

The background of the slide features dark blue silhouettes of several individuals, likely students, sitting and reading books. The silhouettes are layered, with some in the foreground and others behind, creating a sense of depth. The overall color scheme is a gradient of dark blues.

MAINE DEPARTMENT
OF EDUCATION

CACFP- Determining Whole Grain Rich Products

Presented by: Troy Fullmer, CACFP Nutrition Consultant



A Refresher Regarding Grains in the CACFP



Child and Adult Care Food Program



FOOD CHART

Ages: Birth through 5 months 6 through 11 months

Breakfast

Breast Milk or Formula	4-6 fluid ounces	6-8 fluid ounces; and
Fruit or Vegetable or combination	0-2 Tbsp.; and	
Grain or Meat/Meat Alternate or combination	0-1/2 Oz. Eq. infant cereal, 0-4 Tbsp. meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 ounces cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces yogurt or a combination	

Lunch/Supper

Breast Milk or Formula	4-6 fluid ounces	6-8 fluid ounces; and
Fruit or Vegetable or combination	0-2 Tbsp.; and	
Grain or Meat/Meat Alternate or combination	0-1/2 Oz. Eq. infant cereal, 0-4 Tbsp. meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 ounces cheese; or 0-4 ounces (volume) cottage cheese; or 0-4 ounces yogurt or a combination	

Snack

Breast Milk or Formula	4-6 fluid ounces	2-4 fluid ounces; and
Fruit or Vegetable or combination	0-2 Tbsp.; and	
Grain	0-1/2 Oz. Eq. bread or 0-1/2 Oz. Eq. infant cereal or 0-1/4 Oz. Eq. ready-to-eat cereal or 0-1/4 Oz. Eq. crackers	

Child and Adult Care Food Program

This institution is an equal opportunity provider.

Child and Adult Care Food Program



FOOD CHART

Ages: 1-2 3-5 6-12

Breakfast

1 Fluid Milk	1/2 cup	3/4 cup	1 cup
1 Vegetable/Fruit	1/4 cup	1/2 cup	1/2 cup
1 Grain/Bread: Oz. Eq. = product weight in grams (g)	1/2 Oz. Eq.	1/2 Oz. Eq.	1 Oz. Eq.
• Bread	14 g	14 g	28 g
• Biscuit/Roll/Muffin/Cornbread	14g/14g/28g/17g	14g/14g/28g/17g	28g/28g/55g/34g
• Cold Dry Cereal (flakes or rounds)	14 g = 1/2 cup	14 g = 1/2 cup	28 g = 1 cup
• Hot Cooked Cereal	1/4 cup cooked or 14 g dry	1/4 cup cooked or 14 g dry	1/2 cup cooked or 28 g dry

Lunch/Supper

1 Fluid Milk	1/2 cup	3/4 cup	1 cup
1 Fruit (or no fruit & 2 vegs.)	1/8 cup	1/4 cup	1/4 cup
1 Vegetable	1/8 cup	1/4 cup	1/2 cup
1 Grain/Bread: Oz. Eq. = product weight in grams (g)	1/2 Oz. Eq.	1/2 Oz. Eq.	1 Oz. Eq.
• Bread	14 g	14 g	28 g
• Biscuit/Roll/Muffin/Cornbread	14g/14g/28g/17g	14g/14g/28g/17g	28g/28g/55g/34g
• Pasta or Rice	1/4 cup cooked or 14 g dry	1/4 cup cooked or 14 g dry	1/2 cup cooked or 28 g dry
1 Meat/Meat Alternate			
• Meat/Poultry/Fish	1 oz.	1 1/2 oz.	2 oz.
• Cheese	1 oz.	1 1/2 oz.	2 oz.
• Large Egg	1/2 egg	3/4 egg	1 egg
• Cooked Dry Beans or Peas	1/4 cup	3/8 cup	1/2 cup
• Peanut Butter or Nut/Seed Butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
• Tofu	1 oz.	1 1/2 oz.	2 oz.
• Yogurt	1/2 cup	3/4 cup	1 cup

Snack (Select at least two different components from the following five)

