

## Crediting Foods in the CACFP

All meals claimed for reimbursement must meet the CACFP Meal Pattern requirements. This includes serving foods that are creditable, meeting the meal pattern components **and** minimum serving sizes. Refer to Guidance Memorandum 12 for details on the meal pattern.

Milk	Non-Creditable Milk (Not an all-inclusive list)
Required at breakfast, lunch, and supper	<ul style="list-style-type: none"> <li>• 2% (reduced fat) milk</li> <li>• Almond Milk</li> <li>• Cheese (creditable as meat alternate, not as milk)</li> <li>• Coconut Milk</li> <li>• Cream Cheese</li> <li>• Cream Soup/Sauces</li> <li>• Evaporated Milk</li> <li>• Frozen Yogurt</li> <li>• Ice cream, Ice Milk</li> <li>• Powdered Milk</li> <li>• Pudding</li> <li>• Raw Milk</li> <li>• Rice Milk</li> <li>• Reconstituted Dry Milk</li> <li>• Sour Cream</li> <li>• Yogurt (creditable as meat alternate, not as milk)</li> </ul>
Fluid milk can be served as a beverage, used on cereal, or used in part for both	
Creditable milks: Pasteurized cow's and goat's milk, lactose-free and lactose-reduced milk, fat-free or low-fat buttermilk, and acidified milk	
<ul style="list-style-type: none"> <li>➤ <u>1 year olds</u> must be served unflavored whole milk</li> <li>➤ <u>2-5 year olds</u> must be served unflavored 1% or skim</li> <li>➤ <u>6-18 year olds</u> must be served unflavored or flavored 1% or skim</li> </ul>	
Fluid milk cannot be served to infants (less than 12 months of age—medical statement required)	
Milk used in cooking (i.e. cooked cereals, custards, pudding, etc.) cannot be credited	
Milk may not be served for snacks when juice is served as the other component	
<p>Non-dairy milk substitutes that are nutritionally equivalent to fluid cow's milk may be provided to participants when supported by a written statement from a participant's parent or legal guardian</p> <ul style="list-style-type: none"> <li>➤ Currently only some soy milk products are creditable. Refer to GM 12.</li> </ul>	

Fruit and Vegetable	Non-Creditable FVs (Not an all-inclusive list)	
One serving of vegetable, fruit or both is required at breakfast	<ul style="list-style-type: none"> <li>• 'Ade' drinks (Lemonade)</li> <li>• Cranberry Juice Cocktail</li> <li>• Frozen Fruit Flavored Bars</li> <li>• Fruit Butters (Apple Butter)</li> <li>• Fruit in Quick Breads (Banana Bread)</li> <li>• Fruit in Muffins (Blueberry Muffins)</li> <li>• Fruit in Commercial Yogurt (Strawberry Yogurt)</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit Snacks</li> <li>• Home Canned Products</li> <li>• Jam/Jelly</li> <li>• Gelatin/Jell-O™</li> <li>• Potato Chips</li> <li>• Sherbet</li> <li>• Snack Chips (Banana or other FV chips)</li> <li>• Soy Nuts</li> </ul>
A serving of fruit and vegetable (or two different vegetables) must be served at lunch and supper		
Fresh, frozen, canned, or dried may be served.		
Juice must be labeled full strength (100%) fruit or vegetable juice and must be pasteurized <ul style="list-style-type: none"> <li>➤ Juice can only be served once per day</li> <li>➤ Juice may not be served at snack when milk is served as the other component</li> </ul>		
Cooked dry beans/peas may be counted as a vegetable <b>OR</b> a meat/meat alternate, but not as both in the same meal		
Combination dishes—only one fruit or vegetable can credit in the combination dish (beef stew with carrots & potatoes)		

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Meat/Meat Alternate (M/MA)	Non-Creditable Meat/Meat Alternates (Not an all-inclusive list)
Required at lunch and supper. May be served at breakfast, in place of grains, up to three days/week.	<ul style="list-style-type: none"> <li>• Bacon</li> <li>• Cheese Products</li> <li>• Cream Cheese</li> <li>• Commercial Soups</li> <li>• Drinkable Yogurt</li> <li>• Frozen Yogurt</li> <li>• Imitation Cheese</li> <li>• Nut Butter Spreads</li> <li>• Powdered Cheese</li> <li>• Velveeta™</li> <li>• Yogurt above sugar limits</li> </ul>
Nuts/seeds/nut and seed butters can meet only ½ of M/MA at lunch/supper; additional M/MA is required ➤ Creditable Nut and Seed Butters: Peanut, Soy, Almond, Sunflower	
Cooked, dry beans/peas that are counted as a M/MA may not be credited as a vegetable in the same meal	
Yogurt must contain no more than 23 grams of sugar per 6 ounces	
Cheese food, cottage cheese, and cheese spread: 2 oz. serving is equivalent to a 1 oz. serving of M/MA	
A combination food served as an entrée (main dish) may be credited as the M/MA plus up to 2 other meal components (3 total) provided each component meets the minimum meal pattern requirement	
Store-bought combination foods (i.e. chicken nuggets, pizza, etc.) and some processed meats must have a Child Nutrition (CN) or Product Formulation Statement (PFS) from the manufacturer on file prior to serving	
Processed meats (i.e. hotdogs, bologna) that are 100% meat are creditable (may contain salt and seasonings) ➤ Processed meats that contain fillers such as byproducts, cereals, binders, or extenders, are not 100% meat and require a CN label or PFS ➤ Common binders and extenders: soy flour, starchy vegetable flour, calcium reduced dried skim milk, modified food and vegetable starch, soy protein concentrate, cereal, isolated soy protein, dried milk, carrageenan, and hydrolyzed milk protein)	

Grains	Non-Creditable Grains (Not an all-inclusive list)	
Required at breakfast, lunch, and supper	<ul style="list-style-type: none"> <li>• Grains that are not made with whole or enriched grains</li> <li>• Cereal above sugar limits</li> <li>• Potatoes (not creditable as a grain)</li> <li>• Potato chips</li> <li>• Tapioca</li> </ul>	<u>Grain-based desserts:</u> <ul style="list-style-type: none"> <li>• Brownies</li> <li>• Cakes, including coffee cake and cupcakes</li> <li>• Cereal, breakfast and granola bars, marshmallow cereal treats</li> <li>• Cookies, including vanilla wafers and fruit-filled rolls/bars/cookies</li> <li>• Doughnuts</li> <li>• Gingerbread</li> <li>• Ice cream cones</li> <li>• Pie crusts of dessert pies, cobblers, and fruit turnovers</li> <li>• Sweet biscotti/scones with fruits, chocolate, icing</li> <li>• Sweet bread pudding and rice pudding</li> <li>• Sweet croissants (chocolate-filled)</li> <li>• Sweet pita chips, such as cinnamon-sugar flavored</li> <li>• Sweet rolls (cinnamon rolls)</li> <li>• Toaster pastries</li> </ul>
Must be whole-grain, enriched, or made from whole-grain or enriched meal or flour		
At least one serving of grains per day must be whole grain-rich (WGR) ➤ WGR foods contain 100% whole grains, or contain at least 50% whole grains and the remaining grains in the food are enriched		
Breakfast cereals must contain no more than 6 grams of sugar per dry ounce		
Grain-based chips (i.e. tortilla, corn) are creditable at lunch and snack only		