Menu Planning and Record Book
For
Day Care Homes

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Introduction

A significant goal of the Child Care Food Program (CCFP) is to safely serve nutritious breakfasts, lunches, and snacks that meet meal pattern requirements and are appetizing to children. The meal pattern requirements ensure well-balanced meals that supply the kinds and amounts of food that children require to help meet their nutrient and energy needs.

This book provides Nutrition Resources, Menu Planning Tips, the CCFP Meal Patterns for Infants and Children, and additional food component requirements. Also included in this book are Menu Planning Worksheets for infants and children and Meal Count and Attendance Worksheets. Menu Planning Worksheets are for planning and documenting healthy meals and snacks served to infants and children. Meal Count and Attendance Worksheets are for recording children in attendance and the number and type of meals served to each child for reimbursement.

As a child care professional, you contribute to a child's learning and development in many ways. One of those ways is showing young children how to make better food choices for a healthy future, by providing nutritious meals and introducing children to a variety of foods.

Resources

Below are some references for your use in menu planning and educating children and parents about food and nutrition.

1. Internet Sites
   The Child Care Food Program (CCFP) Web page: www.flhealth.gov/ccfp - click on “Nutrition and Menu Planning”, for infant/child meal pattern training modules, meal patterns, special needs meals, infant feeding form, WIC cereal lists, Farm to Preschool and other resources.
   - Kids Eat Right: www.eatright.org/kids
   - Healthy Kids, Healthy Future https://healthykidshealthyfuture.org/
   - Child Nutrition Sharing Site: https://theicn.org/cnss/
   - Food and Nutrition Information Center: https://www.nal.usda.gov/fnic
   - Institute of Child Nutrition: www.theicn.org
   - USDA Food and Nutrition Service, Child and Adult Care Food Programs: https://www.fns.usda.gov/cacfp
   - Farm to Preschool: https://www.fns.usda.gov/cfs/farm-preschool
   - Florida Seasonal Crops: https://www.fdacs.gov/Consumer-Resources/Buy-Fresh-From-Florida/Crops-in-Season
   - USDA Crediting Handbook https://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program

2. Institute of Child Nutrition (ICN)
   A variety of resources and training opportunities are available on the following topics from ICN, The University of Mississippi, P.O. Box 1848, 6 Jeanette Phillips Drive, University, MS, 38677, phone: (800) 321-3054, email: helpdesk@theicn.org, or website listed above:
   - Menu Planning
   - Nutrition
   - Pre-K/Preschool Education
   - Food Safety

Menu Planning Tips

The nutritional value of meals and their compliance with federal program requirements depends on careful menu planning. Serving nutritious meals and snacks provides children the energy for active lives, and keeps them healthy and fit. The child care setting is an excellent opportunity to make mealtimes pleasant. Just like motor and other developmental skills, proper eating skills are developed early. Children can learn healthy eating habits when they are young. Providing nutrition education during mealtime or at play can help build healthy habits for life. Below are some tips for basic menu planning:

- Determine the ages of the children you will serve and the required meal pattern components.
- Schedule a quiet time to plan menus. Collect menu resources.
- Plan menus in advance, at least the week before they are to be used.
- Study current menus and determine your menu planning goals:
  - Have your kitchen and storage capabilities been considered?
  - Are new vegetables and fruits introduced weekly?
  - Do your menus have enough variety?
  - Have cultural preferences of the children been considered?

Do your menus follow the *Dietary Guidelines for Americans*? (See link at: https://www.dietaryguidelines.gov/)

- Select the main entrees for the week, for breakfast, lunch, and/or supper.
- Select the other menu items:
  - Vegetables
  - Fruits
  - Breads and Cereals

- Take advantage of fruits and vegetables in season. Include salads for lunch or supper. See Florida Department of Agriculture and Consumer Services' link at: https://www.fdacs.gov/Consumer-Resources/Buy-Fresh-From-Florida/Crops-in-Season

- Add beverages; be sure to include the required amount of milk. For healthy 1 year old children, unflavored whole milk is required. For healthy children age 2 and older, unflavored lowfat (1%) or unflavored fat-free (skim) milk is required. For children 6 and older, unflavored or flavored lowfat (1%) or fat-free (skim) milk is required

- Plan snacks last to balance your meals.

- Make sure you are meeting the nutritional needs of the children. It is *recommended* to include good sources of:
  - Vitamin A at least twice a week
  - Vitamin C daily
  - Iron daily

- Finally, evaluate for:
  - Variety
  - Taste
  - Color
  - Texture
  - Child Appeal

Choosing Healthy Options:
Vegetables, Fruits, Whole Grains, and Lean Proteins

Vary Your Vegetables

Want to add more color, crunch, and flavor to your menus? Offering a wide variety of vegetables provides a quick and easy way to make meals and snacks pop with eye appeal and nutritional benefits.

- **Offer a wide variety of colorful, appealing vegetables every day.**
  - Include servings from each of these groups over a week:
    - ✓ Dark green: like broccoli, spinach, kale, and other dark leafy greens
    - ✓ Orange: like acorn and butternut squash, carrots, sweet potatoes, and pumpkin
    - ✓ Starchy: like corn, green peas, green lima beans, and potatoes
    - ✓ Others: like cauliflower, celery, cabbage, tomatoes, and green beans
  - Have taste tests and offer samples to encourage children to try different vegetables.

- **Prepare and serve vegetables for meals and snacks in creative ways.**
  - Serve fresh, raw vegetables with a low-fat dressing or dip as a crunchy snack.
  - Buy canned vegetables labeled "no salt added" or choose lower sodium products. Use herbs or no-salt spice mixes to boost flavor.
  - Use frozen mixed vegetables for easy-to-prepare stir-fries.
  - Add shredded carrots or zucchini into meatloaf or casseroles to boost nutrients.
  - Encourage children to try colorful, tasty seasonal vegetables by offering them in small, easy-to-eat shapes: sliced zucchini and yellow squash sticks, broccoli or cauliflower "trees", green and red pepper rings.

Jazz Up Your Menu with Fruits

Because fruits are colorful and naturally sweet, they have built-in kid appeal. They give you a quick and easy way to boost the nutritional benefits of meals and snacks.

- **Offer a wide variety of colorful, tempting fruits every day.**
  - Choose good sources of vitamin C every day, such as oranges, grapefruit, cantaloupe, peaches, pears, and pineapple.
  - Select good sources of vitamin A at least twice a week, such as apricots, melons, plums, and mango.
  - Select fruit canned in 100 percent fruit juice or water, rather than syrup.
  - Serve fresh fruits in season to save money.

- **Prepare and serve fruits for meals and snacks in creative ways.**
  - Add canned crushed pineapple or mandarin oranges to salads or coleslaw.
  - Blend frozen fruit like peaches or berries with fat-free or low-fat milk for a fruit smoothie at breakfast or snack.
  - Use applesauce as a fat-free substitute for some of the oil when baking quick breads.
  - Cut up fruits, like fresh apples and oranges, to make them kid-friendly and easy to eat.
  - Offer baked apples or fruit salad as a dessert treat.

Serve More Whole-Grains

Whole grains contain fiber, vitamins, minerals, and antioxidants that refined, enriched grain products don't have. They contain the entire grain kernel – the bran, germ and endosperm.

- **Know what to look for on the product ingredients list (not the product name) to identify whole grains.**
  - The word "whole" listed before a grain – whole corn, whole oat flour, whole rye flour.
  - The words "berries" and "groats" – oat groats, wheat berries, buckwheat groats.
  - Other whole grain products that do not use the word "whole" in their description are rolled oats, oatmeal, brown rice, brown rice flour, and wild rice.
  - The following are not whole grains: flour, white flour, wheat flour, all-purpose flour, unbleached flour, bromated flour, enriched bromated flour, enriched flour, enriched unbleached flour, instantized flour, self-rising flour, self-rising wheat flour, enriched self-rising flour, bread flour, cake flour, durum flour, grits, corn grits, hominy grits, farina, semolina, degerminated corn meal, enriched rice, rice flour, couscous.

- **Aim to have at least half of the grains you serve be whole grains. At least one serving of grains per day *must* be whole grain-rich or 100% whole grain.**
  - Substitute whole-grain products for refined-grain products. For example, serve 100% whole wheat bread for white bread or brown rice instead of white rice.
  - Introduce whole grains in popular products like pizza crust, breads, rolls, hamburger buns, and pasta.
  - Modify recipes to include more whole grains. For example, replace 1/3 to 1/2 of the flour in your favorite roll recipe with whole wheat flour.
  - Serve whole grain cereals for breakfast.
  - Add whole grains to mixed dishes, such as barley in vegetable soup or bulgur wheat in casseroles.

Lean Toward Low-Fat Proteins

Proteins can come from animals – meat, poultry, seafood, and eggs – as well as from plants – beans, peas, soy, nuts, and seeds. Include a variety each week.

- **Eat a variety of protein foods.**
  - Experiment with main dishes made with beans or peas, eggs, tofu, or seafood.
  - Select leaner cuts of meat. Choose cuts with the words "round" and "loin" in the name for the leanest cuts.
  - Try grilling, broiling, roasting, or baking to avoid adding extra fats to meats. Avoid breading meat and poultry too.
  - Make healthy sandwiches from turkey slices, roast beef, canned tuna, or peanut butter, rather than deli meats which are high in fat and sodium.

- **Try serving a meatless meal at least once a week.**
  - Use pre-cooked canned beans to save time and money when preparing casseroles, stews and side dishes.
  - Combine two different types of beans, such as kidney and pinto beans, to make meatless chili more interesting.
  - Warm up winter menus by serving split pea, lentil, minestrone, or white bean soups.
  - Spruce up salads by adding garbanzo beans, red kidney beans, black beans, or a mixture of all three.
  - Puree garbanzo beans to make a great-tasting hummus dip to serve with fresh vegetables or whole wheat crackers for snack.

Sources of Vitamins A and C
Fruit and Vegetable

The following charts list fruits and vegetables that meet the *recommendation* to serve good sources of vitamins A and C in the child meal pattern.

Items listed in the Good column provide at least 10-24% of the Recommended Dietary Allowance (RDA) for children ages 1-5.

Items listed in the Better column provide at least 25-39% of the RDA for children ages 1-5.

Items listed in the Best column provide 40% or more of the RDA for children ages 1-5.

Items with an ***** appear on both the vitamin A and C charts. Be sure to serve the appropriate amounts. For example, if you use frozen, cooked broccoli, you would have to serve at least ½ cup to meet the minimum requirement for both vitamins A and C. However, if you use fresh broccoli, you would only have to serve ¼ cup.

The shaded spaces indicate that there are no easily measurable items that fit into that category.

VITAMIN A

(Include at least twice a week)

FRUIT	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Apricot*	2 medium, fresh 7 halves, dried ¼ cup, canned	½ cup, canned	
Cantaloupe*	¼ cup, fresh	½ cup, fresh	
Cherries, red sour*	½ cup, canned		
Grapefruit*	½ medium, fresh, pink or red		
Mandarin Oranges*	½ cup, canned		
Mango*	½ medium, fresh ½ cup, fresh		
Melon Balls*	½ cup, fresh or frozen		
Nectarine*	2 medium, fresh		
Papaya*	1 small, fresh ½ cup, fresh		
Plum*	½ cup, canned		
Peach	3 halves, dried		
Tangerine*	2 medium, fresh		
Watermelon*	1 cup, fresh		

VITAMIN A

(Include at least twice a week)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Broccoli*	¼ cup, fresh, cooked ½ cup, frozen, cooked		
Cabbage, Chinese (Bok Choy)	¼ cup, fresh, cooked		
Carrots*			¼ cup, all forms 4 baby carrots
Greens, Collard*			¼ cup, fresh or frozen, cooked
Greens, Mustard*		¼ cup, cooked	
Greens, Turnip*			¼ cup, fresh or frozen, cooked
Kale*			¼ cup, fresh or frozen, cooked
Mixed Vegetables*	¼ cup, frozen, cooked		¼ cup, canned, cooked
Peas, Green*	¼ cup, frozen, cooked ¾ cup, canned, cooked		
Peas & Carrots*			¼ cup, frozen or canned, cooked
Plantain*	½ medium, fresh, raw ¾ cup, fresh, cooked		
Pepper, Red*	¼ cup, fresh, raw or cooked	½ cup, fresh, raw or cooked	
Pumpkin*			¼ cup, fresh or canned
Romaine Lettuce	¼ cup, fresh, raw	½ cup, fresh, raw	
Spinach*	½ cup, fresh, raw		¼ cup, fresh, frozen or canned, cooked
Squash, Butternut* or Winter*			¼ cup, fresh or frozen, cooked
Sweet Potato*			¼ medium, fresh, cooked ¼ cup, canned
Tomato*	¾ cup, fresh, raw 6 cherry tomatoes, fresh		
Tomato Paste*	¼ cup, canned		
Tomato Puree*	¼ cup, canned		

VITAMIN C

(Include daily)

FRUIT	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Apple	½ medium, fresh	1 medium, fresh	
Apricots*	¼ cup, canned 1 medium, fresh		
Avocado	¼ cup, fresh		
Banana	¼ medium, fresh	¾ medium, fresh	
Blackberries		¼ cup, fresh	½ cup, fresh
Blueberries	¼ cup, fresh 1 cup, frozen	½ cup, fresh	
Cantaloupe*			¼ cup, fresh
Cherries, red sweet	6 cherries, fresh		
Cherries, red sour*	½ cup, canned		
Fruit Cocktail	½ cup, canned		
Grapefruit*			¼ medium, fresh ¼ cup, canned
Guava			¼ medium, fresh
Honeydew		¼ cup, fresh	
Kiwi			¼ medium, fresh
Mandarin Oranges*			¼ cup, canned
Mango*			¼ medium, fresh ¼ cup, fresh
Melon Balls *	¼ cup, frozen		¼ cup, fresh
Nectarine*		1 medium, fresh	
Orange			¼ medium, fresh ¼ cup, fresh
Papaya*			¼ cup, fresh
Peach	½ medium, fresh ½ cup, canned	1 medium, fresh	¼ cup, frozen
Pear	½ medium, fresh ¾ cup, canned	1 medium, fresh	
Pineapple	¼ cup, canned		¼ cup, fresh
Plum*	½ cup, canned or stewed	1 medium, fresh	
Raspberries		¼ cup, fresh	½ cup, fresh ¼ cup, frozen
Strawberries			¼ cup, fresh or frozen
Tangerine*			½ medium, fresh
Watermelon*	¼ cup, fresh	½ cup, fresh	1 cup, fresh

VITAMIN C

(Include daily)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Asparagus	3 spears, fresh, cooked	2 spears, canned or frozen	¼ cup, frozen
Broccoli*			¼ cup, all forms
Brussels Sprouts			¼ cup, fresh or frozen, cooked
Cabbage, all types		¼ cup, fresh, raw	¼ cup, fresh, cooked
Carrots*	½ cup, fresh, raw or cooked ¾ cup, frozen or canned 9 baby carrots		
Cauliflower			¼ cup, all forms
Celery	¾ cup, fresh, raw		
Corn	¼ cup, canned, cooked ½ cup, fresh, cooked ¾ cup, frozen, cooked		
Cucumber	¾ cup, fresh, raw		
Green Beans	¼ cup, fresh, cooked ½ cup, frozen, cooked ¾ cup, canned, cooked		
Greens, Collard*		¼ cup, fresh, cooked	¼ cup, frozen, cooked
Greens, Mustard*		¼ cup, fresh, cooked	
Greens, Turnip*		¼ cup, frozen, cooked	¼ cup, fresh, cooked
Kale*		¼ cup, frozen, cooked	¼ cup, fresh, cooked
Kohlrabi			¼ cup, cooked
Lima Beans	¼ cup, frozen		
Mixed Vegetables*	½ cup, canned or frozen, cooked		
Okra	¼ cup, frozen, cooked	¼ cup, fresh, cooked	
Peas & Carrots*	¼ cup, canned or frozen, cooked	½ cup, canned or frozen, cooked	
Peas, Green*	¼ cup, frozen ½ cup, canned		
Peas, Snow		¼ cup, frozen, cooked	¼ cup, fresh, cooked