1 Fluid Milk	1/2 cup	1/2 cup	1 cup
1 Fruit	1/2 cup	1/2 cup	3/4 cup
1 Vegetable	1/2 cup	1/2 cup	3/4 cup
1 Grain/Bread	1/2 Oz. Eq.	1/2 Oz. Eq.	1 Oz. Eq.
1 Meat/Meat Alternate			
• Cheese	1/2 oz.	1/2 oz.	1 oz.
• Large Egg	1/2 egg	1/2 egg	1/2 egg
• Peanut Butter or Nut/Seed Butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
• Yogurt	1/4 cup	1/4 cup	1/2 cup

Child and Adult Care Food Program

This institution is an equal opportunity provider.

Infant Meal Pattern Components: Grains

- If a grain is served at a **MEAL- it must be iron-fortified infant cereal**
- **Ready to eat cereals/breads/crackers are not creditable for infants at meals- only at snacks**, even after they start to eat the same food as the older children.
- Cereal must not contain more than 6 grams of sugar per dry ounce.
- **NO** whole grain rich requirement for infants of any age!



Ounce Equivalents

https://youtu.be/MFnLKTJkh_g

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.

Breakfast/Lunch/Supper

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

Snack

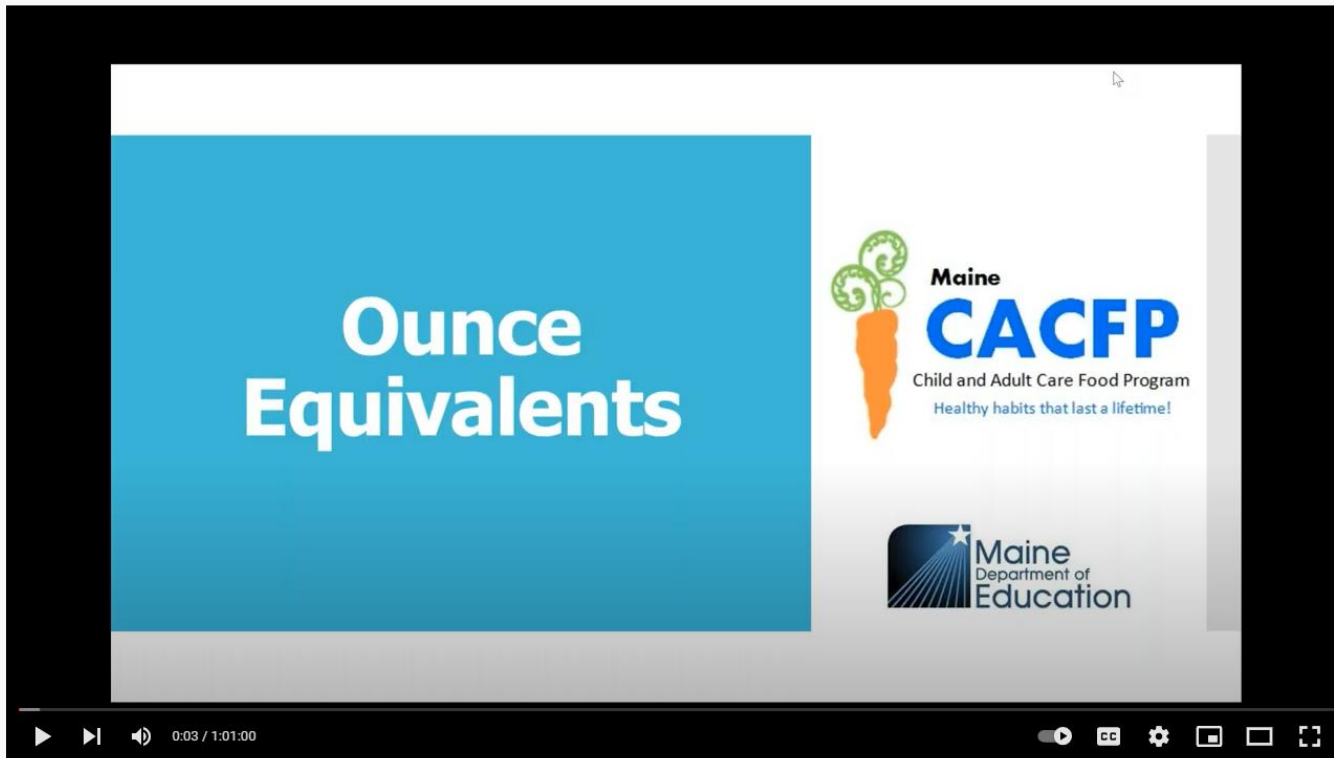
(choose at least one item below)

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

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.

