

CACFP Daim Ntawv Qhia Nplej Yam Saib xyuas Menyuum Yaus

(CACFP Grains Chart Child Care Component)

Cov nplej yuav tsum muaj nplej tag nrho lossis cov zoo lossis uas los ntawm tag nrho-nplej lossis puas noj huas nplej zoo thiab/lossis hmoov nplej, pob kws thiab /lossis ntsiav. Hais txog puas noj haus thiab puas txom ncauj uas muaj rau menyuum yaus thiab neeg loj ntawv, yam tsawg noj ib puas mov nplej ntawm ib hnuv yuav tsum yog muaj nplej tag nrho zoo.

Txoj kab qhia no qhia rau hom ib txwv muaj. Yog tias muaj ib hom tsis yog cov hauv qab no, yuav tau txiav txim npaug uas xav tau (nklas lossis ooj) nyob rau pab hnuv nyoo (1-5 lossis 6-18 xyoo) thiab siv daim ntawv qhia khoom noj haus cov tseeb mus yuav khoom, lossis luj hom yuav ua hauv tsev txawm rau txiav txim tus cai noj.

Pawg A	1-5 xyoos	6-18 xyoo
	Tus Cai Noj ¹	Tus Cai Noj ¹
	Nyhav tsawg kawg 10 nklas (0.4 oz)	Nyhav tsawg kawg 20 nklas (0.7 oz)
Mov Ci ua yav (tawv – kwv yeas. 7 ¾")	2 yav	3 yav
Fawm Chow Mein	1/4 khob	1/2 khob
Crackers (saltines)	4 plaub fab	8 plaub fab
Crackers (dav-txom ncauj-yeej, kheej, 4 fab)	4 crackers	8 crackers
Crackers (lb ntiv 4 fab)	6 crackers	12 crackers
Crackers (mis nyuj khov 4 fab)	9 crackers	18 crackers
Crackers (savory - ntse-duab losis zoo li)	25 crackers	50 crackers
Croutons	1/4 khob	1/2 khob
Melba Toast	3 daim	5 daim
Pretzels (tawv-meme pretzel twists)	7 pretzels	14 pretzels
Pretzel Chips	7 nplais	14 nplais
Ncauv mov	1-1/2 lub ncuav	3 lub ncuav
Mov ci Stuffing (qhuav)	1/4 khob	1/2 khob
Wafers (rye)	2 wafers	4 wafers
Zwieback	2 daim	3 daim

Pawg B	Tus Cai Noj ¹	Tus Cai Noj ¹
	Nyhav tsawg kawg 13 nklas (0.5 oz)	Nyhav tsawg kawg 25 nklas (0.9 oz)
Bagels (kwv yeas. 4" kab pua nruab nrab)	1/4 bagel	1/2 bagel
Bagels (kwv yeas. 3" kab pua nruab nrab)	1/2 bagel	1 bagel
Biscuits (kwv yeas. 2 ½" kab pua nruab nrab)	1/2 biscuit	1 biscuit
Mov ci (dawb, nplej, nplej txaus, noob taum)	1/2 daim	1 daim
Buns (hamburger, hot dog)	1/2 bun	1 bun
Crackers (tsiaj)	6 crackers	12 crackers
Crackers (graham – duab ntse lossis zoo li)	19 crackers	37 crackers
Crackers (graham – 2 ½" x 5")	1 cracker	2 crackers
English Muffins	1/2 muffin	1 muffin
Crackers piaj deg	1/3 khob (30 crackers)	2/3 khob (60 crackers)
Mov ci Pita (dawb, nplej – 6 ½ voj)	1/4 nruab nrab	1/2 nruab nrab
Pizza Crust	Nyob li ntawm loj-me***	Nyob li ntawm loj-me***
Pretzels (phom/zooj)	1/2 pretzel	1 pretzel
Rolls (puas hmo, dawb, nplej, nplej txaus, qos yaj ywm)	1/2 lub	1 lub
Plhaub Qwj Taco 6" (tawv-plhaub pob kws tortilla)	1/2 plhaub	1 plhaub
Tortillas 6" (pobkws lossis nplej)	1/2 tortilla	1 tortilla
Tortillas 8" (hmoov)	1/3 tortilla	2/3 tortilla
Nplais Tortilla (yeej lossis loj)	6 nplais (9 voj meme)	12 nplais (18 voj meme)

¹ Cov lej ntawm tus cai noj yog cov lej khws yeas. Ib cov lej ntxiv yog xav tau npaj rau qhov hnyav tsim nyog ntawm cov pab pawg uas nce rau tus cai hom yuav muab los siv.

