

**CHILD MEAL PATTERN**

Breakfast (Select all three components for a reimbursable meal)				
Food Components and Food Items¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both⁴	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq)^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

CHILD MEAL PATTERN

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	⅛ cup	¼ cup	½ cup	½ cup
Fruits^{6,7}	⅛ cup	¼ cup	¼ cup	¼ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁸ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

⁹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

¹⁰ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

CHILD MEAL PATTERN

Snack				
(Select two of the five components for a reimbursable snack)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables⁶	½ cup	½ cup	¾ cup	¾ cup
Fruits⁶	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq)^{7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

¹⁰ Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; and $\frac{3}{4}$ cup for children ages 6-12.



Infant Meal Pattern

Breakfast	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² ; and 0-4 tablespoons infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½cup of yogurt ⁴ ; or a combination of the above ⁵ ; and 0-2 tablespoons vegetable or fruit or a combination of both ^{5,6}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

Infant Meal Pattern

Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula ² ; and 0-½ slice bread ^{3,4} ; or 0-2 crackers ^{3,4} ; or 0-4 tablespoons infant cereal ^{2,3,4} or ready-to-eat breakfast cereal ^{3,4,5,6} ; and 0-2 tablespoons vegetable or fruit, or a combination of both ^{6,7}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

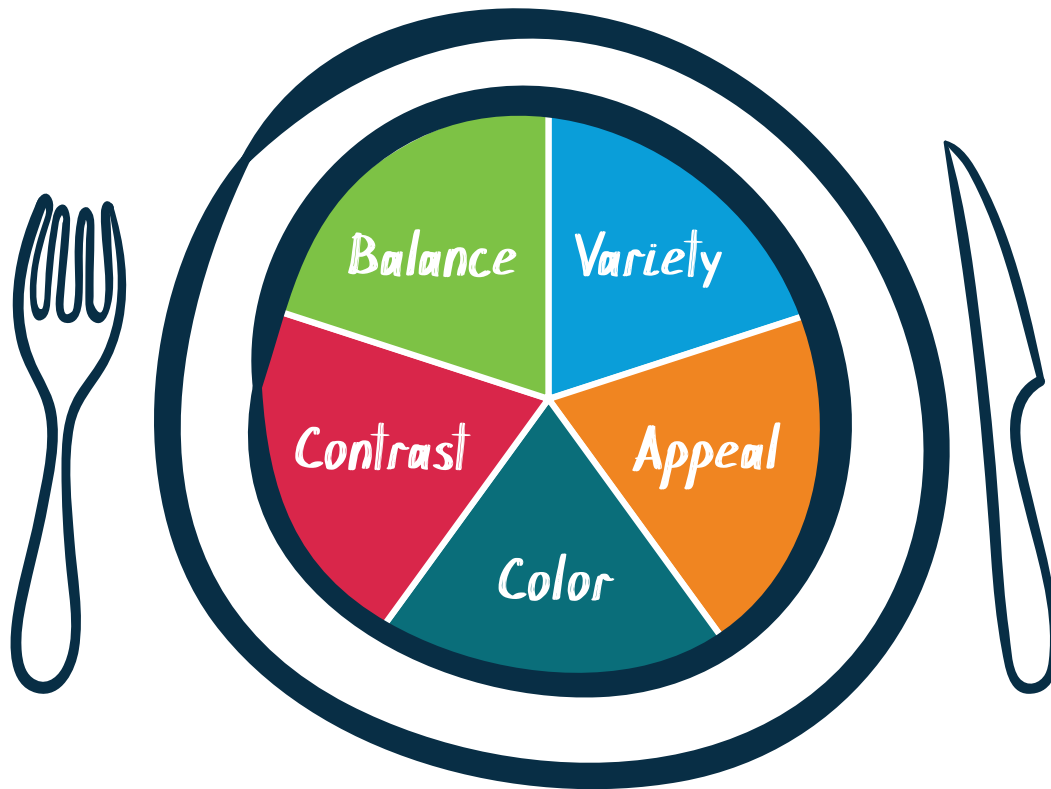
⁵ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

⁶ A serving of this component is required when the infant is developmentally ready to accept it.

⁷ Fruit and vegetable juices must not be served.

Best Practices for Menu Planning

Thoughtful menu planning will ensure healthy, balanced and nutritious meals. The USDA has outlined the five basic steps of careful menu planning.



Strive for Balance

- **Balance flavors** Too much of any one flavor will make the plate unappealing for children.
- **Balance unhealthy fats** Serve high saturated fat foods with vegetables and fruits.

Contrast on the Plate to make meals more appealing. Consider the following:

- **Texture**
- **Taste**
- **Appearance**
- **Size and Shape of the Food**

Think about Color

- **Avoid all the same color.** Add at least two colors to your plate each meal.
- **Fruits and vegetables are great** for adding colors from the rainbow.
- **Add color to colorless foods,** pair mashed potatoes with broccoli.
- **Add spices to foods with little color.** Paprika or green herbs provide color to white potatoes.

Emphasize Variety

- **Food Choices** Serve a variety of different meat/meat alternates throughout the week. Try for hamburger one day and chicken the next. The same applies to your side dishes. Provide several options throughout the week.
- **Serving Style** There are many different ways to serve healthy foods: casseroles, soups, sandwiches and salads.
- **Food Form** Try out different ways of serving meats and vegetables. Prepare vegetables in various ways to include raw, steamed, roasted or in a salad. Vary your spices and seasonings.
- **Include a Surprise** Make meal time adventure time. Offer new foods with other foods that children are familiar with.

Consider Eye Appeal

- **Presentation is Key** If a plate does not look good visually, it is more difficult for a child to want to eat it.
- **Consider how food is presented** and placed on the table.

Safe Feeding Practices to Prevent Choking

Choking while eating can happen quickly and be very scary. Children 0-4years old are at the greatest risk of choking because they may not chew food properly. Want to make eating safer for young children in your care? Our partners at the Institute of Child Nutrition (ICN) have some great resources on how to decrease choking risks.

Three Key Methods to Prevent Choking

1. Know which foods are the most common causes of choking.
2. Select and modify foods to the appropriate size, shape, and texture.
3. Supervise children during mealtime.

Mealtime Behaviors to Encourage

Children and adults should be attentive and focused during mealtimes to lower the risk of choking. Talk with children about proper mealtime behaviors before they sit down for a meal. Some tips include:

- Only provide food at a table or high chair.
- Allow plenty of time for meals and snacks.
- Encourage children to chew foods slowly and thoroughly before swallowing
- Teach children not to talk or laugh while chewing.
- Have children sit upright at the table while eating.
- Do not allow children to walk or run while eating.
- Always stay in the room with the children.
- Keep mealtimes calm and quiet.
- Reduce distractions.
- Model safe eating behaviors like eating small portions and taking only one bite at a time.
- While serving infants, do not prop the bottle for the baby to feed themselves.



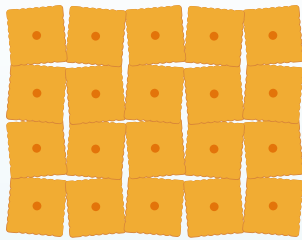
Foods That May Cause Choking and How to Modify Them

Food Item	Avoid	How to Modify
Cheese	<ul style="list-style-type: none"> • Round pieces, chunks, or blocks • String cheese cut into round pieces 	<ul style="list-style-type: none"> • Cut into thin slices or short strips • Shred or grate
Fruit	<ul style="list-style-type: none"> • Whole or raw fruit (grapes, cherries, mango, melon balls) • Fruit with pits or seeds • Large pieces of fruit with skin • Whole pieces of canned fruit • Raisins and other dried fruit 	<ul style="list-style-type: none"> • Remove tough skins or peels • Cut into small, thin strips or slices • Remove large seeds and pits • Choose ripe berries, which are softer and can flatten with a fork • Remove membrane from oranges or cut up canned mandarin oranges • Cut grapes or cherries lengthwise, then into smaller pieces no larger than ½ inch.
Grains	<ul style="list-style-type: none"> • Breads, cereals, or crackers with seeds, nuts, or whole grain kernels • Popcorn • Potato and corn chips • Pretzels and pretzel chips 	<ul style="list-style-type: none"> • Cut bread, pita bread, or tortillas into thin strips • Offer lightly toasted bread to decrease the “stickiness” • Choose items without seeds, nuts, or whole grain kernels
Legumes	<ul style="list-style-type: none"> • Raw beans or peas 	<ul style="list-style-type: none"> • Cook well and smash with a fork
Meat, Poultry, Fish	<ul style="list-style-type: none"> • Dry, tough, stringy, or large chunks of meat, poultry, or fish • Fish, meat, and poultry with bones 	<ul style="list-style-type: none"> • Serve ground meat, poultry, or fish in pieces of no more than ½ inch • Remove Bones from poultry, meat, and fish • Shred tough or dry meat
Nuts and Seeds	<ul style="list-style-type: none"> • Peanuts, nuts, seeds 	<ul style="list-style-type: none"> • Finely grind peanuts, nuts and seeds
Nut Butters	<ul style="list-style-type: none"> • Large amounts of creamy nut butters • Chunky nut butters 	<ul style="list-style-type: none"> • Spread a thin layer of creamy nut butters on toast or crackers
Vegetables	<ul style="list-style-type: none"> • Whole, raw, round, or hard pieces (cherry or grape tomatoes, carrot rounds, baby carrots, green peas, string beans, celery, corn, whole beans) • Large pieces of vegetables with skin 	<ul style="list-style-type: none"> • Remove tough skins or peels • Cook or steam hard vegetables until soft, then slice lengthwise • Cut raw vegetables like cucumbers into small, thin strips or slices • Cut cherry and grape tomatoes into lengthwise quarters or halves
Other	<ul style="list-style-type: none"> • Marshmallows, hard candy, gummy fruit snacks, ice cubes 	<ul style="list-style-type: none"> • Do not serve

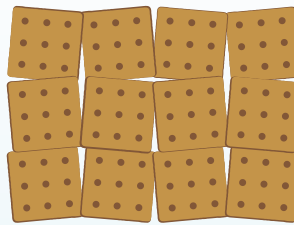
Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

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.

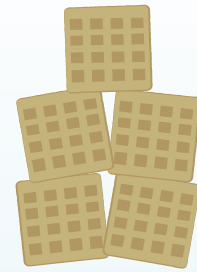
How Much Is 1 Ounce Equivalent?



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



12 thin wheat crackers
(1 1/4" by 1 1/4") = 1 oz. eq.



5 woven whole-wheat crackers
(1 1/2" by 1 1/2") = 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:
- 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.

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 1/4" by 1 1/2"*, then check if the item is the same size, or larger than, this amount. See page 6.

Grain Item and Size	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack
	Serve at Least 1/2 oz. eq., which equals about...
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	1/4 pita or 14 grams
Popcorn	1 1/2 cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	7 twists or 11 grams

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

⅓ 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.

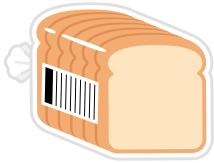
Grains Measuring Chart for the Child and Adult Care Food Program

 Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about...	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only Serve at Least 1 oz. eq., which equals about...	Adults at Breakfast, Lunch, Supper 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	

$$\begin{array}{ccccc} 117 \text{ grams} & \div & 3 \text{ pancakes} & = & 39 \text{ grams per pancake} \\ \text{Serving Weight} & & \text{Serving Size} & & \text{Weight of Each Item} \end{array}$$

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?

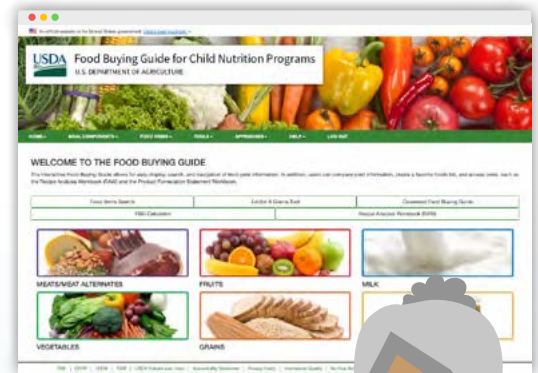
Is the grain item you want to serve:

- 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.

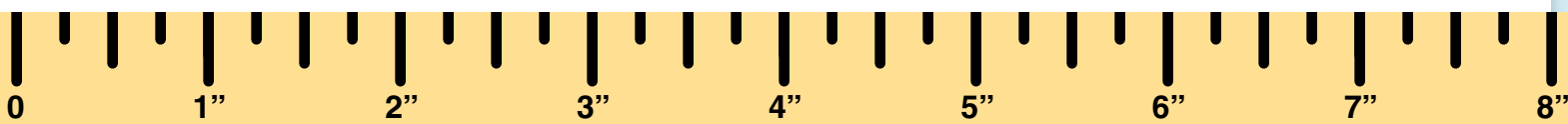
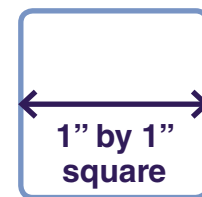
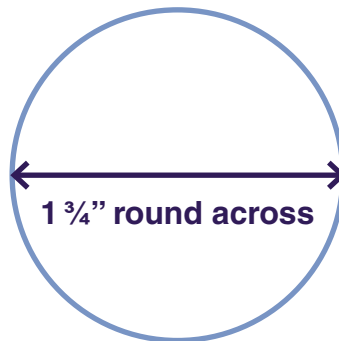
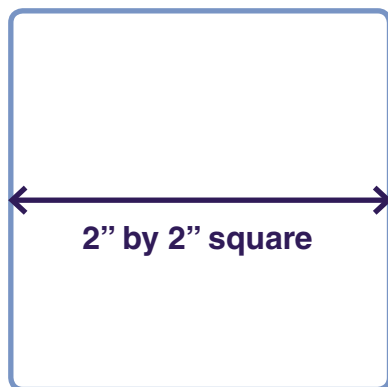
^{*}Available at <https://foodbuyingguide.fns.usda.gov>.



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 1/2" by 11" paper.



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

For more information on the CACFP infant meal pattern, see the “Feeding Infants in the Child and Adult Care Food Program” guide at [TeamNutrition.USDA.gov](https://www.teamnutrition.usda.gov).

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

Nutrition Facts

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



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.

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

Pancake at least 34 grams

½ oz eq is about...

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.

$$117 \text{ grams} \div 3 \text{ pancakes} = 39 \text{ grams per pancake}$$

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.

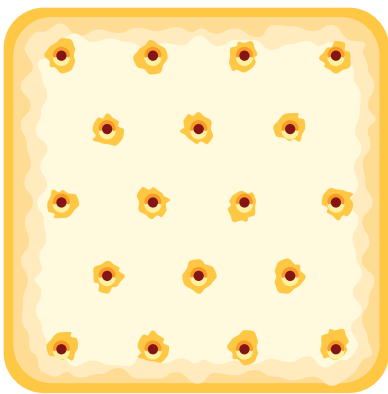
Note: Make sure the food you are entering is creditable for infants. For more information, see “Feeding Infants in the CACFP’s Appendix F: Infant Foods List” at fns.usda.gov/sites/default/files/resource-files/FI_AppendixF.pdf.

Grains Measuring Tools

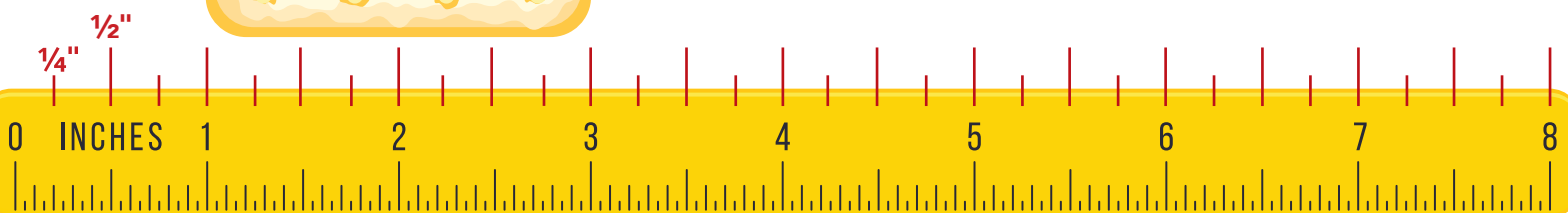
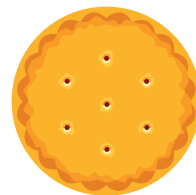
Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

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

2" by 2"



1" across



Adding Whole Grains to Your Child and Adult Care Food Program Menu

Whole grain-rich foods are an important part of your menu in the Child and Adult Care Food Program (CACFP). Foods that are whole grain-rich are filled with vitamins, minerals, fiber, and other nutrients that help kids and adults stay healthy.

How often do I have to serve whole grains in the CACFP?

Each day, at least one of the grain components of a meal or snack must be “whole grain-rich.” Whole grain-rich food items must be offered at least once per day, not once per meal/snack. In the CACFP, whole grain-rich means that at least half the grain ingredients in a food are whole grains, and any remaining grains are enriched grains, bran, or germ. This is required for CACFP child and adult meal patterns only. There is no whole grain-rich requirement for infants.



If you serve meals and snacks to the same group of children or adults during the day:

- ✓ Serve whole grain-rich items for the grain component at one of the meals or snack each day.

If you serve meals and snacks to different groups of children or adults during the same day (for example, morning and afternoon sessions):

- ✓ Serve whole grain-rich items for the grain component to one of the groups of children or adults each day.

If you serve only snacks:

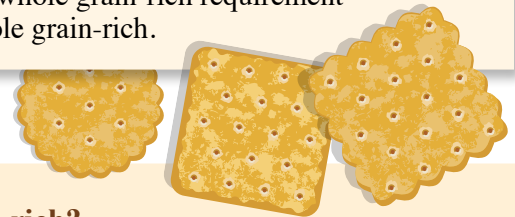
- ✓ You do not have to serve a grain component at snack. But if you do, it must be whole grain-rich.

If you serve only breakfast and want to serve a meat or meat alternate:

- ✓ You do not need to serve a grain, because you are replacing the grain component with a meat or meat alternate. You may do this up to three times per week. On the days when a meat or meat alternate is not served, you must serve whole grain-rich items for the grain component. If you decide to serve a grain as an “extra” food that does not count toward the CACFP meal pattern requirements, then the grain does not have to be whole grain-rich.

If your at-risk afterschool site or adult day care serves breakfast, lunch, or supper using Offer Versus Serve:

- ✓ All grain items offered at the meal you wish to count towards the whole grain-rich requirement must be whole grain-rich.



Can I serve a grain-based dessert if it is whole grain-rich?

- ✗ Grain-based desserts, even those made with whole grains, cannot count towards the grain component of a CACFP meal or snack. There are many other tasty whole grain-rich foods that you can add to your menus.

What are some ways to serve whole grain-rich foods at meals and snacks?

The requirement is that whole grain-rich food items must be offered at least once per day. But, you may choose to offer whole grain-rich food items more often. Check out these easy ways to serve whole grain-rich foods:

Breakfast	Lunch/Supper	Snacks
<ul style="list-style-type: none"> <input type="checkbox"/> Oatmeal* <input type="checkbox"/> Whole Grain-Rich Pancakes or Waffles <input type="checkbox"/> Toast Made with Whole-Wheat Bread <input type="checkbox"/> Whole Grain-Rich English Muffin, Bagel, or Biscuit <input type="checkbox"/> Whole Grain-Rich Muffin <input type="checkbox"/> Whole Grain-Rich Cereal* 	<ul style="list-style-type: none"> <input type="checkbox"/> Whole-Wheat Macaroni or Spaghetti <input type="checkbox"/> Brown Rice <input type="checkbox"/> Quinoa <input type="checkbox"/> Bulgur <input type="checkbox"/> Wild Rice <input type="checkbox"/> Whole-Wheat Bun or Roll <input type="checkbox"/> Whole Grain-Rich Pizza Crust <input type="checkbox"/> Whole Grain-Rich Tortilla 	<ul style="list-style-type: none"> <input type="checkbox"/> Whole Grain-Rich Crackers <input type="checkbox"/> Whole Grain-Rich Pita Triangles <input type="checkbox"/> Whole Grain-Rich Cereal Mix* <input type="checkbox"/> Whole Grain-Rich Pretzels <input type="checkbox"/> Rice Cakes Made with Brown Rice <input type="checkbox"/> Whole Grain-Rich Banana Bread <input type="checkbox"/> Whole Grain-Rich Chips

*Cereal must meet CACFP sugar limits.

How can I share information about whole grain-rich foods on my menu?

Some easy ways CACFP providers are highlighting whole grains on their menus include:



Writing “whole wheat” or “WW” in front of an item on the menu, such as “whole-wheat bread” or “WW bread.”

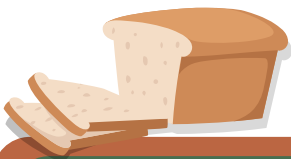


Adding a fun grain icon or picture next to whole grain-rich foods.



Placing a check in a checkbox to show that a food is whole grain-rich.

There are no Federal CACFP requirements that you label which foods are whole grain-rich on your menu. Check with your State agency or sponsoring organization to see what they require. Highlighting whole grain-rich foods on your menu communicates to families how you are providing nutritious foods to their loved ones. Families may see this as a sign of the quality of meals and snacks you are offering.



Try It Out!

Look at the menus for three CACFP sites below. Which menus meet the CACFP requirement for whole grain-rich?

Menu 1

Served at a child care center that serves one group of children in the morning and another in the afternoon

Breakfast: Chopped strawberries, whole grain-rich waffles, 1% milk

Lunch: Baked chicken, 1% milk, broccoli, orange wedges, white rice

Snack: Apple slices and string cheese

Menu 2

Served at an at-risk afterschool center that only serves snack

Snack: Enriched pretzels and hummus (bean dip)

Answer Key: Menus 1 and 3 meet the CACFP requirement for whole grain-rich. Menu 2 does not meet the CACFP meal pattern requirement for whole grain-rich. Because the center only serves snacks, any grains served at snack must be whole grain-rich. The pretzels in this snack are enriched, not whole grain-rich, so this snack does not meet the requirement.

Menu 3

Served at an at-risk afterschool center that only serves snack

Snack: Celery sticks and sunflower seed butter





Choose Breakfast Cereals That Are Lower in Sugar

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must not have more than **6 grams of sugar** per dry ounce.

There are many types of cereal that meet this sugar limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the sugar limit by using the Nutrition Facts label and following the steps below:

1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Total Sugars** line. Look at the number of grams (g) next to Total Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Total Sugars
If the serving size is:	Total sugars must not be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Total Sugars" column.
If the cereal has that amount of sugar, or less, the cereal meets the sugar limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:

Does the cereal above meet the sugar limit?
(Check your answer on the next page)

Serving Size: _____

Total Sugars: _____

Yes No

Try It Out!



Use the “Sugar Limits in Cereal” table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the “Cereals To Serve in the CACFP” list. You can use this as a shopping list when buying cereals to serve in your program.

Sugar Limits in Cereal

Serving Size	Total Sugars	Serving Size	Total Sugars
If the serving size is:	Total sugars must not be more than:	If the serving size is:	Total sugars must not be more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	12 grams
8-11 grams	2 grams	59-63 grams	13 grams
12-16 grams	3 grams	64-68 grams	14 grams
17-21 grams	4 grams	69-73 grams	15 grams
22-25 grams	5 grams	74-77 grams	16 grams
26-30 grams	6 grams	78-82 grams	17 grams
31-35 grams	7 grams	83-87 grams	18 grams
36-40 grams	8 grams	88-91 grams	19 grams
41-44 grams	9 grams	92-96 grams	20 grams
45-49 grams	10 grams	97-100 grams	21 grams

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Total Sugars (g)
Healthy Food Company	Nutty Oats	28 grams	5 grams

*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 total 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.

Answer to “Test Yourself” activity on page 1: *The cereal has 5 grams of total sugars per 30 grams. The maximum amount of total sugars allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar limit.*



Serving Milk in the CACFP



Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.

Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.

For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and to adults must be fat-free (skim) or low-fat (1%).

Try It Out!

Milk Matters!



Use the information on this worksheet to answer the questions below.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age:

Type(s) of Milk:

Darrick's Age:

Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:

Types of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

Answer Key:

1. **Maya's age:** 1 year. **Type(s) of Milk:** Because Maya is 1 year old, she may be served unflavored whole milk in the CACFP. If she is younger than 1 year and 1 month (13 months), she may also be served iron-fortified formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.

Darrick's age: 2 years. **Type(s) of Milk:** Because Darrick is 2 years old, he may be served unflavored fat-free (skim) milk or unflavored low-fat (1%) milk. If he is younger than 2 years 1 month (25 months), he may also be served unflavored whole milk, and unflavored reduced-fat (2%) milk. There is a 1-month transition period when the child turns 2 to help him or her adjust from whole milk to fat-free (skim) or low-fat (1%) milk.

2. **Olivia's Age:** 5 ½ years. **Type(s) of milk:** Because Olivia falls into the 2- through 5-year-old age group, she can be served unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.

3. No, you are not allowed to serve yogurt instead of milk at breakfast AND at lunch. You are only allowed to serve yogurt instead of milk at one meal per day to adult participants. If you are serving yogurt as a meat alternate, you may not serve yogurt in place of milk at the same meal.

Crediting **Fluid Milk** in the **Child Nutrition Programs** Tip Sheet



Fluid milk is a required component for reimbursable meals in Child Nutrition Programs (CNP) such as the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). Fluid milk must be offered at each breakfast, lunch, or supper meal service. Program operators have the option to serve fluid milk as one of the two components of a snack served in the SFSP, CACFP, and in the NSLP Afterschool Snack Service.




What Is Milk?

- **Fluid milk** refers to pasteurized fat-free (skim) milk; low-fat (1%) milk; reduced-fat (2%) milk; whole milk; lactose-free milk; lactose-reduced milk; cultured milk, such as cultured buttermilk, cultured kefir milk, and cultured acidophilus milk; acidified milk, such as acidified kefir milk and acidified acidophilus milk; and Ultra High Temperature (UHT) milk: all of which meet State and local standards for such milk.
- **Milk substitutes** must be nutritionally equivalent to milk and provide specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12 and must be consistent with State and local standards.



Milk Types Allowed by Program

School Meals, Child and Adult Care Food Program, Afterschool Snack

Age (Grade)	Milk Type
12–23 months	 Unflavored: Whole
2–5 years	 Unflavored: Low-fat (1%)/Fat-free (skim)
6–Adult (K–12)	 Unflavored: Low-fat (1%)/Fat-free (skim) Flavored: Low-fat (1%)/Fat-free (skim)

Flavored milk may be served to children ages 6 years and older.

School Meals (NSLP, SBP) only: Schools must offer at least two different options of fluid milk; at least one of them must be unflavored milk.



Milk Transition for Infants and Preschoolers

- Iron-fortified formula may be served to children between the ages of 12 months and 13 months to help with the transition to whole milk.
- Unflavored whole milk and reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free milk or low-fat (1%) milk.

Summer Food Service Program

Age	Milk Type
All Ages	 Unflavored: Whole/Reduced-fat (2%)/ Low-fat (1%)/Fat-free (skim) Flavored: Whole/Reduced-fat (2%)/ Low-fat (1%)/Fat-free (skim)

A serving of milk must be at least ¼ cup (or 2 fl oz) in order to credit toward the milk requirement.

Minimum Milk Requirements by Age or Grade

Program	Age in years	Grade	Minimum amount
<ul style="list-style-type: none"> • CACFP • Preschool • Afterschool Snack 	1–2	N/A	4 fl oz
<p>Meals only:</p> <ul style="list-style-type: none"> • CACFP Meals • Preschool Meals 	3–5	N/A	6 fl oz
<p>Snack only:</p> <ul style="list-style-type: none"> • CACFP Snack • Preschool Snack • Afterschool Snack 	3–5	N/A	4 fl oz
<ul style="list-style-type: none"> • CACFP • Afterschool Snack • SFSP* 	6 and older (includes Adult participants)	N/A	8 fl oz
<ul style="list-style-type: none"> • NSLP/SBP 	N/A	K–12	8 fl oz

*State agencies may authorize SFSP sponsors to follow CACFP meal pattern requirements for children under age 6, which include smaller serving sizes than the 8 fl oz indicated in the SFSP.

Tips to Remember

- ✓ Fluid Milk **must be** offered at each meal.
- ✓ Fluid milk **may be** offered as one of the two required meal components at snack; however, the other required meal component must not be a beverage.
- ✓ At breakfast and snack, fluid milk may be offered as a beverage, on cereal, or both.
- ✓ At lunch and supper, fluid milk must be offered as a beverage.
- ✓ Special note for CACFP Adult Participants only
 - Fluid milk is optional at supper.
 - 6 oz or $\frac{3}{4}$ cup of yogurt may be served in place of 8 fl oz of milk once per day when yogurt is not served as a meat alternate in the same meal.



Milk Substitutes

Nondairy beverages offered as fluid milk substitutes may also be offered in CNP. However, they must be nutritionally equivalent to fluid milk and provide certain amounts of specific nutrients (except for SFSP).



- ✓ If a milk substitute is desired for a child, the parent/guardian must request the substitute in writing, and the milk substitute must be nutritionally equivalent to milk, except for SFSP.
- ✓ Goat's milk may be served in place of cow's milk, provided it meets State standards for fluid milk. Age-specific requirements for percent fat content and flavored vs. unflavored still apply.



Nutrient Requirements for Fluid Milk Substitutes/Nondairy Beverages

Nutrient	Per Cup (8 fl oz)
Calcium	276 milligrams
Protein	8 grams
Vitamin A	500 International Units (150 micrograms)
Vitamin D	100 International Units (2.5 micrograms)
Magnesium	24 milligrams
Phosphorus	222 milligrams
Potassium	349 milligrams
Riboflavin	0.44 milligrams
Vitamin B-12	1.1 micrograms

Nutrient Requirements for Fluid Milk Substitutes/Nondairy Beverages (Continued)

Not all “milk” is created equal. Drinks made with nuts, rice, or coconuts often contain little or no protein. Nondairy beverages that are **not** nutritionally equivalent to cow’s milk are not a creditable replacement for milk in the CNP. In general, only certain nondairy beverages meet the nutrient standards for nondairy fluid milk substitutes.

Nondairy fluid milk substitutes that are not nutritionally equivalent to fluid milk may only credit toward a reimbursable meal or snack with a medical statement from a State-recognized medical authority (a licensed healthcare provider), such as a medical doctor, physician’s assistant, or nurse. Most commercial almond, coconut, and rice beverages are **not** nutritionally equivalent to fluid milk.



Milk Products That Do Not Contribute Toward Meal Pattern Requirements

- ✗ Canned Evaporated Milk & Dry Milk**
- ✗ Cream
- ✗ Cream Soups & Sauces
- ✗ Custards/Puddings
- ✗ Eggnog
- ✗ Frozen Yogurt
- ✗ Half & Half
- ✗ Ice Cream
- ✗ Ice Milk/Sherbet/Sorbet
- ✗ Imitation & Ultra-Filtered Milk
- ✗ Pudding Pops
- ✗ Raw Milk (including certified raw milk)
- ✗ Sour Cream
- ✗ Sweetened Condensed Milk

**Canned evaporated milk and dry milk may be creditable as reconstituted milk under certain conditions of limited fluid milk availability. Check with your State agency for more information.

Crediting of Fluid Milk in Smoothies for Child Nutrition Programs

Smoothies containing milk may be offered as part of reimbursable meals and snacks in Child Nutrition Programs. Smoothies can be prepared in-house or commercially. Some ingredients in smoothies, including fluid milk, may credit as long as there is documentation showing how the product meets meal pattern requirements. The type of milk used in the smoothie must be consistent with the policies for the program, meal, and age group being served.



Commercially prepared smoothies

Acceptable forms of documentation include Product Formulation Statements (PFS) or CN labels for commercially prepared smoothies.



In-house smoothies

Smoothies prepared in-house must be documented with a standardized recipe. It is important to use a standardized recipe to make sure it produces the same amount of smoothie each time it is prepared. The standardization process can also help schools determine how the smoothie credits toward meal pattern requirements.



Crediting

Smoothies must contain at least $\frac{1}{4}$ cup (or 2 fl oz) of fluid milk per serving in order to credit toward the milk component. If the smoothie contains less than the minimum amount of fluid milk required, additional fluid milk must be offered. For example, schools are required to offer 8 fl oz of milk at meals to each student in grades K–12. If the school offers smoothies that provide 4 fl oz of milk per smoothie, the school must offer at least another 4 fl oz of milk to each student during the same meal.

For more information on smoothies, check out:

- ✓ Smoothies Offered in Child Nutrition Programs (<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>)
- ✓ Team Nutrition's *Offering Smoothies as Part of Reimbursable School Meals* (<https://www.fns.usda.gov/tn/offering-smoothies-part-reimbursable-school-meals>)

Note: Milk used in preparation of menu items other than smoothies does not credit toward the fluid milk requirement.