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.



Ounce Equivalents for CACFP

24 views • Jun 22, 2022

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Grain-based Desserts

1. Includes all grain products that contain sugar, with the exception of quick breads and muffins (e.g. banana bread, pumpkin muffins, graham crackers, and animal crackers).
2. May **ONLY** be served as additional, **non-creditable** items (e.g. birthday cake), and outside of the approved CACFP meal/snack time.
3. CACFP funds **cannot** be used to purchase additional, non-creditable items.



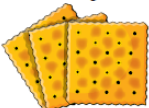
Grain-Based Desserts in the Child and Adult Care Food Program

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

As of October 1, 2017, grain-based desserts no longer count toward the grain component of meals and snacks offered through the Child and Adult Care Food Program (CACFP). This small change helps reduce the amount of added sugars kids eat in child care.

What Are Grain-Based Desserts?

The chart below lists some common grain-based desserts:

Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
<ul style="list-style-type: none"> • Brownies • Cakes, including coffee cake and cupcakes • Cereal bars, breakfast bars, and granola bars • Cookies, including vanilla wafers • Doughnuts, any kind • Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies • Gingerbread • Ice cream cones • Marshmallow cereal treats • Pie crusts of dessert pies, cobblers, and fruit turnovers • Sweet bread puddings • Sweet biscotti, such as those made with fruits, chocolate, icing, etc. • Sweet croissants, such as chocolate-filled • Sweet pita chips, such as cinnamon-sugar flavored • Sweet rice puddings • Sweet scones, such as those made with fruits, icing, etc. • Sweet rolls, such as cinnamon rolls • Toaster pastries 	<ul style="list-style-type: none"> • Banana bread, zucchini bread, and other quick breads • Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified • Combread • Crackers, all types • French Toast • Muffins • Pancakes • Pie crusts of savory pies, such as vegetable pot pie and quiche • Plain croissants • Plain or savory pita chips • Savory biscotti, such as those made with cheese, vegetables, herbs, etc. • Savory bread puddings, such as those made with cheese, vegetables, herbs, etc. • Savory rice puddings, such as those made with cheese, vegetables, etc. • Savory scones, such as those made with cheese, vegetables, herbs, etc. • Teething biscuits, crackers, and toasts • Tortillas and tortilla chips • Waffles 

Whole grain-rich and homemade grain-based desserts are also not creditable in the CACFP.

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

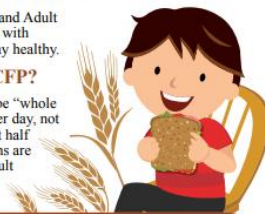


Adding Whole Grains to Your Child and Adult Care Food Program Menu

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.

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



Serving Whole Grain-Rich



Child Meal Pattern- Grain

Identifying Whole Grain-Rich

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

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

#1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY WGR¹

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

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

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

BREADS

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

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

PASTAS

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

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



#2 FOOD IS FOUND ON ANY STATE AGENCY'S WIC-APPROVED WHOLE GRAIN FOOD LIST WGR²

WIC

Women • Infants • Children

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

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



One grain per day must be whole grain rich!



**How do I know if a
product is Whole Grain-Rich?**

#1 Food is labeled Whole Wheat & Meets FDA's Standard of Identity



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

BREADS

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

PASTAS

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





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

Not **WHOLE GRAIN-RICH** using this identification method but it is still **CACFP creditable**.

#2 Food is found on ANY State agency's WIC-approved whole grain food list.



