild-rice flour

PRODUCTS THAT ARE NOT WHOLE GRAINS⁷

- all-purpose flour
- bread flour
- bromated flour
- cake flour
- corn grits
- couscous
- degerminated corn meal
- durum flour
- enriched bromated flour
- enriched flour
- enriched rice
- enriched self-rising flour
- farina
- flour
- hominy
- hominy grits
- instantized flour
- milled corn
- pearled or pearl barley
- pot barley
- phosphated flour
- rice flour
- rye flour
- Scotch barley
- self-rising flour
- self-rising wheat flour
- semolina
- stone ground wheat⁴
- unbleached flour
- white flour
- wheat flour

¹ Whole grains consist of the entire cereal grain seed or kernel, including the bran, germ and endosperm.

² This list may not contain all possible representations of whole-grain ingredient names on food labels.

³ Red wheat is the most common kind of wheat in the United States.

⁴ "Stone ground" does not necessarily mean that the product is whole-grain. "Stone ground" describes the process used for making the flour or meal. Look for "whole" in combination with "stone ground" in the ingredient statement.

⁵ To be whole grain, "whole" must be listed before the grain name.

⁶ White whole-wheat products are lighter in color and lack the slightly bitter taste associated with the bran in red wheat. Read labels carefully to be sure products are white whole-wheat and not "white wheat," which is not a whole grain.

⁷ These products are creditable in the CACFP only if they are enriched or fortified.

IDENTIFYING ENRICHED GRAINS

Enriched grains are refined grains (such as wheat, rice and corn) and grain products (such as cereal, pasta and bread) that have vitamins and minerals added to replace the nutrients lost in processing. These nutrients are added within limits specified by the FDA, and include thiamin (vitamin B₁, thiamin mononitrate, thiamin hydrochloride), riboflavin (vitamin B₂), niacin (vitamin B₃, niacinamide), folic acid (folate) and iron (reduced iron, ferrous sulfate). Enriched products are not nutritionally equivalent to whole-grain products because enrichment does not replace all the nutrients, fiber and other health-enhancing substances originally present in the whole grain.

To verify that a product is enriched, check the label for the term “enriched,” e.g., “enriched flour,” or check the ingredients statement for the five enrichment nutrients. If the ingredients include all five nutrients (iron, B₁, B₂, B₃ and folic acid), the product is enriched and is therefore creditable in the CACFP. Not all refined products are enriched, so menu planners must check product labels. For example, when corn is processed into cornmeal, the germ of the grain is removed. Unless the product indicates “enriched cornmeal,” or the ingredient statement lists all five enrichment nutrients (iron, thiamin, riboflavin, niacin and folic acid), the product is not enriched.

Ingredients: Corn Flour, Sugar, Oat Flour, Brown Sugar, Coconut Oil, Salt, **Niacinamide**, Yellow 5, **Reduced Iron**, Zinc Oxide, Yellow 6, **Thiamin Mononitrate**, BHT (a preservative), Pyridoxine Hydrochloride, **Riboflavin**, **Folic Acid**.

The sample ingredients statement above shows how a product label indicates that a cereal containing “corn flour” is enriched. While the corn flour is not enriched, the cereal product has been enriched because all the enrichment nutrients are listed (see bolded ingredients). For more information, see *Terms Indicating a Product is Enriched, Bran or Germ* below.

TERMS INDICATING A PRODUCT IS ENRICHED, BRAN OR GERM		
ENRICHED PRODUCTS¹		
<ul style="list-style-type: none"> • enriched bromated flour • enriched corn flour • enriched corn grits • enriched cornmeal • enriched durum flour • enriched farina • enriched flour • enriched oat flour 	<ul style="list-style-type: none"> • enriched rice • enriched rice flour • enriched semolina flour • enriched wheat flour • enriched white flour • enriched yellow/white cornmeal 	<ul style="list-style-type: none"> • milled corn enriched with....(<i>nutrients listed</i>) • puffed wheat enriched with....(<i>nutrients listed</i>) • puffed rice enriched with....(<i>nutrients listed</i>) • unbleached enriched wheat flour • unbleached enriched white flour
PRODUCTS THAT ARE NOT ENRICHED²		
<ul style="list-style-type: none"> • bromated flour • corn flour • corn grits • cornmeal • degerminated cornmeal • durum flour • farina • flour 	<ul style="list-style-type: none"> • milled corn • oat flour • puffed rice • puffed wheat • rice • rice flour • rye flour • self-rising flour 	<ul style="list-style-type: none"> • semolina flour • unbleached wheat flour • unbleached white flour • wheat flour • white flour • yellow/white cornmeal
BRAN AND GERM³		
<ul style="list-style-type: none"> • oat bran 	<ul style="list-style-type: none"> • wheat bran 	<ul style="list-style-type: none"> • wheat germ
<p>¹ These products are creditable as the grains/bread component in the CACFP but they are not whole grains.</p> <p>² These products are not creditable as the grains/bread component in the CACFP unless the label states “enriched.”</p> <p>³ Bran and germ are not whole grains. However, for the purposes of determining their contribution to the CACFP grains/breads component, the USDA credits them the same as whole-grain or enriched flour or meal.</p>		

CREDITING PRODUCTS WITH MULTIPLE GRAIN INGREDIENTS

The ingredients statement must list ingredients in descending order by weight. The primary grain ingredient is the first listed grain ingredient in the product's ingredients statement. If the primary grain ingredient is not creditable (e.g., unenriched flour) but the ingredient statement includes at least one creditable grain, the CACFP facility cannot use *Serving Sizes for Grains/Breads in CACFP Adult Centers* (pages 19-20) to determine the proper serving size. Instead, the CACFP facility must obtain documentation from the manufacturer to determine the creditable grains content of the product. The documentation must state:

- the gram weight or percentage of all creditable grains in one defined portion; and
- that the grains counted toward the stated percentage are either enriched, whole grain, bran or germ. If a grain is not creditable, it should not be included in the weight or percentage given in the documentation.

Some manufacturers will not provide this documentation because they consider it proprietary information. **If the manufacturer will not supply the required documentation, the CACFP facility cannot use the product to meet the grains/breads component of a reimbursable meal or snack.** If the manufacturer provides the appropriate documentation, the CACFP facility must calculate the appropriate CACFP serving size, based on the creditable grains contained in the product (see *Determining Serving Sizes Based on Creditable Grains Content* below).

Determining Serving Sizes Based on Creditable Grains Content

There are several situations where a commercial product's creditable grains content would be used to calculate the CACFP serving size instead of using the serving weights in *Serving Sizes for Grains/Breads in CACFP Adult Centers*. The product's creditable grains content must be used when:

- a product is not whole grain, enriched, or fortified (if a cereal) and the primary grain ingredient is not a creditable grain but there are creditable grains in the product (for example, the first grain ingredient is "flour," which is noncreditable, and the product also contains "rolled oats" and "enriched cornmeal," which are creditable);
- a manufacturer claims that a product can provide the minimum of 14.75 grams of creditable grains per portion using a serving size less than the weights given in *Serving Sizes for Grains/Breads in CACFP Adult Centers*; and
- a product does not clearly fit into one of the groups of *Serving Sizes for Grains/Breads in CACFP Adult Centers*.



If the grain/bread product meets any of the above criteria, the CACFP facility must obtain documentation from the manufacturer showing the weight (grams) of creditable grains (flours and cereal grains) in one portion of the product. Documentation can be provided by the manufacturer in a variety of forms, including a product specification sheet and a signed letter from a company official attesting to the product's specific grain content.

Menu planners can use the manufacturer's documentation to calculate the CACFP grain/bread servings per portion as indicated in the example on the next page (see *Sample Calculations for Creditable Grains*).

Sample Calculations for Creditable Grains

SAMPLE PRODUCT INFORMATION

A manufacturer's product analysis sheet includes the information below for **ABC Vanilla Bar**.

Portion Size: 1 bar, 2 ounces (56.7 grams)

Ingredients: flour, whole-wheat flour, wheat starch, sugar, rolled oats, canola oil, vanilla

Grains per Portion: 6 grams of flour
5 grams of whole-wheat flour
5 grams of rolled oats

- Identify the **creditable flours** in the product. Creditable flours are whole grain or enriched. Bran and germ are credited the same as enriched flour. For more information, see *Terms Indicating a Product is Whole Grain* and *Terms Indicating a Product is Enriched, Bran or Germ* in this section.
 - The ingredients statement indicates that the product contains flour and whole-wheat flour. While “flour” is listed as the first ingredient, it is not a creditable grain because it is not enriched. Therefore, it is not used in calculating the creditable grains.
 - Whole-wheat flour is creditable because it is whole grain.
- Divide the total grams of **creditable flours** in one portion by 14.75 grams. This is the number of grain/bread servings from flours per portion.
 - The product analysis sheet indicates that the product contains 5 grams of whole-wheat flour in one 2-ounce portion (1 bar). Divide 5 grams by 14.75 grams for a contribution of **0.34 serving of flours** per portion (1 bar).
- Identify the **creditable cereal grains** in the product. Creditable cereal grains can be whole grain (such as amaranth, barley, buckwheat, corn, millet, oats, quinoa, rice, rolled wheat, rye, sorghum, triticale, wheat and wheat berries) or enriched (such as enriched cornmeal, enriched corn grits and enriched farina). The ingredients statement indicates that the product contains rolled oats, a whole grain. For more information, see *Terms Indicating a Product is Whole Grain* and *Terms Indicating a Product is Enriched, Bran or Germ* in this section.
 - Rolled oats are creditable because they are a whole-grain cereal.
- Divide the total grams of **creditable cereal grains** by 25 grams. This is the number of grain/bread servings from cereal grains per portion.
 - The product analysis sheet indicates that the product contains 5 grams of rolled oats in one 2-ounce portion (1 bar). Divide 5 grams by 25 grams for a contribution of **0.2 serving of cereal grains** per portion (1 bar).
- Add **creditable flours** and **creditable cereal grains** and round down to the nearest one-quarter grains/breads serving.
 - Flours (0.34 serving) plus cereal grains (0.2 serving) total 0.54 serving of grains/breads.
 - Rounded down, one 2-ounce portion (1 bar) provides 0.5 or ½ serving of grains/breads.
 - To provide one serving of grain/bread, the menu planner would need to provide twice the amount of this product (a 4-ounce portion or 2 bars) or include another ½ serving of grain/bread.

To count as one full grains/breads serving, a food must contain 14.75 grams (0.52 ounces) of whole-grain or enriched flour or meal, bran or germ and/or 25 grams (0.9 ounces) of cereal grains.

CREDITING PURCHASED GRAINS/BREADS

When determining whether purchased grains/breads are creditable in the CACFP, adult day care centers must consider the product's grain content, serving size and nutrient content. Acceptable products must meet the USDA requirements for grain content and the minimum CACFP serving sizes specified in *Serving Sizes for Grains/Breads in CACFP Adult Centers*. The CSDE strongly encourages CACFP facilities to choose products that also meet the CSDE's recommended nutrition standards (see *Nutrition Standards for Grains and Breads* in this section).

Worksheet 1 determines whether purchased products in Groups A-G meet the USDA requirements for grains/breads and the CSDE's recommended nutrition standards. For breakfast cereals (Groups H and I), use worksheet 2 (see *Using Worksheet 2* in this section).

Grain Content

All grains/breads served in the CACFP must meet the USDA requirements for grain content. Foods that qualify as grains/breads are whole grain or enriched or are made from whole-grain or enriched flour or meal. Bran and germ are credited the same as enriched flour. For more information, see *Identifying Whole Grains* and *Identifying Enriched Grains* in this section.

CACFP Serving Size

Menu planners must determine the appropriate CACFP serving size for all grains/breads. For all purchased products, CACFP facilities must use the serving sizes indicated in *Serving Sizes for Grains/Breads in CACFP Adult Centers*. The serving size on the Nutrition Facts label is usually different from the required CACFP serving size. For example, one slice of Wonder White Light Bread weighs 22.5 grams. The minimum serving size for bread (Group B) is 25 grams. Serving one slice of this bread would not meet the CACFP requirements for one serving of grains/breads because the weight is not sufficient.

For products like cookies and crackers, the required CACFP serving size varies greatly depending on the brand and type of product. The chart on the next page, *CACFP Serving Sizes for Some Cookies and Crackers*, provides some examples of CACFP serving sizes.

When planning menus, CACFP facilities should consider the practicality of the serving size. For creditable dessert-type products in groups C through G of *Serving Sizes for Grains/Breads in CACFP Adult Centers*, larger serving sizes are required to meet the grains/breads component, due to the small amount of flours and cereals contained in these products. For example, five cookies or three granola bars might be required to provide one serving of grain/bread. These serving sizes may not be reasonable, and may be too high in fat, added sugars and sodium.

Nutrient Content

Many grains/breads that meet the CACFP meal pattern requirements are not nutritious choices, such as cookies, cakes, unfrosted brownies and pastries. These foods are generally high in fat, added sugars and sodium, and low in nutrients. Menu planners should read labels, compare products and incorporate more nutritious choices into CACFP menus. The CSDE strongly encourages CACFP facilities to serve only foods that comply with the CSDE's recommended nutrition standards (see *Nutrition Standards for Grains and Breads* in this section).

The CACFP serving size is usually different from the product's serving size. When evaluating products for compliance with the nutrition standards, menu planners should use the **actual serving size** provided by the CACFP facility.

CACFP SERVING SIZES FOR SOME COOKIES AND CRACKERS ^{1, 2}				
Product	Manufacturer	Manufacturer Serving Size ³ Number and Weight (grams)	CACFP Serving Information ³	
			Serving Sizes for Grains/Breads in CACFP Adult Centers	Number of Cookies or Crackers ⁴
Austin Animal Crackers ⁵	Kellogg's	15 (30 grams)	Group B (25 grams)	13
Keebler Chips Deluxe	Kellogg's	2 (30 grams)	Group E (63 grams)	5
Keebler Nilla Wafers	Kraft	8 (30 grams)	Group C (31 grams)	9
Nabisco Fig Newtons	Kraft	2 (31 grams)	Group E (63 grams)	5
Nabisco Honey Maid Honey Grahams	Kraft	8 (31 grams) 2 full crackers (8 small sections)	Group B (25 grams)	7 small sections
Nabisco Premium Saltines	Kraft	5 (15 grams)	Group A (20 grams)	7
Nabisco Ritz Crackers	Kraft	5 (16 grams)	Group A (20 grams)	7
Nabisco Triscuits, Reduced Fat ^{5, 6}	Kraft	7 (29 grams)	Group A (20 grams)	5
Nabisco Wheat Thins, Reduced Fat ⁵	Kraft	16 (29 grams)	Group A (20 grams)	12
Nature Valley Crunchy Granola Bar, Oats 'n Honey ⁵	General Mills	1 bar (21 grams)	Group D (50 grams)	3
Nutri-Grain Cereal Bar, Strawberry	Kellogg's	1 (37 grams)	Group E (63 grams)	2
Pepperidge Farm Goldfish Snack Crackers, Cheddar ⁵	Kraft	55 (30 grams)	Group A (20 grams)	37
Sunshine Cheez-It Original	Kellogg's	27 (30 grams)	Group A (20 grams)	18

¹ The use of brand name products does not constitute approval or endorsement by the CSDE or the USDA. Product names are used solely for clarification regarding serving sizes.

² Products that comply with the USDA requirements do not necessarily meet the CSDE's recommended nutrition standards. Some foods may be high in fat, sugars and sodium or low in nutritional value. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards (see *State Nutrition Recommendations* on page 16).

³ The serving size listed on the package is usually different from the required serving size for the CACFP (see *Minimum Serving Sizes for Grains/Breads in the CACFP* in this section).

⁴ All CACFP serving sizes are rounded up to the nearest whole piece, e.g., a serving of 2.3 pieces is rounded up to 3 pieces. For some products, the CACFP serving size is impractical, e.g. three granola bars.

⁵ The CACFP serving size of this product meets the CSDE's recommended nutrition standards.

⁶ This product is 100 percent whole grain and meets the recommendation for choosing whole grains and good sources of fiber (at least 2.5 grams) most often.

USING WORKSHEET 1

Worksheet 1, *Crediting Purchased Grains/Breads in CACFP Adult Centers*, assists CACFP facilities in determining whether purchased grains/breads in Groups A-G comply with the CACFP meal pattern requirements and the CSDE's recommended nutrition standards (see *Nutrition Standards for Grains and Breads* in this section). This worksheet automatically performs all calculations and is available online (see *Forms and Handouts* in section 6).

CACFP facilities should follow these steps when using worksheet 1 to determine whether purchased grains/breads can be served in the CACFP.

1. Review the ingredients statement to determine whether the product contains whole grain or enriched flours or meal, or bran or germ (see *Identifying Whole Grains* and *Identifying Enriched Grains* in this section). **Products without these ingredients are not creditable in the CACFP.**
2. Review *Serving Sizes for Grains/Breads in CACFP Adult Centers* (see pages 19-20) to find the group where the food item is listed. For example, hard pretzels are in Group A and one serving must weigh 20 grams or 0.7 ounces.
3. Review the product's Nutrition Facts label to determine the manufacturer's serving size information. Worksheet 1 calculates the required CACFP serving size.
4. Review the product's nutrition information and ingredients statement. Worksheet 1 evaluates the product for compliance with the CSDE's recommended nutrition standards, based on the required CACFP serving size.