VITAMIN C, continued

(Include daily)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Peppers, all colors*			¼ cup, all forms
Plantain*	¼ cup, fresh, cooked	¼ cup, fresh, raw	
Potato	¼ medium, cooked ¼ cup, mashed (from flakes)		
Pumpkin*	¼ cup, fresh or canned		
Rhubarb	½ cup, frozen, cooked		
Rutabaga		¼ cup, fresh, cooked	½ cup, fresh, cooked
Spinach*	¼ cup, fresh, cooked ½ cup, fresh, raw ¾ cup, frozen, cooked	¼ cup, canned	
Squash, Winter* or Summer	¼ cup, fresh, cooked or raw		
Squash, Butternut*	¼ cup, fresh, cooked ½ cup, frozen, cooked		½ cup, fresh, cooked
Sweet Potato*	¼ medium, cooked	½ medium, cooked	¼ cup, canned
Tomatillo	1 medium, fresh		
Tomato, Canned	¼ cup, canned or stewed		
Tomato*	¼ cup, fresh, raw		5 cherry tomatoes
Tomato Paste*		⅛ cup, canned	¼ cup, canned
Tomato Puree*		¼ cup, canned	
Turnips	¼ cup, fresh, cooked		
Yam	¼ medium, cooked	½ medium, cooked	

Meal Pattern for Children

Ages 1 - 18

BREAKFAST

3 REQUIRED COMPONENTS

Milk

	1-2	3-5	6-18
fluid milk **1 year olds: unflavored whole milk** **2-5: unflavored 1% or skim** **6-18: unflavored or flavored 1% or skim**	**4 oz**	**6 oz**	**8 oz**

Vegetables/Fruits

vegetables, fruits, or portions of both ***juice may only be served once/day**	**1/4 cup**	**1/2 cup**	**1/2 cup**

Grains

bread, biscuit, muffin	**1/2 oz eq**	**1/2 oz eq**	**1 oz eq**
cereal, cooked	**1/4 cup**	**1/4 cup**	**1/2 cup**
cereal, dry: *granola*	**1/8 cup**	**1/8 cup**	**1/4 cup**
cereal, dry: *flakes or rounds*	**1/2 cup**	**1/2 cup**	**1 cup**
cereal, dry: *puffed*	**3/4 cup**	**3/4 cup**	**1 1/4 cup**

Meat/Meat Alt. *optional*

lean meat, poultry, or fish	**1/2 oz**	**1/2 oz**	**1 oz**
cheese (natural/processed)	**1/2 oz**	**1/2 oz**	**1 oz**
cottage cheese, cheese food, cheese spread	**1 oz**	**1 oz**	**2 oz**
egg, whole	**1/4 egg**	**1/4 egg**	**1/2 egg**
yogurt	**1/4 cup**	**1/4 cup**	**1/2 cup**
nut/seed butter	**1 Tbsp**	**1 Tbsp**	**2 Tbsp**

conversions:

1/2 c = 4 oz
3/4 c = 6 oz
1 c = 8 oz

1 pint = 2 c
1 quart = 2 pints = 4 c
1 gallon - 4 quarts = 16 c

Please note, portions listed are minimums.
Serving larger portions is encouraged, especially to older children and those that ask for more.

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Meal Pattern for Children

Ages 1 - 18 LUNCH & SUPPER

5 required components

Milk

	1-2	3-5	6-18
fluid milk **1 year olds: unflavored whole milk** **2-5: unflavored 1% or skim** **6-18: unflavored or flavored 1% or skim**	**4 oz**	**6 oz**	**8 oz**

Vegetables

vegetables ***juice may only be served once/day**	**1/8 cup**	**1/4 cup**	**1/2 cup**

Fruits

fruits ***juice may be served once/day** ***a 2nd vegetable may be served in place of fruit**	**1/8 cup**	**1/4 cup**	**1/4 cup**

Grains

bread, biscuit, roll, bun, tortilla, crackers	**1/2 oz eq**	**1/2 oz eq**	**1 oz eq**
pasta, rice, grits	**1/4 cup**	**1/4 cup**	**1/2 cup**

Meat/Meat Alt.

lean meat, poultry, or fish	**1 oz**	**1 1/2 oz**	**2 oz**
cheese (natural/processed)	**1 oz**	**1 1/2 oz**	**2 oz**
cottage cheese, cheese food, cheese spread	**2 oz**	**3 oz**	**4 oz**
cooked dry beans or peas	**1/4 cup**	**3/8 cup**	**1/2 cup**
egg, whole	**1/2 egg**	**3/4 egg**	**1 egg**
yogurt	**1/2 cup**	**3/4 cup**	**1 cup**
nut/seed butter	**2 Tbsp**	**3 Tbsp**	**4 Tbsp**
nuts and seeds	**1/2 oz = 50%**	**3/4 oz = 50%**	**1 oz = 50%**

conversions:

1/2 c = 4 oz
3/4 c = 6 oz
1 c = 8 oz

1 pint = 2 c
1 quart = 2 pints = 4 c
1 gallon - 4 quarts = 16 c

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Meal Pattern for Children

Ages 1 - 18

SNACK

2 required components
only 1 may be a beverage

Milk

	1-2	3-5	6-18
fluid milk **1 year olds: unflavored whole milk** **2-5: unflavored 1% or skim** **6-18: unflavored or flavored 1% or skim**	**4 oz**	**4 oz**	**8 oz**

Vegetables

vegetables ***juice may only be served once/day**	**1/2 cup**	**1/2 cup**	**3/4 cup**

Fruits

fruits ***juice may be served once/day**	**1/2 cup**	**1/2 cup**	**3/4 cup**

Grains

bread, biscuit, roll, bun, tortilla, crackers	**1/2 oz eq**	**1/2 oz eq**	**1 oz eq**
pasta, rice, grits	**1/4 cup**	**1/4 cup**	**1/2 cup**
cereal, dry: granola	**1/8 cup**	**1/8 cup**	**1/4 cup**
cereal, dry: flakes or rounds	**1/2 cup**	**1/2 cup**	**1 cup**
cereal, dry: puffed	**3/4 cup**	**3/4 cup**	**1 1/4 cup**

Meat/Meat Alt.

lean meat, poultry, or fish	**1/2 oz**	**1/2 oz**	**1 oz**
cheese (natural/processed)	**1/2 oz**	**1/2 oz**	**1 oz**
cottage cheese, cheese food, cheese spread	**1 oz**	**1 oz**	**2 oz**
cooked dry beans or peas	**1/8 cup**	**1/8 cup**	**1/4 cup**
egg, whole	**1/2 egg**	**1/2 egg**	**1/2 egg**
yogurt	**1/4 cup**	**1/4 cup**	**1/2 cup**
nut/seed butter	**1 Tbsp**	**1 Tbsp**	**2 Tbsp**
nuts and seeds	**1/2 oz**	**1/2 oz**	**1 oz**

conversions:

1/2 c = 4 oz
3/4 c = 6 oz
1 c = 8 oz

1 pint = 2 c
1 quart = 2 pints = 4 c
1 gallon - 4 quarts = 16 c

Please note, portions listed are minimums.
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Meal Pattern for Children

Important Reminders

Milk

- Children age one (after first birthday and prior to second), must receive unflavored whole milk.
- Children ages 2 - 5 must receive unflavored 1% (lowfat) fat-free (skim).
- Children ages 6 and older must receive unflavored or flavored 1% or fat-free.
- Children 12 - 13 months may continue to receive infant formula as they transition to unflavored whole milk.
- Breastmilk is creditable for children of any age.
- Children 24 - 25 months may receive whole or 2% milk as they transition to 1% or fat-free.
- The type(s) of milk served must be noted on the menu (fat content and unflavored or flavored).
- Refer to the *Milk Substitutes & Creditable Milks* list for creditable non-dairy substitutes.

Fruits & Vegetables

- Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice.
- Juice may not be served more than once per day.
- One cup of raw, leafy greens credits as 1/2 cup vegetable.
- 1/4 cup dried fruit, such as raisins, credits as 1/2 cup fruit.
- Lunch and supper must contain at least one vegetable and one fruit. A second, different vegetable may be served in place of fruit.

Grains

- All grains must be whole, enriched, or whole grain-rich.
- Pre-packaged grains must have enriched flour or meal or whole grains as the first ingredient (or 2nd after water). Sugar must not be the first ingredient.
- At least one serving of grains per day must be whole grain-rich and it must be noted on the menu (e.g. "WGR crackers"). 100% whole grain strongly encouraged.
- Corn masa and masa harina are considered whole grain-rich.
- Corn flour, corn meal, and other corn products must clearly state they are whole or enriched to be creditable as a grain. In order to be considered whole grain-rich, they must be whole or treated with lime (nixtamilized).
- Grain based-desserts such as cookies, donuts, granola/grain bars are not creditable.
- Cereals must have no more than 6 g sugar/dry ounce. See the *Florida WIC Approved Cereal List*.

Meat/Meat Alt.

- Commercially processed combination foods such as breaded chicken, pizza, and lasagna must have a CN Label or Product Formulation Statement identifying the meal pattern contribution.
- Meat/meat alternates are not required at breakfast but may be served as an extra or in place of the entire grains component no more than 3 times/week.
- Yogurt must have no more than 23 g sugar/ 6 oz.
- A serving of cooked beans or peas may credit as either a meat alternate *or* vegetable.






Breakfast Cereal

*All cereals on this list are no more than 6g sugar per dry ounce**

Cereals with ✓ meet the CCFP WG/WGR requirement.

GF = Gluten Free

General Mills

- Cheerios *GF* ✓
- MultiGrain Cheerios *GF* ✓
- MultiGrain Cheerios with Real Strawberries *GF* ✓
- Berry Berry Kix ✓
- Honey Kix ✓
- Kix ✓
- Total ✓
- Wheaties ✓
- Blueberry Chex *GF* ✓
- Cinnamon Chex *GF* ✓
- Corn Chex *GF* ✓
- Rice Chex *GF* ✓
- Wheat Chex ✓

Jim Dandy

Iron Fortified Quick Grits

Kellogg's

- All Bran Complete Wheat Flakes ✓
- Corn Flakes
- Cinnamon Corn Flakes
- Crispix
- Special K Original
- Special K Banana
- Special K Protein Original Multi-Grain ✓
- Special K Protein Honey Almond Ancient Grains ✓
- Rice Krispies

Frosted Mini Wheats:

- Original ✓
- Little Bites Chocolate ✓
- Cinnamon Roll ✓
- Pumpkin Spice ✓
- Little Bites Original ✓
- Blueberry ✓
- Strawberry ✓

Post

Great Grains:

- Banana Nut Crunch ✓
- Crunchy Pecan ✓

- Grape-Nuts ✓
- Grape-Nuts Flakes ✓

Honey Bunches of Oats:

- Honey Roasted
- with Almonds
- Vanilla
- Maple & Pecans

Malt O Meal

- Hot Wheat Original
- Farina Original

- Frosted Mini Spooners ✓

- Strawberry Cream Mini Spooners ✓

- Crispy Rice *GF*

Quaker

- Instant Grits Original
- Instant Oatmeal Original ✓

Oatmeal Squares:

- Brown Sugar ✓
- Cinnamon ✓
- Golden Maple ✓
- Honey Nut ✓

Life:

- Original ✓
- Vanilla ✓

- 3 Minutos ✓

Any Store Brand or Ralston Foods Brand of the following:

- Bran Flakes ✓
- Corn Flakes
- Corn Squares, Biscuits, Crisps, or Bites
- Crisp Rice/Crispy Rice
- Crispy Hexagons (Corn & Rice)
- Essentially You/Toasted Rice
- Frosted Shredded Wheat/Frosted Wheat ✓
- Instant Grits – Original/Regular
- Instant Oatmeal – Original/Regular (11.8 oz.) ✓
- Strawberry Frosted Shredded Wheat ✓
- MultiGrain Flakes ✓
- MultiGrain Medley, Tasteeos, Spins, or Toasted Cereal ✓
- Nutty Nuggets/Crunchy Nuggets/Crunchy Wheat ✓
- Oat Crunch/Oat Wise/Oat Squares/Lively Oats ✓
- Oats & More with Almonds/Almonds & Oats
- Oats & More with Honey/Honey & Oats
- Rice Squares, Biscuits, Crisps, or Pockets
- Toasted Oats/Tasteeos/Toasted Oat Spins/Happy O's ✓
- Wheat Flakes ✓
- Wheat Squares, Biscuits, or Crisps ✓

Cream of Rice & Cream of Wheat

Cream of Rice:

- Stove Top & Instant *GF*

- Whole Grain Stove Top & Instant ✓

Cream of Wheat:

- 2½ minute, 1 minute & Instant

This document has been edited for use in the Child Care Food Program.
*Please note, portion sizes listed on the label may vary. All cereals on this list meet the 6g sugar per dry ounce limit.

Cereal Shapes & Ounce Equivalents

Ages 1 - 18

Cereal - FLAKES

	1-5 1/2 oz eq	6-18 1 oz eq
Bran Flakes Corn Flakes Fiber One Grape Nuts Flakes Great Grains Honey Bunches of Oats Mini Spooners Mini Wheats Oatmeal Squares Shredded Wheat Special K Total Wheaties	**1/2 cup**	**1 cup**

Cereal - ROUND

Cheerios Crispy Oats Tasteeos Toasted Oats	**1/2 cup**	**1 cup**

Cereal - PUFFED

Chex Cereal (Corn, Rice, Wheat) Crispix Crispy Rice Kix Life Rice Krispies	**3/4 cup**	**1 1/4 cup**

Cereal - GRANOLA

Granola Grape Nuts	**1/8 cup**	**1/4 cup**

Creditable and Non-Creditable Grains

Grain-based desserts are not creditable on the CCFP. The following chart lists creditable and non-creditable grain items. Non-creditable grain items cannot contribute towards a reimbursable meal, but may be served as an "extra" food on occasion. Program funds may not be used to purchase non-creditable items. Creditable grain items must be in the correct portion for the age group served (refer to Exhibit A-Grains Requirement) and must be whole grain, enriched, or made from whole grain or enriched meal or flour. Prepackaged products must have whole grain or enriched flour or meal as the first ingredient (or second after water). At least one serving per day, across all eating occasions, must be 100% whole grain or whole grain-rich.

Non-Creditable

Brownies
Cake (all varieties, frosted or unfrosted)
Cereal Bar/Treat
Cobbler/Fruit Crisp
Cookies (all kinds)
Doughnuts
Fig Bar
Fruit Turnover
Grain Fruit Bar
Granola Bar (all kinds)
Honey Bun
Oatmeal (more than 6 grams of sugar per dry ounce)
Pastry
Pop Tart
Potato/Vegetable Chips (or puffs/straws/sticks)
Ready-to-eat Cereal (more than 6 grams of sugar per dry ounce)
Sweet Roll/Sticky Bun
Wafers (chocolate, vanilla)

Creditable Grains[1]

Animal Crackers (plain)
Bagel/Bagel Chips
Banana Bread (or other fruit/vegetable breads)
Barley
Batter or Bread Type Coating
Biscuits
Bread, Buns
Bread Sticks (hard or soft)
Bulgur or Cracked Wheat
Cornbread/Corn Muffin
Croissants
Crepes
Crackers (savory snack crackers, plain, cheese, peanut butter)
Croutons
Egg Roll Skins, Won Ton Wrappers
English Muffin
French Toast (slices or sticks)
Graham Crackers
Grits
Muffins/Quick Bread
Oatmeal (with 6 grams of sugar or less per dry ounce)
Pancakes
Pasta/Couscous/Macaroni/Noodles (all shapes)
Pita Bread/Pita Chips
Pizza Crust
Pretzels (hard or soft)
Quinoa
Ravioli
Ready-to-eat Cereal (6 grams of sugar or less per dry ounce)
Rice
Rolls
Stuffing (dry)
Tortillas/Arepa
Tortilla Chips/Shells
Waffles

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1. Toppings and extras including brown sugar, butter, chocolate chips, cream cheese, honey, jelly, and syrup are a concentrated source of empty calories. They should be served in small portions and used minimally.

