

3 — MEAL PATTERN COMPONENTS: VEGETABLES AND FRUITS

USDA REQUIREMENTS

CACFP regulations require that breakfast must contain a serving of vegetables or fruits or full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods. Both lunch and supper must contain **two separate servings** of vegetables or fruits, i.e., two different fruits, two different vegetables or one fruit and one vegetable. Full-strength vegetable or fruit juice may be counted to meet not more than half of this requirement, regardless of the actual amount served. A vegetable/fruit serving may be credited as one of the two required components of a snack.

When planning the vegetables/fruits component for CACFP menus, child care centers, family day care homes, emergency shelters and at-risk afterschool care centers must ensure that the following requirements are met.

- Legumes (cooked dry beans and peas such as baked beans, lentils, garbanzo beans, kidney beans, split peas) may be credited as either a vegetable/fruit or a meat/meat alternate, but not both in the same meal.
- Small amounts (less than $\frac{1}{8}$ cup) of vegetables and fruits used as garnishes cannot be counted toward the vegetables/fruits requirement.
- Fruit or vegetable dishes that contain more than one fruit or vegetable, such as fruit cocktail, mixed fruit, mixed vegetables, tossed salad and vegetables in stew or chow mein may be credited toward only *one* of the *two* required servings for lunch and supper.
- Large combination vegetable or fruit salads served as an entree consisting of at least $\frac{3}{4}$ cup of two or more different vegetables/fruits in combination with a meat/meat alternate (e.g., chef's salad, tuna salad plate, fruit plate with cottage cheese) may be credited as two or more servings of the vegetables/fruits component and will meet the full requirement for lunch or supper. If only two vegetables/fruits are included in the salad, the second vegetable/fruit serving must contain a minimum of $\frac{1}{8}$ cup.
- Potatoes and corn are in the vegetables/fruits component, not the grains/breads component.
- A serving of cooked vegetable must be drained.
- A serving of canned fruit may include the juice in which the fruit is packed.



STATE NUTRITION RECOMMENDATIONS

In addition to the specified USDA requirements for vegetables/fruits, the CSDE strongly recommends that all vegetables and fruits served as part of CACFP meals and snacks meet the Connecticut Child Care Nutrition Standards (CCCNS). For more information, see the CSDE's *Action Guide for Child Care Nutrition and Physical Activity Policies* (see *References*).

CCCNS for Vegetables and Fruits

BEST CHOICE

Whole Vegetables and Fruits

Serve only whole vegetables and fruits (fresh, frozen, canned and dried) prepared and packaged without added fats, sugars or sodium.

- Serve fresh vegetables and fruits (whole or cut up) whenever possible, but at least three times a week at meals.
- Offer a different fruit and a different vegetable every day and include a variety at every meal, such as fresh or frozen fruit; fresh or frozen vegetables; canned fruits in their natural juices or water; canned vegetables with no or low sodium; and dried fruit and vegetables without added sugars or sweeteners.
- Serve vegetables from each of the following groups several times a week: dark green (broccoli, spinach and most greens); orange (carrots, sweet potatoes, winter squash and pumpkin); legumes (cooked dry beans or peas); starchy (corn, white potatoes and green peas); and other vegetables (tomatoes, cabbage, celery, cucumber, lettuce, onions, peppers, green beans, cauliflower, mushrooms and summer squash).
- Serve a good source of vitamin C every day and a good source of vitamin A at least three times per week. For information on sources of vitamins A and C, see *Nutrition Policies and Guidance: Planning Healthy Menus*.
- At *breakfast, lunch and supper*, serve only whole vegetables and fruits instead of juice.
- At *lunch and supper*, serve a vegetable for at least one of the two required servings of vegetables/fruits, not including fried or baked pre-fried vegetables, e.g., french fries, potato puffs and hash brown patties.
- At *snack*, serve whole fruits and vegetables at least twice a week.
- Serve whole vegetables and fruits instead of juice.
 - ▶ If 100 percent juice is served, limit to two servings total per week: one serving per week at breakfast and one serving per week at snack on two different days.
 - ▶ A serving is limited to 2 fluid ounces (¼ cup) for ages 12 to 24 months and 4 fluid ounces (½ cup) for ages 2 and older.

LIMIT

Processed Vegetables and Fruits

(prepared or packaged with added fats, sugars or sodium)

Serve no more than once per week between all meals and snacks. No more than once per cycle menu is strongly recommended. A serving of processed vegetables or fruits 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.
- limited added sugars.
- no artificial sweeteners, nonnutritive sweeteners or sugar alcohols.
- no more than 200 milligrams of sodium. For soups, no more than 480 milligrams of sodium.

For information on evaluating fruits and vegetables for compliance with the CCCNS, see worksheet 5, *Evaluating Processed Fruits and Vegetables for Compliance with the CCCNS*. For soups, see worksheet 6, *Evaluating Soups for Compliance with the CCCNS*. These worksheets are available under *Forms and Handouts* in section 6.

NUTRITION INFORMATION FOR VEGETABLES/FRUITS

Vegetables and fruits are generally good sources of complex carbohydrates (starch and dietary fiber). Citrus fruits, melons and berries are good sources of potassium, folate and vitamin C. Deep yellow noncitrus fruits (such as mango and papaya) are good sources of vitamin A. Dark green and deep yellow vegetables are good sources of iron, magnesium, potassium, folate, riboflavin, and vitamins A and C. Dry beans and peas are good sources of protein, starch and fiber, as well as iron, magnesium, phosphorus, potassium and folate. Whole vegetables and fruits also contain a large variety of health-enhancing phytonutrients, such as carotenoids and flavonoids. Whole vegetables and fruits contain little fat.

NONCREDITABLE VEGETABLES/FRUITS

The following products do not qualify as vegetable or fruit and may not be credited toward meeting the vegetable/fruit requirement in any CACFP meal or snack:

- snack-type foods made from vegetables or fruits, such as potato chips, banana chips, fruit snacks (e.g., roll-ups, wrinkles, twists and yogurt-covered fruit snacks) or popcorn;
- pickle relish;
- jam or jelly;
- tomato catsup and chili sauce;
- home canned products (for food safety reasons); and
- dehydrated vegetables used for seasoning.

CREDITING FRUIT AND VEGETABLE JUICES

Full-strength 100 percent fruit or vegetable juice may be used toward meeting the vegetables/fruits component of all meals and snacks served in the Child and Adult Care Food Program when the conditions specified below are met.