The CACFP facility is responsible for providing documentation that all purchased grains/breads meet the CACFP grain content and serving size requirements. Worksheet 1 should be completed and maintained on file for all purchased grain/bread menu items. This worksheet must be available for the CACFP administrative review conducted by the CSDE.

Sample Calculations for Worksheet 1

A sample pretzel label is on the next page (see *Sample Product Label*). A sample completed worksheet for this product is on pages 32-33 (see *Sample Completed Worksheet 1*). The results of this worksheet are summarized below.

- **Grains Content:** All grains in the product (enriched flour) are creditable (see section 1).
- **CACFP Serving Size:** The required CACFP serving size is 13 pieces (see section 3).
- **Nutrient Content:** The required CACFP serving size of 13 pieces does not meet the standard for sodium (see section 4). The standards do not require a minimum amount of fiber but they recommend choosing whole grains and good sources of fiber (at least 2.5 grams) most often. This product does not contain whole grains (see section 1) and is not a good source of fiber (see section 4). The CSDE encourages CACFP facilities to work toward increasing the number of menu items that meet the CSDE's recommended nutrition standards.

SAMPLE PRODUCT LABEL

Frito-Lay Rold Gold Tiny Twists Pretzels*

Enter the serving size **weight (grams)** and the **number of pieces** under step 2 in section 2 (Nutrition Information for Manufacturer's Serving Size). Do not use ounces. *Note: The serving size listed is usually different from the required CACFP serving size.*

Enter the **nutrition information per serving** (calories, total fat, saturated fat, trans fat, sodium, dietary fiber and sugars) under step 2 in section 2 (Nutrition Information for Manufacturer's Serving).

Check that all **grain ingredients** are whole grain or enriched, e.g., enriched flour, or that the ingredients statement lists the five enrichment nutrients (iron, niacin, riboflavin, thiamin, and folic acid). Enter each creditable grain in section 1 (Grain Content).

Check the **ingredients statement** to determine whether the product contains chemically altered fat substitutes, hydrogenated or partially hydrogenated oils, artificial or nonnutritive sweeteners or sugar alcohols. (For more information, see the Glossary). Enter this information under step 3 in section 2 (Nutrition Information for Manufacturer's Serving).

Nutrition Facts

Serving Size: **1 oz (28 g/About 17 pretzels)**

Servings Per Container: 16

Amount Per Serving

Calories 110 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	24%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	3%
Sugars less than 1g	

Protein 2g

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 6%
Thiamin 8%		Riboflavin 8%
Niacin 6%	•	Phosphorus 2%
Magnesium 2%		

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: **Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid)**, Salt, Corn Syrup, Corn Oil, Yeast, Malt Extract, Sodium Bicarbonate, Ammonium Bicarbonate, and Artificial Flavor. CONTAINS A WHEAT INGREDIENT.

*The use of brand name products does not constitute approval or endorsement by the CSDE or the USDA. Product names are used solely for clarification regarding serving sizes and nutrient content.

SAMPLE COMPLETED WORKSHEET 1

WORKSHEET 1 page 1
Adult Centers

Crediting Purchased Grains/Breads in
Child and Adult Care Food Program (CACFP) Adult Centers^{1, 2, 3}

This worksheet determines whether purchased grains/breads (such as cookies, crackers and grain-based desserts) in Groups A-G of *Serving Sizes for Grains/Breads in CACFP Adult Centers* comply with the CACFP meal pattern requirements and the Connecticut State Department of Education's (CSDE) recommended nutrition standards. For more information, see the CSDE's *Nutrition Policies and Guidance for Adult Day Care Centers in the Child and Adult Care Food Program: Crediting Foods – Grains/Breads*.

Instructions: For steps 1-4 below, use the product's **NUTRITION FACTS** label and **INGREDIENTS STATEMENT** to enter information in the **BLUE BOXES**, following the directions indicated. The yellow boxes will calculate automatically.

Name of Product:

Manufacturer: Date Reviewed:

SECTION 1 — GRAIN CONTENT

1 Read the **INGREDIENTS STATEMENT**. For each **grain ingredient** listed, check (X) the small blue box and list the ingredient in the large blue box.

Whole grains⁴ (specify types):

Enriched flours or meal⁵ (specify types):

Bran (specify types):

Germ (specify types):

To be creditable as grains/breads, products must contain whole grains, enriched flours or meals, or bran or germ.^{4, 5}

SECTION 2 — NUTRITION INFORMATION FOR MANUFACTURER'S SERVING

2 Read the **NUTRITION FACTS** label. Enter the product's **serving size** and **nutrition information** in the blue boxes below. The yellow boxes will calculate automatically.

Serving Size pieces weight (g)* *Enter the serving size weight in grams (g). DO NOT USE OUNCES.⁶

Calories

Total Fat (g) g

Saturated Fat (g) g

Trans Fat (g) g

Sodium (mg) mg

Dietary Fiber (g) *If the label states "less than 1g" or "<1g" enter 0 (zero)* g

Sugars (g) *If the label states "less than 1g" or "<1g" enter 0 (zero)* g

Percentage of Calories from Fat

Percentage of Calories from Saturated Fat

Percentage of Calories from Sugars

The manufacturer's serving size on the Nutrition Facts label is usually different from the required CACFP serving size. Section 4 of this worksheet (see page 2) calculates the nutrition information for one CACFP serving as listed in section 3 (step 4) below.

3 Read the **INGREDIENTS STATEMENT**. For each question below, check (X) either "Yes" or "No" in the blue boxes.

- Is the product made **without** chemically altered fat substitutes, e.g., Olestra, Olean and Simplesse? Yes No
- Is the product made **without** hydrogenated or partially hydrogenated oils?⁷ Yes No
- Is the product made **without** artificial sweeteners (e.g., acesulfame potassium, aspartame and sucralose), nonnutritive sweeteners (stevia, Rebiana, Truvia, PureVia and SweetLeaf) and sugar alcohols (e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates (HSH))?⁸ Yes No

SECTION 3 — CACFP SERVING SIZE

4 Review *Serving Sizes for Grains/Breads in CACFP Adult Centers* (Groups A-G) and the Crediting Foods Guide in *Nutrition Policies and Guidance for Adult Day Care Centers* to determine the grain/bread group where the product belongs. Enter the **letter of the grain/bread group** in the blue box below, e.g., enter C for plain cookies in Group C. The required CACFP serving size will calculate automatically in the yellow boxes.

List the **grain/bread group** for this product: Required CACFP serving size **weight (g)**: grams

REQUIRED CACFP SERVING SIZE: Number of pieces that must be provided for one CACFP grain/bread serving.⁸ pieces per CACFP serving

Crediting Purchased Grains/Breads in CACFP Adult Centers^{1, 2, 3}

SECTION 4 — NUTRITION INFORMATION FOR CACFP SERVING

This section automatically compares the **NUTRITION INFORMATION FOR ONE CACFP SERVING** with the **CSDE'S NUTRITION STANDARDS** and indicates whether the product meets each nutrition standard.

		NUTRITION INFORMATION (One CACFP Serving)			
		CACFP Serving Size	weight (g) 20	pieces 13	
		Calories	78.57		
CSDE'S NUTRITION STANDARDS		Total Fat (g)	0.71	g	DOES PRODUCT MEET CSDE'S NUTRITION STANDARDS? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
● TRANS FAT (g) <i>less than 0.5 g</i>		Saturated Fat (g)	0	g	
● SODIUM (mg) <i>200 mg or less</i>		Trans Fat (g)	0	g	
● FIBER (g) <i>Choose whole grains and foods with at least 2.5 g of fiber most often</i>		Sodium (mg)	321.43	mg	
● FAT <i>35% or less</i>		Dietary Fiber (g)	0.71	g	
● SATURATED FAT <i>less than 10%</i>		Sugars (g)	0	g	
● SUGARS <i>35% or less</i>		Percentage of Calories from Fat	8.18%		
● Is the product made <i>without chemically altered fat substitutes?</i>		Percentage of Calories from Saturated Fat	0%		
● Is the product made <i>without hydrogenated or partially hydrogenated oils?</i> ⁷		Percentage of Calories from Sugars	0%		
● Is the product made <i>without artificial or nonnutritive sweeteners or sugar alcohols?</i>					

SECTION 5 — CACFP CREDITING INFORMATION AND CSDE'S NUTRITION STANDARDS

5 For question B below, check (X) either "Yes" or "No" in the blue box. The yellow boxes will calculate automatically.

► For products to be creditable as grains/breads in the CACFP, the answers to A and B below must be "Yes."

- If the answer to C is "No," the product is creditable but not recommended. *Choose products that meet all or most of the CSDE's nutrition standards.*
- If the answer to C is "Yes," the product meets the CSDE's nutrition standards for grains/breads.

A — GRAIN CONTENT: Does the product contain whole grains, enriched flours or meals, or bran or germ? *See section 1 (step 1) on page 1.* Yes No

B — SERVING SIZE: Will the required CACFP serving size be provided by the CACFP facility? **13** pieces Yes No
See section 3 (step 4) on page 1.

C — NUTRITION STANDARDS: Does the product meet the CSDE's nutrition standards? *See section 4 above.* Yes No

¹ This worksheet is only for commercially made products in Groups A-G of *Serving Sizes for Grains/Breads in CACFP Adult Centers*, e.g., cookies, grain-based desserts, crackers, muffins and bagels. For breakfast cereals (Groups H and I), see worksheet 2. For products made from scratch, see worksheets 3 and 4. For cooked cereal grains (e.g., pasta, rice, barley and bulgur), use the volume measures specified in Group H. All CSDE worksheets are available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694>.

² Some grains/breads (such as grain-based desserts) are high in fat, sugars and sodium. The CSDE strongly encourages CACFP facilities to choose products that meet the CSDE's recommended nutrition standards for grains and breads (see section 4 above).

³ Grain-based desserts such as cookies (including animal and graham crackers), granola bars, cakes and pastries can be served only at snack but not more than twice a week between all snacks (morning, afternoon and evening) provided in the CACFP.

⁴ Choose foods with whole-grain ingredients most often, e.g., whole wheat, whole oats, whole-grain cornmeal, brown rice and bulgur (cracked wheat). Whole grains contain the largest variety of nutrients. For more information, see "Terms Indicating a Product is Whole Grain" in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Grains/Breads*.

⁵ The product label must state "enriched," e.g., enriched flour or enriched corn meal. If the first grain ingredient is not enriched (e.g., flour, milled corn), but the ingredients statement includes the enrichment nutrients (iron, thiamin, riboflavin, niacin and folic acid), the product is enriched. If the first grain ingredient is not creditable, but the ingredients statement includes at least one creditable grain, the CACFP facility must obtain documentation from the manufacturer to determine if the product is creditable as a grain/bread. For more information, see "Identifying Enriched Grains" and "Crediting Products with Multiple Grain Ingredients" in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Grains/Breads*.

⁶ If the product weight is listed only in ounces, convert to grams by multiplying ounces by 28.35 (1 ounce equals 28.35 grams), e.g., a product weighing 2.2 ounces equals 62.37 grams.

⁷ Labeling laws allow foods to contain less than 0.5 grams of trans fats even if the label states "0 grams." Choose foods without hydrogenated or partially hydrogenated oils.

⁸ The number of pieces required for one CACFP grain/bread serving varies greatly between brands and types of products. For some products, the amount required is impractical, e.g., three granola bars. For more information, see "Minimum Serving Sizes for Grains/Breads" in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Grains/Breads*.

CREDITING BREAKFAST CEREALS

To be creditable in the CACFP, breakfast cereals must be whole grain, enriched or fortified and must provide the minimum serving sizes as specified in the CACFP Meal Pattern for Adults. The CSDE strongly recommends that cereals also meet the CSDE's recommended nutrition standards (see *Nutrition Standards for Grains and Breads* in this section).

Menu planners should read labels to incorporate more nutritious choices into CACFP menus, such as whole-grain cereals that are low in sugars and sodium. The following criteria can assist adult day care centers when determining whether to serve a cereal in the CACFP.



- Choose cereals that contain only whole grain ingredients or that list a whole grain as the first ingredient (see *Terms Indicating a Product is Whole Grain* in this section). Whole grains provide the largest variety of nutrients.
- Limit processed cereals such as crispy rice cereal, corn flakes and puffed cereals. They may be low in sugars but they are also low in fiber. For example, Rice Krispies and Cheerios are both low in sugars but Rice Krispies contains less than 1 gram of fiber while Cheerios contains 3 grams of fiber (see *Nutrition Content of Some Cereals* on the next page).
- Choose cereals that are good sources of fiber as defined by the FDA, i.e., at least 2.5 grams of fiber per manufacturer's serving. High-fiber cereals contain at least 5 grams per manufacturer's serving.
- Choose cereals that are low in fat. Most ready-to-eat cereals contain little fat or saturated fat. However, some varieties like granola contain higher amounts of added fat. Read labels to identify lower fat varieties.
- Choose cereals without artificial sweeteners (e.g., acesulfame-potassium, aspartame and sucralose), nonnutritive sweeteners (e.g., stevia, Rebiana, Truvia, PureVia and SweetLeaf) and sugar alcohols (e.g., sorbitol and maltitol). Reduced-sugar cereals sometimes contain these ingredients. For more information, see the Glossary and *Decreasing Sugars in CACFP Meals* in *Nutrition Policies and Guidance for Adult Day Care Centers: Planning Healthy Meals*.
- Choose cereals without partially hydrogenated oils. The FDA regulations allow food labels to state "0 grams" trans fats if a serving contains less than 0.5 gram, even if the product contains partially hydrogenated oils. For more information, see the definitions for "trans fats" and "partially hydrogenated oils" in the Glossary.

Most breakfast cereals meet the CACFP meal pattern requirements for grains/breads. However, many breakfast cereals are high in sugars and sodium, and low in fiber. The nutrition content of cereals varies greatly between manufacturers, brands and varieties. The chart on the next page, *Nutrition Content of Some Cereals*, indicates how some cereals compare with the CSDE's recommended nutrition standards.

NUTRITION CONTENT OF SOME CEREALS ^{1, 2}											
Product Information			CSDE's Recommended Nutrition Standards ³								
			Calories	Fat (g)	No more than 35 percent	Saturated Fat (g)	Less than 10 percent	Sugar (g)	No more than 35 percent	No more than 200 mg	At least 2.5 g
Cereal	Manufacturer	Serving Size ³ (volume and weight)			Percentage of Calories from Fat		Percentage of Calories from Saturated Fat		Percentage of Calories from Sugar	Sodium (mg)	Fiber (g)
Apple Cinnamon Cheerios	General Mills	¾ cup (30 g)	120	1.5	11%	0	0%	11	37%	135	2
Apple Jacks	Kellogg's	1 cup (28 g)	100	0.5	5%	0	0%	12	48%	130	< 1
Cap'N Crunch	Quaker	¾ cup (27 g)	110	1.5	12%	1	8%	12	44%	200	1
Cheerios ⁴	General Mills	1 cup (28 g)	100	2	18%	0	0%	1	4%	160	3
Cocoa Krispies	Kellogg's	¾ cup (31 g)	120	1	8%	0	0%	12	40%	150	< 1
Corn Chex	General Mills	1 cup (31 g)	120	0.5	4%	0	0%	3	10%	290	1
Corn Flakes	Kellogg's	1 cup (28 g)	100	0	0%	0	0%	2	8%	200	1
Crispix	Kellogg's	1 cup (29 g)	110	0	0%	0	0%	4	15%	220	< 1
Froot Loops	Kellogg's	1 cup (29 g)	110	1	8%	0	0%	12	44%	135	3
Frosted Flakes	Kellogg's	¾ cup (30 g)	110	0	0%	0	0%	11	40%	140	1
Frosted Mini-Wheats ⁴	Kellogg's	24 biscuits (59 g)	200	1	5%	0	0%	12	24%	5	6
Golden Grahams	General Mills	¾ cup (31 g)	120	1	8%	0	0%	11	37%	270	1
Honey Bunches of Oats	Post	¾ cup (30 g)	120	1.5	11%	0	0%	6	20%	150	2
Honey Nut Cheerios	General Mills	¾ cup (28 g)	110	1.5	12%	0	0%	9	33%	190	2
Honey Smacks	Kellogg's	¾ cup (27g)	100	0.5	5%	0	0%	15	60%	50	1
Instant Oatmeal Apple Cinnamon ⁴	Quaker	1 packet (35 g)	130	1.5	10%	0	0%	9	28%	160	3
Instant Oatmeal Raisin & Spice	Quaker	1 packet (43 g)	150	2	12%	0	0%	14	37%	210	3

¹ The use of brand name products does not constitute approval or endorsement by the CSDE or the USDA. Product names are used solely for clarification regarding serving sizes and nutrient content.

² Nutrients that do not meet the recommended nutrition standards are indicated in bold text.

³ Evaluation of these cereals for compliance with the CSDE's recommended nutrition standards is based on the serving size listed on the product's Nutrition Facts label. This serving size is usually different from the required CACFP serving size. If the CACFP facility provides a different serving size, the product may not meet the standards.