Exhibit A: Grain Requirements[1,2]

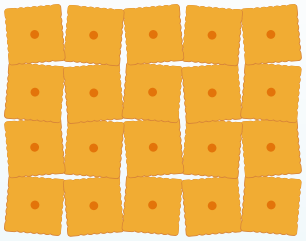
GROUP A	Ounce Equivalent (Oz Eq) for GROUP A
• Bread type coating • Bread sticks (hard) • Chow Mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) *Note: weights apply to bread in stuffing*	1 oz eq (1 svg) = 22 gm or 0.8 oz 1/2 oz eq (1/2 svg) = 11 gm or 0.4 oz
GROUP B	**Ounce Equivalent (Oz Eq) for GROUP B**
• Animal crackers • Bagels • Batter type coating • Biscuits • Breads (sliced, French, Italian) • Buns (hamburger and hot dog) • Egg roll skins • English muffins • Graham crackers (plain/honey) • Pita bread • Pizza crust • Pretzels (soft) • Rolls • Tortillas • Tortilla chips • Taco shells	1 oz eq (1 svg) = 28 gm or 1.0 oz 1/2 oz eq (1/2 svg) = 14 gm or 0.5 oz
GROUP C	**Ounce Equivalent (Oz Eq) for GROUP C**
• Cornbread • Corn muffins • Croissants • Pancakes • Waffles	1 oz eq (1 svg) = 34 gm or 1.2 oz 1/2 oz eq (1/2 svg) = 17 gm or 0.6 oz
GROUP D	**Ounce Equivalent (Oz Eq) for GROUP D**
• Muffins (all, except corn)	1 oz eq (1 svg) = 55 gm or 2.0 oz 1/2 oz eq (1/2 svg) = 28 gm or 1.0 oz
GROUP E	**Ounce Equivalent (Oz Eq) for GROUP E**
• French toast	1 oz eq (1 svg) = 69 gm or 2.4 oz 1/2 oz eq (1/2 svg) = 35 gm or 1.2 oz
GROUP F/G	**Ounce Equivalent (Oz Eq) for GROUP F/G**
Grain-based desserts are not creditable.	
GROUP H	**Ounce Equivalent (Oz Eq) for GROUP H**
• Breakfast cereals (cooked)[3] • Bulgur or cracked wheat • Cereal Grains (barley, quinoa, etc.) • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (white or brown)	1 oz eq (1 svg) = 1/2 cup cooked or 1 oz (28 g) dry
GROUP I	**Ounce Equivalent (Oz Eq) for GROUP I**
• Ready to eat breakfast cereal (cold, dry)[3]	Flakes & rounds: 1 oz eq (1 svg) = 1 cup or 1 oz 1/2 oz eq (1/2 svg) = 1/2 cup or 0.5 oz Puffed cereal: 1 oz eq (1 svg) = 1.25 cups or 1 oz 1/2 oz eq (1/2 svg) = 3/4 cup or 0.5 oz Granola: 1 oz eq (1 svg) = 1/4 cup or 1 oz 1/2 oz eq (1/2 svg) = 1/8 cup or 0.5 oz

1. The following foods must be whole grain, whole grain-rich, or enriched. At least one serving per day must be 100% whole grain or whole grain-rich.
2. Some of the following foods or their toppings/extras (such as cream cheese, syrup, etc.) may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.
3. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast. Cereals must contain no more than 6 grams of sugar per dry ounce and must be whole grain, enriched, or fortified. Refer to *Florida WIC-Approved Cereal List*.

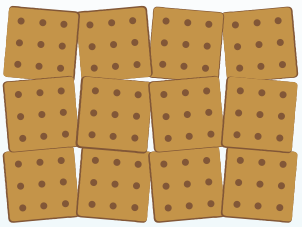
Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

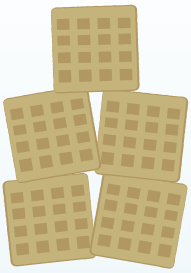
How Much Is 1 Ounce Equivalent?



20 cheese crackers (1" by 1") = 1 oz. eq.



12 thin wheat crackers (1 ¼" by 1 ¼") = 1 oz. eq.



5 woven whole-wheat crackers (1 ½" by 1 ½") = 1 oz. eq.

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

1. Find the grain you want to serve under the "Grain Item and Size" column.

2. Check if the chart lists a size or weight by the name of the grain. If the chart:

Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as *about 1 ¼" by 1 ½"*, then check if the item is the same size, or larger than, this amount. See page 6.

3. Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

Grain Item and Size	**1- through 5-year-olds** at Breakfast, Lunch, Supper, Snack **Serve at Least ½ oz. eq.**, which equals about…
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams
Popcorn	1 ½ cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists or 11 grams

More training, menu planning, and nutrition education materials for the CACFP can be found at **https://teamnutrition.usda.gov**.

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Bagel (entire bagel) at least 56 grams*	¼ bagel or 14 grams	½ bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	½ bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	½ biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (whole grain-rich or enriched) at least 28 grams*	½ slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
Bun or Roll (entire bun or roll) at least 28 grams*	½ bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
Cereal Grains (barley, bulgur, quinoa, etc.)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	½ cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	⅛ cup or 14 grams	¼ cup or 28 grams	½ cup or 56 grams
Cereal, Ready-to-Eat: Puffed	¾ cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams
Corn Muffin at least 34 grams*	½ muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (about 1 ½" by 1")**	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (~1 cup) or 56 grams
Cracker, Bear-Shaped, Sweet (about 1" by ½")**	12 crackers (~¼ cup) or 14 grams	24 crackers (~½ cup) or 28 grams	48 crackers (~1 cup) or 56 grams
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (~⅓ cup) or 22 grams	40 crackers (~⅔ cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about ¾" by ½")**	21 crackers (~¼ cup) or 11 grams	41 crackers (~½ cup) or 22 grams	81 crackers (~1 cup) or 44 grams

!

**Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.*

***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.*

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Cracker, Graham (about 5" by 2 ½")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams
Cracker, Round, Savory (about 1 ¾" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 grams
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 grams
Cracker, Thin Wheat, Square, Savory (about 1 ¼" by 1 ¼")**	6 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 grams
Cracker, Woven Whole-Wheat, Square, Savory (about 1 ½" by 1 ½")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 grams
Croissant at least 34 grams*	½ croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams
English Muffin (top and bottom) at least 56 grams*	¼ muffin or 14 grams	½ muffin or 28 grams	1 muffin or 56 grams
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams
Grits	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Melba Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

!

**Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.*

***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.*

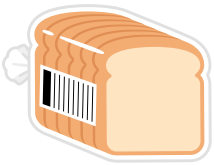
Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	¼ pretzel or 14 grams	½ pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 ½ cakes or 11 grams	3 cakes or 22 grams	5 ½ cakes or 44 grams
Rice Cake, Mini (about 1 ¾" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams
Taco or Tostada Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
Tortilla, Soft, Corn (about 5 ½")**	¾ tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	½ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 8")**	¼ tortilla or 14 grams	½ tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	½ waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

!

**Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.*

***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.*



Using the Nutrition Facts Label

Some items on the Grains Measuring Chart may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart:

1 Find the grain item and its minimum weight in the Grains Measuring Chart.

For example, the minimum weight for a pancake is at least 34 grams.

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

2 Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size (usually provided as grams (g)). One serving of Brand P pancakes weighs 117 grams.

3 Using the Nutrition Facts label, find how many items are in one serving. There are three pancakes in one serving of Brand P pancakes.

4 If there is more than one of an item in a serving, you will need to divide to find the weight of each item. For example, the serving size of Brand P pancakes is three pancakes.

Divide the serving weight by the number of items in one serving to find the weight of each item.

Brand P Pancakes

Nutrition Facts

4 servings per container

Serving size **3 Pancakes** **117g**

Amount per serving

Calories **280**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	

117 grams ÷ **3 pancakes** = **39 grams per pancake**

Serving Weight *Serving Size* *Weight of Each Item*

Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?

✓ **Yes:** Use the Grains Measuring Chart to see how much of your grain to serve to meet CACFP meal pattern requirements. In the example above, pancakes must weigh at least 34 grams in order to use the Grains Measuring Chart. Because each Brand P pancake weighs 39 grams, you may use the chart as a guide to the minimum serving amount.

✗ **No:** Use another method to determine how much of a grain item to serve. See "What If My Grain Is Different?" on page 6 for more information.

Are There Other Menu Planning Considerations?

If you serve an item that is larger, or weighs more, than what's listed on the Grains Measuring Chart, then you might serve more grains than required by the CACFP meal pattern. The Grains Measuring Chart can help make serving enough grains easier. However, the tools described under "What If My Grain Is Different?" can also help you determine how much of an item to serve to meet the meal pattern without serving more than what is needed.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If so, you will need to use another way to tell how much to serve in order to meet CACFP meal pattern requirements. You could:

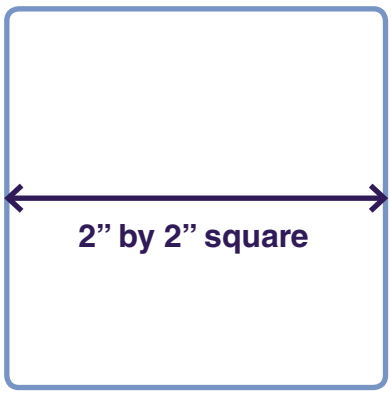
- Enter information from the Nutrition Facts label into the *Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool*.* This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the *FBG Recipe Analysis Workbook (RAW)** to determine the ounce equivalents per serving for standardized recipes.

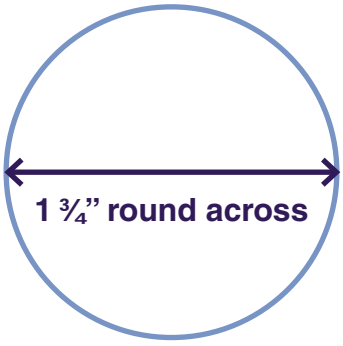
Available at **https://foodbuyingguide.fns.usda.gov.*

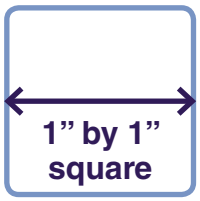
Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8 ½" by 11" paper.







Grains

All grains must be made with enriched or whole grain meal or flour.

A serving may contain whole grain or enriched bread, cornbread, biscuits, rolls, muffins, and other bread products; or whole grain, enriched, or fortified cereal grain, cooked pasta or noodle products, or breakfast cereal; or any combination of these foods.

Whole Grains. At least one serving per day, across all eating occasions of bread, cereals, and grains, must be 100% whole grain or whole grain-rich. This must be noted on your menu (see *Documentation* below).

- *Breakfast cereals (including ready-to-eat cold and instant/regular hot cereals).* Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

- *Desserts.* Grain-based desserts such as cookies, brownies, granola bars, etc. do not count towards meeting the grains requirement.

- *Documentation*. The grain item on the menu must be documented when the item is whole grain. A *WG* or WGR may be used in front of grain items to indicate the item is whole grain or whole grain-rich.

- *Serving Size*. Serving sizes will change slightly in 2021 with the implementation of ounce equivalents.

Easy Whole Grain Swaps

White rice → Brown rice

White bread → 100% Whole wheat bread

Sugary cereal → 100% Whole grain cereal topped with fruit

Grits → Oatmeal

Pasta (refined/not whole grain) → 100% Whole wheat pasta

Animal Crackers → 100% Whole grain crackers

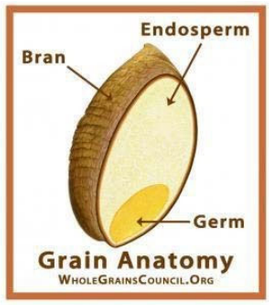
Resources:

CACFP Meal Pattern Training Worksheets:
https://www.fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp

USDA Standardized Recipes:
https://www.fns.usda.gov/tn/grains-breads-and-desserts

Whole Grains Council:
https://wholegrainscouncil.org/resources

Whole Grains *Adapted from the Institute of Child Nutrition*



Whole grains consist of the entire grain seed or kernel. The kernel has three parts - the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.

Identifying whole grain ingredients:

- The word “whole” listed before a grain, such as “whole wheat” or “whole corn;”
- The words “berries” and “groats” are used to designate a whole grain, such as “wheat berries” or “oat groats;”
- Rolled oats and oatmeal (including old fashioned, quick cooking, and instant oatmeal); and
- Other whole-grain foods that do not use the word “whole” in their description, such as brown rice, brown rice flour, wild rice, quinoa, millet, triticale, teff, amaranth, buckwheat, and sorghum.

Whole Grains*	Not Whole Grains
• Amaranth • Barley (whole, hulled, or hull-less) • Bromated Whole-Wheat Flour • Bulgur • Buckwheat • Corn flour, cornmeal, corn that is “whole” or treated with lime or “nixtamalized” • Corn masa or masa harina • Cracked or crushed Wheat • Einkorn • Freekeh • Graham Flour • Hominy/hominy grits • Millet • Oats, oatmeal • Quinoa • Rice (Brown, Black, Red, Wild) • Rye Berries (or whole rye) • Sorghum • Teff, • Triticale • Wheat Berries • Whole Corn • Whole Durum Wheat Flour • Whole Farro • Whole Grain Barley • Whole Spelt • Whole Wheat Flour • Whole Wheat Pasta	• All-Purpose Flour • Bread Flour • Bromated Flour • Cake Flour • Corn • Degerminated Corn Meal • Durum Flour • Enriched Flour • Enriched Rice • Enriched Self-Rising Flour • Enriched Wheat Flour • Farina • Grits • Instantized Flour • Long-Grain White Rice • Pearled Barley • Phosphated Flour • Rice Flour • Rice (White) • Rye • Self-Rising Flour • Self-Rising Wheat Flour • Unbleached Flour • Wheat Flour • White Flour

Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets **AT LEAST ONE OF THESE SIX METHODS,** described below, it is considered whole grain-rich.

#1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY

WGR[1]

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich.

An **FDA STANDARD OF IDENTITY** is a set of rules for what a certain product must contain or may contain to legally be labeled with that product name.

ONLY breads and pastas with these exact product names conform to FDA's Standard of Identity and can be considered whole grain-rich using this method:

BREADS

- whole wheat bread
- entire wheat bread
- graham bread
- whole wheat rolls
- entire wheat rolls
- graham rolls
- whole wheat buns
- entire wheat buns
- graham buns

PASTAS

- whole wheat macaroni
- whole wheat spaghetti
- whole wheat vermicelli
- whole wheat macaroni product

NOTE: *Manufacturers may label their food with similar terms to FDA's Standard of Identity. Watch for terms such as, "whole grain," "made with whole grain," "made with whole wheat," or "contains whole grains." These terms do not indicate an FDA Standard of Identity for whole wheat products.*

#2 FOOD IS FOUND ON ANY STATE AGENCY'S WIC–APPROVED WHOLE GRAIN FOOD LIST

WIC
Women • Infants • Children

The product is found on **ANY** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)–approved whole grain food list. Any grain product found on a State agency's WIC–approved whole grain food list meets CACFP whole grain-rich criteria.