The image shows the cover of a booklet titled "MAINE WIC NUTRITION PROGRAM APPROVED FOOD LIST AND PARTICIPANT BOOKLET Effective April 13, 2020". The background features a basket of red apples. At the top, there is a decorative border of colorful dots. The text "MAINE WIC" is in a large, white, sans-serif font, with "NUTRITION PROGRAM" below it in a smaller font. Underneath, it says "APPROVED FOOD LIST AND PARTICIPANT BOOKLET Effective April 13, 2020". On the left side, there is a small inset image of a Maine eWIC card with the number "1337 0123 4567 8910". To the right of the card is the "eWIC" logo, which consists of the text "eWIC" with a stylized sunburst behind the "W". Below the eWIC logo is the official seal of the Maine Department of Health and Human Services. At the bottom right, there is contact information: "CONTACT YOUR LOCAL WIC AGENCY FOR LOST OR FOUND EWIC CARDS OR BOOKLETS, OR QUESTIONS PLEASE CALL: 207-287-3991".

MAINE WIC
NUTRITION PROGRAM
APPROVED FOOD LIST AND PARTICIPANT BOOKLET
Effective April 13, 2020

Maine
1337 0123 4567 8910

eWIC

Department of Health and Human Services

CONTACT YOUR LOCAL WIC AGENCY
FOR LOST OR FOUND EWIC CARDS OR
BOOKLETS, OR QUESTIONS PLEASE CALL:
207-287-3991

#3 FDA Statement

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

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



#3 FDA Statement

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

“Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”



#4 Rule of Three

ONE

The first ingredient (second if after water) must be whole grain.

TWO & THREE

The next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.



#1 Whole Grain

#2 Grain Ingredient

INGREDIENTS Whole Wheat Flour, Enriched Wheat Flour

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

CONTAINS WHEAT, Milk

There is no 3rd grain ingredient.

Exception to the Rule of Three

Disregarded Ingredients

Disregarded ingredients may be ignored, as these ingredients are not included in the rule of three.

Grains which can be disregarded are:

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

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

Exception to the Rule of Three

Disregarded Ingredients



#1 Whole Grain



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

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



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

Exception to the Rule of Three

Disregarded Ingredients



#1 Whole Grain



INGREDIENTS Whole Grain Wheat Flour, Canola Oil, Sugar, Cornstarch, Malt Syrup (from Corn and Barley), Salt, Refiner's Syrup, Leavening (Calcium Phosphate and Baking Soda). BHT Added to Packaging Material to Preserve Freshness.

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

Exception to the Rule of Three

Disregarded Ingredients



Not **WHOLE GRAIN-RICH** using the Rule of Three but it is still CACFP creditable.

#1 Whole Grain

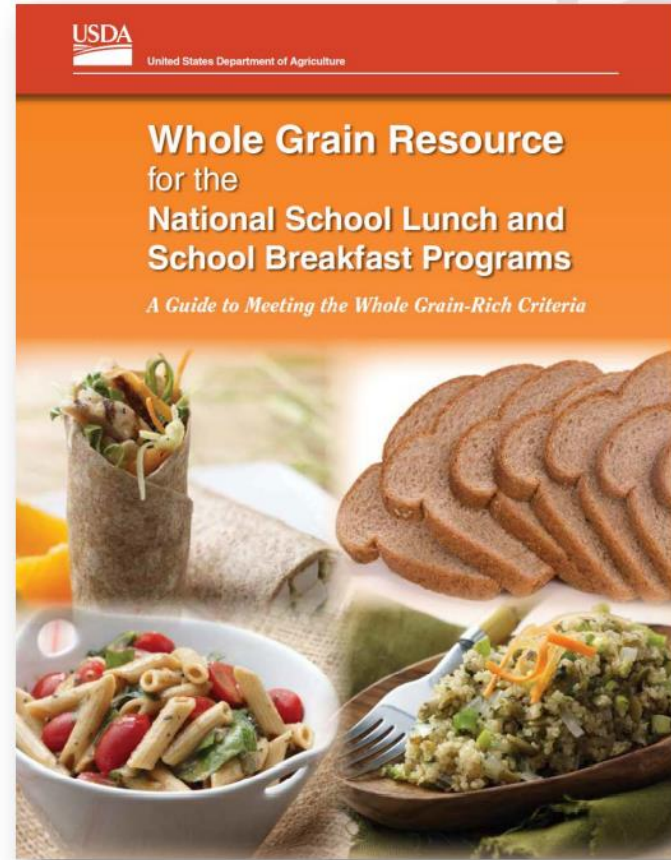
#2 Grain Ingredient

INGREDIENTS Brown Rice Flour, Whole Grain Yellow Corn, Potato Starch, Safflower Oil, Oat Fiber, Cane Sugar, Sesame Seeds, Flax Seeds, Millet, Sea Salt, Quinoa Seeds.