⁴ The manufacturer's serving size for this cereal meets the CSDE's recommended nutrition standards for grains/breads. The CACFP serving size may or may not meet the standards, depending on the actual portion size provided by the CACFP facility. For more information, see *Nutrition Standards for Grains and Breads* in this section.

NUTRITION CONTENT OF SOME CEREALS ^{1, 2}											
Product Information			CSDE's Recommended Nutrition Standards ³								
			Calories	Fat (g)	No more than 35 percent Percentage of Calories from Fat	Saturated Fat (g)	Less than 10 percent Percentage of Calories from Saturated Fat	Sugar (g)	No more than 35 percent Percentage of Calories from Sugar	No more than 200 mg Sodium (mg)	At least 2.5 g Fiber (g)
Cereal	Manufacturer	Serving Size (volume and weight) ³	Calories	Fat (g)	Percentage of Calories from Fat	Saturated Fat (g)	Percentage of Calories from Saturated Fat	Sugar (g)	Percentage of Calories from Sugar	Sodium (mg)	Fiber (g)
Instant Oatmeal ⁴	Quaker	1 packet (28 g)	100	2	18%	0	0%	0	0%	75	3
Kashi GoLean Crunch ⁴	Kellogg's	1 cup (52 g)	190	3	14%	0	0%	13	27%	100	8
Kashi GoLean ⁴	Kellogg's	1 cup (52 g)	140	1	6%	0	0%	6	17%	85	10
Kix ⁴	General Mills	1 ¼ cup (30 g)	110	1	8%	0	0%	3	11%	190	3
Life	Quaker	¾ cup (32 g)	120	1.5	11%	0	0%	6	20%	160	2
Lucky Charms	General Mills	¾ cup (27 g)	110	1	8%	0	0%	11	40%	190	1
Mini-Wheats Unfrosted Bite Size ³	Kellogg's	30 biscuits (59 g)	200	1.5	7%	0	0%	1	2%	10	6
MultiGrain Cheerios ⁴	General Mills	1 cup (29 g)	110	1	8%	0	0%	6	22%	160	3
Raisin Bran	Kellogg's	1 cup (59 g)	190	1	5%	0	0%	17	36%	250	7
Rice Chex	General Mills	1 cup (27 g)	100	0	0%	0	0%	2	8%	250	0
Rice Krispies	Kellogg's	1 ¼ cup (33 g)	130	0	0%	0	0%	4	12%	220	< 1
Shredded Wheat Original ⁴	Post	1 cup (47 g)	160	1	6%	0	0%	0	0%	0	6
Smacks	Kellogg's	¾ cup (27 g)	100	0.5	5%	0	0%	15	60%	50	1
Trix	General Mills	1 cup (32 g)	120	1.5	11%	0	0%	11	37%	190	1
Wheaties ⁴	General Mills	¾ cup (27 g)	100	0.5	5%	0	0%	4	16%	190	3

¹ The use of brand name products does not constitute approval or endorsement by the CSDE or the USDA. Product names are used solely for clarification regarding serving sizes and nutrient content.

² Nutrients that do not meet the CSDE's recommended nutrition standards are indicated in bold text.

³ Evaluation of these cereals for compliance with the recommended nutrition standards is based on the serving size listed on the product's Nutrition Facts label. This serving size is usually different from the required CACFP serving size. If the CACFP facility provides a different serving size, the product may not meet the standards.

⁴ The manufacturer's serving size for this cereal meets the CSDE's recommended nutrition standards for grains/breads. The CACFP serving size may or may not meet the standards, depending on the actual portion size provided by the CACFP facility. For more information, see *Nutrition Standards for Grains and Breads* in this section.

Sources for Nutrition Information:

General Mills: <http://www.generalmills.com/corporate/brands/category.aspx?catID=19412&groupID=19412>Kashi: <http://www.kashi.com/products/category/Hot%20%20Cold%20Cereal>General Mills: <http://www2.kelloggs.com/Product/FoodCategory.aspx?id=cereal>Post: <http://www.postcereals.com/cereals/>Quaker: <http://www.quakeroats.com/products.aspx>

USING WORKSHEET 2

Worksheet 2, *Crediting Breakfast Cereals in CACFP Adult Centers*, assists CACFP facilities in determining whether ready-to-eat cold cereals (Group I) and cooked breakfast cereals (Group H) comply with the CACFP meal pattern requirements and the CSDE's recommended nutrition standards (see *Nutrition Standards for Grains and Breads* in this section). This worksheet automatically performs all calculations and is available online (see *Forms and Handouts* in section 6).

CACFP facilities should follow these steps when using worksheet 2 to determine whether breakfast cereals can be served in the CACFP.

1. Review the ingredients statement to determine whether the cereal is whole grain, enriched or fortified (see *Identifying Whole Grains* and *Identifying Enriched Grains* in this section). **Cereals that do not meet this requirement are not creditable in the CACFP.**
2. Determine the required CACFP serving size based on the type of cereal served (see *Serving Sizes for Grains/Breads in the CACFP*).
 - The serving size for cooked breakfast cereals is $\frac{1}{2}$ cup cooked or 25 grams dry.
 - The serving size for cold breakfast cereals is $\frac{3}{4}$ cup or 1 ounce, whichever is less.
3. Review the product's Nutrition Facts label to determine the manufacturer's serving size information. Worksheet 2 calculates the required CACFP serving size.
4. Review the product's nutrition information and ingredients statement. Worksheet 2 evaluates the cereal for compliance with the CSDE's recommended nutrition standards, based on the required CACFP serving size.

The CACFP facility is responsible for providing documentation that all breakfast cereals meet the CACFP grain content and serving size requirements. Worksheet 2 should be completed and maintained on file for all breakfast cereals used in CACFP menus. This worksheet must be available for the CACFP administrative review conducted by the CSDE.

Sample Calculations for Worksheet 2

A sample cereal label is on the next page (see *Sample Cereal Label*). A sample completed worksheet for this cereal is on pages 39-40 (see *Sample Completed Worksheet 2*). The results of this worksheet are summarized below.

- **Grains Content:** All grains in the product (whole-grain oats) are creditable (see section 1).
- **CACFP Serving Size:** For ready-to-eat breakfast cereals, the CACFP serving size is $\frac{3}{4}$ cup measure or 1 ounce weight. In this example, the CACFP facility chooses to serve $\frac{3}{4}$ cup (see section 3), which meets the minimum CACFP serving size requirement.
- **Nutrient Content:** The CACFP serving size ($\frac{3}{4}$ cup) does not meet the standard for fiber (see section 4). If the CACFP facility chooses to serve 1 cup of cereal (manufacturer's serving size), the fiber standard would be met. The CSDE encourages CACFP facilities to work toward increasing the number of menu items that meet the CSDE's recommended nutrition standards.

SAMPLE CEREAL LABEL

General Mills Cheerios*

Enter the serving size **volume (cups)** and **weight (grams)** under step 2 in section 2 (Nutrition Information for Manufacturer's Serving Size). *Note: The serving size listed is usually different from the required CACFP serving size.*

Enter the **nutrition information per serving** (calories, total fat, saturated fat, trans fat, sodium, dietary fiber and sugars) under step 2 in section 2 (Nutrition Information for Manufacturer's Serving).

Check that all **grain ingredients** are whole grain or enriched, e.g., enriched flour, or that the ingredients statement lists the five enrichment nutrients (iron, niacin, riboflavin, thiamin, and folic acid). Enter each creditable grain in section 1 (Grain Content).

Check the **ingredients statement** to determine whether the product contains chemically altered fat substitutes, hydrogenated or partially hydrogenated oils, artificial or nonnutritive sweeteners or sugar alcohols. (For more information, see the Glossary). Enter this information under step 3 in section 2 (Nutrition Information for Manufacturer's Serving).

Nutrition Facts

Serving Size **1 cup (28g)**
 Servings Per Container about 17

Amount Per Serving	Cheerios	With ½ cup skim milk
Calories	100	140
Calories from Fat	15	15
% Daily Value**		
Total Fat 2g*	3%	3%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	10%
Potassium 170mg	5%	11%
Total Carbohydrate 20g	7%	9%
Dietary Fiber 3g	11%	11%
Soluble Fiber 1g		
Sugars 1g		
Other Carbohydrate 16g		
Protein 3g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	45%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	10%	25%
Magnesium	10%	10%
Zinc	25%	30%

* Amount in cereal. A serving of cereal plus skim milk provides 2g total fat (0.5g saturated fat, 1g monounsaturated fat), less than 5mg cholesterol, 250mg sodium, 370mg potassium, 28g total carbohydrate (7g sugars) and 7g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, SUGAR, SALT, TRISODIUM PHOSPHATE, OAT FIBER, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₁₂, VITAMIN D.

*The use of brand name products does not constitute approval or endorsement by the CSDE or the USDA. Product names are used solely for clarification regarding serving sizes and nutrient content.

SAMPLE COMPLETED WORKSHEET 2

WORKSHEET 2 page 1
Adult Centers

Crediting Breakfast Cereals in
Child and Adult Care Food Program (CACFP) Adult Centers¹

This worksheet determines whether breakfast cereals comply with the CACFP meal pattern requirements and the Connecticut State Department of Education's (CSDE) recommended nutrition standards. For more information, see the CSDE's *Nutrition Policies and Guidance for Adult Day Care Centers in the Child and Adult Care Food Program: Crediting Foods – Grains/Breads*.

Instructions: For steps 1-4 below, use the product's NUTRITION FACTS label and INGREDIENTS STATEMENT to enter information in the BLUE BOXES, following the directions indicated. The yellow boxes will calculate automatically.

Name of Product:

Manufacturer: Date Reviewed:

SECTION 1 — GRAIN CONTENT

1 Read the **INGREDIENTS STATEMENT**. For each **grain ingredient** listed, check (X) the small blue box and list the ingredient in the large blue box.

<input checked="" type="checkbox"/>	Whole grains ² (specify types):	<input type="text" value="Whole grain oats (includes the oat bran)"/>
<input type="checkbox"/>	Enriched flours or meal ³ (specify types):	<input type="text"/>
<input type="checkbox"/>	Bran (specify types):	<input type="text"/>
<input type="checkbox"/>	Germ (specify types):	<input type="text"/>
<input type="checkbox"/>	This cereal is fortified.	

To be creditable as grains/breads, cereals must be whole grain, enriched or fortified.^{2, 3}

SECTION 2 — NUTRITION INFORMATION FOR MANUFACTURER'S SERVING

2 Read the **NUTRITION FACTS** label. Enter the product's **servicing size** and **nutrition information** in the blue boxes below. The yellow boxes will calculate automatically.

Serving Size cups* grams** *If a single-serve cereal box does not list "cups," measure the actual amount in the box. **Enter the serving size weight in grams (g). DO NOT USE OUNCES.

Calories (Cereal alone without milk)	<input type="text" value="100"/>	
Total Fat (g)	<input type="text" value="2"/>	g
Saturated Fat (g)	<input type="text" value="0"/>	g
Trans Fat (g)	<input type="text" value="0"/>	g
Sodium (mg)	<input type="text" value="190"/>	mg
Dietary Fiber (g) If the label states "less than 1g" or "<1g" enter 0 (zero)	<input type="text" value="3"/>	g
Sugars (g) If the label states "less than 1g" or "<1g" enter 0 (zero)	<input type="text" value="1"/>	g
Percentage of Calories from Fat	<input type="text" value="18.0%"/>	
Percentage of Calories from Saturated Fat	<input type="text" value="0%"/>	
Percentage of Calories from Sugar	<input type="text" value="4.0%"/>	

The manufacturer's serving size on the Nutrition Facts label is usually different from the required CACFP serving size. Section 4 of this worksheet (see page 2) calculates the nutrition information for the actual CACFP serving listed in section 3 (step 4) below.

3 Read the **INGREDIENTS STATEMENT**. For each question below, check (X) either "Yes" or "No" in the blue boxes.

- Is the product made **without** chemically altered fat substitutes, e.g., Olestra, Olean and Simplesse? Yes No
- Is the product made **without** hydrogenated or partially hydrogenated oils?⁴ Yes No
- Is the product made **without** artificial sweeteners (e.g., acesulfame potassium, aspartame and sucralose), nonnutritive sweeteners (stevia, Rebiana, Truvia, PureVia and SweetLeaf) and sugar alcohols (e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates (HSH))?⁵ Yes No

SECTION 3 — CACFP SERVING SIZE

4 In the blue box below, enter the **actual serving size (cups)** that will be served by the CACFP facility. The weight in grams will calculate automatically.

Actual CACFP serving size: cups grams

To be credited as one serving of grains/breads, the CACFP facility must provide the following serving size for breakfast cereals:

- Ready-to-eat cold cereal: ¾ cup measure or 1 ounce (28.35 grams) weight, whichever is less
- Cooked cereal (e.g., oatmeal, farina, cream of wheat): ½ cup cooked or 25 grams dry

Crediting Breakfast Cereals in CACFP Adult Centers¹

SECTION 4 — NUTRITION INFORMATION FOR CACFP SERVING

This section automatically compares the **NUTRITION INFORMATION FOR ONE CACFP SERVING** with the **CSDE'S NUTRITION STANDARDS** and indicates whether the product meets each nutrition standard.

		NUTRITION INFORMATION (CACFP Serving)				DOES PRODUCT MEET CSDE'S NUTRITION STANDARDS?	
CACFP Serving Size		cups	0.75	grams	21		
Calories				75			
Total Fat (g)				1.5		g	
Saturated Fat (g)				0		g	
CSDE'S NUTRITION STANDARDS							
• TRANS FAT less than 0.5 g		Trans Fat (g)		0		g	
						X Yes No	
• SODIUM 200 mg or less		Sodium (mg)		142.5		mg	
						X Yes No	
• FIBER 2.5 g or more		Dietary Fiber (g)		2.25		g	
						Yes X No	
• FAT 35% or less		Percentage of Calories from Saturated Fat		18.0%			
						X Yes No	
• SATURATED FAT less than 10%		Percentage of Calories from Fat		0%			
						X Yes No	
• SUGARS 35% or less		Percentage of Calories from Sugars		4.0%			
						X Yes No	
Is the product made without chemically altered fat substitutes?						X Yes No	
Is the product made without hydrogenated or partially hydrogenated oils? ⁴						X Yes No	
Is the product made without artificial or nonnutritive sweeteners or sugar alcohols?						X Yes No	

SECTION 5 — CACFP CREDITING INFORMATION AND CSDE'S NUTRITION STANDARDS

5 For question B below, check (X) either "Yes" or "No" in the blue box. The yellow boxes will calculate automatically.

► For products to be creditable as grains/breads in the CACFP, the answers to A and B below must be "Yes."

- If the answer to C is "No," the product is creditable but not recommended. Choose products that meet all or most of the CSDE's nutrition standards.
- If the answer to C is "Yes," the product meets the CSDE's nutrition standards for grains/breads.

A — GRAIN CONTENT: Is the cereal whole grain, enriched or fortified? See section 1 (step 1) on page 1. Yes No

B — SERVING SIZE: Will the required serving size be provided by the CACFP facility (¾ cup cold or ½ cup cooked)? 0.75 cups Yes No
See section 3 (step 4) on page 1.

C — NUTRITION STANDARDS: Does the cereal meet the CSDE's nutrition standards? See section 4 above. Yes No

¹ Some cereals are high in sugars, sodium and fat. The CSDE strongly encourages CACFP facilities to choose products that meet the CSDE's recommended nutrition standards (see section 4).

² Choose cereals with whole-grain ingredients most often, e.g., whole wheat, whole oats, whole corn and brown rice. Whole grains contain the largest variety of nutrients. For more information, see "Terms Indicating a Product is Whole Grain" in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Grains/Breads*.

³ The product label must state "enriched," e.g., enriched corn meal. If the first grain ingredient is not enriched (e.g., milled corn, flour), but the ingredients statement includes the enrichment nutrients (iron, thiamin, riboflavin, niacin and folic acid), the product is enriched. If the first grain ingredient is not creditable, but the ingredients statement includes at least one creditable grain, the CACFP facility must obtain documentation from the manufacturer to determine if the product is creditable. For more information, see "Identifying Enriched Grains" and "Crediting Products with Multiple Grain Ingredients" in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Grains/Breads*.

⁴ Labeling laws allow foods to contain less than 0.5 grams of trans fats even if the label states "0 grams." Choose foods without hydrogenated or partially hydrogenated oils.

CREDITING GRAINS/BREADS MADE FROM SCRATCH

Acceptable recipes must meet the USDA requirements for grain content and CACFP serving size. The CSDE strongly encourages CACFP facilities to choose recipes that also meet the CSDE's recommended nutrition standards (see *Nutrition Standards for Grains and Breads* in this section).

Grains/breads made from scratch can be prepared from either family-size or quantity recipes.

- A family-size recipe is for a small number of servings, such as 4 to 12, and will generally list flour and grain ingredients in cups (c.), e.g., 2 c. flour, ½ c. rolled oats. For information on evaluating family-size recipes, see *Using Worksheet 3 (Family-Size Recipes)* in this section.
- A quantity recipe is for a large number of servings, such as 50 or 100, and lists flour and grain ingredients in pounds (lb.), e.g., 5 lb. flour, 2 lb. cornmeal. It may also list the equivalent volume measure, such as cups, quarts and gallons. For information on evaluating quantity recipes, see *Using Worksheet 4 (Quantity Recipes)* in this section.