NOTE: *Complete product guides identifying all WIC creditable food products can be found on State agency websites.*

WGR[2]

Sample WIC Shopping Guide

NATIONAL CACFP SPONSORS ASSOCIATION

Identifying Whole Grain-Rich

#3 FDA STATEMENT

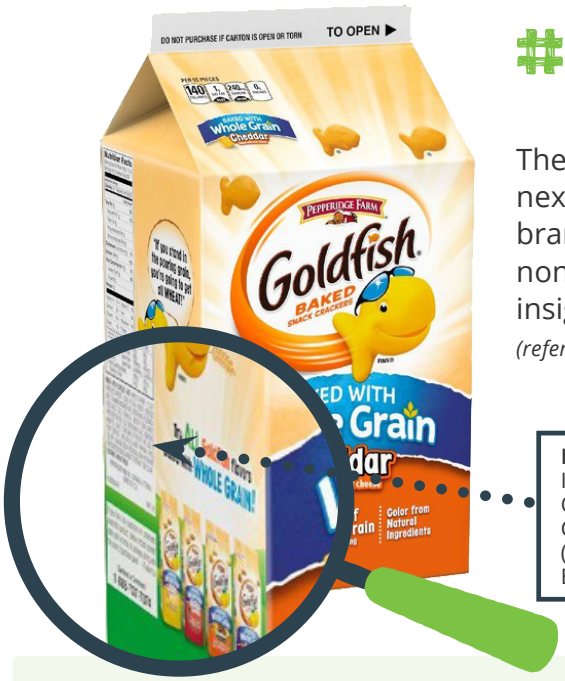
WGR[3] FDA

One of the following FDA statements is included on the labeling:

"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."

"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

FNS is allowing the FDA whole grain health claims to be sufficient documentation to demonstrate compliance with the whole grain-rich criteria in the CACFP, **ONLY**.



#4 RULE OF THREE

The first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.

(reference NCA's Identifying Grain Ingredients for list of creditable grains)

#1 Whole Grain **2nd Grain Ingredient**

INGREDIENTS: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color. **CONTAINS: WHEAT, MILK**

WGR[4]

There is no 3rd grain ingredient.

DISREGARDED INGREDIENTS

Disregarded ingredients may be ignored, as these ingredients are not included in the rule of three. Grains that can be disregarded are either:

1. Any grain derivatives, such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.

2. Any grain ingredients that are listed as "less than 2%..." of the product weight.

#1 Whole Grain **Grain Derivative**

INGREDIENTS Whole Wheat Flour, Filtered Water, Vital Wheat Gluten, Brown Sugar. Contains 2% Or Less Of The Following: Wheat Fiber, Cultured Wheat Starch, Vinegar, Inulin, Yeast, Oat Fiber, Soybean Oil, Salt, Soy Lecithin, Barley Malt Powder, Enzyme Blend (Wheat Flour, Dextrose, Natural Enzymes), Ascorbic Acid.

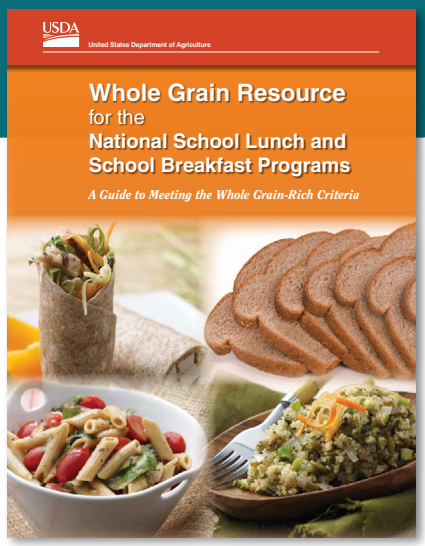
Listed after "Less than 2%..." statement

Identifying Whole Grain-Rich

#5 FOOD MEETS THE WHOLE GRAIN-RICH CRITERIA UNDER THE NSLP

WGR5

Use of the National School Lunch Program whole grain-rich criteria may ease menu planning and purchasing for at-risk afterschool or CACFP child care programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.



Available to download at cacfp.org and the USDA FNS website.

#6 MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE

WGR6

Proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.

This guide is meant to be used to identify CACFP Creditable **WHOLE GRAIN-RICH** products.

What about cereal?

WGRC

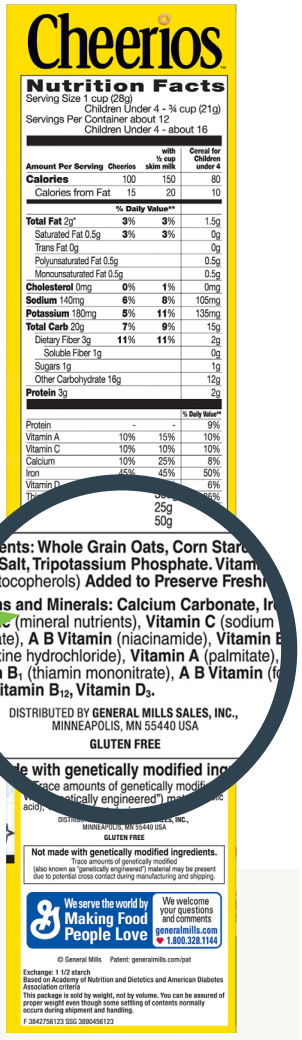
If a ready-to-eat breakfast cereal has a whole grain as the first ingredient (or second after water), and it is fortified, it also meets the whole grain-rich criteria.

#1 Whole Grain

INGREDIENTS: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. 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 A (Palmitate), Vitamin B1 (Thiamin Mononitrate), a B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

Fortified



Don't forget...

Not only does a ready-to-eat breakfast cereal have to meet the above criteria but it also has to meet the sugar limits in order to be creditable in the first place.

GRAINS 101

BRAN is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. The bran can be mechanically removed from the flour or meal by sifting or bolting.

CREDITABLE GRAINS represents all of the grain ingredients in a product that are creditable towards the grains component; they include whole grains or enriched meal and/or flour.

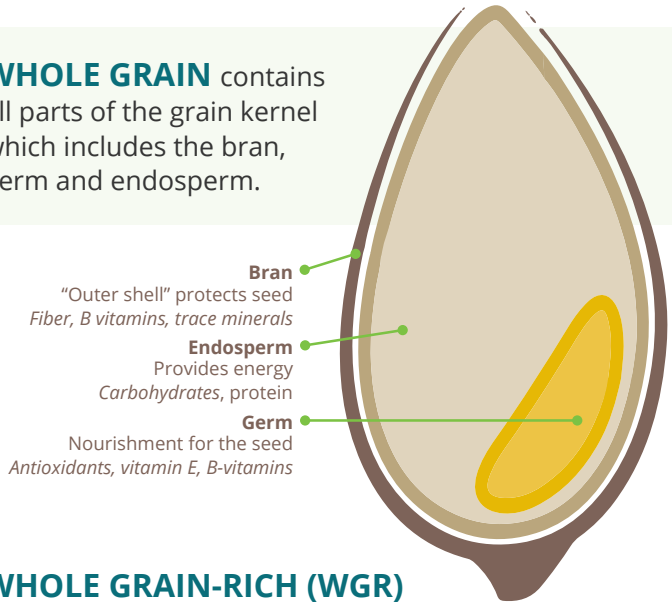
ENRICHED means that the product conforms to the U.S. Food and Drug Administration's, (FDA) Standard of Identity for levels of iron, thiamin, riboflavin, niacin, and folic acid. The terms "enriched," "fortified," or similar terms indicate the addition of one or more vitamins or minerals or protein to a food, unless an applicable Federal regulation requires the use of specific words or statements.

FLOUR is the product derived by finely grinding and bolting (sifting) wheat or other grains. Flour may be made from all grains (wheat, rye, corn, etc.).

GERM is the vitamin-rich embryo of the grain kernel. The germ can be separated before milling for use as a cereal or food supplement.

PRIMARY GRAIN INGREDIENT is the first grain ingredient listed in the ingredient statement.

WHOLE GRAIN contains all parts of the grain kernel which includes the bran, germ and endosperm.



WHOLE GRAIN-RICH (WGR) is the term designated by USDA Food and Nutrition Service (FNS) to indicate that the grain components in a product are at least 50 percent whole grain, with the remaining grains being enriched. This term only refers to FNS criteria for meeting the grain requirements for CACFP.

Identifying Whole Grain-Rich

Identifying Grain Ingredients

WHOLE GRAINS

CORN
Whole Corn
Whole Grain Corn
Whole Grain Corn Flour

OATS
Instant Oatmeal
Oat Groats
Old Fashion Oats
Quick Cooking Oats
Steel Cut Oats
Whole Grain Oat Flour

RICE
Brown Rice
Sprouted Brown Rice
Wild Rice

RYE
Rye Groats
Sprouted Whole Rye
Whole Rye Flour

WHEAT
Bulgur
Cracked Wheat
Graham Flour
Sprouted Whole Wheat
Wheat Berries
Wheat Groats
Whole Durum Flour
Whole Grain Wheat Flakes
Whole Wheat Flour

OTHER WHOLE GRAINS
Amaranth
Amaranth Flour
Buckwheat
Buckwheat Flour
Buckwheat Groats
Millet
Millet Flour
Quinoa
Sorghum
Sorghum Flour
Spelt Berries
Sprouted Buckwheat
Sprouted Einkorn
Sprouted Spelt
Teff
Teff Flour
Triticale
Triticale Flour
Whole Einkorn Berries
Whole Grain Einkorn Flour
Whole Grain Spelt Flour

CREDITABLE GRAINS

- Any Whole Grain Above
- Enriched Grains
- Bran or Germ
  Creditable in CACFP, SFSP & afterschool snacks only.

These ingredients are not whole nor enriched and cannot be one of the first 3 ingredients when identifying whole grain-rich products.

NON-CREDITABLE GRAINS
Barley Malt
Corn
Corn Fiber
Degerminated Corn Meal
Farina
Oat Fiber
Semolina
Yellow Corn Meal

NON-CREDITABLE FLOURS
not enriched
Any Bean Flour
Any Nut Flour
Bromated Flour
Durum Flour
Malted Barley Flour
Potato Flour
Rice Flour
Wheat Flour
White Flour
Yellow Corn Flour

DISREGARDED INGREDIENTS

Disregarded ingredients may be ignored, as these ingredients are not included in the rule of three. Grains that can be disregarded are either:

1. Any grain ingredients that are listed as "less than 2%..." of the product weight.

2. Any grain derivatives, such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.

Please note that this list is not meant to be exhaustive, and there may be other items that qualify, or are not creditable, that are not listed above. Check with your sponsor and/or state agency.

Identifying Whole Grain-Rich In the Aisles

FOOD IS LABELED AS "WHOLE WHEAT" AND MEETS FDA STANDARD OF IDENTITY

RULE OF THREE

The first ingredient (second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.

Ingredients: White Quinoa,[1] Red Quinoa,[2] Black Quinoa [3]

Ingredients: Whole Wheat Flour,[1] Enriched Bleached Flour [2](Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Brown Sugar, Sugar, Dried Molasses, Salt, Wheat Germ,[3] Hydroxylated Soy Lecithin, Soy Flour.

Ingredients: Whole Grain Wheat Flour,[1] Canola Oil, Sugar, Corn Starch [2*] Malt Syrup (From Corn And Barley), Salt, Refiner's Syrup, Leavening (Calcium Phosphate And Baking Soda). Bht Added To Packaging Material To Preserve Freshness.

2* considered disregarded

Ingredients: Organic Whole Wheat Flour,[1] Organic Wheat Flour,[2] Organic Vegetable Oil (Organic Expeller Pressed Sunflower Oil and Organic Expeller Pressed Palm Fruit Oil), Organic Whole Flax Flour, Organic honey, Organic Whole Oat flour, Organic Sesame Seeds, Organic Evaporated Cane Syrup...

DOES NOT MEET WGR4
2nd grain is not whole or enriched.

CEREAL

1st grain ingredient must be whole grain and cereal is fortified with Vitamins & Minerals.

Ingredients: Whole Grain Wheat, Sugar, Contains 2% or Less of Brown Rice Syrup, Gelatin, BHT for Freshness.

Vitamins and Minerals: Reduced Iron, Niacinamide, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Hydrochloride), Zinc Oxide, Folic Acid, Vitamin B12.

Ingredients: Whole Grain Wheat, Corn, Sugar, Whole Grain Rolled Oats, Brown Sugar, Rice, Canola Oil, Wheat Flour, Malted Barley Flour, Corn Syrup, Salt, Whey (from Milk), Malted Corn and Barley Syrup, Honey, Caramel Color, Natural and Artificial Flavor, Annatto Extract (Color), BHT Added to Packaging Material to Preserve Product Freshness.

Vitamins and Minerals: Reduced Iron, Niacinamide, Vitamin B6, Vitamin A Palmitate, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Zinc Oxide (Source of Zinc), Folic Acid, Vitamin B12, Vitamin D3.

Ingredients: Whole Grain Corn, Corn Meal, Sugar, Canola Oil, Salt, Brown Sugar Syrup, Tricalcium Phosphate, Vegetable and Fruit Juice Color, Baking Soda, Citric Acid, Natural Flavor. 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 B1 (Thiamin Mononitrate), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), a B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

Ingredients: Whole Grain Oats*, Cane Sugar*, Sunflower Oil*, Rice*, Whole Grain Quinoa*, Whole Grain Spelt*, Kamut Brand Khorasan Wheat*, Molasses*, Sea Salt, Cinnamon*, Natural Flavor*. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.*Organic.

DOES NOT MEET WGRC
Not fortified with Vitamins & Minerals.

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Visit us at www.cacfp.org for more information. This institution is an equal opportunity provider.

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Identifying Cereal Sugar Limits

Here are three ways to determine if a breakfast cereal is within the CACFP sugar limit. As long as a breakfast cereal meets the sugar limit using **AT LEAST ONE OF THESE METHODS** described below, it is considered within the sugar limit.

1 WIC

Women • Infants • Children

Use your State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.

* confirm with your states WIC approved cereal list.

Product Example: Dora the Explorer

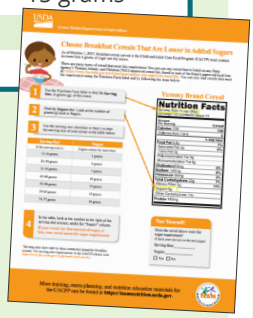
WIC*

2

Use USDA's Team Nutrition training worksheet "Choose Breakfast Cereals That Are Low in Added Sugar." The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of sugar the breakfast cereal may contain per serving.

ALLOWABLE SUGAR LIMITS

SERVING SIZE	SUGARS
If the serving size is:	cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams ✓
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	
78-82 grams	



USDA

(https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools)

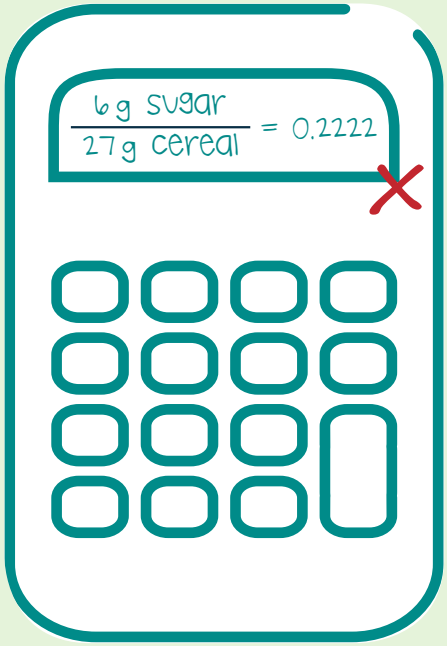
3

Use the Nutrition Facts label on the breakfast cereal packaging to calculate the sugar content per dry ounce.