***Cov lej npaj saib rawli qhov nyhav ntawm hom lossis puas. Yoog rawli qhov nyhav tsawg kawg nyob hauv tus cai noj nyob rau cov pab pawg lossis kem.

Pawg C	Tus Cai Noj¹	Tus Cai Noj¹
	Nyhav tsawg kawg 16 nkaslas (0.6 oz)	Nyhav tsawg kawg 31 nkaslas (1.1 oz)
Pobtawb(2 ¼" x 1 ½")	1 daim	2 daim
Pob kws Muffin	1/2 muffin	1 muffin
Croissant	1/2 croissant	1 croissant
Dumplings	Nyob li ntawm loj-me***	Nyob li ntawm loj-me***
Hush Puppies (loj/dav)	Nyob li ntawm loj-me***	Nyob li ntawm loj-me***
Pancakes (kws yee. 4" kab nruab nrab)	1/2 pancake	1 pancake
Popovers	1/2 popover	1 popover
Spoonbread	Nyob li ntawm loj-me***	Nyob li ntawm loj-me***
Waffles (khov- 4 fab lossis yeej) (kws yee.4")	1/2 waffle	1 waffle

Pawg D	Tus Cai Noj¹	Tus Cai Noj¹
	Nyhav tsawg kawg 25 nkaslas (0.9 oz)	Nyhav tsawg kawg 50 nkaslas (1.8 oz)
Muffins (tag nrho tshwj pob kws muffins)	1/2 muffin	1 muffin

Pawg E	Tus Cai Noj¹	Tus Cai Noj¹
	Nyhav tsawg kawg 31 nkaslas (1.1 oz)	Nyhav tsawg kawg 63 nkaslas (2.2 oz)
French Toast	1/2 daim	1 daim

Pawg H	Tus Cai Noj¹	Tus Cai Noj¹
	¼ khob siav (los 13 nkaslas qhuav)	½ khob siav(los 25 nkaslas qhuav)
Barley	1/4 khob	1/2 khob
Zaub mov pluas tshais (siav)	1/4 khob	1/2 khob
Bulgur (cracked wheat)	1/4 khob	1/2 khob
Txhais pobkws lossis pluas noj haus	1/4 khob	1/2 khob
Macaroni (txhua hom)	1/4 khob	1/2 khob
Faqm qe(txhua yam)	1/4 khob	1/2 khob
Pasta (txhua hom)	1/4 khob	1/2 khob
Ravioli (fawm xwb)	1/4 khob	1/2 khob
Mov (zoo lossis xim kasfes)	1/4 khob	1/2 khob

Txhua cov zaub mov pluas tshais yuav tsum yog nplej tag nrho, zoo lossis txhim kho & yuav tsum tsis muaj piam thaj ntau tshaj 6 nkaslas nyob rau ib ooj qhuav

Pawg I	1-2 xyoo	3-5 xyoo	6-18 xyoo
Zaub mov, npaj-to-noj (Nplej, pob kws, mov, nplej oats, granola) ¹	Tus cai noj yog 1/4 khob losis .33 ooj, seb qhov twg tsawg dua	Tus cai noj yog 1/3 khob losis .5 ooj, seb qhov twg tsawg dua	Tus cai noj yog ¾ khob losis 1 ooj, seb qhov twg tsawg dua

Khoom noj qab zib-nplej – TSIS MUAJ TXIAJ NTSIM NYOB RAU CACFP

Khoom qab zib-nplej ua hauv tsev uas los ntawm muaj nplej tag nrho thiab/lossis muaj piam thaj thiab roj tsawg tsis muaj txiaj ntsim Cov koom zoo xwsl cov muaj nyob nov tab sis txawv lub npe (xwsl. pluas tshais kheej, pluas tshais pluav) los tsis muaj txiaj ntsim

Cov Brownies	Mov ci qhiav
Biscotti qab zib thiab pob kws uas los ntawm txiv hmab-ntoo, icing, thiab lwm yam.	Pie crusts qab zib, cov cobblers, lwm yam txiv hmab-ntoo
Ncuav qab zib, suav nrog ncuav qab zib kasfes thiab ncuav qab zib khob	Txheej mov Ci qab zib & mov kua dis
Bars zaub mov, bars pluas tshais, granola bars	Fawm kauv qab zib, suav nrog cinnamon kauv
Cov cookies, suav nrog vanilla wafers	Toaster pastries
Doughnuts	

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