The CACFP facility is responsible for documenting that all grains/breads made from scratch meet the CACFP grain content and serving size requirements. Worksheet 3 or 4 should be completed and maintained on file for all grain/bread menu items prepared on site.

For grains/breads made from scratch, CACFP facilities must determine the appropriate CACFP serving size based on the grain ingredients in the recipe. Worksheet 3, *Crediting Family-Size Recipes for Grains/Breads in CACFP Adult Centers*, and worksheet 4, *Crediting Quantity Recipes for Grains/Breads in CACFP Adult Centers*, assist CACFP facilities in determining whether recipes comply with the CACFP meal pattern requirements and the CSDE's recommended nutrition standards. These worksheets perform all calculations automatically and are available online (see *Forms and Handouts* in section 6).

For the CACFP facility to determine compliance with the CSDE's recommended nutrition standards, the recipe must provide the nutrition information per serving. If the recipe does not include this information, a nutrient analysis is needed. For more information on evaluating recipes for compliance with the CSDE's recommended nutrition standards, see *Nutrient Analysis* (under *Resources*) and worksheet 9, *Nutrient Analysis of Recipes*, (under *Forms and Handouts*) in section 6.



USING WORKSHEET 3 (FAMILY-SIZE RECIPES)

Worksheet 3, *Crediting Family-Size Recipes for Grains/Breads in the CACFP*, calculates the required CACFP serving size for grains/breads and evaluates family-size recipes for compliance with the CACFP meal pattern requirements and the CSDE's recommended nutrition standards (see *Nutrition Standards for Grains and Breads* in this section). This worksheet automatically performs all calculations and is available online (see *Forms and Handouts* in section 6).

CACFP facilities should follow these steps when using worksheet 3 to determine whether family-size recipes can be used in the CACFP.

1. Review the ingredients to determine whether the recipe contains whole grains, enriched flours or meal, or bran or germ (see *Identifying Whole Grains* and *Identifying Enriched Grains* in this section). **Products without these ingredients are not creditable in the CACFP.**
2. Determine the weight in grams for each grain ingredient (e.g., flour, cornmeal, oats) using the chart *Weights of One Cup of Commonly Used Ingredients* (see next page) or other weights and measures equivalency charts. For grain ingredients not listed in the chart, use the manufacturer's serving size and weight from the product's label.
3. Review the recipe for serving size. Worksheet 3 calculates the required CACFP serving size.
4. Review the product's nutrition information and ingredients statement. Worksheet 3 evaluates the product for compliance with the CSDE's recommended nutrition standards, based on the required CACFP serving size.

The CACFP facility is responsible for providing documentation that all family-size recipes meet the CACFP grain content and serving size requirements. Worksheet 3 should be completed and maintained on file for all family-size recipes for grains/breads used in CACFP menus. This worksheet must be available for the CACFP administrative review conducted by the CSDE.

Sample Calculations for Worksheet 3

A sample family-size recipe is on page 45 (see *Sample-Family-size Recipe*). A sample completed worksheet for this recipe is on pages 46-47 (see *Sample Completed Worksheet 3*). The results of this worksheet are summarized below.

- **Grains Content:** All grains in the recipe (rolled oats and enriched flour) are creditable (see section 1).
- **CACFP Serving Size:** One cookie provides 0.4 serving of grain/bread (see section 2). To provide one serving of grain/breads, the CACFP facility must provide 2 ½ cookies (see section 2). The CACFP facility can decide whether it is more practical to round up to whole pieces instead of breaking cookies in half. If larger portions are served, the nutrition information would be different from what is indicated on worksheet 3.
- **Nutrient Content:** The CACFP serving size (2 ½ cookies) does not meet the standards for percentage of calories from fat, saturated fat and sugars (see section 4). The standards do not require a minimum amount of fiber but they recommend choosing whole grains and good sources of fiber (at least 2.5 grams) most often. This product contains some whole grains (see "rolled oats" in section 1) but is not a good source of fiber (see section 4). The CSDE encourages CACFP facilities to work toward increasing the number of menu items that meet the CSDE's recommended nutrition standards.

WEIGHTS OF ONE CUP OF COMMONLY USED INGREDIENTS		
<i>Note: The use of brand name products does not constitute approval or endorsement by the CSDE or the USDA. Product names are used solely for clarification regarding serving sizes.</i>		
Food Item	Type	Weight of 1 Cup (Grams)
barley, pearled	uncooked ¹	200
	cooked ¹	157
bread crumbs, plain	dry, grated ¹	108
	soft ¹	45
bulgur	uncooked ¹	140
	cooked ¹	182
cereals	Kellogg's All-Bran Original ²	62
	Kellogg's All-Bran Bran Buds ²	90
	Kellogg's Rice Krispies ²	26
	General Mills Cheerios ³	28
	General Mills Corn Chex ³	31
	Kellogg's Corn Flakes, crushed ²	80
	General Mills Corn Multi-Bran Chex ³	63
	Kellogg's Corn Flakes, whole ²	28
	General Mills Rice Chex ³	27
	General Mills Wheaties ³	36
cornmeal, enriched, uncooked	yellow, degerminated ¹	138
	yellow, whole grain ¹	122
cracker crumbs	graham ⁵	84
	snack, round ⁵	80
<p>Sources:</p> <p>¹ USDA National Nutrient Database for Standard Reference, Release 23. http://www.ars.usda.gov/main/site_main.htm?modecode=12-35-45-00</p> <p>² General Mills Cereals: http://www.generalmills.com/corporate/brands/category.aspx?catID=19412&groupID=19412</p> <p>³ Kellogg's Cereals: http://www2.kelloggs.com/brand/brand.aspx?brand=2</p> <p>⁴ Quaker Cereals: http://www.quakeroats.com/products.aspx</p> <p>⁵ <i>What's in a Meal – A Resource Manual for Providing Nutritious Meals in the Child and Adult Care Food Program (Revised)</i>. U.S. Department of Agriculture, Food and Nutrition Service, Midwest Region, 1996.</p>		

WEIGHTS OF ONE CUP OF COMMONLY USED INGREDIENTS, continued		
Food Item	Type	Weight of 1 Cup (Grams)
flour, cake	unsifted, dipped ¹	137
	unsifted, spooned ⁵	111
	sifted, spooned ⁵	99
flour, rice, brown	unsifted, spooned ¹	158
flour, rice, white	unsifted, spooned ¹	158
flour, rye, dark	unstirred, spooned ¹	128
	stirred, spooned ⁵	127
flour, rye, light	unstirred, spooned ¹	102
	stirred, spooned ⁵	88
flour, wheat, all-purpose	unsifted, dipped ⁵	143
	unsifted, spooned ⁵	126
	sifted, spooned ⁵	116
flour, wheat, bread	unsifted, dipped ⁵	136
	unsifted, spooned ⁵	123
	sifted, spooned ⁵	117
flour, wheat, self-rising	unsifted, dipped ⁵	130
	unsifted, spooned ⁵	127
	sifted, spooned ⁵	106
flour, whole wheat	stirred, spooned ¹	120
germ, wheat	spooned ⁵	115
oat bran	raw ¹	94
	cooked ¹	219
oats, rolled, quick	uncooked ¹	81
	ground ⁵	109
oats, rolled, regular	uncooked ⁵	75
wheat bran	untoasted ⁵	60
	toasted ⁵	84
<p>Sources:</p> <p>¹ USDA National Nutrient Database for Standard Reference, Release 23. http://www.ars.usda.gov/main/site_main.htm?modecode=12-35-45-00</p> <p>² General Mills Cereals: http://www.generalmills.com/corporate/brands/category.aspx?catID=19412&groupID=19412</p> <p>³ Kellogg's Cereals: http://www2.kelloggs.com/brand/brand.aspx?brand=2</p> <p>⁴ Quaker Cereals: http://www.quakeroats.com/products.aspx</p> <p>⁵ <i>What's in a Meal – A Resource Manual for Providing Nutritious Meals in the Child and Adult Care Food Program (Revised)</i>. U.S. Department of Agriculture, Food and Nutrition Service, Midwest Region, 1996.</p>		

SAMPLE FAMILY-SIZE RECIPE

Oatmeal Cookies

Ingredients

2 cups rolled oats
1 cup all-purpose enriched flour

1 cup packed brown sugar
½ cup sugar
¼ teaspoon salt
1 teaspoon baking soda
¼ cup hot water
½ cup shortening (trans fat free), melted and cooled
1 teaspoon vanilla extract

In a mixing bowl, combine oats, sugars, flours and salt. Combine baking soda and water; stir into oats mixture along with shortening and vanilla. Roll into walnut-size balls. Place on greased cookie sheets. Bake at 350 degrees for about 10 minutes until golden brown. Remove from oven. Allow to stand 2 minutes before moving to a wire rack to cool.

Serving Size: 1 cookie

Number of Servings: 36

Nutrition Information per Serving (1 cookie)*

Calories 77	Total Carbohydrates 12 grams
Total Fat 3 grams	Dietary Fiber 0.5 gram
Saturated Fat 1 gram	Sugars 9 grams
Trans Fat 0 gram	Protein 1 gram
Sodium 53 milligrams	

Check that all **grain ingredients** are whole grain or enriched, e.g., enriched flour, rolled oats. Enter each creditable grain and the **amount (cups)** in section 1 (Grain Content), columns 1 and 2. Determine the **weight (grams)** per cup of each ingredient (see pages 40-41) and enter this information in column 3.

Check the **ingredients** to determine whether the recipe contains chemically altered fat substitutes, hydrogenated or partially hydrogenated oils, artificial or nonnutritive sweeteners and sugar alcohols. (For more information, see the Glossary). Enter this information under step 6 in section 3 (Nutrition Information for Recipe's Serving Size).

Enter the recipe's **servicing size and number of servings** under step 4 in section 2 (CACFP Serving Size).

Enter the recipe's **nutrition information** for one serving (calories, total fat, saturated fat, trans fat, sodium, dietary fiber and sugars) under step 5 in section 3 (Nutrition Information for Recipe's Serving Size).

* Nutrient analysis conducted using the USDA National Nutrient Database for Standard Reference, Release 23 at http://www.ars.usda.gov/main/site_main.htm?modecode=12-35-45-00.

SAMPLE COMPLETED WORKSHEET 3

WORKSHEET 3 page 1
Adult Centers

Crediting Family-Size Recipes for Grains/Breads in
Child and Adult Care Food Program (CACFP) Adult Centers^{1, 2}

This worksheet determines whether family-size recipes for grains/breads comply with the CACFP meal pattern requirements and the Connecticut State Department of Education's (CSDE) recommended nutrition standards. For more information, see the CSDE's *Nutrition Policies and Guidance for Adult Day Care Centers in the Child and Adult Care Food Program: Crediting Foods – Grains/Breads*.

Instructions: For steps 1-6 below, use the STANDARDIZED RECIPE and NUTRIENT ANALYSIS to enter information in the BLUE BOXES, following the directions indicated. The yellow boxes will calculate automatically.

Name of Recipe: Date Reviewed:

SECTION 1 — GRAIN CONTENT

- In column 1, list the recipe's **flour ingredients**^{3, 4} in A and **cereal grain ingredients**⁵ in B.
- In column 2, list the **quantity in cups** of each grain ingredient.
- In column 3, indicate the **weight per cup in grams (g)** for each flour and cereal grain. Use equivalency charts such as "Weights of 1 Cup of Commonly Used Ingredients" (see *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods – Grains/Breads*) or the Nutrition Facts label for each ingredient.

Column 1 Grain Ingredients in Recipe	Column 2 Quantity (Cups)	Column 3 Weight per Cup (Grams)	Column 4 Total Weight (Grams)	Column 5 Determine Grain/Bread Contribution ⁶
A — FLOURS including whole-grain or enriched flour, bran and germ^{3, 4}				
all-purpose flour, enriched	1 cup	X 126 g	= 126 g	÷ 14.75 = 8.54 servings
	cup	X g	= g	÷ 14.75 = servings
				Total Flours 8.54 servings
B — CEREAL GRAINS including oats, barley, cornmeal, corn grits and bulgur (cracked wheat)^{4, 5}				
rolled oats	2 cup	X 75 g	= 150 g	÷ 25 = 6.0 servings
	cup	X g	= g	÷ 25 = servings
				Total Cereals 6.0 servings
				Total Flours and Cereals 14.54 servings

SECTION 2 — CACFP SERVING SIZE

- In the blue boxes below, enter the recipe's **servicing size** and **number of servings**. The CACFP grain/bread contribution and required serving size will calculate automatically.

Serving Size (Number of Pieces), e.g., for 1 cookie, enter 1: Number of Servings

Grain/bread contribution per serving of the recipe: servings of grains/breads per piece

REQUIRED CACFP SERVING SIZE: Number of pieces that must be provided for one CACFP grain/bread serving.⁷ pieces per CACFP serving

SECTION 3 — NUTRIENT INFORMATION FOR RECIPE'S SERVING SIZE

- From the recipe's **NUTRIENT ANALYSIS**, enter each nutrient in the blue boxes below.⁸ The yellow boxes will calculate automatically.

Serving Size (Number of Pieces):

Calories

Total Fat (g) g

Saturated Fat (g) g

Trans Fat (g) g

Sodium (mg) mg

Dietary Fiber (g) *If the nutrient analysis states "less than 1g" or "<1g" enter 0 (zero)* g

Sugars (g) *If the nutrient analysis states "less than 1g" or "<1g" enter 0 (zero)* g

Percentage of Calories from Fat

Percentage of Calories from Fat

Percentage of Calories from Sugars

The recipe's serving size is usually different from the required CACFP serving size. Section 4 of this worksheet (see page 2) calculates the nutrition information for one CACFP serving as listed in section 2 (step 4) above.

- Read the **INGREDIENTS**. For each question below, check (X) either "Yes" or "No" in the blue boxes.

- Is the recipe made **without** chemically altered fat substitutes, e.g., Olestra, Olean and Simplesse? Yes No
- Is the recipe made **without** hydrogenated or partially hydrogenated oils?⁹ Yes No
- Is the recipe made **without** artificial sweeteners (e.g., acesulfame potassium, aspartame and sucralose), nonnutritive sweeteners (stevia, Rebiana, Truvia, PureVia and SweetLeaf) and sugar alcohols (e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates (HSH))? Yes No

Crediting Family-Size Recipes for Grains/Breads in CACFP Adult Centers^{1,2}

SECTION 4 — NUTRITION INFORMATION FOR CACFP SERVING SIZE

This section automatically compares the **NUTRITION INFORMATION FOR ONE CACFP SERVING** with the **CSDE'S NUTRITION STANDARDS** and indicates whether the product meets each nutrition standard.

		NUTRITION INFORMATION (One CACFP Serving)		DOES RECIPE MEET CSDE'S NUTRITION STANDARDS?	
		CACFP Serving Size	2.5 pieces		
CSDE'S NUTRITION STANDARDS		Calories	192.5		
		Total Fat (g)	7.5 g		
		Saturated Fat (g)	2.5 g		
• TRANS FAT less than 0.5 g		Trans Fat (g)	0 g	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
• SODIUM 200 mg or less		Sodium (mg)	132.5 mg	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
• FIBER Choose whole grains and foods with at least 2.5 g of fiber most often		Dietary Fiber (g)	1.25 g		
		Sugars (g)	22.5 g		
• FAT 35% or less		Percentage of Calories from Fat	35.06%	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
• SATURATED FAT less than 10%		Percentage of Calories from Saturated Fat	11.69%	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
• SUGARS 35% or less		Percentage of Calories from Sugars	46.75%	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
• Is the product made without chemically altered fat substitutes?				<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
• Is the product made without hydrogenated or partially hydrogenated oils? ⁹				<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
• Is the product made without artificial or nonnutritive sweeteners or sugar alcohols?				<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

SECTION 5 — CACFP CREDITING INFORMATION AND CSDE'S NUTRITION STANDARDS

7 For questions A and B below, check (X) either "Yes" or "No" in the blue boxes. The yellow box in question C will calculate automatically.

- ▶ For recipes to be creditable as grains/breads in the CACFP, the answers to A and B below must be "Yes."
 - If the answer to C is "No," the recipe is creditable but not recommended. Choose recipes that meet all or most of the CSDE's nutrition standards.
 - If the answer to C is "Yes," the recipe meets the CSDE's nutrition standards for grains/breads.

A — GRAIN CONTENT: Does the recipe contain whole grains, enriched flours or meals, or bran or germ? Yes No
See section 1 (step 1) on page 1.

B — SERVING SIZE: Will the required CACFP serving size be provided by the CACFP facility? 2.5 pieces Yes No
See section 2 (step 4) on page 1.

C — NUTRITION STANDARDS: Does the product meet the CSDE's nutrition standards? See section 4 above. Yes No

¹ Some grains/breads (such as grain-based desserts) are high in fat, sugars and sodium, and low in nutrients. The CSDE strongly encourages CACFP facilities to choose recipes that meet the CSDE's recommended nutrition standards for grains and breads (see section 4).

² Grain-based desserts such as cookies (including animal and graham crackers), granola bars, cakes and pastries can be served only at snack but not more than twice a week between all snacks (morning, afternoon and evening) provided in the CACFP.