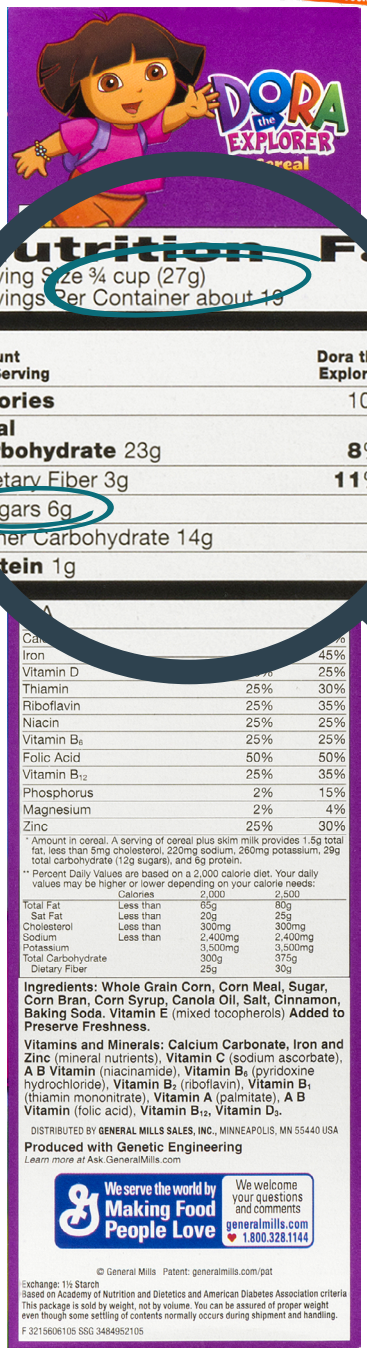
1) Find the serving size in grams at the top of the label and the sugars listed towards the middle.

2) Divide the total sugars by the serving size in grams.

If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in CACFP.



GRAMS OF SUGAR PER SERVING / GRAMS OF CEREAL PER SERVING if ≤ 0.212 it is creditable



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Product Example: Dora the Explorer meets one of the three methods, therefore, this product is CACFP creditable.

Disclosure: The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched or fortified.

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Wondering if your food is WHOLE GRAIN-RICH?

Is it a cereal?

NO → Is it a bread or pasta labeled "WHOLE WHEAT" and does it meet the Standard of Identity?

YES → WHOLE GRAIN-RICH

NO → Is the product found on ANY State agency's WIC approved lists?

YES → WHOLE GRAIN-RICH

NO → Does the product packaging list either of the **FDA** statements?

YES → WHOLE GRAIN-RICH

NO → Does it meet the whole grain-rich criteria under the NSLP?

YES → WHOLE GRAIN-RICH

NO → Is the 1st ingredient (2nd after water) a "**WHOLE GRAIN**"?

YES → Are the next two grain ingredients whole grain, enriched, bran, or germ?

YES → WHOLE GRAIN-RICH

NO → Do they follow the statement, "contains less than 2%..."?

YES → WHOLE GRAIN-RICH

NO → Do you have proper documentation from manufacturer proving WGR?

YES → WHOLE GRAIN-RICH

NO → DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

YES → Does it meet the sugar limit requirements?

NO → STOP — NOT CACFP CREDITABLE

YES → Is the 1st ingredient (2nd after water) a "**WHOLE GRAIN**"?

YES → Is it fortified with Vitamins & Minerals?

YES → WHOLE GRAIN-RICH

NO → Do you have proper documentation from manufacturer proving WGR?

YES → WHOLE GRAIN-RICH

NO → DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

NO → DOES NOT MEET THE WHOLE GRAIN-RICH REQUIREMENTS

CACFP.org CREDITABLE

Meal Pattern for Infants

Birth - 11 months

Breakfast, Lunch, and Supper

3 required components when developmentally ready

Breastmilk or Formula

required for all infants

	birth - 5 mos	6 - 11 mos
breastmilk, formula, or portions of both	**4 - 6 oz**	**6 - 8 oz**

Good Sources of Iron

required when infant is developmentally ready- choose one or more of the following

infant cereal		**0 - 1/2 oz eq**
meat/poultry/fish/whole egg		**0 - 4 Tbsp**
cooked dry beans and peas		**0 - 4 Tbsp**
cheese		**0 - 2 oz**
yogurt/cottage cheese		**0 - 4 oz**

Fruits or Vegetables

required when infant is developmentally ready

fruits, vegetables, or portions of both		**0 - 2 Tbsp**

Snack

3 required components when developmentally ready

Breastmilk or Formula

required for all infants

	birth - 5 mos	6 - 11 mos
breastmilk, formula, or portions of both	**4 - 6 oz**	**2 - 4 oz**

Grains

required when infant is developmentally ready- choose one or more of the following

bread		**0 - 1/2 oz eq**
crackers		**0 - 1/4 oz eq**
infant cereal		**0 - 1/2 oz eq**
cereal, dry: flakes or rounds		**4 Tbsp or 1/4 cup**
cereal, dry: puffed		**5 Tbsp or 1/3 cup**

Fruits or Vegetables

required when infant is developmentally ready

fruits, vegetables, or portions of both		**0 - 2 Tbsp**

Please note, portions listed are minimums. Serving larger portions is encouraged.

JUNE 2022

Meal Pattern for Infants

Important Reminders

Breastmilk and Formula

- Breastmilk, iron-fortified infant formula, or portions of both, must be served to infants birth through 11 months of age.
- Breastmilk is recommended in place of formula from birth through 11 months.
- Breastmilk is creditable for children of any age.
- Some breastfed infants consume less than the minimum amount of breastmilk per feeding. A meal containing less than the minimum amount of breastmilk may still be claimed as long as additional breastmilk is offered at a later time.
- Infant formula must be iron-fortified. Facilities must offer at least one infant formula. It is strongly encouraged to offer two; one milk-based and one soy-based.
- If an infant is not yet ready for solids, then a meal containing only breastmilk or formula is creditable, regardless of whether the parent or provider provides it.
- When a parent or guardian chooses to provide breastmilk or iron-fortified infant formula and the infant is consuming solid foods, the institution or facility must supply all other required meal components in order for the meal to be reimbursable.
- Meals in which a mother directly breastfeeds her infant at the institution or facility are eligible for reimbursement.

Fruits & Vegetables

- Fruit and vegetable juices must not be served.
- Fruits and vegetables may be served as separate items or may be combined (e.g. apple/banana/pumpkin).

Grains

- Grain items (bread, soft tortilla, crackers, teething biscuit, ready-to-eat breakfast cereals) must be whole grain, enriched, or made from whole grain or enriched meal or flour.
- Infant cereal must be iron-fortified.
- Only ready-to-eat breakfast cereals containing 6 g of sugar or less per dry ounce may be served. See the *Florida WIC-Approved Cereal List*.

Solid Foods

- The gradual introduction of solid foods may begin at 6 months of age, or before or after 6 months of age if it is developmentally appropriate for the infant.
- Once an infant is developmentally ready to accept solid foods, the institution or facility is required to offer them to the infant.
- Solids must be of an appropriate texture and consistency and should only be introduced after consulting with the infant's parent or guardian.
- Parents or guardians should request in writing when an institution or facility should start serving solid foods to their infant.
- Solids can be either home-prepared baby foods or commercially-prepared baby foods.
- If commercially-prepared combination foods are offered (e.g. chicken and rice), documentation from the manufacturer must be on file stating the portion of each component.
- Do not serve honey or food that contains honey to infants less than one year of age - honey may contain botulinum spores, which can be harmful to infants.
- Yogurt must have no more than 23 g sugar/ 6 oz. Soy yogurt is not creditable for infants.

Infant Feeding Policy

One of the main goals of the Child Care Food Program (CCFP) is to safely serve nutritious meals and snacks that meet program meal pattern requirements and are appetizing to children. To help achieve this goal, there are two main policies regarding infants that child care providers must meet when participating in the CCFP.

POLICY I

Child care providers participating in the Child Care Food Program must offer program meals to all children, including infants, who are enrolled for child care.

By agreeing to participate in the CCFP, you are obligated to offer program meals to ***all children including infants***. Offering program meals to infants must be based on whether the baby is enrolled for care – not whether the baby is enrolled for the CCFP. As long as the baby is in care during the meal service period, you are obligated to offer the baby a meal that meets CCFP requirements.

To comply with Policy I, **child care providers must**:

- Require parents to complete the "Infant Feeding Form" (see sample on the following page). If you use anything other than the sample provided, you must have prior written approval by the Department of Health. The "Infant Feeding Form" must be kept on file at the child care facility.

  PLEASE NOTE: Head Start/Early Head Start facilities are not required to provide this form to parents. Head Start facilities are required to participate in the CCFP and have more comprehensive requirements and forms.

- Select at a minimum, one approved iron-fortified **milk-based** or **soy-based** formula to offer formula fed babies. It is strongly recommended to offer more than one type.

*****IMPORTANT*****

Refer to the *Creditable Infant Formulas* fact sheet on our website under Nutrition and Menu Planning /Feeding Infants at: www.floridahealth.gov/ccfp/ and on a subsequent page of this workbook.

PLEASE NOTE: Head Start/Early Head Start facilities provide infants with the brand of formula they currently use at home.

Also, parents may prefer to supply their own formula.

Child Care Food Program

Infant Feeding Form

Child care facility: Please fill in facility name and formulas offered before distributing to parents.	
Child Care Facility Name:	
*Formulas offered at this facility: Milk-based:	
Soy-based:	

This child care facility participates in the Child Care Food Program (CCFP) and is required to offer infant formula and food to your baby. The CCFP provides reimbursement for healthy meals provided and served to your baby while in our care. Our child care staff have been trained in infant feeding practices and offer age appropriate foods for your baby.

We welcome breastfed babies and support and encourage moms to continue breastfeeding when returning to work or school. For formula fed infants, we offer the iron-fortified infant formulas listed above to babies in our care.

To qualify for reimbursement, infant meals and snacks must include, at a minimum, the following food components at appropriate age and developmental stages:

- ~ Breastmilk or iron-fortified infant formula (or a combination of both)
- ~ Iron-fortified infant cereal
- ~ A variety of texture-appropriate vegetables and fruits such as sweet potatoes, bananas, and peas.
- ~ A variety of texture-appropriate meat and meat alternates such as chicken, yogurt, and cheese.
- ~ Bread, crackers, Florida WIC-approved ready-to-eat cold cereals

Please be aware this child care facility:

- ~ Will offer all food components to each infant that is developmentally ready to accept them. Parents do not have to bring in any foods for their children.
- ~ Can feed solid foods to infants in a bottle only when a medical statement is provided.
- ~ May request parents to supply clean, sanitized and labeled bottles on a daily basis.
- ~ Requires the parent to label bottles of breastmilk or formula and containers of food that they provide with baby's name, date, and time of bottle or food preparation.

Parents please complete the following:

Baby's full name: _____ Date of Birth: _____

Please check ✓ this box ❒ if your baby is breastfed. Please check if you plan to do one or both:

Provide pumped breastmilk ❒ Visit facility to nurse ❒

I understand that this child care facility will supply the above iron-fortified formulas for formula-fed infants up to 12 months of age and infant cereal and baby food for infants 6 months and older, according to the CCFP requirements.

I prefer to supply my own formula (write in name of *formula): _____

This facility has not requested or required me to provide infant formula or food.

Parent Signature: _____ Date: _____

Printed Name of Parent: _____

*Please note: Early Head Start facilities provide the brand of formula you currently give your infant as well as all age-appropriate food

POLICY II

Child care providers must ensure that each meal served to infants (birth through 11 months) meets requirements for the appropriate age group as stated in the CCFP Meal Pattern for Infants.

The CCFP Meal Pattern for Infants assures well balanced meals that supply the kinds and amounts of foods that babies require to help meet their daily nutrient and energy needs. Infant meals must contain the food components in the amounts indicated for each age group of the infant meal pattern to qualify for reimbursement.

Babies should be fed when they are hungry, not by a strict schedule. An infant meal (breakfast, lunch or supper, and snack) is reimbursable as long as the required food components and amounts are offered to the baby during the course of the day that the baby is in child care. **Solid foods should be introduced around 6 months of age.**

To comply with Policy II, **child care providers must**:

- Purchase and supply all food components of the infant meal pattern with the exception of parent-provided component:
  - Parent may supply one component (breastmilk or formula or solid food)
- Offer the following food components according to the meal types and age groups required by the CCFP Meal Pattern for Infants:
  - Breastmilk, or iron-fortified infant formula, or a combination of both
  - Iron-fortified infant cereal and
  - Bread and/or crackers and ready-to-eat cereal with 6 grams of sugar/ounce or less
  - Vegetable and/or fruit (juice is not creditable)
  - Meat, fish, poultry or meat alternates (eggs, cooked dry beans or peas, cheese, cottage cheese, yogurt – must not be more than 23 grams of sugar per 6 ounces)
- Offer solid foods:
  - To infants who are developmentally ready to accept them (see bullets below)
  - Of an appropriate texture and consistency
  - After consulting with parents

Signs Baby is Ready for Solids (based on the American Academy of Pediatrics):

- Infant is able to sit in a high chair or infant seat with good head control;
- Infant opens his or her mouth when food comes his or her way. He or she may watch other eat, reach for food, and seem eager to be fed;
- Infant can move food from a spoon into his or her throat; and
- Infant has doubled his or her birth weight and weighs 13 pounds or more.

****IMPORTANT****

Remember you can only be reimbursed for 2 meals and 1 snack or 2 snacks and 1 meal per child in the CCFP.

To be reimbursable, a meal and/or snack must contain the required food components and minimum amounts.

Feeding Infants Using Ounce Equivalents for Grains

in the Child and Adult Care Food Program

Grains in the form of bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals are an important part of meals and snacks in the Child and Adult Care Food Program (CACFP). To make sure infants get enough grains, required amounts of grain items are listed in the infant meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food.

As a reminder, iron-fortified infant cereal is the only grain that may count toward a reimbursable breakfast, lunch, or supper in the CACFP infant meal pattern. You may serve bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals as part of a reimbursable snack.

Reminder!

Infant cereals and ready-to-eat cereals must be iron-fortified. Ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce.

All grains served must be enriched, fortified, or whole grain-rich.

Breakfast/Lunch/Supper

Grain Item	Requirements
Iron-Fortified Infant Cereal; or meats/meat alternates; or both	0-½ oz eq

Snack
(choose at least one item below)

Grain Item	Requirements
Bread/Bread-like Items; or	0-½ oz eq
Crackers; or	0-¼ oz eq
Iron-Fortified Infant Cereal; or	0-½ oz eq
Ready-to-Eat Cereal	0-¼ oz eq

Using the Grains Measuring Charts

The Grains Measuring Charts on pages 3–4 tell you how much bread/bread-like items, crackers, iron-fortified infant cereal, and ready-to-eat cereals you need to serve to meet CACFP infant meal pattern requirements. To use these charts:

1. Find the chart that applies to the grain item you want to serve: Iron-Fortified Infant Cereal (Page 3), Bread/Bread-Like Items (Page 3), Ready-To-Eat Cereal (Page 4), Crackers (Page 4).

2. Find the grain you want to serve under the "Grain Item and Size" column.

3. Check if the chart lists a size or weight by the name of the grain. If the chart:

   - **Lists a weight** for the grain, such as ***at least 28 grams***, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same or more than the grain on the chart. See page 5.
   - **Lists a size** for the grain, such as ***about 2" by 2"***, then check if the item is the same size or larger than this amount. See page 6.
   - **Does not list a weight or size** for the grain, then you do not need to check the size or weight of the product before using the chart.

Grains Measuring Chart for the CACFP Infant Meal Pattern

Grain Item and Size
Bread at least 28 grams
Cracker, Saltine (about 2" by 2")
Iron-Fortified Infant Cereal (single and multigrain)

Reminder!