- At *lunch and supper*, juice may be used to meet no more than half the minimum quantity requirements for the age group being served. For example, the vegetable/fruit requirement is $\frac{1}{2}$ cup for children ages 3-5. Therefore, juice cannot count for more than $\frac{1}{4}$ cup of vegetable/fruit, regardless of the actual amount served.
- At *snack*, juice cannot be served when milk is the only other snack component.
- At *snack*, juice cannot be served if the second food item is another vegetable or fruit. Snack menus can include any two of the four required components, but they must be two *different* components. Juice, vegetables and fruit are all from the same component.
- The same type of fruit and 100 percent juice cannot be served as the vegetable/fruit component at lunch or supper. For example, an apple cannot be served with 100 percent apple juice. Mixed juices must also meet this requirement, e.g., 100 percent orange-pineapple juice cannot be served with an orange or with pineapple.

The CSDE recommends that only whole vegetables and fruits be served in CACFP meals and snacks (see *CCCNS for Vegetables and Fruits* on previous page). Juice does not offer any nutritional benefits over whole fruits and vegetables. The American Academy of Pediatrics recommends that most fruits and vegetables come from whole foods rather than juice. For more information, see *Limiting Juice for Children* in this section.

Creditable Juices

Only 100 percent full-strength juice is creditable in the CACFP. Full-strength fruit or vegetable juice is an undiluted product obtained by extraction from sound fruit. It may be fresh, canned, frozen or reconstituted from concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. The name of the full-strength fruit or vegetable juice as it appears on the label must include the words “juice” or “full-strength juice” or “100 percent juice” or “reconstituted juice” or “juice from concentrate.” A juice blend is acceptable if it is a combination of full-strength juices. Examples of creditable juices include apple (including pasteurized cider), grape, grapefruit, grapefruit-orange, lemon, lime, orange, pineapple, prune, tomato, tangerine and vegetable. These products are considered “100 percent juice” and will be labeled as such.

**SERVE ONLY
PASTEURIZED PRODUCTS**

Serious outbreaks of foodborne illness have been traced to the drinking of unpasteurized juices. Pasteurizing kills any harmful bacteria that may be present in the juice. To safeguard children in the CACFP, only pasteurized juices should be served.

While all 100 percent juices meet the USDA requirements for the vegetables/fruits component, their ingredients vary. The Food and Drug Administration’s labeling regulations allow 100 percent juice to contain added ingredients and still be labeled “100% juice.” Consequently, some 100 percent juices contain added ingredients such as artificial flavors, artificial colors (e.g., red 40, blue 1, yellow 5 and 6, titanium dioxide), preservatives (e.g., sodium benzoate, potassium sorbate), flavor enhancers (e.g., ethyl maltol) and emulsifiers or thickeners (e.g., glycerol esters of wood rosin, xanthan gum). The CSDE strongly encourages all CACFP facilities to read ingredient labels and choose 100 percent juice products without these added ingredients.

A juice concentrate may be used toward meeting the vegetable/fruit component. When a juice concentrate is used in its reconstituted form, it is considered a full-strength juice and is credited accordingly. When a juice concentrate is used in its concentrated form, it may be credited on a reconstituted basis; that is, credited as if it were reconstituted. For example:

A gelatin product containing 1 tablespoon of orange juice concentrate per serving could be credited as $\frac{1}{4}$ cup vegetable/fruit because the concentrate would provide $\frac{1}{4}$ cup juice when reconstituted in a ratio of 1 part concentrate to 3 parts water. When reconstituted, 1 tablespoon concentrate plus 3 tablespoons water equals 4 tablespoons or $\frac{1}{4}$ cup juice.

Noncreditable Products

Juice drinks cannot be counted towards meeting the CACFP meal pattern requirements. A juice drink is a product resembling juice that contains full-strength juice along with added water and possibly other ingredients, such as sweeteners, spices or flavorings. It may be canned, reconstituted from a frozen state or a drink base.

The label may indicate “containing juice,” “fruit flavored” or give the percentage, such as “contains 15% juice.” A product labeled “100% natural” or “provides 100% vitamin C” is not an indication of 100 percent juice. Examples of juice drinks include grape juice drink, orange juice drink, pineapple-grapefruit drink and cranberry cocktail. Such products may be labeled drink, beverage, cocktail, “ade” (e.g., lemonade, limeade), nectar or punch.

LIMITING JUICE FOR CHILDREN

The CSDE strongly encourages CACFP facilities to keep the amount of liquids in the meal at a reasonable level. Since milk is required at lunch and supper, the CSDE recommends that juice not be served as one of the vegetable/fruit components at these meals. Juice and milk together provide too much volume and children are less likely to eat the other meal components.

Children get more nutrients from eating fruits and vegetables than drinking juice. The *Dietary Guidelines for Americans* and the American Academy of Pediatrics recommend that most fruits and vegetables come from whole foods rather than juice. Juice does not offer any nutritional benefits over whole fruits and vegetables. Whole fruits and vegetables provide nutrients, fiber and other health-enhancing substances that may be lost when juice is processed.

Large amounts of juice served throughout the day can fill up children and take the place of other needed nutrients. Excessive juice consumption may be linked to children becoming overweight or obese and is associated with tooth decay and diarrhea. Continuous consumption of juice during the day can decrease children's appetite for nutritious foods. In their 2001 policy statement, *The Use and Misuse of Fruit Juice in Pediatrics*, the American Academy of Pediatrics recommends limiting daily intake of juice to 4-6 ounces for ages 1 to 6, and 8-12 ounces for ages 7 to 18. The CCCNS limits the serving size and frequency of juice in child care to ensure that children's overall daily consumption does not exceed the American Academy of Pediatrics' recommended limits. For more information, see the CCCNS for Vegetables and Fruits in this section.



Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
"Ade" drinks, e.g., lemonade, limeade		X	"Ade" drinks are not 100 percent full-strength juice.	"Ade" drinks are usually high in sugar.
Alfalfa sprouts	X		Alfalfa sprouts can be credited if at least $\frac{1}{8}$ cup is served. Food Safety Note: Raw sprouts have been implicated in foodborne illness outbreaks. The FDA recommends cooking all sprouts thoroughly before eating to significantly reduce the risk of illness. The Connecticut State Department of Education does not recommend serving raw sprouts.	
Apple butter		X	Apple butter does not contain enough fruit for crediting purposes.	
Apple cider	X		Apple cider is a full-strength juice. Food Safety Note: To prevent foodborne illness from bacterial contamination, only pasteurized products should be served.	
Apple fritters, made from scratch	* ⊕	*	Apple fritters may be credited as part of the total requirement for vegetables/fruits at snack if the recipe used documents that each serving provides at least $\frac{1}{8}$ cup fruit. The serving size may not be practical. The recipe used must document that an appropriate amount of fruit is contained in each serving. Fritters containing at least $\frac{1}{8}$ cup fruit per serving, as documented by the recipe, can be credited toward part of the vegetable/fruit component. The total vegetable/fruit served must meet the minimum quantity specified in the meal pattern. See: <i>Fritters, commercial</i> and <i>fritters, made from scratch</i> in the Grains/Breads section for additional information.	Apple fritters may be high in fat and sugar depending on the recipe used. Dessert-type items (including cookies) 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.
Apricots, dried	X		The USDA <i>Food Buying Guide</i> indicates that a $\frac{1}{4}$ -cup serving equals nine dried apricot halves, and a $\frac{1}{2}$ -cup serving equals 18 dried apricot halves. Dried fruit is a choking hazard for young children.	
Aspic		X	See: <i>Gelatin salads</i> or <i>Gelatin desserts or salads with fruit, fruit juice or vegetable</i>	

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

Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Baked beans, canned	X		Canned baked beans may be credited as either a vegetable/fruit or a meat/meat alternate, but not both in the same meal. A serving of baked beans must contain the minimum required amount of beans (e.g., ¾ cup for ages 3-5), excluding sauce and other ingredients such as pork fat.	Beans are a good source of protein, fiber and iron and are naturally low in fat. Read labels as some brands contain added fat and sodium.
Banana bread, commercial	* ☹	*	Commercial fruit breads, such as banana bread, zucchini bread and pumpkin bread, do not generally contain enough fruit or vegetable to be credited toward the vegetable/fruit requirement. Commercial products may only be credited toward the vegetable/fruit component 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) is on file, stating the <i>amount of vegetable/fruit in the product per serving</i> . CACFP facilities are responsible for maintaining documentation that indicates that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used. See Grains/Breads section for additional crediting information.	Banana bread may be high in fat and sugar. Read labels.
Banana bread, made from scratch	* ☹	*	Fruit and vegetable breads, such as banana bread, zucchini bread and pumpkin bread, do not generally contain enough fruit or vegetable to be credited toward the vegetable/fruit requirement. The recipe used must document that an appropriate amount of fruit is contained in each serving. Breads containing at least ¼ cup fruit per serving, as documented by the recipe, can be credited toward part of the vegetable/fruit component. The total vegetable/fruit served must meet the minimum quantity specified in the meal pattern. See Grains/Breads section for additional crediting information.	Banana bread may be high in fat and sugar depending on the recipe used.
Banana chips		X	Snack-type foods made from vegetables or fruits are not creditable in the CACFP.	

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Banana pudding		X	Commercial banana pudding does not contain real fruit. If bananas are added to the pudding, the amount of fruit used may count toward the vegetable/fruit requirement. At snack, it may not be practical for pudding with fruit to meet the vegetable/fruit requirement. Each serving for ages 1-5 must contain ½ cup of fruit, and each serving for ages 6-12 must contain ¾ cup fruit, in addition to the pudding.	
Barbecue sauce		X	Barbecue sauce is an “other” food (see <i>Noncreditable or “Other” Foods</i> in section 1).	Barbecue sauce may be high in salt. Choose lower sodium varieties or limit use.
Bean soup, commercial, e.g., lentil, split pea, black bean	X		A ½ cup serving of lentil, pea or bean soup is credited as ¼ cup vegetable/fruit. <i>See: Soup, canned, ready-to-serve and Soup, canned condensed (1 part soup to 1 part liquid)</i>	
Bean soup, made from scratch, e.g., lentil, split pea, black bean	X		Bean soup made from scratch may count as one of the two required servings of vegetable/fruit at lunch and supper if each serving contains at least ⅛ cup vegetable, as documented by the recipe. Additional vegetable/fruit components must be served to meet the required total. At snack, each serving must contain ½ cup vegetable <i>before</i> added ingredients. The recipe used must document that an appropriate amount of beans is provided in each serving. <i>See: Soup, made from scratch</i>	
Bean sprouts	X		Bean sprouts can be credited if at least ⅛ cup is served. Food Safety Note: Raw sprouts have been implicated in foodborne illness outbreaks. The FDA recommends cooking all sprouts thoroughly before eating to significantly reduce the risk of illness. The Connecticut State Department of Education does not recommend serving raw sprouts.	
Beans (legumes), canned or dry	X		Beans and split peas, canned or cooked from dry (kidney, garbanzo or chickpeas, black beans, etc.) may be credited as a vegetable. They cannot be credited toward the meat/meat alternate and the vegetable/fruit in the same meal.	Beans and split peas are good sources of protein, fiber and iron and are naturally low in fat.

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Beverages, fruit		X	Fruit beverages ("ades", juice drinks, punches) are not 100 percent full-strength juices. Fruit drinks are primarily sugars, flavorings and water (see <i>Noncreditable Products</i> in section 3).	
Cake containing fruit, commercial	* ☹	*	<p>Commercial cakes are unlikely to contain enough fruit or vegetable to be credited toward the vegetable/fruit requirement.</p> <p>Commercial products may be credited toward the vegetable/fruit component only at snack 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) is on file, stating the <i>amount of vegetable/fruit in the product per serving</i>.</p> <p>CACFP facilities are responsible for maintaining documentation that indicates that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used.</p> <p>See: <i>Pineapple upside-down cake, made from scratch</i> in the Grains/Breads section for additional crediting information.</p>	<p>Cake is high in fat and sugar. Read labels.</p> <p>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.</p>
Cake containing fruit, made from scratch	* ☹	*	<p>Cakes are unlikely to contain enough fruit or vegetable to be credited toward the vegetable/fruit requirement.</p> <p>Cakes containing at least $\frac{1}{8}$ cup fruit per serving, as documented by the recipe, can be credited toward part of the vegetable/fruit component only at snack. The total vegetable/fruit served must meet the minimum specified in the meal pattern.</p> <p>See: <i>Pineapple upside-down cake, made from scratch</i> in the Grains/Breads section for additional crediting information.</p>	<p>Cake is high in fat and sugar.</p> <p>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.</p>
Carrot bread		X	See: <i>Banana bread, commercial</i> or <i>Banana bread, made from scratch</i>	
Catsup		X	See: <i>Ketchup</i>	
Chili sauce		X	Chili sauce does not contain enough vegetable to be credited. It is an "other" food (see <i>Noncreditable or "Other" Foods</i> in section 1).	