Test Your Knowledge!

True or False

1. Fluid milk used as an ingredient in recipes (other than smoothies) can credit toward the fluid milk requirement.
 True False
2. In the CACFP, a serving of fluid milk is optional at supper for adult participants.
 True False
3. Fluid milk is not a required meal component at breakfast, lunch, or supper meal service.
 True False



Multiple Choice

4. Which milk product does not contribute toward the meal pattern requirements for CNP?
 A. Sweetened condensed milk
 B. Unflavored low-fat (1%) milk
 C. Certified raw milk
 D. A & C
5. When crediting milk in smoothies, what is the minimum amount of milk required per serving?
 A. ½ cup C. ¼ cup
 B. 1 cup D. ⅛ cup
6. What is the minimum required amount of milk to offer children ages 3–5 years in the CACFP and Preschool breakfast, lunch, and supper?
 A. 4 fl oz C. 6 fl oz
 B. 8 fl oz D. 2 fl oz



Answers

True or False

- Fluid milk used as an ingredient in recipes (other than smoothies) can credit toward the fluid milk requirement.
 - True
 - False: Milk used in preparation of menu items other than smoothies does not credit toward the fluid milk requirement.**
- In the CACFP, a serving of fluid milk is optional at supper for adult participants.
 - True: A serving of fluid milk is optional for supper served to adult participants in the CACFP.**
 - False
- Fluid milk is not a required meal component at breakfast, lunch, or supper meal service.
 - True
 - False: Fluid milk is a required component for reimbursable meals in Child Nutrition Programs (CNP). Fluid milk is not required for adult participants in the CACFP at supper.**



Multiple Choice

- Which milk product does not contribute toward the meal pattern requirements for Child Nutrition Programs?
 - A. Sweetened condensed milk
 - B. Unflavored low-fat (1%) milk
 - C. Certified raw milk
 - D. A & C**
Sweetened condensed milk does not meet the definition of fluid milk. Raw milk is not pasteurized and therefore does not meet regulations requiring the use of pasteurized milk.
- When crediting milk in smoothies, what is the minimum amount of milk required per serving?
 - A. ½ cup
 - B. 1 cup
 - C. ¼ cup**
The minimum creditable amount of milk is ¼ cup (or 2 fl oz fluid milk).
 - D. ⅛ cup
- What is the minimum required amount of milk to offer children ages 3–5 years in the CACFP and Preschool breakfast, lunch, supper?
 - A. 4 fl oz
 - B. 8 fl oz
 - C. 6 fl oz**
The minimum milk required for children ages 3–5 years in CACFP and Preschool meals is 6 fl oz of milk at meals.
 - D. 2 fl oz

Offering Water in the USDA Child and Adult Care Food Program

In the Child and Adult Care Food Program (CACFP), centers and homes are required to offer water to children throughout the day. As a best practice, sites are encouraged to make water available to adult participants as well. Water is not a meal component in the CACFP. There is no minimum serving amount for water. However, water may be served:

- Together with meals and snacks
- In between meals and snack
- As requested by the adult or child.



Water and Health

Drinking enough water is important for good health. Drinking water can prevent dehydration, a condition that can cause the body to overheat. It can also help prevent constipation. If fluoridated, drinking water can help prevent dental caries (cavities).

There is no recommendation from the *Dietary Guidelines for Americans* on the amount of plain water children and adults need each day. Children and adults can meet their needs for water through foods and drinks. People may need to drink more water during hot or cold weather and when exercising.



A Note About Infants

Infants usually do not need to drink plain water until they are at least 6 months old. Once an infant has started eating solid foods, small amounts of plain, fluoridated water may be offered to the infant in a cup. Consult with the parents or guardians of older infants regarding whether small amounts of water should be offered.



Meal Planning and Water

In the CACFP, milk is an important meal component. Milk provides important nutrition for both children and adults.

- ✓ Under the CACFP meal pattern for children, you may not serve water instead of milk at meals. However, water may be served at the table along with the milk.
- ✓ Under the CACFP meal patterns for children and adults, only two meal components are required at snack. If milk is not offered as one of the two required components, consider offering water with the snack.
- ✓ Under the CACFP meal pattern for adults, you may serve yogurt in place of milk once per day. In addition, a serving of milk is optional at supper. It is not required that you offer water on these occasions, but you are encouraged to do so.

Making Water Available

You can make water available throughout the day by:

- Placing closed pitchers of water and cups where program participants can reach them. Use pitchers that are small enough for children to lift and pour.
- Putting cups beside a sink, water fountain, or other source of drinking water. Or, pour and offer cups of water to children throughout the day.
- If drinking fountains are too tall for children, use a sturdy stool to allow children to reach them.
- Making class trips to the water fountain after active play.



Note: When self-serve water stations are not recommended, such as during a public health emergency or pandemic, try offering cups of water to children regularly throughout the day. Always follow local health department safety guidelines.



Getting Children Involved

When children help serve water, they can learn about the importance of drinking it. Ask children to wash their hands and then let them:

- Carry cups to tables.
- Pour water into cups (with the help of an adult, for younger children).
- Decorate their own water cups or water bottles.



Note: Some of these activities may not be recommended during a public health emergency or pandemic. Always follow local health department safety guidelines.

Also, consider sharing the Nibbles for Health Newsletter on “Water: It’s a Great Choice” with parents of young children (fns.usda.gov/tn/nibbles). It contains an activity families can do together.

See Team Nutrition’s “Summer Foods, Summer Moves” materials for more resources on water (fns.usda.gov/tn/summer-food-summer-moves).



Drink water and kids will too.



Offer Water Safely

Keep children healthy and safe by:

- Regularly sanitizing water fountains and keeping drinking areas clean.
- Teaching children not to place their mouths on water fountain spouts. Have kids wash their hands after touching the water fountain.
- Cleaning and sanitizing water pitchers, dispensers, and reusable drinking cups after use.
- Keeping clean towels nearby when serving or pouring water.
- Placing rubber mats under spaces where water is offered.



Note: If safe drinking water is not available at your center or child care home, bottled water may be purchased with CACFP funds. Check with your State agency or sponsoring organization for more information.



Try It Out!

When will you offer water? Fill in the blanks below.

I will offer water to program participants (children or adults):

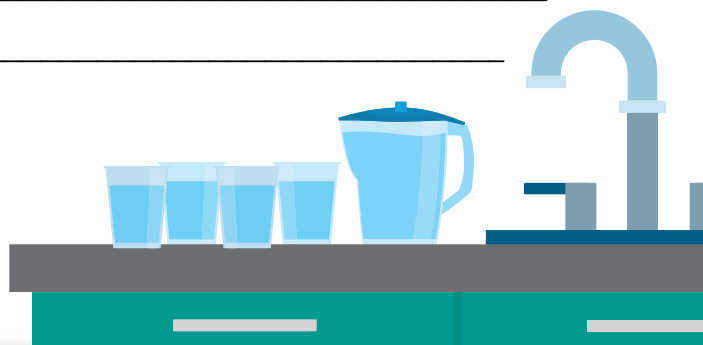
1 (Example) When it is hot outside

2

3

4

5



Answers:

Answers will vary, but responses may include:

2. After milk at breakfast, lunch, or supper
3. After outdoor playtime
4. With snacks when milk is not served
5. Throughout the day

Serving Meats and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meats and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.

Here's how to include meats or meat alternates as part of a reimbursable breakfast:

- Substitute 1 **ounce equivalent** of meats/meat alternates for 1 ounce equivalent of grains.

Ounce equivalents are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter, ½ of a large egg, or 1 ounce of lean meat, poultry, or fish. If you want to serve meats/meat alternates at breakfast more than 3 days a week, you must offer them as additional foods, which do not count toward a reimbursable breakfast.



A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meats/meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
Meats/Meat Alternates:	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	⅛ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.

Mix It Up at Breakfast



You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meats and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meats and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.



Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CACFP.



Turkey bacon, Canadian bacon, and some types of sausage are creditable only if the product has a Child Nutrition label, or if you have a Product Formulation Statement (PFS) signed by the manufacturer. For more information on crediting foods in the CACFP, please see the *Food Buying Guide for Child Nutrition Programs* at <https://foodbuyingguide.fns.usda.gov>.



For Adult Day Care Only: You can serve 6 ounces of yogurt in place of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal. If you serve yogurt to adults as a meat alternate at breakfast, you must also serve fluid milk.



Try It Out!

Test Yourself

1. Your adult day care center is open 4 days a week. How many times per week may you serve meats and meat alternates in place of grains at breakfast?

2. Your child care home is open 7 days per week. How many times per week may you serve meats and meat alternates in place of grains at breakfast?

3. You want to serve yogurt at breakfast to your 3-5 year olds once per week. If you are serving the yogurt in place of a grain, what's the minimum amount you must serve to this age group to meet the meal pattern requirement?

1. You may serve meats and meat alternates in place of grains up to 3 times per week. All centers and day care homes may serve meats/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

2. You may serve meats and meat alternates in place of grains up to 3 times per week. All centers and day care homes may serve meats/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.

3. If serving yogurt in place of a grain at breakfast, you must serve at least 2 ounces (¼ cup) of yogurt to the 3-5 year olds to meet the meal pattern requirement.

Answer Key:

Crediting **Vegetables** in the **Child Nutrition Programs** Tip Sheet



Vegetables are a required component for reimbursable meals in the National School Lunch Program (NSLP) including the Preschool Lunch Meal Pattern, as well as the Child and Adult Care Food Program (CACFP) lunch and supper meals. Vegetables may be served as part of a reimbursable meal for the School Breakfast Program (SBP), and to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFSP). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

Vegetable Requirements



- Vegetables must be fresh, frozen, canned, dried (including dried legumes), or 100% full-strength vegetable juice. Examples of creditable vegetables can be found in the *Food Buying Guide for Child Nutrition Programs (FBG)* at <https://foodbuyingguide.fns.usda.gov/>.



- Most vegetables credit as volume served; the minimum creditable serving size is $\frac{1}{8}$ cup (exceptions are tomato paste, tomato puree, and raw leafy greens). **Note:** minimum creditable amounts do not apply to the infant meal pattern.
 - **Raw leafy greens** credit at half the volume served in Schools Meals Programs and CACFP (Example: In NLSP, $\frac{1}{2}$ cup romaine lettuce contributes $\frac{1}{4}$ cup toward the dark green vegetable subgroup). In SFSP and NSLP Afterschool Snack Service, raw leafy greens credit as volume served.
 - **Cooked leafy greens**, such as sautéed spinach, credit based on volume served.
 - **Tomato paste** and **tomato puree** can credit using the whole food equivalency (volume of tomatoes prior to pureeing) rather than on the actual volume served. All other vegetable purees credit based on the finished volume served.



- Beans and peas (legumes) may count toward the meats/meat alternates or vegetables component, but not as both in the same meal.



- In the School Meal Programs and CACFP, mixtures of fruits and vegetables (e.g., baked sweet potato with apples), must credit separately for the fruits and the vegetables components.



- Over the course of the week, schools must offer vegetables from specific vegetable subgroups.

More training, menu planning, and nutrition education materials can be found at TeamNutrition.USDA.gov.

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Vegetable Subgroup	Examples Include
Dark Green	bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress
Red/Orange	acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice, and sweet potatoes
Beans/Peas (legumes)	black beans, garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, soy beans, split peas, and white beans
Starchy	corn, cassava, hominy, green bananas, green peas, plantains, taro, water chestnuts, and white potatoes
Other Vegetables	all other fresh, frozen, and canned vegetables, cooked or raw, such as artichokes, asparagus, avocado, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, turnips, wax beans, and zucchini

Vegetable Juice

- In School Meal Programs, no more than 1/2 of the total weekly vegetables offered may be full-strength, 100% vegetable juice and is measured separately at lunch and breakfast.
- In CACFP or Preschool Meal Patterns, full-strength, 100% vegetable juice may be used to meet the vegetables component no more than once per day, including snack. Full-strength, 100% vegetable juice may be used as one component of a snack when the other component is not a beverage.
- In SFSP, full strength 100% vegetable or fruit juice may be counted to meet not more than 1/2 of the vegetable or fruits requirement at lunch or supper.

Note: Juice limit is measured by Program. For example, if a school serves lunch to preschoolers under NSLP and a snack through CACFP, the school can serve juice at both lunch and snack.

Vegetable Smoothies

- Pureed vegetables (fresh, frozen, or canned), when served in a smoothie, credit as juice, and as such are subject to the limitations regarding juice service.
- Pureed vegetable included in a smoothie may count as the entire fruits/vegetables component in the NSLP Afterschool Snack Service and at breakfast and snack in CACFP and SFSP. At snack, a smoothie containing juice and milk can credit as either juice or milk as long as there is a separate, second component served in addition to the smoothie.
- Dry beans and peas may credit toward the vegetables component as vegetable juice when served in a smoothie.
- Juice does not credit when used as an ingredient in another food or beverage product with the exception of smoothies.



Newly Creditable Vegetables in Child Nutrition Programs

Hominy

- Hominy may credit towards the vegetables component in a reimbursable meal or snack.
 - ¼ cup of canned, drained hominy or cooked, whole hominy (from dried hominy) credits as ¼ cup vegetable (starchy vegetable for NSLP and SBP).

Pasta

- Pasta products made of one or more 100 percent vegetable flour(s) may credit toward the vegetables requirement in all Child Nutrition Programs. For example, ½ cup of pasta made of 100 percent vegetable flour(s) credits as ½ cup of vegetables.
- Pasta products made of flour(s) from one vegetable subgroup may credit toward the appropriate vegetable subgroup for school meals. Pasta made of legume flour (e.g., red lentil flour) may credit toward the legume vegetable subgroup or the meat alternates requirement.
- Pasta products made of a blend of 100 percent vegetable flours from multiple vegetable subgroups (e.g., lentils and cauliflower) may credit in two ways for school meals:

1 With a Product Formulation Statement (PFS) from the food manufacturer detailing the actual volume of each vegetable flour per serving, the pasta product may credit toward specific vegetable subgroups; or

2 If the actual volume of each vegetable flour is unknown, the pasta product may credit toward the additional vegetables to meet the overall weekly vegetables requirement.



Products That Do Not Contribute Toward Meal Pattern Requirements

- ✗ Snack-type foods made from vegetables, such as potato chips
- ✗ Home-canned products (for food safety reasons)
- ✗ Condiments such as pickle relish, jam, jelly, tomato catsup, or chili sauce (tomato paste is creditable)
- ✗ Freeze-dried vegetables
- ✗ Dehydrated vegetables used for seasoning



Test Your Skills!

Fill in the blank.

- ___ cup is the minimum creditable amount for any single vegetable.
 A. $\frac{1}{2}$ cup B. $\frac{1}{4}$ cup C. $\frac{1}{8}$ cup
- For school meals, sweet potatoes belong to the _____ subgroup.
 A. Starchy vegetable B. Red/Orange vegetable C. Other vegetable
- Raw, leafy salad greens credit at _____ the volume served in school meals and CACFP.
 A. full B. half C. quarter
- Cooked leafy greens like sautéed spinach, credit at _____ served.
 A. volume B. double the volume C. half the volume
- Dehydrated vegetables used as seasoning _____ creditable.
 A. are B. are not
- The combination of _____ makes a one-cup vegetable serving of fresh tomato, spinach, and bean salad.
 A. $\frac{1}{4}$ cup fresh tomatoes, 1 cup fresh spinach, and $\frac{1}{4}$ cup drained garbanzo beans
 B. $\frac{1}{4}$ cup fresh tomatoes, 2 cups fresh spinach, and $\frac{1}{4}$ cup drained garbanzo beans
 C. $\frac{1}{4}$ cup fresh tomatoes, $1\frac{1}{4}$ cups fresh spinach, and $\frac{1}{8}$ cup drained garbanzo beans
 D. Both A and C



Does It Credit?

You are serving Kale and Sweet Potato Soup as one of the lunch menu items for high school. The manufacturer provided the following Product Formulation Statement (PFS). You need to review the documentation to make sure the vegetables credit as stated. Use the PFS and the Food Buying Guide (FBG) information below to answer the questions.

Product Name: Kale and Sweet Potato Soup			Product Code: 987		
Serving Size: 1 cup (8.20 oz)			Date: 7/21/2020		
Vegetables					
Description of Creditable Ingredients per FBG	Vegetable Subgroup	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Purchase Unit (C)	Creditable Amount (A x B / C)
Kale, fresh, <i>Untrimmed</i> , cooked, drained vegetable	Dark Green Vegetables	2.80 oz	11.80	16.00 oz	2.0650 1/4 cups
Sweet Potatoes, frozen, <i>Center cuts, approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i> , cooked vegetable	Red/Orange Vegetables	3.50 oz	9.70	16.00 oz	2.1218 1/4 cups
Total Cups Dark Green Vegetables:	0.5163 cups	Total Cups Red/Orange Vegetables:		0.5305 cups	
Meal Pattern Contribution Statement					
I certify that the above information is true and correct and that a 1 cup (8.20 oz) ounce serving of the above product (ready for serving) provides 1/2 cup(s) of Dark Green vegetables, 1/2 cup(s) of Red/Orange vegetables when prepared according to directions.					
_____			_____		
Signature			Title		
_____			_____		
Printed Name			Phone Number		

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Kale, fresh <i>Untrimmed</i>	Pound	11.80	1/4 cup cooked, drained vegetable	8.50	1 lb AP = 0.67 lb ready-to-cook
Sweet Potatoes, frozen <i>Center cuts, approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i>	Pound	9.70	1/4 cup cooked vegetable	10.40	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potatoes

True or False:

- The manufacturer correctly calculated the vegetable credit for this product.
 - True False
- The students do not need any additional vegetables for a reimbursable meal because this product meets the entire vegetables component.
 - True False





Answers

1. _____ cup is the minimum creditable amount for any single vegetable.

C: 1/8 cup

2. For school meals, sweet potatoes belong to the _____ subgroup.

B: Red/Orange vegetable

3. Raw, leafy salad greens credit at _____ the volume served in school meals and CACFP.

B: half

4. Cooked leafy greens like sautéed spinach, credit by _____ as served.

A: volume

5. Dehydrated vegetables used as seasoning _____ creditable.

B: are not

6. The combination of _____ makes a one-cup vegetable serving of fresh tomato, spinach, and bean salad.

D: Both A and C

Both A and C are correct. Remember, raw leafy greens credit at half the volume served!

A is correct because 1/4 cup fresh tomatoes plus 1 cup fresh spinach (which credits as 1/2 cup) plus 1/4 cup of drained garbanzo beans equals 1 cup serving of vegetables.
(1/4 cup + 1/2 cup + 1/4 cup = 1 cup)

C is correct because 1/4 cup fresh tomatoes plus 1 1/4 cups fresh spinach (which credits as 5/8 cup) plus 1/8 cup drained garbanzo beans equals 1 cup serving of vegetables.
(1/4 cup + 5/8 cup + 1/8 cup = 1 cup)



Does it Credit?

1. The manufacturer correctly calculated the vegetable credit for this product.

Product Name: Kale and Sweet Potato Soup **Product Code:** 987
Serving Size: 1 cup (8.20 oz) **Date:** 7/21/2020

Vegetables

Description of Creditable Ingredients per FBG	Vegetable Subgroup	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Purchase Unit (C)	Creditable Amount (A x B / C)
Kale, fresh, <i>Untrimmed</i> , cooked, drained vegetable	Dark Green Vegetables	2.80 oz	11.80	16.00 oz	2.0650 1/4 cups
Sweet Potatoes, frozen, <i>Center cuts, approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i> , cooked vegetable	Red/Orange Vegetables	3.50 oz	9.70	16.00 oz	2.1218 1/4 cups
Total Cups Dark Green Vegetables:		0.5163 cups	Total Cups Red/Orange Vegetables:		0.5305 cups

Meal Pattern Contribution Statement
 I certify that the above information is true and correct and that a **1 cup (8.20 oz)** ounce serving of the above product (ready for serving) provides **1/2 cup(s)** of Dark Green vegetables, **1/2 cup(s)** of Red/Orange vegetables when prepared according to directions.

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Kale, fresh <i>Untrimmed</i>	Pound	11.80	1/4 cup cooked, drained vegetable	8.50	1 lb AP = 0.67 lb ready-to-cook
Sweet Potatoes, frozen <i>Center cuts, approx. 7/8 to 1-3/8-inch thick by 1-1/4 to 1-3/4 inch diameter</i>	Pound	9.70	1/4 cup cooked vegetable	10.40	1 lb AP = 0.98 lb (about 2-3/8 cups) cooked sweet potatoes

True: To calculate the contribution of the creditable ingredients for the soup, information from the FBG is entered into the PFS. Multiply the amount of Kale in column A (2.8 ounces per serving) by the FBG Yield in column B (11.80), which is the number of quarter-cup Servings per Purchase Unit. Since the FBG lists the purchase unit as pounds, the PFS must divide by 16.00 ounces (column C) as there are 16 ounces in one pound.

Let's check the calculations:

Kale



2.80 ounces of Kale x 11.8 for FBG Yield (Servings per Purchase Unit) ÷ 16 ounces per pound = 2.0650 quarter-cup servings.



To obtain the number of cups of Kale, divide the result by 4, as there are 4 quarter-cups in one cup: 2.0650 quarter cups ÷ 4 = 0.5163 cup, which rounds down to 0.5 or 1/2 cup vegetable.

Since Kale belongs to the dark green vegetable subgroup, it provides **1/2 cup of dark green vegetable**.

calculations continued on next page

Does it Credit? (continued)

Sweet Potato

✓ 3.50 ounces of Sweet Potato x 9.70 for FBG Yield (Servings per Purchase Unit) ÷ 16 ounces per pound = 2.1218 quarter-cup servings

✓ To obtain the number of cups of Sweet Potato, divide the result by 4 to obtain number of cups: 2.1218 quarter-cups ÷ 4 = 0.5305 cup, which rounds down to 0.5 cup of vegetable.

Since Sweet Potato belongs to the red/orange subgroup, it provides **½ cup of red/orange vegetable**.

This product provides
1 cup of total vegetables:

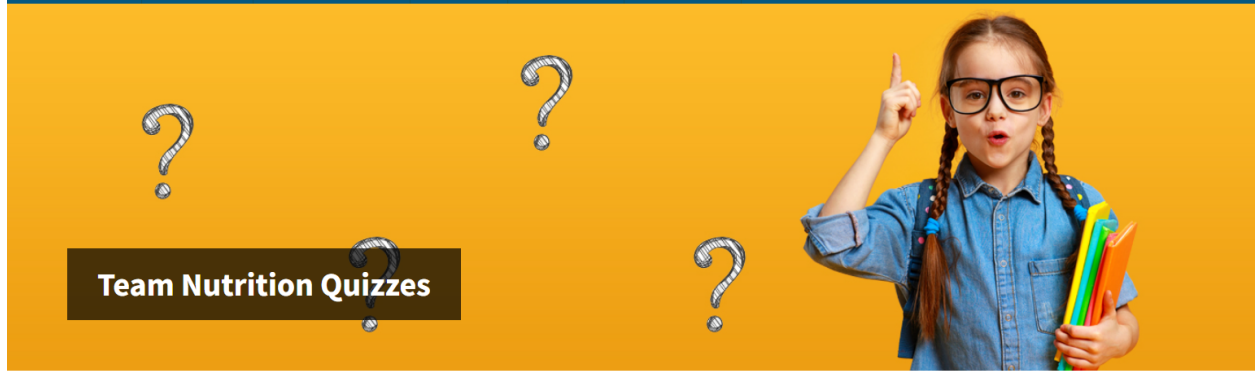
½ cup Kale + ½ cup Sweet
Potato = 1 cup vegetable



2. The students do not need any additional vegetables for a reimbursable meal because this product meets the entire vegetables component.

True: 1 cup vegetable is the minimum amount a school must offer to meet the daily vegetables requirement for grades 9–12, and a serving of the Kale and Sweet Potato Soup provides 1 cup of total vegetable. Under Offer versus Serve, students must select ½ cup of fruit or vegetable, plus two additional meal components for the meal to be reimbursable.





[HOME](#)

Test your knowledge and build your nutrition skills with these fun Team Nutrition quizzes!

[Team Nutrition Quizzes | Food and Nutrition Service \(usda.gov\)](#)

They have topics that help you with Meal Components, Infants and Toddlers, Milk, Whole grains and the child Nutrition Label.

Click in now to check your knowledge on these topics and to get resources to help you with your food program participation.

Nibbles for Health

Mordiscos para la salud

Nutrition Newsletters for Parents of Young Children
Boletines informativos de nutrición para padres de niños pequeños



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USDA es un proveedor, empleador, y prestamista de igualdad de oportunidades.

Dear Child Care Provider,

Early childhood is an amazing time of growth and learning. During this age, children are forming beliefs about what foods they like and don't like. They notice what foods you and other role models eat. This is an important time to help kids form healthy eating habits.

The United States Department of Agriculture has developed these Nibbles for Health Newsletters under the Team Nutrition initiative to help providers, like you, talk with parents of 3- to 5-year-old children about nutrition topics. These newsletters share information about the Child and Adult Care Food Program (CACFP) meal patterns and ways families can encourage healthy eating at home. The newsletters are available in English and Spanish.

Feel free to use all or only a few of these newsletters based on what works for you and your center or home. You are welcome to make copies of these newsletters for sharing or to link to them from your blog or social media page. Electronic copies of these newsletters are available at:

<https://www.fns.usda.gov/tn/nibbles>. A limited selection of these newsletters are also available as separate printed newsletters. CACFP operators may request free printed copies, while supplies last, at: **<https://www.fns.usda.gov/tn/nibbles>**.

If you have questions about these newsletters, please email us at TeamNutrition@fns.usda.gov.

Thank you for the important work that you do!

Sincerely,

Team Nutrition Staff

Estimado proveedor de cuidado infantil,

La niñez temprana es un momento asombroso de crecimiento y aprendizaje. Durante esta edad, los niños están formando creencias acerca de los alimentos que les gustan y no les gustan. Se dan cuenta qué alimentos usted y otros modelos a seguir comen. Este es un momento importante para ayudar a que los niños formen hábitos alimenticios saludables.

El Departamento de Agricultura de los Estados Unidos ha desarrollado estos boletines Mordiscos para la salud bajo la iniciativa Team Nutrition para ayudar a los proveedores, como usted, a hablar con los padres de niños de 3-5 años de edad sobre temas de nutrición. Estos boletines informativos comparten información sobre los patrones de comidas del Programa de Alimentos para Niños y Adultos (CACFP) y maneras en que las familias pueden apoyar la alimentación saludable en casa. Los boletines están disponibles en inglés y español.

Utilice con confianza todos o solo algunos de estos boletines basados en lo que funciona para usted y su centro u hogar. Le invitamos a hacer copias de estos boletines para compartirlas o enlazarlas a su blog o página en los medios sociales. Las copias electrónicas de estos boletines están disponibles en: **<https://www.fns.usda.gov/tn/nibbles>**. Una selección limitada de estos boletines también está disponible como boletines impresos separados. Los operadores del CACFP pueden solicitar copias impresas gratuitas, mientras duren en: **<https://www.fns.usda.gov/tn/nibbles>**.

Si tiene preguntas sobre estos boletines, favor envíenos un correo electrónico a TeamNutrition@fns.usda.gov. ¡Gracias por el importante trabajo que usted realiza!

Sinceramente,

Team Nutrition

Newsletters at a Glance

Boletines en un vistazo

Nibbles for Health: Nutrition Newsletters for Parents of Young Children covers a variety of important topics for families of preschoolers. Listed below are the topics that you will find in English and Spanish. Use the checkboxes to easily keep track of which newsletters you send home.

Los Mordiscos para la salud: boletines informativos de nutrición para padres de niños pequeños cubren una variedad de temas importantes para familias de preescolares. A continuación se enumeran los temas que encontrará en inglés y español. Utilice las cajitas para llevar un registro sencillo de los boletines que envía a casa.

- Child Care: What Will My Child Eat?
Cuidado infantil: ¿qué comerá mi niño?
- Colorful Fruits
Frutas coloridas
- Encouraging Vegetables
Fomentar el consumo de vegetales
- Growing Strong with Milk
Creciendo fuerte con leche
- Healthy Celebrations, Lasting Memories
Celebraciones saludables, memorias duraderas
- Healthy Meals with MyPlate
Comidas saludables con MiPlato
- Healthy Snacks with Smiles
Meriendas saludables con sonrisas
- Portions for Preschoolers
Porciones para niños preescolares
- Tips for a “Choosy” Eater
Consejos para niño “selectivo” con la comida
- Vary Your Protein Foods
Varíe sus alimentos ricos en proteínas
- Water: It’s a Great Choice
Agua: una gran opción
- Whole Grains Make a Difference
Los granos integrales marcan la diferencia

Child Care: What Will My Child Eat?



Did you know that our child care site participates in the Child and Adult Care Food Program (CACFP)? Meals and snacks served through the CACFP help give preschoolers the nutrients they need to learn, grow, and be healthy. We provide a variety of vegetables, fruits, whole grains, low-fat dairy, and lean protein foods. We also offer water throughout the day.

What's for Lunch?*

- ¾ cup low-fat (1%) milk
- ¼ cup fruits**
- ¼ cup vegetables
- ½ serving of grains (such as a ½ slice of bread or ¼ cup of pasta or rice)
- 1½ ounce equivalent of meat or meat alternate (such as cheese, yogurt, or beans)

*Portions for children ages 3 to 5.

**Additional vegetables may be served in place of fruits.

What's for Snack?*

Snacks can vary. Here are some examples:

Example 1:

- ½ ounce equivalent of meat or meat alternate
- ½ cup fruit

Example 2:

- ½ cup vegetables
- ½ serving of grains

Example 3:

- ½ cup milk
- ½ serving of grains

Example 4:

- ½ cup vegetables
- ½ ounce equivalent of meat or meat alternate

*Portions for children ages 3 to 5.

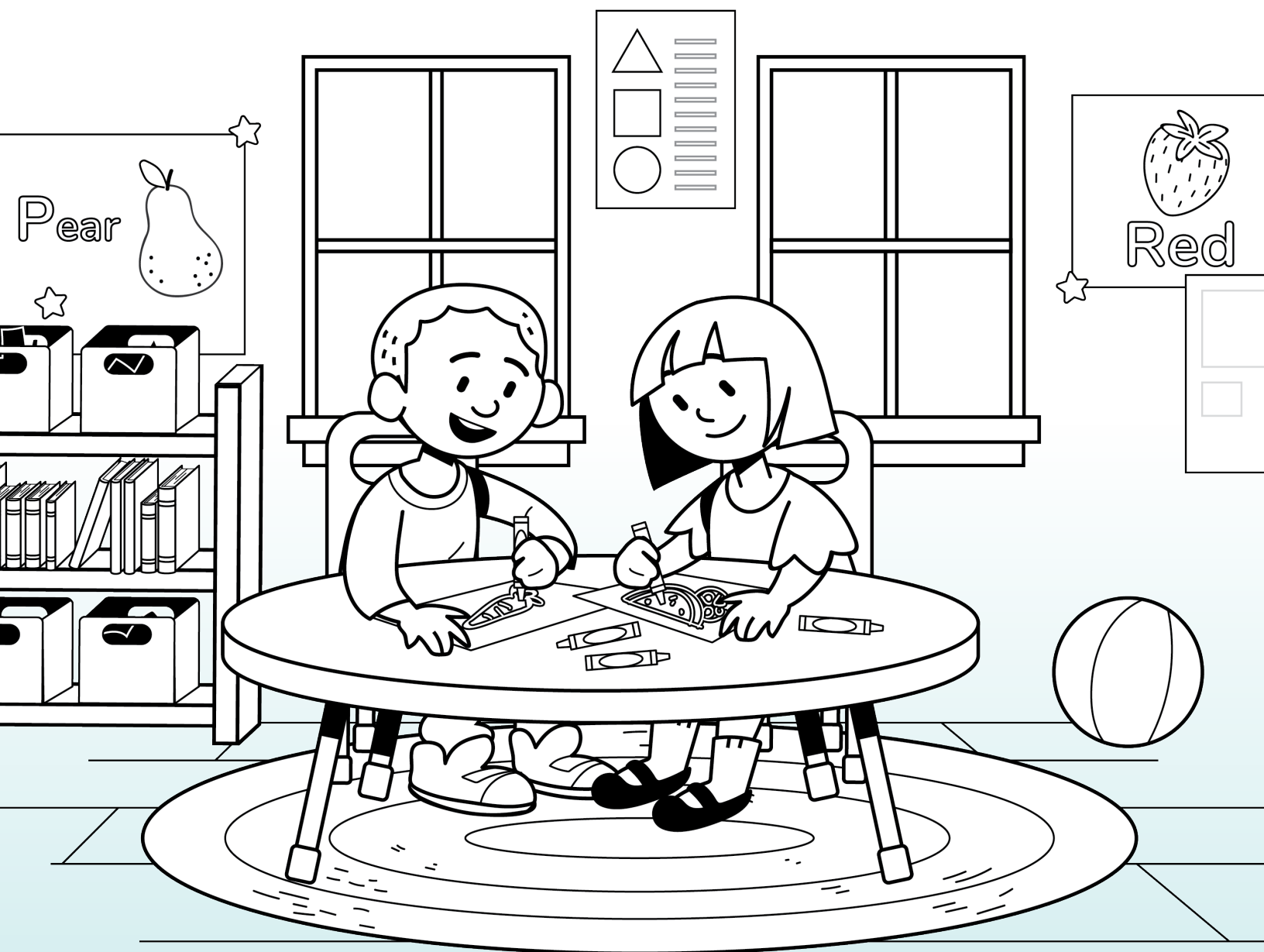
Healthy Foods + Healthy Environments = Healthy Kids

At child care, we encourage healthy choices in ways that go beyond our menu:

- 1 Look around.** See how our site displays pictures of healthy foods. Ask your child to point out his or her favorite picture.
- 2 Read about it.** Our bookshelf includes stories about trying new foods. Ask if you can borrow a book to read to your child.
- 3 Try fun activities.** We do a number of activities involving growing and tasting new foods. Ask your child his or her favorite activity and try it at home.

