



Horizons

Sponsor of the Child and Adult Care Food Program



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This institution is an equal opportunity provider.

WHAT DOES THE CHILD and ADULT CARE FOOD PROGRAM (CACFP) DO?

Reimburses child care providers money to purchase foods that meet the nutritional needs of the children in their care.

Supplies providers and parents with child nutrition information.

Assures adequate nutrition for children in family child care.

Helps children develop good eating habits.

Reduces waste in the school food programs since children learn to enjoy a variety of foods at a preschool age.

Develops a healthy life style that follows children into the adult years.

Allows providers and parents direct benefit from their tax dollars.

HOW DOES IT WORK?

Once a year you will enroll all the children in your day care in the CACFP.

The meals you serve must be recorded daily and meet the CACFP meal pattern. The meal pattern requirements are the same as your child care regulation requires.

You will also daily record the children that eat at each meal. Accurate recording of the number of children who participate at each meal is what determines your reimbursement.

The menus, meal counts and new enrollment forms need to be submitted to the Horizons Unlimited office by the 3rd day of the following month.

After evaluating your claim to assure it has met program requirements, Horizons will send you a reimbursement for all eligible meals the Last Monday of the next month.

For example: You record your menus and meal counts every day during the month of November. By December 3rd you submit us your menus, meal count, and any new child enrollment forms. The Last Monday of December your reimbursement is sent to your bank account.

WHAT ARE THE RATES OF REIMBURSEMENT?

The Tier level reimbursements effective July 1, 2021—June 30, 2022 are:

Meal	Tier 1	Tier 2
Breakfast	\$ 1.40	\$.51
Lunch/Supper	\$ 2.63	\$ 1.59
Snacks	\$.78	\$.21

These rates are effective July 1, 2020 through June 30, 2021. These reimbursement rates updated in July of each year based on a cost of living increase. Find current rates on our website, www.horizonsfoodprogram.org.

WHAT ARE THE HOUSEHOLD SIZE AND INCOME GUIDELINES?

Household Size	Annual Income Level (effective July 1, 2021—June 30, 2022)
1	\$23,828
2	\$32,227
3	\$40,626
4	\$49,025
5	\$57,424
6	\$65,823
7	\$74,222
8	\$82,621
each additional household member	\$8,399

These guidelines are updated each year based on a cost of living increase. The Horizons Office will send you the updated guidelines when they become available. You can also find current rates on our website, www.horizonsfoodprogram.org.

HOW DO I KNOW WHAT TIER LEVEL I WILL BE?

The tier level determines how much you will be reimbursed for each meal/snack you serve. The forms needed for each option can be found on our website or by email upon request.

TIER 1 REIMBURSEMENT

You will receive the Tier 1 rate of reimbursement for enrolled children if:

You live in a public school area where 50% or more of attending children are eligible for free or reduced lunches. (Your own children may or may not be eligible.)

You live in a census data area where 50% of households meet income guidelines. (Your own children may or may not be eligible.)

Your own household meets the income guidelines. (Your own children will be eligible for reimbursement.)

You participate in a qualifying State assistance program. (Your own children will be eligible for reimbursement.)

The effective date for Tier 1 reimbursement is the first day of the month in which the completed and accurate household-size income statement along with appropriate verification of your income is received in the office.

MIXED TIER 1 AND TIER 2 REIMBURSEMENT

You can choose to have Horizons Unlimited collect Household Size-Income Applications (a very similar form to the one used by the School Hot Lunch Program) to determine if your child care families meet the income guidelines or participate in a qualifying State assistance program. Children who qualify receive Tier 1 rates for their meals and children who do not qualify receive Tier 2 rates for meals.

Household Size-Income Applications are confidential and therefore must be returned to the Horizons Unlimited office directly. You may return the forms to our office for your child care families, but you may not assist them in filling out the form nor ask to view the form.

You can assure parents that you will never know their income or which of the children in your child care qualify. We will only let you know the number of applications returned and how many of them qualified.

The effective date for Tier 1 reimbursement is the first day of the month in which the completed Household-Size Income Statement is received in the office.

HOW DO I KNOW WHAT TIER LEVEL I WILL BE cont. . .

FOSTER CHILDREN

If you or one of your child care families has foster and non-foster children living in the home, you may choose to include the foster child as a household member, as well as any personal income earned by the foster child, on the same Household Size-Income Statement that includes your non-foster children. This may help either your own household or a child care family household's non-foster children qualify for reimburse.

The foster child's income, which is considered for eligibility, is based on the amount of income the child receives for personal use (usually in the form of an allowance) and does not include any household income. Foster payments received by the family from the placing agency are not considered income and do not need to be reported.

Foster children usually qualify for Tier 1.

You may also choose to submit a separate Household Size-Income Statement for the foster child.

TIER 2 REIMBURSEMENT

If you do not meet the requirements for Tier 1, you will automatically receive Tier 2 rates for all children enrolled. Your own children **are not** eligible for reimbursement.

EXPIRATION OF ELIGIBILITY DETERMINATIONS

Household-Size Income Statement eligibility determinations for providers and parents expire June 30th of each year.

School eligibility determinations expire June 30th every 5 years.

Census eligibility determinations expire June 30th every 5 years.

You may apply for a re-determination of your Tier status at any time. Just contact our office.

WHAT IS REQUIRED OF REGULATED FAMILY CHILD CARE PROVIDERS WHO PARTICIPATE?

Participate annually in a training update.

Prepare meals and snacks that meet USDA requirements, keeping daily records.

Permit Horizons Unlimited, the Department of Public Instruction, or USDA employees to visit your program three times per year to insure regulations are met. All records must be on the premises and available for review. Failure to permit a review will result in all meals disallowed up to that date.

Notify the Horizons Unlimited office in advance if you will not be available during an approved meal time, or if your daycare is closed. Call 1-920-462-4805 or email horizonsfoodprogram1991@gmail.com.

Claim no more than a total of 6 children if certified and 8 children if licensed for each meal. If eligible to claim your own children and they are over age 7 they do not count in this maximum number.

You will be reimbursed for up to two meals and one snack, or two snacks and one meal, per child per day. Record all meals served however. You will want them for income tax reporting.

Assure that all children who attend your day care are enrolled in the CACFP by having each family fill out a child enrollment form. Post or give parents a copy of the Building for the Future flier.

Do not charge parents, nor allow them to bring food for meals. (Exception: children under the age of 1 year if they supply one meal component. Please refer to the Infant Section of this handbook. Children with special dietary needs. Please refer to the Menu Section).

Offer iron fortified infant formula to all children under the age of one year.

Offer unflavored whole milk to one year olds, unflavored 1% or skim milk to children 2- 5 years of age and unflavored 1% or either flavored or unflavored skim milk to children 6+.

When claiming meals on a major holiday record "holiday care provided" in the provider calendar within KIDKARE, or e-mail horizonsfoodprogram1991@gmail.com. Include these holidays New Year's Day, Easter, Memorial Day, July 4th, Labor Day, Thanksgiving, Christmas.

Provide Section 3 of the DCF Attendance Record indicating dates, times, and signatures of all people included to meet compliance with child-staff ratios.

WHAT WILL YOUR FIELD REPRESENTATIVE DO FOR YOU?

Visit you 3 times per year to help you meet program regulations.

Answer your questions and offer technical support.

Provide resources to help you be the best day care provider you can be.

WHAT WILL HORIZONS UNLIMITED OFFER YOU?

Reimbursement for qualifying meals the first Monday of the month.

Electronic transfer of funds.

Lots of menu ideas and recipes along with program pointers on our website www.horizonsfoodprogram.org.

Support and guidance, including a monthly review of menus. Go to: Reports > Category, select Claim Statement > Select Report, choose Claimed Summary Report > Select month.

Provide training to meet CACFP requirements.

Supply opportunities to network with other child care providers at our training.

KIDKARE -a food program management computer program with an optional accounting feature.

WHAT HAPPENS AT A HOME REVIEW?

Your field representative will come to your home and review the areas on the home visit guideline sheet included in this section.

Technical assistance with areas of the CACFP needing improvement.

Offer technical support and guidance.

What happens if I am not in compliance with food program regulations when a Field Representative comes for a review?

- 1) A Corrective Action Plan (CAP) is developed for you. The Field Representative will outline the plan for correcting the issue on the Home Review Form, the steps necessary to come into compliance, and the date for completion of the CAP.
- 2) If the CAP is not completed by the date indicated, the area of non-compliance will be reviewed with you and another date will be set for completion (second notice). A spot check to see that you are in compliance will happen within 30 days. No further action will be taken unless the non-compliance recurs.
- 3) If the CAP is not completed by the date indicated or a third occurrence of the same infraction occurs within a 12 month period, a letter detailing a formal improvement plan will be sent to you. (third notice)
- 4) If the Improvement Plan is not fully implemented the Horizon Unlimited office may issue a declaration of Seriously Deficient if deemed it is a systemic problem without sufficient effort or ability to comply.

What happens if I am declared Seriously Deficient?

You will be given the opportunity to write a corrective plan and submit it to the Horizons office. Once an approved corrective plan is in place you will need to stay in permanent compliance with that plan.

What happens if I do not adhere to the Seriously Deficient Corrective Action Plan?

A Notice of Intent to Terminate will be sent to you. You will then have the right to appeal this action. A written request for review can be made and an Independent Review Official will review your written documentation and make a decision whether to uphold or overturn the termination for cause of a providers food program participation.

What does termination from the Food Program mean?

A provider is removed from the program for seven years, placed on the National Disqualified List and is required to pay back any money that was wrongfully claimed.

Would I be able to go back and claim meals from the time I was terminated if the decision is overturned?

Maybe. It would be up to the Review Official to decide this and would also require that daily documentation of meals and attendance per food program rules was kept.

Name:		Provider #:	Date:
Type of Review: <input type="checkbox"/> Announced <input type="checkbox"/> Unannounced <input type="checkbox"/> Spot		Time In:	Time Out:
A copy of the current sponsor/provider agreement is on file at the provider's home. <input type="checkbox"/> Yes <input type="checkbox"/> No			
Licensed <input type="checkbox"/> Yes <input type="checkbox"/> No	Expiration Date:	Capacity:	Other:
Certified <input type="checkbox"/> Yes <input type="checkbox"/> No	Expiration Date:	Capacity:	Other:
Hours of Organized Care:		Days of Approved Care: Su M T W Th F Sa	
Holiday Care <input type="checkbox"/> Yes <input type="checkbox"/> No	Evening Care <input type="checkbox"/> Yes <input type="checkbox"/> No	Weekend Care <input type="checkbox"/> Yes <input type="checkbox"/> No	
Approved Meals: <input type="checkbox"/> Br <input type="checkbox"/> AM <input type="checkbox"/> L <input type="checkbox"/> PM <input type="checkbox"/> S <input type="checkbox"/> Eve			
Record any meal time changes. _____ Br _____ AM _____ L _____ PM _____ S _____ Eve			

ATTENDANCE AND ELIGIBILITY DATA Provider Initials:

Full Name of All Children In Attendance at Time of Visit	Age	Enrollment Form complete	Attendance and Meal Data form complete	Meal Participation
1				
2				
3				
4				
5				
6				
7				
8				
9				

Will any other children be arriving to eat this meal? Yes No If yes, who:

CACFP CHILD ENROLLMENT FORMS	Yes	No	Comments
Is there a complete and accurate enrollment form for every child enrolled for day care?			
Is there a complete and accurate AMD for every child?			
Have parents been given the Building for the Future information? <input type="checkbox"/> N/A			
Have any parents declined program participation and is accurate documentation on file?			
IFIF has been offered to all infants.			

CIVIL RIGHTS	Yes	No	Comments
The provider allows all children equal access to child care services regardless of race, color, sex, age, disability or national origin and other protected classes. If "no", explain.			
The provider serves meals to all enrolled children regardless of the child's race, color, sex, age, disability or national origin and other protected classes. If "no", explain.			
The nondiscrimination statement and complaint procedures are included in provider advertisements when referencing admissions and the CACFP.			

MEAL ATTENDANCE AND ELIGIBILITY DATA	YES	NO	COMMENTS
The observed meal was served at the approved, scheduled time. If "no" explain. <input type="checkbox"/> N/A <input type="checkbox"/> Non-food visit			
The provider is within regulated capacity. If no, fill out form to submit to regulator. Time sheets available. <input type="checkbox"/> N/A			
The meals claimed are served to children who are within regulatory age limits? If "no" explain.			
Meals served to the provider's own children are claimed only if the child is enrolled, eligible and other enrolled children are participating in the meal service. If "no", explain.			

HEALTH/SAFETY/SANITATION	YES	NO	COMMENTS
The refrigeration units are clean and maintained at required temperatures. (40 degrees or cooler) _____ temperature at visit			
Food is properly stored in the refrigerator (covered), in dry areas (sealed), and garbage is inaccessible or covered.			
Cleaning supplies and other toxic materials are stored out of the reach of children and away from food.			
There is no evidence of rodent or insect infestation, or obvious fire, health and/or safety hazards (ex.: knives/plastic bags observed).			
Oven, stove, microwave, floors, table, chairs clean and hazard free.			
Drinking water is available to children.			
Review home canned foods, USDA approved meats.			
Food service was conducted in compliance with generally accepted health and sanitation practices. <input type="checkbox"/> Non-food visit			
Provider/children wash hands prior to food handling & eating.			

TIERING METHOD OF REIMBURSEMENT	YES	NO	COMMENTS
The provider was notified of the tier level reimbursement options.			

MISC	YES	NO	COMMENTS
Parents of enrolled children annually receive WIC information on the importance, benefits and income eligibility guidelines. If "no", explain and document required corrective action.			
Attendance records, CACFP enrollment forms, menus and meal counts are on file onsite in the child care home for the current month plus the prior 12 months, with the remaining 24 months of records on file onsite or in an offsite storage? If "no", explain and document required corrective action.			
Training certificate available. If no explain. (The provider felt the training was helpful and has implemented information provided.)			