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Cobblers, fruit, commercial	* ☹	*	See: <i>Fruit cobblers, commercial</i>	Cobblers may be high in fat and sugar. Read labels. 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.
Cobblers, fruit, made from scratch	* ☹	*	See: <i>Fruit cobblers, made from scratch</i>	Cobblers may be high in fat and sugar depending on the recipe used. 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.
Coconut		X	Coconut does not contribute toward the meal pattern.	In comparison to other fruits, coconut is high in fat with approximately 7 grams of fat per ¼ cup serving. Most other fruits have less than 1 gram of fat per serving.
Coleslaw	X		Only the vegetable and fruit ingredients can be counted toward the vegetable/fruit requirement. The recipe used must document that each serving contains the appropriate amount of vegetable/fruit <i>before</i> added ingredients, e.g., mayonnaise and seasonings.	Cabbage is a good source of vitamin C.

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Commercial convenience foods, fresh, canned or frozen, e.g., burritos, pizza, potpies, egg rolls	*	*	Commercial products such as burritos, pizza, potpies and egg rolls may only be credited toward the vegetable/fruit component 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) is on file, stating the <i>amount of vegetable/fruit in the product per serving</i> . CACFP facilities are responsible for maintaining documentation that indicates 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.
Corn, fresh, canned or frozen	X		Corn is creditable as a vegetables/fruits component not a grains/breads component.	
Corn chips		X	See: <i>Chips, tortilla (wheat or corn)</i> in Grains/Breads section.	
Corn syrup		X	Corn syrup is primarily sugar and does not make a contribution to the vegetable/fruit requirement.	
Craisins (dried cranberries)	⊗		Craisins are dried cranberries. Like other dried fruit, they can be credited based on volume. Dried fruit is a choking hazard for young children. See: <i>Dried fruit</i>	Craisins are high in added sugar.
Cranberries	X		Cranberries are bitter and are not served alone. To be credited in a recipe, the minimum serving size of fruit must be provided in each serving of the recipe. This may be impractical.	Cranberries are a good source of vitamin C.
Cranberry juice blend, full-strength juice	X		Cranberry juice (not cocktail) in a blend with another full-strength juice is creditable (for example, 100 percent cranberry juice mixed with 100 percent apple juice). Due to the bitter flavor, cranberry juice (100 percent) that is not blended with other juices is not commercially available as a fruit juice.	The CCCNS recommends serving whole vegetables and fruits instead of juice. If 100 percent juice is served, limit to two servings total per week: one serving per week at breakfast and one serving per week at snack on two different days.
Cranberry juice cocktail drink		X	Cranberry juice cocktail contains less than 50 percent full-strength juice and is not creditable.	

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Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Cranberry relish or sauce	⊗		Cranberry sauce is low in nutrient value and the serving size needed to meet requirements is not practical for young children.	Cranberry sauce is high in sugar.
Cream soups, e.g., cream of broccoli, cream of celery, cream of mushroom		X	See: <i>Soup, canned condensed</i> or <i>Soup, canned, ready-to-serve</i>	
Crisps, fruit, commercial	⊗		See: <i>Fruit cobblers, commercial</i>	
Crisps, fruit, made from scratch	⊗		See: <i>Fruit cobblers, made from scratch</i>	
Dehydrated vegetables used for seasonings		X		
Dried fruit, e.g., raisins, dates, apricots	X		The serving size for dried fruit (2-8 tablespoons) is based on volume, and may be impractical if served alone. For example, nine dried apricot halves equal ¼ cup fruit. This is not realistic, especially if served on cereal or in a trail/snack mix. Serve dried fruits with other vegetables and fruits. Check the USDA <i>Food Buying Guide</i> for serving sizes of various dried fruits. Dried fruit is a choking hazard for young children. See: <i>Raisins</i>	Dried fruit can contain added sugars. Read labels and choose varieties without added sugars.
Drinks, fruit		X	Fruit drinks do not contain 100 percent full-strength juice. Fruit drinks are primarily sugar, flavors and water.	
Dry spice mixes		X		

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Edamame (fresh soy beans)	X		Edamame is a vegetable. It is generally cooked in the pod by boiling or steaming. Fresh soy beans are creditable only in the vegetables/fruits component. However, cooked dry soy beans are creditable as either vegetables/fruits or meat/meat alternates. See: <i>Soy beans, dry or canned</i> in the Meat/Meat Alternates section for additional crediting information.	
Fig bar cookies		X	The amount of fig in the cookies is too small to count toward the vegetable/fruit component. See: <i>Cookies with fruit fillings</i> in the Grains/Breads section for additional crediting information.	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.
Fritters, fruit, made from scratch	* ☹	*	See: <i>Apple fritters, made from scratch</i>	
Frozen fruit-flavored bars, commercial		X	Frozen fruit-flavored bars do not contain enough fruit juice to be creditable.	
Frozen 100 percent fruit juice bars, commercial	X		Commercial fruit juice bars containing 100 percent juice can be credited based on the volume of juice contained. Note that the bar's weight (in ounces) does not indicate the volume of juice (in fluid ounces). If the serving size does not indicate fluid ounces, the CACFP facility must obtain this information from the manufacturer.	
Frozen 100 percent fruit juice bars, made from scratch	X		Fruit juice bars containing 100 percent fruit juice can be credited based on the amount of juice contained, as documented by the recipe or production record.	