Do not offer babies crackers containing seeds and nuts. These items can increase a baby's risk of choking.

Reminder!

Cut breads and bread-like items into thin strips or small pieces no larger than ½ inch. This will reduce the risk of a baby choking.

BREAD/BREAD-LIKE ITEMS = ½ oz eq

IRON-FORTIFIED INFANT CEREAL = ½ oz eq

Grains Measuring Chart for the CACFP Infant Meal Pattern

Grain Item and Size		½ oz eq is about…	Creditable at Meals or Snacks?
Biscuit at least 28 grams	★	½ biscuit or 14 grams	Snack only
Bread at least 28 grams	★	½ slice or 14 grams	Snack only
Bun or Roll (entire bun or roll) at least 28 grams	★	½ bun/roll or 14 grams	Snack only
Corn Muffin at least 34 grams	★	½ muffin or 17 grams	Snack only
English Muffin (top and bottom) at least 56 grams	★	¼ muffin or 14 grams	Snack only
Iron-Fortified Infant Cereal (single and multigrain)		4 tablespoons (¼ cup) dry	Breakfast, lunch, supper, snack
Pancake at least 34 grams	★	½ pancake or 17 grams	Snack only
Pita Bread/Round at least 56 grams	★	¼ pita or 14 grams	Snack only
Tortilla, Soft, Corn (about 5 ½")	■	¾ tortilla or 14 grams	Snack only
Tortilla, Soft, Flour (about 6")	■	½ tortilla or 14 grams	Snack only
Tortilla, Soft, Flour (about 8")	■	¼ tortilla or 14 grams	Snack only
Waffle at least 34 grams	★	½ waffle or 17 grams	Snack only

★ Check that the item you want to serve weighs this amount, or more.
See "Using the Nutrition Facts Label" on page 5 for more information.

■ Check that the item you want to serve is about this size or larger.
See "Grains Measuring Tools" on page 6 for more information.

CRACKERS = ¼ oz eq

READY-TO-EAT CEREALS = ¼ oz eq

Grains Measuring Chart for the CACFP Infant Meal Pattern

Grain Item and Size	¼ oz eq is about…	Creditable at Meals or Snacks?
Cereal, Ready-to-Eat: Flakes or Rounds (e.g., o-shaped cereal)	4 tablespoons (¼ cup) or 7 grams	Snack only
Cereal, Ready-to-Eat: Puffed (e.g., crispy puffed rice cereal)	5 tablespoons (~⅓ cup) or 7 grams	Snack only
Cracker, Animal (about 1 ½" by 1")	■ 4 crackers or 7 grams	Snack only
Cracker, Bear-shaped or Similar, Sweet (not honey flavored) (about 1" by ½")	⬢ ■ 6 crackers or 7 grams	Snack only
Cracker, Cheese, Square, Savory (about 1" by 1")	■ 5 crackers or 6 grams	Snack only
Cracker, Fish-shaped or Similar, Savory (about ¾" by ½")	■ 11 crackers or 6 grams	Snack only
Cracker, Graham (not honey flavored) (about 5" by 2 ½")	⬢ ■ ½ cracker or 7 grams	Snack only
Cracker, Round, Savory (about 1 ¾" across)	■ 2 crackers or 6 grams	Snack only
Cracker, Round, Savory, Mini (about 1" across)	■ 4 crackers or 6 grams	Snack only
Cracker, Saltine (about 2" by 2")	■ 2 crackers or 6 grams	Snack only
Cracker, Thin Wheat, Square, Savory (about 1 ¼" by 1 ¼")	■ 3 crackers or 6 grams	Snack only
Cracker, Zwieback (not honey flavored)	⬢ 1 cracker or 6 grams	Snack only

⬢ Honey should never be fed to babies younger than 1 year.

■ Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Using the Nutrition Facts Label

Some items on the Grains Measuring Charts may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart:

Example #1: Pita Bread/Round (1 item in a serving)

1. Find the grain item and its size in the Grains Measuring Chart.

Grain Item and Size
Pita Bread/Round at least 56 grams

The pita bread/round you are comparing must weigh ***at least 56 grams*** to use the chart as a guide to the minimum serving amount.

- If the pita bread/round you want to serve is ***at least 56 grams***, then you can serve that item.
- If the pita bread/round is lighter in weight than the item listed on the Grains Measuring Chart, see page 6.

Nutrition Facts

6 Servings Per Container
Serving Size **1 Round (57g)**

Example #2: Pancakes (more than 1 item in a serving)

1. Find the grain item and its size in the Grains Measuring Chart.
2. Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size. One serving of pancakes weighs 117 grams.
3. Using the Nutrition Facts label, find out how much is in one serving (for example, the number of pancakes). There are three pancakes in one serving.
4. If there is more than one of an item in a serving, you will need to find the weight of each item. In this example, the serving size is three pancakes.

Grain Item and Size	½ oz eq is about…
Pancake at least 34 grams	½ pancake or 17 grams

Nutrition Facts

4 Servings Per Container
Serving Size **3 Pancakes** **(117g)**

Divide the weight of the serving by the number of items in one serving to find the weight of one item.

117 grams ÷ 3 pancakes = 39 grams per pancake

Serving Weight *Serving Size* *Weight of Each Item*

Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?

☑ **Yes:** In the example above, pancakes must weigh at least 34 grams in order to use the Grains Measuring Chart. Because each pancake weighs 39 grams, you may use the chart as a guide for the minimum serving amount.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If the answer is "yes", you will need to use another method to determine how much of a grain item to serve in order to meet CACFP infant meal pattern requirements. You could:

- Enter information from the Nutrition Facts label into the "Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool."* This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the "FBG Recipe Analysis Workbook (RAW)"* to determine the ounce equivalents per serving for standardized recipes.

*Available at foodbuyingguide.fns.usda.gov.

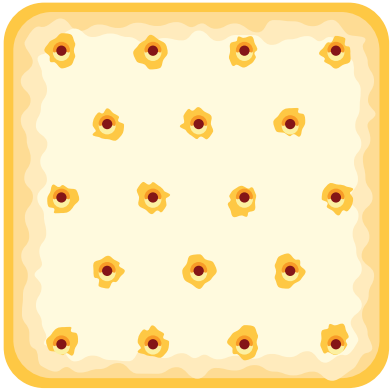
Note: Make sure the food you are entering is creditable for infants. For more information, see "Feeding Infants in the CACFP's Appendix F: Infant Foods List" at fns.usda.gov/sites/default/files/resource-files/FI_AppendixF.pdf.

Grains Measuring Tools

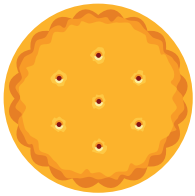
Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

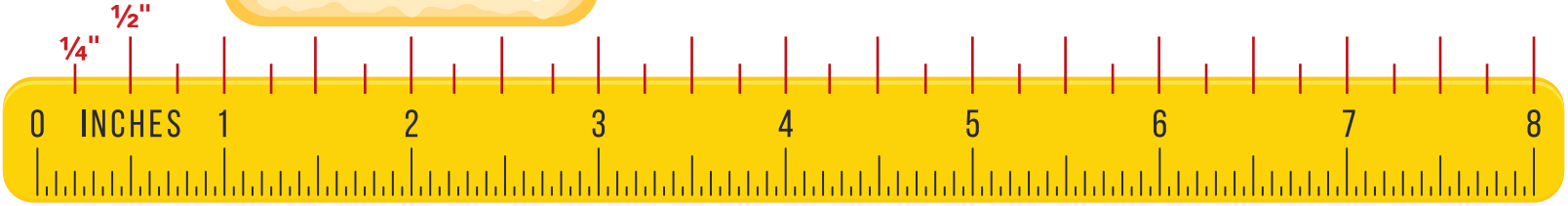
Guides appear as actual size when this worksheet is printed at 100% on standard 8.5" by 11" paper.

2" by 2"



1" across





Crediting Store-Bought Combination Baby Foods in the Child and Adult Care Food Program

Combination baby foods are foods that include a mixture of two or more foods, such as meat and vegetables. Under certain circumstances, these foods may be counted toward a reimbursable infant meal or snack in the U.S. Department of Agriculture's Child and Adult Care Food Program (CACFP).

Before serving a store-bought combination baby food, check with your State agency or sponsoring organization. It may require you to have the baby food packaging, a Product Formulation Statement, or other form of documentation to show how the food credits toward the CACFP infant meal pattern.

How Much of the Combination Baby Food Needs to be Offered?

In the CACFP infant meal pattern*, amounts of food served at meals and snacks are shown as ranges, such as 0 to 2 tablespoons. This range lets you introduce new foods slowly when the infant is developmentally ready. Once a baby is regularly eating a food, offer the infant the full amount of the food (the uppermost range).

Combination baby foods should be offered only after the infant has been introduced to the individual ingredients in the combination food. For example, before an infant is given a chicken and vegetable combination baby food, the infant should have already been introduced to both chicken and the vegetable individually as single component foods. More information on the introduction of foods is available at fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program.

Since infants eating combination baby foods have already shown that they are developmentally ready and accepting of each food in the combination baby food, you must ensure that the combination baby food package provides the full, required amount of the food component. If it does not, you must offer more food from that component to meet the full amount of the food.

Remember, this amount must be *offered* to the infant, but the infant does not have to eat all of it.

*For information on the CACFP infant meal pattern, please see the "Feeding Infants in the Child and Adult Care Food Program" guide at fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program.

Required Amounts of Food Components at Meals and Snacks

Breakfast, Lunch, Supper*

- **Grains/Meats/Meat Alternates:** ½ oz eq (4 tbsp) iron-fortified infant cereal or 4 tbsp meat, fish, poultry, whole eggs, cooked dry beans or peas; or ½ cup (4 oz) yogurt or cottage cheese; or a combination.
- **Vegetables/Fruit:** 2 tbsp vegetable, fruit, or both.

Snack*

- **Grains:** ½ oz eq (4 tbsp) infant cereal, ½ oz eq of bread/bread-like items, ¼ oz eq ready-to-eat breakfast cereal, or ¼ oz eq crackers.
- **Vegetables/Fruit:** 2 tablespoons fruit, vegetable or a combination of both.

*You must also offer a baby breastmilk and/or iron-fortified infant formula at breakfast, lunch, supper, and snack.

How Do I Credit Combination Baby Foods?

Follow the steps below to see how combination baby foods count toward a reimbursable meal or snack.

1 Look for the creditable ingredient(s) in the baby food. What component(s) do the ingredient(s) credit toward?

The charts below and on page 3 show some common ingredients that are and are not creditable in the CACFP infant meal pattern. Although there are ingredients that may not be creditable, if there is at least one creditable component, the combination baby food may be offered.

Look for combination baby foods that are made with few or no non-creditable ingredients. This will help ensure the infant gets the nutrition he or she needs for growth and development.

Creditable

Food Item	Food Component
Beans	Grains/Meats/Meat Alternates or Vegetables/Fruit
Cheese (natural or processed)	Grains/Meats/Meat Alternates
Fin fish and shellfish	Grains/Meats/Meat Alternates
Fruits (not freeze-dried, not juice)	Vegetables/Fruit
Iron-fortified infant cereal*	Grains/Meats/Meat Alternates
Meats (beef, pork)	Grains/Meats/Meat Alternates
Poultry (chicken, turkey)	Grains/Meats/Meat Alternates
Ready-to-Eat Cereal	Grains (creditable at snack only)
Vegetables (not freeze-dried, not juice)	Vegetables/Fruit
Yogurt (not soy yogurt)	Grains/Meats/Meat Alternates

*At snack, iron-fortified infant cereal counts toward the grains component, as there is no required meats/meat alternates component at snack.

For more information on creditable foods in the infant meal pattern, see "Appendix F: Infant Foods List" in the "Feeding Infants in the Child and Adult Care Food Program" guide at fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program.

Not Creditable	
Food Item	
Barley	Nuts and seeds
Cooked grains	Nut and seed butters
Dried or powdered cheese*	Oats
Freeze-dried vegetables and fruit (e.g., banana)	Quinoa
Granola	Rice
Macaroni and other pastas	Soy yogurt
Millet	Wheat
Mixed grains	

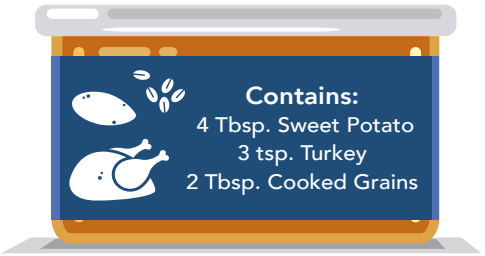
*According to the Food and Drug Administration, dried or powdered cheese does not meet the definition of "cheese."

2 Does the combination baby food only include ingredients from one food component?

- **Yes.** If the combination baby food only has ingredients from one food component, go to Step 4. You can also see Example #1 (Page 5) on how to credit this food.
- **No.** Go to Step 3.

How Do I Credit Combination Baby Foods? (continued)

3 Is the amount of each creditable ingredient listed on the food container as a unit of volume (i.e., cups, tablespoons (tbsp), or teaspoons (tsp), etc.)?



- **Yes.** If the amount of each ingredient is listed as a unit of volume, such as cups, tbsp, tsp, etc., go to Step 4. You can also see Example #2 (Page 5) on how to credit this food.

Ingredients:
65% organic bananas, 30% water, 3% organic oat flour, 1% organic barley flakes, 0.277% organic cinnamon, 0.1% organic lemon juice concentrate.

- **No.** Is the amount of each of the ingredients listed as a percentage of the total weight? If so, you may need to calculate the amount of each ingredient to determine the number of tbsp, tsp, etc., or request more information from the manufacturer. See Example #3 on page 6.

- **No.** If the package does not list the volume or percentage of each creditable ingredient, then you will need more information from the manufacturer, such as a Product Formulation Statement. For more information on a PFS, see fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf.

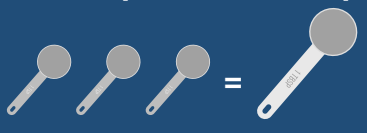
4 Compare the amount of each food component in the container with the amount required in the CACFP infant meal pattern.

- If the food has more than one ingredient from the same component, add the volume (cups, tbsp, tsp, etc.) of the ingredients together to see the total amount from the food component.
- If the volume (cups, tbsp, tsp, etc.) of ingredients that credit toward a food component is less than the required amount for that food component, additional foods are needed.

Converting to Tablespoons

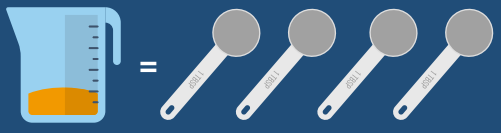
If the package lists amounts in teaspoons or cups, see the information below for how many tablespoons are in that amount.

3 teaspoons (3 tsp) = 1 tablespoon (tbsp)



⅛ cup = 2 tablespoons (tbsp)

¼ cup = 4 tablespoons (tbsp)



Let's Practice

Example 1: Sweet Potato, Apple, & Corn

Ingredients: sweet potato puree, apple puree, yellow corn.

Step 1. Look for the creditable ingredients. What component(s) do the ingredient(s) credit toward?

The creditable ingredients are sweet potato, apple, and corn. All the ingredients credit toward the vegetables/fruit component.

Step 2. Does the combination baby food only include ingredients from one food component?

Yes. Sweet potato, apple, and corn are all creditable ingredients from the vegetables/fruit component. There are no other ingredients in this baby food.

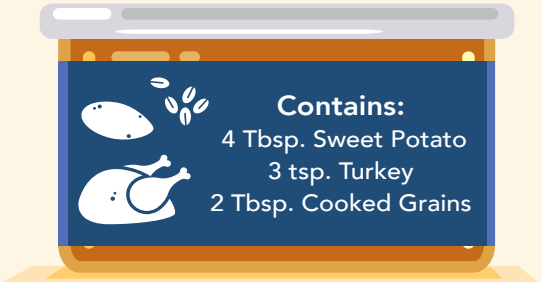
Step 3. Is the amount of each creditable ingredient listed on the food container as a unit of volume (i.e., cups, tablespoons (tbsp), or teaspoons (tsp), etc)?