DAY OF REVIEW - OBSERVATION OF MEAL SERVICE	Provider Initials:
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Meal observed: Breakfast AM Snack Lunch PM Snack Supper Eve Snack Non-Food

Ages 1 - 12	Birth - 11 months	Parent Supplied	Provider Supplied
Unflavored 1% for 2+, Whole Milk for 1 yr <input type="checkbox"/> Unflavored skim for 2+, Whole Milk for 1 <input type="checkbox"/> List type of milk for 6+ _____	IFIF or Breast Milk		
Meat	IFIC		
Vegetable	Meat or Meat Alternate		
Fruit/Vegetable	Fruit/Vegetable		
Grain	Grain		

DAY OF REVIEW - OBSERVATION OF MEAL SERVICE cont.	YES	NO	COMMENTS
Do parents of infants supply more than one component?			
Formula and foods on-hand are creditable for infants?			
Are infants served the appropriate foods and serving sizes according to their developmental needs?			
The proper fat/ flavor content of milk is on hand and served to each age group? If no, explain and document corrective action.			
Milk substitution forms, signed by parent, on file and creditable milk alternatives served.			
Is proper documentation on hand to verify a WGR food was or is being served on the day of review?			
Are grain items on-hand similar to grain items served on menu to support at least 1 WGR item per day?			
Do the menus, foods served or foods on hand show that any Grain Based Desserts are served to meet the meal pattern?			
What method is used to select cereal within the sugar gram limit? <input type="checkbox"/> WIC approved Cereal List <input type="checkbox"/> $\text{Sugar(g)} \div \text{Serving Size (g)} = \text{Threshold: } 0.212 \text{ or less}$			
Are the cereals used for child care within the sugar gram limit?			
Is proper documentation on hand to verify the yogurt served or on hand to meet the meal pattern meets the sugar limits? $\text{Sugar(g) or (oz)} \div \text{Serving Size (g) or (oz)} = \text{Threshold of } 3.83 \text{ or less ounces or Threshold of } 1.135 \text{ or less grams.}$			
Proper documentation on hand to verify tofu meets requirements. $\text{Protein (g)(oz)} \div \text{Serving Size (g)(oz)} = \text{Threshold of } 2.27 \text{ oz or more or } .08 \text{ grams or more}$			
Is a M/MA served in place of the entire grain at breakfast more than 3 times per week?			
Is at least 1 vegetable is served at lunch and supper and if 2 vegetables are served they are different vegetables?			
Juice is served no more than 1 time per day.			
Diet Statements are on file for all substitutions related to medical needs and properly recorded on menus. If "no", explain. <input type="checkbox"/> N/A			
Commercially prepared combination foods are CN labeled.			
Does the provider deep fat-fry any foods served to day care children?			
The meal environment is positive/pleasant. <input type="checkbox"/> Non-food visit			
The meal observed contains the required components. <input type="checkbox"/> N/F visit			
Daily meal counts, menu records and attendance records are accurate and complete. If "no" explain and document required corrective action.			

5 DAY RECONCILIATION OF MEAL COUNTS							COMMENTS
Date	# of B	# of AM	# of L	# of PM	# of S	# of E	

5 DAY RECONCILIATION OF MEAL COUNTS			COMMENTS
Yes	No		
		The meal count for the prior 5 days appears reasonable when compared to today's meal count? If "no" explain.	
		The homes enrollment and attendance records seem reasonable. If "no" explain.	

SUMMARY OF FINDINGS

CAP from previous home visit is corrected. Yes No N/A

Brief Description of Finding	Corrective Action Plan (CAP)	CAP Due Date

Office Error Report

Provider: _____ Provider State Id: _____

Claim Month: August 2012

Claim Source: WE Pay Type: DD

Tier: 1C 6/30/16
County: Winnebago

Monitor: JV (03)
Phone: (920) _____

License Type: L

Dates: 9/16/04 - 12/31/50

Max Capacity: 8 Training Period: OFF

License Notes:

Paperwork Needed:

Total Meals Disallowed 21 / 295 Total Meals Claimed = 7 % of Meals in Error

Total Meals Disallowed 21 / 295 Total Meals Claimed = 7 % of Meals in Error (excluding 2 meal/snack errors)

<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Days:</td> <td style="width: 15%;">19 _____</td> <td style="width: 15%;"></td> <td style="width: 15%;"></td> </tr> <tr> <td>Attendance:</td> <td>106 _____</td> <td></td> <td></td> </tr> <tr> <td>Tier 1 Attend:</td> <td>106 _____</td> <td>Tier 2 Attend:</td> <td>0 _____</td> </tr> <tr> <td>Participated:</td> <td>7 _____</td> <td></td> <td></td> </tr> <tr> <td>Tier 1 Part:</td> <td>7 _____</td> <td>Tier 2 Part:</td> <td>0 _____</td> </tr> </table>	Days:	19 _____			Attendance:	106 _____			Tier 1 Attend:	106 _____	Tier 2 Attend:	0 _____	Participated:	7 _____			Tier 1 Part:	7 _____	Tier 2 Part:	0 _____	<table style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2" style="text-align: center;">Errors</th> </tr> <tr> <td>Pre-Review by _____</td> <td>Date: _____</td> </tr> <tr> <td>Post-Review by _____</td> <td>Date: _____</td> </tr> <tr> <td colspan="2" style="text-align: center;">(Optional Office Use)</td> </tr> </table>	Errors		Pre-Review by _____	Date: _____	Post-Review by _____	Date: _____	(Optional Office Use)		<p>Date Claim Received: 08/31/2012</p> <p>Checked By: _____</p> <p>Date Changed: _____</p> <p>Reasons for change: _____</p> <p>_____</p> <p>_____</p> <p>Date Changed in computer: _____</p> <p><input type="checkbox"/> Claim Has Been Paid</p> <p><input checked="" type="checkbox"/> Claim Submitted to State</p>
Days:	19 _____																													
Attendance:	106 _____																													
Tier 1 Attend:	106 _____	Tier 2 Attend:	0 _____																											
Participated:	7 _____																													
Tier 1 Part:	7 _____	Tier 2 Part:	0 _____																											
Errors																														
Pre-Review by _____	Date: _____																													
Post-Review by _____	Date: _____																													
(Optional Office Use)																														
Tier 1 Additions / Deduction #Disallowed		Tier 2 Additions / Deduction #Disallowed																												
Breakfast:	78 _____ 7	0 _____ 0																												
AM Snacks:	0 _____ 0	0 _____ 0																												
Lunch:	94 _____ 7	0 _____ 0																												
PM Snacks:	102 _____ 7	0 _____ 0																												
Dinners:	0 _____ 0	0 _____ 0																												
EV Snacks:	0 _____ 0	0 _____ 0																												

Tier 1 Amt: 395.20
Tier 2 Amt: 0.00

Claim Amount: 395.20

46 A pending (or unknown) status child was claimed.

- Bentz, Owen D - 8/09:I-BLP, 8/10:I-BLP, 8/16:I-BLP, 8/17:I-BLP, 8/23:I-BLP, 8/24:I-BLP, 8/30:I-BLP - Child Disallowed

*Totals: B7L7P7

*ERROR 46 MEAL DISALLOWANCE TOTALS: B7 L7 P7

Calendar Notes: Closed -8/1,8/2,8/3

ENROLL ALL CHILDREN IN CACFP

How do I enroll children?

The enrollment form becomes effective the first day of the month signed by the parent.

1. Login to your KIDKARE account.
2. Select " add child " found on the right side of the page.
4. Enter information on all screens.
5. Print 2 copies of the child enrollment form.
6. Have the parent sign both copies
7. Give the parent the Building for the Future Flyer or post in a visible area.
8. Keep one copy for your records, send the other to the Horizons office.
9. The child will be activated once we receive the signed form. Until then, the child will appear as pending. You can enter meals and meal counts for pending children

Do I need a separate form for each child in the family?

Yes. A Child Enrollment Form must be filled out for each child who attends your child care.

What if the child's schedule of normal days, hours and meals changes?

If it is a permanent change, have the parent note the change on your copy of the enrollment form, initial the change and date it. If it is a change for just a day or two, nothing needs to be done.

How is a schedule for drop-in care or a schedule that varies from week to week filled out?

In KIDKARE, the enrollment form provides a box to enter this type of schedule.

What if a child attends on a day not listed as normally in care, or eats a meal not normally received, will I still be paid for the meal?

Yes. Only permanent schedule changes need to be updated on the form.

Do I need to enroll infants and drop-in children?

Yes. The CACFP must be offered to all children.

Are there ever exceptions to children over twelve years of age?

Yes. Children of migrant workers 15 years and under qualify. For children (adults) with disabilities who are over age 12, they are eligible if the provider has documentation of the disability and the license or certification allows for the care of adults with disabilities.

Do I have to offer an iron fortified infant formula (IFIF)?

Yes. If a child is birth through 11 months old, you must offer an IFIF and record it on the enrollment form. The parent will accept or decline this formula. If they decline and choose to bring their own, you will still be reimbursed for the meals. When the infant is developmentally ready for solid and semi-solid foods, you must provide the foods to claim the meal. Parents may only supply one component of an infants' meal.

Do I need to offer an IFIF to breastfed babies?

Yes all infants must be offered IFIF. The parent can decline the formula.

Do I have to offer whatever IFIF the parent gives the child?

No. You may select whatever IFIF you choose and offer it to all parents.

When do I send enrollment forms to the Horizons office?

Enrollment forms must be on file for meals to be reimbursed. Send the form by the end of the month or no later than the 3rd of the next month.

What if I forget to mail in an enrollment form?

Meals to children with no enrollment form on file cannot be reimbursed. If the enrollment form is received within 30 days an adjustment can be made. Remember, the enrollment form is effective the first day of the month in which the parent dates it.

Why is this form necessary?

It is proof of the child's enrollment in the CACFP at your family child care home and shows that the parent is aware their child is participating in this federally funded child nutrition program.

What if a parent refuses to enroll their child in the CACFP?

Have the parent make a note on the enrollment form that they are refusing the program and have them sign it. Send a copy of this enrollment form to the Horizons Unlimited office, keep a copy in your records, give the parent a copy.

Will the parent ever be contacted?

It is possible. We do household contacts to assure the accuracy of your claim and assure that parent's rights are being protected. Parents will be asked to verify their child's attendance on the days you claimed and will be asked if they are required to bring food or pay extra for meals. You will be notified if a household contact is being conducted.

Will enrollment forms ever have to be renewed?

Yes, once a year. We will mail you a re-enrollment packet annually to do this. Look for it the beginning of each September.

What should I do if I don't understand something?

Call or e-mail the Horizons office. The phone number is 1-920-462-4805. Our e-mail address is horizonsfoodprogram1991@gmail.com

Claiming Your Own Children on the CACFP

A provider's own child is defined as any child who resides in the household, such as the provider's own children by birth or adoption, grandchildren, or housemates' children who are part of the economic unit.

How do I know if I am eligible to claim my own children?

You must fall within the household size and income guidelines listed below:

Household Size	Annual Income Level (effective July 1, 2020—June 30, 2021)
1	\$23,606
2	\$31,894
3	\$40,182
4	\$48,470
5	\$56,758
6	\$65,046
7	\$73,334
8	\$81,622
each additional household member	\$8,288

If you are within this household size and income level, contact the Horizons Unlimited office and we will send you the appropriate forms to fill out. They can also be found on our website.

If eligible, when may I begin claiming meals for my own children?

You may begin claiming the first day of the month in which all required forms and documentation arrive in our office and are approved.

Can my helper's children participate in the Food Program?

The children of an assistant (helper) are treated the same as all other non-residential children when the child is enrolled for care at the day care home. They may be claimed like all other day care children.

Is my foster child eligible?

Yes, if a government agency has the responsibility for the child. In this case the child is considered a family of one. The child's income would include funds received from you as personal use funds. Income would also include any money coming from a trust fund of the child's family.

A current and valid Household Size-Income Statement (email the office to have one sent to you or find on website) must be filled out by the foster parent and be on file with the Horizons Unlimited office, along with an enrollment form.

The provider does not need to be income eligible to claim a foster child living in your home, however, at least one other enrolled non-resident child must be present and participating in the meal service to claim the meal.

What meals can I claim for my own children?

The days and meals when other day care children are present and your children are participating in the meal service with them.

You may only claim the meals and days that have been approved for your program.

You may be reimbursed for a maximum of two meals and one snack, or one meal and two snacks per child per day.

Only children 12 years of age or younger are eligible. Children 13 years of age or older are eligible if they have been identified as having a disability or are the children of migrant workers age 15 years and under.

Provider: **Kamps-Test Charlene #6789** Phone: (920) 555-5555
PO Box 10384 Monitor:
Green Bay WI 54307 Tier: 2

CHILD ENROLLMENT REPORT

Food Program Sponsoring Agency:
Horizons Unlimited, Inc.
225 E. 2nd Street
Kaukauna WI 54130
(920) 462-4805

CHILD INFO:

Status: **Active**

First Name: Natalie **MI:** Last Name: Abraham **Ethnicity:** Hispanic/Latino
Address: 123 Pretty Road **Race:** White
City: Seymour **State:** WI **Zip Code:** 55555
Date of Birth: 10/13/2016 **Enrollment Date:** 01/01/2018 **Withdrawal Date:**
Age as of Date Printed: 1y 3m **Date Enrollment Finalized:** 01/17/2018

PARENT INFO:

First Name: Megan **MI:** Last Name: Abraham
Address: 123 Pretty Road
City: Seymour **State:** WI **Zip Code:** 55555 **Email:**
Phone: Home: (920) 555-5555 Alt: Work: Work Name:

NORMAL SCHEDULE:

Participating Days: MON TUE WED THU FRI **Weekday Times:** 6:45 am - 4:30 pm
Participating Meals: BRK AMS LUN PMS **Weekend Times:**

SCHOOL INFO:

School Type: **School Number:**
School Name: **School District:**
School Depart/Return Times: **Days Attend:**

SPECIAL INFO:

Participates in CACFP: YES **Relation to Provider:** Not Related/Day Care Child
Special Needs: NO
Special Diet: NO
If either are YES, attach a signed medical statement.