#3 Grain Ingredient
Not a Creditable Grain

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

#5 Food Meets the Whole Grain-Rich Criteria Under the NSLP



#6 Manufacturer Documentation or Standardized Recipe



Rich Products Corporation
1150 Niagara St., PO Box 245, Buffalo, NY 14240
1-800-449-8764 * (559) 227-9265 * Fax (559) 227-9924

BID SPECIFICATION

Product Name: WHOLE GRAIN RICH DINNER ROLL DOUGH 2.5OZ	Serving Size: 1 roll
Product Code: 13918	Case Count: 160
	Case Weight: 26.025 lbs
	Case Cube (ft): 0.7795

Food authority may have the option of determining bread servings based on the actual flour content of the product or use FCS Instruction 783-1, Rev 2, Exhibit A.

Grain/Bread Serving Based on Flour Content	Whole Grain-Rich Oz. Eq Based on Baked Weight
Grain/Bread Serving Food Based Menu Credits: 2.0 OZ EQ GRAINS <small>(Based on 16 grams Flour Content = 1 oz. eq.)</small>	Grain/Bread Serving Food Based Menu Credits: 2.0 OZ EQ GRAINS <small>(Based on Baked Weight)</small>
Reference used to determine grain servings: Flour content 16 g=1 oz eq	Reference used to determine bread servings: *USDA SP 30 2012- Ehibit A Chart <small>(issued April 26, 2012)</small>
Frozen Dough Weight: 2.5 oz (70.9 g) Baked Weight: 2.11 oz (60 g)	Group B 1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz

Calories: 170	Sodium: 135 mg	Vitamin A: 0.01 IU
Fat: 3.0 g	Carbohydrates: 28 g	Vitamin C: 0.01 mg
Saturated Fat: .5 g	Dietary Fiber: 3.4 g	Calcium: 12.70 mg
Trans Fat: 0g	Sugar: 3 mg	Iron: 0.85 mg
Cholesterol: 0 mg	Protein: 7 g	

Inredient Statement:

WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, WHEAT GLUTEN, SUGAR, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, DATEM, HONEY, ACESULFAME POTASSIUM, ASCORBIC ACID, ENZYME.
CONTAINS: WHEAT,
MAY CONTAIN MILK, SOY, EGG AND SESAME

Child Nutrition Product Statement:

A 2.5 oz individually frozen yeast dinner roll dough. Each roll contributes a 2.0 oz eq grain serving on the USDA Child Nutrition Food Based Menus as determined by the grams of whole wheat flour and enriched wheat flour and 2.0 OZ EQ grain servings as determined by baked weight. Contains 16.9 g of whole wheat flour and 16 g of enriched wheat flour.

Bid Specification Description:

A 2.5 oz dinner roll dough made with whole grain, ready to thaw, bake and serve. Eachroll contains 16.9 grams of whole wheat flour and 16 grams enriched wheat flour. Bulk packed 160 roll doughs per poly lined case. Rich's® PC# 13918

I certify that the above product information is accurate.

Judith N. Crisafulli

Signature/Title

Judith Crisafulli, Regulatory Specialist
Compliance & Regulatory Affairs

2/7/2014

Issue Date

(10)

Child Nutrition Product Statement:

A 2.5 oz individually frozen yeast dinner roll dough. Each roll contributes a 2.0 oz eq grain serving on the USDA Child Nutrition Food Based Menus as determined by the grams of whole wheat flour and enriched wheat flour and 2.0 OZ EQ grain servings as determined by baked weight. Contains 16.9 g of whole wheat flour and 16 g of enriched wheat flour.



What about cereal?