³ Examples of flours include wheat flour, corn flour, rye flour, barley flour, rice flour and oat flour. Flours that are not whole grain must be enriched. For more information, see "Creditable Grains" in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Grains/Breads*.

⁴ Choose recipes with whole-grain ingredients most often, e.g., whole-wheat flour, whole-corn flour. They contain the largest variety of nutrients.

⁵ Cereal grains must be whole grain or enriched. Examples of cereal grains include amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, rolled wheat and wheat berries. For more information, see "Creditable Grains" in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Grains/Breads*.

⁶ One serving of grain/bread is based on 14.75 grams for creditable flours, meal, bran or germ and 25 grams for creditable cereal grains.

⁷ The number of pieces required for one CACFP grain/bread serving varies greatly depending on the recipe and type of food. For some recipes, the amount required is impractical, e.g., two pieces of cake. For more information, see "Minimum Serving Sizes for Grains/Breads" in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Grains/Breads*.

⁸ If the recipe does not provide nutrition information, the CACFP facility must conduct a nutrient analysis of the recipe. For more information, see "Nutrient Analysis" in the CSDE's *Nutrition-Related Resources* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/nutrition_resources.pdf and worksheet 9 in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods*.

⁹ Trans fats are found in processed foods containing hydrogenated or partially hydrogenated oils. Prepare recipes without these ingredients.

USING WORKSHEET 4 (QUANTITY RECIPES)

Worksheet 4, *Crediting Quantity Recipes for Grains/Breads in the CACFP*, calculates the required CACFP serving size for grains/breads and evaluates quantity recipes for compliance with the CACFP meal pattern requirements and the CSDE's recommended nutrition standards (see *Nutrition Standards for Grains and Breads* in this section). This worksheet automatically performs all calculations and is available online (see *Forms and Handouts* in section 6).

CACFP facilities should follow these steps when using worksheet 4 to determine whether quantity recipes can be used in the CACFP.

1. Review the ingredients to determine whether the recipe contains whole grain or enriched flours or meal, or bran or germ (see *Identifying Whole Grains* and *Identifying Enriched Grains* in this section). **Products without these ingredients are not creditable in the CACFP.**
2. To calculate the grains/breads servings in a quantity recipe, menu planners must use weights not measures. In a quantity recipe, the weight of each grain ingredient (e.g., flour, cornmeal, oats) is listed in pounds (lb.) and ounces (oz.). Calculations are simplified if the ounces are converted to decimal equivalents of a pound, for example, 5 lb. 7 oz. equals 5.4 lb. The chart below indicates how to calculate these conversions.

CONVERTING POUNDS AND OUNCES TO POUNDS EXPRESSED AS A DECIMAL

Example: A recipe contains 2 lb. 5 oz. of flour. The CACFP menu planner must determine what 2 lb. 5 oz. equals in pounds.*

1. The "2 lb." amount does not need to be converted, as it is already in pounds. It is only necessary to work with the **number of ounces**. In this example, there are 5 ounces (oz.).
2. To convert the number of ounces into pounds, **divide the number of ounces by 16** (1 pound equals 16 ounces). Example: 5 oz. divided by 16 equals 0.3125 lb., round down to 0.31 lb.
3. Add the 2 lb. plus the additional 0.31 lb., for a total of 2.31 pounds. In this example, 2 lb. 5 oz. equals 2.31 pounds.

**Abbreviations: pound(s) = lb. ounce(s) = oz.*

3. Review the recipe for serving size. Worksheet 4 calculates the required CACFP serving size.
4. Review the product's nutrition information and ingredients statement. Worksheet 4 evaluates the recipe for compliance with the CSDE's recommended nutrition standards, based on the required CACFP serving size.

The CACFP facility is responsible for providing documentation that all quantity recipes meet the CACFP grain content and serving size requirements. Worksheet 4 should be completed and maintained on file for all quantity recipes for grains/breads used in CACFP menus. This worksheet must be available for the CACFP administrative review conducted by the CSDE.

Sample Calculations for Worksheet 4

A sample quantity recipe is on page 50 (see *Sample Quantity Recipe*). A sample completed worksheet for this recipe is on pages 51-52 (see *Sample Completed Worksheet 4*). The results of this worksheet are summarized below.

- **Grains Content:** All grains in the recipe (enriched all-purpose flour, whole-wheat flour and enriched cornmeal) are creditable (see section 1).
- **CACFP Serving Size:** One piece provides 0.89 serving of grains/breads (see section 2). To provide one serving of grain/breads, the CACFP facility must provide 1.25 pieces (see section 2). The CACFP facility can decide whether it is more practical to round up to whole pieces. If larger portions are served, the nutrition information would be different from what is indicated on worksheet 4.
- **Nutrient Content:** The CACFP serving size (1.25 pieces) does not meet the standard for sugars (see section 4). The standards do not require a minimum amount of fiber but they recommend choosing whole grains and good sources of fiber (at least 2.5 grams) most often. This product contains some whole grains (see “whole-wheat flour” in section 1) but is not a good source of fiber (see section 4). The CSDE encourages CACFP facilities to work toward increasing the number of menu items that meet the recommended nutrition standards.



SAMPLE QUANTITY RECIPE

Brown Bread¹

Ingredient	50 Servings ²		100 Servings ²	
	Weight	Measure	Weight	Measure
All-purpose flour, enriched	8 oz.	1 ¾ cups 2 Tbsp.	1 lb.	3 ½ cups
Whole-wheat flour	8 oz.	2 cups	1 lb.	3 ¾ cups
Cornmeal, enriched	12 oz.	2 ¾ cups 2 Tbsp.	1 lb 8 oz	1 qt. ½ cup
Baking soda		1 Tbsp.		2 Tbsp.
Salt		1 tsp.		2 tsp.
Reconstituted nonfat dry milk		1 qt.		2 qt.
Vinegar, white		¼ cup		½ cup
Molasses	1 lb.	1 ½ cups	2 lb.	3 cups
Vegetable oil, trans fat free		2 Tbsp.		¼ cup
Raisins, plumped	8 oz.	1 ¼ cups	1 lb.	2 ½ cups

1. Blend flour, whole-wheat flour, cornmeal, baking soda and salt for 1 minute in mixer on low speed.
2. Combine milk and lemon juice (to sour the milk). Let stand for 5 minutes.
3. Add molasses and vegetable oil to milk mixture. Blend well.
4. To plump raisins, cover the fruit with very hot tap water. Soak 2 to 5 minutes. Do not oversoak. Drain well before using. Add liquid mixture and raisins to dry ingredients. Blend for 3 minutes on low speed. Do not overmix. Batter will be lumpy.
5. Pour 5 lb. (2 qt. ½ cup) batter into each steamtable pan (12" x 20" x 2½"), which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
6. Bake or steam until a knife inserted near center comes out clean:
 - Conventional oven: 375°F for 40-50 minutes
 - Convection oven: 325°F for 25-35 minutes
 - Steamer: 5 lb. pressure for 55-65 minutes
7. Cool. Cut each pan into 5x10 (50 pieces per pan).

Enter the recipe's **number of servings** under step 3 in section 2 (CACFP Serving Size). This recipe lists amounts of ingredients for both 50 and 100 servings. The same result is obtained for either yield.

Check that all **grain ingredients** are whole grain or enriched, e.g., enriched flour, whole-wheat flour and enriched cornmeal. Enter each creditable grain and the **weight (pounds)** in section 1 (Grain Content), columns 1 and 2. Do not use volume measures.

Check the **ingredients** to determine whether the product contains chemically altered fat substitutes, hydrogenated or partially hydrogenated oils, artificial or nonnutritive sweeteners or sugar alcohols. (For more information, see the Glossary). Enter this information under step 5 in section 3 (Nutrition Information for Recipe's Serving Size).

Serving: 1 piece

Yield 50 servings: 1 steamtable pan Yield 100 servings: 2 steamtable pans

Enter the recipe's **servicing size** under step 3 in section 2 (CACFP Serving Size).

Nutrients per Serving³

Calories 99	Trans Fat 0 gram	Sugars 9 grams
Total Fat 1 gram	Total Carbohydrates 21 grams	Protein 2 gram
Saturated Fat 0.1 gram	Dietary Fiber 1 gram	Sodium 160 milligrams

Enter the recipe's **nutrition information** for one serving (calories, total fat, saturated fat, trans fat, sodium, dietary fiber and sugars) under step 4 in section 3 (Nutrition Information for Recipe's Serving Size).

¹ Adapted from *USDA Recipes for Schools*. U.S. Department of Agriculture, Revised 2006. http://teammnutrition.usda.gov/Resources/usda_recipes.html
³ Nutrient analysis conducted using the USDA National Nutrient Database for Standard Reference, Release 23 at http://www.ars.usda.gov/main/site_main.htm?modecode=12-35-45-00.

SAMPLE COMPLETED WORKSHEET 4

WORKSHEET 4 page 1
Adult Centers

Crediting Quantity Recipes for Grains/Breads in
Child and Adult Care Food Program (CACFP) Adult Centers^{1, 2}

This worksheet determines whether quantity recipes for grains/breads comply with the CACFP meal pattern requirements and the Connecticut State Department of Education's (CSDE) recommended nutrition standards. For more information, see the CSDE's *Nutrition Policies and Guidance for Adult Day Care Centers in the Child and Adult Care Food Program: Crediting Foods – Grains/Breads*.

Instructions: For steps 1-5 below, use the STANDARDIZED RECIPE and NUTRIENT ANALYSIS to enter information in the BLUE BOXES, following the directions indicated. The yellow boxes will calculate automatically.

Name of Recipe: Date Reviewed:

SECTION 1 — GRAIN CONTENT

1 In column 1, list the recipe's **flour ingredients**^{3, 4} in A and **cereal ingredients**⁵ in B.

2 In column 2, list the **quantity in pounds (lb)** of each grain ingredient. Divide ounces (oz.) by 16 to get the decimal equivalent, e.g., 1 pound 7 ounces equals 1.44 pounds (7 divided by 16 equals .44).

Column 1 Grain Ingredients in Recipe	Column 2 Quantity in Pounds (lb.)	Column 3 Convert Pounds (lb) to Grams (g)	Column 4 Determine Grain/Bread Contribution ⁶
A — FLOURS including whole-grain or enriched flour, bran and germ^{3, 4}			
all-purpose flour, enriched	1 lb	X 454 = 454 g	÷ 14.75 = 30.78 servings
whole-wheat flour	1 lb	X 454 = 454 g	÷ 14.75 = 30.78 servings
			Total Flours 61.56 servings
B — CEREAL GRAINS including oats, barley, cornmeal, corn grits and bulgur (cracked wheat)^{4, 5}			
cornmeal, enriched	1.5 lb	X 454 = 681 g	÷ 25 = 27.24 servings
		X 454 =	÷ 25 =
			Total Cereals 27.24 servings
Total Flours and Cereals			88.80 servings

SECTION 2 — CACFP SERVING SIZE

3 In the blue boxes below, enter the recipe's **servicing size** and **number of servings**. The CACFP grains/breads contribution and required serving size will calculate automatically.

Serving Size (Number of Pieces), e.g., for 1 cookie, enter 1: Number of Servings

Grains/breads contribution per serving of the recipe: servings of grains/breads per piece

REQUIRED CACFP SERVING SIZE: Number of pieces that must be provided for one CACFP grain/bread serving.⁷ pieces per CACFP serving

SECTION 3 — NUTRITION INFORMATION FOR RECIPE'S SERVING SIZE

4 From the recipe's **NUTRIENT ANALYSIS**, enter each nutrient in the blue boxes below.⁸ The yellow boxes will calculate automatically.

Serving Size (Number of Pieces):

Calories

Total Fat (g) g

Saturated Fat (g) g

Trans Fat (g) g

Sodium (mg) mg

Dietary Fiber (g) *If nutrient analysis states "<1g" or "less than 1g," enter 0 (zero)* g

Sugars (g) *If nutrient analysis states "<1g" or "less than 1g," enter 0 (zero)* g

Percentage of Calories from Fat

Percentage of Calories from Fat

Percentage of Calories from Sugars

The recipe's serving size is usually different from the required CACFP serving size. Section 4 of this worksheet (see page 2) calculates the nutrition information for one CACFP serving as listed in section 2 (step 3) above.

5 Read the **INGREDIENTS**. For each question below, check (X) either "Yes" or "No" in the blue boxes.

- Is the recipe made **without** chemically altered fat substitutes, e.g., Olestra, Olean and Simplese? Yes No
- Is the recipe made **without** hydrogenated or partially hydrogenated oils?⁹ Yes No
- Is the recipe made **without** artificial sweeteners (e.g., acesulfame potassium, aspartame and sucralose), nonnutritive sweeteners (stevia, Rebiana, Truvia, PureVia and SweetLeaf) and sugar alcohols (e.g., sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates (HSH))? Yes No

Crediting Quantity Recipes for Grains/Breads in CACFP Adult Centers^{1, 2}

SECTION 4 — NUTRITION INFORMATION FOR CACFP SERVING SIZE

This section automatically compares the **NUTRITION INFORMATION FOR ONE CACFP SERVING** with the **CSDE'S NUTRITION STANDARDS** and indicates whether the product meets each nutrition standard.

CSDE'S NUTRITION STANDARDS	NUTRITION INFORMATION (One CACFP Serving)		DOES RECIPE MEET CSDE'S NUTRITION STANDARDS?	
	CACFP Serving Size			
	1.25	pieces		
	Calories	123.75		
	Total Fat (g)	1.25	g	
	Saturated Fat (g)	0.13	g	
• TRANS FAT less than 0.5 g	Trans Fat (g)	0	g	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
• SODIUM 200 mg or less	Sodium (mg)	200	mg	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
• FIBER Choose whole grains and foods with at least 2.5 g of fiber most often.	Dietary Fiber (g)	1.25	g	
	Sugars (g)	11.25	g	
• FAT 35% or less	Percentage of Calories from Fat	9.09%		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
• SATURATED FAT less than 10%	Percentage of Calories from Saturated Fat	0.91%		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
• SUGARS 35% or less	Percentage of Calories from Sugars	36.36%		<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
• Is the product made without chemically altered fat substitutes?				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
• Is the product made without hydrogenated or partially hydrogenated oils? ⁹				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
• Is the product made without artificial or nonnutritive sweeteners or sugar alcohols?				<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

SECTION 5 — CACFP CREDITING INFORMATION AND CSDE'S NUTRITION STANDARDS

6 For questions A and B below, check (X) either "Yes" or "No" in the blue boxes. The yellow box in question C will calculate automatically.

- ▶ For recipes to be creditable as grains/breads in the CACFP, the answers to A and B below must be "Yes."
 - If the answer to C is "No," the recipe is creditable but not recommended. Choose recipes that meet all or most of the CSDE's nutrition standards.
 - If the answer to C is "Yes," the recipe meets the CSDE's nutrition standards for grains/breads.

- A — **GRAIN CONTENT:** Does the product contain whole grains, enriched flours or meals, or bran or germ? Yes No
See section 1 (step 1) on page 1.
- B — **SERVING SIZE:** Will the required CACFP serving size be provided by the CACFP facility? 1.25 pieces Yes No
See section 2 (step 3) on page 1.
- C — **NUTRITION STANDARDS:** Does the product meet the CSDE's nutrition standards? See section 4 above. Yes No

¹ Some grains/breads (such as grain-based desserts) are high in fat, sugars and sodium, and low in nutrients. The CSDE strongly encourages CACFP facilities to choose recipes that meet the CSDE's recommended nutrition standards for grains and breads (see section 4).

² Grain-based desserts such as cookies (including animal and graham crackers), granola bars, cakes and pastries can be served only at snack but not more than twice a week between all snacks (morning, afternoon and evening) provided in the CACFP.

³ Examples of flours include wheat flour, corn flour, rye flour, barley flour, rice flour and oat flour. Flours that are not whole grain must be enriched. For more information, see "Creditable Grains" in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Grains/Breads*.

⁴ Choose recipes with whole-grain ingredients most often, e.g., whole-wheat flour, whole-corn flour. They contain the largest variety of nutrients.

⁵ Cereal grains must be whole grain or enriched. Examples of cereal grains include amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, rolled wheat and wheat berries. For more information, see "Creditable Grains" in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Grains/Breads*.

⁶ One serving of grain/bread is based on 14.75 grams for creditable flours, meal, bran or germ and 25 grams for creditable cereal grains.

⁷ The number of pieces required for one CACFP grain/bread serving varies greatly depending on the recipe and type of food. For some recipes, the amount required is impractical, e.g., two pieces of cake. For more information, see "Minimum Serving Sizes for Grains/Breads" in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Grains/Breads*.

⁸ If the recipe does not provide nutrition information, the CACFP facility must conduct a nutrient analysis of the recipe. For more information, see "Nutrient Analysis" in the CSDE's *Nutrition-Related Resources* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/nutrition_resources.pdf and worksheet 9 in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods*.

⁹ Trans fats are found in processed foods containing hydrogenated or partially hydrogenated oils. Prepare recipes without these ingredients.

Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Amaranth	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.	Amaranth is a whole grain if the label specifies “whole amaranth.” If it is not whole grain, it must be enriched.
Angel Food Cake	X		See: <i>Cake, plain commercial</i> or <i>Cake, plain, made from scratch</i>	
Animal crackers, plain	⊗		Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce. Animal crackers may be credited only at snack. CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see <i>Forms and Handouts</i> in section 6).	Animal crackers are cookies. Dessert-type items (including cookies) cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.
Animal crackers, frosted	⊗		Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 31 grams or 1.1 ounces. Animal crackers may be credited only at snack. CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see <i>Forms and Handouts</i> in section 6).	Animal crackers are cookies. Dessert-type items (including cookies) cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.
Bagels, bagel sticks, bagel twists, commercial	X		Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce. The bread or grain portion of commercial products may be credited only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).	Whole-grain varieties are good sources of fiber. Choose whole grains most often.

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE’s recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 16.

* = Food may or may not be creditable. See accompanying explanation in “Comments” column.

Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Bagels, bagel sticks, bagel twists, made from scratch	X		<p>Bagels made from scratch may be credited as a grain/bread if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Whole-grain varieties are good sources of fiber. Choose whole grains most often.
Banana bread	⊗		See: <i>Quick breads, commercial</i> or <i>Quick breads, made from scratch</i>	
Bagel chips, commercial	⊗		<p>Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce.</p> <p>Bagel chips made from whole-grain or enriched flour, bran or germ are creditable. Check labels carefully as some types of bagel chips are not made with enriched flour.</p>	Commercial bagel chips may be high in fat and sodium. Read labels.
Bagel chips, made from scratch	X		<p>Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce.</p> <p>Bagel chips made from bagels containing whole-grain or enriched flour, bran or germ are creditable.</p> <p>See: <i>Bagels, commercial</i></p>	
Barley	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Batter or dough, frozen or refrigerated commercial, e.g., cake, muffins, brownies, cookies	* ☹	*	<p>Products prepared from commercial batter or dough can be credited as a grain/bread if they contain whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>All items prepared from purchased batter or dough must meet the minimum required serving size specified in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). It is difficult to determine the appropriate portion size of an item made from a mix, as the weight of one serving cannot be determined from the label. The label lists the weight of "one serving" of the <i>batter or dough</i>, not the final weight of one serving of the <i>prepared product</i>. The only method of determining the actual weight of one serving is to weigh the cooked product.</p> <p>Note that the required CACFP serving sizes for items such as brownies, cookies and cakes are generally much larger than the serving size indicated on the product label and may therefore be impractical.</p>	<p>Commercial batter and dough may be high in sugar, fat and sodium. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Batter-type coating on commercial products	* ☹	*	<p>Batter-type coating on commercial products such as chicken nuggets or fish sticks may be credited only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). For more information, see <i>Child Nutrition (CN) Labeling Program</i> in section 1.</p> <p>See: <i>Commercial convenience foods, fresh, canned or frozen</i></p>	<p>Foods with a batter-type coating may be high in fat and sodium. Read labels.</p>
Batter-type coating on products made from scratch	* ☹	*	<p>Batter-type coating on products made from scratch may be credited when served as part of the main dish of the meal.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Foods with a batter-type coating may be high in fat and sodium depending on the recipe used.</p>
Biscuits, commercial	☹		<p>Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce.</p> <p>Biscuits are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Biscuits may be high in fat and sodium. Read labels.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Biscuits, made from scratch	⊗		<p>Biscuits made from scratch may be credited as a grain/bread if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Biscuits may be high in fat and sodium depending on the recipe used.
Blintzes, commercial	⊗		See: <i>Crepes, commercial</i>	
Blintzes, made from scratch	⊗		See: <i>Crepes, made from scratch</i>	
Boston brown bread	⊗		See: <i>Quick breads, commercial</i> or <i>Quick breads, made from scratch</i>	
Bran	X		<p>Bran is credited the same as whole-grain or enriched flour. To provide a serving of grain/bread, one serving of a recipe must contain 14.75 grams of bran.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Bran is a protective coating around the whole-grain kernel that is rich in nutrients and fiber. Bran is not a whole grain.
Bread pudding, commercial	* ⊗	*	<p>The bread or grain portion of commercial products may be credited only at snack, and only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p> <p>See: <i>Commercial convenience foods, fresh, canned or frozen</i></p>	<p>Bread pudding may be high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 16.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Bread pudding, made from scratch	* ☹	*	Bread pudding made from scratch may be credited only at snack if the recipe used documents that each serving provides the minimum amount of bread required, and the bread contains whole-grain or enriched flour, bran or germ. <i>See: Breads, commercial or Breads, made from scratch</i>	Bread pudding may be high in fat and sugar depending on the recipe used. Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.
Bread sticks, hard	X		Group A of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 20 grams or 0.7 ounce. Bread sticks made from whole-grain or enriched flour, bran or germ are creditable. Check labels carefully as some types of bread sticks are not made with enriched flour.	
Bread stuffing or dressing, dry, commercial	X		Group A of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 20 grams or 0.7 ounce.	Bread stuffing may be high in fat.
Bread stuffing or dressing, dry, made from scratch	X		Stuffing made from scratch may be credited based on the amount of bread in the recipe, if the bread contains whole-grain or enriched flour, bran or germ and the recipe used documents that each serving provides the minimum amount of bread required. <i>See: Breads, made from scratch</i>	Bread stuffing may be high in fat depending on the recipe used.
Breads, commercial, e.g., white, rye, whole wheat, pumpernickel, seven grain, Italian, Roman Meal, French	X		Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce. All breads must contain whole-grain or enriched flour, bran or germ.	If a slice of bread does not weigh 25 grams, it does not meet the minimum serving sizes. Be sure to check the label on all bread products, as some slices weigh less than 25 grams. Choose whole grains most often.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Breads, made from scratch, e.g., white, rye, whole wheat, pumpernickel, seven grain, Italian, Roman Meal, French	X		Breads made from scratch may be credited as a grain/bread if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Choose whole grains most often.
Breading on commercial products	* ☹	*	Breading on commercial products such as chicken nuggets or fish sticks may be credited only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). To document the required serving size, the product must be CN labeled (see section 1) or the manufacturer must supply a product analysis sheet stating the <i>amount of grains/breads in the product per serving</i> . <i>See: Commercial convenience foods, fresh, canned or frozen</i>	Breaded foods may be high in fat and sodium. Read labels.
Breading on products made from scratch	* ☹	*	Breading on products made from scratch may be credited when served as part of the main dish of the meal if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Recipes must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Breaded foods may be high in fat and sodium depending on the recipe used.
Breakfast cereals	X		<i>See: Cereal, dry, ready-to-eat</i>	
Brown rice	X		<i>See: Rice, brown, regular or quick</i>	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Brownies, plain, commercial	⊗		<p>Group G of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 115 grams or 4 ounces.</p> <p>Plain brownies may be credited only at snack, and only if they are 1) made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Brownies are high in fat and sugar. Read labels.</p> <p>Since flour is not usually the main ingredient in brownies, a large serving will be needed.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Brownies, plain, made from scratch	⊗		<p>Plain brownies made from scratch may be credited only at snack if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Brownies are high in fat and sugar. Since flour is not usually the main ingredient in brownies, a large serving will be needed.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Brownies, frosted or with fillings such as cream cheese, nuts, chocolate chips		X	<p>Only plain brownies may be credited if they meet the specified requirements.</p> <p>See: <i>Brownies, plain, commercial</i> or <i>Brownies, made from scratch</i></p>	
Brownie mix	* ⊗	*	See: <i>Mixes, boxed or bagged</i>	
Buckwheat	X		<p>Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.</p>	<p>Buckwheat is a whole grain if the label specifies "whole buckwheat." If it is not whole grain, it must be enriched.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Buckwheat groats	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.	Buckwheat groats are a whole grain.
Bulgur (cracked wheat)	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.	Bulgur is a whole grain if the label specifies "whole bulgur," "whole bulgur wheat" or "bulgur (cracked wheat)."
Buns, hamburger and hot dog	X		Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce. Buns are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in the CACFP</i> (see section 2).	Choose whole grain varieties most often.
Burritos, commercial	*⊗	*	Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce.. The tortilla shell of a burrito is creditable if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). <i>See: Commercial convenience foods, fresh, canned or frozen</i> For additional crediting information, see <i>canned or frozen food, commercial</i> in the Meat/Meat Alternates section.	Commercial processed convenience foods are usually higher in fat and sodium than products made from scratch. Read labels. Choose whole grain varieties most often.
Cake, coffee, commercial	⊗		<i>See: Coffee cake, commercial</i>	
Cake, coffee, made from scratch	⊗		<i>See: Coffee cake, made from scratch</i>	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Cake, frosted, commercial	⊗		<p>Group G of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 115 grams or 4 ounces.</p> <p>Frosted cake may be credited only at snack, and only if it is 1) made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Cake is high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Cake, frosted, made from scratch	⊗		<p>Frosted cake may be credited only at snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Cake is high in fat and sugar.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Cake, plain, commercial	⊗		<p>Group F of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 75 grams or 2.7 ounces.</p> <p>Plain cake may be credited only at snack, and only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Cake is high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 16.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Cake, plain, made from scratch	⊗		<p>Cake made from scratch may be credited only at snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Cake is high in fat and sugar.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Cake mix	* ⊗	*	See: <i>Mixes, boxed or bagged</i>	
Caramel corn (popcorn)		X	Popcorn does not meet the definition of grains/breads.	
Carrot bread	* ⊗	*	See: <i>Quick breads</i>	
Cereal bars	* ⊗	*	See: <i>Grain fruit bars</i>	
Cereal, cooked	X		<p>Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.</p> <p>The cereal product must be enriched or whole grain, made from enriched or whole-grain meal or flour (including bran and germ), or if it is a cereal (e.g., oats, barley, cornmeal or grits, bulgur or cracked wheat), must be whole grain, enriched or fortified. The label must indicate that the product is whole grain, enriched or fortified.</p> <p>For more information on crediting cereals, see <i>Crediting Breakfast Cereals</i> in section 2.</p>	<p>Some cereals are high in sugars and low in fiber. Worksheet 2 can be used to determine which cereals meet CACFP requirements and the CSDE's recommended nutrition standards (see <i>Forms and Handouts</i> in section 6)</p>

⊗ = Food may be high in fat, sugars and sodium or low in nutritional value. It should be served infrequently, if at all. The CSDE strongly encourages all CACFP facilities to serve only foods that meet the CSDE's recommended nutrition standards. For more information, see *State Nutrition Recommendations* on page 16.

* = Food may or may not be creditable. See accompanying explanation in "Comments" column.

Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Cereal, dry, ready-to-eat	⊗		<p>Group I of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving measures ¾ cup or weighs 1 ounce, whichever is less.</p> <p>The cereal product must be enriched or whole grain, made from enriched or whole-grain meal or flour (including bran and germ), or if it is a cereal (e.g., oats, barley, cornmeal or grits, bulgur or cracked wheat) the product must be whole grain, enriched or fortified. The label must indicate that the product is whole grain, enriched or fortified.</p> <p>For more information on crediting cereals, see <i>Crediting Breakfast Cereals</i> in section 2.</p>	Some cereals are high in sugars and low in fiber. Worksheet 2 can be used to determine which cereals meet CACFP requirements and the CSDE's recommended nutrition standards (see <i>Forms and Handouts</i> in section 6)
Cereal mix, made from scratch	X		See: <i>Party mix, made from scratch.</i>	
Chips, tortilla (wheat or corn)	⊗		<p>Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce.</p> <p>Tortilla chips made from whole-grain or enriched flour, bran or germ are creditable.</p>	Tortilla chips may be high in fat and salt. Read labels.
Chocolate covered graham crackers	* ⊗	*	See: <i>Cookies with fruit fillings, frosting, nuts, raisins or chocolate pieces, commercial</i>	
Chow mein noodles	⊗		Group A of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 20 grams or 0.7 ounce.	Chow mein noodles may be high in fat and salt. Read labels.
Churros, commercial	⊗		<p>Churros are a Spanish pastry that is similar to fried dough.</p> <p>Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 63 grams or 2.2 ounces.</p> <p>Churros may be credited only for breakfast and snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Churros may be high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Churros, made from scratch	⊗		<p>Churros may be credited only at breakfast and snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Churros may be high in fat and sugar depending on the recipe used.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Cinnamon roll, commercial	⊗		<p>See: <i>Sweet rolls, sticky buns, cinnamon rolls, caramel rolls — frosted, commercial</i> or <i>Sweet rolls, sticky buns, cinnamon rolls, caramel rolls — unfrosted, commercial</i></p>	
Cinnamon roll, made from scratch	⊗		<p>See: <i>Sweet rolls, sticky buns, cinnamon rolls, caramel rolls — frosted, made from scratch</i> or <i>Sweet rolls, sticky buns, cinnamon rolls, caramel rolls — unfrosted, made from scratch</i></p>	
Cobblers, fruit, commercial	* ⊗	*	<p>The bread or grain portion of commercial fruit cobblers may be credited only at snack, and only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in the CACFP</i> (see section 2). This must be documented by either a CN label (see section 1) or a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the <i>amount of grains/breads in the product per serving</i>.</p> <p>CACFP facilities are responsible for maintaining documentation that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used.</p> <p>See: <i>Commercial convenience foods, fresh, canned or frozen</i></p>	<p>Cobblers may be high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Cobblers, fruit, made from scratch	* ☹	*	<p>The bread or grain portion of the cobbler is creditable only for snack, and only if it is made with whole-grain or enriched flour, bran or germ.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p> <p>See Vegetables/Fruits section for additional crediting information.</p>	<p>Cobblers may be high in fat and sugar depending on the recipe used.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Coffee cake, commercial	☹		<p>Group F of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 75 grams or 2.7 ounces.</p> <p>Coffee cake is creditable only at breakfast and snack, and only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Cake may be high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Coffee cake, made from scratch	☹		<p>Coffee cake is creditable only at breakfast and snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Cake may be high in fat and sugar depending on the recipe used.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Commercial convenience foods, fresh, canned or frozen, e.g., burritos, pizza, potpies, egg rolls	* ☹	*	The bread and grain portion of commercial products such as burritos, pizza, potpies and egg rolls may be credited toward the grains/breads component only if 1) the item is CN labeled (see section 1); or 2) a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the <i>amount of grains/breads in the product per serving</i> is on file. The amounts indicated must meet the minimum serving sizes for grains/breads as specified in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). CACFP facilities are responsible for maintaining documentation that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used.	Commercial processed convenience foods are usually higher in fat and sodium than products made from scratch. Read labels.
Cookie dough, commercial	* ☹	*	See: <i>Batter or dough, frozen or refrigerated commercial</i>	
Cookie mix	* ☹	*	See: <i>Mixes, boxed or bagged</i>	
Cookies, plain, commercial	☹		Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 31 grams or 1.1 ounces. Cookies are creditable only at snack, and only if they are 1) made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see <i>Forms and Handouts</i> in section 6).	Cookies are often high in fat, sugar and sodium. Read labels. Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.
Cookies, plain, made from scratch	☹		Cookies made from scratch may be credited only at snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Cookies are often high in fat, sugar and sodium. Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Cookies with fruit fillings, frosting, nuts, raisins or chocolate pieces, commercial	⊗		<p>Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 63 grams or 2.2 ounces.</p> <p>Cookies are creditable only at snack, and only if they are 1) made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p> <p>CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see <i>Forms and Handouts</i> in section 6).</p>	<p>Cookies are often high in fat, sugar and sodium. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Cookies with fruit fillings, frosting, nuts, raisins or chocolate pieces, made from scratch	⊗		<p>Cookies made from scratch may be credited only at snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Cookies are often high in fat, sugar and sodium.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Corn		X	<p>For crediting information, see <i>corn, fresh, canned or frozen</i> in Vegetables/Fruits section.</p>	<p>Corn is a vegetable not a grain. It is credited in the vegetables/fruits component of the CACFP Meal Pattern for Adults.</p>
Cornbread, commercial	⊗		<p>Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 31 grams or 1.1 ounces.</p> <p>Cornbread is creditable if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Cornbread may be high in fat and sugar. Read labels.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Cornbread, made from scratch	⊗		Cornbread made from scratch may be credited if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Cornbread may be high in fat and sugar depending on the recipe used.
Corn chips	⊗		See: <i>Chips, tortilla</i>	
Corn dog batter, commercial	⊗		See: <i>Commercial convenience foods, fresh, canned or frozen</i>	
Corn dog batter, made from scratch	⊗		See: <i>Batter-type coating on products made from scratch</i>	
Corn grits	X		Corn grits must be enriched to be credited. If served as a cooked cereal or in a recipe, use: Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.	Corn grits are not whole grain. They are made by drying and grinding corn kernels from which the outer covering (pericarp), and sometimes the germ, have been removed.
Cornmeal	X		Cornmeal used in a recipe is credited based on Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.	Cornmeal is not a whole grain. It must be enriched.
Corn muffins, commercial	⊗		See: <i>Muffins, corn, commercial</i>	
Corn muffins, made from scratch	⊗		See: <i>Muffins, corn, made from scratch</i>	
Couscous	X		See: <i>Pasta, all shapes</i>	Couscous is not whole grain unless it is whole-wheat couscous.
Crackers, chocolate covered graham	⊗		See: <i>Graham crackers, frosted, e.g., chocolate covered grahams</i>	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Crackers, filled (e.g., with peanut butter or cheese)	⊗		Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 31 grams or 1.1 ounces. Crackers must be made with whole-grain or enriched flour, bran or germ. CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see section 6).	Some crackers are high in fat and salt. Read labels and choose whole-grain cracker that are low in fat and sodium.
Crackers, graham unfrosted	⊗		See: <i>Graham crackers</i>	
Crackers, animal crackers unfrosted	⊗		See: <i>Animal crackers, plain</i>	
Crackers, saltines and snack crackers	⊗		Group A of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 20 grams or 0.7 ounce. Crackers must be made with whole-grain or enriched flour, bran or germ. CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see section 6).	Some crackers are high in fat and salt. Read labels and choose whole-grain cracker that are low in fat and sodium.
Cream puff shells, commercial	⊗		Group D of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 50 grams or 1.8 ounces. Cream puff shells are creditable only at breakfast and snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).	Cream puffs and traditional custard or cream fillings are high in fat. Read labels. Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all. The CSDE does not recommend dessert-type items for breakfast in the CACFP. Food Safety Note: Cream puffs must be kept refrigerated at 40 degrees Fahrenheit.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Cream puff shells, made from scratch	⊗		<p>Cream puff shells are creditable only at breakfast and snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Cream puffs and traditional custard or cream fillings are high in fat.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p> <p>Food Safety Note: Cream puffs must be kept refrigerated at 40 degrees Fahrenheit.</p>
Crepes, commercial	⊗		<p>Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 31 grams or 1.1 ounces.</p> <p>Crepes are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	
Crepes, made from scratch	⊗		<p>Crepes are creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Crisps, fruit, commercial	* ☹	*	<p>The bread or grain portion of commercial fruit crisps may be credited only at snack, and only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in the CACFP</i> (see section 2). This must be documented by either a CN label (see section 1) or a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the <i>amount of grains/breads in the product per serving</i>.</p> <p>CACFP facilities are responsible for maintaining documentation that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used.</p> <p>See: <i>Commercial convenience foods, fresh, canned or frozen</i></p>	<p>Crisps may be high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Crisps, fruit, made from scratch	* ☹	*	<p>The crisp portion of the fruit crisp is creditable for snack only, if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p> <p>See <i>fruit crisps, made from scratch</i>, in Vegetables/Fruits section for additional crediting information.</p>	<p>Crisps may be high in fat and sugar depending on the recipe used.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Croissants	☹		<p>Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 31 grams or 1.1 ounces.</p> <p>Croissants must be made with whole-grain or enriched flour, bran or germ. CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see section 6).</p>	<p>Croissants are high in fat. Read labels.</p>
Croutons	☹		<p>Group A of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 20 grams or 0.7 ounce.</p> <p>Croutons must be made with whole-grain or enriched flour, bran or germ. CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see section 6).</p>	<p>Croutons may be high in fat and sodium. Read labels.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Cupcakes, frosted, commercial	⊗		See: <i>Cake, frosted, commercial</i>	
Cupcakes, frosted, made from scratch	⊗		See: <i>Cake, frosted, made from scratch</i>	
Cupcakes, plain, commercial	⊗		See: <i>Cake, plain, commercial</i>	
Cupcakes, plain, made from scratch	⊗		See: <i>Cake, plain, made from scratch</i>	
Danish pastries, frosted or filled, commercial	⊗		<p>Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 63 grams or 2.2 ounces.</p> <p>Danish pastries may be credited only for breakfast and snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Danish pastries are high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Danish pastries, frosted or filled, made from scratch	⊗		<p>Danish pastries may be credited only for breakfast and snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Danish pastries are high in fat and sugar.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Danish pastries, plain, commercial	⊗		<p>Group D of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 50 grams or 1.8 ounces.</p> <p>Danish pastries may be credited only for breakfast and snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Danish pastries are high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Danish pastries, plain, made from scratch	⊗		<p>Danish pastries may be credited only for breakfast and snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Danish are high in fat and sugar.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Doughnuts, frosted or filled, commercial	⊗		<p>Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 63 grams or 2.2 ounces.</p> <p>Doughnuts may be credited only for breakfast and snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Doughnuts are high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Doughnuts, frosted or filled, made from scratch	⊗		<p>Doughnuts may be credited only for breakfast and snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Doughnuts are high in fat and sugar.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Doughnuts, plain, commercial	⊗		<p>Group D of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 50 grams or 1.8 ounces.</p> <p>Doughnuts may be credited only for breakfast and snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Doughnuts are high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Doughnuts, plain, made from scratch	⊗		<p>Doughnuts may be credited only for breakfast and snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Doughnuts are high in fat and sugar.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Dressing	X		<p>See: <i>Bread stuffing or dressing, dry, commercial</i> or <i>Bread stuffing or dressing, dry, made from scratch</i></p>	
Dumplings, commercial	⊗		<p>Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce.</p> <p>Dumplings are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Dumplings may be high in fat and sodium. Read labels.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Dumplings, made from scratch	⊗		<p>Dumplings made from scratch are creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Dumplings may be high in fat and sodium.
Eclair pastries, commercial	⊗		<p>Group E of <i>Serving Sizes for Grains/Breads in the CACFP</i>: One serving = 63 grams or 2.2 ounces</p> <p>Eclairs are creditable only at snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in the CACFP</i> (see section 2).</p>	<p>Eclairs and traditional custard or cream fillings are high in fat. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>Food Safety Note: Eclairs must be kept refrigerated at 40 degrees Fahrenheit.</p>
Eclair pastries, made from scratch	⊗		<p>Eclairs are creditable only at snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Eclairs and traditional custard or cream fillings are high in fat. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>Food Safety Note: Eclairs must be kept refrigerated at 40 degrees Fahrenheit.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Egg rolls	* ☹	*	<p>Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce.</p> <p>The egg roll wrap is creditable if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p> <p>See: <i>Commercial convenience foods, fresh, canned or frozen</i></p> <p>For additional crediting information, see <i>commercial convenience foods, fresh, canned or frozen</i> in the Meat/Meat Alternates section.</p>	Egg rolls may be high in fat. Read labels.
English muffins	X		<p>Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce.</p> <p>English muffins are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	Choose whole grains most often.
Farina	X		<p>Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.</p>	Farina is not a whole grain. It must be enriched.
Foccacia bread, commercial	X		<p>Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce.</p> <p>Foccacia bread is creditable if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	Choose whole-grain breads most often.
Foccacia bread, made from scratch	X		<p>Foccacia bread made from scratch is creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Choose whole-grain breads most often.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Flour, e.g., white, wheat, rye	X		To provide a serving of grain/bread, one serving of a recipe must contain 14.75 grams of whole-grain or enriched flour. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Choose whole-grain flours most often.
French bread	X		See: <i>Breads, commercial</i> and <i>Breads, made from scratch</i>	Choose whole grain breads most often.
French toast, commercial	⊗		Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 63 grams or 2.2 ounces. French toast is creditable if it 1) is made with whole-grain or enriched bread; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).	Commercial French toast may be high in fat, sugar and sodium. Read labels. Choose whole grain breads most often.
French toast, made from scratch	X		Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 63 grams or 2.2 ounces. French toast made from scratch is creditable if the bread 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). See: <i>Breads, commercial</i> and <i>Breads, made from scratch</i>	Choose whole grain breads most often.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Fried dough, commercial	⊗		<p>Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce.</p> <p>Fried dough may be credited only for breakfast and snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in the CACFP</i> (see section 2).</p>	<p>Fried dough is high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Fried dough, made from scratch	⊗		<p>Fried dough may be credited only for breakfast and snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Fried dough is high in fat and sugar.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Fritters, commercial	⊗		<p>Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 31 grams or 1.1 ounces.</p> <p>Fritters are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p> <p>See: <i>Fritters, fruit, made from scratch</i> in the Vegetables/Fruits section for additional crediting information.</p>	<p>Fritters may be high in fat and sugar. Read labels.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Fritters, made from scratch	⊗		Fritters made from scratch are creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Fritters may be high in fat and sugar depending on the recipe used.
Fruit cobblers, commercial	* ⊗	*	See: <i>Cobblers, fruit commercial</i>	
Fruit cobblers, made from scratch	* ⊗	*	See: <i>Cobblers, fruit made from scratch</i>	
Fruit crisp, commercial	* ⊗	*	See: <i>Crisps, fruit commercial</i>	
Fruit crisp, made from scratch	* ⊗	*	See: <i>Crisps, fruit made from scratch</i>	
Gingerbread, commercial	⊗		See: <i>Cake, plain, commercial</i>	
Gingerbread, made from scratch	⊗		See: <i>Cake, plain, made from scratch</i>	
Goldfish crackers	X		See: <i>Crackers, saltines and snack crackers</i>	
Graham crackers	X		Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce. Graham crackers are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see <i>Forms and Handouts</i> in section 6).	Graham crackers are cookies. Dessert-type items (including cookies) cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Graham crackers, frosted, e.g., chocolate covered grahams	X		<p>Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 63 grams or 2.2 ounce.</p> <p>Frosted graham crackers are creditable only at snack. CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see <i>Forms and Handouts</i> in section 6).</p>	Graham crackers are cookies. Dessert-type items (including cookies) cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.
Graham flour	X		<p>To provide a serving of grain/bread, one serving of a recipe must contain 14.75 grams of graham flour.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Graham flour is whole grain. It is whole-wheat flour that is slightly coarser than regular whole-wheat flour.
Grain fruit bars	⊗		<p>Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 63 grams or 2.2 ounces.</p> <p>Grain fruit bars may be credited only for breakfast and snack, and only if they contain whole-grain or enriched flour, bran or germ.</p> <p>Serving sizes vary depending on brand and type. For more information on crediting grain fruit bars, see <i>Crediting Cookies and Crackers</i> in section 2.</p> <p>CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see <i>Forms and Handouts</i> in section 6).</p>	<p>Grain fruit bars may be high in added sugars. Choose products made from whole grains.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Granola bars, plain	⊗		<p>Group D of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 50 grams or 1.8 ounces.</p> <p>Granola bars may be credited only for breakfast and snack, and only if they contain whole-grain or enriched flour, bran or germ.</p> <p>Serving sizes vary depending on brand and type. For more information on crediting grain fruit bars, see <i>Crediting Cookies and Crackers</i> in section 2.</p> <p>CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see <i>Forms and Handouts</i> in section 6).</p>	<p>Granola bars may be high in sugar and fat. Read labels.</p> <p>Choose products made from whole grains.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Granola bars, with fillings (e.g., nuts, raisins, chocolate) or frosting (e.g., icing, drizzle)	⊗		<p>Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 63 grams or 2.2 ounces.</p> <p>Granola bars may be credited only for breakfast and snack, and only if they contain whole-grain or enriched flour, bran or germ.</p> <p>Serving sizes vary depending on brand and type. For more information on crediting grain fruit bars, see <i>Crediting Cookies and Crackers</i> in section 2.</p> <p>CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see <i>Forms and Handouts</i> in section 6).</p>	<p>Granola bars may be high in sugar and fat. Read labels.</p> <p>Choose products made from whole grains.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Grits, corn	X		See: <i>Corn grits</i>	
Hominy		X	Hominy is not creditable. It is not made from the whole kernel of corn and therefore does not meet the criteria for grains/breads.	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Ice cream cones	X		<p>Group A of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 20 grams or 0.7 ounce.</p> <p>Ice cream cones may be credited for snack only, however the serving size may not be practical. A typical sugar wafer cone weighs 5 grams. Four cones would be needed to provide one serving of grain/bread.</p>	
Instant oatmeal	X		<p>See: <i>Oatmeal, old fashioned, quick and instant</i></p>	
Lefsa	X		<p>Lefsa is an unleavened bread made primarily of potatoes and flour. Lefsa is often rolled with butter, brown sugar, jam or cinnamon and sugar.</p> <p>Lefsa may be credited if it contains whole-grain or enriched flour, bran or germ.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	
Macaroni, all shapes	X		<p>Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.</p> <p>Macaroni must be whole grain or enriched.</p>	Choose whole-grain pasta most often.
Macaroni salad or pasta salad	X		<p>Macaroni or pasta salad may be credited if the recipe used documents that each serving provides the minimum amount of pasta required, exclusive of added ingredients such as mayonnaise and vegetables.</p> <p>Macaroni must be whole grain or made with enriched flour and/or bran or germ.</p> <p>See: <i>Macaroni, all shapes</i> or <i>pasta, all shapes</i>.</p>	Choose whole-grain pasta most often.
Melba toast	X		<p>Group A of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 20 grams or 0.7 ounce.</p> <p>Melba toast is creditable if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Millet	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.	Millet is a whole grain if the label specifies “whole millet.” If it is not whole grain, it must be enriched.
Millet flakes, enriched	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Millet flakes are not whole grain unless they are labeled “whole millet flakes.” They must be enriched to be credited.
Mixes, boxed or bagged, e.g., cake, muffins, brownies, cookies	* ☹	*	Products prepared from mixes can be credited as a grain/bread if they contain whole-grain or enriched flour, bran or germ and the minimum serving size is provided. All items prepared from purchased mixes must meet the minimum required serving size specified in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> . It is difficult to determine the appropriate portion size of an item made from a mix, as the weight of one serving can not be determined from the label. The label lists the weight of “one serving” of the <i>dry mix</i> , not the final weight of one serving of the <i>prepared product</i> . The only method of determining the actual weight of one serving is to weigh the cooked product. <i>Note that the required CACFP serving sizes for items such as brownies, cookies and cakes are generally much larger than the serving size indicated on the product label and may therefore be impractical.</i>	Purchased mixes may be high in sugar, fat and sodium. Read labels. Dessert-type items cannot be served at snack more than two times per week (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.
Muffin mix	* ☹	*	See: <i>Mixes, boxed or bagged</i>	
Muffins, all except corn, commercial	☹		Group D of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 50 grams or 1.8 ounces. Muffins are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).	Some muffins may be high in fat and sugar. Read labels. Choose products made from whole grains.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Muffins, all except corn, made from scratch	⊗		Muffins made from scratch are creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Some muffins may be high in fat and sugar depending on the recipe used.
Muffins, corn, commercial	⊗		Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 31 grams or 1.1 ounces. Muffins may be credited if they are 1) made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).	Some muffins may be high in fat and sugar. Read labels.
Muffins, corn, made from scratch	⊗		Corn muffins made from scratch may be credited if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Some muffins may be high in fat and sugar depending on the recipe used.
Nachos	⊗		See: <i>Chips, tortilla (wheat or corn)</i>	
Noodles	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked. Noodles must be whole grain or enriched.	Choose whole grain noodles most often.
Nut or seed meal or flour		X	Nuts and seeds are not grains.	
Oat bran	X		See: <i>Bran</i> .	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Oat groats	X		<p>Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.</p> <p>To provide a serving of grain/bread, one serving of a recipe must contain 25 grams of oatmeal.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Oat groats are a whole grain.
Oatmeal, old fashioned, quick and instant	X		<p>Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.</p> <p>To provide a serving of grain/bread, one serving of a recipe must contain 25 grams of oatmeal.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Oatmeal is made with rolled oats, which are whole grain. Some brands of flavored oatmeal (e.g., maple brown sugar) are high in sugars. Read labels.
Oats, rolled, instant or regular	X		<p>Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.</p> <p>To provide a serving of grain/bread, one serving of a recipe must contain 25 grams of oatmeal.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Oats are a whole grain.
Orzo	X		<p>Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.</p> <p>Orzo must be whole-grain or enriched.</p>	Orzo is a type of pasta shaped like a grain of rice.
Oyster crackers	X		See: <i>Crackers, saltines and snack crackers</i>	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Pancakes, commercial	X		Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 31 grams or 1.1 ounces. Pancakes are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).	Choose whole-grain varieties most often.
Pancakes, made from scratch	X		Pancakes made from scratch are creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Choose whole-grain flours most often.
Party mix, commercial	* ☹	*	Commercial party mix may be credited based on the amount of cold cereal, crackers, pretzels and other grain ingredients contained, exclusive of other ingredients, such as dried fruit or nuts. A serving must contain the minimum amounts required in <i>Serving Sizes for Grains/Breads in the CACFP</i> for cold cereal (Group I) or crackers and pretzels (Group A).	Some party mixes are high in added fat and salt.
Party mix, made from scratch	* ☹	*	Party mix made from scratch may be credited based on the amount of cold cereal, crackers, pretzels and other grain ingredients contained, exclusive of other ingredients, such as dried fruit or nuts. All ingredients must be whole grain or enriched. A serving must contain the minimum amounts required in <i>Serving Sizes for Grains/Breads in the CACFP</i> for cold cereal (Group I) or crackers and pretzels (Group A), as documented by the recipe. <i>See: Cereal, dry, ready-to-eat</i>	Choose whole-grain, low-sugar, high-fiber cereals. Choose whole-grain crackers or pretzels that are low in fat and sodium.
Pasta, all shapes	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked. Pasta must be made with whole-grain or enriched flour, bran or germ	Choose whole-grain pasta most often.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Pastries	⊗		See: <i>Doughnuts, frosted or filled, commercial; Doughnuts, frosted or filled, made from scratch; Doughnuts, plain, commercial; Doughnuts, plain, made from scratch; Toaster pastries, frosted; Toaster pastries, unfrosted; Coffee cake, commercial; coffee cake, made from scratch; Danish pastries, plain, commercial; Danish pastries, plain, made from scratch; Danish pastries, frosted or filled, commercial; Danish pastries, frosted or filled, made from scratch; Sweet rolls, sticky buns, cinnamon rolls, caramel rolls — frosted, commercial; Sweet rolls, sticky buns, cinnamon rolls, caramel rolls — frosted, made from scratch; Sweet rolls, sticky buns, cinnamon rolls, caramel rolls — unfrosted, commercial; Sweet rolls, or Sticky buns, cinnamon rolls, caramel rolls — unfrosted, made from scratch.</i>	
Phyllo pastry	⊗		Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce. Phyllo pastry is creditable if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).	Phyllo pastry may be high in fat. Read labels. Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Pie crust, commercial	⊗		<p>Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 31 grams or 1.1 ounces.</p> <p>Pie crust served in meat/meat alternate dishes (e.g., quiche, meat pie) is creditable if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p> <p>Pie crust served in dessert pies (e.g., apple, pumpkin) is creditable only at snack, and only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). The serving size of pie crust needed to meet requirements may not be practical, so another serving of grain/bread may be needed.</p> <p>See Vegetables/Fruits section and Meat/Meat Alternates section for additional crediting information.</p>	<p>Pie crust may be high in fat. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Pie crust, made from scratch	⊗		<p>Pie crust made from scratch in meat/meat alternate pies (e.g., quiche, meat pie) is creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Pie crust served in dessert pies (e.g., apple, pumpkin) is creditable only at snack if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p> <p>See Vegetables/Fruits section and Meat/Meat Alternates section for additional crediting information.</p>	<p>Pie crust may be high in fat depending on the recipe used.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Pineapple-upside-down cake, commercial	⊗		The bread or grain portion of commercial products may be credited only at snack, and only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). <i>See: Commercial convenience foods, fresh, canned or frozen</i>	Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.
Pineapple-upside-down cake, made from scratch	⊗		Upside-down cakes may be credited only at snack if they are made with whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.
Pita bread	X		Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce. Bread is creditable if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in the CACFP</i> (see section 2).	Choose whole-grain products most often.
Pizza crust in pre-made fresh or frozen pizza, commercial	X		The bread or grain portion of commercial products may be credited only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). <i>See: Commercial convenience foods, fresh or frozen.</i>	Choose whole-grain products most often.
Pizza crust, plain without toppings, commercial	X		Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce. Commercial plain pizza crust (to which toppings are added) may be credited if it contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.	Choose whole-grain products most often.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Pizza crust, made from scratch	X		<p>Pizza crust may be credited if it contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Choose whole-grain flours most often.
Polenta	X		Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 31 grams or 1.1 ounces.	Polenta must be made with enriched cornmeal.
Pop Tarts	⊗		See: <i>Toaster pastries, frosted</i> or <i>Toaster pastries, unfrosted</i>	
Popcorn		X	Popcorn is not a grain. It does not meet the general requirements for grains/breads.	
Popcorn cakes		X	Popcorn is not a grain. It does not meet the general requirements for grains/breads.	
Popovers, commercial	X		<p>Group D of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 50 grams or 1.8 ounces.</p> <p>Popovers are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	
Popovers, made from scratch	X		<p>Popovers are creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Potato bread, commercial		X	Potato bread is a type of bread in which potato replaces a portion of the regular wheat flour. It is cooked by variety of methods, may be leavened or unleavened, and may have a variety of other ingredients. The ratio of potato to wheat flour varies significantly among commercial products, with some recipes having a majority of potato and others having a majority of wheat flour.	
Potato bread, made from scratch	*	*	Potato bread made from scratch is creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	
Potato chips		X	Potato chips are not a grain-based chip and are not creditable.	
Potato pancakes		X	Potato pancakes contain a minimal quantity of flour.	
Potatoes		X	For crediting information, see <i>potatoes, fresh, canned or frozen</i> in Vegetables/Fruits section	Potatoes are a vegetable not a grain. They are credited in the vegetables/fruits component of the CACFP Meal Pattern for Adults.
Potpie crust, commercial	⊗		Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 31 grams or 1.1 ounces. The bread or grain portion of commercial products may be credited only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). See: <i>Commercial convenience foods, fresh, canned or frozen</i> For additional crediting information see <i>commercial convenience foods, fresh, canned or frozen</i> in the Meat/Meat Alternates section.	Potpie crust may be high in fat. Read labels.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Potpie crust, made from scratch	⊗		<p>Potpie crust made from scratch is creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Potpie crust may be high in fat depending on the recipe used.
Pound cake, commercial	⊗		See: <i>Cake, plain, commercial</i>	
Pound cake, made from scratch	⊗		See: <i>Cake, plain, made from scratch</i>	
Pretzel chips	X		See: <i>Pretzels, hard</i>	
Pretzels, hard	X		<p>Group A of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 20 grams or 0.7 ounce.</p> <p>Pretzels may be credited if they contain whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Check labels carefully as some types of hard pretzels are not made with enriched flour.</p>	Hard pretzels may be high in sodium. Read labels.
Pretzels, soft, commercial	X		<p>Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce.</p> <p>Soft pretzels may be credited if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p> <p>Check labels carefully as some types of soft pretzels are not made with enriched flour.</p>	Soft pretzels may be high in sodium. Read labels.
Pretzels, soft, made from scratch	X		<p>Pretzels made from scratch are creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Puff pastries, commercial	⊗		<p>Group D of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 50 grams or 1.8 ounces.</p> <p>Puff pastries are creditable only at breakfast and snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Puff pastries are high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Puff pastries, made from scratch	⊗		<p>Puff pastries are creditable only at breakfast and snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Puff pastries are high in fat and sugar.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Pumpernickel bread	X		See: <i>Breads, commercial</i> or <i>breads, made from scratch</i>	Choose whole-grain products most often.
Quick bread mix	*⊗	*	See: <i>Mixes, boxed or bagged</i>	
Quick breads, commercial	⊗		<p>Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 63 grams or 2.2 ounces.</p> <p>Quick breads are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	Quick breads may be high in fat and sugar. Read labels.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Quick breads, made from scratch	⊗		Quick breads made from scratch are creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Quick breads may be high in fat and sugar depending on the recipe used.
Quinoa	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.	Quinoa is a cereal-like plant product. It is a whole grain if the label specifies "whole quinoa." If it is not whole grain, it must be enriched.
Raisin bread	X		See: <i>Breads, commercial</i> or <i>Breads, made from scratch</i>	Choose whole-grain products most often.
Ravioli, commercial	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked. The pasta must be made with whole-grain or enriched flour, bran or germ. The pasta portion (exclusive of filling such as meat or cheese) must meet the minimum serving amounts indicated above. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Choose whole-grain pasta most often.
Rice, brown, regular or quick	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.	Brown rice is a whole grain.
Rice cakes	X		Group I of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 1 ounce Rice cakes must be whole-grain or enriched. CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see <i>Forms and Handouts</i> in section 6).	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Rice cereal bars, commercial	⊗		<p>The cereal portion of commercial products may be credited only at snack, and only if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p> <p>Rice cereal bars must be whole-grain or enriched. CACFP facilities must use worksheet 1 to determine 1) whether the product is creditable and 2) the appropriate CACFP serving size (see <i>Forms and Handouts</i> in section 6).</p>	<p>Rice cereal bars may be high in sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Rice cereal bars, made from scratch	⊗		<p>Rice cereal bars made from scratch may be credited only at snack, and only if a creditable cereal is used. The recipe must document that each serving provides the minimum amount of cereal required.</p> <p>See: <i>Cereal, dry, ready-to-eat</i></p>	<p>Rice cereal bars may be high in sugar depending on the recipe.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Rice pudding, commercial	* ⊗	*	<p>Rice in commercial products may be credited only at snack, and only if it 1) is whole-grain or enriched and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p> <p>See: <i>Commercial convenience foods, fresh, canned or frozen</i></p>	<p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Rice pudding, made from scratch	* ⊗	*	<p>Rice pudding may be credited only at snack, and only if the recipe used documents that each serving provides the minimum amount of rice required.</p> <p>See: <i>Rice, white or brown</i></p>	<p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Rice stuffing	X		Rice stuffing may be credited if it contains an appropriate amount of cooked rice per serving, as documented by the recipe. To count as one serving of grain/bread, rice stuffing must contain 1/3 cup of rice <i>before</i> added ingredients. See: <i>Rice, white or brown</i>	
Rice, white, enriched, regular or long-grain	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked. White rice must be enriched to be credited.	White rice is not whole grain. It is made by refining whole-grain rice to remove the bran and germ.
Rolled oats (old fashioned oats)	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked. To provide a serving of grain/bread, one serving of a recipe must contain 25 grams of oatmeal. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Rolled oats are whole grain. They are made by hulling and steaming whole oats, then steaming and flattening them.
Rolls, all varieties	X		See: <i>Breads, commercial</i> or <i>Breads, made from scratch</i>	Choose whole-grain products most often.
Roman Meal bread	X		See: <i>Breads, commercial</i> or <i>Breads, made from scratch</i>	Choose whole-grain products most often.
Saltines	X		See: <i>Crackers, saltines and snack crackers</i>	Saltines may be high in sodium. Read labels.
Scones, commercial	⊗		Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 63 grams or 2.2 ounces. Scones are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).	Scones may be high in fat. Read labels.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Scones, made from scratch	⊗		<p>Scones made from scratch are creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Scones may be high in fat depending on the recipe used.
Semolina flour, enriched	X		<p>To provide a serving of grain/bread, one serving of a recipe must contain 14.75 grams of enriched semolina flour.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Semolina is not a whole grain. It is hard wheat (usually durum wheat) that is ground more coarsely than regular wheat flours. Semolina flour must be enriched to be creditable in the CACFP. Pasta is often made with semolina flour.
Shortcake	X		See: <i>Cake, plain commercial</i> or <i>Cake, plain, made from scratch</i>	
Snack mix, commercial	* ⊗	*	See: <i>Party mix, commercial</i>	
Snack mix, made from scratch	* ⊗	*	See: <i>Party mix, made from scratch</i>	
Soda crackers	X		<p>Group A of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 20 grams or 0.7 ounce.</p> <p>Crackers may be credited if they contain whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p>	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Sopaipillas, commercial	⊗		<p>Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 31 grams or 1.1 ounces.</p> <p>Sopaipillas are a crisp, puffy, deep fried pastry resembling an air-filled pillow. They are a Southwestern U.S. dessert, usually served with honey or syrup. Sopaipillas may be credited for snack only if they contain whole-grain or enriched flour, bran or germ.</p> <p>Sopaipillas are creditable only at snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in the CACFP</i> (see section 2).</p>	<p>Sopaipillas are high in fat and sugar.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Sopaipillas, made from scratch	⊗		<p>Sopaipillas made from scratch are creditable only at snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Sopaipillas are high in fat and sugar.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p>
Sorghum	X		<p>Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.</p>	<p>Sorghum is a whole grain if the label specifies "whole sorghum." If it is not whole grain, it must be enriched.</p>
Spelt	X		<p>Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.</p>	<p>Spelt is a whole grain if the label specifies "whole spelt." If it is not whole grain, it must be enriched.</p>
Sponge Cake	X		<p>See: <i>Cake, plain commercial</i> or <i>Cake, plain, made from scratch</i></p>	
Stuffing, bread	X		<p>See: <i>Bread stuffing or dressing, dry, commercial</i> or <i>Bread stuffing or dressing, dry, made from scratch</i></p>	
Stuffing, rice	X		<p>See: <i>Rice stuffing</i></p>	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Sweet rolls, sticky buns, cinnamon rolls, caramel rolls — frosted, commercial	⊗		<p>Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 63 grams or 2.2 ounces.</p> <p>Sweet rolls are creditable only at breakfast and snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Sweet rolls are high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Sweet rolls, sticky buns, cinnamon rolls, caramel rolls — frosted, made from scratch	⊗		<p>Sweet rolls made from scratch are creditable only at breakfast and snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Sweet rolls are high in fat and sugar.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Sweet rolls, sticky buns, cinnamon rolls, caramel rolls — unfrosted, commercial	⊗		<p>Group D of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 50 grams or 1.8 ounces.</p> <p>Sweet rolls are creditable only at breakfast and snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Sweet rolls are high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Sweet rolls, sticky buns, cinnamon rolls, caramel rolls — unfrosted, made from scratch	⊗		<p>Sweet rolls made from scratch are creditable only at breakfast and snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	<p>Sweet rolls are high in fat and sugar.</p> <p>Dessert-type items may not be served at snack more than two times a week. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Taco chips	⊗		See: <i>Chips, tortilla (wheat or corn)</i>	
Taco shells	⊗		Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce.	Taco shells may be high in fat and sodium. Read labels.
Tapioca pudding		X	Tapioca is not a grain.	
Teff	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.	Teff is a whole grain if the label specifies "whole teff." If it is not whole grain, it must be enriched.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Toaster pastries, frosted	⊗		<p>Group E of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 63 grams or 2.2 ounces.</p> <p>Toaster pastries are creditable only at breakfast and snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Toaster pastries may be high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Toaster pastries, unfrosted	⊗		<p>Group D of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 50 grams or 1.8 ounces.</p> <p>Toaster pastries are creditable only at breakfast and snack, and only if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	<p>Toaster pastries may be high in fat and sugar. Read labels.</p> <p>Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all.</p> <p>The CSDE does not recommend dessert-type items for breakfast in the CACFP.</p>
Tortilla chips, wheat or corn	⊗		See: <i>Chips, tortilla (wheat or corn)</i>	
Tortillas, wheat or corn	X		Group B of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce.	
Trail mix	* ⊗	*	See: <i>Party mix, commercial</i> or <i>Party mix, made from scratch</i>	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Triticale	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.	Triticale is a hybrid of wheat and rye. It is a whole grain if the label specifies "whole triticale." If it is not whole grain, it must be enriched.
Turnover, fruit, commercial	⊗		The bread or grain portion of fruit turnovers is creditable only at breakfast and snack if it 1) is made with whole-grain or enriched flour, bran or germ; and 2) meets the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2). See: <i>Commercial convenience foods, fresh, canned or frozen</i>	Turnovers may be high in fat and sugar. Read labels. Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all. The CSDE does not recommend dessert-type items for breakfast in the CACFP.
Turnover, fruit, made from scratch	⊗		The bread or grain portion of fruit turnovers is creditable only at breakfast and snack, and only if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2. See Vegetables/Fruits section for additional crediting information.	Turnovers may be high in fat and sugar depending on the recipe used. Dessert-type items cannot be served at snack more than two times per week between all snacks (morning, afternoon and evening) provided in the CACFP. The CSDE recommends serving these items infrequently, if at all. The CSDE does not recommend dessert-type items for breakfast in the CACFP.

