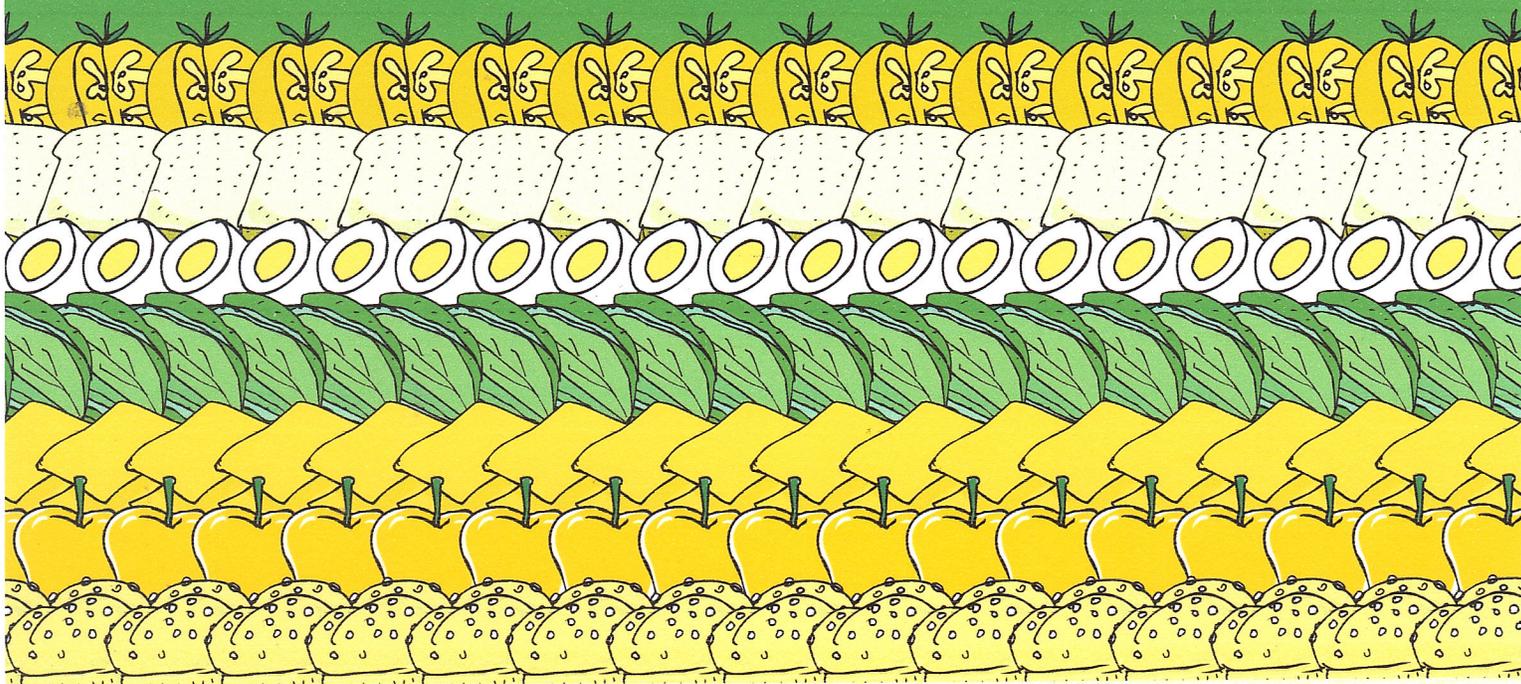




United States Department of Agriculture

# Crediting Handbook for the Child and Adult Care Food Program



Grains / Bread Requirement

Food	Creditable			Comments
	Yes	Maybe	No	
Crepes	x			For the required serving size, see Group C of Exhibit A ☐ pancakes.
Croissants	x			Croissants are high in fat. See group C of Exhibit A.
Croutons	x			See Group A of Exhibit A.
Cupcakes	x			Sweet snack foods should not be served more than twice a week. For unfrosted cupcakes, see Group F, for frosted, see Group G, Exhibit A.
Danish Pastries	x			Creditable for breakfast and snack only. Sweet snack foods should not be served more than twice per week. See Group E of Exhibit A.
Doughnuts	x			May be credited for breakfast and snack only. Sweet snack foods should not be served more than twice a week. See Group D of Exhibit A for unfrosted, or see Group E for frosted doughnuts.
Dumplings	x			See Group B of Exhibit A (biscuits).
Egg Roll / Won Ton Wrappers	x			See Group B of Exhibit A.
Emmer/Farro (wheat)	x			Crediting based on ☐nished food item. See Groups A-I of Exhibit A.
English Muffins	x			See Group B of Exhibit A.
Fig Bars	x			This item is credited the same as cookies with fruit, snack only. Sweet snack foods should not be served more than twice per week. See Group E of Exhibit A.
French Bread		x		Please note some French breads may not be made with enriched or whole-grain flour; document compliance and maintain on file. See Group B of Exhibit A.
French Toast	x			See Group E of Exhibit A, the product CN label, or manufacturer's product formulation statement signed by an official company representative.
Fried Bread	x			Can be high in fat. Crediting is determined by the amount of enriched or whole-grain flour, meal, bran, or germ in the recipe divided by the number of servings. Then divide the total by 14.75 grams per serving.
Gingerbread	x			May be served for snack only. Sweet snack foods should not be served more than twice per week. See Group D of Exhibit A.