Activity

Have your child color the picture below:



Cuidado infantil: ¿qué comerá mi niño?



¿Sabía usted que nuestro cuidado infantil participa en el Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP)? Las comidas y meriendas/snacks servidas a través del CACFP ayudan a ofrecer a los niños en edad preescolar los nutrientes que necesitan para aprender, crecer y estar sanos. Proporcionamos una variedad de vegetales y frutas, granos integrales, lácteos bajos en grasas, y alimentos ricos en proteínas magras. También ofrecemos agua durante todo el día.

¿Qué almorzará?*

- ¾ taza de leche baja en grasa (1%)
- ¼ taza de frutas**
- ¼ taza de vegetales
- ½ porción de granos (como ½ rebanada de pan o ¼ taza de pasta o arroz)
- 1½ onza equivalente de carne o sustituto de carne (como queso, yogur, o frijoles)

* Porciones para niños de 3-5 años.

**Vegetales adicionales pueden ser servidos en lugar de frutas.

¿Qué merendará?*

Las meriendas varían. Estos son algunos ejemplos:

Ejemplo 1:

- ½ onza equivalente de carne o sustituto de carne
- ½ taza de fruta

Ejemplo 2:

- ½ taza de vegetales
- ½ porción de granos

Ejemplo 3:

- ½ taza de leche
- ½ porción de granos

Ejemplo 4:

- ½ taza de vegetales
- ½ onza equivalente de carne o sustituto de carne

* Porciones para niños de 3-5 años.

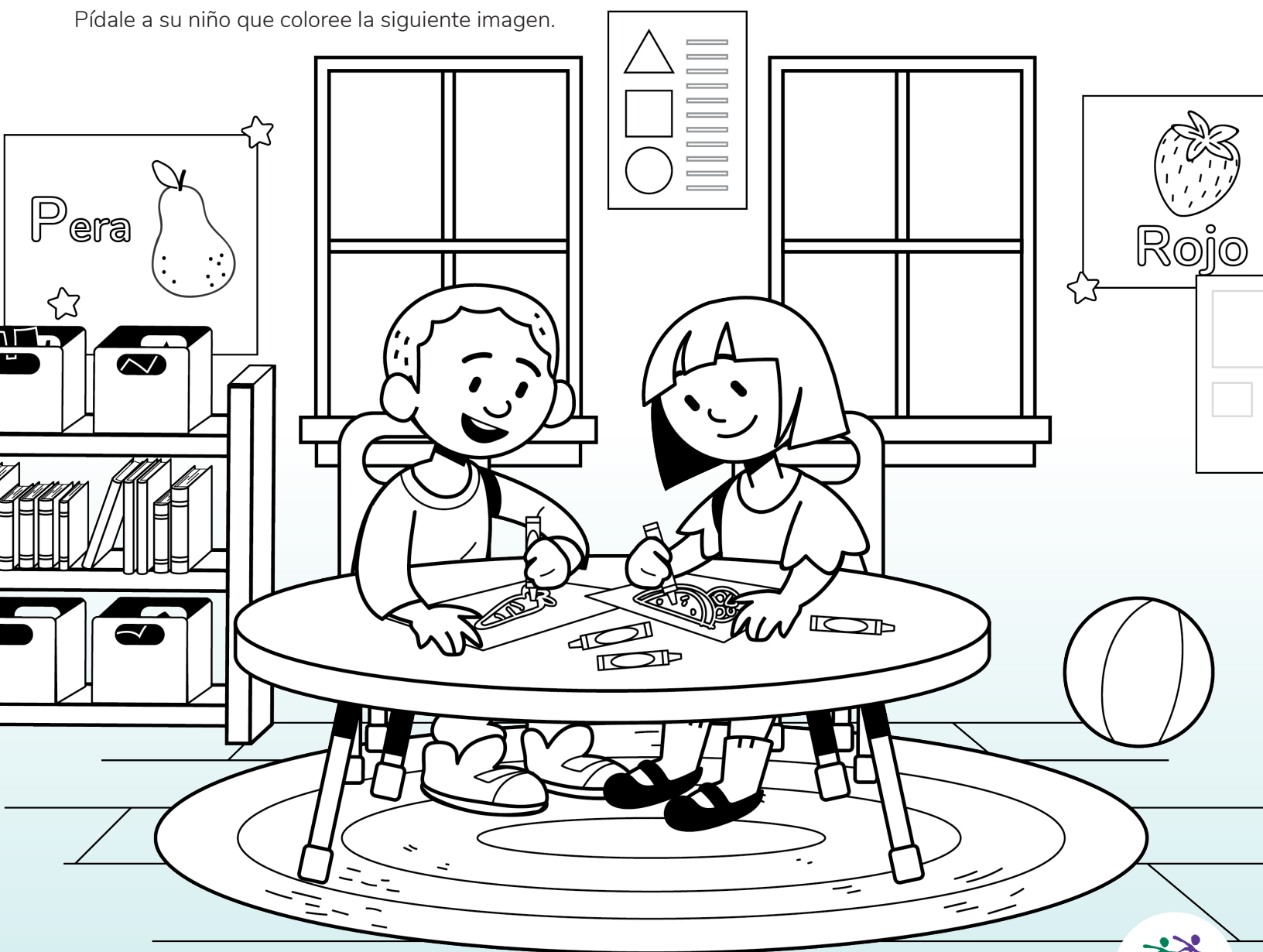
Alimentos saludables + Ambientes saludables = Niños saludables

En el cuidado infantil, fomentamos opciones saludables de maneras que van más allá de nuestro menú:

- 1 Mire alrededor.** Vea cómo nuestro sitio muestra imágenes de alimentos saludables. Pídale a su niño que le señale su foto favorita.
- 2 Lea al respecto.** Nuestro librero incluye cuentos sobre probar alimentos nuevos. Pregunte si puede tomar un libro prestado y léale a su niño.
- 3 Intente actividades divertidas.** Realizamos una serie de actividades que involucran el cultivo y la degustación de nuevos alimentos. Pregúntele a su niño su actividad favorita e inténtela en casa.

Actividad

Pídale a su niño que coloree la siguiente imagen.



Colorful Fruits

At child care, we include a variety of fruits at meals and snacks. We serve fruits because they:

- Add color, texture, and flavor to meals and snacks.
- Provide vitamins and minerals for your child’s growth and play.
- Provide fiber to help prevent constipation.
- Help your child learn healthy eating habits.

Recipe: Baked Sweet Potatoes and Apples

Baking apples and sweet potatoes together creates a tasty side dish that both kids and adults enjoy. Braeburn, Gala, Honey Crisp, Jonagold, or Jonathan apples work well in this recipe.

Makes: 6 servings (½ cup)	Preparation time: 7 minutes	Cook time: 40 minutes
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Ingredients

- 3 tablespoons brown sugar, packed
- ½ teaspoon cinnamon, ground
- ¼ teaspoon salt
- 2 cups sweet potatoes, peeled, ½-inch cubed
- 3 cups apples, peeled, cored, ½-inch cubed
- 1 tablespoon canola oil
- ¼ cup orange juice
- Nonstick cooking spray

Directions

1. Preheat oven to 350 °F.
2. Lightly coat a medium baking dish (8-inch X 8-inch) with nonstick cooking spray.
3. In a medium bowl, combine brown sugar, cinnamon, and salt.
4. Toss sweet potatoes, apples, oil, and orange juice in the cinnamon-sugar mixture.
5. Place the sweet potato and apple mixture in the baking dish.
6. Cover with foil and bake for 40 minutes, or until the sweet potatoes are tender.
7. Serve ½ cup.

Try a Rainbow of Fruits

Encourage your child to try fruits of all different colors. There are fruits for every color of the rainbow.

Red

strawberries,
cherries,
raspberries

Orange

oranges,
nectarines,
peaches,
cantaloupe

Yellow

bananas,
pineapples

Green

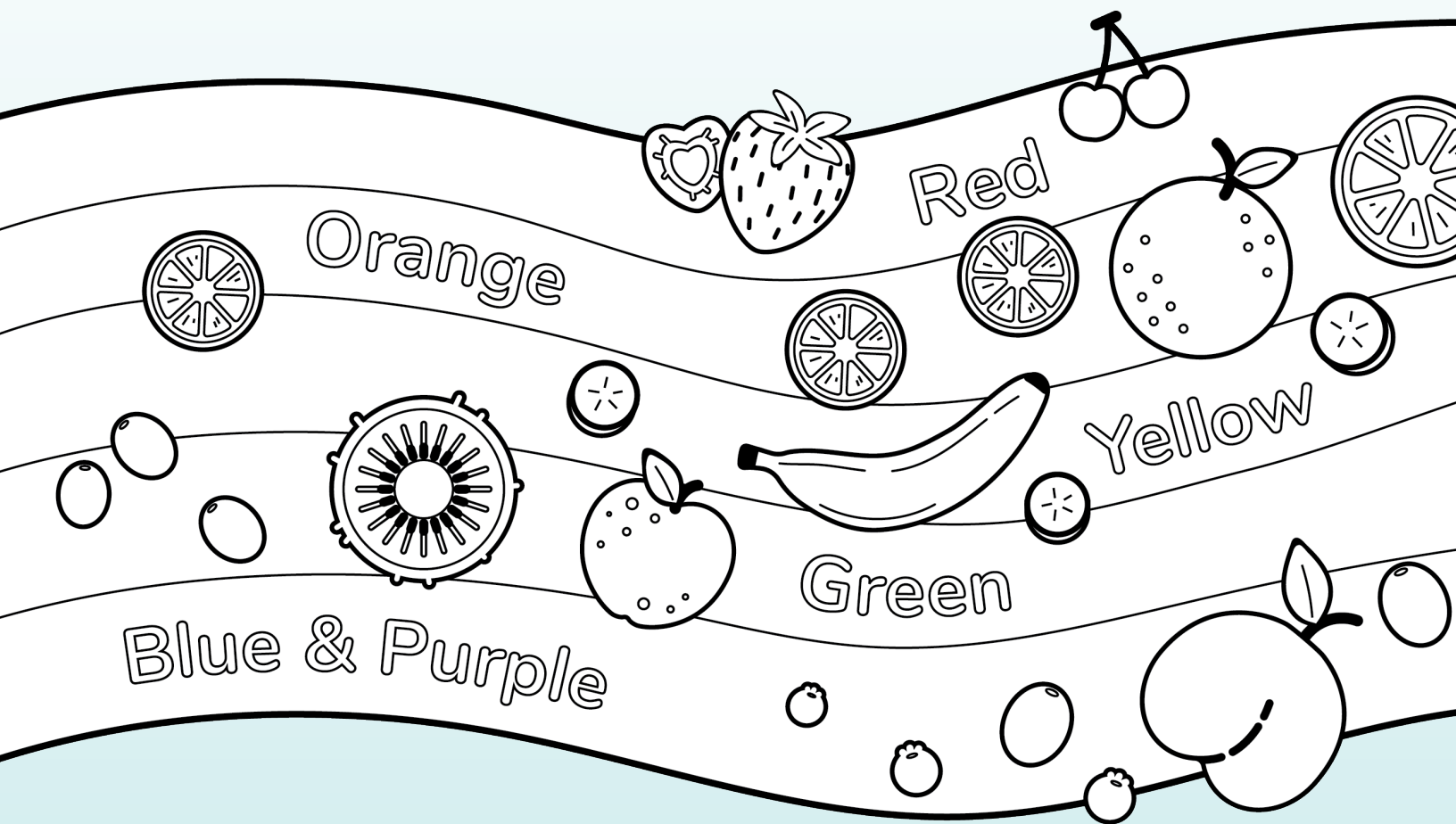
kiwi, grapes,
apples

Blue & Purple

blueberries,
plums, grapes

Make Your Own Rainbow!

As your child tastes different fruits, encourage him or her to color the section on the rainbow that matches the color of the fruit. Display the complete rainbow at home or share it with us.



Frutas coloridas

En el cuidado de infantil, incluimos una variedad de frutas en las comidas y meriendas/snacks. Servimos frutas porque:

- Añaden color, textura y sabor a las comidas y meriendas/snacks.
- Proporcionan vitaminas y minerales para que su niño crezca y juegue.
- Proporcionan fibra para ayudar a prevenir el estreñimiento.
- Ayudan a su niño a aprender hábitos alimenticios saludables.

Receta: Camotes y manzanas horneados

Hornear manzanas y camotes (batatas dulces) juntos crea un sabroso acompañante que tanto los niños como los adultos disfrutan. Braeburn, Gala, Honey Crisp, Jonagold, o manzanas Jonathan funcionan bien en esta receta.

Sirve:

6 porciones
(½ taza)

Preparación:

7 minutos

Tiempo de cocción:

40 minutos

Ingredientes

- 3 cucharadas de azúcar morena, empacada
- ½ cucharadita de canela, molida
- ¼ cucharadita de sal
- 2 tazas de camotes, pelados, cortados en cubos de ½"
- 3 tazas manzanas, peladas, sin el centro, cortadas en cubos de ½"
- 1 cucharada de aceite de canola
- ¼ taza de jugo de naranja
- Aceite en aerosol antiadherente

Direcciones

1. Precaliente el horno a 350 °F.
2. Cubra ligeramente una bandeja para hornear mediana (8" X 8") con aceite en aerosol antiadherente.
3. En un tazón mediano, combine azúcar morena, canela, y sal.
4. Mezcle camotes, manzanas, aceite, y jugo de naranja en la mezcla de canela y azúcar.
5. Coloque la mezcla de camotes y las manzanas en la bandeja para hornear.
6. Cubra con papel de aluminio y hornee por 40 minutos, o hasta que los camotes estén tiernos.
7. Sirva ½ taza.

Intente un arcoíris de frutas

Motive a su niño a probar frutas de todos los diferentes colores. Hay frutas para cada color del arcoíris.

Rojo

fresas, cerezas,
frambuesa

Naranja

naranjas,
mandarinas,
duraznos/
melocotones,
melón
cantaloupe

Amarillo

bananas, piñas

Verde

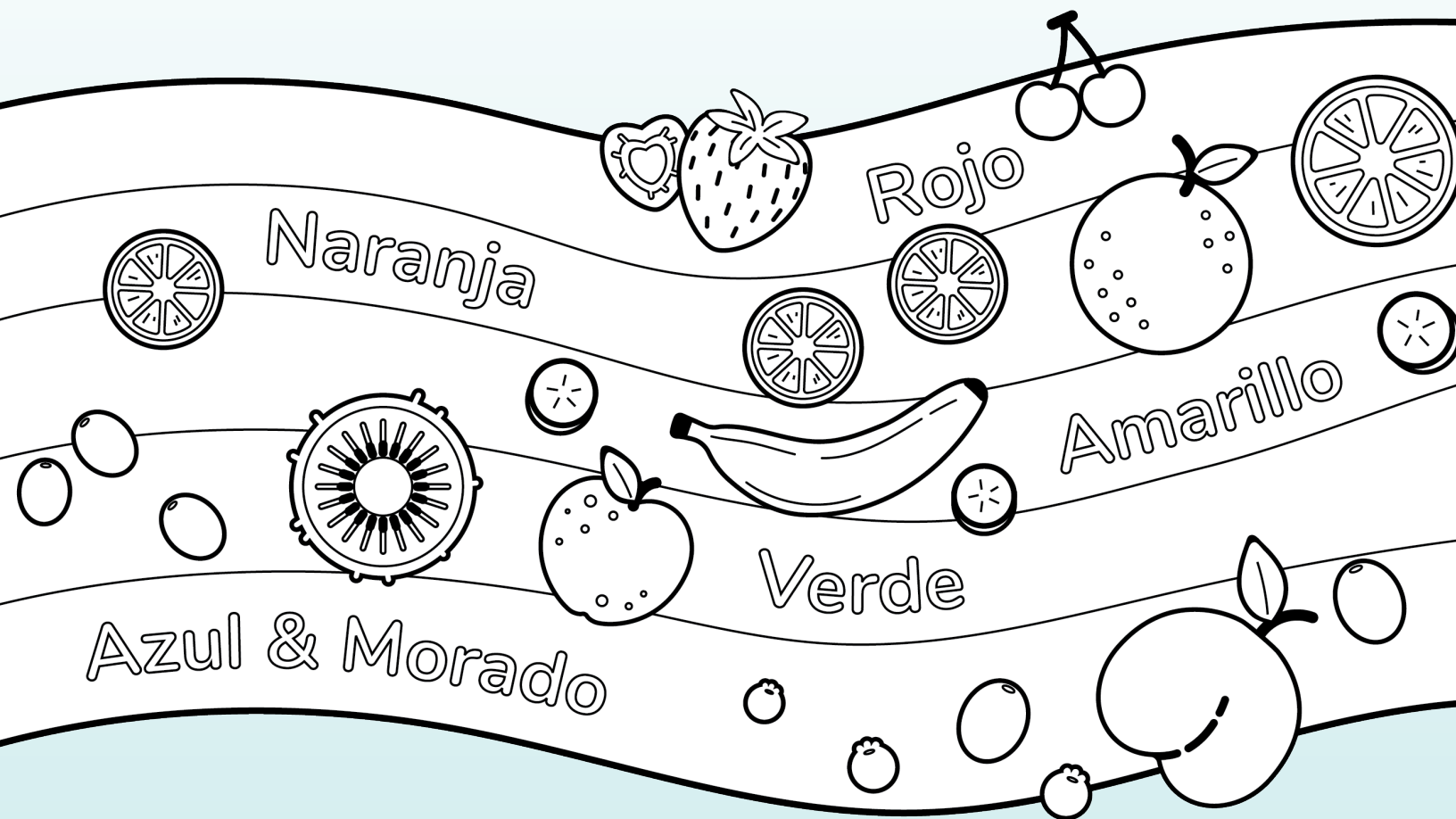
kiwi, uvas,
manzanas

Azul & Morado

arándanos,
ciruelas, uvas

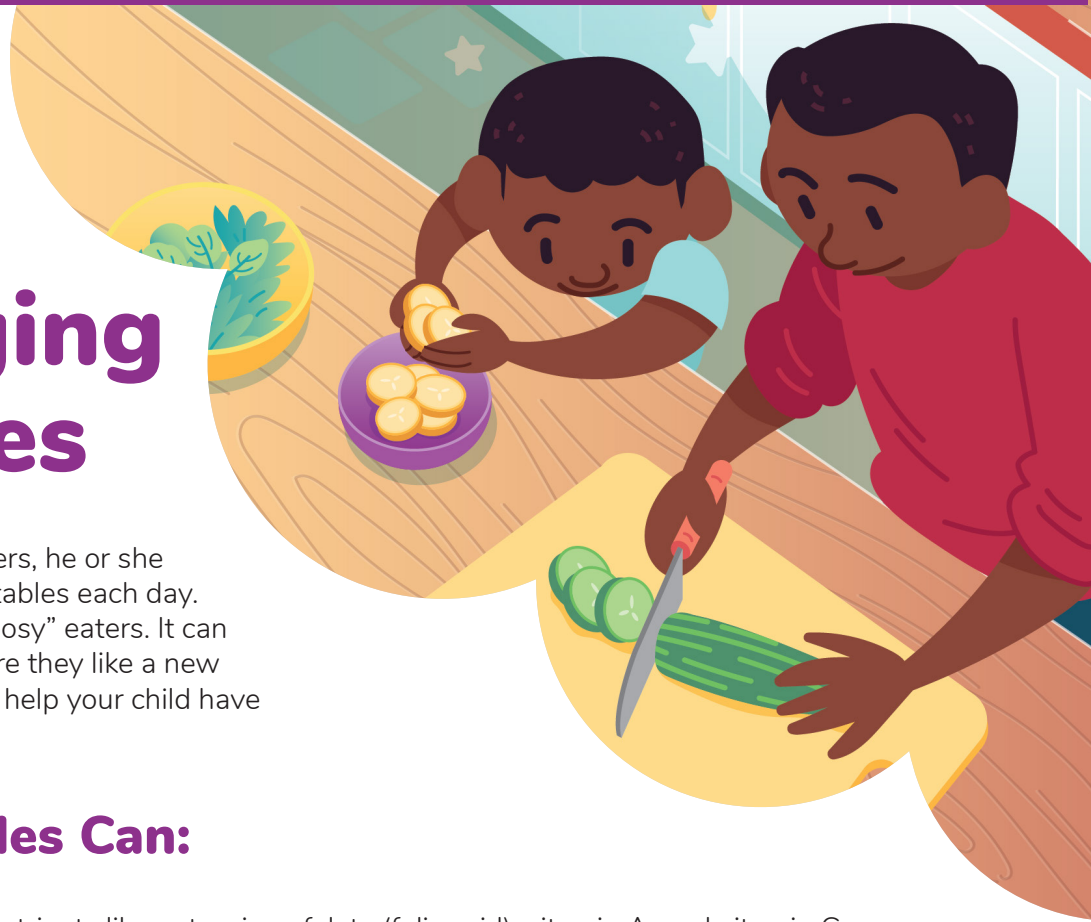
¡Haga su propio arcoíris!

A medida que su niño pruebe diferentes frutas, anímelo a colorear la sección del arcoíris que coincida con el color de la fruta. Exhiba el arcoíris completo en su casa o compártalo con nosotros.



Encouraging Vegetables

If your child is like many preschoolers, he or she probably doesn't eat enough vegetables each day. Many children this age can be "choosy" eaters. It can take children 10 or more tries before they like a new food. Keep trying. Your efforts will help your child have healthier eating habits later.



Offering Vegetables Can:

- Help your child get important nutrients like potassium, folate (folic acid), vitamin A, and vitamin C.
- Provide dietary fiber to help your child feel full. This makes bathroom time easier, too.
- Add color, crunch, and flavor to meals or snacks.
- Help your child develop healthy eating habits that may reduce the risk of certain diseases, like heart disease and Type 2 diabetes, later in life.

Fresh, Frozen, and Canned Vegetables Are All Smart Choices

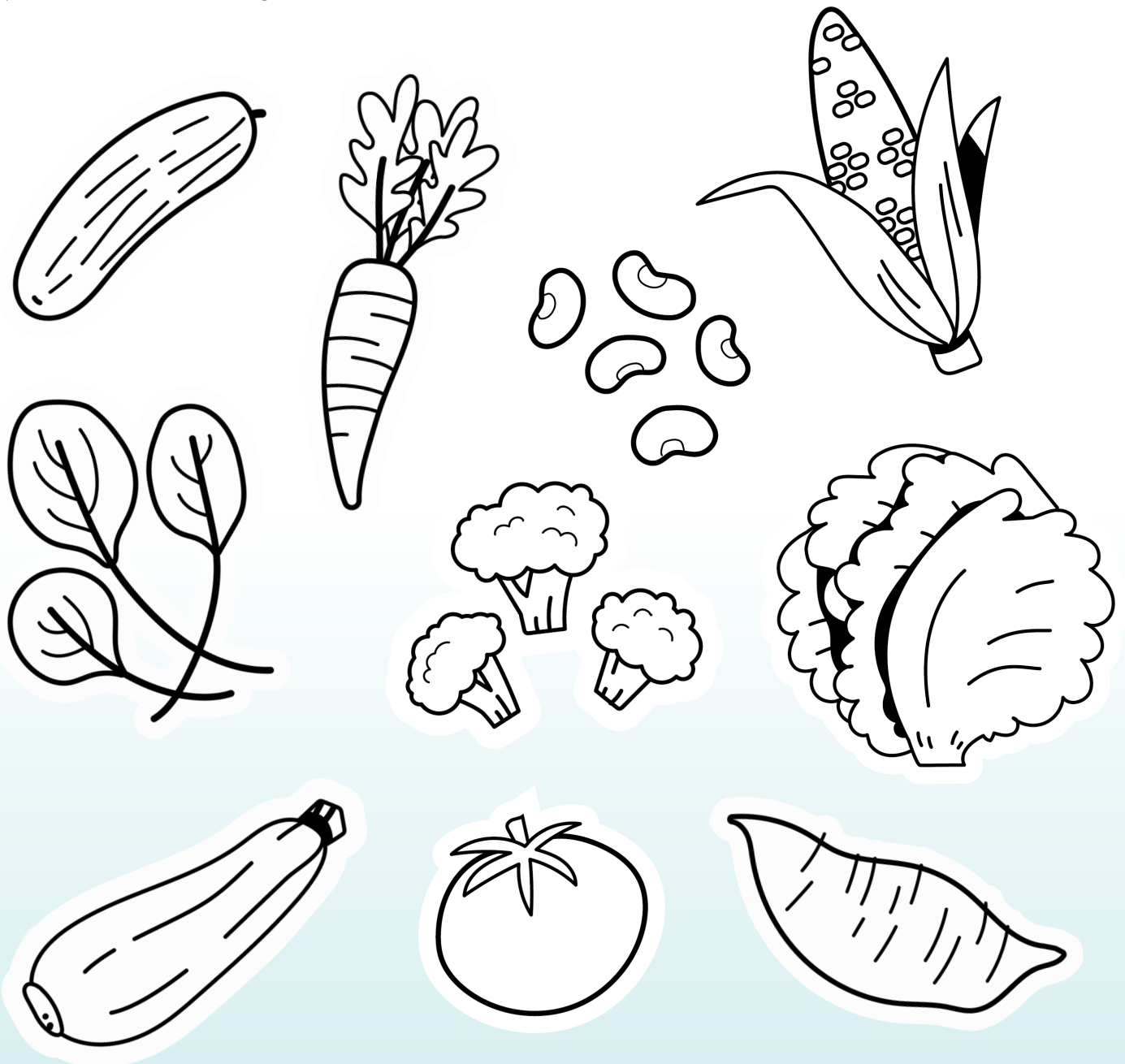
- Packages with added sauces or seasonings may have additional fat and calories.
- Rinse canned beans and vegetables with cold water to reduce sodium.
- Cut vegetables into smaller pieces to make them easier for your preschooler to eat.

Five Ways To Encourage Vegetables

- 1 Eat together.** Let your child see you enjoying vegetables at meals and snacks.
- 2 Prepare together.** Teach your child how to tear lettuce or add vegetable toppings to pizza.
- 3 Get colorful.** Choose different colors of vegetables to eat.
- 4 Make vegetables fun.** Read about them in books. Plant a seed and watch it grow.
- 5 Share the adventure.** Shop for vegetables together. Try a new vegetable each week.

Activity

At child care, we offer different vegetables throughout the week. Ask your child to color the vegetables he or she has tried.



Fomentar el consumo de vegetales



Si su niño es como muchos niños preescolares, probablemente no come suficientes vegetales todos los días. Muchos niños de esta edad pueden ser “selectivos” a la hora de comer. A los niños le puede tomar 10 o más intentos antes de que les guste un nuevo alimento. Siga intentándolo. Sus esfuerzos le ayudarán a que su niño tenga hábitos alimenticios más saludables con el tiempo.

Ofrecer vegetales puede:

- Ayudar a su niño a que reciba nutrientes importantes como el potasio, folato (ácido fólico), vitamina A, y vitamina C.
- Proveer fibra para ayudar a que su niño se sienta lleno. Esto ayuda a la hora de ir al baño también.
- Añadir color, textura crujiente, y sabor a las comidas y meriendas/snacks.
- Ayudar a su niño a desarrollar hábitos alimenticios que pueden reducir el riesgo de ciertas enfermedades como enfermedades del corazón y Diabetes tipo 2 más adelante.

Los vegetales frescos, congelados y enlatados son todas opciones inteligentes

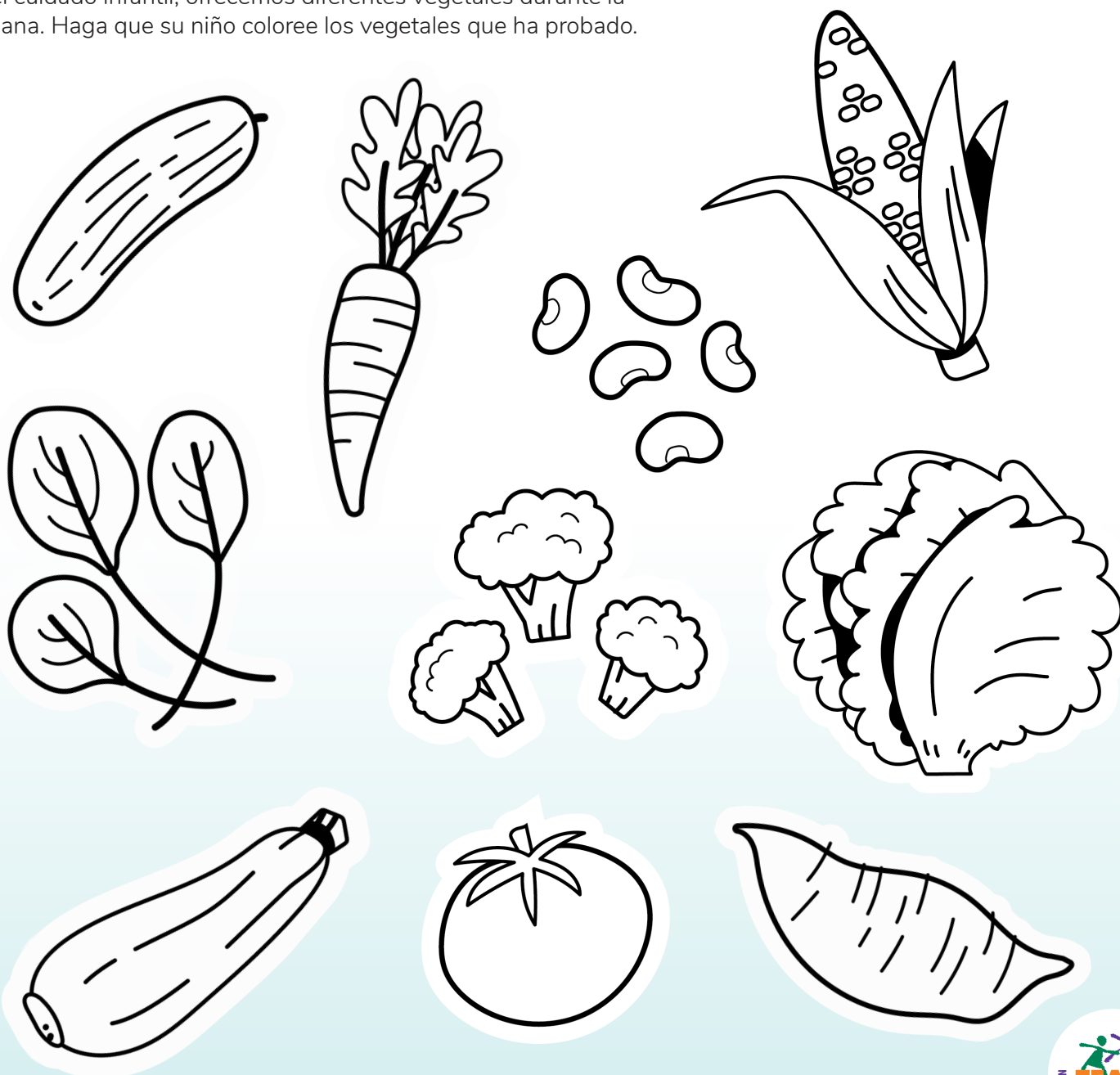
- Los empaques con salsas y sazones añadidos pueden contener grasas y calorías adicionales.
- Enjuague los frijoles enlatados y vegetales con agua fría para reducir el sodio.
- Corte los vegetales en pedazos pequeños para que sea más fácil de comer para su niño.