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Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Fruit cobblers, commercial	* ☹	*	<p>Commercial products may only be credited toward the vegetable/fruit component only at snack, and 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) is on file, stating the <i>amount of vegetable/fruit in the product per serving</i>.</p> <p>CACFP facilities are responsible for maintaining documentation that indicates that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used.</p> <p>See: <i>Cobblers, fruit, commercial</i> in the Grains/Breads section for additional crediting information.</p>	<p>Fruit cobblers may be high in sugar and fat.</p> <p>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.</p>
Fruit cobblers, made from scratch	* ☹	*	<p>Fruit cobblers made from scratch may count as one of the two required servings of vegetable/fruit at lunch or supper if each serving contains at least 1/8 cup fruit, as documented by the recipe. Additional vegetable/fruit components must be served to meet the required total for each age group.</p> <p>At snack, it may not be practical for a fruit cobbler to meet the required vegetable/fruit for ages 1-5 or ages 6-12, as each serving must contain 1/2 cup fruit for ages 1-5 and 3/4 cup fruit for ages 6-12 <i>before</i> added ingredients.</p> <p>If fruit cobbler is the only vegetable/fruit component at snack, another vegetable/fruit component (e.g., juice) must be added to meet the required total serving of vegetable/fruit. Keep in mind that the two vegetable/fruit items still only count as one snack component, and an additional snack component (grains/breads, meat/meat alternates or milk) is needed to meet requirements.</p> <p>See: <i>Cobblers, fruit, made from scratch</i> in the Grains/Breads section for additional crediting information.</p>	<p>Fruit cobblers may be high in sugar and fat depending on the recipe used.</p> <p>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.</p>

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Fruit crisps, commercial	* ☹	*	See: <i>Fruit cobblers, commercial</i>	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.
Fruit crisps, made from scratch	* ☹	*	See: <i>Fruit cobblers, made from scratch</i> See: <i>Crisps, fruit, made from scratch</i> in the Grains/Breads section for additional crediting information.	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.
Fruit drinks		X	See: <i>Drinks, fruit</i>	
Fruit-flavored punch		X	Fruit-flavored punch does not contain full-strength juice.	Fruit punch is high in sugar.
Fruit-flavored powders and syrups		X	Fruit-flavored powders and syrups do not contain a sufficient amount of fruit to contribute to the vegetable/fruit requirement.	Fruit-flavored powders and syrups are primarily sugar and flavoring.
Fruit in breads or muffins, e.g., banana, carrot, cranberry, pumpkin, zucchini		X	See: <i>Banana bread, commercial</i> and <i>banana bread, made from scratch</i>	
Fruit juice bases		X	Fruit juice bases do not contain a sufficient amount of fruit to contribute to the vegetable/fruit requirement.	

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Fruit juice concentrate	X		Fruit juice concentrate must be mixed according to the directions on the label for 100 percent juice. (See <i>Crediting Fruit and Vegetable Juices</i> in section 3.)	The CCCNS recommends serving whole vegetables and fruits instead of juice. If 100 percent juice is served, limit to two servings total per week: one serving per week at breakfast and one serving per week at snack on two different days.
Fruit pie filling, commercial	* ☹	*	Commercial products may only be credited toward the vegetable/fruit component only at snack, and 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) is on file, stating the <i>amount of vegetable/fruit in the product per serving</i> . CACFP facilities are responsible for maintaining documentation that indicates that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used.	Fruit pie filling is high in sugars. The use of fruit pies to meet the vegetable/fruit component should be limited due to high fat and sugar content. 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.
Fruit pie filling, made from scratch	* ☹	*	Fruit pies made from scratch may count as one of the two required servings of vegetable/fruit at lunch or supper if each serving contains at least $\frac{1}{8}$ cup fruit, as documented by the recipe. Additional vegetable/fruit components must be served to meet the required total for each age group. At snack, it may not be practical for a fruit pie to meet the required vegetable/fruit for ages 3-5 or ages 6-12, as each serving must contain $\frac{1}{2}$ cup fruit for ages 3-5 and $\frac{3}{4}$ cup fruit for ages 6-12 <i>before</i> added ingredients. The portion size of pie needed to provide this amount of fruit may be too large to be practical.	The use of fruit pies to meet the vegetable/fruit component should be limited due to high fat and sugar content. 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.
Fruit Roll-Ups		X	See: <i>Fruit snacks</i>	

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Fruit sauces, commercial	* ☹	*	Commercial products may only be credited toward the vegetable/fruit component 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) is on file, stating the <i>amount of vegetable/fruit in the product per serving</i> . CACFP facilities are responsible for maintaining documentation that indicates that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used.	Fruit sauces may be high in sugar.
Fruit sauces, made from scratch	☹		The fruit portion of the sauce may be credited. One serving of the sauce must provide a minimum of $\frac{1}{8}$ cup fruit (<i>before</i> added ingredients), as documented by the recipe. Additional vegetable/fruit components must be served to meet the required total for each age group.	Fruit sauces may be high in sugar.
Fruit snacks, e.g., fruit roll-ups, fruit wrinkles, fruit twists, fruit bars		X	Snack-type foods made from vegetables or fruits are not creditable in the CACFP.	Most fruit snack products contain little or no fruit. They are usually made with juice from concentrates and other ingredients such as corn syrup, sugar, modified food starch, starch, fruit puree, gelatin, wax and artificial colors and flavors.
Fruit leathers (100 percent fruit)	X		Fruit leathers that are 100 percent fruit without gelling/stabilizing agents or any additional ingredients can contribute to the vegetable/fruit component based on the <i>actual volume</i> of fruit in the product. Generally, 0.7 ounces (20 grams) of 100 percent dried fruit snack is equivalent to $\frac{1}{8}$ cup of fruit by volume. While fruit leathers are allowable, CACFP facilities should provide actual servings of fruits and vegetables whenever possible. One goal of the CACFP is to introduce, encourage and teach children to eat fruits and vegetables as part of a healthy, nutritious diet. Dried fruit is a choking hazard for young children.	
Fruit spreads, 100 percent fruit		X	Fruit spreads are not creditable because the serving size to meet requirements is impractical.	
Gelatin dessert		X	Gelatin without added fruit is an "other" food (see <i>Noncreditable or "Other" Foods</i> in section 1).	