This food only contains ingredients from one food component (vegetables/fruit), so we do not need to know the amount of each ingredient.

Step 4. Compare the amount of each food component in the container with amount required in the CACFP infant meal pattern.

☑ The infant meal pattern requires that you offer 2 tbsp of vegetables/fruit at CACFP meals and snacks. Because this food only contains ingredients from one food component, you can offer an infant 2 tbsp of this food to fulfill the vegetables/fruit component.

Example 2: Turkey & Sweet Potato Dinner



Step 1. Look for the creditable ingredients. What component(s) do the ingredient(s) credit toward?

The creditable ingredients are sweet potato and turkey. Sweet potatoes credit toward the vegetables/fruit component and turkey credits toward the grains/meats/meat alternates component component.

This food also contains cooked grains, which are not creditable in the infant meal pattern.

Step 2. Does the combination baby food only include ingredients from one food component?

No. This food has ingredients that credit toward two different food components.

Step 3. Is the amount of each creditable ingredient listed on the food container as a unit of volume (i.e., cups, tablespoons (tbsp), or teaspoons (tsp), etc.)?

Yes. This tub of combination baby food lists 4 tbsp of sweet potatoes and 3 tsp of turkey per container.

Step 4. Compare the amount of each food component in the container with the amount required in the CACFP infant meal pattern.

The infant meal pattern requires that you offer:

- 2 tbsp of vegetables/fruit at CACFP meals and snacks, and
- 4 tbsp grains/meats/meat alternates at breakfast, lunch, and supper.

☑ Because this tub offers 4 tbsp of vegetables/fruit, one tub of this food fulfills the vegetables/fruit component.

⚠ However, this tub only offers 3 tsp (1 tbsp) of meats/meat alternates. You must offer 3 tbsp more of an iron-fortified infant cereal and/or meats/meat alternates to fulfill the full 4 tbsp of the grains/meats/meat alternates component.

Example 3: Granola With Banana and Cinnamon

Ingredients:
65% organic bananas, 30% water, 3% organic oat flour, 1% organic barley flakes, 0.277% organic cinnamon, 0.1% organic lemon juice concentrate.

Step 1. Look for the creditable ingredients. What component(s) do the ingredient(s) credit toward?

The creditable ingredient is banana. Bananas credit toward the vegetables/fruit component.

Step 2. Does the combination baby food only include ingredients from one food component?

No. The food also contains water, oat flour, barley flakes, and other items that do not credit toward the vegetables/fruit component.

Step 3. Is the amount of each creditable ingredient listed on the food container as a unit of volume (i.e., cups, tablespoons (tbsp), or teaspoons (tsp), etc.)?

No. The amount of each ingredient is listed as a percentage of the total weight.

Step 4. Compare the amount of each food component in the container with amount required in the CACFP infant meal pattern.

Because the jar lists amounts of the ingredients in percentages of the total weight, you will need to use the Food Buying Guide for Child Nutrition Programs (foodbuyingguide.fns.usda.gov) to determine the amount that may be credited toward the meal pattern. Please contact your State agency or sponsoring organization for assistance and documentation requirements. You may also request a Product Formulation Statement (PFS) from the manufacturer that shows the amount of each ingredient in cups, tablespoons (tbsp), or teaspoons (tsp), etc. For more information on a PFS, see fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf.

Is Your Facility Breastfeeding Friendly?

A facility that is Breastfeeding Friendly:

- Provides an atmosphere that welcomes and promotes breastfeeding as a normal method of feeding infants
- Helps mothers continue to breastfeed when they return to work or school
- Makes breastfeeding resources available to parents
- Feeds infants on cue and coordinates feeding times with parent's schedule
- Trains staff so they are able to support breastfeeding parents
- Has a written breastfeeding policy

If you think your center or home is Breastfeeding Friendly, complete the following information and the self-assessment on the back. Mail this completed form and a copy of your breastfeeding policy to the address below. Facilities that answer "Yes" to all six standards and whose policy supports breastfeeding will be designated as a Breastfeeding Friendly Child Care Facility. Facilities will be awarded a certificate and window cling to display at the center or home. The certificate expires after 2 years and you will need to complete another self-assessment at that time.

If your facility is not ready to apply yet and you would like more information on becoming a Breastfeeding Friendly Child Care Facility, contact us at the address below.

CCFP Authorization Number: _____

Facility Name: _____

Sponsor Name (if applicable): _____

Facility Address: _____

City: _____State: _____Zip: _____

Number of infants (under 12 months of age) currently in care: _____

Contact Information:

Krista Schoen
Florida Department of Health
Bureau of Child Care Food Programs
4052 Bald Cypress Way, Bin A-17
Tallahassee, FL 32399
E-mail: krista.schoen@flhealth.gov
Phone: 850-245-4323 FAX: 850-414-1622

Breastfeeding Friendly Self-Assessment

1. *Our facility provides an atmosphere that welcomes and promotes breastfeeding.* Yes___ No___

The facility encourages mothers to visit and breastfeed during the day, if their schedules permit. Facility employees are also encouraged to breastfeed their infants in care. There are breastfeeding posters on display and learning/play materials that promote breastfeeding (e.g. books that contain pictures of babies or animals nursing).

2. *Our facility helps mothers continue to breastfeed their babies when they return to work or school.* Yes___ No___

Parents are told about the facility's policies and services regarding breastfeeding. The facility's information packet for new families includes information on breastfeeding that is not provided by or produced by formula companies. There is a quiet comfortable place that mothers can feed their babies or express breast milk.

3. *Our facility has accurate written materials on breastfeeding topics available for all parents.* Yes___ No___

Staff is familiar with written materials and available community resources (support groups, La Leche League, lactation consultants, and local WIC agency) and refers moms as appropriate.

4. *Our facility feeds infants on cue and coordinates feeding times with the mother's normal schedule.* Yes___ No___

Breastfed babies do not receive food or drink (other than breast milk) unless indicated. Parents are asked what they want the facility to do if mom will be late and their baby is hungry or the supply of breast milk is gone.

5. *Our facility trains all staff so they are able to support breastfeeding.* Yes___ No___

Facility staff convey a positive attitude that moms can return to work and continue to breastfeed and that the facility can help them. Staff is trained about the benefits and normalcy of breastfeeding; the preparation, storage, and feeding of breast milk; and resources available for staff and parents.

6. *Our facility has a written policy that reflects the facility's commitment to breastfeeding*. Yes___ No___

Staff is familiar with the policy and it is available so that staff can refer to it.

Enclosed is a copy of our facility's Breastfeeding Policy.

Name of Facility Director: _____ Signature: _____

Phone: _____ E-mail: _____

Special Needs Meals in the CCFP

Meal Modifications due to Disability or Preference

Reasonable modifications **must** be made for children with disabilities that restrict their diet. Section 504 of the Rehabilitation Act of 1973 defines a person with a disability as any person who has a physical or mental impairment which substantially limits one or more "major life activities." Major life activities are broadly defined and include, but are not limited to, eating, digestion, and feeding skills.

Most physical and mental impairments will constitute a disability. Examples of a disability may include diabetes, food allergy or intolerance, developmental delay, or autism.

A physical or mental impairment does not need to be life-threatening to constitute a disability. For example, a food allergy does not need to cause anaphylaxis to be considered a disability. A non-life-threatening allergy may be considered a disability and require a meal modification, if it impacts a major bodily function or other major life activity.

A child's impairment also may be considered a disability even if medication or other mitigating measures reduce the impact of the impairment.

CCFP providers that fail to make appropriate meal modifications for children with disabilities could be found in violation of Federal civil rights laws.

CCFP providers must make reasonable modifications due to disability regardless of whether the participating facility prepares meals on site or receives catered meals.

When substitutions are made and the meal pattern is *not* met, a medical statement is required and must be signed by a physician, physician's assistant (PA), or nurse practitioner (ARNP). Please note, providers may not unduly delay providing the modification while awaiting the medical statement, but should begin providing a reasonable modification to keep the child safe.

Meals with substitutions that meet all meal pattern requirements are reimbursable and no medical statement is needed. A note from the parent/guardian should be on file. CCFP providers are not required, but strongly encouraged, to make meal modifications due to parent or child preference.

Modifications Outside of the Meal Pattern

When substitutions are made and the meal pattern is not met, a medical statement is required. In this situation, the medical statement must include the following:

- ☑ Description of the child's physical or mental impairment that restricts diet.
- ☑ An explanation of what must be done to accommodate the disability, e.g., listing food(s) to be omitted and the food(s) to be substituted or any necessary adaptive feeding equipment.
- ☑ Signature of a licensed physician, physician's assistant (PA), or nurse practitioner (ARNP).

A parent/guardian may supply *one or more* components of the reimbursable meal as long as the child care provider provides at least one required meal component.

Providers *cannot require* parents to bring in the substitute(s).

Modifications Within the Meal Pattern

Meals with substitutions that meet all meal pattern requirements are reimbursable and no medical statement is needed. A note from the parent/guardian should be on file. CCFP providers are not required, but strongly encouraged, to make meal modifications due to parent or child preference.

Requests for modifications can be made due to preference (e.g. religious preference or vegetarianism). Providers are strongly encouraged to accommodate requests due to preference, but are not required to do so. For example, the child care provider can substitute lactose-free milk in place of "regular" cow's milk or substitute meat alternates for a child who does not eat meat.

A parent/guardian may supply *only one* component of the reimbursable meal as long as the child care provider provides all other required components. Any parent-provided component must be creditable.

Providers *cannot require* parents to bring in a food substitute.

Milk substitutions due to preference - soy milk:

Child care providers *or* parents may provide a non-dairy beverage (e.g., soy milk) that is nutritionally equivalent to the fluid milk component of the meal pattern. For the meal to be reimbursable, the beverage must be listed on the current *CCFP Approved Milk Substitution List for Children Ages 1 and Older* on the CCFP website under Nutrition and Menu Planning/Special Dietary Needs at: www.flhealth.gov/ccfp/

The following must be maintained on file:

- ☑ A letter from the parent/guardian requesting a nutritionally equivalent milk substitute (e.g. soy milk) is required if no medical statement is on file. The letter must state whether the parent/guardian or the center will provide the milk substitute.

If parent/guardian *prefers* to provide the approved soy milk, it must be in the original container and labeled with the child's name. Providers cannot require parents to bring in the substitute.

All other milk substitutes (e.g., almond milk, rice milk, coconut milk): These milks are not nutritionally equivalent to fluid cow's milk and require a medical statement to be served as part of a reimbursable meal.

Section 504 Coordinator and Grievance Procedure

CCFP contractors and sites that employ 15 or more individuals (full-time or part-time) must designate at least one person to coordinate compliance with disability requirements and must also establish grievance procedures that incorporate appropriate due process standards and that provide for the prompt and equitable resolution of complaints.

Responsibilities of the Section 504 Coordinator include: reviewing requests for meal modifications; determining what modifications(s) will be provided; ensuring proper documentation is received; and communicating with parents or guardians or medical provider for clarification on meal modification(s) to best accommodate a child's disability.

It is recommended that CCFP contractors and sites employing less than 15 individuals have someone on staff acting as a 504 Coordinator to provide technical assistance on meal modifications.

Please note: Section 504 Coordinator responsibilities do not require additional staff or budget changes.

Child care providers are encouraged to contact the nutrition section at the state office at 850-245-4323 for assistance with meal modifications due to disability or preference.

Milk Substitutions & Creditable Milks In the Florida Child Care Food Program

For children ages one and older, CCFP regulations require that each child's breakfast, lunch, and supper must include fluid milk to be eligible for reimbursement. Fluid milk may also be served as one of the two components of a snack.

Creditable fluid milks include breastmilk, as well as pasteurized fluid types of cow or goat milk, lactose-free or lactose-reduced milk, UHT (Ultra High Temperature) milk, acidified or cultured milk, and organic milk.

Non-dairy fluid milk substitutions may be served when requested in writing the by child's parent or guardian. The written request must identify the medical or special dietary condition that restricts the diet of the child, such as milk allergy or vegan diet. For the meal to be reimbursable, the non-dairy beverage must be nutritionally equivalent to fluid milk. Child care providers or parents may provide the non-dairy beverage.

For Children Ages One through Five

The following non-dairy beverages meet required nutritional standards for approved milk substitutions*:*

8th Continent Soymilk Original	Great Value Original Soymilk	Silk Original Soymilk *	Kikkoman Pearl Organic Soymilk Smart Original *	Sunrich Naturals Original Soymilk *	Ripple Original Dairy Free Milk *
					

For Children Ages Six and Older

The following flavored non-dairy beverages meet required nutritional standards for approved milk substitutions*:*

8th Continent Soymilk Vanilla	Kikkoman Pearl Organic Soymilk Smart Vanilla *	Kikkoman Pearl Organic Soymilk Smart Chocolate *	Ripple Chocolate Dairy Free Milk *	Ripple Vanilla Dairy Free Milk *	Sunrich Naturals Vanilla Soymilk *	Silk Very Vanilla Soymilk *	Silk Chocolate Soymilk *
							

***SHELF-STABLE VERSION ONLY**

Non-dairy beverages must meet the following specific nutritional standards to be considered nutritionally equivalent to milk:

Nutrient	Requirement Per Cup	% of Reference Daily Intakes
Protein	8 grams	
Calcium	276 mg	About 28%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	About 22%
Potassium	349 mg	10%
Riboflavin	.44 mg	About 26%
Vitamin B_{12}	1.1mcg	About 18%

Child Care Food Program
Medical Statement for Meal Modifications

Child care facility staff must complete the following information.

Child's Name: _____ Date: _____

Name of Child Care Facility: _____

Facility Address: _____ Phone Number: _____

Child Care Facility Director Name: _____

Dear Parent/Guardian and Recognized Medical Authority:

Reasonable modifications *must* be made for children with disabilities that restrict their diet. A disability means any person who has a physical or mental impairment which substantially limits one or more major life activities including eating, digestion, and feeding skills. A physical or mental impairment does not need to be life threatening to constitute a disability. Examples of a disability may include diabetes, food allergy or intolerance, developmental delay, or autism.

When substitutions are made and the meal pattern is not met, a medical statement is required and must be signed by a physician, physician's assistant (PA), or nurse practitioner (ARNP).

Please return this completed form to the child care center. If you have any questions, please contact the facility.

A recognized medical authority must complete the following information.

Describe the physical or mental impairment that restricts the child's diet:

_____

Foods to be Omitted:	Foods to be Substituted**:**
_____	_____
_____	_____
_____	_____

Describe any textural modification, adaptive equipment, or other modifications required:

_____

_____ _____

Signature of Physician or Recognized Medical Authority
(For a disability – a Physician, PA, or ARNP must sign)

Date

_____ _____

Printed Name

Phone Number

A parent or guardian must complete the following information.

☐ Check box if request is regarding a religious or dietary *preference only* (medical authority signature not required)

This facility has not requested or required me to provide special food(s) for my child. I understand that my child care facility *is required* to provide special food(s) for children with disabilities. Requests for modifications due solely to preference are encouraged but not required.

Parent Signature: _____ Date: _____

Printed Name of Parent: _____ Parent Phone Number: _____

Instructions for Completing Menu Planning Worksheets

1. Complete top portion of worksheet: enter provider name; place a ✓ by appropriate age group(s) being served; and enter dates of menu week.
2. Enter the planned food components in the spaces provided.
3. Refer to Meal Pattern and Guidelines for Infants and Children when planning menus.
4. At the end of the month make a copy for your files and submit Menu Planning Worksheets to your sponsor.