Cinco maneras para fomentar el consumo de vegetales

- 1 Coman juntos.** Permita que su niño lo vea disfrutando los vegetales en las comidas y meriendas.
- 2 Cocinen juntos.** Enseñe a su niño cómo deshojar la lechuga o añadir vegetales a la pizza.
- 3 Ponga color.** Escoja diferentes colores de vegetales para comer.
- 4 Haga los vegetales divertidos.** Lea sobre ellos en los libros. Siembre una semilla y observe cómo crece.
- 5 Comparta la aventura.** Compren vegetales juntos. Pruebe un vegetal nuevo cada semana.

Actividad

En el cuidado infantil, ofrecemos diferentes vegetales durante la semana. Haga que su niño coloree los vegetales que ha probado.





Growing Strong with Milk

At child care, milk is an important part of meals. The nutrients in milk can help your child build strong bones and muscles.

Why Does Our Child Care Serve Milk?

Milk provides vitamins, minerals, and protein. Low-fat (1%) and fat-free (skim) milk have the same nutrients as whole milk, but less saturated fat. Choosing healthier sources of fats, while eating fewer saturated fats, is good for heart health.

Be a Dairy Detective

Let's take a closer look at milk. Cow's milk is a good source of calcium, protein, vitamin D, and vitamin A. Take a look at the Nutrition Facts label to the right to see what you're getting in a cup of low-fat (1%) milk.

Low-fat (1%) Milk

Nutrition Facts	
8 servings per container	
Serving size 1 cup (240ml)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 107mg	5%
Total Carbohydrate 12g	3%
Dietary Fiber 0g	0%
Total Sugars 12g	
Protein 8g	
Vitamin D 3mcg	15%
Calcium 305mg	30%
Iron 0mg	0%
Potassium 366mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Encouraging Milk as Children Age

- **Take changes slowly.** After your child turns 2 years old, consider changing from whole milk to low-fat milk. Start by switching to reduced-fat (2%) milk for a few weeks. When your child gets used to reduced-fat milk (2%), try low-fat (1%) or fat-free (skim) milk.
- **Enjoy smoothies.** Blend low-fat milk with fruits and low-fat yogurt.
- **Make it special.** Offer low-fat milk in your child's favorite cup.
- **Be a healthy role model.** Encourage the whole family to drink low-fat milk with meals.

Tummy Troubles

If your child is lactose intolerant or gets stomach pains, gas, or bloating after drinking milk, try lactose-free milk and talk with your child's doctor. If you would like your child to drink soymilk at child care, please send a written note. A parent or guardian can make the request. A doctor's note is not required as long as the soymilk meets certain nutrition standards. Soymilk served in child care must have the same amount of calcium, protein, vitamin A, and vitamin D as cow's milk.

At child care, "milk-like" beverages that do not contain the same amounts of calcium, protein, vitamin A, and vitamin D as cow's milk cannot be served in place of cow's milk without a doctor's note.



Creciendo fuerte con leche



En el cuidado infantil, la leche es una parte importante de las comidas. Los nutrientes en la leche pueden ayudar a su niño a desarrollar huesos y músculos fuertes.

¿Por qué nuestro cuidado infantil sirve leche?

La leche provee vitaminas, minerales, y proteínas. La leche baja en grasa (1%) y la leche sin grasa (descremada) tienen los mismos nutrientes que la leche entera, pero menos grasas saturadas. Elegir fuentes más saludables de grasas, mientras que come menos grasas saturadas, es bueno para la salud del corazón.

Sea un detective de los lácteos

Echemos un vistazo más de cerca a la leche. La leche de vaca es una buena fuente de calcio, proteína, vitamina D, y vitamina A. Eche un vistazo a la etiqueta de Información Nutricional para ver lo que está recibiendo en 1 taza de leche baja en grasa (1%).

Leche baja en grasa (1%)

Nutrition Facts	
8 servings per container	
Serving size 1 cup (240ml)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 107mg	5%
Total Carbohydrate 12g	3%
Dietary Fiber 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 3mcg	15%
Calcium 305mg	30%
Iron 0mg	0%
Potassium 366mg	8%

*The % Daily Value shows you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used as a general nutrition standard.

Fomente la leche según su niño crece

- **Tome las oportunidades despacio.** Luego que su niño cumple 2 años de edad, considere cambiar de leche entera a leche baja en grasa. Comience cambiando a leche reducida en grasa (2%) por algunas semanas. Cuando su niño se acostumbre a la leche reducida en grasa, pruebe leche baja en grasa (1%) o leche sin grasa (descremada).
- **Disfrute los batidos.** Licue leche baja en grasa con frutas y yogur bajo en grasa.
- **Hágalo especial.** Ofrezca leche baja en grasa en el vaso favorito de su niño.
- **Sea un modelo a seguir.** Motive a la familia para que tome leche baja en grasa con las comidas.

Problemas estomacales

Si su niño es intolerante a la lactosa o siente dolor de estómago, gas o hinchazón después de tomar leche, pruebe la leche sin lactosa y hable con el médico de su niño. Si usted desea que su niño beba leche de soya en el cuidado infantil, por favor envíe una nota por escrito. Un padre o tutor puede hacer la solicitud. La nota de un médico no es requerida siempre y cuando la leche de soya cumpla con ciertos estándares nutricionales. La leche de soya que se sirve en el cuidado infantil debe tener la misma cantidad de calcio, proteína, vitamina A, y vitamina D que la leche de vaca.

En el cuidado infantil, las bebidas “parecidas a la leche” que no contienen las mismas cantidades de calcio, proteína, vitamina A, y vitamina D como lo leche de vaca no se pueden servir en lugar de la leche de vaca sin la nota del médico.



Healthy Celebrations, Lasting Memories



Birthdays, celebrations, and seasonal events are a great time to include nutritious foods and active play. At child care, we make healthy habits part of the fun. We serve nutritious foods that fit the theme and plan fun activities such as music, art, and games.

Fun Ideas To Try at Home:

- 1 Create fun food.** Use cookie cutters to cut fruits, low-fat cheese, or breads into shapes that fit the theme (such as hearts, flowers, or pumpkins).
- 2 Get moving.** Plan activities like soccer, obstacle courses, tag, dancing, ball tosses, or jump rope.
- 3 Get colorful.** Choose fruits and vegetables that fit the festivities, such as red fruits like watermelon or strawberries for Valentine's Day.
- 4 Go simple with drinks.** Water and low-fat (1%) or fat-free (skim) milk are good choices for preschoolers. Serve drinks in colorful cups that match the event theme.
- 5 Decorate together.** Children love to create centerpieces, signs, placemats, and garlands using basic arts and craft supplies. Supervise activities with scissors.



Ways To Recognize Birthdays and Achievements

- 1 Let your child wear a special crown, ribbon, or button all day.
- 2 Give a special card or note sharing your love.
- 3 Let your child sit at the head of the table or decorate his or her chair.
- 4 Make time for a special walk or game, just for the two of you.
- 5 Give hugs and high fives.

Celebrate with Fun Food Activities

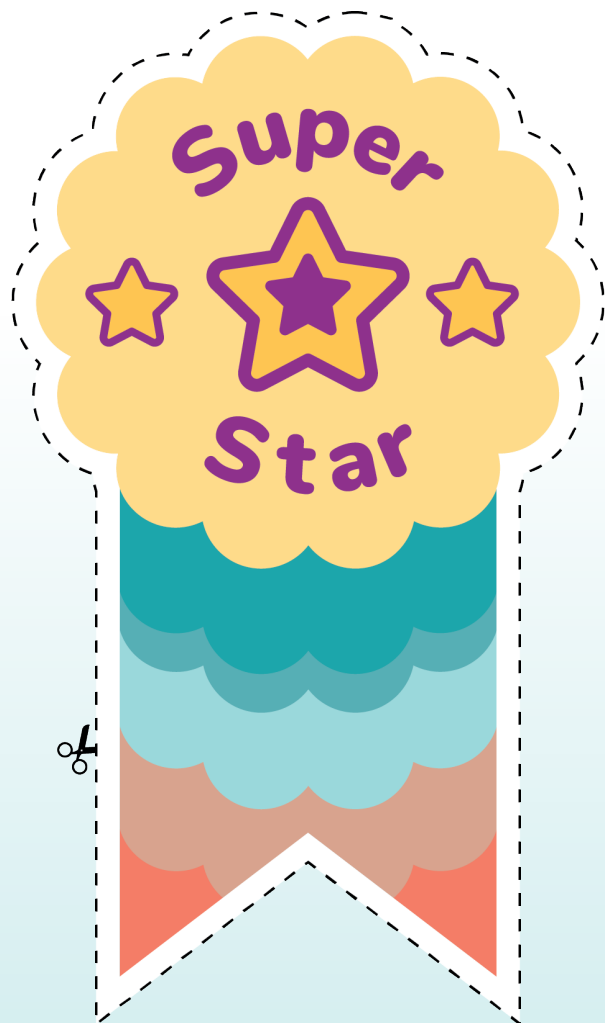
Add simple food activities to your celebration with these fun Look and Cook Recipes:

<https://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes>

- Friendship Pocket
- Crunchy Rainbow Wrap
- Fruit-a-licious Breakfast Cup
- Food Group Friend

Celebration Ribbons

Cut the ribbons out and tape to your child's shirt for special celebrations.



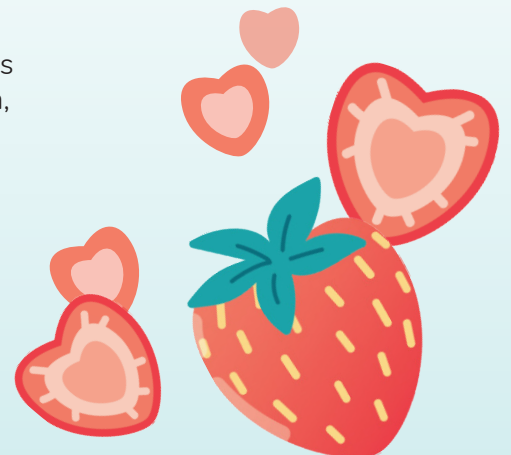
Celebraciones saludables, memorias duraderas



Cumpleaños, celebraciones, y eventos de temporada son buenos momentos para incluir alimentos nutritivos y juegos activos. En el cuidado infantil, hacemos que los hábitos saludables sean parte de la diversión. Servimos alimentos nutritivos que se ajustan al tema y planificamos actividades divertidas como música, arte, y juegos.

Ideas divertidas para hacer en casa:

- 1 Haga la comida divertida.** Use cortadores de galletas para cortar frutas, quesos bajos en grasa o panes integrales en formas que vayan con el tema (como corazones, flores, o calabazas).
- 2 Muévanse.** Planifique actividades como el fútbol, carrera de obstáculos, juego de atrapar, bailes, lanzamientos de pelota, o saltar la cuerda.
- 3 Ponga color.** Escoja frutas y vegetales que se adapten a la ocasión, como frutas rojas como la sandía o las fresas para el día de San Valentín.
- 4 Vaya simple con las bebidas.** El agua y la leche baja en grasa (1%) o sin grasa (descremada) son buenas opciones para los niños en edad preescolar. Sirva bebidas en vasos coloridos que coincidan con el tema del evento.
- 5 Decoren juntos.** A los niños les encanta crear centros de mesa, letreros, manteles individuales y guirnaldas usando artes básicas y suministros artesanales. Supervise las actividades con tijeras.



Maneras de reconocer cumpleaños y logros

- 1 Deje que su niño use una corona, una cinta, o un botón especial todo el día.
- 2 Entréguele una tarjeta o nota especial compartiendo su amor.
- 3 Deje que su niño se sienta al frente de la mesa o adorne su silla.
- 4 Haga tiempo para un paseo o juego especial, solo para los dos.
- 5 Dé abrazos y choque los cinco.

Celebre con actividades divertidas

Añada actividades sencillas con alimentos a su celebración con estas recetas Mira y Cocina:

<https://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes>

- El bolsillo de la amistad
- Envoltura de acroirís crocante
- Taza de desayuno fruti-delicioso
- Amigo del grupo de alimentos

Cintas de celebración

Corte cintas y pegue en la camisa de su niño para celebraciones especiales.



Healthy Meals with MyPlate



Preschoolers need foods from all five food groups to grow and be healthy. The five food groups on MyPlate are: Vegetables, Fruits, Grains, Protein Foods, and Dairy.

Planning meals and snacks that include foods and drinks from all of the food groups is important. This helps your child get the nutrients he or she needs for good health. Offer your child foods and drinks with fewer added sugars, sodium, and saturated fats.

Help Your Child Learn About MyPlate

At child care, we use MyPlate to help children learn about healthy eating. Here are some easy and fun ways you can teach about MyPlate at home:

- Find free MyPlate activities at <https://teammnutrition.usda.gov>.
- Be a healthy role model. Show your child how you fill half your plate with fruits and vegetables.
- At meal time, talk with your child about the foods you are eating. Name the MyPlate food groups represented on your plate.

Help Your Child Enjoy Foods from the Five MyPlate Food Groups

Fruits

Offer a variety of fruits such as apples, berries, and peaches.

Vegetables

Help your child discover a variety of vegetables. Introduce him or her to dark-green, red, and orange vegetables, beans and peas, and other vegetables.

Grains

Make at least half of your child's grains whole grains. Choose a variety of whole-grain foods, such as whole-wheat bread, oatmeal, whole grain tortillas, and brown rice.

Protein Foods

Serve a variety of protein foods during the week, including seafood, beans, and peas. Some tasty ways to include these proteins include: hummus, bean soup, fish tacos, or salmon patties.

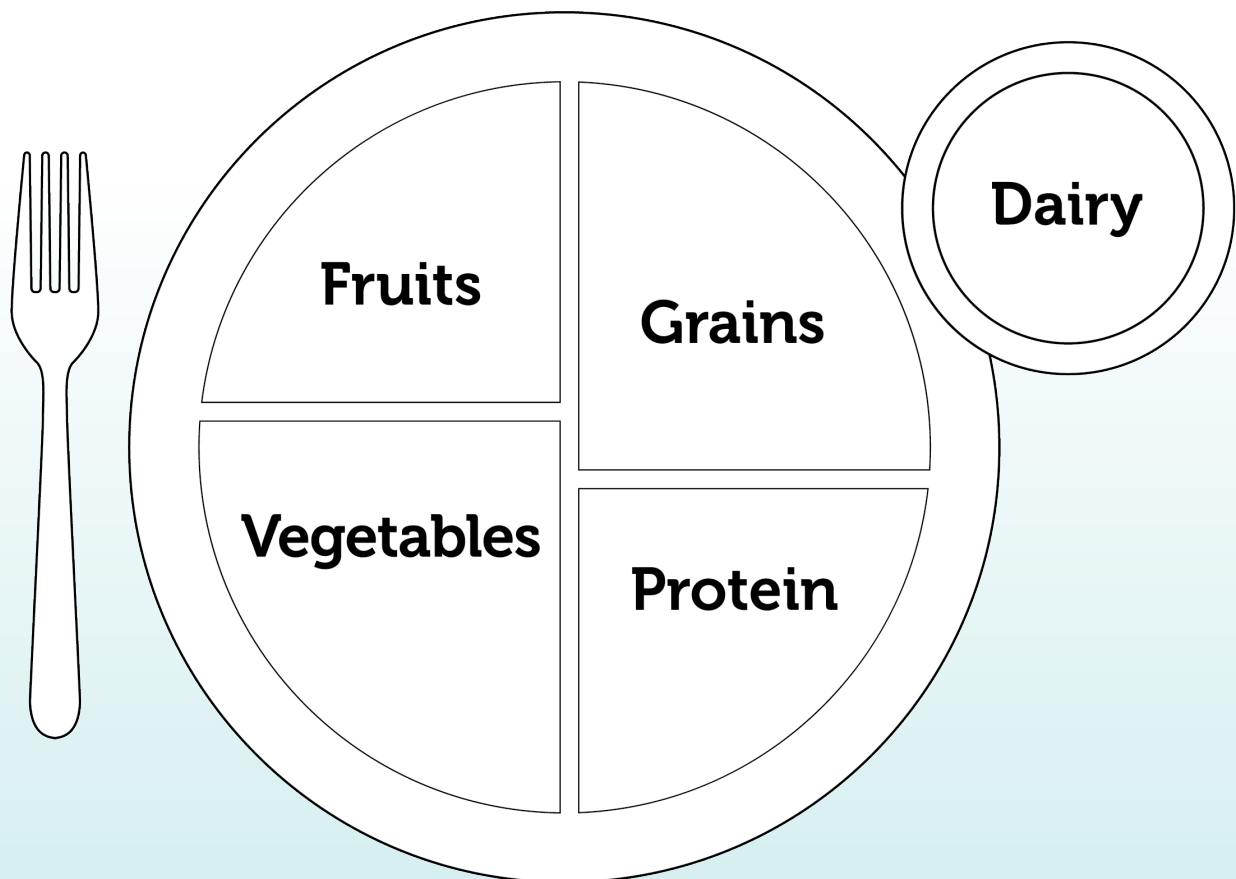
Dairy

Offer low-fat dairy foods such as milk, yogurt, and cheese at meals or snacks.

Serve foods in appropriate sizes, shapes, and textures to reduce the risk of choking. Supervise your child during meals and snacks.

MyPlate Coloring Activity

Talk to your child about the five MyPlate food groups. Then, have your child color the MyPlate below.



Comidas saludables con MiPlato



Los preescolares necesitan comidas de los cinco grupos de alimentos para crecer y estar saludables. Los cinco grupos de alimentos de MiPlato son: Vegetales, Frutas, Granos, Alimentos ricos en proteínas y Lácteos.

Es importante planificar comidas y meriendas/snacks que incluyan alimentos y bebidas de todos los grupos de alimentos. Esto ayuda a que su niño consuma los nutrientes que necesita para una buena salud. Ofrezca a su niño alimentos y bebidas con menos azúcares, grasa y sodio añadidos.

Ayude a su niño a aprender acerca de MiPlato

En el cuidado infantil usamos MiPlato para ayudar a que los niños aprendan acerca de una alimentación saludable. Aquí hay algunas formas fáciles y divertidas con las que puede enseñar acerca de MiPlato en casa:

- Encuentre actividades gratis acerca de MiPlato en <https://teammnutrition.usda.gov>.
- Sea un ejemplo saludable a seguir. Muestre a su niño cómo usted llena la mitad de su plato con vegetales y frutas.
- A la hora de la comida, hable con su niño sobre los alimentos que están comiendo. Nombre los grupos de alimentos de MiPlato que están en su plato.

Ayude a que su niño disfrute comidas los cinco grupos de alimentos de MiPlato

Frutas

Ofrezca una variedad de manzanas, melocotones, y bayas.

Vegetales

Ayude a que su niño descubra una variedad de vegetales. Introduzca vegetales verdes oscuros, rojos y naranjas, frijoles y guisantes, y otros vegetales.

Granos

Haga que al menos la mitad de los granos para su niño sean granos integrales. Escoja una variedad de alimentos de grano integral como: pan de grano integral, avena, tortillas de grano integral y arroz integral.

Alimentos ricos en proteínas

Sirva una variedad de alimentos ricos en proteína durante la semana, incluyendo mariscos, frijoles y guisantes. Algunas maneras sabrosas de incluir estas proteínas son: hummus, sopa de frijoles, tacos de pescado o hamburguesas de salmón.

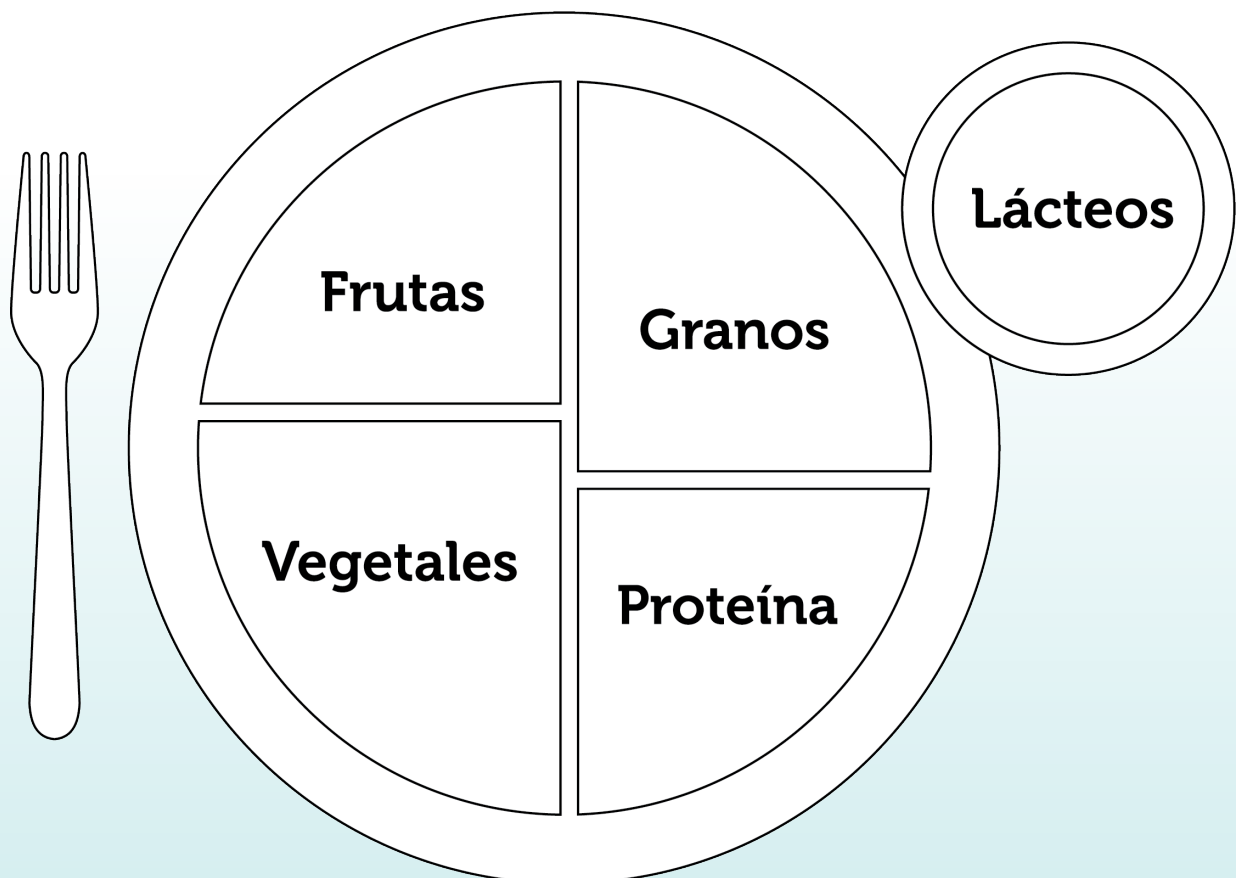
Lácteos

Ofrezca alimentos lácteos bajos en grasa como, leche, yogur y queso en las comidas y meriendas.

Sirva alimentos en tamaños, formas y texturas apropiadas para reducir el riesgo de atragantamiento. Supervise a su niño durante las comidas y meriendas.

Actividad para colorear de MiPlato

Hable con su niño acerca de los cinco grupos de alimentos de MiPlato. Luego, haga que su niño coloree MiPlato a continuación.



Healthy Snacks with Smiles

At child care, we offer a variety of healthy snacks for your child. Think of snacks as mini-meals. They help provide the nutrition and energy your child needs to grow, play, and learn.

Your child is offered at least two of the following types of foods at each snack:

Milk (½ cup)

Examples: ½ cup low-fat (1%) milk, ½ cup fat-free (skim) milk

Meat or Meat Alternate (½ ounce equivalent)

Examples: ¼ of large egg, ½ ounce of cheddar cheese

Vegetables (½ cup)

Examples: ½ cup of cucumber slices, ½ cup of bell pepper strips

Fruits (½ cup)

Examples: ½ cup of berries, ½ cup of peaches

Grains (½ serving)

Examples: 4 whole-wheat crackers, ½ slice of whole-wheat bread

Activity for Kids

Find these objects in the big picture:

- Carrot
- Egg
- Pear
- Cracker
- Milk



Fun Snacks

There are many easy ways to make healthy snacks fun. Try these ideas at home.

Fruity Faces

Create smiley faces with pieces of fruit.

Dippin' Vegetables

Thin strips of bell pepper and low-fat dressing or hummus (bean dip) make a great snack.

Smart Drinks

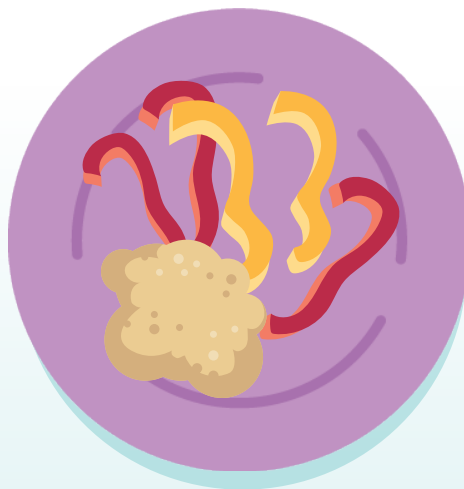
Plain water and low-fat milk make great beverage choices for snack time.

Snacks-to-Go

Decorate sandwich bags or fruit cups with markers or stickers. Healthy snacks can also come in fun packaging.

Super Shapes

Use cookie cutters to cut fun shapes out of sliced whole-grain bread, watermelon, low-fat cheese, and more.



Offering a variety of healthy foods as snacks helps kids get the nutrients and fiber they need for good health.



Meriendas saludables con sonrisas

En el cuidado infantil, ofrecemos una variedad de meriendas/snacks saludables a su niño. Piense que las meriendas son como mini-comidas. Estas ayudan a proveer la nutrición y energía que su niño necesita para crecer, jugar y aprender.

En cada merienda, se le ofrece a su niño al menos dos de los siguientes tipos de alimentos.

Leche (½ taza)

Ejemplos: ½ taza de leche baja en grasa (1%), ½ taza de leche sin grasa (descremada)

Carne o sustituto de carne (½ onza equivalente)

Ejemplos: ¼ de huevo grande, ½ onza de queso cheddar

Vegetables (½ taza)

Ejemplos: ½ taza rodajas de pepino, ½ taza de tiras

de pimienta

Frutas (½ taza)

Ejemplos: ½ taza de bayas, ½ de duraznos/melocotones

Granos (½ porción)

Ejemplos: 4 galletas “crackers” integrales, ½ rebanada de pan integral

Actividad para niños

Encuentra estos objetos en la foto grande:

- Zanahoria
- Huevo
- Pera
- Galleta “Cracker”
- Leche



Meriendas divertidas

Existen muchas maneras fáciles para hacer meriendas saludables divertidas. Trate estas ideas en casa.

Caras de frutas

Haga caras sonrientes con pedazos de fruta.

Vegetales para untar

Tiras delgadas de pimientos con aderezo bajo en grasa o salsa de frijol (hummus) hacen una buena merienda.

Bebidas inteligentes

Agua simple y leche baja en grasa son una excelente opción de bebida para las meriendas.

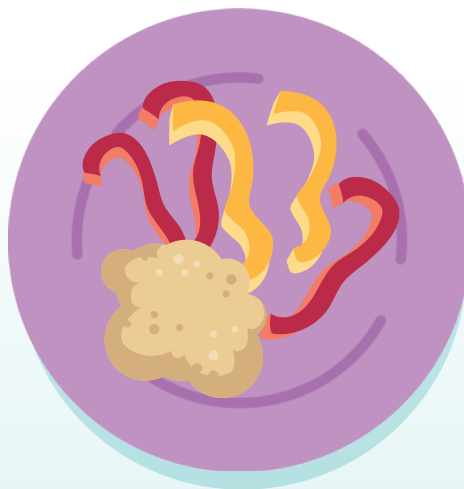
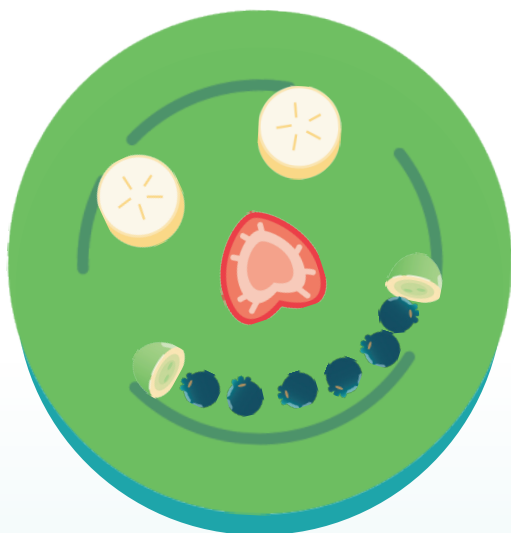
Meriendas para el camino

Decore bolsa de sándwich o vasos de frutas con marcadores y calcomanías. Las meriendas saludables también pueden venir en paquetes divertidos.

Súper figuras

Use moldes de galletas para cortar figuras divertidas de pan integral, sandía, queso bajo en grasa y más.

Ofrezca una variedad de alimentos saludables como meriendas para ayudar a que los niños consuman nutrientes y fibra que necesitan para una buena salud.



Portions for Preschoolers



At child care, the amount of food served at meals and snacks depends on the age of the child. A reasonable portion for preschoolers is smaller than for teens or adults.

The chart below shows how portions compare for adults and preschoolers. It may not look like a lot, but the amounts shown below are just right for preschoolers' small stomachs and energy needs.

Examples of Portions for Adults and Preschoolers

	Preschooler	Adult
Breakfast	<ul style="list-style-type: none"> ½ cup breakfast cereal flakes ½ cup sliced strawberries ¾ cup low-fat (1%) milk 	<ul style="list-style-type: none"> 1 cup breakfast cereal flakes 1 slice of whole-wheat bread ½ cup sliced strawberries 1 cup low-fat (1%) milk
Dinner	<ul style="list-style-type: none"> 1½ ounces oven-baked chicken ¼ cup baked sweet potatoes ¼ cup cooked brown rice ¼ cup fruit salad ¾ cup low-fat (1%) milk 	<ul style="list-style-type: none"> 2 ounces oven-baked chicken ½ cup baked sweet potatoes ½ cup cooked brown rice ½ cup fruit salad 1 dinner roll 1 cup low-fat (1%) milk

Teaching Healthy Eating Habits

Offer preschool-sized portions, not adult portions. This helps your child learn to pay attention to whether he or she feels hungry or full. Smaller amounts help your child only eat what his or her body needs. If your child is still hungry, he or she will ask for more. When your child is served smaller amounts, less food is wasted.

Helpful tips for feeding your preschooler:

- Use smaller bowls, plates, and cups for smaller portions.
- Let your child practice serving himself or herself smaller portions.
- Do not force your child to finish everything on his or her plate.

Sample portion sizes by types of foods

At home, you can use the chart below as a general guide for the amount of a particular food to serve at meals. See the front page of this handout for information on how foods might be served together to make a meal. Children's appetites vary from day to day. Some days they may eat less than these portion amounts; other days they may want more.

	Preschool Portions
Dairy	$\frac{3}{4}$ cup milk $\frac{3}{4}$ cup yogurt 1½ ounces of cheese
Vegetables	$\frac{1}{4}$ to $\frac{1}{2}$ cup vegetables $\frac{1}{2}$ to 1 cup raw, leafy green vegetables (such as salad)
Fruits	$\frac{1}{4}$ to $\frac{1}{2}$ cup fruits $\frac{1}{8}$ to $\frac{1}{4}$ cup dried fruit
Grains	$\frac{1}{4}$ cup cooked rice or pasta $\frac{1}{2}$ slice of bread $\frac{1}{4}$ cup of cooked breakfast cereal $\frac{1}{2}$ cup ready-to-eat breakfast cereal flakes or rounds $\frac{3}{4}$ cup puffed ready-to-eat breakfast cereal
Protein Foods	$\frac{1}{2}$ to 1½ ounces lean meat, poultry, or fish $\frac{1}{2}$ to 1½ ounces of tofu $\frac{1}{8}$ to $\frac{3}{8}$ cup cooked beans 1 to 3 tablespoons peanut butter (spread thinly to prevent choking) $\frac{1}{4}$ to $\frac{3}{4}$ of a large egg

When planning meals and snacks, smaller stomachs need smaller portions.

Porciones para niños preescolares



En el cuidado infantil, la cantidad que servimos en las comidas y meriendas/snacks depende de la edad del niño. Una porción razonable para preescolares es más pequeña que para adolescentes o adultos.

La siguiente tabla compara las porciones para adultos y preescolares. Puede parecer que no es mucha comida, pero las cantidades de abajo son las correctas para los pequeños estómagos de los preescolares y la energía que necesitan.