Breastmilk and Iron-Fortified Infant Formula (IFIF)

Infant Formula Form Received: **NO**

Your provider is required to offer Iron-Fortified Infant Formula (IFIF) to your infant and must inform you of the brand offered. It is your choice whether or not to use this formula based on your preference and your infant's needs. You may choose to supply breastmilk or formula for your infant. If you accept the formula offered by the provider, you give your permission for the formula to be mixed for your infant by the facility staff. You may be required to provide sufficient sanitized bottles each day for your child's use. If this is required, the bottles must be labeled with your child's name/date and be taken home daily. If you choose to supply breastmilk for your infant, write "Parent Supplies Breastmilk or IFIF" on this form. If you refuse the provider's formula and choose to supply formula for your infant, you must write the brand of formula you will be supplying in the space provided on this form and write "Parent Supplies Breastmilk or IFIF" on this form. If the formula you provide is low-iron fortified, non-iron fortified, or a specialty formula, a medical statement is required.

When your infant is four months old or older and is developmentally ready for baby food, your provider is required to offer additional, supplemental foods in compliance with the infant meal pattern as required by 7CFR226.20. These foods will include iron-fortified infant cereal, fruits, vegetables, meats, and meat alternates, when developmentally appropriate for your child. You have the option of supplying these supplemental foods and refusing the provider's supplemental foods.

Note to parents who receive formula through the WIC program: Your infant is eligible to receive formula from this child care facility as well as from the WIC program. It is your decision which formula you want your infant to use when in child care.

Formula: **Formula Offered by Provider:**
Food: **Formula Offered by Parent:**

Dear Parents:

Your provider has chosen to join the Child and Adult Care Food Program (CACFP). This program extends the National School Lunch program to children in Family and group child care homes. The USDA has guidelines that your provider has agreed to follow. Under the regulations of the CACFP, your provider may NOT charge you a separate fee for meals that are claimed for reimbursement, and they must supply all of the components needed to meet the requirements. In an effort to improve our Program, we periodically contact parents to provide input and to verify attendance of their children in this child care home.

I have verified that the above information is correct, and I have received a copy of this completed form and the Building For The Future Flyer.

Parent/Guardian Signature: _____ Date: _____

Provider's Signature: _____ ID#: **6789**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. 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.

Building For the Future

This facility participates in the Child and Adult Care Food Program (CACFP), a Federal program that provides healthy meals and snacks to children receiving child care, participating in afterschool programs, or residing in homeless shelters.

Each day, more than 2.6 million children participate in the CACFP across the country. Participating facilities are reimbursed for serving nutritious meals which meet USDA requirements. The program plays a vital role in improving the quality of child care, afterschool programs, and homeless shelters, and making it more affordable for low-income families.

Meals Participating facilities must follow meal requirements established by USDA.

Breakfast	Lunch or Supper	Snacks (Two of the five groups:)
Milk Fruit or Vegetable Grains Meat or meat alternate (in place of entire grain max of 3 times/week)	Milk Meat or meat alternate Grains Fruit Vegetable	Milk Meat or meat alternate Grains Fruit Vegetable

Participating Facilities

Many different facilities operate CACFP and share the common goal of bringing nutritious meals and snacks to participants. Participating facilities include:

- **Child Care Centers:** Licensed or approved public or private nonprofit child care centers, Head Start programs, and some for-profit centers
- **Family Day Care Homes:** Licensed or certified private homes
- **Afterschool Programs:** Centers in low-income areas providing free meals and snacks to school-age children and youth
- **Homeless Shelters:** Emergency shelters providing food services to homeless children

Eligibility

State agencies reimburse facilities that offer services to the following participants:

- children age 12 and under,
- migrant children age 15 and younger, and
- youths through age 18 in afterschool programs in needy areas and homeless shelters

Contact

Information

If you have questions about the CACFP, please contact one of the following:

Participating Agency Contact Information	State Agency Contact Information
Jenna VanDenWildenberg, Ex. Dir.	Amarda Cullen, RDN, CD, Director
Horizons Unlimited, Inc.	Community Nutrition Programs
225 E. 2nd St Kaukaune, WI 54130	Wisconsin Department of Public Instruction P.O. Box 7841
1-920- 462-4805	Madison, WI 53707-7841
horizonsfoodprogram1991@gmail.com	608-267-9129



This institution is an equal opportunity provider.

English Version
(Rev 9/18)

ACCURATE, COMPLETE, and DAILY RECORDING OF MENUS IS REQUIRED

How often do I document the meals I serve?

It is absolutely necessary that this be done on a daily basis. Accurate, complete and daily recording of menus is essential. Your field representative will disallow any meals that have not been recorded through the day prior to the visit . When a review is done, the foods served at the meal are recorded on the review form. When your menu forms come into the office the menu recorded on the day of the review must match what you recorded or we will disallow the meal. Please make sure this doesn't happen to you!

Can I record menus ahead of time?

Yes. If you record your menus ahead of time and make a change to the menu at the last minute, this change must be recorded in KidKare.

Do I have to write down how much of each food I serve?

No. Serving sizes are important, and must be available to the children, even though you do not write them down. Check the Child and Adult Care Food Program Meal Pattern for help in determining the foods and serving sizes needed to meet program requirements. The Meal Pattern can be found in this section of your book handbook. Your field representative will verify that proper portion sizes are available during a review.

What if I prepare the food and the children will not eat it?

The CACFP requires that the food be prepared in appropriate quantities and be made available to each child. How much or little each child eats is up to the child. To be reimbursed, you must make each food available in sufficient quantities, prepared and ready to serve.

If I make a mistake will you let me know?

Menus 14

Yes. In the KIDKARE program you can find the Claim Summary and Error Report by going to:

- > Reports
- > Category: claim statements
- > Report: Claim Summary and Error
- > Select the month
- > Run

If I forget to fill something in, can I call the office to have it changed?

No, a claim cannot be changed once received.

If a menu is incorrect and the meal disallowed will I still get paid for that meal?

We can only reimburse meals that meet CACFP requirements. This means that if a meal is disallowed it cannot be reimbursed.

If I feel a meal is incorrectly disallowed what can I do?

Call us right away so we can correct the problem. If Horizons made a mistake we will do an adjustment to your claim. Payment for the adjustments will be one month and one week later. We have 60 days from the end of the claiming month to make adjustments, so do not delay in bringing it to our attention.

Can I claim all of the meals listed on the menu form?

Maybe. We can reimburse you for the meals which have been approved. When you filled out your application you requested the days, meals, ages, and times you wanted approval for. These approved meals, days, times, and ages are what we are allowed to reimburse you for.

Can this ever be changed?

Absolutely. All you have to do is ask and we will approve changes that are within your regulation. Approval will go into effect the day Horizons receives the request. It cannot be retroactive.

Would you ever deny approval?

Sometimes. An example would be if you are licensed for Monday through Friday. We would not be able to approve you for Saturdays or Sundays. Another reason would be if you are licensed until 5:30 PM and wanted approval for an evening snack at 7 PM. This would be denied because it is outside your licensed hours.

Can I claim meals on holidays?

Yes, in the KIDKARE program, record "holiday care provided" in your calendar.

What should I do if I don't understand something?

Call us at 1-920-462-4805, or e-mail us at horizonsfoodprogram1991@gmail.com.

..... Children with Special Bi hf]h]cbU` Needs

When do I have to obtain an 8]Yh#A YX]W` GhUhYa Ybh?

You will inform parents of the meal pattern requirements by giving a copy of the Building for the Future Flyer. If there is a required meal component their child cannot eat, you need to inform the parent a Diet Statement/Medical Statement will be required so you can meet the child's dietary needs as well as claim the meals for reimbursement. We have included a form you to use.

Who should sign the 8]Yh#A YX]W` GhUhYa Ybh Form?

Depends on the special nutritional need.

What information should be included on the 8]Yh# A YX]W` GhUhYa Ybh3

Four questions must be answered:

1. Does the child have a disability? If yes, how does it effect the child?
2. Does the child have a special nutritional or feeding need which restricts the diet?
3. What foods need to be removed from the child's diet?
4. What food or choice of foods should be substituted?

..... What are some examples of when U` 8]Yh#A YX]W` GhUhYa Ybh` : cfa`]g` bYYXYX3

Infants who need low iron or no iron formula, an infant who is no longer receiving iron fortified infant formula, or a children 1 year or older who cannot have gluten.

What if the parent or recognized medical authority refuses to provide a child with a milk substitute?

The parent may state on the child enrollment form that they do not want their child to participate in the CACFP. They must sign the enrollment form and you will send a copy to Horizons and keep a copy for your records.

What happens if I do not have a milk substitute? I do not serve the substituted foods.

The meals for that child will be disallowed.

What shall I do if a parent does not want their child to have cow's milk?

If the parent does not want their child to have cow's milk, you may serve an approved milk substitute provided there is a completed Parental Request for Milk Substitution Form signed by the parent. You will then serve one of the approved milks. A copy is included.

USDA requires Programs make reasonable modifications to accommodate participants with **disabilities** to provide equal opportunity to participate. This is required only when supported by a written medical statement from Wisconsin Licensed Healthcare Professional authorized to write medical prescriptions: Physician, Physician Assistant, Nurse Practitioner (APNP)

What is a disability? → Physical or mental impairment that substantially limits one or more major life activities (includes eating, breathing, digestive and respiratory functions, etc.). Most physical and mental impairments will constitute a disability, it does not need to be life threatening.
Ex. Digestion is impaired by lactose intolerance, whether or not consuming milk causes severe distress.

What is NOT a disability? → Eating certain foods or eliminating foods from the diet due to a general health concern and/or preference.
Ex. Request that a participant does not drink cow's milk because of a preference, not because the participant has lactose intolerance.

DISABILITY

Supported by a valid written medical statement

Program must offer a reasonable modification(s)* that effectively accommodates the participant's disability & provides equal opportunity to participate in CACFP

Modification(s) may or may not meet CACFP meal pattern requirements

Meals are reimbursable (whether or not the CACFP meal pattern is met)

*Reasonable Modification(s):

- Related to disability or limitation caused by disability
- Not required to provide exact modification requested, however, must work with the family to determine a reasonable modification that effectively accommodates the disability. Ex., not required to provide a particular brand name, but must offer a substitute that does not contain the specific allergen
- A disability may require modifications to more than one meal component
- Programs may never require the family to provide the accommodation

Effectively accommodate ALL participants with the same type of disability: Design a plan to accommodate common disabilities. Many can be managed within the meal pattern when a variety of foods is available. Examples:

- Offer one type of lactose-free milk to accommodate participants with lactose intolerance.
- Have a variety of fruits on hand, so participants with an allergy to a particular fruit can be served a different fruit

Written Medical Statement:

A valid medical statement for a disability must be completed and signed by a WI Licensed Healthcare Professional authorized to write medical prescriptions: Physician, Physician Assistant, or Nurse Practitioner (APNP)

It must include the following information:

1. Description of impairment (reason for request)
2. How to accommodate the impairment (e.g. food(s) to be avoided and recommended substitution(s))

Seek clarification if statement is unclear or lacks sufficient detail so that a proper and safe meal can be provided

Examples of Medical Statements

ACCEPTABLE:

STATEMENT

Cal is lactose intolerant and cannot drink cow's milk. He should be served almond milk.

Dr. Dan Physician

NOT ACCEPTABLE:

STATEMENT

Serve Sam almond milk.

Dr. Dan Physician

Disability not supported by a valid medical statement:

Programs may choose to accommodate requests related to a disability not supported by a valid medical statement if the requested modifications can be made while meeting CACFP meal pattern requirements. Such meals are reimbursable.

NOT A DISABILITY

(Non-disability special dietary need request)

Request is *not* supported by a valid written medical statement or request is for religious, ethnic or lifestyle preference (vegetarian, organic)

Request is supported by a written statement from the parent/guardian

Programs are not required, but *may choose* to accommodate requests

Meal accommodation(s) that **meet** CACFP meal pattern requirements are reimbursable

Meal accommodation(s) that **do not meet** CACFP meal pattern requirements are **not reimbursable**

Examples of non-disability special dietary need requests:

Request for a non-credible beverage	<p>The following beverages are not creditable. When served in place of milk, meals and snacks cannot be claimed for reimbursement</p> <ul style="list-style-type: none"> ➤ Non-dairy beverages <u>not nutritionally equivalent</u> to cow's milk including almond, cashew, coconut, hemp, oat and rice milk ➤ 2% milk ➤ Water
Request for ethnic, religious, vegetarian reasons	<ul style="list-style-type: none"> ➤ Programs may choose to supply creditable food(s) and/or a creditable beverage substitute. Meals and snacks can be claimed for reimbursement ➤ Parents may choose to provide ONE creditable component; the Program must supply all other components with creditable foods. Meals and snacks can be claimed for reimbursement

Special Dietary Needs Tracking Form:

1. The program completes one for each participant accommodated for a disability or non-disability special dietary need
2. Keep form and documentation, as specified, on file
Find in Guidance Memorandum 12



Call or email your consultant when you have a question about special diet needs

Written Statement from Parent/Guardian:

1. Identifies the non-disability special dietary need, including foods not to be served and allowable substitutions
2. May include a statement that the parent/guardian chooses to provide foods (if applicable)

Accommodate requests within the meal pattern:

In many cases, requests can be managed within meal pattern requirements when a well-planned variety of foods is available. Examples:

- Offer one type of creditable soymilk to accommodate participants requesting a non-dairy beverage. Because this modification is creditable, the meal meets CACFP requirements and is reimbursable
- Accommodate vegetarian eaters by serving creditable meat alternates

Parent Provided Component:

A parent/guardian *may choose* to provide one creditable component towards a reimbursable meal for a non-disability special dietary need

- Religious
- Ethnic
- Lifestyle preference (organic, vegetarian)
- Other
 - Health reason not support by a valid written medical statement



Special Dietary Needs Tracking Form

CACFP program staff complete this form



CACFP program staff must complete this form for each participant served menu substitutions. Keep this form and documentation, as specified below, on file.