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Gelatin desserts or salads with fruit, fruit juice or vegetable	* ☹	*	<p>Gelatin desserts/salads may count as one of the two required servings of vegetable/fruit at lunch or supper if each serving contains at least $\frac{1}{4}$ cup fruit, as documented by the recipe. Additional vegetable/fruit components must be served to meet the required total for each age group.</p> <p>At snack, it may not be practical for a gelatin dessert/salad to meet the required vegetable/fruit for ages 1-5 or ages 6-12, as each serving must contain $\frac{1}{2}$ cup fruit for ages 1-5 and $\frac{3}{4}$ cup fruit for ages 6-12 before added ingredients.</p> <p>If gelatin dessert/salad is the only vegetable/fruit component at snack, another vegetable/fruit component must be added to meet the required total servings of vegetable/fruit. Keep in mind that the two vegetable/fruit items still only count as one snack component, and an additional snack component (grains/breads, meat/meat alternates or milk) is needed to meet requirements.</p>	
Gerber Graduates Fruit & Veggie Melts Snack, e.g., Truly Tropical Blend, Very Berry Blend		X	<p>Snack-type foods made from vegetables or fruits do not qualify as vegetable or fruit and may not be credited toward meeting the vegetable/fruit requirement:</p> <p>These products are not 100 percent fruit or vegetable. They contain tapioca starch, gelatin and other ingredients.</p>	
Gerber Graduates Yogurt Melts, e.g., Mixed Berries, Peach, Strawberry		X	<p>These products do not meet the requirements for any components of the CACFP Meal Pattern for Children.</p>	
Gerber Graduates for Preschoolers Fruit Twists, e.g., Apple & Strawberry, Cherry Berry, Strawberry, Strawberry & Grape		X	<p>This product is a fruit snack and is not creditable in the CACFP.</p> <p>See: <i>Fruit snacks</i></p>	Fruit snacks do not have the nutritional value of whole fruit.
Gerber Graduates for Preschoolers Juice Treats, e.g., Fruit Medley, Tropical		X	<p>This product is a fruit snack and is not creditable in the CACFP.</p> <p>See: <i>Fruit snacks</i></p>	Fruit snacks do not have the nutritional value of whole fruit.

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Gerber Graduates for Toddlers Fruit Strips, e.g., Strawberry, Wildberry		X	This product is a fruit snack and is not creditable in the CACFP. <i>See: Fruit snacks</i>	Fruit snacks do not have the nutritional value of whole fruit.
Grapes, fresh, seedless	X		As indicated in the <i>Food Buying Guide</i> , a ¼ cup serving of grapes is about seven large grapes. Fourteen large grapes are needed for a serving size of ½ cup, and 21 large grapes for a serving size of ¾ cup. Children younger than 4 are at the highest risk of choking. For young children, grapes should be sliced in quarters lengthwise to avoid choking.	
Home canned vegetables or fruits		X	Home canned vegetables or fruits are prohibited for food safety reasons.	
Hummus (garbanzo beans and tahini spread), commercial	*	*	To be creditable as a vegetable/fruit, a serving of commercial hummus must contain at least ⅛ cup of garbanzo beans . Commercial hummus may only be credited toward the vegetable/fruit component 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) is on file, stating the <i>amount of vegetable/fruit in the product per serving</i> . CACFP facilities are responsible for maintaining documentation that indicates that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used. <i>See hummus</i> in the Meat/Meat Alternates section for information on crediting hummus as a meat/meat alternate.	

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Hummus (garbanzo beans and tahini spread), made from scratch	*	*	<p>To be creditable as a vegetable/fruit, a serving of hummus must contain at least $\frac{1}{8}$ cup of garbanzo beans. This may not be practical, depending on the age group and meal being served. Additional vegetable/fruit components must be served to meet the required total for each age group.</p> <p>Garbanzo beans can also be credited as a meat/meat alternate instead of a vegetable/fruit. See <i>hummus</i> in the Meat/Meat Alternates section for information on crediting hummus as a meat/meat alternate.</p> <p>CACFP facilities are responsible for maintaining documentation that indicates that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used.</p>	
Ice cream, fruit flavored		X	Fruit-flavored ice cream contains an insufficient amount of fruit per serving to be credited.	
Jam		X	Jam contains an insufficient amount of fruit per serving to be credited. It is an "other" food (see <i>Noncreditable or "Other" Foods</i> in section 1).	Jams are high in sugar.
Jelly		X	Jelly contains an insufficient amount of fruit per serving to be credited. It is an "other" food (see <i>Noncreditable or "Other" Foods</i> in section 1).	Jellies are high in sugar.
Jello		X	See: <i>Gelatin dessert</i>	
Juice bars, 100 percent fruit juice, made from scratch	X		See: <i>Frozen 100 percent fruit juice bars, made from scratch</i>	
Juice blends, 100 percent fruit juice	X		Juice blends that are combinations of full-strength juices may be credited. Only pasteurized fruit juices should be served.	The CCCNS recommends serving whole vegetables and fruits instead of juice. If 100 percent juice is served, limit to two servings total per week: one serving per week at breakfast and one serving per week at snack on two different days.

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Ketchup		X	Ketchup does not contain enough vegetable to be credited. It is an "other" food (see <i>Noncreditable or "Other" Foods</i> in section 1).	
Kiwi fruit	X		One kiwi equals ½ cup fruit.	Kiwi is a good source of vitamin C.
Kool-aid		X	See: <i>Fruit-flavored powders and syrups</i>	
Lefsa	*	*	Lefsa is an unleavened bread made primarily of potatoes and flour. Lefsa is often rolled with butter, brown sugar, jams or cinnamon and sugar. Lefsa containing at least ⅓ cup of potato per serving (as documented by the recipe) is creditable as a vegetable/fruit. Additional vegetable/fruit components must be served to meet the required total for each age group.	
Legumes	X		See: <i>Beans (legumes), canned or dry</i>	
Lemon pie filling		X	Lemon pie filling contains an insufficient amount of fruit per serving.	
Lemonade		X	For lemonade to be palatable, the lemon juice must be diluted so it is not 100 percent full-strength, and sugar must be added.	
Muffins with fruit, commercial	* ☹	*	See: <i>Banana bread, commercial</i>	
Muffins with fruit, made from scratch	* ☹	*	See: <i>Banana bread, made from scratch</i>	
Nectar (apricot, pear, peach, etc.)		X	Nectars are not 100 percent full-strength juice.	
Olives	☹		Olives are low in nutrient value and the serving size needed to meet requirements is not practical for young children.	