Ejemplos de porciones para adultos y preescolares

	Preescolar	Adulto
Desayuno	<ul style="list-style-type: none"> ½ taza de hojuelas de cereal para desayuno ½ taza de fresas cortadas ¾ taza de leche baja en grasa (1%) 	<ul style="list-style-type: none"> 1 taza de hojuelas de cereal para desayuno 1 rebanada de pan integral ½ taza de fresas cortadas 1 taza de leche baja en grasa (1%)
Cena	<ul style="list-style-type: none"> 1 ½ onzas de pollo horneado ¼ taza de camotes (batata dulce) horneados ¼ taza de arroz integral cocido ¼ taza de ensalada de frutas ¾ taza de leche baja en grasa (1%) 	<ul style="list-style-type: none"> 2 onzas de pollo horneado ½ taza de camotes (batata dulce) horneados ½ taza de arroz integral cocido ½ taza de ensalada de frutas 1 panecillo 1 taza de leche baja en grasa (1%)

Enseñando hábitos alimenticios saludables

Ofrezca porciones de tamaño para preescolares, no para adultos. Esto ayuda a que su niño ponga atención a reconocer si siente hambre o si está lleno. Las cantidades más pequeñas ayudan a que su niño solo coma lo que su cuerpo necesita. Si su niño todavía tiene hambre, puede pedir más. Cuando se le ofrece menos cantidades a su niño, menos comida se desperdicia.

Consejos útiles para dar de comer a su preescolar:

- Use platos y vasos para porciones pequeñas.
- Deje que su niño practique servirse por sí mismo porciones más pequeñas.
- No obligue al niño a terminar todo lo que hay en su plato.

Ejemplos de tamaños de porciones y tipos de comidas

En casa, usted puede usar estas cantidades como una guía general para servir cierto alimento en las comidas. Vea el frente de esta hoja para obtener información de cómo alimentos se pueden servir juntos para formar una comida. El apetito de los niños puede variar de día a día. Algunos días ellos pueden comer menos de estas porciones y otros días quieran comer más.

Quando planeo comidas y meriendas, estómagos pequeños necesitan pequeñas porciones.

	Porciones para preescolares
Lácteos	$\frac{3}{4}$ taza de leche $\frac{3}{4}$ taza de yogur 1½ onzas de queso
Vegetales	$\frac{1}{4}$ a $\frac{1}{2}$ taza de vegetales $\frac{1}{2}$ a 1 taza de vegetales de hojas verdes crudas (como una ensalda)
Fruta	$\frac{1}{4}$ a $\frac{1}{2}$ taza de frutas $\frac{1}{8}$ a $\frac{1}{4}$ taza de frutas secas
Granos	$\frac{1}{4}$ taza de arroz cocido o pasta $\frac{1}{2}$ rebanada de pan $\frac{1}{4}$ taza de cereal para desayuno cocido $\frac{1}{2}$ taza de cereal para desayuno listo para comer en hojuelas o aros $\frac{3}{4}$ taza de cereal para desayuno inflado (puffed) listo para comer
Alimentos ricos en proteína	$\frac{1}{2}$ a 1½ onzas de carne magra, aves o pescado $\frac{1}{2}$ a 1½ onzas de tofu $\frac{1}{8}$ a $\frac{3}{8}$ taza de frijoles cocidos 1 a 3 cucharadas de mantequilla de maní (finamente esparcida para evitar atragantamiento) $\frac{1}{4}$ a $\frac{3}{4}$ de huevo grande



Tips for a “Choosy” Eater



“Choosy” eating is common among preschoolers. Your child may eat only certain types of foods. He or she may play at the table and not want to eat. Don’t worry. As long as your child has energy and is growing, he or she is most likely eating enough.

How to Cope with a “Choosy” Eater

- 1** Consider what your child eats over several days. Most children eat more variety throughout the week than in 1 day.
- 2** Trust your child’s appetite. Don’t force him or her to eat everything on the plate. Making a child eat when he or she is not hungry may encourage overeating.
- 3** Set reasonable time limits for the start and end of a meal. Remove the plate quietly. What is reasonable depends on your child.
- 4** Stay positive. Avoid calling your child a “picky eater.” Children believe what you say.
- 5** Offer healthy choices for your child to choose from. For example, “Would you like broccoli or carrots for dinner?”

Ways to Encourage Your Child to Try New Foods

- 1 Offer one new food at a time.** Start small. Let your child try small portions of new foods.
- 2 Offer new foods first.** Your child is most hungry at the start of a meal.
- 3 Cook and garden together.** These activities make new fruits and vegetables fun.
- 4 Be a good role model.** Try new foods yourself. Describe the taste, texture, and smell.
- 5 Be patient, new foods take time.** It may take 10 or more tries for a child to accept a new food.

New Food Badges

Celebrate with these fun badges for trying new foods. Simply cut the badge out and attach tape to the back.



Consejos para un niño “selectivo” con la comida



Ser “selectivo” con la comida es común entre los niños preescolares. Quizás su niño solo coma ciertos tipo de alimentos. Puede que juegue en la mesa y no quiera comer. No se preocupe. Mientras su niño tenga energía y esté creciendo, probablemente está comiendo lo suficiente.

Cómo lidiar con un niño “selectivo”

- 1** Considere lo que su niño come por varios días. La mayoría de los niños comen más variedad a lo largo de la semana que en 1 día.
- 2** Confíe en el apetito de su niño. No lo obligue a comer todo lo que está en el plato. Hacer comer a un niño cuando ella o él no tiene hambre puede promover que coma de más.
- 3** Establezca límites de tiempo razonables para comenzar y terminar una comida. Quite el plato discretamente. Lo que es razonable dependerá de su niño.
- 4** Sea positivo. Evite llamar a su niño “picky”. Los niños creen lo que usted dice.
- 5** Ofrezca opciones saludables para que su niño escoja. Por ejemplo, ¿Te gustaría brócoli o zanahorias para la cena?”

Consejos para que su niño pruebe alimentos nuevos

- 1 Ofrezca un alimento nuevo a la vez.** Comience poco a poco. Deje que su niño pruebe pequeñas porciones de alimentos nuevos.
- 2 Ofrezca los alimentos nuevos primero.** Su niño está más hambriento al comienzo de la comida.
- 3 Cocinen y trabajen juntos en el huerto.** Estas actividades hacen que las frutas y vegetales nuevos sean divertidas.
- 4 Sea un buen ejemplo a seguir.** Pruebe usted alimentos nuevos. Describa el sabor, la textura, y el aroma.
- 5 Sea paciente, los alimentos nuevos toman tiempo.** Puede tomar 10 intentos o más para que un niño acepte un alimento nuevo.

Insignias por alimentos nuevos

Celebre con estas divertidas insignias por probar alimentos nuevos. Corte la insignia y péguelo usando cinta adhesiva.





Vary Your Protein Foods



Eating foods from all five MyPlate food groups gives your child the nutrition he or she needs to grow and be healthy. The five food groups are: Fruits, Vegetables, Grains, Protein Foods, and Dairy.

At child care, we serve a variety of protein foods to help your child get the nutrients he or she needs for health and growth. Protein supports growing muscles. The iron in protein foods helps carry oxygen within the blood. Certain protein foods, such as seafood and nuts, contain healthy fats that support heart health.

Does my child eat enough protein?

Most preschoolers eat enough protein foods. However, children do not always eat a variety of protein foods. Offering fish or beans at some meals during the week is one way to add more variety to your family's meals.

Examples of protein foods to look for when shopping:

- Beans and peas
- Beef
- Chicken and turkey
- Eggs
- Nuts and nut/seed butters
- Pork
- Seafood (fish and shellfish)
- Tofu and other soy products

Questions About Protein Foods

What if my family doesn't eat certain foods in the Protein Foods Group?

Your child can get enough protein as long as he or she eats a variety of foods from the Protein Foods group. Protein sources for vegetarians include eggs (for ovo-vegetarians), beans and peas, nut/seed butters, and soy products (such as tofu). If you have concerns about what your child is eating, talk with your child's doctor. He or she may want to check to see if your child is getting enough iron from protein foods and other sources.

How can I offer healthier choices?

Use these ideas for healthier ways to select and prepare meats, chicken, and turkey:

- Remove the skin from chicken or turkey before or after cooking. Remove any bones to prevent choking.
- Choose lean or low-fat cuts of meat like round or sirloin. Select ground beef that is at least 92% lean. Trim fat from meat.
- Try grilling, broiling, roasting, or baking — these cooking methods don't add extra fat. Some lean meats need slow, moist cooking to be tender — try a slow cooker.



Are some protein foods higher in sodium (salt)?

The Nutrition Facts label on food packages lists the amount of sodium in a food. Compare the amount of sodium in similar types of foods, and choose ones that are lower in sodium. If using canned beans, look for cans labeled “reduced-sodium.” Fresh chicken, turkey, seafood, pork, and meat is usually lower in sodium than processed meat and poultry. Examples of processed meats and poultry are sausages, bologna, frankfurters (hot dogs), luncheon meats and loaves, pepperoni, and pre-marinated chicken. Choosing foods that are lower in sodium can help you lower your family's risk of high blood pressure and related diseases.

Varíe sus alimentos ricos en proteínas



Comer alimentos de los cinco grupos de alimentos le da a su niño la nutrición que necesita para crecer y estar saludable. Los cinco grupos de alimentos de MiPlato son: Frutas, Vegetales, Granos, Alimentos ricos en proteínas, y Lácteos.

En el cuidado infantil servimos una variedad de alimentos ricos en proteínas para ayudar a que su niño consuma los nutrientes que necesita para su salud y desarrollo. La proteína ayuda a los músculos en crecimiento. El hierro en la proteína ayuda a transportar el oxígeno por la sangre. Ciertos alimentos ricos en proteínas como: los mariscos y las nueces, contienen grasas saludables que mantienen el corazón sano.

¿Mi niño consume suficiente proteína?

La mayoría de preescolares comen suficientes alimentos ricos en proteínas. Sin embargo, los niños no siempre comen diferentes alimentos ricos en proteínas. Ofrecer pescado o frijoles en algunas comidas durante la semana es una manera de variar sus comidas familiares.

Ejemplos de alimentos ricos en proteínas cuando vaya de compras:

- Frijoles y guisantes
- Carne de res
- Pollo y pavo
- Huevos
- Nueces y mantequillas de nuez o semilla
- Cerdo
- Mariscos (pescado y crustáceos/moluscos)
- Tofu y otros productos de soya

Preguntas sobre alimentos ricos en proteínas

¿Qué pasa si mi familia no come determinados alimentos del grupo de las proteínas?

Su niño puede obtener suficientes proteínas siempre y cuando él o ella coma una variedad de alimentos del grupo de los Alimentos Ricos en Proteínas. Las fuentes de proteínas para los vegetarianos incluyen huevos (para los ovo-vegetarianos), frijoles y guisantes, mantequillas de nueces, y productos de soya (como el tofu). Si tiene dudas sobre lo que su niño come, hable con su médico. Él o ella le podrá decir si su niño está obteniendo suficiente hierro de alimentos ricos en proteína u otras fuentes.

¿Cómo puedo ofrecer opciones más saludables?

Use estas ideas para maneras más saludables de seleccionar y preparar carnes, pollo y pavo:

- Remueva la piel del pollo y el pavo antes o después de cocinarlos. Remueva todos los huesos para prevenir atragantamiento.
- Seleccione carnes magras o cortes bajos en grasa como lomo y solomillo. Elija carne de res molida baja en grasa que sea al menos 92% sin grasa. Remueva la grasa de la carne.
- Hornear, a la brasa o a la parrilla son métodos de cocción que puede probar y no necesitan añadir grasa adicional. Algunas carnes magras necesitan cocinarse con métodos húmedos y a fuego lento para que estén blandas – trate de cocinarlos en una olla de cocción lenta.



¿Algunos alimentos con proteína tienen mayor contenido de sodio (sal)?

La etiqueta de información nutricional en el envase de los alimentos enumera la cantidad de sodio en la comida. Compare la cantidad de sodio en tipos de alimentos similares y escoja los que son más bajos en sodio. Si usa frijoles enlatados, busque los que son “reducido en sodio”, “reduced-sodium”. Pollo, pavo, mariscos, cerdo, y carne frescos son más bajos en sodio que carnes procesadas y otras aves. Ejemplos de carnes y aves procesadas son salchichas, boloñesa, hot dogs, carne enlatada/jamonilla, rollo de carne (meat loaf), pepperoni, y pollos pre-marinados. Escoger alimentos que son bajos en sodio puede ayudar a que su familia tenga un menor riesgo de presión alta y enfermedades relacionadas.





Water: It's a Great Choice

At child care, we offer water to your preschooler throughout the day. This is a great drink choice for kids because it doesn't contain added sugars or caffeine.

- Water helps to hydrate your child's body.
- Drinking tap water with fluoride (also known as fluoridated tap water) can help prevent cavities.
- Drinking water between meals and snacks can help rinse food from teeth.

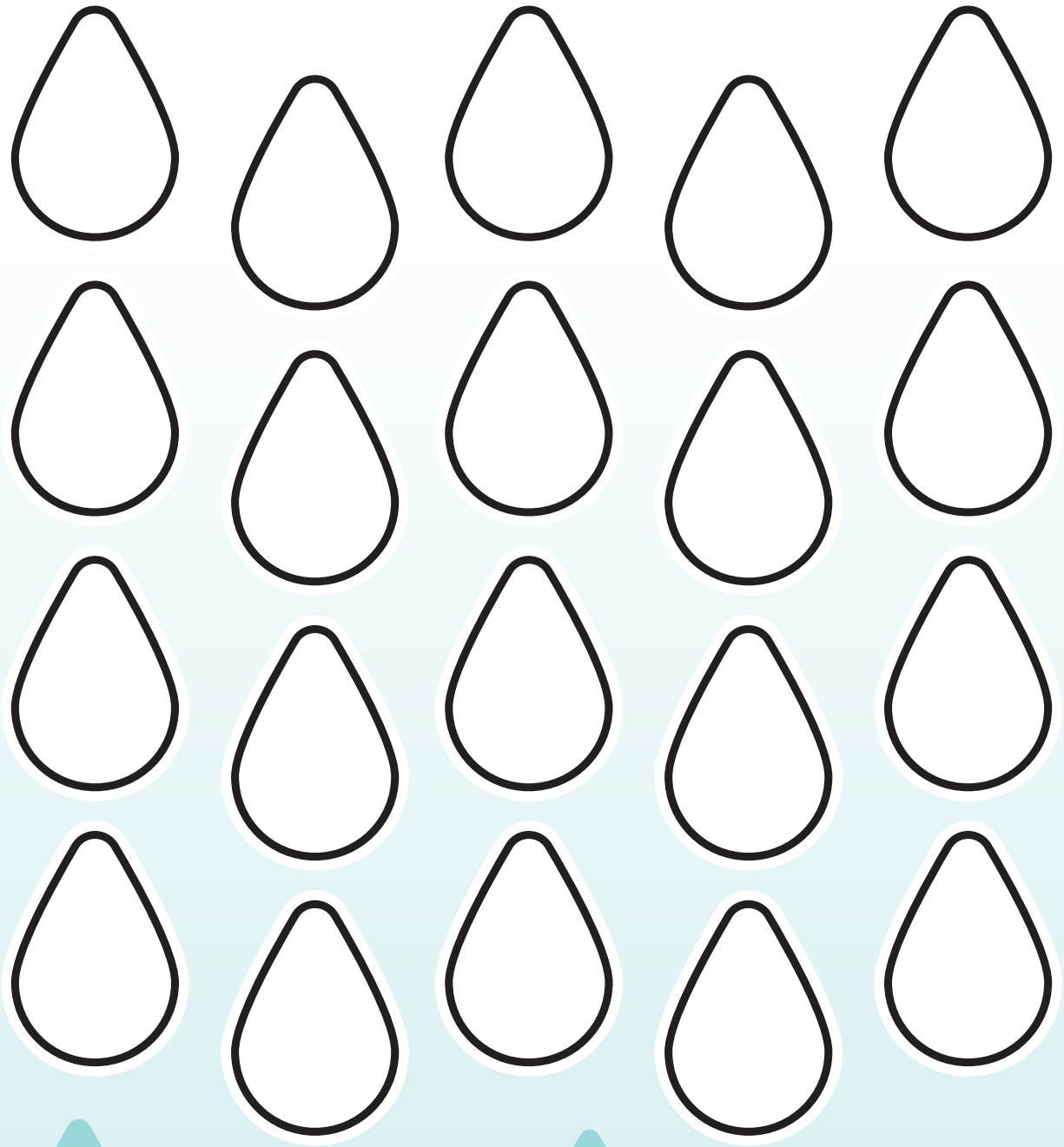
Preschoolers need extra water to drink when they are physically active or when it is hot outside. At child care, we have regular water breaks before and during active play.

What you can do at home:

- Offer water between meals and snacks.
- Encourage your child to drink water by being a role model and drinking water yourself.
- Keep child-sized cups by the sink where your child can reach them.

Color the Water Drop

You can make drinking water fun for your child.
Every time your child drinks water, ask him or her to color a water drop below.



Great Job!





Agua: una gran opción

En el cuidado infantil, le ofrecemos agua a su niño preescolar durante el día. El agua es una gran opción para niños ya que no contiene azúcares añadidas o cafeína.

- El agua ayuda a hidratar el cuerpo de su niño.
- Tomar agua potable con fluoruro (también conocida como agua de la llave con fluoruro) puede ayudar a prevenir caries.
- Tomar agua entre comidas y meriendas puede ayudar a enjuagar los dientes.

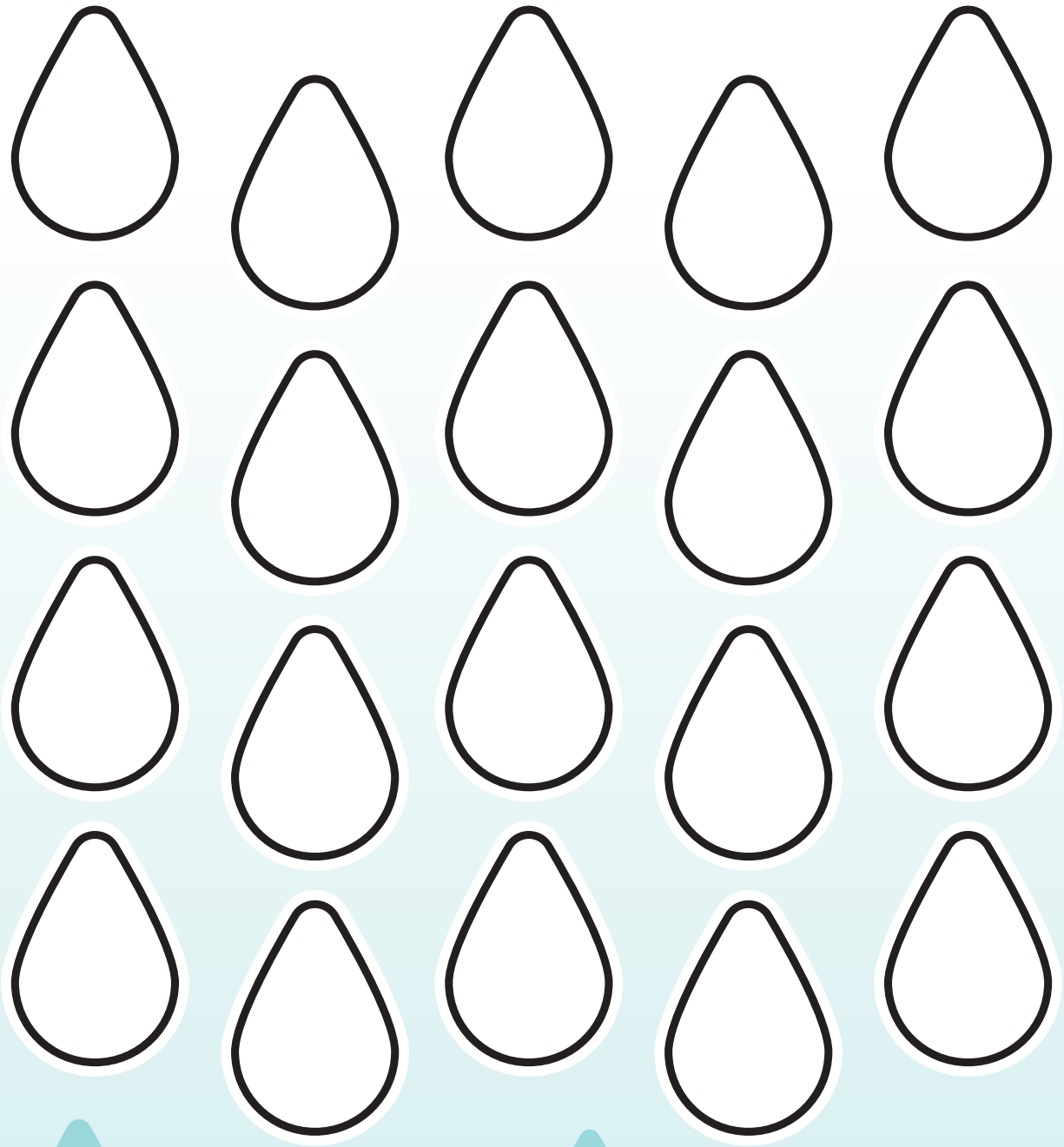
Los preescolares necesitan beber más agua cuando están físicamente más activos o cuando está caliente afuera. En el cuidado infantil damos descansos regulares para tomar agua antes y durante el juego activo.

Qué puede hacer en casa:

- Ofrezca agua entre comidas y meriendas.
- Motive a su niño a tomar agua siendo un buen ejemplo y usted también tome agua.
- Ponga vasos pequeños para niños cerca del fregadero donde su niño los alcance.

Coloree las gotas de agua

Usted puede hacer que tomar agua sea divertido para su niño. Cada vez que su niño tome agua, pídale que coloree la gota de agua de abajo.



¡Buen trabajo!





Whole Grains Make a Difference

Children, like adults, need whole grains every day. Whole grains have B vitamins, minerals, and fiber to keep your child strong and healthy. It's easier to get your child in the habit of eating and enjoying whole grains if you start when they are young. At child care, we include whole grains at meals and/or snacks.

Here are some ways you can enjoy whole grains at home. Check off the ones you have tried. Add your own ideas to the list, too!

- | | |
|---|--|
| <input type="checkbox"/> Whole-wheat bread, rolls, bagels | <input type="checkbox"/> Whole-wheat waffles or pancakes |
| <input type="checkbox"/> White whole-wheat bread | <input type="checkbox"/> Whole-wheat crackers |
| <input type="checkbox"/> Whole-grain cereal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Brown rice | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole-wheat pasta | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Oatmeal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole-grain tortillas | <input type="checkbox"/> _____ |

Whole Grains: How Much Is Enough Each Day?

Q: How many whole grains should my family eat every day?

A: In general, most adults need to eat about 6 to 8 ounces of grains daily. Examples of grains include bread, cereal, pasta, rice, and tortillas. Preschoolers* need less – about 4 to 5 ounces. A good rule of thumb is that at least half of these grains should be whole grains. That’s about 3 ounces of whole grains for adults each day, and 2 ounces of whole grains for preschoolers.

*For preschoolers that are moderately active.

Q: How can I tell if a grain is a whole grain?

A: Choose foods that name one of the following whole-grain ingredients first on the label’s ingredient list:



Try it out!

Which of the following foods is a whole grain? Circle your answer.

(A) Bread

Ingredients: whole-wheat flour, malted barley flour, niacin, iron, riboflavin, folic acid

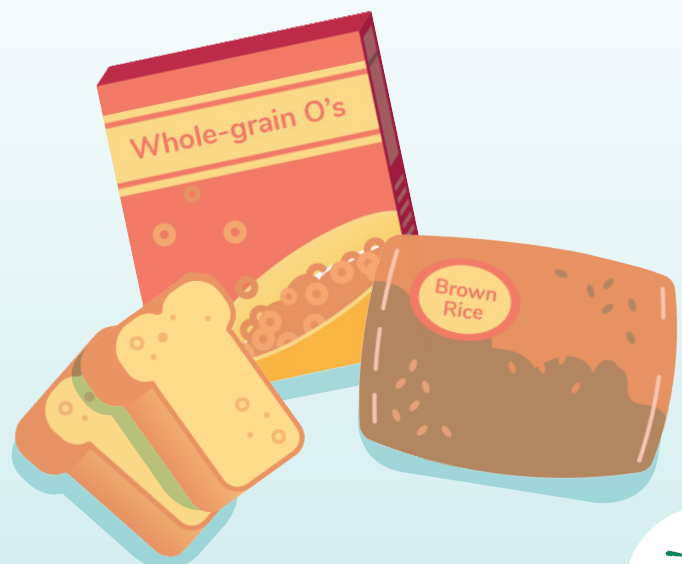
(B) Tortilla

Ingredients: wheat flour, soybean oil, salt, corn, starch, wheat starch

(C) Roll

Ingredients: unbleached enriched wheat flour, sugar, salt, soybean oil, and yellow corn meal

Answer Key: A is a whole-grain because it has whole-wheat flour as the first grain ingredient. Whole-wheat is a whole grain.



Los granos integrales marcan la diferencia



Los niños, al igual que los adultos, necesitan granos integrales todos los días. Los granos integrales tienen vitaminas B, minerales y fibra para mantener a su niño sano y fuerte. Es más fácil acostumbrar a su niño a comer y disfrutar granos integrales si comienza cuando es pequeño. En el cuidado incluimos granos integrales en las comidas y/o meriendas.

Aquí hay algunas maneras que usted puede disfrutar granos integrales en casa. Marque los alimentos que usted ha probado. ¡También puede agregar sus propias ideas a la lista!

- | | |
|---|---|
| <input type="checkbox"/> Pan, panecillos o bagels de trigo integral | <input type="checkbox"/> Panqueques o waffles de trigo integral |
| <input type="checkbox"/> Pan de trigo integral blanco | <input type="checkbox"/> Galletas "Crackers" de trigo integral |
| <input type="checkbox"/> Cereal integral | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Arroz integral | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pasta de trigo integral | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Avena | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tortillas integrales | <input type="checkbox"/> _____ |

Granos integrales: ¿Cuánto es suficiente por día?

Pregunta: ¿Cuántos granos integrales debe comer mi familia al día?

Respuesta: En general, la mayoría de los adultos deben comer cerca de 6 a 8 onzas de granos al día. Ejemplos de granos incluyen: pan, cereal, pasta, arroz, y tortillas. Los preescolares* necesitan menos – cerca de 4 a 5 onzas. Una buena regla general es que al menos la mitad de estos granos sean granos integrales. Esto es alrededor de 3 onzas de granos integrales para adultos cada día y 2 onzas de granos integrales para preescolares.

*Para preescolares que son moderadamente activos.

Pregunta: ¿Cómo puedo saber si un grano es integral?

Respuesta: Elija alimentos que nombren uno de los siguientes ingredientes integrales primero en la lista de ingredientes de la etiqueta:

- arroz integral
- buckwheat
- bulgur
- mijo
- avena
- quinua
- hojuelas de avena tradicional
- cebada integral
- maíz integral
- sorgo de grano integral
- triticale integral
- avena integral
- centeno integral
- trigo integral
- arroz salvaje

¡Pruébalo!

¿Cuál de los siguientes alimentos es un grano integral? Circule su respuesta.

A Pan

Ingredientes: harina de trigo integral, harina de cebada malteada, niacina, hierro, riboflavina, ácido fólico

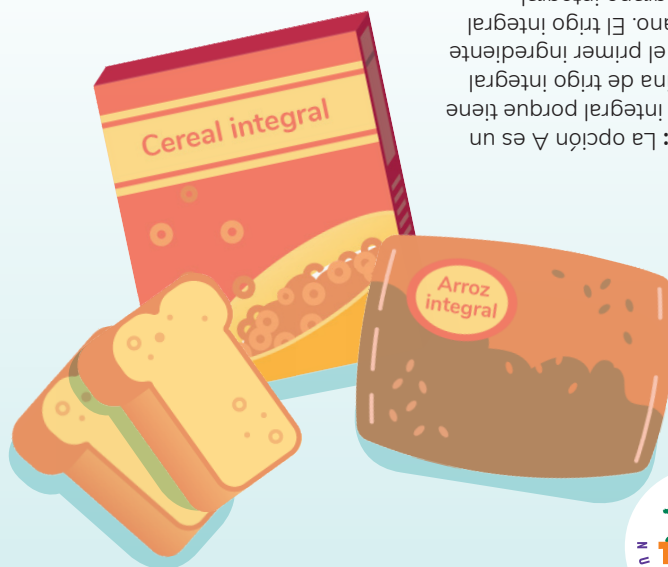
B Tortilla

Ingredientes: harina de trigo, aceite de soya, sal, maíz, almidón, almidón de trigo

C Panecillo

Ingredientes: harina de trigo enriquecida sin blanquear, azúcar, sal, aceite de soya y harina de maíz amarilla

Clave: La opción A es un grano integral porque tiene la harina de trigo integral como el primer ingrediente de grano. El trigo integral es un grano integral.








United States Department of Agriculture

Food and Nutrition Service

Access the Food Buying Guide to see if foods are creditable on the Child and Adult Care Food Program or to check for quantities to serve. You can create a profile and save your account information to track your favorite foods and access tools, or you can join as a guest to see the information available. Click on the link or type the address in your browser.

<https://foodbuyingguide.fns.usda.gov>




USDA Food Buying Guide for Child Nutrition Programs
U.S. DEPARTMENT OF AGRICULTURE

HOME ▾ MEAL COMPONENTS ▾ FOOD ITEMS ▾ TOOLS ▾ APPENDICES ▾ HELP ▾ LOG OUT


WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.


Food Items Search	Food Item Favorites	Download Food Buying Guide
Exhibit A Grains Tool	FBG Calculator	Recipe Analysis Workbook (RAW)




MEATS/MEAT ALTERNATES




FRUITS




MILK



VEGETABLES



GRAINS



OTHER FOODS

Civil Rights and Complaint Procedures

U.S. Department of Agriculture Child Nutrition Programs



California Department of Social Services
Child and Adult Care Food Programs Branch
Child and Adult Care Food Program
CACFP 35 (Rev. 07/2021)

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Introduction

The California Department of Social Services (DSS) Child and Adult Care Food Programs Branch (CACFPB) provides the Civil Rights and Complaint Procedures to help agencies comply with the U.S. Department of Agriculture (USDA) child nutrition program (CNP) regulations, as required by the Food and Nutrition Service (FNS) Instruction 113-1.

The requirements contained in the procedures apply to all programs and activities receiving federal financial assistance for the CNPs, whether those programs and activities are federally funded in whole or in part (FNS Instruction 113-1, Page 3). Thus, when a state agency, local agency, or any other subrecipient agrees to administer FNS program services and benefits, they enter into a contractual agreement (i.e., federal/state agency agreement or a state agency/local agency agreement) to adhere to all laws, regulations, instructions, policies, and guidance related to nondiscrimination in program delivery (FNS Instruction 113-1, Page 4[C]).

Civil Rights Compliance in the Child Nutrition Programs

Each state agency, local agency, or any other subrecipient must ensure that it performs certain duties to both prevent and resolve all complaints related to programs and civil rights. Agencies must appoint a Civil Rights Coordinator to perform these duties. These duties include:

- Providing the name of the Civil Rights Coordinator, 504 Coordinator, and Title IX Coordinator (if different from the Civil Rights Coordinator)
- Providing mandatory civil rights training to all staff annually (FNS Instruction 113-1, Page 16[XI])
- Implementing procedures to determine and process civil rights complaints (FNS Instruction 113-1, Page 32[XVII][B])
- Implementing procedures to determine and process program related complaints
- Notifying the public, participants, and potential participants, upon request, of information about program requirements and the procedures for filing a complaint in English and/or in the appropriate language for persons with limited English proficiency (FNS Instruction 113-1, Page 13[IX])
- Ensuring that the public, participants, and potential participants are notified that a complaint can be filed anonymously or by a third party

- Developing a method to collect racial and ethnic data. The agency can use an applicant's voluntary self-identification to obtain racial and ethnic data.