Section I: Disability - Complete when a participant has a disability that restricts eating and/or feeding and a valid medical statement signed by a State licensed healthcare professional (physician, physician assistant, or nurse practitioner (APNP)) is on file. Programs must offer a reasonable modification.

Section II: Non-disability special dietary need - Complete when:

- Participant's family requests meal substitutions
- A medical statement not valid for a disability is provided. Examples:
 - Statement from a non-licensed health care professional (e.g. registered nurse, dietitian, or chiropractor, etc.)
 - Statement from a licensed health care professional that specifies a family's dietary preference, not a disability (e.g. statement indicates participant may drink rice milk per parent)

Child's Name _____ Date form completed _____

Section I: Disability

Complete this entire section and then select if meals can or cannot be claimed at the bottom.

- Participant has a physical or mental impairment that substantially limits one or more major life activities
- ✓ Major life activities include eating, breathing, digestive, and respiratory functions, etc.
 - ✓ Most physical and mental impairments will constitute a disability, it does not need to be life threatening
 - ✓ Ex. Lactose intolerance is a physical impairment of the digestive function; it does not have to cause severe distress
- Attached is a valid written medical statement which includes:
- ✓ Description of impairment (reason for request)
 - ✓ How to accommodate the impairment (e.g. food(s) to be avoided and recommended substitution(s))
 - ✓ Signature from state licensed healthcare professional (physician, physician assistant, or nurse practitioner (APNP))
- List substitution(s)/modification(s) offered by the program that effectively accommodates the disability:
- ✓ Substitutions or modifications offered must accommodate the participant, but do not have to be the exact modification requested
- Choose One:
- Family accepts program's accommodation(s)
 - Family declines program's accommodation(s) and chooses to provide: _____

Claiming Meals Determination

- Claim meals:
- ✓ Section I of this form, including all applicable documentation, is complete and on file
 - ✓ Program has made reasonable modification(s) to accommodate the disability
 - ✓ Program provides the modification(s), or parent/guardian has elected to provide the modification(s), and the program is providing at least one component
- Do not claim meals:
- ✓ Parent/guardian has elected to provide all foods; the program is not providing any component

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Diet/ Medical Statement for Children with Special Dietary Needs

Child's Name: _____ Child's date of Birth: _____

Child Care Provider/Facility Name: _____

Does the child have a disability? Yes No

What is a Disability? Physical or mental impairment that substantially limits one or more major life activities (includes eating, breathing, digestive and respiratory functions, etc.). Most physical and mental impairments will constitute a disability, it does not need to be life threatening. Ex. Digestion is impaired by lactose intolerance, whether or not consuming milk causes severe distress.

Describe impairment and the major life activities affected by the disability.

List how to accommodate the impairment/ dietary restrictions:

List recommended foods to be substituted:

Indicate any other comments about the child's eating and feeding patterns:

Physician, Physician Assistant, or Nurse Practitioner (APNP)

Signature: _____ Date: _____

Parent/Guardian

Signature: _____ Date: _____

CACFP Special Dietary Needs Tracking Form

Provider's Name: _____ Provider #: _____

Child's Name _____ Date form completed _____

Section II: Non-disability special dietary need request

Meal substitutions for non-disability reasons must be documented below. A parent/guardian may choose to provide one creditable component towards a reimbursable meal for a non-disability special dietary need.

Complete this entire section and then select if meals can or cannot be claimed at the bottom.

Participant's non-disability special dietary need (check all that apply):

Religious Ethnic Lifestyle preference (circle: vegetarian, organic) Other: _____

Attached is a written statement from the parent/guardian that:

- ✓ Identifies the non-disability special dietary need, including foods not to be served and allowable substitutions
- ✓ A statement that the parent/guardian chooses to provide foods (if applicable)

List specific food item(s) substituted by Program:

- ✓ Programs must ensure that food substituted meet meal pattern requirements
- ✓ If a food substitution does not meet meal pattern requirements, **do not claim** that meal/snack

1. _____ CACFP creditable: Yes No
2. _____ CACFP creditable: Yes No
3. _____ CACFP creditable: Yes No
4. _____ CACFP creditable: Yes No

List specific food item(s) provided by parent/guardian:

- ✓ Programs must ensure that food provided by parent/guardian meet meal pattern requirements
- ✓ If a parent provides a food substitution that does not meet meal pattern requirements, **do not claim** that meal/snack

1. _____ CACFP creditable: Yes No
2. _____ CACFP creditable: Yes No
3. _____ CACFP creditable: Yes No
4. _____ CACFP creditable: Yes No

Is it creditable?

Non-dairy milk products NOT creditable to the CACFP meal pattern include cashew, rice, almond, coconut, oat, or soy milks that are not nutritionally equivalent to cow's milk. When served for a non-disability special dietary need, meals cannot be claimed.

Meatless substitutes made from alternate protein and/or textured vegetable protein ingredients may only credit to the CACFP meal pattern with a Child Nutrition (CN) Label or Product Formulation Statement.

Claiming Meals

Claim meals when:

- ✓ Section II of this form is complete and on file
- ✓ Parent/guardian provides **no more than one** component at a meal or snack
- ✓ Food(s) substituted by the parent or program are creditable to the meal pattern (creditable means foods count toward meeting meal pattern requirements)
- ✓ Program provides all other required components and all foods are creditable to the meal pattern

Do not claim meals when:

- ✓ Parent/guardian provides more than one component
- ✓ Non-creditable food(s) are served

Check meal(s) that can be claimed:

Breakfast Lunch/Supper Snacks

PARENT/GUARDIAN REQUEST FOR NON-DAIRY MILK SUBSTITUTION

Parents/guardians may request in writing that a **non-dairy milk substitution** be served to their child(ren).

The non-dairy milk substitution must be nutritionally equivalent to cow's milk, meeting the nutritional standards set by the United States Department of Agriculture (USDA) for Child Nutrition Programs in order for the Program to claim reimbursement for the meal through the Child and Adult Care Food Program (CACFP).

A non-dairy milk substitution must contain at least the following nutrient levels per cup (8 fluid ounces) to qualify as an acceptable milk substitution:		
a. Calcium 276 mg	d. Vitamin D 100 IU	g. Potassium 349 mg
b. Protein 8 g	e. Magnesium 24 mg	h. Riboflavin .44 mg
c. Vitamin A 500 IU	f. Phosphorus 222 mg	i. Vitamin B-12 1.1 mcg

PART 1 – Program indicates if it will provide a non-dairy milk substitution

Program - complete this section prior to distribution of form by choosing one option:	
	This Program will provide the following non-dairy milk substitution which meets USDA nutrient standards for a milk substitute: <i>(list substitute(s))</i> :
	This Program has chosen not to provide a non-dairy milk substitution.

PART 2 – Parent/guardian completes

Parent/Guardian – complete this section and return to Program	
Child's Full Name:	
Identify the medical or other special dietary need of your child (why your child needs a non-dairy milk substitute):	
Choose One	I request that my child is served the non-dairy milk substitute provided by the Program, as indicated above
	I am aware that the Program is not providing a non-dairy milk substitute. I will provide a non-dairy milk substitute that meets the USDA nutrient standards. I will provide either: <input type="checkbox"/> An approved substitution listed on the back of this form (List substitute: _____) <input type="checkbox"/> Documentation to show the substitution meets the nutrient standards (see back of form for more information on this requirement)
	I will provide a non-dairy milk substitute that does not meet the USDA nutrient standards. I understand that the Program cannot claim meals that require milk unless I get a written statement from a recognized medical authority.
Signature of Parent/Guardian:	Date:

NON-DISCRIMINATION STATEMENT: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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 |
|--|-----------------------------|---|

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The term *Program* refers to all facility types in the CACFP: group child care centers, family day care homes, afterschool programs, & emergency shelters

Creditable Non-Dairy Beverages (Milk Substitution)

What is a creditable non-dairy beverage?

The beverage meets USDA's nutrient standards for fluid milk substitutes (see table below). A list of creditable non-dairy beverages (certain soymilks) are provided on this page.

Nutrients (1 cup cow's milk)	Requirement per cup (8 fluid oz.)	% DV
Calcium	276 mg	28%
Protein	8 g	16%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	23%
Potassium	349 mg	10%
Riboflavin	.44 mg	26%
Vitamin B-12	1.1mcg (µg)	19%

Non-dairy beverages are not required to be low-fat or fat-free. When served to children 1-5 years old, they must be unflavored.

To determine if a product not listed on this page is creditable:

- Compare product's nutrient amounts to amounts listed in table
- If amounts are the same or more, the beverage is creditable

Non-Creditable Non-Dairy Beverages: Almond, cashew, coconut, hemp, oat, and rice milks do not contain enough protein to be a creditable non-dairy beverage. Water and juice are also not creditable non-dairy beverages. Non-creditable non-dairy beverages cannot be served as a milk substitution.

When can a creditable non-dairy beverage be served?

When there is a written and signed request which includes the disability or other special dietary reason for the substitution. A valid medical statement is not required. Any request can be accepted (e.g. milk allergy, vegan diet or religious, cultural or ethical reason).







Creditable Non-dairy Beverages:

Unflavored

8th Continent Original Soymilk 	Kikkoman Pearl Organic Soymilk Smart Original 	Kirkland Organic Original Soymilk 	Pacific All Natural Ultra Soy Original 
Silk Original Soymilk 	Sunrich Naturals Organic Original Soymilk 	Walmart Great Value Original Soymilk 	Westsoy Original Plus Plain Soymilk 

Flavored Non-Dairy Beverages may only be served to children 6 years and older and adults

Flavored

8th Continent Vanilla Soymilk 	Kikkoman Pearl Organic Soymilk Smart Creamy Vanilla 	Kikkoman Pearl Organic Soymilk Smart Creamy Chocolate 
Pacific All Natural Ultra Soy Vanilla 	Sunrich Naturals Organic Vanilla Soymilk 	Westsoy Original Plus Vanilla Soymilk 

Breakfast				
Must serve milk, vegetable or fruit, and either a grain or meat/meat alternate				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Fluid Milk <ul style="list-style-type: none"> 1 year olds: Unflavored whole milk 2-5 year olds: Unflavored 1% or skim 6-18 year olds: Unflavored or flavored 1% or skim 	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
Vegetables or Fruits (or portions of both) <ul style="list-style-type: none"> Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day 	¼ cup	½ cup	½ cup	½ cup
Grains <ul style="list-style-type: none"> Must be whole grain-rich, enriched, or fortified At least one serving per day must be whole grain-rich Grain-based desserts are not creditable (Refer to CACFP Grains Chart) Cereals must contain no more than 6 grams of sugar per dry ounce 				
Bread	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Bread products such as biscuits, rolls, or muffins <i>Refer to the CACFP Grains Chart for options and serving sizes</i>	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Cooked breakfast cereal, cereal grain, rice and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Ready-to-eat breakfast cereal (dry, cold)	Flakes or rounds	½ cup	½ cup	1 cup
	Puffed cereal	¾ cup	¾ cup	1 ¼ cup
	Granola	⅛ cup	⅛ cup	¼ cup
Meat/Meat Alternates <ul style="list-style-type: none"> Not required at breakfast, but may be served in place of the entire grain component a maximum of three times per week 				
Amounts listed below must be served to meet the m/ma serving size requirements				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Cheese (natural and processed; soft and hard)	½ oz	½ oz	1 oz	1 oz
	Shredded cheese	(⅓ cup)	(⅓ cup)	(¼ cup)
Cottage cheese, ricotta cheese, cheese spread, cheese food <i>2 ounces = 1 ounce meat/meat alternate</i>	⅛ cup (1 oz)	⅛ cup (1 oz)	¼ cup (2 oz)	¼ cup (2 oz)
Large egg	¼ egg	¼ egg	½ egg	½ egg
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Yogurt (regular and soy) <i>- Must contain no more than 23 grams of total sugars per 6 ounces</i> <i>- 4 ounces = 1 ounce meat/meat alternate</i>	¼ cup (2 oz)	¼ cup (2 oz)	½ cup (4 oz)	½ cup (4 oz)
Peanut butter, soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Peanuts, soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Tofu (commercially prepared) <i>2.2 oz. (1/4 cup) must contain at least 5 grams of protein</i>	⅛ cup (1.1 oz)	⅛ cup (1.1 oz)	¼ cup (2.2 oz)	¼ cup (2.2 oz)
Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products <i>Must meet the requirements in Appendix A to Part 226</i>	½ oz	½ oz	1 oz	1 oz