If a ready-to-eat breakfast cereal has a whole grain as the first ingredient (or second after water),

and...

it is fortified, it also meets the whole grain-rich criteria.





#1 Whole Grain



INGREDIENTS Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

VITAMINS AND MINERALS Calcium Carbonate, Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), a B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), A B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

Fortified



Don't forget...

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

#1 Whole Grain



#2 Grain Ingredient



INGREDIENTS Whole Grain Oats*, Cane Sugar*, Rice*, Sunflower Oil*, Honey*, Molasses*, Sea Salt, Natural Flavor*. Vitamin E (Mixed Tocopherols) Added To Preserve Freshness.*Organic

**No “Vitamins & Minerals”
Therefore not Fortified.**

Not **WHOLE GRAIN-RICH** under cereal identification method or Rule of Three.

Child Meal Pattern- Grain

CACFP New Meal Pattern Menu with Best Practices



The menu must specify the whole grain product being served each day. Providers can write WG bread, WG pasta, etc. on the menu.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast <ul style="list-style-type: none"> Milk Vegetable, Fruit, or Both Grains Meat/Meat Alternate Sub for Grains (up to 3x/week) 	<ul style="list-style-type: none"> 1% or Skim Milk Pear Slices Banana Muffin 	<ul style="list-style-type: none"> 1% or Skim Milk Raspberries Cheerios 	<ul style="list-style-type: none"> 1% or Skim Milk Crazy Clementine Oatmeal 	<ul style="list-style-type: none"> 1% or Skim Milk Blueberries Frosted Mini-Wheat Cereal 	<ul style="list-style-type: none"> 1% or Skim Milk Snazzy Sliced Peaches Scrambled Eggs
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternate Vegetables Fruit Grains (Provide water to drink) 	<ul style="list-style-type: none"> Fresh Pear Triscuit Crackers 	Banana Stack: <ul style="list-style-type: none"> Banana Slice, Whole Grain Crackers Lowfat Cream Cheese 	<ul style="list-style-type: none"> Lowfat Cottage Cheese Strawberries 	<ul style="list-style-type: none"> Hummus Fresh Baby Carrots and Broccoli Trees 	Paint A Face: <ul style="list-style-type: none"> Plain Yogurt Whole Grain Tortilla (Garnish with cereal, and raisins)
Lunch <ul style="list-style-type: none"> Milk Meat or Meat Alternate Vegetables Fruit Grains 	<ul style="list-style-type: none"> 1% or Skim Milk Meat Lasagna X-Ray Vision Carrots Kiwi Slices 	<ul style="list-style-type: none"> 1% or Skim Milk Bean Burrito Mexicali Corn Glamorous Grapes Whole Grain Tortilla 	<ul style="list-style-type: none"> 1% or Skim Milk Chicken Str-Fry Honeydew Brown Rice 	<ul style="list-style-type: none"> 1% or Skim Milk Tuna Salad Sandwich Broccoli Salad Orange Slices Whole Grain Pita Bread 	<ul style="list-style-type: none"> 1% or Skim Milk Beef-Vegetable Stew Celery Sticks Watermelon Corn Muffins
Snack (2 of 5) <ul style="list-style-type: none"> Milk Meat and Meat Alternate Vegetables Fruit Grains (Provide water to drink) 	<ul style="list-style-type: none"> Mandarin Oranges Whole Grain Mini Bagel 	<ul style="list-style-type: none"> Mozzarella String Cheese Tomato Slices 	Gone Fishing: <ul style="list-style-type: none"> Plain Yogurt Fish Crackers and Pretzel Sticks <small>(children dip pretzel stick in yogurt to pick up fish crackers)</small>	<ul style="list-style-type: none"> Apple Smiles Banana Bread Squares 	<ul style="list-style-type: none"> Bean Dip Whole Grain Tortilla Chips

[Use the CACFP Meal Pattern to Determine Serving Sizes](#)

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, *USDA Program Discrimination Complaint Form* which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

(2) fax:

(833) 256-1665 or (202) 690-7442; or

(3) email:

program.intake@usda.gov

This institution is an equal opportunity provider.

QUESTIONS?