Self-identification or self-reporting is the preferred method of obtaining characteristic data (FNS Instruction 113-1, Page 17[XII][A])

- Ensuring that the agency makes special meals available to participants with disabilities who have a medical statement on file documenting that their disability restricts their diet (Accommodating Children With Special Dietary Needs in the School Nutrition Programs, Page 5[II][A])
- Ensuring that participants with disabilities are not excluded from enjoying the benefits or services due to inaccessibility of facilities. Every part of a facility must be accessible to and usable by persons with disabilities (Rehabilitation Act of 1973, Section 504)
- The most current version of the federal nondiscrimination statement in a prominent location in all public information releases, publications, and on posters concerning nutrition program activities, except menus (FNS Instruction 113-1, pages 13[IX][A][3], 14[d], and 15[IX][B][4])
- Displaying And Justice For All posters in areas visible to program recipients, such as the food service area and sponsor's office, except in family day care homes (FNS Instruction 113-1, Page 15[B][1])
- Sending a public release announcing the availability of the CNPs and/or changes in the programs to public media and community/grassroots organizations (FNS Instruction 113-1, Page 15[IX][B][2])
- Providing appropriate translation services when a significant number of persons in the surrounding population have limited English proficiency (FNS Instruction 113-1, pages 9 and 10[VII])
- Establishing admission and enrollment procedures that do not restrict enrollment of minority persons or persons with disabilities. This includes preventing staff from incorrectly denying applications of minority persons and persons with disabilities, and ultimately ensuring that minority persons and participants with disabilities have equal access to all programs (FNS Instruction 113-1, Page 1[II][B] and [D], Americans with Disabilities Act 28, Title 2, Code of Federal Regulations, Part 35, Subtitle A and D, and FNS Instruction 113-1, Page 1[I][A] and [II][A])

Additionally, in order to meet federal civil rights requirements for CNPs, the CACFPB recommends that the Civil Rights Coordinator maintain a complaint log and work with the appropriate people to resolve the complaint.

The complaint as well as the complaint log must include, at a minimum, the following information:

- The name, address, and phone number or other means of contacting the complainant, such as an e-mail address (if not anonymous)
- The specific location and name of the entity delivering benefits
- The nature of the complaint or action that led to the charges being filed

If the nature of the complaint alleges discrimination, the CACFPB recommends that the Civil Rights Coordinator collect the following information and forward to USDA:

- The basis on which the complainant feels that discrimination occurred. In order to be considered a discrimination complaint, the complainant must feel discriminated against based on one or more of the protected classes
- The names, titles, and if known, addresses of persons who may have knowledge of the discriminatory action or situation
- The date(s) that the alleged discrimination occurred, or the duration of such action
- Forward all allegations of discrimination to the USDA National Office in Washington, D.C., at the address provided on page 8 of this document

Try to be as detailed as possible when logging information about the complaint. This will help resolve the situation in a more efficient manner.

Nondiscrimination Statement

As mentioned, agencies must include the most current version of the federal nondiscrimination statement in a prominent location in all public information releases, publications, and on posters concerning nutrition program activities, except menus. The current nondiscrimination statement can be found at the USDA's Civil Rights web page: <https://www.fns.usda.gov/cr/fns-nondiscrimination-statement> (FNS Instruction 113-1, Page 15[IX][d][2]).

The USDA prohibits discrimination in all its programs and activities. However, CNP regulations do not cover all types of discrimination. The only protected classes covered under the CNPs are race, color, national origin, sex, age, or disability.

Public Notification and Grassroots Efforts

All FNS assistance programs must include a public notification system or grassroots effort. The purpose of this system is to inform applicants, participants, and potentially eligible persons of program availability, program rights and responsibilities, the policy of nondiscrimination, and the procedure for filing a complaint (FNS Instruction 113-1, Page 13[IX]).

Particularly, the focus of the grassroots effort should be to target underserved populations and inform them of the availability of the CNPs. Certain organizations can help. A grassroots organization is any organization at the local level that interacts directly with eligible or potentially eligible participants or beneficiaries, such as an advocacy organization, community action program, civic organization, migrant group, religious organization, neighborhood council, or other similar group (FNS Instruction 113-1, Page 5[V][P]).

Agencies should consider the following methods of communication when informing the public of available CNPs: the Internet, newspaper articles, radio or television announcements, flyers, or any other vehicle of communication deemed necessary to reach the intended recipients (FNS Instruction 113-1, Page 15[IX][B][2]).

Protected Racial and Ethnic Categories in the CNPs

The 2009–10 Civil Rights policy for CNPs established a two-question format for collecting racial and ethnic data from all program applicants and participants. Agencies must use separate categories when collecting and reporting ethnicity and race (FNS Instruction 113-1, Page 18[XII][A][4][a],[b]). Agencies must collect ethnicity first, and then offer respondents the option of selecting one or more racial designations. Recommended instructions accompanying the multiple responses for race should include one of the following: Mark One or More, or Select One or More, to encourage accurate information (FNS Instruction 113-1, Page 18 [XII][A][4]).

The minimum designations for ethnic and racial data collection are as follows:

Ethnicity

- Hispanic or Latino—A person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin, regardless of race. The term Spanish origin can be used in addition to Hispanic or Latino
- Not Hispanic or Latino

Race

- American Indian or Alaskan Native—A person having origins in any of the original peoples of North and South America, including Central America, who maintains tribal affiliation or community attachment
- Asian—A person having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent, including, for example, Cambodia, China, India, Japan, Korea, Malaysia, Pakistan, the Philippine Islands, Thailand, and Vietnam
- Black or African American—A person having origins in any of the black racial groups of Africa
- Native Hawaiian or Other Pacific Islander—A person having origins in any of the original peoples of Hawaii, Guam, Samoa, or other Pacific Islands
- White—A person having origins in any of the original peoples of Europe, the Middle East, or North Africa

Discriminatory Behavior

Discriminatory behavior can sometimes be difficult to determine; therefore, it is important to keep in mind the protected classes for the CNPs when addressing potential discrimination. The following are general examples of prohibited discriminatory behavior to help agencies and Complaint Coordinators have a clearer understanding (FNS Instruction 113-1, Page 24[XIV][A][1-4]):

- Denying an individual or household the opportunity to apply for FNS program benefits or services on the basis of race, color, national origin, sex, age, or disability. CalWORKs and the Food Distribution Program on Indian Reservations (FDPIR) also prohibit discrimination on the basis of religion and political beliefs.
- Providing FNS program services or benefits in a different manner on the basis of race, color, national origin, sex, age, or disability, unless the difference is necessary to comply with nondiscrimination requirements, such as disability accommodations (this includes providing disability accommodations which includes dietary accommodation or physical assistance). CalWORKs and the FDPIR also prohibit discrimination on the basis of religion and political beliefs.
- Selecting members for planning and advisory bodies in such a way as to exclude persons from membership on the basis of race, color, national origin, sex, age, or disability. CalWORKs and the FDPIR also prohibit discrimination on the basis of religion and political beliefs.

- Selecting FNS program sites or facilities in a manner that denies an individual access to FNS program benefits, assistance, or services on the basis of race, color, national origin, sex, age, or disability. CalWORKs and the FDPIR also prohibit discrimination on the basis of religion and political beliefs.

Where to File a Complaint

To file a program or Civil Rights complaint, please contact one of the following agencies listed below:

Child Nutrition Programs
Civil Rights and Program Complaint Coordinator
California Department of Social Services
Child and Adult Care Food Programs Branch
744 P Street,
Sacramento, CA 95814
916-651-7096

Or

USDA, Director, Office of Adjudication
1400 Independence Avenue, Southwest
Washington, D.C. 20250-9410
866-632-9992
Federal Relay Service 800-877-8339 (English)
or 800-845-6136 (Spanish)

Note: The USDA will investigate and process complaints alleging discrimination.

All program complaints filed with the CACFPB are resolved at the state level. The CACFPB Complaint Coordinator logs the complaint, refers it first to the district for handling and if not resolved, then to the appropriate program or Field Services Unit, and tracks it through resolution. The CACFPB reserves the right to conduct unannounced site visits to determine the validity of all allegations.

Terminology Key

Complainant—Any individual, including a person’s duly authorized representative or an interested third party, public agency, or organization who files a complaint

Complaint—A written or verbal statement alleging a violation of a federal or state law or regulation, which may include an allegation of unlawful discrimination

Complaint Coordinator—A staff member who is responsible for tracking all program complaints until resolution

Discrimination—The act of making a distinction in favor of, or against a person, intentionally or unintentionally, with policies, procedures, attitudes, and practices that denies equal access or limits services and benefits to those who are eligible

Discrimination Complaint—A complaint alleging discrimination based on race, color, national origin, sex, age, or disability

Program Complaint—A complaint alleging violation of federal or state laws or regulations concerning the program(s)

Summary of Serious Deficiency Process for Day Care Homes

The Child and Adult Care Food Program Regulations, 7 CFR Sections 226.6 (l) and 226.16 (l), describe the serious deficiency process.

Serious Deficiency Determination

Sections 226.6(I) and 226.16(l) of 7 *CFR* states “[t]he sponsoring organization must initiate action to terminate the agreement of a day care home for cause if the sponsoring organization determines the day care home has committed one or more serious deficiencies listed in 7 CFR 226.6 (l) and 226.16(l):

- Daily recordkeeping/not making records available
- Notifying the DCH sponsor in advance of absence from the day care home/monitoring visits/meal service times/meal pattern requirements/over license capacity
- False claiming/block claiming
- Safety and sanitation
- Training

Serious Deficiency Notice

Once the sponsor determines the provider to be Seriously Deficient (SD), the sponsor must issue a timely Serious Deficiency (SD) notice to the provider by a method of delivery that confirms receipt and/or delivery of the notice, facsimile, or by email. A copy of the SD notice must also be sent to the California Department of Social Services (CDSS), Nutrition Services Division (NSD), Program Integrity Unit (PIU). The notice must:

- Clearly describe the SD finding(s);
- State the legal basis for each SD finding (cite the SD regulation(s) as well specific provisions in the sponsor/provider agreement and/or regulations that **support** the SD finding(s));
- Inform the provider that voluntary termination from the CACFP after being determined seriously deficient will result in issuance of a Notice of Termination and Disqualification and placement on the National Disqualified List;
- Specify the corrective action(s) to be taken and the time allotted to correct the SD finding(s) (in accordance with 7 *CFR Section 226.16(1)(2)*, corrective action(s) must be taken as soon as possible, but not to exceed 30 days;
- State that failure to fully and permanently correct each SD finding will result in the issuance of a Notice of Proposed Termination and Disqualification;
- Notify the provider that there are no appeal rights to the SD determination and;
- Inform the provider that program payments will be made during the corrective action period.

Corrective Action

In accordance with 7 *CFR* Section 226.6(c) and 226.16(1)(3)(F)(ii), if the provider corrects the SD finding(s) within the allotted time and to the sponsor’s satisfaction, the sponsor must send a Temporary Deferment of Serious Deficiency notice. A copy of the Temporary Deferment notice must also be sent to the PIU and must inform the provider that:

- Corrective action(s) must be permanent;
- If corrective action(s) is/are not permanently corrected, the sponsor will immediately propose termination and disqualification of the provider;
- The provider may not transfer to another sponsoring organization until the current sponsor completes an additional monitoring visit (no later than 180 days after the date of the temporary deferment notice) verifying the provider implemented permanent corrective actions for the SD(s) (reference MB USDA-CACFP-05-2015) and;
- If it is found in any subsequent review that any of these serious deficiencies have not been fully and permanently corrected, the sponsor will immediately propose to terminate the provider’s agreement for cause and propose to disqualify the provider without any further opportunity for corrective action.

Proposed Termination of Agreement

If a provider fails to **permanently** correct the serious deficiency(ies) in the time allotted for corrective action **or any time after the original SD notice has been temporarily deferred**, the sponsor must issue a Notice of Proposed Termination and Proposed Disqualification to the provider and submit a copy of the notice to the PIU. The notice must:

- Reference the SD notice and state *why* corrective action was not acceptable (or state that the provider failed to submit a corrective action document within the time allotted);

- Offer the provider the opportunity to appeal (7 CFR Section 226.6(l)(2)), including appeal procedures (7 CFR Section 226.16(b)(6)) (Attachment 2, Appeal Procedures for Day Care Homes);
- Notify the provider that the termination of the provider's CACFP agreement will result in termination for cause and disqualification from the CACFP for 7 years;
- Notify the provider that voluntary termination of the CACFP agreement after the receipt of the proposed termination/disqualification notice will still result in the proposed disqualification and;
- Notify the provider that he/she may continue to participate in the CACFP through the appeal deadline, or, if an appeal is requested, until the hearing officer issues a decision.
(7 CFR Section 226.16(l)(3)(iii))

Proposed Termination and Proposed Disqualification

If a DCH sponsor (Sponsor) proposes termination of a provider's CACFP agreement and proposes to disqualify the provider from future CACFP participation, the provider may appeal this in accordance with 7 CFR, Section 226.6(l)(2). If the provider submits documentation to the Sponsor prior to or with a request for appeal, the Sponsor may consider the documentation. If the Sponsor determines that the documentation permanently corrects the SD findings, the Sponsor may withdraw the proposed termination and proposed disqualification actions and temporarily defer the SD determination.

If the request for appeal has been forwarded to the Sponsor's hearing officer, and the provider submits documentation to the hearing officer that (s)he identifies as acceptable, the hearing officer may refer the documentation back to the Sponsor for their review and approval. If the Sponsor accepts the provider's documentation, (s)he must notify the hearing officer in writing that they accept the provider's documentation. The hearing officer will then issue a letter to the Sponsor and provider that dismisses the appeal.

If the hearing officer determines that the Sponsor's findings are unsubstantiated or, without input from the Sponsor, determines that the provider's documentation permanently corrects the SD, (s)he may make a determination to overturn the Sponsor's proposed actions. If the hearing officer determines that the Sponsor has properly implemented the SD process and the provider has not provided adequate proof to overturn the proposed actions, the hearing officer must uphold the proposed actions.

In accordance with 7 CFR Section 226.6(k)(5)(vii), the hearing officer "must be independent and impartial," and although (s)he "may be an employee of the State agency or an employee or board member the sponsoring organization, (s)he must not have been involved in the action that is the subject of the administrative review, or have a direct personal or financial interest in the outcome of the administrative review." Further, pursuant to 7 CFR Section 226.6(k)(5)(iii), the hearing officer's decision must be based on "the information provided by the State agency, the institution, and the responsible principals and individuals (RPI), and the Federal and State laws, regulations, policies, and procedures governing the CACFP."

"[T]he day care home may retain legal counsel, or may be represented by another person." Therefore, if the provider is represented in an appeal by another person, the hearing officer must be sure that all correspondence and communication pertaining to the appeal is done through the individual representing the provider. The authority of the hearing officer does not include interpreting the intent of expanding the meaning of federal regulations. If questions or concerns are raised regarding the intent or interpretation of the federal regulations during an administrative review hearing, (s)he should consult with the USDA Food and Nutrition Service's (FNS) legal counsel to ensure an interpretation of federal regulation is appropriately applied to the case.

Per 7 CFR, sections 226.6(k)(5)(x) and (l)(5)(vii), The determination by the hearing officer is the final administrative determination to be afforded to the provider. A copy of the hearing official's decision must be sent to the PIU.

Agreement Termination and Disqualification

In accordance with 7 CFR Section 226.6(k)(5)(x) and (l)(5)(vii), if the provider does not submit a timely request for appeal, or if the hearing official upholds the sponsor's proposed actions, the sponsor must immediately terminate the provider's agreement to participate in the CACFP and disqualify the provider from future CACFP participation for 7 years (or longer if there is an unpaid debt). If the hearing official upholds the sponsor's proposed actions, the sponsor must issue to the provider one of the following:

- Notice of Termination and Disqualification (after sponsor wins appeal)
- Notice of Termination and Disqualification: Imminent Threat to Health or Safety (after sponsor wins appeal)

The letter must be sent to the provider, and a copy of the notice must be sent to the PIU. The date of the termination and disqualification will be the date of the hearing official's decision.

Retention of Source Documents for Meal Counts

Reference: Title 7, *Code of Federal Regulations*, sections 226.10 (c and d), 226.11 (c) (1), and 226.18; U. S. Department of Agriculture Memo CACFP 03-2009; Management Bulletin USDA-CACFP-05-2010 Record Retention Requirements for Day Care Home Providers; CACFP Standard Agreement (NSD2053 Rev 7/10)

This is a clarification of the requirements for retaining original records associated with meals served for the Child and Adult Care Food Program (CACFP) and submission of original source documents to SFCS when filing your monthly claim.

Original source documents that support menu and meal counts must be retained for the current Federal Fiscal Year (FFY), plus the three prior years. In cases where there are open audits, the records must be kept until the audit is completed. Failure to maintain program records as required is grounds for the denial of reimbursement for meals served during the period associated with the records, and may result in a Serious Deficiency designation.

Required Menu and Meal Count Information

Program regulations require Day Care Home (DCH) providers to retain original documentation for the following menu and meal count records:

- Menus and types of foods served to enrolled children at each meal
- Number of meals by type served to enrolled children
- Number of enrolled children served at each meal
- Number of children in attendance

Providers who enter menu and meal data into an online computer data collection system such as KidKare **less often than daily** must keep a copy of both their **daily paper records (worksheets), and the electronic records, AND send the original paper records to their sponsor when they submit their monthly claim.** For example, if a provider keeps daily paper records, and enters that information into a computer data collection system once a week, the provider must make a copy of the daily paper records, keep them for the required retention period, and send the original records to their sponsor with their monthly claim. The daily paper records would be considered the source documents.

However, if a provider keeps paper records during the day, and transfers that information into a computer data collection system **that same day**, they do not need to retain the original paper records. In this case, the electronic records serve as the original record and must be retained for the required retention period.

Women, Infants and Children (WIC Program)



Who is WIC for?

You may qualify for WIC if you:

- Are pregnant, breastfeeding, just had a baby (or recent pregnancy loss); or
- Have a child or care for a child under age 5; **and**
- Have low-to-medium income or receive Medi-Cal, CalWORKs (TANF), or CalFresh (SNAP) benefits; **and**
- Live in California.

Why choose WIC?

The California Women, Infants and Children (WIC) program is a food and nutrition program for growing families. The program provides nutrition education, breastfeeding support, benefits to buy healthy foods, and referrals to health care and other community services.


WIC services include:

- Nutrition experts who specialize in nutrition for mothers and their children.
- Support and information about breastfeeding your baby, including access to breastfeeding experts.
- Help in finding health care and other valuable community services.
- Benefits to buy healthy foods - such as fruits and vegetables, whole grains, milk, eggs, bread, cereal, juice, peanut butter, soy milk, tofu and more!

Learn more: California Families Grow Healthy with WIC
Brochure: [English \(PDF\)](#) | [Spanish \(PDF\)](#)

<https://www.myfamily.wic.ca.gov>

SNACK INSPIRATION



Menus with
240 Snack Ideas



Recipes with
CACFP Crediting
Information



This publication is available from:

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Wisconsin Department of Public Instruction
125 South Webster Street
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<https://dpi.wi.gov/community-nutrition/cacfp>

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

SNACK INSPIRATION

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Wisconsin Department of Public Instruction
Madison, Wisconsin

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INTRODUCTION

Are you stuck in a rut with your snack menus? Are you looking for inspiration to serve other foods?

Let *Snack Inspiration* help, with 240 different snack ideas. Why 240? So you can serve different snacks all year long and never repeat the same snack twice. *Snack Inspiration* will challenge you to serve a variety of foods, nutrients, tastes, and textures, which will help children develop and establish life-long healthy eating habits.

Snack Inspiration includes snacks pairing the four food components (meat/meat alternate, grains, fruits, and vegetables) arranged in a menu to offer a variety of foods throughout the week. Each component pairing is color coded, so you know which components are included in the snack. *Snack Inspiration* also includes recipes noted in the menu with an asterisk (*). Recipes include crediting information, so you know how much to serve to meet the Child and Adult Care Food Program (CACFP) meal pattern. Snacks and recipes range from fast and easy to prepare, to more complex and time-consuming. Some will make more sense in small groups, some in large groups, and some for both. Use menus as is or pick and choose snacks to incorporate into current menus.

Whole Grain Rich (WGR) Items: The CACFP meal pattern requires one WGR item be served each day. Some grain items are noted as WGR; however, you can serve the WGR version of grains not noted as WGR. We recommend providing more than one WGR item each day and serving at different meals and snacks.

Meal Pattern Requirements: Amounts of foods served to participants must meet CACFP meal pattern requirements for their age. Always refer to the CACFP meal pattern when planning menus, and when purchasing, preparing, and serving foods.

Choking risks: Some foods may not be appropriate for young children due to choking risks and may need to be substituted. Think about size, shape, and consistency when choosing foods to serve. Be sure children are closely supervised when eating.

We hope you enjoy these snack ideas and recipes!

Community Nutrition Team
Wisconsin Department of Public Instruction

The following six pages feature 240 snack ideas that meet CACFP pairing criteria.
That's enough to serve a different snack each day for an entire year!

Monday	Tuesday	Wednesday	Thursday	Friday
Mini cheddar rice crisps topped with Slices of natural cheese	WGR tortilla chips Refried beans and salsa mix	Oatmeal Peaches	Deviled eggs Yellow cherry tomatoes	Honeycrisp apple Roasted soy nuts
Carrot coins Kiwi slices	Ham and cheese rollup on WGR tortilla	Warmed bread sticks Baked spaghetti squash (with marinara & cheese)	Whole grain cereal Craisins	Baked Zucchini 'Chips'* Deli ham or turkey slices
Blueberry yogurt Crushed pineapple	Sliced bell peppers Strawberries	Cheese sandwich on WGR bread (hot or cold)	Rice cake topped with Tomato slices and corn salsa	Cantaloupe Banana Chip Muffins*
Vegetarian baked beans Scrambled eggs	Raspberries Cheese cubes	Peach slices Roasted edamame	Breakfast burrito: WGR tortilla with cheesy scrambled eggs	Roasted Cauliflower 'Popcorn'* Bread 'sticks' (WGR bread toasted and cut into sticks)
Homemade pumpkin muffin Fresh pear slices	White Bean Ranch Dip* Dipping veggies (carrot sticks, celery, jicama)	Fruit Salad* Canadian bacon	Minty Watermelon Cucumber Salad*	Vanilla yogurt Granola or other WGR cereal
Sweet potato grain bowl: Quinoa and roasted diced sweet potato	Raisins Mini bagels (spread cream cheese or nut or seed butter on bagel)	Baked zucchini spears Cheese stick	Canned peaches Cottage cheese	Crockpot Apples with Cinnamon* Tomato wedges
Mini chocolate rice crisps Vanilla yogurt	Whole Wheat Corn Bread* Roasted asparagus spears	Oatmeal with Cinnamon applesauce	Sweet potato 'fries' Hard-boiled egg	Honeydew melon Shredded cheese

KEY: ■ Meat/Meat Alternate & Grain ■ Vegetable & Grain ■ Fruit & Grain ■ Vegetable & Meat/Meat Alternate ■ Fruit & Meat/Meat Alternate ■ Fruit & Vegetable

WGR = Whole Grain Rich *Snack Inspiration Recipe

Monday	Tuesday	Wednesday	Thursday	Friday
Crinkle cut carrots Plums	Nut or seed butter roll up on WGR tortilla	Cucumber sandwiches: Mini rye bread topped with cucumber slices (spread flavored cream cheese on bread)	Fruit Breakfast Bowl: Brown rice and sliced/diced bananas or apples (garnish with cinnamon or raisins)	Sugar snap peas Cheese stick
Canned pear halves Sunflower seeds	Cinnamon applesauce Mixed vegetables	Egg salad sandwich on WGR bread	Red beans and Rice	Raspberries Chocolate Zucchini Muffins*
Roasted asparagus spears Yogurt dip (plain yogurt mixed with ranch or dill seasoning)	(Frozen) banana on a stick with Nut or seed butter to dip	Broccoli florets Diced pears	Scrambled eggs on English muffin	Southwest Fajita Bowl: Brown rice with Sautéed pepper strips, onions, and corn (garnish with shredded cheese)
Toasted WGR English muffin Apples slices sprinkled with cinnamon	Sweet Carrot Sticks* Hummus*	Canned mandarin oranges Crispy Baked Tofu*	Mango chunks Sweet potato 'fries'	WGR toast Hard-boiled egg
Guacamole Dip* WGR pita bread	Crescent rolls Plums	Hash brown patties Scrambled eggs	Hard-boiled eggs Orange slices	Roasted Cauliflower 'Popcorn'* Peach slices
Mini caramel rice crisps Cottage cheese	Cheesy Corn Bread* Roasted Vegetables*	Soft pretzel bites Canned mandarin oranges	Jicama sticks Cottage cheese	Blueberries Tuna or chicken salad
Green beans Clementine	Baked Tortilla Chips* Taco Soup*	Canned beet slices Toasted WGR bread	Indian Rice Pilaf* Watermelon slices	Vegetable 'sliders' with m/ma topping (Zucchini slices with hard- boiled egg slices or egg salad)
Grapefruit topped with cinnamon Cottage cheese	Baked Zucchini "Chips"* Strawberries	Turkey/ham and cheese sandwich on WGR bread	WGR mini bagels Green pepper slices	Oatmeal topped with berries (raspberry, blueberry, berry mix)

KEY: ■ Meat/Meat Alternate & Grain ■ Vegetable & Grain ■ Fruit & Grain ■ Vegetable & Meat/Meat Alternate ■ Fruit & Meat/Meat Alternate ■ Fruit & Vegetable

WGR = Whole Grain Rich *Snack Inspiration Recipe

Monday	Tuesday	Wednesday	Thursday	Friday
Sheet Pan Eggs* Shredded hash browns	Apples Tahini (sesame seed butter)	Cantaloupe bites Kohlrabi sticks	Pasta salad with Tuna and cheese chunks	Irish Brown Bread* Sweet Carrot Sticks*
Cheese Muffin* Mango slices	Snow peas Roasted Chickpeas*	Raisins Baked tempeh	Banana slices Steamed edamame	Homemade trail/cereal mix: Nuts/seeds and WGR cereal
White Bean Ranch Dip* WGR tortilla chips	Baked French toast Pineapple (canned or fresh)	Butternut squash soup Cheese slices	Smoothie bowl (pureed frozen fruit) topped with Strawberry banana yogurt	Dates Celery sticks
Chocolate rice cakes topped with Nut or seed butter	Roasted broccoli sprinkled with parmesan cheese Pumpernickel bread	WGR tortilla chips Mango salsa	Hard-boiled eggs Carrot/celery sticks	Fresh peach slices Taco Soup*
Whole baby corn Grapes	Pretzel rods Cheddar cheese cubes	Veggie rollup: WGR tortilla rolled with spinach, tomato, shredded carrot, pepper slices (spread cream cheese on tortilla)	Zucchini bread Sliced bananas	Baked potato topped with Shredded cheese
Cactus fruit Peach yogurt	Pineapple tidbits Celery	Chicken or tuna salad sandwich on WGR bread	Mini rice crisps Hummus* dip	Carrot Quinoa Muffins* Baked apple halves sprinkled with cinnamon
Broccoli and cauliflower florets Cottage cheese dip*	Homemade trail mix (craisins and raisins with mixed nuts)	Fruit cocktail Roasted green beans	Crispy Baked Tofu* Brown rice	Vegetarian salad bowl: Brown rice or quinoa mixed with Cucumbers, tomatoes, carrots, and black beans (garnish with ranch & shredded cheese)
Fruit Bagel 'Pizza': Bagels topped with sliced fruit (spread nut or seed butter on bagels)	Avocado slices Tuna salad	Watermelon slices Pumpkin seeds	Baby carrots Apple slices	Cheese toast: Toasted WGR bread with melted shredded cheese

KEY: ■ Meat/Meat Alternate & Grain ■ Vegetable & Grain ■ Fruit & Grain ■ Vegetable & Meat/Meat Alternate ■ Fruit & Meat/Meat Alternate ■ Fruit & Vegetable

WGR = Whole Grain Rich *Snack Inspiration Recipe

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato & basil rice cake Creamy Cucumber Dill Salad*	Homemade cinnamon tortilla triangles Fruit salsa	Sheet Pan Eggs* topped with Sautéed mushrooms	Yogurt sundae split: Banana half topped with Vanilla yogurt (<i>and sprinkles!</i>)	Tangelo Roasted Brussel sprouts
Cottage cheese Warmed bread stick	Sliced French bread topped with Easy Bruschetta*	Cereal mix Strawberries	Cheese cubes Raw broccoli florets with dressing or dip	Orange slices All meat breakfast sausage
Peas Pineapple slices	French bread pizzas: French bread and melted mozzarella cheese (add marinara, veggies)	Sautéed mushrooms English muffin	Blueberry muffin Fruit cocktail	Sliced hard-boiled egg Roasted butternut squash
Cantaloupe melon balls Cheddar cheese slices	Roasted Chickpeas* Mandarin oranges	Rice cake topped with Nut or seed butter and jelly	Lunch Box Zucchini Muffins* Jicama sticks	Banana tortilla roll-up: Whole banana rolled in WGR tortilla (<i>spread nut or seed butter on tortilla</i>)
Ranch mashed potatoes Deli turkey slices	Fruit cocktail Mixed nuts	Baked summer squash slices Dried figs	Taco bowl: Brown rice and taco seasoned ground beef (<i>garnish with shredded cheese</i>)	Fresh green beans Sweet Hawaiian roll
Toasted raisin bread Nectarine slices	Cheese curds Sliced red cherry tomatoes	Cranberry relish Breakfast sausage links	Spiralized sweet potato Honeydew melon	Baked Apple Cinnamon Oatmeal* Strawberry yogurt
Cheesy Ranch Chex Mix* Baby cucumber coins	Banana Chip Muffins* Pear slices	Bean and corn salad (Black eyed peas, black beans and corn)	Banana slices Sheet Pan Eggs*	Honey Roasted Asparagus* Craisins
White cheddar rice cake topped with Turkey and cheese slice	Cabbage Salad* Corny Corn Bread *	Pancakes topped with Fresh berries	Tofu Stir-fry*	Grapes Sunflower seeds
Refried beans Apple wedges	Pita triangles Hummus*	Macaroni Salad*	Smoothie bowl: Pureed frozen fruit topped with Granola	Roasted potato wedges All meat sausage links

KEY: Meat/Meat Alternate & Grain Vegetable & Grain Fruit & Grain Vegetable & Meat/Meat Alternate Fruit & Meat/Meat Alternate Fruit & Vegetable

WGR = Whole Grain Rich *Snack Inspiration Recipe

Monday	Tuesday	Wednesday	Thursday	Friday
Apples and Yogurt Dip*	Peaches Sugar snap peas	Nut or seed butter and jelly sandwich on WGR bread	Roasted Brussels sprouts Flaky biscuit	Whole wheat banana bread Watermelon chunks
Celery sticks Nut or seed butter	Red grapes Scrambled eggs	Papaya Roasted broccolini	Huevos breakfast bowl: Brown rice and Scrambled eggs <i>(garnish with salsa and shredded cheese)</i>	WGR cereal Avocado slices
Kiwi wedges Crescent rolls	Sweet Carrots Sticks* Cheese stick	Fresh pineapple chunks Fruity Dip*	Cherry tomatoes Orange wedges	Homemade spaghetti bake: WG pasta and Meat sauce with cheese
Blueberry Corn Bread* Carrots sticks	Fruit on a Raft*	Roasted turnip slices Hard-boiled egg	Green grapes Cheddar cheese slices	Radishes Blackberries
Apple cinnamon rice cake Vanilla yogurt	Toasted flat bread cut into sticks Warmed marina sauce	Healthy Maple Oatmeal Muffin* Cantaloupe	Black bean dip Raw veggies	Blueberries Cheese stick
Melon balls Carrot sticks	Sloppy Joes or Sloppy Janes: Ground beef or ground turkey on WGR bun	WGR toast topped with Avocado slices	Fruit Salad* Pretzel rods	Roasted sweet potato wedges Scrambled eggs
Papaya Chocolate flavored almonds	Diced pears Raw broccoli florets	WGR pancake with Nut or seed butter	Cheesy French bread topped with Tomato slices	Mandarin oranges WGR mini cinnamon raisin bagel
Roasted eggplant topped with Meat sauce	Mango Cheddar cheese slices	Baked Avocado Fries* Raisins	String cheese and WGR tortilla rollup	Cactus Salad* Garlic and herb naan bread

KEY: ■ Meat/Meat Alternate & Grain ■ Vegetable & Grain ■ Fruit & Grain ■ Vegetable & Meat/Meat Alternate ■ Fruit & Meat/Meat Alternate ■ Fruit & Vegetable

WGR = Whole Grain Rich *Snack Inspiration Recipe

Monday	Tuesday	Wednesday	Thursday	Friday
Clementine Popcorn	Creamy Cucumber Dill Salad* Deli ham slices	Blueberry Yogurt Watermelon balls	Baked sweet potato chunks Apples slices	WGR pita stuffed with Tuna or chicken salad
Hash brown patty WGR toast	Fuji apples slices Lunch Box Zucchini Muffins*	Tahini (sesame seed butter) Red, orange and/or yellow bell pepper slices	Fresh pear slices Roasted Chickpeas*	Apricots Fresh green beans
Rice cake topped with Egg salad	Roasted zucchini and eggplant WGR toast	Blueberries Chili Cheese Corn Bread*	Egg roll in a bowl (cooked cabbage and ground beef/turkey)	Peaches Edamame
Raw cauliflower Berries	Oatmeal topped with Nut or seed butter	Kidney beans Cheese Muffins*	Applesauce WGR cinnamon toast	Cheese slices Black bean soup
Apricots Cheese stick	Grapes Roasted sweet potato cubes	Cheese bread: French bread and melted mozzarella cheese with Italian seasonings	Garlic bread Tomato soup	Banana Irish Brown Bread*
Homemade baked potato 'fries' White Bean Ranch Dip*	Cherries Peach yogurt	Berry smoothie Jicama sticks	Blueberry bread Cheese stick	Bean burrito: Whole and/or mashed black or pinto beans in WGR tortilla (add shredded cheese and salsa)
Dried fruit Buttermilk Corn Bread*	Roasted Vegetables* Cheese stick	Applesauce Hard-boiled eggs	Mashed potatoes Tropical fruit mix	Cheese quesadilla: WGR tortilla and shredded cheese (optional: add chicken or beef)
Creamy Cucumber Dill Salad* Cheese Muffins*	Grapes Cereal mix	Fajita Bowl: fajita seasoned peppers and onions with seasoned diced chicken	Baked apples Strawberry banana yogurt	Water chestnuts Kiwi

KEY: ■ Meat/Meat Alternate & Grain ■ Vegetable & Grain ■ Fruit & Grain ■ Vegetable & Meat/Meat Alternate ■ Fruit & Meat/Meat Alternate ■ Fruit & Vegetable

WGR = Whole Grain Rich *Snack Inspiration Recipe

RECIPES



BAKED APPLE CINNAMON OATMEAL

Recipe makes 9 squares (1 square = 1 oz. equivalent grains)

Ingredients:

- 1½ cups fat-free milk or soy milk
- ½ cup packed brown sugar (or less)
- 2 large eggs, beaten
- 1 Tablespoon melted butter
- ½ teaspoon cinnamon
- 2 cups rolled oats (not instant)
- 1 teaspoon baking powder
- 1½ cups chopped apples

Instructions:

1. Preheat oven to 350°F.
2. Grease 8x8 inch pan with cooking spray.
3. In a bowl, combine milk, brown sugar, eggs, butter, and cinnamon.
4. In another bowl, combine oats and baking powder.
5. Mix wet mixture with oats; add apples and stir to combine.
6. Pour mixture into pan. Bake for 30 - 40 minutes, until top is firm, and a toothpick comes out clean in the center.
7. Cut into 9 equal-sized squares.