Lunch and Supper				
All five components required for a reimbursable meal				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Fluid Milk <ul style="list-style-type: none"> 1 year olds: Unflavored whole milk 2-5 year olds: Unflavored 1% or skim 6-18 year olds: Unflavored or flavored 1% or skim 	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
Meat/Meat Alternates				
Amounts listed below must be served to meet the m/ma serving size requirements				
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz
Cheese (natural and processed; soft and hard)	1 oz	1½ oz	2 oz	2 oz
Shredded cheese	(¼ cup)	(3/8 cup)	(½ cup)	(½ cup)
Cottage cheese, ricotta cheese, cheese spread, cheese food 2 ounces = 1 ounce meat/meat alternate	¼ cup (2 oz)	3/8 cup (3 oz)	½ cup (4 oz)	½ cup (4 oz)
Large egg	½ egg	¾ egg	1 egg	1 egg
Cooked dry beans or peas	¼ cup	3/8 cup	½ cup	½ cup
Peanut butter, soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
Peanuts, soy nuts, tree nuts or seeds - May be used to meet no more than ½ the M/MA serving size - Combine with another M/MA to meet the full minimum serving size	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%
Yogurt (regular and soy) - Must contain no more than 23 grams of total sugars per 6 ounces - 4 ounces = 1 ounce meat/meat alternate	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
Tofu (commercially prepared) 2.2 oz. (1/4 cup) must contain at least 5 grams of protein	¼ cup (2.2 oz)	3/8 cup (3.3 oz)	½ cup (4.4 oz)	½ cup (4.4 oz)
Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products Must meet the requirements in Appendix A to Part 226	1 oz	1½ oz	2 oz	2 oz
Vegetables • Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day	⅛ cup	¼ cup	½ cup	½ cup
Fruits • Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day • A second vegetable may be served in place of fruit. When served, must serve the minimum fruit serving size.	⅛ cup	¼ cup	¼ cup	¼ cup
Grains				
<ul style="list-style-type: none"> Must be whole grain-rich, enriched, or fortified At least one serving per day must be whole grain-rich Grain-based desserts are not creditable (Refer to CACFP Grains Chart) Cereals must contain no more than 6 grams of sugar per dry ounce 				
Bread	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Bread products, such as biscuits, rolls, or muffins Refer to the CACFP Grains Chart for options and serving sizes	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Rice, pasta, grains, and/or cooked cereals	¼ cup	¼ cup	½ cup	½ cup

Snack				
Must serve 2 of the 5 components. Only 1 of the 2 components may be a beverage.				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Fluid Milk <ul style="list-style-type: none"> 1 year olds: Unflavored whole milk 2-5 year olds: Unflavored 1% or skim 6-18 year olds: Unflavored or flavored 1% or skim 	½ cup (4 oz)	½ cup (4 oz)	1 cup (8 oz)	1 cup (8 oz)
Meat/Meat Alternates				
Amounts listed below must be served to meet the m/ma serving size requirements				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Cheese (natural and processed; soft and hard)	½ oz	½ oz	1 oz	1 oz
Shredded cheese	(⅛ cup)	(⅛ cup)	(¼ cup)	(¼ cup)
Cottage cheese, ricotta cheese, cheese spread, cheese food <i>2 ounces = 1 ounce meat/meat alternate</i>	⅛ cup (1 oz)	⅛ cup (1 oz)	¼ cup (2 oz)	¼ cup (2 oz)
Large egg	½ egg	½ egg	½ egg	½ egg
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter, soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Peanuts, soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Yogurt (regular and soy) - <i>Must contain no more than 23 grams of total sugars per 6 ounces</i> - <i>4 ounces = 1 ounce meat/meat alternate</i>	¼ cup (2 oz)	¼ cup (2 oz)	½ cup (4 oz)	½ cup (4 oz)
Tofu (commercially prepared) <i>2.2 oz. (1/4 cup) must contain at least 5 grams of protein</i>	⅛ cup (1.1 oz)	⅛ cup (1.1 oz)	¼ cup (2.2 oz)	¼ cup (2.2 oz)
Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products <i>Must meet the requirements in Appendix A to Part 226</i>	½ oz	½ oz	1 oz	1 oz
Vegetables*	½ cup	½ cup	¾ cup	¾ cup
Fruits*	½ cup	½ cup	¾ cup	¾ cup
* Full-strength juice may only be served to meet the fruit or vegetable requirement at one meal or snack per day				
Grains				
<ul style="list-style-type: none"> Must be whole grain-rich, enriched, or fortified At least one serving per day must be whole grain-rich Grain-based desserts are not creditable (<i>Refer to CACFP Grains Chart</i>) Cereals must contain no more than 6 grams of sugar per dry ounce 				
Bread	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Bread products, such as biscuits, rolls, crackers, or muffins <i>Refer to the CACFP Grains Chart for options and serving sizes</i>	½ oz eq	½ oz eq	1 oz eq	1 oz eq
Cooked breakfast cereal, cereal grain, rice and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Ready-to-eat breakfast cereal (dry, cold)				
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



Sample Menus



Week 1

Meal Pattern	Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
Breakfast Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Grapes WG toast Milk	Diced peaches Scrambled eggs Milk	Kiwi WG Life Cereal Milk	Berries Yogurt Milk	Applesauce Pancakes Milk
Lunch Meat/Meat Alternate Vegetable Fruit Grains Milk	Oven-Baked Parmesan Chicken Roasted Brussels sprouts Strawberries WG roll Milk	Bean Burrito Asparagus Orange wedges Milk	Sweet and sour chicken Steamed green beans Red peppers Cooked rice Milk	HM Macaroni and cheese Peas and carrots Tomatoes Milk	Ham & cheese in WG pita pocket Green salad Sweet potato fries Milk
PM Snack <i>Select two of the following:</i> Meat/Meat Alternate Vegetable Fruit Grains Milk	HM guacamole Salsa Tortilla chips Milk	Fresh carrot sticks WG crackers Water	Toasted mini bagel with cheddar cheese Water	WG fish crackers Pea pods Water	Apricot halves Milk

1%, unflavored milk is served to children ages 2 and older

* Whole, unflavored milk is served to 1 year olds

* WG = Whole Grain; Bold = WG item; HM = Homemade

Week 2

Meal Pattern	Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th
Breakfast Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Banana WG Cheerios Milk	Avocado Baked scrambled eggs Milk	Mixed fruit Biscuit Ham slice Milk	Strawberries Oatmeal, WG Milk	Fresh apple slices Yogurt Milk
Lunch Meat/Meat Alternate Vegetable Fruit Grains Milk	HM cheese pizza Cucumbers Apple slices Milk	Turkey breast sandwich on WG bread Steamed broccoli Watermelon Milk	Oven baked chicken Brown rice Cauliflower Zucchini Milk	Meatloaf Roasted beets Kiwi Corn bread Milk	Baked fish Quinoa Tomatoes Pineapple Milk
PM Snack <i>Select two of the following:</i> Meat/Meat Alternate Vegetable Fruit Grains Milk	Zucchini bread Milk	English muffin with peanut butter Milk	Jicama and carrot sticks Milk	Yogurt Sliced fresh strawberries Water	WG crackers Cottage cheese Water

* 1%, unflavored milk is served to children ages 2 and older

* Whole, unflavored milk is served to 1 year olds

* WG = Whole Grain; Bold = WG; HM = Homemade



Sample Menus

Week 3



Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Banana Oatmeal pancakes Milk	Sweet potato hash WG English muffin Milk	Applesauce Hardboiled egg Milk	Avocado Brown rice and egg bowl Milk	Starfruit WG Mini Wheats Milk
Lunch or Supper Meat/Meat Alternate Vegetable Fruit Grains Milk	HM fish sticks Roasted eggplant Blackberries WG Noodles Milk	HM cheese pizza on WG crust Honeydew melon Zucchini wedges Milk	White bean and chicken chili Carrot coins Raspberries WG dinner roll Milk	Beef tips Broccoli trees Plums WG noodles Milk	Sloppy Joes Peaches Toasted potato wedges WG bun Milk
Snack <i>Select two of the following:</i> Meat/Meat Alternate Vegetable Fruit Grains Milk	Kabobs (apple slices, cheese) Water	Avocado Bagel Water	Yogurt Dip Celery and green pepper sticks Water	Peanut butter Banana WG toast Water	Cheese slices Strawberries

* 1% or skim, unflavored milk is served to children ages 2 and older

* Whole, unflavored milk is served to 1 year olds

* WG = Whole Grain; Bold = WG; HM = Homemade

Week 4

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Apricot Scrambled Eggs Milk	Blueberries WG Waffles Milk	Diced pears Great Grains Banana Nut Cereal ,WG Milk	Hash browns Egg bake Milk	Peach slices WG apple cinnamon muffin Milk
Lunch or Supper Meat/Meat Alternate Vegetable Fruit Grains Milk	HM Meatballs w/ tomato sauce Peas Mixed fruit WG spaghetti noodles Milk	Chicken teriyaki Brown rice bowl Broccoli Pitted cherries Milk	Beef roast Cucumber slices Peaches and pears Breadstick Milk	Roasted chickpeas in a WG Pita Pocket Romaine salad Blueberries Milk	Shredded chicken sandwich WG bun Red cabbage slaw Mandarin oranges Milk
Snack <i>Select two of the following:</i> Meat/Meat Alternate Vegetable Fruit Grains Milk	Salsamole (salsa with avocado) on WG pita bread	Hardboiled egg Savory crackers	Cheese stick Roasted zucchini	Pineapple Snap peas	Turkey pinwheels on WG tortilla

* 1% or skim, unflavored milk is served to children ages 2 and older

* Whole, unflavored milk is served to 1 year olds

* WG = Whole Grain; Bold = WG; HM = Homemade



Sample Menus

Week 5



Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Peaches Egg frittata Milk	Grapes Honey Bunches of Oats Cinnamon Milk	Blueberry Oatmeal, WG Milk	Cantaloupe Biscuits Milk	Mixed berries Yogurt Milk
Lunch or Supper Meat/Meat Alternate Vegetable Fruit Grains Milk	Tofu scramble with potatoes, mushrooms, and peppers Watermelon WG crackers Milk	Beef taco skillet Jicama sticks Nectarine WG tortilla Milk	Pork loin Peas Banana WG bread stick Milk	Chicken skewer Purple carrots Pomegranate WG Noodles Milk	Baked Pollock Asparagus Mango WG dinner roll Milk
Snack <i>Select two of the following:</i> Meat/Meat Alternate Vegetable Fruit Grains Milk	Soft pretzel Snap peas	Yogurt with Strawberries	Oat muffin Cheese cubes	Fresh broccoli WG fish crackers	Hummus Fresh cauliflower

* 1% or skim, unflavored milk is served to children ages 2 and older

* Whole, unflavored milk is served to 1 year olds

* WG = Whole Grain; Bold = WG; HM = Homemade

Week 6

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Bananas WG waffles Milk	Roasted sweet potato Buttermilk biscuit egg sandwich Milk	Peaches Yogurt Milk	Raspberries Frosted mini wheat cereal Milk	Watermelon Bagels Milk
Lunch or Supper Meat/Meat Alternate Vegetable Fruit Grains Milk	Turkey and ham sandwiches (WG bread) Red potatoes Pineapple Milk	Chicken lasagna roll up (WG lasagna noodle) Salad Clementine Milk	Ground beef chili Roasted cauliflower Peas Cornbread Milk	Shredded pork Spaghetti Squash Kiwi Garlic bread stick Milk	Grilled Cheese and tomato sandwich (WG Bread) Brussels Sprouts Blackberries Milk
Snack <i>Select two of the following:</i> Meat/Meat Alternate Vegetable Fruit Grains Milk	Rice cakes Fruit salsa	String cheese Grapes	WG English muffin Fresh green beans	Black bean hummus WG pita bread	WG bran muffin Carrot sticks

* 1% or skim, unflavored milk is served to children ages 2 and older

* Whole, unflavored milk is served to 1 year olds

* WG = Whole Grain; Bold = WG; HM = Homemade



Provider Name _____

*Whole Grain Rich (WGR) must be served 1x per day → Check the box next to WGR items

**Meat/ Meat Alternate at Breakfast is limited to 3x per week.

***Juice is limited to 1x per day.

Provider # _____

Month/Year _____

●Yogurt must contain no more than 23 grams of total sugars per 6 ounces. ●Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

Calendar Date						
Breakfast	Milk					
	Fruit/Vegetable or ***Juice					
	*Grain	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR
	**Meat/Meat Alternate					
AM Snack	Choose 2 of these 5:					
	Milk					
	Meat/Meat Alternate					
	Fruit/Veg/***Juice					
	Vegetable					
*Grain	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	
Lunch	Milk					
	Meat/Meat Alternate					
	Fruit/Vegetable or ***Juice					
	Vegetable					
	*Grain	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR
PM Snack	Choose 2 of these 5:					
	Milk					
	Meat/Meat Alternate					
	Fruit/Veg/***Juice					
	Vegetable					
*Grain	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	
Dinner	Milk					
	Meat/Meat Alternate					
	Fruit/Vegetable or ***Juice					
	Vegetable					
	*Grain	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR
Eve Snack	Choose 2 of these 5:					
	Milk					
	Meat/Meat Alternate					
	Fruit/Veg/***Juice					
	Vegetable					
*Grain	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	<input type="checkbox"/> WGR	

I certify that all of the meals claimed were served to the children and met the USDA/CACFP meal pattern, which included serving the following types of milk to each age group:

●Whole to 1 yr. olds ●1%/skim unflavored to 2-5 yr. olds ●1%/Skim unflavored or skim flavored to 6-12 yr. olds

X Signature of Provider	Date
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This institution is an equal opportunity provider

THE MEAL COUNT MUST BE FILLED OUT ACCURATELY AND ON A DAILY BASIS EVEN IF KIDKARE IS NOT WORKING

How do I enter meals into KIDCARE?

1. Go to Meals> Enter Meals
2. Go to the date the meal is served.
3. Select Non-Infants.
4. Choose the type of meal that is served from the drop-down box.

Example:

breakfast, am snack, lunch, pm snack, etc.

5. Mark the children who are in attendance.
6. Save before leaving the screen.

If I temporarily lose all access to KIDKARE, what do I do?

You will manually have to record the menu and meal counts until you can re-access KIDKARE. Keep this manual record for 24 hours after you enter everything into KIDKARE. The manual form is included.