# Grains / Bread Requirement (Breakfast Menu Item)



## Exhibit A Continued

Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> <li>• Doughnuts <sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>• Granola bars <sup>4</sup> (plain)</li> <li>• Muffins (all, except corn)</li> <li>• Sweet roll <sup>4</sup> (unfrosted)</li> <li>• Toaster pastry <sup>4</sup> (unfrosted)</li> </ul>	1 serving = 50 gm or 1.8 oz. 3/4 serving = 38 gm or 1.3 oz. 1/2 serving = 25 gm or 0.9 oz. 1/4 serving = 13 gm or 0.5 oz.
Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> <li>• Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces, and/or fruit purees)</li> <li>• Doughnuts <sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars <sup>4</sup></li> <li>• Granola bars <sup>4</sup> (with nuts, raisins, chocolate pieces, and/or fruit)</li> <li>• Sweet rolls <sup>4</sup> (frosted)</li> <li>• Toaster pastry <sup>4</sup> (frosted)</li> </ul>	1 serving = 63 gm or 2.2 oz. 3/4 serving = 47 gm or 1.7 oz. 1/2 serving = 31 gm or 1.1 oz. 1/4 serving = 16 gm or 0.6 oz.
Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> <li>• Cake <sup>3</sup> (plain, unfrosted)</li> <li>• Coffee cake <sup>4</sup></li> </ul>	1 serving = 75 gm or 2.7 oz. 3/4 serving = 56 gm or 2 oz. 1/2 serving = 38 gm or 1.3 oz. 1/4 serving = 19 gm or 0.7 oz.
Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> <li>• Brownies <sup>3</sup> (plain)</li> <li>• Cake <sup>3</sup> (all varieties, frosted)</li> </ul>	1 serving = 115 gm or 4 oz. 3/4 serving = 86 gm or 3 oz. 1/2 serving = 58 gm or 2 oz. 1/4 serving = 29 gm or 1 oz.
Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals (cooked) <sup>5,6</sup></li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>	1 serving = 1/2 cup cooked (or 25 gm dry)
Group I	Minimum Serving Size for Group I
<ul style="list-style-type: none"> <li>• Ready-to-eat breakfast cereal (cold dry) <sup>5,6</sup></li> </ul>	1 serving = 3/4 cup or 1 oz., whichever is less

<sup>5</sup> Refer to program regulations for the appropriate serving size for meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals may be whole-grain, enriched, or fortified.

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# November 2015 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 cold cereal, milk, juice nacho meat, chips, salsa, cheese, pears, milk #1 snack muffins, juice #2 snack grahams, milk	3 waffles, milk, pears ham sandwich, cheese, fruit cocktail, apples, milk #1 snack teddy grahams, juice #2 yogurt, fruit cocktail, water	4 cold cereal, milk, juice meat ravioli, pears, cheese, peas, milk #1 snack oyster crackers, juice #2 apples, peanut butter, water	5 pop tarts, milk, fruit cocktail bagels, cheese, ham, green beans, fries, milk #1 snack cookies, juice #2 snack pretzels, milk	6 cold cereal, milk, juice hot dogs, baked beans, bun, apples, milk #1 snack crackers, juice #2 snack trail mix, milk
9 muffins, milk, applesauce chicken nuggets, biscuit, gr. beans, pears, milk #1 snack cookies, juice #2 snack crackers, milk	10 cold cereal, milk, juice mac & cheese, bologna, peaches, applesauce, milk #1 snack grahams, juice #2 snack cheese its, milk	11 pancakes, milk, applesauce turkey sandwich, corn, cheese, mixed fruit, milk #1 snack crackers, juice #2 snack cinn grahams, milk	12 cold cereal, milk, juice cheese quesadillas, salsa, mixed fruit, peaches, milk #1 snack cheese its, juice #2 snack cookies, milk	13 muffins, milk, peaches nacho meat, chips, salsa, cheese, corn, milk #1 snack crackers, juice #2 snack trail mix, milk
16 cold cereal, milk, juice turkey, gravy, bun, mashed potatoes, gr. beans, milk #1 snack pretzels, juice #2 celery, peanut butter, water	17 Eng. Muffin, milk, pineapple ham, crackers, cheese, cukes, carrots, milk #1 snack grahams, juice #2 snack cheese-its, milk	18 cold cereal, milk, juice fish sticks, biscuit, peaches, peas, milk #1 snack crackers, juice #2 snack grahams, milk	19 french toast, milk, peaches bologna sandwich, pineapple, raisins, milk #1 snack nachos, cheese #2 snack vanilla wafers, milk	20 cold cereal, milk, juice spaghetti, meat sauce, lettuce, corn, milk #1 snack crackers, juice #2 snack trail mix, milk
23 donuts, milk, tropical fruit grilled cheese sandwich, fries, oranges, milk #1 snack crackers, juice #2 snack cheese its, milk	24 cold cereal, milk, juice hot dog, bun, corn, tropical fruit, milk #1 snack grahams, juice #2 snack vanilla wafers, milk	25 poptarts, milk, oranges pbj sandwich, carrots, apples, milk #1 snack cookies, juice #2 snack grahams, milk	26 cold cereal, milk, juice pepperoni pizza, applesauce pears, milk #1 snack oyster crackers, juice #2 cinn grahams, milk	27 biscuits, applesauce, milk ham sandwich, cheese, grapes, apples, milk #1 snack teddy grahams, juice #2 snack cheese-its, milk