Crediting Information:

1 square = 1 oz. equivalent grains

Serving Information:

1-5 year old: ½ square; 6+ year old: 1 square

BAKED TORTILLA CHIPS

Recipe makes 6 triangles per tortilla (6 triangles = 1 ½ oz. equivalent grains)

Ingredients:

- Whole wheat flour tortillas (8-inch)
- Cooking oil spray and salt (dash, optional)

Crediting Information:

4 triangles = 1 oz. equivalent grains

Serving Information:

1-5 year old: 2 triangles
6+ year old: 4 triangles

Instructions:

1. Preheat oven to 400°F.
2. Grease baking sheet with cooking spray.
3. Cut tortillas into 6 equal-size triangles and place on baking sheet.
4. Spray tops of tortilla sections with cooking spray and lightly salt.
5. Bake 10 minutes, until crisp & light brown. Watch so chips do not burn.

BANANA CHIP MUFFINS

Recipe makes 12 muffins (1 muffin = 1 oz. equivalent grains)

Ingredients:

- 1 egg
- 1 ½ cups mashed ripe banana
- ¾ cup packed brown sugar
- ⅓ cup applesauce
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour (or whole wheat flour)
- ½ teaspoon baking soda
- 2 teaspoons baking powder
- 1 ¼ teaspoons salt
- 1 teaspoon ground cinnamon
- 1 cup quick cooking oats
- ½ cup semisweet chocolate chips
- ½ cup chopped walnuts

Instructions:

1. Preheat oven to 350°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. In a large bowl, combine egg, banana, brown sugar, applesauce, and vanilla.
4. In a separate bowl, sift flour, baking soda, baking powder, salt, and cinnamon.
5. Gently stir flour mixture and oatmeal into banana mixture. Fold in chocolate chips and walnuts.
6. Divide batter evenly between the prepared muffin cups.
7. Bake in preheated oven for 15 to 20 minutes, until light brown and a toothpick inserted into the center of a muffin comes out clean.
8. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

Crediting Information:

1 muffin = 1 oz. equivalent grains

Serving Information:

1-5 year old: ½ muffin
6+ year old: 1 muffin

CARROT QUINOA MUFFINS

Recipe makes 12 muffins (1 muffin = 2.5 oz. equivalent grains)

Ingredients:

- 1 ½ cups cooked, cooled quinoa (about ¾ cup uncooked)
- 2 cups white whole wheat flour
- ⅔ cup packed dark brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 ½ teaspoons baking powder
- ¾ teaspoon kosher salt
- 1 large egg
- ½ cup, plus 2 Tablespoons low fat buttermilk
- ¼ cup plain non-fat Greek yogurt
- 3 Tablespoons canola oil or melted, cooled coconut oil
- 1 teaspoon pure vanilla extract
- 1 cup freshly grated carrots, lightly pressed dry
- ½ cup mix-ins: toasted chopped walnuts, pecans, raisins, golden raisins, dried cranberries, chopped dried apricots or other dried fruit

Instructions:

1. Preheat oven to 350°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. Cook quinoa. Quinoa grains should be tender but still separate, rather than mushy and clumped together.
4. In large bowl, whisk together cooked quinoa, white whole-wheat flour, brown sugar, cinnamon, ginger, baking powder, and salt.
5. In small bowl whisk together egg, buttermilk, yogurt, oil, & vanilla.
6. Add wet mixture to dry mixture and stir, until combined. Gently fold in carrots and ½ cup total of any desired mix-ins.
7. Divide batter evenly between the prepared muffin cups.
8. Bake 25 to 28 minutes, until a toothpick inserted into the center of a muffin comes out clean.
9. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

Crediting Information:

1 muffin = 2.5 oz. equivalent grains

Serving Information:

1-5 year old: ¼ muffin
6+ year old: ½ muffin

CHEESE MUFFINS

Recipe makes 12 muffins (1 muffin = 1 oz. equivalent grains)

Ingredients:

- 1 $\frac{3}{4}$ cups flour
- 1 $\frac{1}{2}$ Tablespoons sugar
- 1 Tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 3 cups shredded Colby-jack cheese
- 1 cup milk
- 1 egg
- $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) melted butter

Instructions:

1. Preheat oven to 375°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. Whisk together dry ingredients, then stir in cheese.
4. In separate bowl, whisk egg, milk, and butter together. Pour milk mixture into dry ingredients and stir with a spoon to combine.
5. Divide batter evenly between the prepared muffin cups.
6. Bake for 20-25 minutes, until a toothpick inserted into the center of a muffin comes out clean.
7. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

Crediting Information:

1 muffin = 1 oz. equivalent grains

Serving Information:

1-5 year old: $\frac{1}{2}$ muffin
6+ year old: 1 muffin

CHEESY RANCH CHEX™ CEREAL MIX

Recipe makes 13 (1 $\frac{1}{2}$ cup servings) (1 $\frac{1}{2}$ cups = 1 oz. equivalent grains)

Ingredients:

- 20 cups Corn Chex™, Rice Chex™, Wheat Chex™, or combination
- 6 Tablespoons butter
- 2 ounces dry ranch dressing mix
- 1 cup grated parmesan cheese

Instructions:

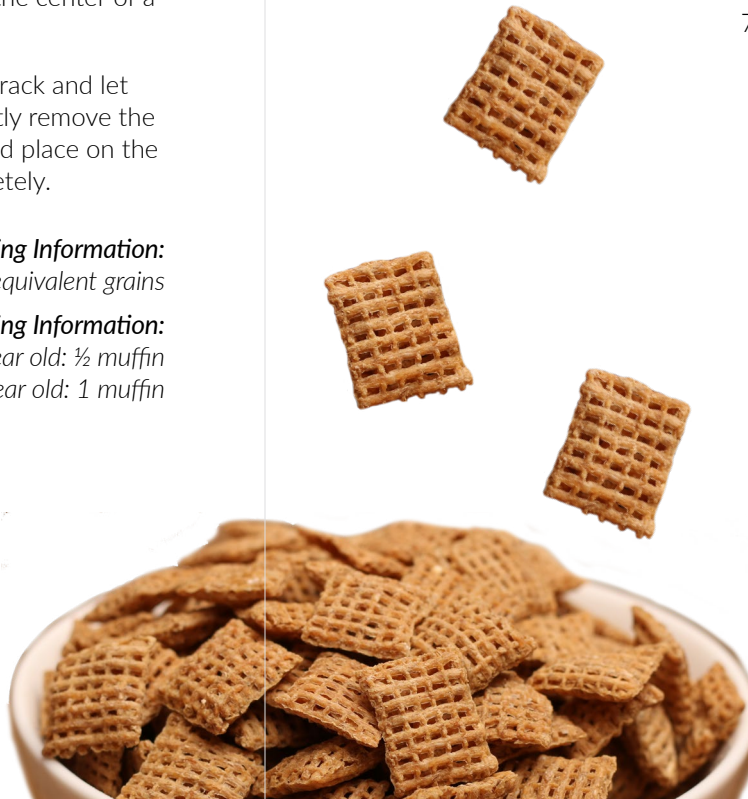
1. Preheat oven to 250°F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, combine Chex™ cereal(s).
4. Melt butter and stir in the ranch dressing mix. Pour over the cereal mix and stir to combine.
5. Place on prepared baking sheet. Sprinkle with parmesan cheese.
6. Bake for 1 hour, stirring every 15 minutes.
7. Cool completely before serving.

Crediting Information:

1 $\frac{1}{2}$ cups = 1 oz. equivalent grains

Serving Information:

1-5 year old: $\frac{3}{4}$ cup
6+ year old: 1 $\frac{1}{2}$ cups



CHOCOLATE ZUCCHINI MUFFINS

Recipe makes 12 muffins (1 muffin = 1.25 oz. equivalent grains)

Ingredients:

1 cup shredded zucchini
 ¾ cup coconut sugar or brown sugar
 ¼ cup vegetable oil
 2 large eggs
 1 ¼ cups milk
 2 teaspoons vanilla extract
 2 cups whole wheat flour
 ½ cup unsweetened cocoa powder
 4 teaspoons baking powder
 ½ teaspoon salt
 1 cup semisweet chocolate chips

Instructions:

1. Preheat oven to 425°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. Shred zucchini and squeeze out excess liquid.
4. In large bowl, whisk sugar, oil, eggs, milk, and vanilla.
5. In medium bowl, combine flour, cocoa, baking powder, and salt. Gently fold flour mixture into liquid mixture until just combined (batter will be thick).
6. Fold in shredded zucchini and chocolate chips.
7. Divide batter evenly between the prepared muffin cups.
8. Bake muffins at 425°F for 5 minutes, then reduce heat to 375°F and bake for an additional 15 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
9. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

Crediting Information:

1 muffin = 1.25 oz. equivalent grains

Serving Information:

1-5 year old: ½ muffin
 6+ year old: 1 muffin

CORN BREAD

Recipe makes 12 pieces (1 piece = 1.25 oz. equivalent grains)

Ingredients:

1 cup cornmeal, enriched or whole grain
 1 cup all-purpose flour
 2 Tablespoons sugar
 1 Tablespoon baking powder
 1 egg
 ¼ cup vegetable oil
 1 cup milk, non-fat

Instructions:

1. Preheat oven to 425°F.
2. Grease 8 or 9-inch square pan.
3. In large bowl combine cornmeal, flour, sugar, and baking powder.
4. In small bowl, crack egg and beat with a fork.
5. Add egg, oil, and milk to flour mixture. Mix until well blended.
6. Pour batter into prepared pan.
7. Bake 20 to 25 minutes, until firm to touch or toothpick inserted in the center comes out clean.
8. Cut into 12 equal-sized pieces.

Additional Corn Bread Flavors:

Buttermilk Corn Bread: Use only 2 teaspoons baking powder and add ¼ teaspoon baking soda. Substitute 1 cup buttermilk for non-fat milk.

Whole Wheat Corn Bread: Use 1 cup whole wheat flour in place of all-purpose flour.

Corny Corn Bread: Add 1 cup corn kernels in step 4.

Cheesy Corn Bread: Add ½ cup shredded cheddar cheese in step 4.

Chili Cheese Corn Bread: Add ½ teaspoon chili powder to the flour mixture. Drain one 4-ounce can chopped green chilies. Add chilies and ¼ cup shredded Monterey jack cheese in step 4.

Blueberry Corn Bread: Fold 1 cup blueberries into the batter.

Crediting Information:

1 piece = 1.25 oz. equivalent grains

Serving Information:

1-5 year old: ½ piece
 6+ year old: 1 piece

HEALTHY MAPLE OATMEAL MUFFINS

Recipe makes 12 muffins (1 muffin = 1.25 oz. equivalent grains)

Ingredients:

- 1 cup whole wheat flour
- ¼ cup old fashioned rolled oats
- ½ cup whole grain oat flour
- 1 Tablespoon baking powder
- 1½ teaspoons ground cinnamon
- ½ teaspoon kosher salt
- ¼ teaspoon ground nutmeg
- 1 cup plus 2 Tablespoons non-fat milk
- ½ cup pure maple syrup
- ¼ cup melted and cooled coconut oil (or melted and cooled unsalted butter)
- 2 large eggs, at room temperature
- 1 teaspoon vanilla extract

Crumb topping:

- 1 Tablespoon cold butter, cut in small pieces
- 3 Tablespoons flour
- 1 Tablespoon brown sugar
- ¼ - ½ teaspoon cinnamon

Instructions:

1. Preheat oven to 400°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. In large bowl, combine whole wheat flour, oats, oat flour, baking powder, cinnamon, salt, and nutmeg.
4. In a separate bowl, whisk together milk, maple syrup, oil (or butter), eggs, and vanilla.
5. Make a well in the center of the dry ingredients. Pour wet ingredients into the center.
6. Stir the batter gently, just until combined (it will be somewhat lumpy).
7. Divide batter evenly between the prepared muffin cups.
8. Make crumb topping: In small bowl, quickly rub the butter, flour, brown sugar, and cinnamon together with your fingers until fine crumbs form. Sprinkle over each unbaked muffin.
9. Bake muffins 18-20 minutes, until golden brown and a toothpick in the center comes out clean.
10. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

Crediting Information:

1 muffin = 1.25 oz. equivalent grains

Serving Information:

1-5 year old: ½ muffin
6+ year old: 1 muffin

INDIAN RICE PILAF

Recipe makes 26 (½ cup servings) (½ cup = 1 oz. equivalent grains)

Ingredients:

- 1 cup and 2 Tablespoons water
- Two 32-ounce cans chicken broth
- 1 ¾ pounds (or 4 ½ cups) basmati rice
- 1 Tablespoon and 1 ½ teaspoon curry powder
- 2 ¼ teaspoons garlic powder
- 1 teaspoon ground cinnamon
- ½ teaspoon paprika
- 1 teaspoon ground cloves
- 4 small onions, coarsely chopped

Instructions:

1. In a large pot, bring water and chicken broth to a boil.
2. In a bowl, combine rice, curry powder, garlic powder, cinnamon, paprika, and cloves.
3. Add rice mixture and onion to boiling broth.
4. Cover and cook until rice is tender, 20-25 minutes.

Crediting Information:

½ cup serving = ½ cup rice
(1 oz. equivalent grains)

Serving Information:

1-5 year old: ¼ cup
6+ year old: ½ cup



BAKED AVOCADO FRIES

Recipe makes 40 (½ cup) servings

Ingredients:

11 ½ pounds avocados
(about 23 avocados)

10 cups Panko
breadcrumbs

Juice of 6 limes (¾ cup)

Cooking spray

Salt and pepper

Instructions:

1. Preheat oven to 425°F.
2. Spray baking sheet with cooking spray.
3. Cut each avocado in half and remove pit. Scoop out avocado halves and slice each half the long way into ½-inch slices.
4. In a small bowl pour in lime juice.
5. In a separate bowl, combine breadcrumbs, salt, and pepper.
6. Dip avocado slices into juice and then coat with breadcrumb mixture.
7. Lay slices on baking sheet in single layer.
8. Bake for 12-15 minutes, until golden.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5 year old:

½ cup = 4 slices (½ inch x 4 ½ inch slices)

6+ year old:

¾ cup = 6 slices (½ inch x 4 ½ inch slices)

BAKED ZUCCHINI 'CHIPS'

Recipe makes 30 (½ cup) servings

Ingredients:

6 pounds zucchini

15 eggs

5 ½ cups Italian seasoned
breadcrumbs

Salt and pepper, to taste

2 cups grated parmesan
cheese

Instructions:

1. Preheat oven broiler.
2. Spray baking sheet with cooking spray.
3. Wash and slice zucchini into ¼" rounds.
4. Lightly beat eggs in bowl.
5. Place zucchini slices in bowl and coat with egg wash.
6. Combine breadcrumbs, parmesan cheese, salt, and pepper in separate bowl.
7. In batches, coat zucchini in breadcrumb mixture. Place on baking sheet.
8. Broil 5-7 minutes. Turn zucchini. Broil for another 5-7 minutes, until tender.

Crediting Information:

½ cup serving = ½ cup vegetable

Crediting Information:

1-5 year old: ½ cup zucchini slices

6+ year old: ¾ cup zucchini slices



CABBAGE SALAD

Recipe makes 16 (½ cup) servings

Ingredients:

5 cups shredded green cabbage

2 cups shredded red cabbage

1 cup shredded carrot

Dressing:

¼ cup apple cider vinegar

2 Tablespoons oil (vegetable or light olive oil)

1 ½ - 2 Tablespoons sugar (adjust to taste)

1 teaspoon Dijon mustard

½ teaspoon salt

Instructions:

1. In a jar, combine dressing ingredients and shake.
2. In a large bowl, place salad ingredients. Pour dressing over and toss to combine.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup

CACTUS SALAD

Recipe makes 32 (½ cup) servings

Ingredients:

5 pounds medium cactus leaves, cleaned of thorns

½ pound green onions, chopped

3 pounds fresh medium tomatoes, diced

1 bunch cilantro, chopped

1 teaspoon dried oregano

½ cup olive oil

Juice of 4 limes (½ cup)

Salt and pepper to taste

1 cup crumbled Queso Anejo, queso cotija or Feta

Instructions:

1. Clean cactus leaves of thorns and wash very well. Slice leaves thin or dice.
2. Put cactus leaves in a large pot and cover with water. Cook on medium-high heat until tender, for 15-20 min.
3. Meanwhile, chop green onions, tomatoes, and cilantro. Set aside.
4. When leaves are cooked, remove from stove, drain water, rinse, and place in cold icy water. When cool, assemble salad.
5. In a large bowl, place cactus leaves, onion, tomatoes, cilantro, and oregano.
6. In a small bowl, combine lime juice and oil. Add to salad bowl and mix. Add salt and pepper to taste.
7. Sprinkle crumbled cheese over salad and serve.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup



CREAMY CUCUMBER DILL SALAD

Recipe makes 26 (½ cup) servings

Ingredients:

5 cups whole milk yogurt, plain

2 teaspoons garlic powder

Juice of 2 lemons (¼ cup)

½ cup white vinegar

3 Tablespoons dried dill (or ⅓ cup fresh minced dill)

1 ½ Tablespoons white sugar

Salt and pepper, to taste

5 pounds medium-size cucumbers, peeled and thinly sliced

Instructions:

1. Wash, peel, and thinly slice cucumbers.
2. In a large bowl, whisk together yogurt, garlic powder, lemon juice, vinegar, dill, sugar, salt, and pepper.
3. Add in the cucumbers and toss to coat.
4. Refrigerate for at least 10 minutes before serving.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup

EASY BRUSCHETTA

Recipe makes 46 (½ cup) servings

Ingredients:

1 cup extra-virgin olive oil

Eight 28-ounce cans petite diced tomatoes, drained

5 cups chopped fresh basil

½ cup minced garlic

3 teaspoons kosher salt

2 teaspoons black pepper

Instructions:

1. Combine olive oil, drained tomatoes, basil, garlic, salt, and pepper in a small bowl.
2. Serve with toasted French bread slices.
3. For bread: Preheat oven to 350°F. Slice French bread and place slices on a baking sheet. Brush tops with olive oil. Bake 12 to 15 minutes or until lightly toasted.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup



GUACAMOLE DIP

Recipe makes 25 (½ cup) servings

Ingredients:

10 pounds ripe avocados
(about 20 avocados)

Juice of 6 limes (¾ cup)

5-8 cloves fresh garlic

Salt, to taste

Instructions:

1. Cut avocados in half, remove pit, scoop avocado out from halves.
2. In a large bowl, mash avocado. Grate fresh garlic and add to bowl, along with juice from limes, and salt, to taste. Mix well. Or place all ingredients in a blender or food processor and blend until desired consistency is reached.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup

HONEY ROASTED ASPARAGUS

Recipe makes 24 (½ cup) servings

Ingredients:

10 pounds asparagus

Olive oil

Honey

Salt

Instructions:

1. Preheat oven to 375°F.
2. Drizzle olive oil on baking sheet.
3. Rinse asparagus and trim stems.
4. Spread asparagus spears evenly on baking sheet and mix around to coat asparagus in oil.
5. Drizzle honey over asparagus and sprinkle with salt.
6. Roast asparagus 25-30 minutes, until tender and lightly browned.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup

ROASTED CAULIFLOWER 'POPCORN'

Recipe makes 35 (½ cup) servings

Ingredients:

8 pounds cauliflower, cut into florets (or 5 pounds ready-to-use cauliflower florets)

¾ cup olive oil

½ Tablespoon each salt, pepper, smoked paprika, onion powder, and garlic powder

1 ½ teaspoons chili power

Instructions:

1. Preheat oven to 425°F.
2. Spray baking sheet with cooking spray.
3. In large bowl, toss cauliflower florets with olive oil until everything is evenly coated.
4. In small bowl, stir together salt, black pepper, smoked paprika, onion powder, and garlic powder.
5. Add spice mixture to cauliflower and mix well to combine.
6. Place cauliflower florets on baking sheet.
7. Roast 20-25 minutes or until cauliflower is tender and golden.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup



ROASTED VEGETABLES

Recipe makes 40 (½ cup) servings

Ingredients:

2 pounds butternut squash, peeled and cubed (or purchase frozen cubed squash)

1 pound red bell peppers, seeded and diced

3 pounds sweet potato, cubed

3 pounds red potatoes, cubed

2 Tablespoons thyme

4 Tablespoons chopped fresh rosemary

¼ cup olive oil

4 Tablespoons balsamic vinegar

Salt and black pepper

Instructions:

1. Preheat oven to 425°F.
2. Spray baking sheet with cooking spray.
3. In a large bowl, combine all vegetables.
4. In a small bowl, combine thyme, rosemary, olive oil, balsamic vinegar, salt, and pepper. Toss with vegetables until coated. Spread on a baking pan.
5. Roast for 35 to 40 minutes in oven, stirring every 10 minutes, until vegetables are cooked through and browned.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup

SWEET CARROT STICKS

Recipe makes 25 (½ cup) servings

Ingredients:

5 pounds carrots

48 or 64-ounces unsweetened pineapple juice

Instructions:

1. Peel and cut raw carrots into strips (4 inch by ½ inch in size).
2. Place carrots in a container and pour unsweetened pineapple juice over carrots to cover.
3. Chill for an hour or more before serving.
4. Drain juice from carrots before serving.

Crediting Information:

½ cup serving = ½ cup vegetable

Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup



HUMMUS

Recipe makes 13 (½ cup) servings vegetable OR 53 (½ oz.) servings m/ma

Ingredients:

- Four 15-ounce cans chickpeas (garbanzo beans)
- 8 to 16 Tablespoons water
- 8 Tablespoons olive oil
- 4 Tablespoons lemon juice
- 4 large cloves garlic, minced
- 3 teaspoons ground cumin
- 1 teaspoons salt

Instructions:

1. Drain and rinse chickpeas, pat dry.
2. Add chickpeas, 8 Tablespoons water, olive oil, lemon juice, garlic, cumin and salt to a food processor or bowl.
3. Blend in processor or mash in bowl until mixture has consistency of a coarse paste (add water as needed).
4. Cover hummus and refrigerate 1 hour or until use.

Crediting Information:

Vegetable: ½ cup serving = ½ cup vegetable
 Meat/meat alternate: 1/8 cup serving = ½ ounce meat/meat alternate

Serving Information:

Vegetable:
 1-5 year old: ½ cup
 6+ year old: ¾ cup
 Meat/meat alternate:
 1-5 year old: 1/8 cup
 6+ year old: ¼ cup

ROASTED CHICKPEAS

Recipe makes 22 (½ cup) servings vegetable OR 84 (½ oz.) servings m/ma

Ingredients:

- #10 can (105 oz.) chickpeas (garbanzo beans)
- ¾ teaspoon salt
- 2 Tablespoons garlic powder

Instructions:

1. Preheat oven to 375°F.
2. Spray baking sheet with cooking spray.
3. Drain and rinse chickpeas, pat dry.
4. Arrange chickpeas on a baking sheet and roast for 30-35 minutes. Shake pan every 10 minutes. They will be golden brown and crunchy on the inside when done. Watch so they do not burn.
5. In a bowl, combine the salt and garlic powder.
6. Remove chickpeas from the oven and spray with cooking spray. Immediately toss with seasoning while hot.
7. Cool before serving.

Crediting Information:

Vegetable: ½ cup serving = ½ cup vegetable
 Meat/meat alternate: 1/8 cup serving = ½ ounce meat/meat alternate

Serving Information:

Vegetable:
 1-5 year old: ½ cup
 6+ year old: ¾ cup
 Meat/meat alternate:
 1-5 year old: 1/8 cup
 6+ year old: ¼ cup



WHITE BEAN RANCH DIP

Recipe makes 8 (½ cup) servings vegetable OR 34 (½ oz.) servings m/ma

Ingredients:

Four 14-ounce cans Great Northern Beans (drained and rinsed)

4 ounces dry ranch dressing mix

½ cup olive oil

Water

Instructions:

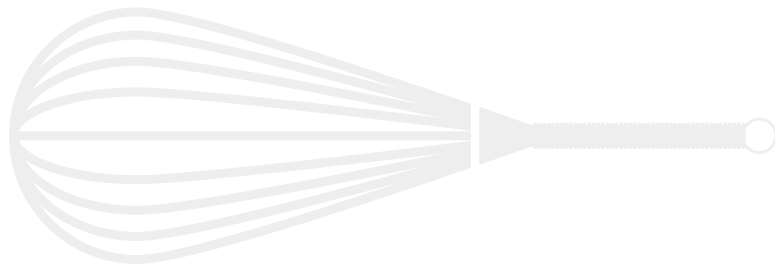
1. Drain and rinse canned beans, place in food processor.
2. Add ranch dressing mix and olive oil. Blend until smooth and creamy.
3. Add water until reach desired consistency.

Crediting Information:

Vegetable: ½ cup serving = ½ cup vegetable
 Meat/meat alternate: 1/8 cup serving = ½ ounce meat/meat alternate

Serving Information:

Vegetable:
 1-5 year old: ½ cup
 6+ year old: ¾ cup
 Meat/meat alternate:
 1-5 year old: 1/8 cup
 6+ year old: ¼ cup



TOFU STIR-FRY

Recipe makes 50 (1/8 cup) servings tofu and 50 (½ cup) servings vegetables

Ingredients:

Four 14-ounce packages extra firm tofu

¼ cup oil

6 Tablespoons minced garlic (6-12 cloves)

¾ cup brown sugar

1 cup soy sauce

7 pounds broccoli, cut into florets (about 18 cups)

2 pounds red bell peppers, cut into thin 1-inch-long strips

2 pounds red onions, thinly sliced

Crediting Information:

Vegetable: ½ cup serving = ½ cup vegetable
 Meat/Meat Alternate:
 1/8 cup tofu = ½ oz. m/ma

Serving Information:

1-5 year old:
 ½ cup vegetables and 1/8 cup tofu
 6+ year old:
 ¾ cup vegetables and ¼ cup tofu

Instructions:

1. Drain tofu. Wrap each block in paper towels and pat dry, pressing down on the tofu to squeeze out moisture.
2. Cut tofu into 3/4-inch cubes.
3. In a large nonstick skillet or wok, heat oil over medium-high heat. Add tofu and cook, stirring every minute or so until the tofu is nicely colored on all sides and the moisture has cooked off, about 8 to 10 minutes.
4. Add garlic to tofu and cook until garlic becomes fragrant.
5. Add sugar and ½ cup soy sauce to tofu. Stir until sugar blends with ingredients.
6. Remove tofu from pan to a plate. Allow some sauce to remain in the pan.
7. Add the broccoli, red pepper strips, onions, and ½ cup soy sauce to pan and cook for 3-4 minutes or until vegetables are tender.
8. Serve required minimum amount of vegetable on plate. Serve required minimum amount of tofu on top of vegetables.

MACARONI SALAD

Recipe makes 50 cups (1 cup = ½ cup vegetable and 1 oz. equivalent grains)

Ingredients:

3 gallons water

3 pounds 2 ounces whole grain elbow macaroni

1 pound 8 ounces fresh red bell peppers, diced

1 pound 8 ounces fresh green bell peppers, diced

¼ cup canned pimientos, diced, drained

1 pound 8 ounces fresh carrots, grated

1 pound 8 ounces fresh celery, diced

3 cups fresh red onions, diced

1 ½ teaspoon salt

1 teaspoon black pepper

2 teaspoons paprika

Dressing:

3 cups mayonnaise

½ cup white vinegar

2 cups sugar

¼ cup 2 Tablespoons mustard

Instructions:

1. Heat water to a boil. Add macaroni and cook 10-12 minutes or until al dente. Stir occasionally. Do not overcook. Drain macaroni when done.
2. In a large bowl, combine macaroni, peppers, pimientos, carrots, celery, onions, salt, and pepper.
3. In a small bowl, combine mayonnaise, vinegar, sugar, and mustard.
4. Pour dressing over vegetable and pasta mixture. Stir well.
5. Serve immediately or store in refrigerator until served.
6. Garnish with paprika.

Crediting Information:

1 cup serving = ½ cup vegetable and 1 oz. equivalent grains

Serving Information:

1-5 year old: 1 cup
6+ year old: 1 ½ cups

FRUIT SALAD

Recipe makes 38 (½ cup) servings

Ingredients:

#10 can pineapple chunks, in juice

2 pounds fresh blueberries

2 pounds fresh strawberries

Dressing:

½ cup pineapple juice (from can)

¼ cup honey

Zest of one lemon

Instructions:

1. Drain pineapple chunks, saving juice for later.
2. Cut whole strawberries into quarters.
3. Place pineapple chunks, strawberries, and blueberries into bowl.
4. In a small bowl, mix pineapple juice, honey, and lemon zest. Toss with fruit.
5. Refrigerate until it is served.

Crediting Information:

½ cup serving = ½ cup fruit

Serving Information:

1-5 year old: ½ cup
6+ year old: ¾ cup



CROCKPOT APPLES WITH CINNAMON

Recipe makes 34 (½ cup) servings

Ingredients:

- 10 pounds fresh apples
- 4 Tablespoons cinnamon
- 2 cups sugar
- 1 stick of butter

Instructions:

1. Peel and core apples. Cut into 1/3 to 1/2-inch slices.
2. Place sliced apples in crock pot or large roaster. Sprinkle with cinnamon and sugar and stir to coat them.
3. Place butter on top of the apples.
4. Close lid. Cook 3 hours (high) or 6 hours (low). Stir occasionally.

Crediting Information:
½ cup serving = ½ cup fruit

Serving Information:
1-5 year old: ½ cup
6+ year old: ¾ cup



FRUIT ON A RAFT (WAFFLES WITH APPLES)

Recipe makes 60 (½ oz. equivalent grains) and 60 (½ cup) servings fruit

Ingredients:

30 frozen waffles (or homemade waffles) square or round, approximately 4"

Two #10 cans unsweetened apples (peeled and diced), drained

2 quarts water

2 pounds seedless raisins

1 Tablespoon cinnamon

3 teaspoons allspice

⅔ cup cornstarch

⅔ cup cold water

Instructions:

1. Preheat oven to 375°F.
2. Place waffles on baking pan and bake in oven for 15 minutes, or until golden.
3. While waffles are in oven, heat apples in large pot or steam kettle.
4. Add water, raisins, cinnamon, and allspice to apple mixture and bring to boil.
5. In a small bowl, whisk cornstarch and cold water. Pour into apple mixture, stirring constantly to blend well. When mixture thickens remove from heat.
6. Remove waffles from oven.
7. Serve waffle with apple mixture on top.