In the box titled enrolled children, list the children and their age. Each child will then be referred to by the letter corresponding to their name.

If the child is your own, place a PO after their name for providers own. If the child is a relative, place an R next to their name for relative.

The numbers on the far left side of the form represent the days of the month. Each meal for that day is divided into eight small boxes for you to record the letter next to the name of each child that ate that particular meal.

Next to the eight small boxes is a large box with the column heading #. This is where you record how many children ate each meal. Example: If three children ate breakfast you would record 3 in the large box next to breakfast.

Meal Count 19

Why are some letters missing in the area marked enrolled children?

We did this intentionally. Some letters closely resemble others so we did not use them. Please do not add those letters.

What if I have more children than the letters provide?

Use a second meal count form.

- If I submit my claim and realize I forgot to include a child,
- can I call to have you make a correction?

No. A submitted claim cannot be changed.

If I am entering incorrectly will you let me know?

Yes. An Office Error Report is available within KIDKARE. Please see the Introduction Section.

What if the number of children I serve appears to be more than my licensed capacity, but I have a helper?

Both you and your helpers need to fill out Section 3 of the DCF Attendance Records listing the days and times worked when two people are required to meet child/staff ratios. Send this record to Horizons office by email, fax or mail.

How often do I enter the meals served?

It is required that you do this on a daily basis. The best time is right after the meal. Remember, each day must accurately reflect the children you served. Your field representative will have to disallow any days that are not recorded at the time of the review. Please make sure this doesn't happen to you!

If a child did not eat the food I prepared, should I record that child on the meal count?

Yes. The CACFP requires that the food be prepared in appropriate quantities and made available to the children. How much or little each child eats is up to the child.

Should I list all the meals the children eat or only those I can claim?

All meals served need to be recorded.

If I am eligible to claim my own children, should I list all meals they eat each day?

Other day care children must be present and participating in the meal service for you to claim the meals for your own children. Therefore, list only meals your children eat when other day care children are there and eating with them.

MONTHLY MEAL COUNT

Record Daily
(in ballpoint pen)

Month _____

Reference #
Children
Days Served
Attendance
Breakfast
Lunch
Supper
Snack
Initial

Signature _____
 Provider No. _____
 Licensed Certified

I certify that I have followed USDA portion requirements and meal pattern guidelines and am only claiming for meals served to enrolled day care children. I am claiming my own children only upon proof of meeting USDA income or area eligibility guidelines, and when at least one day care child participating in the CACFP is also fed at that meal. I have claimed no more than three meals, one of which is a snack, per child per day. This information is accurate in all respects. I understand that this information is provided in connection with the receipt of federal funds and that deliberate misrepresentation may result in state or federal prosecution.

WHITE: OFFICE YELLOW: PROVIDER

Date	Total Daily Attendance	Breakfast		A.M. Snack		Lunch		P.M. Snack		Supper		Eve. Snack	
		Children	#	Children	#	Children	#	Children	#	Children	#	Children	#
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
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22													
23													
24													
25													
26													
27													
28													
29													
30													
31													
Totals													

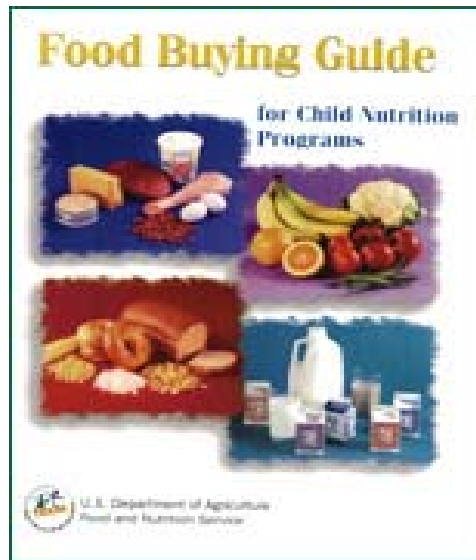
Please print. List enrolled children served this month. Indicate providers own children with a PO and relatives with an R.

AGE	AGE	AGE
A	G	L
B	H	M
C	I	N
D	J	O
E	K	P

Crediting foods in the Child and Adult Care Food Program (CACFP)

Determine if a food item is creditable in the CACFP by using these resources

- Food Buying Guide for Child Nutrition Programs
 - Grains Chart
- Contact your assigned CACFP consultant



**CACFP Grains Chart
Child Care Component**

Grain items must be whole grain or enriched or made with whole-grain or enriched meal and/or flour, bran, and/or germ. For meals and snacks served to children and adults, at least one serving of grains per day must be whole grain-rich.

This chart is a guide for commonly served items. If serving an item not listed below, determine amount required (grams or ounces) per age group (1-5 or 6-18 yr olds) and use Nutrition Facts label for purchased products, or weigh homemade items to determine the serving size.

Group A	1-5 year olds		6-18 year olds	
	Serving Size*	Minimum weight 18 grams (0.4 oz)	Serving Size*	Minimum weight 28 grams (0.7 oz)
Bread Sticks (hard - approx. 7 1/2")	2 sticks		3 sticks	
Chow Mein Noodles	1/4 cup		1/2 cup	
Crackers (allines)	4 squares		8 squares	
Crackers (large-oval, round, oval, square)	4 crackers		8 crackers	
Crackers (one inch square)	6 crackers		12 crackers	
Crackers (cheese square)	9 crackers		18 crackers	
Crackers (savory - fish-shaped or similar)	25 crackers		50 crackers	
Croissants	1/4 cup		1/2 cup	
Multis Toast	3 slices		5 slices	
Pretzels (hard-mini pretzel twists)	7 pretzels		14 pretzels	
Pretzel Chips	7 chips		14 chips	
Rice Cakes	1-1/2 cakes		3 cakes	
Bread Stuffing (dry)	1/4 cup		1/2 cup	
Wafers (rye)	2 wafers		4 wafers	
Zwieback	2 pieces		3 pieces	
Group B	Serving Size*	Minimum weight 15 grams (0.5 oz)	Serving Size*	Minimum weight 25 grams (0.9 oz)
Bagels (approx. 4" diameter)	1/4 bagel		1/2 bagel	
Bagels (approx. 3" diameter)	1/2 bagel		1 bagel	
Biscuits (approx. 2 1/4" diameter)	1/2 biscuit		1 biscuit	
Breads (white, wheat, whole wheat, raisin)	1/2 slice		1 slice	
Buns (hamburger, hot dog)	1/2 bun		1 bun	
Crackers (panini)	6 crackers		12 crackers	
Crackers (graham - fish-shaped or similar)	19 crackers		37 crackers	
Crackers (graham - 2 1/2" x 5")	1 cracker		2 crackers	
English Muffins	1/2 muffin		1 muffin	
Oyster Crackers	1/3 cup (30 crackers)		2/3 cup (60 crackers)	
Pita Bread (white, wheat - 6 1/2" round)	1/4 medium		1/2 medium	
Pizza Crust	Varies based on size***		Varies based on size***	
Pretzels (soft)	1/2 pretzel		1 pretzel	
Rolls (liner, white, wheat, whole wheat, potato)	1/2 roll		1 roll	
Taco Shells 6" (hard-shell corn tortilla)	1/2 shell		1 shell	
Tortillas 6" (corn or wheat)	1/2 tortilla		1 tortilla	
Tortillas 8" (flour)	1/3 tortilla		2/3 tortilla	
Tortilla Chips (round or large)	6 chips (9 mini rounds)		12 chips (18 mini rounds)	

*The number of items per serving are approximate amounts. Additional quantities may be needed to provide the appropriate weight for each group depending on the size of the item used.
***Amount to serve is based on the weight of the item or serving. Refer to Minimum Weight under Serving Size per group or column.

All meals claimed for reimbursement must meet the CACFP Meal Pattern regulations. 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.



CACFP Meal Component Requirements

FLUID MILK	
Required at breakfast, lunch, and supper	
Must be pasteurized and meet Grade A standards	
<p>Creditable: Regular cow's milk, lactose-free milk, lactose-reduced milk, kefir. Goat's milk may be creditable if it meets State and local standards</p>	
<p>Required Milks:</p> <ul style="list-style-type: none"> ➤ <u>1 year olds:</u> unflavored whole ➤ <u>2-5 year olds:</u> unflavored 1% or skim ➤ <u>6-18 year olds:</u> unflavored or flavored 1% or skim 	
Cannot be served to infants (less than 12 months of age)	
May be served as a beverage, on cereal, or both	
Not creditable when used in cooking (i.e. cooked cereals, soups, pudding, etc.)	
If served at snack, juice cannot be served as the other component	
<p>Non-dairy beverages nutritionally equivalent to cow's milk are creditable. When served for a non-disability special dietary need, a written statement from a participant's family must be on file.</p> <ul style="list-style-type: none"> ➤ Currently only some soymilk products are creditable. 	
Milk and Foods not creditable to the Milk Component (Not an all-inclusive list)	
<ul style="list-style-type: none"> • 2% (reduced-fat) milk • Almond Milk • Cheese (creditable as meat alternate, not as milk) • Coconut Milk • Cream Cheese • Cream Soup/Sauces • Evaporated Milk • Frozen Yogurt 	<ul style="list-style-type: none"> • Ice cream, Ice Milk • Powdered Milk • Pudding • Raw Milk • Rice Milk • Reconstituted Dry Milk • Sour Cream • Yogurt (creditable as meat alternate, not as milk)



CACFP Meal Component Requirements

GRAINS	
<p>Required at breakfast, lunch, and supper</p> <ul style="list-style-type: none"> ➤ Grains may be replaced with a M/MA up to three days/week 	
<p>The first ingredient, or second after water, must be whole grain or enriched grain</p>	
<p>Veggie straws, chips, or sticks, and tortilla chips are only creditable as a grain when the first ingredient, or second after water, is a whole or enriched grain</p>	
<p>Whole Grain Rich (WGR): At least one serving of grains per day must be whole grain-rich (WGR)</p> <ul style="list-style-type: none"> ➤ WGR foods contain 100% whole grains, or at least 50% whole grains and the remaining grains are enriched <p>If your program:</p> <ul style="list-style-type: none"> • Claims more than one meal/snack (breakfast, lunch <u>and</u> snack), you may choose the meal to serve the WGR food • Only claims a snack, if one of the two components is a grain item, it must be WGR • Only claims one meal (breakfast, lunch <u>or</u> supper), a grain is required to be served and must be WGR • If breakfast is the only meal, then a WGR item does not need to be served if a meat/meat alternate is served in place of the grain (allowed up to 3 times/week) 	
<p>Breakfast cereals (ready-to-eat, instant & hot cereals) must be whole grain, enriched or fortified</p> <p>Breakfast cereals must contain no more than 6 grams of sugar per dry ounce</p> <p>Programs <u>cannot</u> mix creditable cereals that meet sugar limits with non-creditable cereals that are above sugar limits to meet sugar limit requirements.</p>	
<p>Grain-Based Desserts (GBD) are not creditable and cannot be served to meet the grains component</p> <ul style="list-style-type: none"> ➤ Examples include granola bars, cookies, cake, cereal bars and toaster pastries. <p>Even if the GBD is homemade with healthy ingredients, whole grains or less sugar, it is not creditable</p>	
Foods not creditable to the Grains Component (Not an all-inclusive list)	
<ul style="list-style-type: none"> • Grains not made with whole or enriched grain • Cereals not fortified or enriched • Cereals above sugar limits 	<ul style="list-style-type: none"> • Potatoes (creditable as vegetable, not grain) • Potato chips • Tapioca
Grain-Based Desserts (GBD) (Not an all-inclusive list)	
<ul style="list-style-type: none"> • Bread/breadstick with sweet filling (such as pie filling) • Brownies • Cakes, including coffee cake and cupcakes • Carmel popcorn and kettle corn • Cereal bars, breakfast bars, granola bars, and marshmallow cereal treats • Cookies, including vanilla wafers and fruit-filled rolls/bars/cookies • Doughnuts 	<ul style="list-style-type: none"> • Gingerbread • Ice cream cones • Pie crusts of dessert pies, cobblers, and fruit turnovers • Sweet biscotti/scones with fruits, chocolate, icing • Sweet bread pudding and rice pudding • Sweet croissants (e.g. chocolate-filled) • Sweet pita chips (e.g. cinnamon-sugar flavored) • Sweet rolls (e.g. cinnamon rolls) • Toaster pastries

Examples of Whole Grains:

Amaranth berries	Graham Flour	WG einkorn flour	Teff	Whole wheat
Brown rice	Groats	WG rye flour	Triticale	Spelt
Buckwheat	Millet	WG wheat flakes	Wilde rice	Whole durum flour
Bulgur	Oats/Oatmeal	Quinoa	WG barley	Crushed whole wheat
Cracked whole wheat	Whole cornmeal	Sorghum	WG corn	