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Onion rings, commercial	* ☹	*	Commercial products may only be credited toward the vegetable/fruit component 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) is on file, stating the <i>amount of vegetable/fruit in the product per serving</i> . CACFP facilities are responsible for maintaining documentation that indicates that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used.	Onion rings are fried and high in fat.
Onion rings, made from scratch	* ☹	*	Onion rings made from scratch are creditable if the appropriate amount of onion is contained in each serving, as documented by the recipe.	Onion rings are fried and high in fat.
Pasta with sauce, commercial	*	*	Commercial products may only be credited toward the vegetable/fruit component 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) is on file, stating the <i>amount of vegetable/fruit in the product per serving</i> . CACFP facilities are responsible for maintaining documentation that indicates that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used. <i>See: Commercial convenience foods, fresh, canned or frozen</i>	
Pickles	☹		Pickles are low in nutrient value and the serving size needed to meet requirements is not practical.	Pickles are high in sodium.
Pickle relish		X	Pickle relish is considered a garnish or condiment.	
Pie filling, commercial	* ☹	*	<i>See: Fruit pie filling, commercial</i>	
Pie filling, made from scratch	* ☹	*	<i>See: Fruit pie filling, made from scratch</i>	
Pineapple-upside-down cake, commercial	* ☹	*	<i>See: Cake containing fruit, commercial</i>	

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Pineapple-upside-down cake, made from scratch	* ☹	*	See: <i>Cake containing fruit, made from scratch</i>	
Pizza sauce on commercial pizza (fresh or frozen)	*	*	Commercial products may only be credited toward the vegetable/fruit component 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) is on file, stating the <i>amount of vegetable/fruit in the product per serving</i> . CACFP facilities are responsible for maintaining documentation that indicates that an appropriate amount of the CACFP meal pattern component is provided for any commercial products being used. See: <i>Commercial convenience foods, fresh, canned or frozen</i>	
Pizza sauce on pizza made from scratch	X		At least 1/8 cup (2 tablespoons) per serving must be provided, as documented by the recipe. A serving of 1/8 cup of pizza sauce equals 1/8 cup of vegetable. This amount of pizza sauce on the portion size of pizza normally served may not be practical. Additional vegetable/fruit components must be served to meet the required total for each age group.	
Plantains	X			
Pop Tart filling		X	See: <i>Toaster pastry filling</i>	
Popsicles		X	Popsicles do not contain a sufficient amount of fruit juice to be credited.	Popsicles are high in sugar.
Potato bread		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. Potato bread does not contain sufficient potato to count as a serving of vegetable/fruit. See: <i>Potato bread, commercial</i> in the Grains/Breads section for additional information.	

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Potato chips		X	Snack-type foods made from vegetables or fruits are not creditable in the CACFP.	Potato chips are high in fat and sodium.
Potato skins	X			Potato skins are high in fiber. Potato skins can be high in fat if fried. Toppings such as sour cream, cheese, butter or margarine are also high in fat.
Potatoes, fresh, canned or frozen	X		Potatoes are creditable as a vegetables/fruits component not a grains/breads component.	
Preserves		X	Preserves do not contain a sufficient amount of fruit per serving.	
Pudding with fruit	X		Pudding without added fruit is an "other" food (see <i>Noncreditable or "Other" Foods</i> in section 1). If fruit (at least $\frac{1}{8}$ cup) is added to pudding, it is creditable based on the amount served. <i>See: Gelatin desserts or salads with fruit, fruit juice or vegetable</i>	
Pumpkin bread, commercial	* ☹	*	<i>See: Banana bread, commercial</i>	
Pumpkin bread, made from scratch	* ☹	*	<i>See: Banana bread, made from scratch</i>	
Raisins	X		The serving size for raisins (2-8 tablespoons) is based on volume, and may be impractical if served alone. For example, $\frac{1}{2}$ cup (8 tablespoons) of raisins is required to meet the vegetable/fruit component for ages 3-12 at breakfast and for ages 1-5 at snack. This is not realistic, especially if served on cereal or in a trail/snack mix. Serve raisins with other vegetables and fruits.	
Relish, pickle		X	<i>See: Pickle relish</i>	

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Salsa, commercial	X		<p>Only the portion of the salsa that is a vegetable ingredient can count toward the vegetable/fruit component. Commercial products can contain non-vegetable ingredients, such as gums, starches or stabilizers. Check labels for products that contain 100 percent vegetable ingredients.</p> <p>To be creditable as a vegetable/fruit, a serving of commercial salsa must contain a minimum of 1/8 cup vegetable. If the product contains non-vegetable ingredients, the CACFP facility must obtain information from the manufacturer regarding the amount of vegetable ingredients per serving.</p>	
Salsa, made from scratch	X		<p>To be creditable as a vegetable/fruit, a <i>minimum of 1/8 cup</i> salsa must be served. Salsa products that contain all vegetable ingredients with minor amounts of spices or flavorings may be credited fully, based on the amount served. USDA commodity salsa fits into this category.</p>	
Sherbet		X	<p>Sherbet does not contain a sufficient amount of fruit per serving to be creditable.</p>	
Sherbet, CN labeled	⊗		<p>CN labeled products may be credited for the amount of vegetable/fruit component specified (see <i>Child Nutrition (CN) Labeling Program</i> in section 1). However, the CSDE strongly encourages facilities to serve whole vegetables and fruit instead.</p>	
Sorbet		X	<p>Sorbet does not contain a sufficient amount of fruit per serving to be creditable.</p>	
Sorbet, CN labeled	⊗		<p>CN labeled products may be credited for the amount of vegetable/fruit component specified (see <i>Child Nutrition (CN) Labeling Program</i> in section 1). However, the CSDE strongly encourages facilities to serve whole vegetables and fruit instead.</p>	

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Soup, canned condensed (1 part soup to 1 part liquid): clam chowder, minestrone, split pea, tomato, tomato with other basic components such as rice or vegetable, vegetable with other basic components such as meat or poultry	X		To count as $\frac{1}{4}$ cup vegetables, 1 cup (8 ounces) of reconstituted soup must be served. A $\frac{1}{2}$ cup serving counts as $\frac{1}{8}$ cup vegetable/fruit. A serving of less than $\frac{1}{2}$ cup soup does not contribute to the vegetable/fruit component. A $\frac{1}{2}$ cup serving of lentil, pea or bean soup may count as either $\frac{1}{4}$ cup vegetable/fruit or as one-half of the meat alternate. Cream vegetable soups, such as cream of mushroom, cream of celery and cream of broccoli, do not count as an allowable vegetable soup.	Soups made from broths containing a variety of vegetables can be a nutritious, low-calorie main dish or accompaniment to a meal. Cream soups are high in fat. Some canned soups may be high in sodium.
Soup, canned condensed (1 part soup to 1 part liquid): cream vegetable soups, such as cream of mushroom, cream of celery and cream of broccoli		X	Cream vegetable soups do not contain a sufficient amount of vegetables to count as an allowable vegetable soup.	Cream soups are high in fat. Some canned soups may be high in sodium.
Soup, canned, ready-to-serve: clam chowder, minestrone, split pea, tomato, tomato with other basic components such as rice or vegetable, vegetable with other basic components such as meat or poultry	X		To count as $\frac{1}{4}$ cup vegetables, 1 cup (8 ounces) soup must be served. A $\frac{1}{2}$ cup serving counts as $\frac{1}{8}$ cup vegetable/fruit. A serving of less than $\frac{1}{2}$ cup soup does not contribute to the vegetable/fruit component. A $\frac{1}{2}$ cup serving of lentil, pea or bean soup may count as either $\frac{1}{4}$ cup vegetable/fruit or as one-half of the meat alternate. Cream vegetable soups, such as cream of mushroom, cream of celery and cream of broccoli, do not count as an allowable vegetable soup.	Soups made from broths containing a variety of vegetables can be a nutritious, low-calorie main dish or accompaniment to a meal. Cream soups are high in fat. Some canned soups may be high in sodium.
Soup, canned, ready-to-serve: cream vegetable soups, such as cream of mushroom, cream of celery and cream of broccoli		X	Cream vegetable soups do not contain a sufficient amount of vegetables to count as an allowable vegetable soup.	Cream soups are high in fat. Some canned soups may be high in sodium.