Special Note: The Standard Infant Menu may be used in lieu of weekly Menu Planning Worksheets for Infants – if allowed by your sponsor.

Menu Planning Worksheet for Infants

For each day of the week, write down the menus for the meal served.

Name of Child Care Provider *Mae Wright* ✓ **Menu Planning Age Group(s):** ✓ **0-5 months** ✓ **6-11 months** **Week of** *Oct. 3-7* **20** *22*

	Infant meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breastmilk/Formula	*Breastmilk/ Gerber Good Start*	*Breastmilk/ Gerber Good Start*	*Breastmilk/ Gerber Good Start*	*Breastmilk/ Gerber Good Start*	*Breastmilk/ Gerber Good Start*		
	Vegetable/Fruit	*Peaches*	*Bananas*	*Prunes*	*Pears*	*Applesauce*		
	One or more of: Cereal, Meat, Egg, Beans, Yogurt	*Rice Cereal or Oatmeal*	*Rice Cereal or Oatmeal*	*Rice Cereal or Oatmeal*	*Rice Cereal or Oatmeal*	*Rice Cereal or Oatmeal*		
*MS (SNACK)	Breastmilk/Formula							
	Vegetable/Fruit							
	Cereal/Bread/Crackers							
LUNCH	Breastmilk/Formula	*Breastmilk/ Gerber Good Start*	*Breastmilk/ Gerber Good Start*	*Breastmilk/ Gerber Good Start*	*Breastmilk/ Gerber Good Start*	*Breastmilk/ Gerber Good Start*		
	Vegetable/Fruit	*Carrots*	*Peas*	*Squash*	*Sweet Potato*	*Green Beans*		
	One or more of: Cereal, Meat, Egg, Beans, Yogurt	*Strained Beef*	*Beans and Egg*	*Cottage Cheese*	*Strained Chicken*	*Strained Turkey*		
*AS (SNACK)	Breastmilk/Formula	*Breastmilk/ Gerber Good Start*	*Breastmilk/ Gerber Good Start*	*Breastmilk/ Gerber Good Start*	*Breastmilk/ Gerber Good Start*	*Breastmilk/ Gerber Good Start*		
	Vegetable/Fruit	*Sweet Potato*	*Peaches*	*Avocado & Pears*	*Apple & Kale*	*Banana*		
	Cereal/Bread/Crackers	*Toast Strips*	*Teething biscuit*	*Soft Pita Bread*	*Cheerios*	*Low Salt Crackers*		
SUPPER	Breastmilk/Formula							
	Vegetable/Fruit							
	One or more of: Cereal, Meat, Egg, Beans, Yogurt							
*ES (SNACK)	Breastmilk/Formula							
	Vegetable/Fruit							
	Cereal/Bread/Crackers							

Refer to Meal Pattern for Infants for serving size and appropriate foods when planning menus.

***MS = morning snack, *AS = afternoon snack, *ES = evening snack**

AT END OF MONTH SUBMIT WORKSHEET TO SPONSOR!

Name of Child Care Facility:_____

Standard Infant Menu

The following iron-fortified infant formulas are offered at this facility:

Milk-based: _____ Soy-based: _____

Note: Breastmilk offered when provided by parent.

Birth to 5 Months

Breakfast, Lunch/Supper, and Snack:

Breastmilk and/or iron-fortified infant formula

6 to 11 Months

Breakfast and Lunch/Supper:

Breastmilk and/or iron-fortified infant formula

*One or more of the following:

Infant cereal (dry infant cereal mixed with breastmilk and/or formula)
Variety of meats and poultry (cooked plain or from jar)
Fish (cooked plain, boneless)
Whole egg
Cooked dry beans/peas (cooked plain)
Cheese regular (plain, sliced thin or thin trips)
Cottage cheese
Yogurt

*A variety of vegetables and/or fruits:

Carrots	Applesauce
Green Beans	Bananas
Mixed vegetables	Mixed fruits
Peas	Peaches
Potatoes/sweet potatoes	Pears
Squash	

Snack:

Breastmilk and/or iron-fortified infant formula

*One or more of the following:

Bread (small pieces of bread or toast)
Crackers (small pieces of unsalted plain crackers or teething biscuits)
Infant cereal (dry infant cereal mixed with breastmilk and/or formula
Ready-to-eat cereal (ex: Cheerios, Chex)

*A variety of vegetables and/or fruits:

Carrots	Applesauce
Green Beans	Bananas
Mixed vegetables	Mixed fruits
Peas	Peaches
Potatoes/sweet potatoes	Pears
Squash	

*A serving of this component(s) is required when the infant is developmentally read to accept it.

Type(s) of milk offered: **One year olds:** ☐ unflavored whole **Two through five:** ☐ unflavored fat-free ☐ unflavored 1% **Six and older:** ☐ unflavored fat-free ☐ unflavored 1% ☐ flavored fat-free ☐ flavored 1%

	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.					
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c					
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					
	Meat/Meat Alternate (*optional)*					
LUNCH/SUPPER	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.					
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.					
	Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c					
	Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ¼ c					
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					
SNACK	**Select 2**					
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.					
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.					
	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c					
	Fruit: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c					
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					

The daily 100% whole grain or whole grain-rich serving must be noted on the menu (e.g. "WG bread" or "whole grain-rich crackers).

Menu Planning Worksheet for Infants

For each day of the week, write down the menus for the meal served.

Name of Child Care Provider_____ **✓Menu Planning Age Group(s):**____ **0-5 months** ____**6-11 months** **Week of**_____**20**_____

	Infant meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Breastmilk/Formula							
	Vegetable/Fruit							
	One or more of: Cereal, Meat, Egg, Beans, Yogurt							
*MS (SNACK)	Breastmilk/Formula							
	Vegetable/Fruit							
	Cereal/Bread/Crackers							
LUNCH	Breastmilk/Formula							
	Vegetable/Fruit							
	One or more of: Cereal, Meat, Egg, Beans, Yogurt							
*AS (SNACK)	Breastmilk/Formula							
	Vegetable/Fruit							
	Cereal/Bread/Crackers							
SUPPER	Breastmilk/Formula							
	Vegetable/Fruit							
	One or more of: Cereal, Meat, Egg, Beans, Yogurt							
*ES (SNACK)	Breastmilk/Formula							
	Vegetable/Fruit							
	Cereal/Bread/Crackers							

Refer to Meal Pattern for Infants for serving size and appropriate foods when planning menus.

***MS = morning snack, *AS = afternoon snack, *ES = evening snack**

AT END OF MONTH SUBMIT WORKSHEET TO SPONSOR!

Instructions for Completing Meal Count and Attendance Worksheets

Meal Count and Attendance Worksheets must be maintained monthly. Twenty-four blank sheets have been provided for your convenience. Reserve a blank copy in case you need to make additional copies before the end of the year. Completed Meal Count and Attendance Worksheet(s) must be sent to your sponsor. It is recommended that you make copies of Meal Count and Attendance Worksheets before mailing.

1. Complete the information (provider name, # of operating days, month, and year) at the top of each Meal Count and Attendance Worksheet.
2. Day care home providers must record meal counts by the end of the day.
3. You can be reimbursed for no more than 2 (two) meals and 1 (one) snack or 2 snacks and 1 meal per child per day. Bubble in appropriate meal type by each child's name under date served. The meal type(s) you choose for reimbursement must be approved in advance by your sponsor.
4. The following information must be supplied:
   - Children's first and last names
   - Enrolled date – is the first day the child is in attendance at the day care home and only has to be recorded on the count sheet the first month the child is enrolled or re-enrolled
   - Withdrawn date – is the last day that a child is in attendance and should be recorded the month that the withdrawal occurs
   - Check (✓) appropriate age(s) Inf (infant), PreK (pre-kindergarten), SA (school age) on each monthly Meal Count and Attendance Worksheet
5. If no meal count is submitted for reimbursement for a particular child for an entire calendar month, the provider or sponsor **must** withdraw the child as of the last day the child was in attendance.
6. The back side of the Meal Count and Attendance Worksheet should be used to list any children on a daily basis throughout the month that attended the day care home but were not claimed for a meal. For example, a child comes late and has missed breakfast, gets sick and is picked up before lunch. No meal was claimed but the child was in attendance for a couple of hours. This child's name and the date would be listed on the back side of the Meal Count and Attendance Worksheet.
7. At the end of each month, subtotal the number of meals by type served to each child during the month in the "Subtotals by Child & Meal Type" column. Total the subtotals by meal type in that column to get the "Grand Total" for each meal type for the month at the bottom right-hand corner.

   Sponsor: Indicate the tier level of the home in the heading section; in a Tier II-Mixed home only, circle the tier level for each child. Subtotal the number of meals by type and tier level and write these amounts in the "Subtotals by Tier Level" section. Both of these subtotals (across and down) must equal the "Grand Total" amount – if not – recheck math across for each child and down for each day.
8. Before mailing in Meal Count and Attendance Worksheets to your sponsor, sign at the bottom, certifying the information is correct and make a copy for your records.

Name of Provider ***Mae Wright***

Meal Count and Attendance Worksheet

(Must record by the end of the day)

*(Sponsor Use Only: Circle Home Tier Level - **Tier I** Tier II-Hi Tier II-Lo Tier II-Mixed)*

 # Operating Days ***20*** **Month** ***Oct.*** **20** ***22***

Child's Full Name *(Sponsor Only: If Tier II-Mixed, circle tier level for each child)*	Meal Type	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Subtotals by Child & Meal Type
Name: Child Tanesha	BR	●	●	●	●	●	○	○	●	●	●	●	●	○	○	●	●	●	●	●	○	○	○	○	●	●	●	○	○	●	●	●	BR 21
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS
Enrolled: 8/25/18	LU	●	●	●	●	●	○	○	●	●	●	●	●	○	○	●	●	●	●	●	○	○	○	○	●	●	●	○	○	●	●	●	LU 21
Withdrawn:	AS	●	●	●	●	●	○	○	●	●	●	●	○	○	○	●	●	●	●	●	○	○	○	○	○	○	○	○	○	●	●	●	AS 17
✓Age(s):___Inf_✓_PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES
Name: Child Ben	BR	●	●	●	●	●	○	○	●	●	●	●	●	○	○	●	●	○	●	●	○	○	○	○	●	●	●	○	○	○	○	○	BR 17
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS
Enrolled: 1/2/18	LU	●	●	●	●	●	○	○	●	●	●	●	●	○	○	●	●	●	●	●	○	○	○	○	●	●	●	○	○	○	○	○	LU 17
Withdrawn:	AS	●	●	●	●	●	○	○	●	●	●	●	●	○	○	●	●	●	●	●	○	○	○	○	●	●	●	○	○	○	○	○	AS 18
✓Age(s):___Inf_✓_PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES
Name: Child Timmy	BR	●	●	○	○	●	○	○	●	●		●	●	○	○	●	●	●	●	●	○	○	○	●	●	●	●	○	○	○	○	○	BR 17
	MS	○	○	○	○	○	○	○	○	○		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS
Enrolled: 12/4/17	LU	●	●	○	●	●	○	○	●	●		●	●	○	○	●	●	●	●	●	○	○	○	●	●	●	●	○	○	○	○	○	LU 18
Withdrawn:	AS	●	●	○	●	●	○	○	●	●		●	●	○	○	●	●	●	●	●	○	○	○	●	●	●	●	○	○	○	○	○	AS 17
✓Age(s):___Inf_✓_PreK___SA	SU	○	○	○	○	○	○	○	○	○		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES
Name: Baby Lulu	BR	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	●	●	●	○	○	●	●	●	●	●	○	○	●	●	●	BR 11
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS
Enrolled: 6/17/22 Withdrawn:	LU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	●	●	●	○	○	●	●	●	●	●	○	○	●	●	●	LU 11
✓Age(s):_✓_Inf___PreK___SA	AS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	●	●	●	○	○	●	●	●	●	●	○	○	●	●	○	AS 10
Tier II-Lo, Tier II-Hi	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU
	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES
Name:	BR	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	BR
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS
Enrolled:	LU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	LU
Withdrawn:	AS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	AS
✓Age(s):___Inf___PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES
Name:	BR	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	BR
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS
Enrolled:	LU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	LU
Withdrawn:	AS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	AS
✓Age(s):___Inf___PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES

Sponsor Use Only	**Subtotals by Tier Level**								**Grand Total:**
	Total Tier I Meals Served:	BR: _____	MS: _____	LU: _____	AS: _____	SU: _____	ES: _____		BR 66
	Total Tier II Low Rate Meals Served:	BR: _____	MS: _____	LU: _____	AS: _____	SU: _____	ES: _____		MS _____
	Total Tier II High Rate Meals Served:	BR: _____	MS: _____	LU: _____	AS: _____	SU: _____	ES: _____		LU 67
		Total: _____	**Total:** _____	**Total:** _____	**Total:** _____	**Total:** _____	**Total:** _____		AS 62
									SU _____
									ES _____

I certify that to the best of my knowledge, this information is accurate in all respects. I also understand that deliberate misrepresentation of information may result in state or federal prosecution.

Signature: ***MaeWright*** Date: November 1, 2022

Name of Provider _____ **Month** _____ **20** _____

Children in Attendance - Not Receiving Any Meals	
CHILD'S FULL NAME	**DATE**
JONES, TANESHA	***10-22-2022***

Name of Provider ____

Meal Count and Attendance Worksheet

(Must record by the end of the day)

(Sponsor Use Only: Circle Home Tier Level - Tier I Tier II-Hi Tier II-Lo Tier II-Mixed) **Operating Days** _____________ **Month** _______________ **20** ________

Child's Full Name *(Sponsor Only: If Tier II-Mixed, circle tier level for each child)*	**Meal Type**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**	**Subtotals by Child & Meal Type**
Name:	BR	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	BR_______
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS_______
Enrolled:	LU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	LU_______
Withdrawn:	AS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	AS_______
✓Age(s):___Inf___PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU_______
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES_______
Name:	BR	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	BR_______
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS_______
Enrolled:	LU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	LU_______
Withdrawn:	AS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	AS_______
✓Age(s):___Inf___PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU_______
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES_______
Name:	BR	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	BR_______
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS_______
Enrolled:	LU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	LU_______
Withdrawn:	AS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	AS_______
✓Age(s):___Inf___PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU_______
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES_______
Name:	BR	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	BR_______
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS_______
Enrolled:	LU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	LU_______
Withdrawn:	AS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	AS_______
✓Age(s):___Inf___PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU_______
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES_______
Name:	BR	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	BR_______
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS_______
Enrolled:	LU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	LU_______
Withdrawn:	AS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	AS_______
✓Age(s):___Inf___PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU_______
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES_______
Name:	BR	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	BR_______
	MS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	MS_______
Enrolled:	LU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	LU_______
Withdrawn:	AS	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	AS_______
✓Age(s):___Inf___PreK___SA	SU	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	SU_______
Tier II-Lo, Tier II-Hi	ES	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	ES_______

Sponsor Use Only	**Subtotals by Tier Level**							**Grand Total:**
	Total Tier I Meals Served:	BR: __________	MS: __________	LU: __________	AS: __________	SU: __________	ES: __________	BR_______
	Total Tier II Low Rate Meals Served:	BR: __________	MS: __________	LU: __________	AS: __________	SU: __________	ES: __________	MS_______
	Total Tier II High Rate Meals Served:	BR: __________	MS: __________	LU: __________	AS: __________	SU: __________	ES: __________	LU_______
		Total: _________	**Total:** _________	**Total:** _________	**Total:** _________	**Total:** _________	**Total:** _________	AS_______
								SU_______
								ES_______

I certify that to the best of my knowledge, this information is accurate in all respects.
I also understand that deliberate misrepresentation of information may result in state or federal prosecution.

Signature ____ Date: ______________

Children in Attendance - Not Receiving Any Meals

CHILD'S FULL NAME	DATE