CACFP Meal Component Requirements

MEAT/MEAT ALTERNATE (M/MA)		
<p>➤ Required at lunch and supper</p> <ul style="list-style-type: none"> • Must be served in a main dish or in a main dish and one other menu item • A main dish may credit as the M/MA plus up to two other food components (3 total) <p>➤ A M/MA may be served at breakfast, in place of grains, up to three days/week</p>		
<p>Creditable M/MA: Lean meat, poultry, fish, cheese, eggs, cooked dry bean or peas, peanuts, soy nuts, tree nuts or seeds and their butters, yogurt, tofu, tempeh, soy products or alternate protein products</p> <p>➤ Cooked dry beans or peas may not be served as a meat alternate and a vegetable in the same meal</p>		
<p>Yogurt (regular and soy) must contain no more than 23 grams of sugar per 6 ounces</p>		
<p>Creditable Cheese: natural or processed, cottage, ricotta, cheese spread, cheese food</p>		
<p>Store-bought combination foods (i.e. chicken nuggets, pizza, ravioli, fish sticks, corn dogs, etc.) and some processed meats (i.e. pepperoni, turkey bacon) must have a Child Nutrition (CN) label or Product Formulation Statement (PFS) from manufacturer on file prior to serving</p>		
<p>Processed meats (i.e. hotdogs, bologna, sausage):</p> <p>➤ 100% meat ingredients are creditable (may contain salt and seasonings)</p> <p>➤ If item contains fillers (i.e. byproducts, cereals, binders, or extenders) it is not 100% meat and requires a CN label or Product Formulation Statement (PFS) on file prior to serving</p> <ul style="list-style-type: none"> ○ <u>Common binders and extenders:</u> 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 		
<p>Alternate Protein Products: Foods made from alternate protein and/or textured vegetable protein ingredients must meet the requirements in Appendix A to Part 226 and may only credit to the CACFP meal pattern with a Child Nutrition (CN) Label or Product Formulation Statement (PFS)</p>		
<p>Soup:</p> <p>➤ <u>Commercial Bean or Pea:</u> ½ cup of soup is 1 oz. meat alternate</p> <ul style="list-style-type: none"> ○ Credit as a meat alternate or vegetable, but not both in the same meal <p>➤ <u>Commercial Other</u> (i.e. chicken noodle): Does not credit as a M/MA because there is not a sufficient amount of M/MA per serving</p> <p>➤ <u>Homemade with M/MA:</u> Only creditable if there is at least ¼ oz. M/MA per serving. Another M/MA may need to be served to meet the minimum serving size requirements. Must be identified and documented by a recipe.</p>		
<p>Tofu: Creditable for participants ages 1 and older. Must be commercially prepared firm, extra firm, soft, or silken.</p> <p>➤ 2.2 oz. (1/4 cup) of tofu containing at least 5 grams of protein = 1.0 oz. meat alternate</p> <p>Use the Nutrition Facts Label and the calculation below to determine if tofu is creditable: $\text{Protein (g)} \div \text{Serving Size (oz.) or (g)} = \text{Threshold for ounces: 2.27 or more}$ $\text{Threshold for grams: 0.08 or more}$</p> <p>➤ Tofu products such as links and sausages can only credit when the product has a Child Nutrition (CN) label or Product Formulation Statement (PFS) from manufacturer to document how item meets CACFP requirements</p>		
Foods not creditable to the Meat/Meat Alternate Component (Not an all-inclusive list)		
<ul style="list-style-type: none"> • Bacon • Cheese Products • Cream Cheese • Imitation Cheese • Imitation Seafood 	<ul style="list-style-type: none"> • Nut Butter Spreads • Powdered Cheese (ex. macaroni and cheese, boxed) 	<ul style="list-style-type: none"> • Tofu incorporated into drinks, such as smoothies, or other dishes to add texture, such as in baked desserts • Velveeta™ • Yogurt above sugar limits • Yogurt products (frozen yogurt, drinkable yogurt, yogurt bars, yogurt-covered fruit or nuts)



CACFP Meal Component Requirements

FRUIT AND VEGETABLES (TWO SEPARATE COMPONENTS)

One serving of vegetable, fruit or both is required at breakfast

One serving of fruit and one serving of vegetable (or two different vegetables) is required at lunch and supper

One fruit and one vegetable may be served at snack as two components

Cooked dry beans or peas may not be served as a vegetable and a meat alternate in the same meal

Fresh, frozen, canned, or dried may be served

The following vegetable and fruit serving sizes vary from the meal pattern chart:

- 1 cup raw leafy greens (e.g. lettuce) = ½ cup vegetable
- ¼ cup dried fruit (e.g. raisins) = ½ cup fruit

Juice must be full strength (100%) fruit or vegetable juice and must be pasteurized

- If served at snack, milk cannot be served as the other component
- Can only be served once per day. This applies to all meals and snacks, even when served to different groups of participants. For example:
 - Program serves one group breakfast and lunch, and another group lunch and PM snack. If breakfast includes juice, the program cannot serve juice at lunch or PM snack.
 - Program serves the same food items at multiple snacks (AM and PM snack) to different groups of children, juice may only be served at one of those snacks.

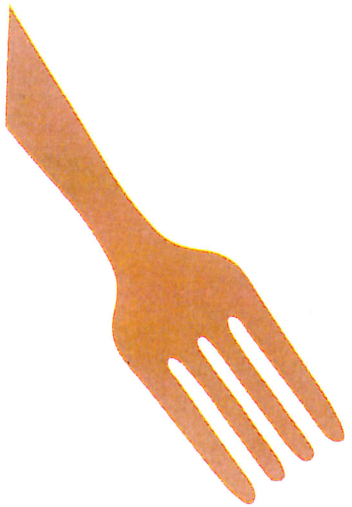
Smoothies: Pureed fruits and vegetables served in a smoothie are considered juice. This counts as serving juice once per day.

Soup

- Commercial Bean or Pea: ½ cup of soup is ¼ cup of heated vegetable
 - Can credit as a meat alternate or vegetable but not both in the same meal
- Canned, Condensed, or Ready-To-Serve (minestrone, tomato, tomato with other basic components such as rice and vegetable, and vegetable with basic components such as meat and poultry): 1 cup of reconstituted or ready-to-serve soup will yield ¼-cup vegetable
- Homemade: Must contain at least 1/8 cup vegetable per serving. Another vegetable may need to be served to meet the minimum serving size requirements. Must be identified and documented by a recipe.

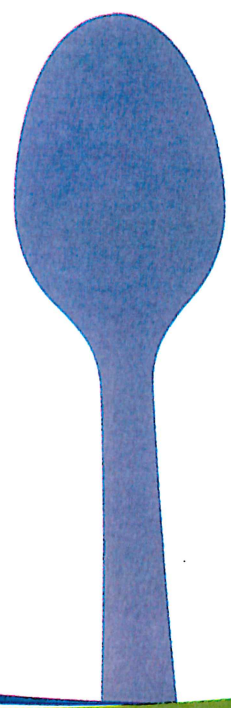
Foods not creditable to the Fruit and Vegetable Components (Not an all-inclusive list)

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> • ‘Ade’ drinks (e.g. Lemonade) • Cranberry Juice Cocktail • Frozen Fruit Flavored Bars • Fruit Butters (e.g. Apple Butter) • Fruit in Quick Breads (e.g. Banana Bread) • Fruit in Muffins (e.g. Blueberry Muffins) | <ul style="list-style-type: none"> • Fruit in Commercial Yogurt (e.g. Strawberry Yogurt) • Fruit Snacks • Home Canned Products • Jam/Jelly • Gelatin/Jell-O™ | <ul style="list-style-type: none"> • Potato Chips • Snack Chips (e.g. Banana or other FV chips) • Soy Nuts • Veggie straws, chips or sticks |
|---|---|---|



Child and Adult Care Food Program (CACFP) REFERENCE GUIDE

Identifying Whole Grain Rich Foods
Cereal & Yogurt Sugar Limits
WI WIC Approved Cereals



Identifying Whole Grain Rich

To determine if a grain product is Whole Grain Rich (WGR), use this flowchart.

For cereal, see WI WIC Approved Cereals section of this guide.

At least one serving of grains per day must be WGR.

**Bread, Bun,
Roll, or Pasta**

Other Grains such as crackers, bagels,
waffles, English muffins, tortillas,
biscuits, pancakes, breadsticks, etc.



Breads, buns, and rolls

Is product labeled "Whole Wheat,"
"Entire Wheat" or "Graham"?

Pasta (macaroni product, macaroni,
spaghetti, or vermicelli)

Is product labeled "Whole Wheat"?

Yes



WGR

No



Yes

Is the product on the WIC list?
(Found under GM 12)

No



Does the product packaging list one of the following
FDA health claims?

"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."

"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."

Yes



WGR

No

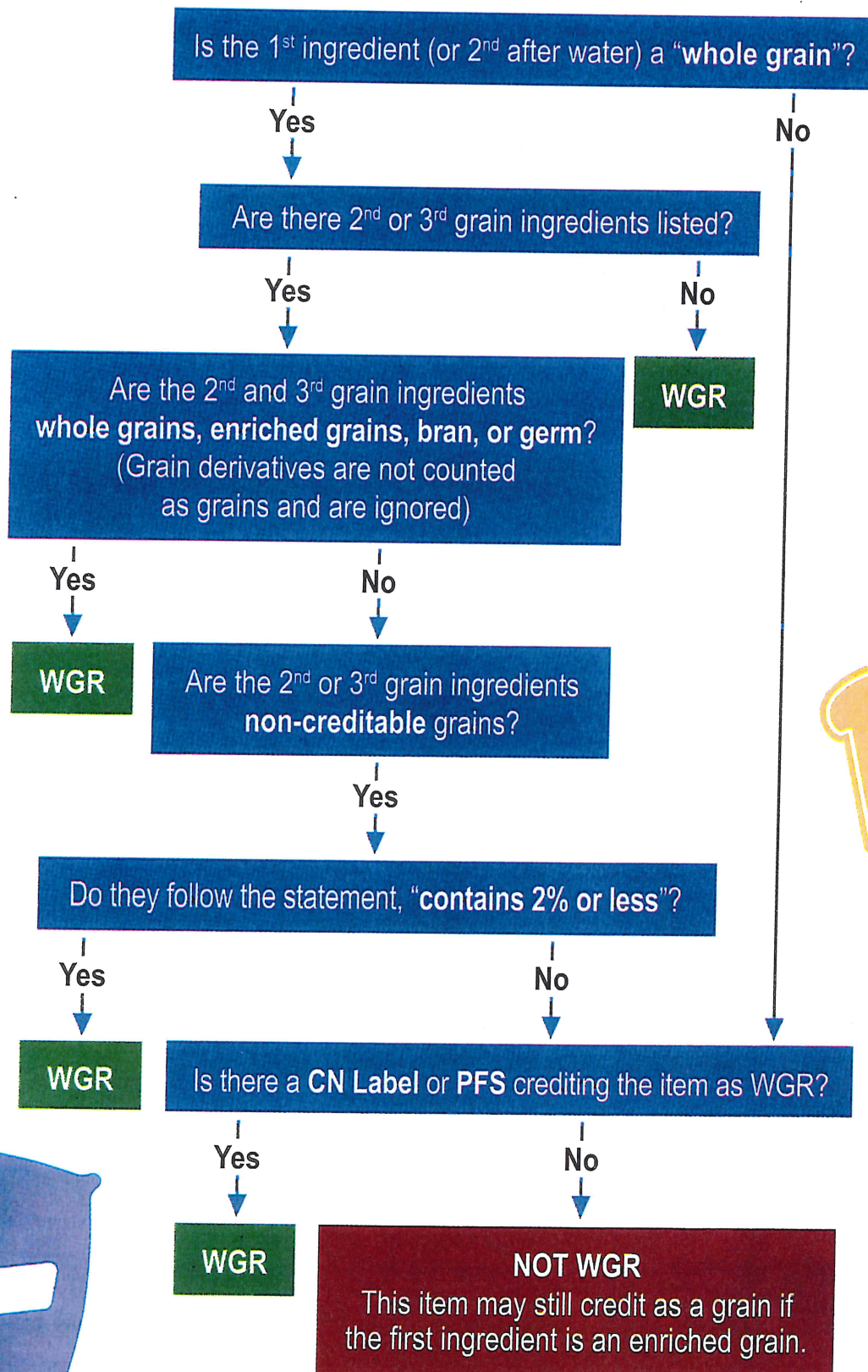


Use the Rule of Three
(Refer to flow chart in middle section)



Rule of Three

Use the grains list at right when using this flowchart.



Whole Grains & Flours

Amaranth	Groats	Rye flakes	Whole grain corn
Brown rice	Masa harina	Sorghum	Whole grain einkorn flour
Buckwheat	Millet	Spelt & wheat berries	Whole grain spelt
Bulgur	Nixtamalized corn flour	Sprouted whole grains	Whole grain wheat flakes
Corn masa	Nixtamalized cornmeal	Teff	Whole grain barley
Cracked wheat	Oats/oatmeal: rolled	Triticale	Whole rye
Crushed wheat	oats, steel cut, quick-cooking, old fashioned, instant	Wild rice	Whole durum wheat
Flaked wheat (wheat flakes)	Quinoa	Whole corn	Whole wheat flour
Graham flour		Whole cornmeal	

Enriched Grains & Flours

Enriched bromated flour	Enriched rice
Enriched corn flour	Enriched rice flour
Enriched durum flour	Enriched rye flour
Enriched durum wheat flour	Enriched wheat flour
Enriched farina	Enriched white flour

In addition to the ingredients listed above:

- When nutrients (niacin, iron, riboflavin, folic acid, thiamin) appear at the end of the ingredient list, separate from the grains, the entire product is enriched.
- When nutrients (niacin, iron, riboflavin, folic acid, thiamin) appear after a grain or flour, the grain or flour is enriched.