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Soup, dehydrated soup mixes	*	*	<p>Yields for dehydrated vegetables must be based on the rehydrated volume, not the dry volume stated on the label. Dehydration yields vary from brand to brand. To credit vegetables in dehydrated soup mixes:</p> <ol style="list-style-type: none"> Determine the volume measurement (total cups) by rehydrating and cooking the soup (i.e., adding water or other liquid) according to the manufacturer's directions. Measure the quantity of vegetables without broth or meat, etc. Calculate the number of servings provided based on desired serving size, e.g., ¼ cup, ½ cup. To be creditable, a serving must contain at least ⅛ cup vegetable. Keep a record of yield data for referral. 	
Soup, made from scratch	X		<p>Soup made from scratch may count as one of the two required servings of vegetable/fruit at lunch and supper if each serving contains at least ⅛ cup vegetable, as documented by the recipe. Additional vegetable/fruit components must be served to meet the required total for each age group.</p> <p>At snack, it may not be practical for soup to meet the required vegetable/fruit for ages 1-5 or ages 6-12, as each serving must contain ½ cup vegetable for ages 1-5 and ¾ cup vegetable for ages 6-12 <i>before</i> added ingredients. The serving size required to contain these portions may be unreasonable.</p> <p>The recipe used must document that an appropriate amount of vegetable is provided in each serving.</p>	
Soy beans, fresh (Edamame)	X		See: <i>Edamame (fresh soy beans)</i>	
Spaghetti sauce, commercial	X		At least ⅛ cup (2 tablespoons) per serving is needed. A serving of ⅛ cup of spaghetti sauce equals ⅛ cup of vegetable.	
Spaghetti sauce, made from scratch	X		At least ⅛ cup (2 tablespoons) per serving is needed. A serving of ⅛ cup of spaghetti sauce equals ⅛ cup of vegetable.	

⊗ = 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 Connecticut Child Care Nutrition Standards (CCCNS).

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

Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
SpaghettiO's, or other pasta shapes	*	*	See: <i>Pasta with sauce, commercial</i>	
Spreadable fruit		X	See: <i>Fruit spreads, 100 percent fruit</i>	
Sprouts, e.g., alfalfa, bean	X		See: <i>Alfalfa sprouts, bean sprouts</i>	
Stuffed cabbage, commercial	X		See: <i>Commercial convenience foods, fresh, canned or frozen</i> For information on crediting the meat, see the Meat/Meat Alternates section.	
Stuffed cabbage, made from scratch	X		The cabbage may be credited based on the amount in each serving, as documented by the recipe. For more information, see <i>Crediting Dishes Made from Scratch</i> in section 1. For information on crediting the meat, see the Meat/Meat Alternates section.	
Stuffed peppers, commercial	X		See: <i>Commercial convenience foods, fresh, canned or frozen</i> For information on crediting the meat, see the Meat/Meat Alternates section.	
Stuffed peppers, made from scratch	X		The peppers may be credited based on the amount in each serving, as documented by the recipe. For more information, see <i>Crediting Dishes Made from Scratch</i> in section 1. For information on crediting the meat, see the Meat/Meat Alternates section.	
Toaster pastry filling		X	Toaster pastry filling does not contain enough fruit to count toward the vegetable/fruit component. The filling is similar to jam. See: <i>Toaster pastries, frosted</i> and <i>Toaster pastries, unfrosted</i> in the Grains/Breads section for additional crediting information.	
Tomato paste	X		1 tablespoon = ¼ cup vegetable	

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Tomato puree	X		2 tablespoons = ¼ cup vegetable	
Tomato sauce	X		¼ cup = ¼ cup vegetable	
Tomato sauce on commercial pizza (fresh or frozen)	*	*	See: <i>Pizza sauce on commercial pizza (fresh or frozen)</i>	
V-8 juice	⊗		See: <i>Vegetable juice blends</i>	Vegetable juices are generally high in sodium.
Vegetable juice blends	⊗		Vegetable juice blends are mixed, full-strength juices.	Vegetable juice blends may contain a variety of nutrients. However, they may be high in sodium. Choose low-sodium varieties. The CCCNS recommends serving whole vegetables and fruits instead of juice. If 100 percent juice is served, limit to two servings total per week: one serving per week at breakfast and one serving per week at snack on two different days.
Vegetables, chopped	X		Vegetables may be credited toward the meal pattern when at least ¼ cup (2 tablespoons) is provided per serving. The recipe used must document that an appropriate amount of vegetable is contained in each serving (½ cup for ages 3-5 and ¾ cup for ages 6-18).	
Wild plants		X	Wild plants should not be used due to the possibility of gathering poisonous plants. Mustard or dandelion greens should be purchased commercially.	Dark green and leafy vegetables and greens are good sources of iron and vitamin A.
Yams	X			

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Vegetables/Fruits				
Food Item	Creditable		Comments	Nutrition Information
	YES	NO		
Yogurt with fruit, commercial		X	Commercially prepared yogurt with fruit does not contain sufficient fruit to be credited. If fruit (at least ½ cup) is added to yogurt, it is creditable based on the amount served. See Meat/Meat Alternates section for additional crediting information for yogurt.	
Zucchini bread	* ☹	*	See: <i>Banana bread, commercial</i> or <i>Banana bread, made from scratch</i>	.

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