Crediting Information:
Grains: 1 waffle = 1 oz. equivalent grains
Fruit: ½ cup serving apple mixture = ½ cup fruit

Serving Information:
1-5 year old: ½ waffle and ½ cup apples
6+ year old: 1 waffle and ¾ cup apples

MINTY WATERMELON CUCUMBER SALAD

Recipe makes 16 cups (1 cup = ½ cup fruit and ½ cup vegetable)

Ingredients:

5 ½ pounds cubed seedless watermelon

3 pounds cucumbers, halved lengthwise and sliced

¼ cup minced fresh mint

Dressing:

¼ cup olive oil

¼ cup balsamic vinegar

½ teaspoon salt

½ teaspoon pepper

Instructions:

1. Cut watermelon into cubes. Cut cucumbers in half lengthwise and slice. The amount of watermelon chunks and cucumbers slices should be equal before combining for the salad.
2. In a large bowl, combine watermelon, cucumbers, and mint.
3. In small bowl, whisk dressing ingredients. Pour over salad and toss to coat.

Crediting Information:

1 cup serving = ½ cup fruit and ½ cup vegetable

Serving Information:

1-5 year old: 1 cup salad
6+ year old: 1 ½ cups salad

APPLES AND YOGURT DIP

Recipe makes 32 (½ cup) servings fruit and 32 (¼ cup) servings yogurt

Ingredients:

4 ½ pounds apples

Two 32-ounce containers vanilla-flavored yogurt (must meet sugar limits)

Instructions:

1. Cut apples into thin slices.
2. Portion yogurt into bowls/cups.
3. Serve sliced apples on a plate and yogurt in a bowl/cup.

Crediting Information:

Fruit: ½ cup serving = ½ cup fruit
Meat/meat alternate: ¼ cup yogurt = ½ oz. meat/meat alternate

Serving Information:

1-5 year old: ¼ cup yogurt and ½ cup apples
6+ year old: ½ cup yogurt and ¾ cup apples



COTTAGE CHEESE DIP

Recipe makes 48 (1/8 cup) servings

Ingredients:

Two 24-ounce containers of cottage cheese

2 ounces dry ranch dressing mix

Instructions:

1. Place cottage cheese in blender or mixer and blend to desired consistency.
2. Stir in ranch dressing mix and refrigerate.

Crediting Information:

1/8 cup cottage cheese =
1/2 oz. meat/meat alternate

Serving Information:

1-5 year old: 1/8 cup
6+ year old: 1/4 cup



CRISPY BAKED TOFU

Recipe makes 50 (1/8 cup) servings

Ingredients:

Four 14-ounce packages extra firm tofu

4 Tablespoons tamari (or soy sauce or coconut aminos)

4 Tablespoons oil

1 teaspoon salt

1 teaspoon pepper

2 teaspoons garlic powder

4 Tablespoons cornstarch

Instructions:

1. Preheat oven to 400°F.
2. Line baking sheet with parchment paper.
3. Drain tofu. Cut tofu into 3/4 inch cubes. Move tofu to side.
4. Line cutting board with paper towels. Lay tofu in an even layer on towel and top with another towel. Add heavy things on top. Let tofu sit for 15-30 minutes allowing the liquid to be squeezed out.
5. In a bowl, combine tamari (or soy sauce or coconut aminos), oil, salt, pepper, and garlic powder. Add tofu and gently toss until all tofu is covered in seasoning.
6. Sprinkle cornstarch over tofu and gently toss together.
7. Lay tofu on baking sheet and bake for 30 minutes, flipping tofu halfway through. Tofu is done when crispy and golden brown on edges.

Crediting Information:

1/8 cup = 1/2 oz. meat/meat alternate

Serving Information:

1-5 year old: 1/8 cup
6+ year old: 1/4 cup

FRUITY DIP

Recipe makes 32 (¼ cup) servings

Ingredients:

Two 32-ounce containers plain yogurt

½ cup orange juice

4 teaspoons vanilla

Sprinkle of cinnamon

Instructions:

1. Mix all ingredients in a bowl.

Crediting Information:

¼ cup (2 oz.) = ½ oz. meat/meat alternate

Serving Information:

1-5 year old: ¼ cup (2 oz.)

6+ year old: ½ cup (4 oz.)

SHEET PAN EGGS

Recipe makes 24 eggs

Ingredients:

24 large eggs

Salt and pepper

Instructions:

1. Preheat oven to 400°F.
2. Lightly coat a large, rimmed baking sheet with non-stick spray, line with parchment, and spray again.
3. Crack eggs into blender and process until combined; add salt and pepper and quickly blend.
4. Pour eggs into prepared baking sheet and carefully transfer to oven.
5. Bake until barely set in the middle, 10 - 12 minutes.
6. Remove from oven. Cut sheet of eggs into 24 equal squares.

Crediting Information:

1 square = 1 egg

Serving Information:

1-5 year old: ½ square

6+ year old: ½ square

TACO SOUP

Recipe makes 50 (½ cup) servings

Ingredients:

2 pounds, 2 ounces ground beef, raw (no more than 15% fat)

¼ cup chili powder

¼ cup, 1 Tablespoon ground cumin

2 Tablespoons garlic powder

2 teaspoons onion powder

1 teaspoon crushed red pepper

2 teaspoons black pepper

1 pound onions, diced

1 quart water

1 ounce dry ranch dressing mix

6 ½ cups canned, crushed tomatoes

2 cups salsa

2 ½ cups canned corn

9 ¼ cups canned kidney beans, drained

Instructions:

1. In large stock pot, brown ground beef over medium-high heat. Drain ground beef.
2. Add cumin, garlic powder, onion powder, crushed red pepper, and black pepper. Stir well. Remove beef mixture and set aside for step 5.
3. In same pot, cook onions over medium heat for 5-7 minutes, until soft.
4. Reduce heat to low. Add water, ranch dressing mix, tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.
5. Add beef to pot and stir. Simmer uncovered for 15-20 minutes.

Crediting Information:

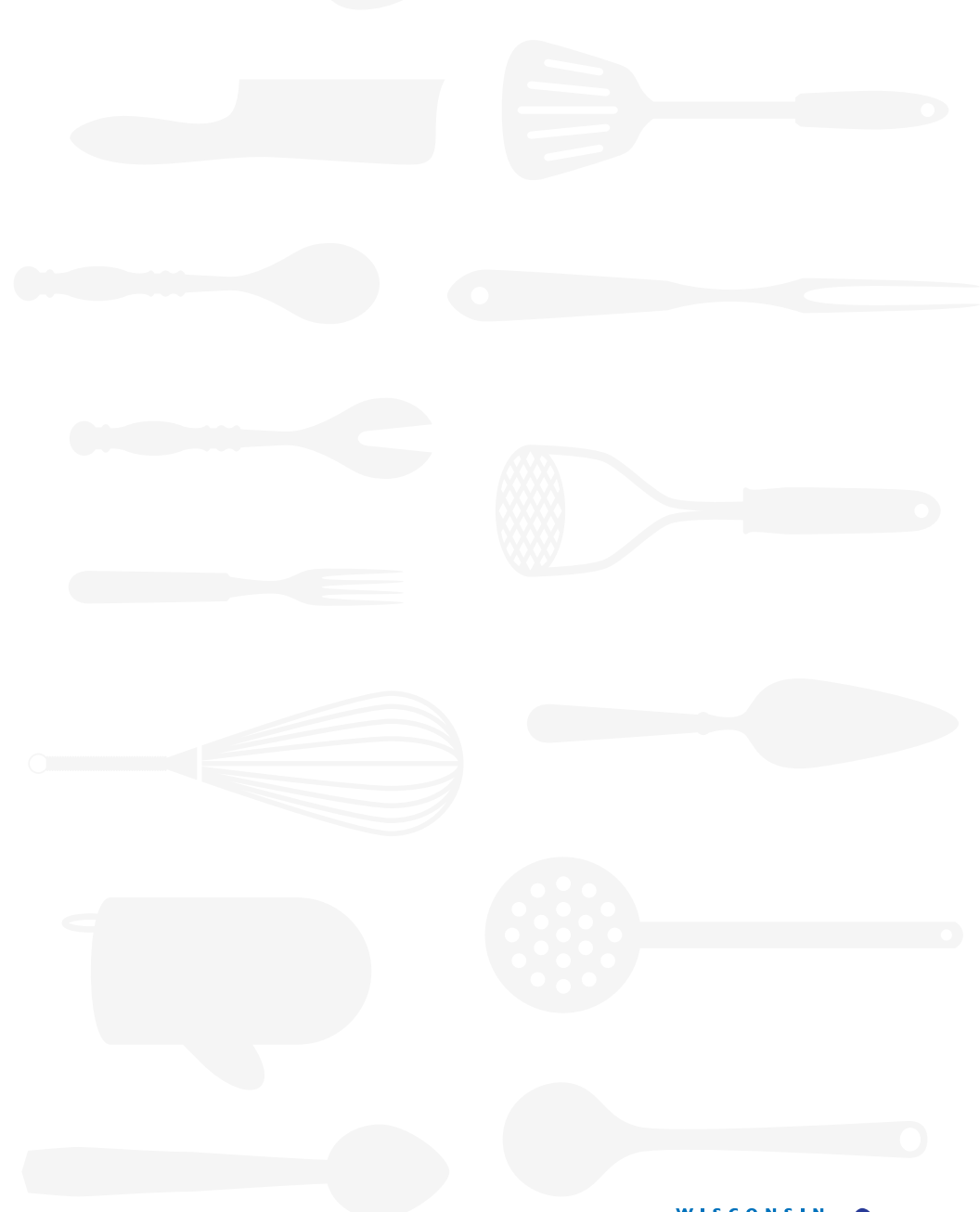
½ cup = 1 oz. meat/meat alternate

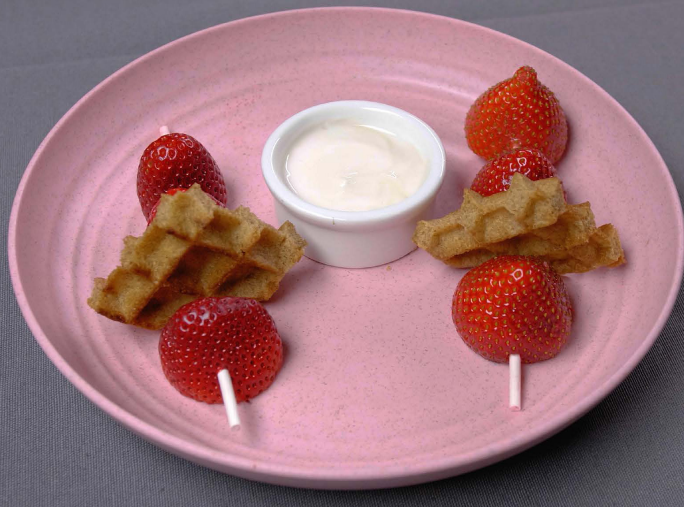
Serving Information:

1-5 year old: ¼ cup

6+ year old: ½ cup







Strawberry and Waffle Kebabs With Maple-Yogurt Dip

Two favorites, strawberries and waffles, pair up for an amazing meal kids will love.

Ages: 3–5 years

Makes: 6 servings

Prep time: 15 minutes

Cook time: 4 minutes

the

INGREDIENTS

¾ cup Greek yogurt, non-fat, vanilla

1 Tbsp maple syrup

3 waffles, frozen, whole grain-rich
(at least 34 g or 1 oz each)

3 cups (36) strawberries, fresh, whole, stems removed (gently wash strawberries under running water before cutting)

the

DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Gather 12 sticks for kebabs.
3. In a small bowl, combine yogurt and maple syrup. Whisk until well-blended. Keep cold at 40 °F or lower.
4. Lightly toast waffles for 3–4 minutes. Cut each waffle into 4 triangles.
5. **Build kebabs.**
Kebab 1:
3 strawberries and 1 waffle triangle.
Kebab 2:
3 strawberries and 1 waffle triangle.
6. Serve 2 kebabs with ⅛ cup (2 Tbsp) of maple-yogurt dip. Serve immediately, or keep cold at 40 °F or lower.

the

NUTRITION INFORMATION

2 kebabs and 1/8 cup of maple-yogurt dip

Nutrients	Amount
Calories	102

Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	102 mg
Total Carbohydrate	18 g
Dietary Fiber	3 g
Total Sugars	7 g
Includes Added Sugars	N/A
Protein	4 g

Vitamin D	N/A
Calcium	44 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the

CACFP CREDITING INFORMATION

1/2 cup fruit
1/4 oz eq meat alternate
1/2 oz eq grains

the

CHEF TIPS

- **Contains milk (yogurt) and wheat (waffles).** Frozen waffles can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (waffles) and may be included in the ingredient statements as “spice” or “flavoring.”
- Do not overcook waffles. If waffles are too crispy, they will fall off the stick.
- Recommend 6” lollipop sticks or 5½” apple sticks.
- **Optional:** Serve without sticks. Place 6 strawberries and 2 waffle triangles on a plate. Serve 1/8 cup (2 Tbsp) maple-yogurt dip on the side.
- **Choking Risk:** For children under the age of 4, you may want to cut whole strawberries in half.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- The symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



Cheesy Bean Tostada

Beans for snack? Yes, please!

Ages: 3–5 years

Makes: 6 servings

Prep time: 5 minutes

Cook time: 7 minutes

the

INGREDIENTS

¾ cup refried beans, fat-free, low-sodium

6 corn tortillas (at least 14 g or ½ oz each)

¼ cup + 2 Tbsp cheddar cheese, reduced-fat, shredded

the

DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Spread 2 Tbsp of beans on each corn tortilla.
4. Sprinkle 1 Tbsp of cheese evenly over the beans on each tortilla.
5. Place on ungreased baking sheet and bake for 7 minutes or until cheese is melted. Heat to 140 °F or higher for at least 15 seconds.
6. Serve 1 tostada. Serve immediately, or keep warm at 140 °F or higher.

the

NUTRITION INFORMATION

1 Cheesy Bean Tostada

Nutrients	Amount
Calories	85
<hr/>	
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	96 mg
Total Carbohydrate	13 g
Dietary Fiber	2 g
Total Sugars	0 g
Includes Added Sugars	N/A
Protein	5 g
<hr/>	
Vitamin D	N/A
Calcium	19 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the

CACFP CREDITING INFORMATION

Crediting the beans as a meat alternate:
 $\frac{3}{4}$ oz eq meat alternate
 $\frac{1}{2}$ oz eq grains

OR

Crediting the beans as a vegetable:
 $\frac{1}{8}$ cup vegetable
 $\frac{1}{4}$ oz eq meat alternate
 $\frac{1}{2}$ oz eq grains

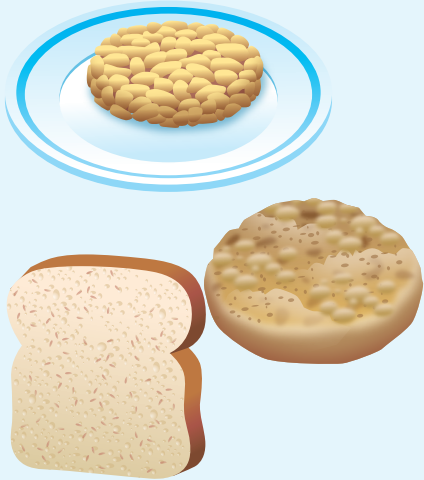
the

CHEF TIPS

- **Contains milk (cheddar cheese).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- The symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

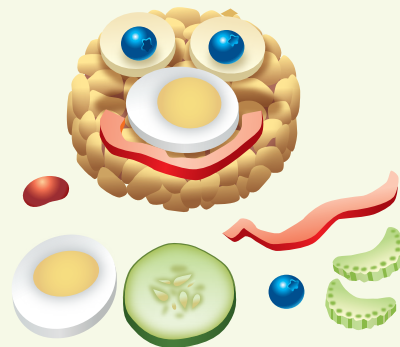
Food Group Friend

1 Get a Head



Put a grain on your plate.

2 Make a Face



Pick fruits, vegetables, and a protein food to make eyes, nose, and a mouth. Have fun and be colorful!

3 Hair or Hat?



Choose a dairy food and cover the head.

4 Name Your Friend



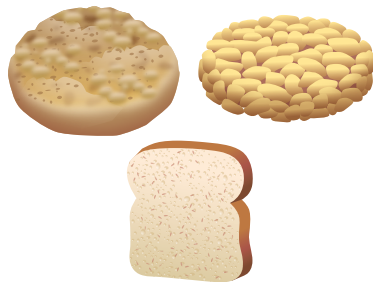
Have you used a food from each food group? If so, enjoy!

Ingredients

Choose your favorite ingredients from every group

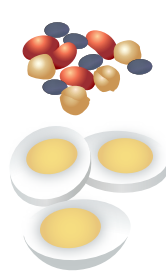
Grains

English muffin, brown rice cake, or bread



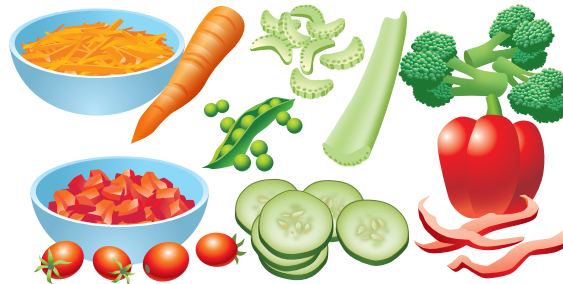
Protein Foods

beans or egg



Vegetables

carrots, celery, broccoli, tomatoes, peas, cucumber, or bell pepper



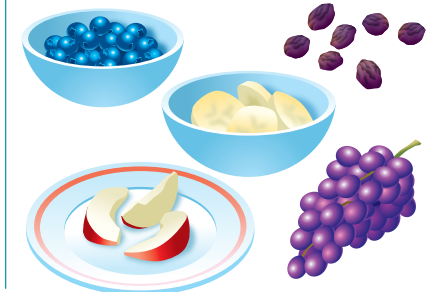
Dairy

low-fat cheese



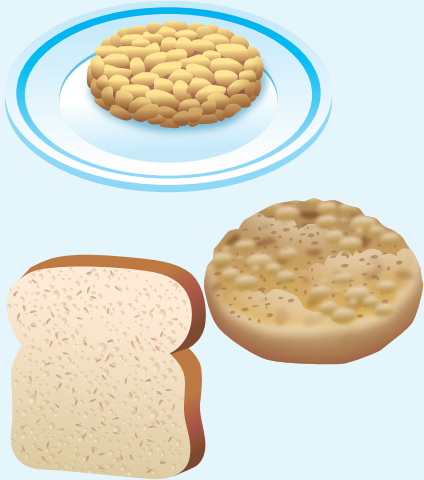
Fruits

blueberries, bananas, raisins, apples, or grapes



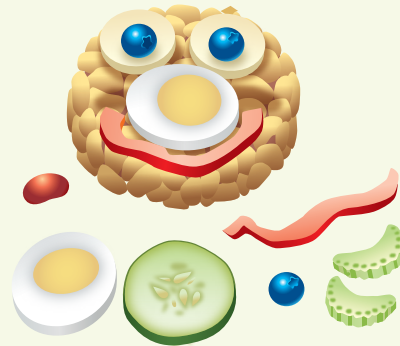
Amigo del grupo de alimentos

1 Consigue una cabeza



Pon un grano en tu plato.

2 Haz una cara



Elige frutas, vegetales y un alimento rico en proteína para hacer los ojos, la nariz y la boca. ¡Diviértete y hazlo colorido!

3 ¿Cabello o sombrero?



Elige un producto lácteo y cubre la cabeza.

4 Ponle nombre a tu amigo

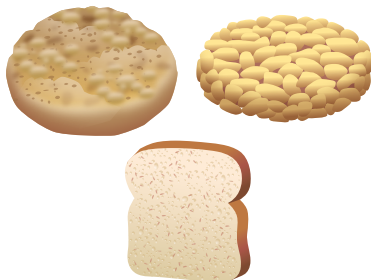


¿Haz utilizado un alimento de cada grupo alimenticio? Si es así, ¡disfrútalo!

Ingredientes

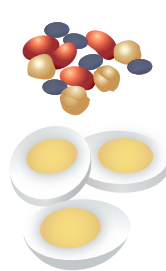
Granos

Panecillo inglés, torta de arroz integral o pan



Proteínas

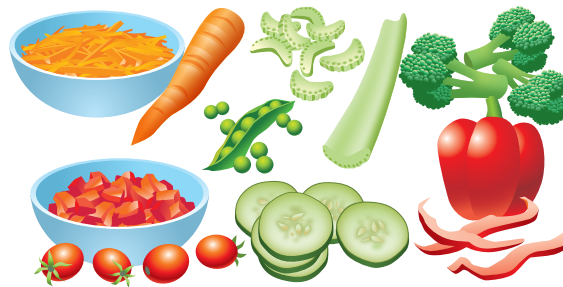
frijoles o huevo



Elige tus ingredientes favoritos de cada grupo

Vegetales

zanahorias, apio, brócoli, tomates, guisantes, pepino o pimiento



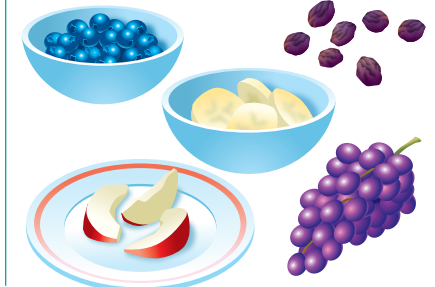
Lácteos

queso bajo en grasa



Frutas

arándanos, bananas, pasas, manzanas o uvas



Fruit-a-licious Breakfast Cup

1 Start With Yogurt



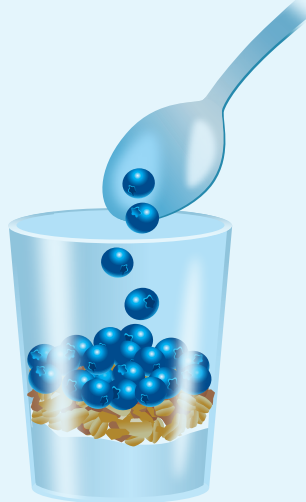
Spoon yogurt into your cup.

2 Add Some Crunch



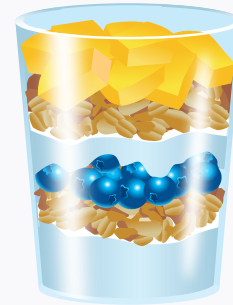
Spoon cereal on top of the yogurt.

3 Pick Fruit



Add some fruit on top of the cereal.

4 Make a Pattern



Add more yogurt, then cereal, then fruit.

5 Enjoy



Ingredients



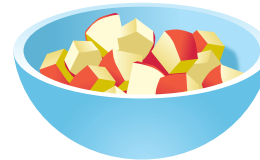
low-fat yogurt



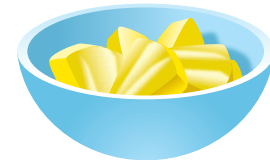
cereal

Choose fruits

apple



pineapple



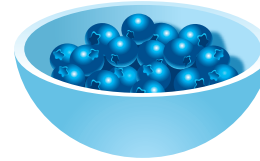
raisins



peaches



blueberries



banana



Taza de desayuno fruti-licioso

1 Comienza con yogur



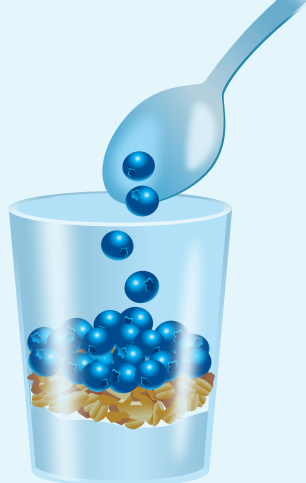
Vierte el yogur en tu taza.

2 Añade algo crocante



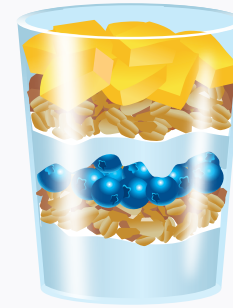
Coloca cereal sobre el yogur.

3 Elige una fruta



Añade algunas frutas sobre el cereal.

4 Diseña un patrón



Añade más yogur, más cereal y más fruta.

5 Disfruta



Ingredientes



yogur bajo en grasa



cereal

Elige frutas

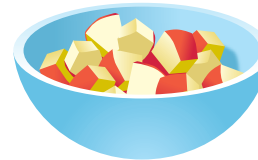
pasas



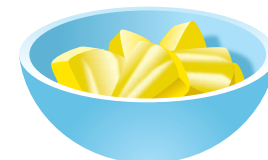
durazno



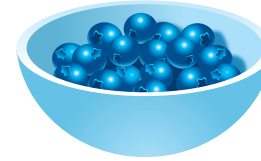
manzana



piña



arándanos

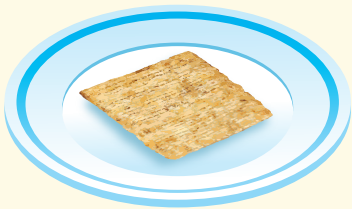


banana



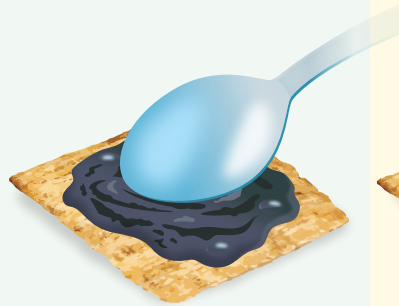
Garden Bite

1 Choose a Whole Grain



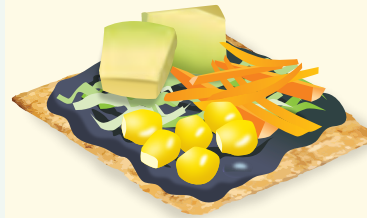
Put a grain on your plate.

2 Spread the Protein Food



Spread some dip onto the grain.

3 Add Veggies



Top with colorful vegetables.

4 Top With Dairy



Spoon a dairy food on your veggies.

5 Take a Bite



Ingredients

Grains

whole grain cracker, tortilla chip, or pita chip



Protein Foods

bean dip or hummus



Tip: To make your own dip, mash low-sodium black beans with a fork. Add liquid from the can to make it smoother.

Vegetables

corn, lettuce, avocado, salsa, carrots, or beans



Dairy

low-fat cheese, soy yogurt, or non-fat plain yogurt



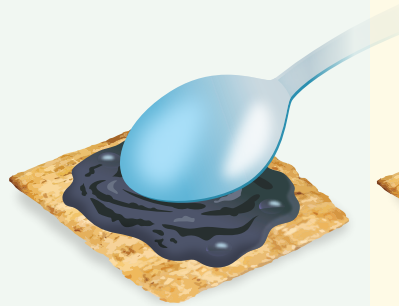
Bocadillo del jardín

1 Elige un grano integral



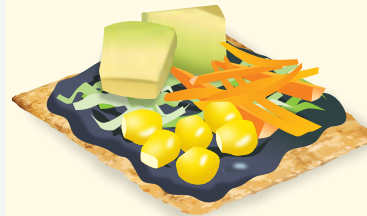
Pon un grano en tu plato.

2 Unta la proteína



Unta un poco de salsa sobre el grano.

3 Añade vegetales



Pon vegetales de colores.

4 Cubre con lácteos



Pon una cucharada de un alimento lácteo en tus vegetales.

5 Prueba un bocado



Ingredientes

Granos

galleta de grano integral, chips de tortilla o chips de pita



Proteínas

salsa de frijoles o garbanzos (*hummus*)



Consejo: para hacer tu propia salsa, aplasta los frijoles negros bajos en sodio con un tenedor. Agrega líquido de la lata para que quede más suave.

Vegetales

maíz, lechuga, aguacate, salsa, zanahorias o frijoles



Lácteos

queso bajo en grasa, yogur de soya o yogur natural sin grasa





Parmesan Chicken Tenders

Marinated in Italian dressing, breaded, and baked, these chicken tenders are sure to make a regular appearance at the table.

Ages: 3–5 years **Prep time:** 6 hours 10 minutes
(2–6 hours marinating)

Makes: 6 servings **Cook time:** 20 minutes

the INGREDIENTS

Nonstick cooking spray

13½ oz chicken tenders, fresh or frozen, thawed
(at least 6 tenders)

3 Tbsp Italian dressing, prepared

2 Tbsp parmesan cheese, grated

2 Tbsp breadcrumbs, whole-wheat, seasoned

2 Tbsp breadcrumbs, plain, panko, enriched

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400° F.
3. Place a baking rack on top of a baking sheet. Spray rack with nonstick cooking spray. Set aside.
4. Place chicken tenders and Italian dressing in a plastic or glass bowl. Cover. Marinate in the refrigerator at 40 °F or lower for 2–6 hours or overnight. Wash hands after touching uncooked chicken.
5. In a small bowl, combine parmesan cheese and breadcrumbs (whole-wheat and panko). Mix.
6. Remove chicken tenders from dressing. Discard any remaining Italian dressing.
7. Coat tenders with parmesan breading. Place on prepared baking rack. Wash hands after touching uncooked chicken.
8. Bake for 20 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. Remove from the oven.
9. Serve 1 tender. Serve immediately, or keep warm at 140 °F or higher.



the
NUTRITION INFORMATION

1 Parmesan Chicken Tender

Nutrients	Amount
Calories	107
<hr/>	
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	37 mg
Sodium	172 mg
Total Carbohydrate	4 g
Dietary Fiber	0 g
Total Sugars	1 g
Includes Added Sugars	N/A
Protein	14 g
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Vitamin D	N/A
Calcium	33 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the
CACFP CREDITING INFORMATION

1 ½ oz eq meat

the
CHEF TIPS

- **Contains milk (parmesan cheese) and wheat (breadcrumbs).** Breadcrumbs can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (breadcrumbs) and may be included in the ingredient statements as “spice” or “flavoring.”





Spiral Pasta and Broccoli

Add a splash of dark-green veggies to foods we all love, spiral pasta topped with a sprinkle of shredded cheese.

Ages: 3–5 years

Prep time: 5 minutes

Makes: 6 servings

Cook time: 20 minutes

the INGREDIENTS

4 cups broccoli, frozen, chopped, thawed, drained

1 cup + 1 Tbsp pasta, whole-wheat, spiral, uncooked

3 cups water

1 tsp margarine, *trans* fat-free

1 tsp garlic powder

½ cup mozzarella cheese, part-skim, shredded

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a medium nonstick pot, bring water to a boil on medium-high heat. Add pasta. Cook for 8 minutes or until al dente (soft to the touch and firm to the bite). Drain water from pasta. Rinse well with cold water.
3. Heat a medium nonstick skillet on medium-high heat. Melt margarine. Add garlic powder. Stir.
4. Sauté thawed broccoli for 3–5 minutes or until the broccoli begins to turn brown on the tips of the crowns.
5. Reduce heat to medium. Add cooked pasta. Stir gently. Cook for 3–5 minutes or until pasta is hot. Heat to 140 °F or higher for at least 15 seconds.
6. Remove from heat. Add cheese. Stir.
7. Serve ½ cup. Serve immediately, or keep warm at 140 °F or higher.

the

NUTRITION INFORMATION

½ cup Spiral Pasta and Broccoli

Nutrients	Amount
Calories	67
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Total Fat	1 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	26 mg
Total Carbohydrate	12 g
Dietary Fiber	2 g
Total Sugars	1 g
Includes Added Sugars	N/A
Protein	4 g
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Vitamin D	N/A
Calcium	20 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

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the

CACFP CREDITING INFORMATION

¼ cup vegetable
½ oz eq grains

the

CHEF TIPS

- **Contains milk (mozzarella cheese) and wheat (pasta).** Margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (pasta) and may be included in the ingredient statements as “spice” or “flavoring.”
- The symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

CHILD AND ADULT CARE FOOD PROGRAM TRAINING PACKET 2022 - 2023

**Child Meal Pattern
Infant Meal Pattern
Best Practices for Menu Planning
Safe Feeding Practices to Prevent Choking
Ounce Equivalents for Grains for Children
Ounce Equivalents for Grains for Infants
Adding Whole Grains to your Menu
Choose Breakfast Cereals Lower in Sugar
Serving Milk in the CACFP
Crediting Fluid Milk in the Child Nutrition Programs
Offering Water
Meat and Meat Alternates at Breakfast
Vegetable Crediting Requirements
Team Nutrition Quizzes
Nibbles for Health Nutrition Newsletters
Food Buying Guide Interactive Web-Based Tool
Civil Rights Handbook
Serious Deficiency Process
Retention of Source Documents
Women Infants and Children Program
Snack Inspirations 240 Snack Ideas
Recipes**

This information meets the requirements for the mandatory nutrition training for the Child and Adult Care Food Program for October 1, 2022 – September 30, 2023, fiscal year. I have reviewed the information and will abide by the CACFP regulations.

Provider (Print) Name: _____

Sign: _____

Date training was completed: _____