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Waffles, commercial	⊗		<p>Group C of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i>: One serving = 31 grams or 1.1 ounces.</p> <p>Waffles are creditable if they 1) are made with whole-grain or enriched flour, bran or germ; and 2) meet the minimum required serving size in <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> (see section 2).</p>	Commercial waffles may be high in fat. Read labels.
Waffles, made from scratch	X		<p>Waffles made from scratch are creditable if the recipe contains whole-grain or enriched flour, bran or germ and the minimum serving size is provided.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	
Wheat flour, enriched	X		<p>To provide a serving of grain/bread, one serving of a recipe must contain 14.75 grams of enriched wheat flour.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Wheat flour is not a whole grain. It is made by refining whole wheat to remove the germ and bran. Wheat flour must be enriched to be creditable in the CACFP.
Wheat germ	X		<p>To provide a serving of grain/bread, one serving of a recipe must contain 14.75 grams of wheat germ.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	Wheat germ is the sprouting section of the whole-grain kernel and is rich in vitamins and minerals. It is not a whole grain.
White whole-wheat flour	X		<p>To provide a serving of grain/bread, one serving of a recipe must contain 14.75 grams of white whole-wheat flour.</p> <p>Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.</p>	White whole-wheat flour is whole grain.
White rice	X		See: <i>Rice, white</i>	

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Grains/Breads				
Food item	Creditable		Comments	Nutrition Information
	YES	NO		
Whole-wheat flour	X		To provide a serving of grain/bread, one serving of a recipe must contain 14.75 grams of whole-wheat flour. Recipes for products made from scratch must be analyzed for proper crediting information using worksheet 3 or 4 (see section 6). For more information, see <i>Crediting Grains/Breads Made from Scratch</i> in section 2.	Whole-wheat flour is whole grain.
Wild rice	X		Group H of <i>Serving Sizes for Grains/Breads in CACFP Adult Centers</i> : One serving = 25 grams or 0.9 ounce dry or ½ cup cooked.	Wild rice is a whole grain.
Wonton wrappers	X		See: <i>Egg roll or wonton wrappers</i> or <i>Egg rolls, commercial</i>	
Zucchini bread, commercial	⊗		See: <i>Quick breads, commercial</i>	
Zucchini bread, made from scratch	⊗		See: <i>Quick breads, made from scratch</i>	
Zwieback	X		See: <i>Crackers, saltines and snack crackers</i>	

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