Brans & Germs

Corn bran	Rye bran
Oat bran	Wheat bran
Rice bran	Wheat germ

Grain Derivatives

Not counted as grains and are ignored

Cellulose fiber	Rice starch
Corn starch	Tapioca starch
Corn dextrin	Wheat gluten
Modified food starch	Wheat starch
Potato starch	Wheat dextrin

Non-Creditable Grains & Flours

Cannot be one of the first three grain ingredients

Any bean, legume, nut, or seed flour	Cornmeal	Oat fiber	Tapioca flour
Barley malt	Cultured wheat flour	Pearl(ed) barley	Wheat
Bromated flour	Durum flour	Potato flour	Wheat flour
Corn	Degerminated corn meal	Rice flour	White flour
Corn fiber	Farina	Semolina	Yellow corn flour
	Malted barley flour	Soy flour	Yellow cornmeal

Sugar Limits

Cereal

No more than 6 grams of sugar per dry ounce (dry ounce = 28.35 grams). Cereals must be whole grain, enriched, or fortified.

$$\frac{\text{Sugars (g)}}{\text{Serving size (g)}} \leq 0.212$$

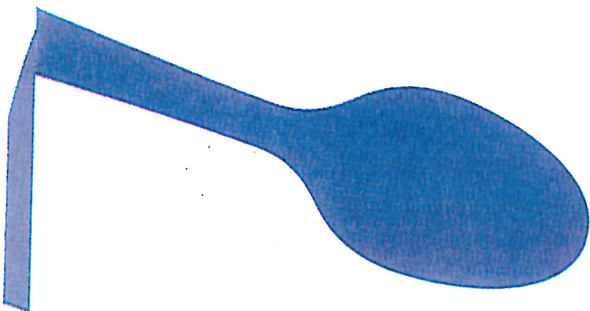
Serving size	Sugar limit
0-2 g	0 g
3-7 g	1 g
8-11 g	2 g
12-16 g	3 g
17-21 g	4 g
22-25 g	5 g
26-30 g	6 g
31-35 g	7 g
36-40 g	8 g
41-44 g	9 g
45-49 g	10 g
50-54 g	11 g
55-58 g	12 g
59-63 g	13 g
64-68 g	14 g
69-73 g	15 g
74-77 g	16 g
78-82 g	17 g
83-87 g	18 g
88-91 g	19 g
92-96 g	20 g
97-100 g	21 g

Yogurt

No more than 23 grams of sugar per 6 ounces.

$$\frac{\text{Sugars (g)}}{\text{Serving size (g)}} \leq 0.135 \quad \frac{\text{Sugars (g)}}{\text{Serving size (oz)}} \leq 3.83$$

Serving size		Sugar limit
28 g	1 oz	4 g
35 g	1.25 oz	5 g
43 g	1.5 oz	6 g
50 g	1.75 oz	7 g
57 g	2 oz	8 g
64 g	2.25 oz	9 g
71 g	2.5 oz	10 g
78 g	2.75 oz	11 g
85 g	3 oz	11 g
92 g	3.25 oz	12 g
99 g	3.5 oz	13 g
106 g	3.75 oz	14 g
113 g	4 oz	15 g
120 g	4.25 oz	16 g
128 g	4.5 oz	17 g
135 g	4.75 oz	18 g
142 g	5 oz	19 g
149 g	5.25 oz	20 g
150 g	5.3 oz	20 g
156 g	5.5 oz	21 g
163 g	5.75 oz	22 g
170 g	6 oz	23 g
177 g	6.25 oz	24 g
184 g	6.5 oz	25 g
191 g	6.75 oz	26 g
198 g	7 oz	27 g
206 g	7.25 oz	28 g
213 g	7.5 oz	29 g
220g	7.75 oz	30 g
227g	8 oz	31 g



WI WIC Approved Cereals

Cereals on any state's WIC list meet the CACFP sugar limit. Cereals are whole grain rich (WGR) if the first grain ingredient is a whole grain and the cereal is fortified.

Cold Cereal

General Mills

Cheerios (*MultiGrain, Plain*)*
 Chex (*Blueberry, Cinnamon, Corn, Rice, Vanilla, Wheat*)*
 Kix (*Berry Berry, Honey, Regular*)*
 Total*
 Wheaties*

Kellogg's

Corn Flakes (*Plain*)
 Crispix (*Plain*)
 Mini Wheats (*Little Bites, Original, Touch of Fruit Raspberry*)*
 Rice Krispies (*Plain*)
 Special K (*Plain*)

Malt-O-Meal

Crispy Rice
 Frosted MiniSpooners*

Sunbelt Bakery

Simple Granola*

*Whole grain rich (WGR)

Post

Bran Flakes (*Plain*)*
 Grape Nuts (*Plain Flakes, Plain Original*)*
 Great Grains Banana Nut*
 Honey Bunches of Oats (*Almond, Almond Crunch*, Cinnamon, Honey Crunch*, Honey Roasted, Pecan & Maple Brown Sugar, Vanilla*)*

Quaker

Life (*Plain*)*
 Oatmeal Squares (*Brown Sugar, Cinnamon*)*

Store brands of the following types:

Bran Flakes, Corn Flakes (*Plain*), Crisp or Crispy Rice (*Plain*), Frosted Shredded Wheat (*Plain Frosting only*), Tasteo's or Toasted Oats (*Plain*)

Store brands

Always Save
 Best Choice
 Centrella
 Clear Value
 Essential Everyday
 Food Club
 Great Value
 Hytop
 Hy-Vee
 IGA
 Kiggins
 Kroger
 Market Pantry
 Meijer
 Our Family
 Red & White
 Shoppers Value
 Shurfine
 That's Smart

Hot Cereal

Quaker (*in packets only*)

Instant Original Grits (*All flavors*)
 Instant Original Oatmeal (*Plain*)*

Malt-O-Meal

Chocolate
 Original (*Plain*)
 Original Farina

Post

CoCo Wheats

Cream of Wheat

Cream of Rice (*Instant Gluten Free*)
 Instant Original Flavor
 Instant Whole Grain*
 One Minute
 Two and Half Minutes

Store Brands of Instant Oatmeal (*Regular Flavor, in packets only*):

Best Choice, Essential Everyday, Food Club, Great Value, Hytop, Hy-Vee, IGA, Kroger, Meijer, Our Family, Shurfine

*Whole grain rich (WGR)

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Serving Tofu and Soy Yogurt as a Meat Alternate in the CACFP

Tofu

- **Must be commercially prepared**

Noncommercial tofu and soy products are not creditable

- **Crediting Information:**

2.2 oz (1/4 cup) of tofu, containing at least 5 grams of protein = **1.0 oz. meat alternate**

- **Creditable and not creditable tofu:**

- **CREDITABLE:**

- Firm, extra firm, soft, or silken tofu
- Tofu products such as links and sausages can only credit when the product has a Child Nutrition (CN) label or Product Formulation Statement (PFS) from manufacturer to document how the product meets CACFP requirements

- **NOT CREDITABLE:** Tofu incorporated into drinks, such as smoothies, or other dishes to add texture, such as in baked desserts

Soy Yogurt

- **Crediting Information:**

4.0 fluid oz. (1/2 cup) of soy yogurt = **1.0 oz. meat alternate**

- **Creditable yogurt:**

- Plain or flavored, unsweetened or sweetened
- Commercially prepared fruit and nonfruited yogurt receive the full crediting toward the meat alternate requirement

See other side for purchasing and crediting information

Creditable & Non-Creditable Cheeses in CACFP

(Not an all-inclusive list)

Creditable Cheese

- Natural Cheese
- Pasteurized Process Cheese (100% Cheese)



1 ounce serving = 1 ounce meat/meat alternate

Creditable Cheese

- Cheese Food*
- Cottage Cheese
- Ricotta Cheese
- Cheese Spread*



2 ounce serving = 1 ounce meat/meat alternate

*Cheese food and cheese spreads are not creditable for infants.

Creditable & Non-Creditable Cheeses in CACFP

(Not an all-inclusive list)

Non-Creditable Cheese

- Imitation Cheese
- Cheese Product (contains <51% cheese)
- Velveeta



Non-Creditable Cheese

- Cheese Sauces need a Child Nutrition Label



Cheese Slices and Nut & Seed Butters

Large portions of nut/seed butters and cheese slices must be served to meet CACFP meal pattern serving size requirements for lunch and supper. This handout provides information on how much of each item to serve.

Peanut and other Nut and Seed Butters

CACFP Serving Size Requirements


Lunch and Supper All five components required for a reimbursable meal				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (At-risk afterschool programs and emergency shelters)
Peanut butter, soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
Bread	½ slice	½ slice	1 slice	1 slice

The serving size requirement for peanut and other nut and seed butters is shown below:


- The top picture for each age group below shows the required number of tablespoons on the minimum serving size requirement for bread.
- The bottom picture shows the same amount on twice the amount of bread, which is more likely to be served as a sandwich.

1-2 Year Olds
Required Amounts:
2 Tbsp. PB (1oz m/ma)

½ slice bread (min amt)




1 slice bread (2 grain servings)




3-5 Year Olds
Required Amounts:
3 Tbsp. PB (1 ½ oz m/ma)

½ slice bread (min amt)




1 slice bread (2 grain servings)




6-18 Year Olds
Required Amounts:
4 Tbsp. PB (2 oz m/ma)

1 slice bread (min amt)



2 slices bread (2 grain servings)



If the above amount of peanut and other nut and seed butters is too much, serve less and serve another meat/meat alternate alongside (ex. string cheese, cottage cheese, beans or yogurt).

Menu Ideas

Peanut Butter Sandwich Cottage Cheese & Peaches Steamed Green Beans Milk	Peanut Butter Sandwich Cheese Stick Blueberries, Peas Milk
Peanut Butter and Banana Sandwich Yogurt with Raspberries Steamed Carrots Milk	Peanut Butter Sandwich Bean Soup Pineapple, Cauliflower Milk

Cheese Slices and Nut & Seed Butters

Cheese Slices

CREDITABLE: Packages labeled as Natural or Pasteurized Processed Cheese

NOT CREDITABLE: Packages labeled as Imitation or Cheese Product

Packaged cheese slices are often less than 1 oz. (28 g) each; therefore, a sandwich with one slice of cheese will not be enough to meet meal pattern requirements. Follow the steps and example below to determine how many slices to include on a sandwich.

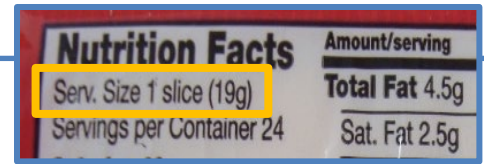
Steps

1. Use the Nutrition Facts label to find the Serving Size in grams (g) per cheese slice
2. Find the grams per slice from package in the chart below
3. Determine the # of slices to serve to each child per age group

Example

1. 1 slice = 19g
2. Using the chart below, 19g is between 18-21 g
3. Serve the number of slices as specified for each age group in that row (see examples in colored boxes below)

Grams/slice from pkg	# of slices for each 1-2 y.o.	# of slices for each 3-5 y.o.	# of slices for each 6-18 y.o.
18-21	1.5	2.5	3
22-27	1.25	2	2.5
28	1	1.5	2



- The top picture for each age group below shows the required number of cheese slices (19g) on the minimum serving size requirement for bread.
- The bottom picture shows the same number of cheese slices on twice the amount of bread, which is more likely to be served as a sandwich.

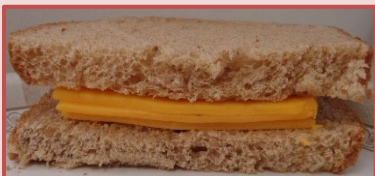
1-2 Year Olds

Required Amounts:
1.5 slices of cheese (1 oz. m/ma)

½ slice bread (min amt)



1 slice bread (2 grain servings)



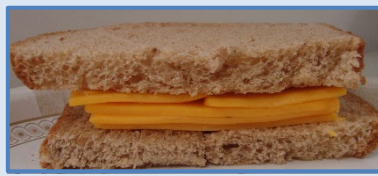
3-5 Year Olds

Required Amounts:
2.5 slices of cheese (1 ½ oz. m/ma)

½ slice bread (min amt)



1 slice bread (2 grain servings)



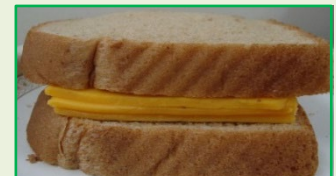
6-18 Year Olds

Required Amounts:
3 slices of cheese (2 oz. m/ma)

1 slice bread (min amt)



2 slices bread (2 grain servings)



If the above amount of cheese is too much, serve less and serve another meat/meat alternate alongside (ex. cottage cheese, beans or yogurt) or add meat such as turkey or ham to the cheese sandwich.

Menu Ideas

Turkey & Cheese
Tortilla
Red Peppers
Kiwi
Milk

Grilled Ham &
Cheese Sandwich
Cucumbers
Watermelon
Milk

Grilled Cheese
Hummus
Celery
Orange Slices
Milk

Cheese Sandwich
Yogurt
Strawberries
Steamed Broccoli
Milk

Crediting Store-Bought Combination Foods

Store-bought combination foods can only be credited to the CACFP Meal Pattern when the amount of each component (i.e. meat, grain, etc.) in the item is known and one of the two required documents listed below is on file.

Examples: Chicken nuggets, pizza, ravioli, Salisbury steak, meatballs, corn dogs, fish sticks, cheese sauce, etc.

Required Documentation:

Child Nutrition (CN) Label	Product Formulation Statement (PFS)
<ul style="list-style-type: none"> Must be on file for all store-bought combination foods to credit them to the meal pattern Not all store-bought combination food items will have a CN Label or PFS The CN Label for one brand of a food item may be different for another brand. Do not use one label for multiple items. 	<p>What if a CN Label or PFS is not on file?</p> <ul style="list-style-type: none"> Do not serve the food item(s) Obtain the CN Label or PFS prior serving, or find another item that has a CN Label or PFS Do not claim meals with store-bought combination foods that do not have CN Label or PFS

NOT Acceptable Documentation
Nutrition Facts Label / Ingredient List

Use information from CN Label or PFS to determine how much of the item to serve to each participant.

Example

Compare information from the CN label to the meal pattern minimum requirements to determine how much to serve to each participant

Ages	Meal Pattern Requirements	CN Label Info	Amts to Serve
1&2 year old	1 oz M/MA	4 nuggets = 2 oz M/MA	2 fish nuggets
3-5 year old	1.5 oz M/MA		3 fish nuggets
6 & Older	2 oz M/MA		4 fish nuggets

Programs must prepare enough to ensure that each participant gets the minimum required amount.



New Foods on the CACFP



SHELF-STABLE, DRIED AND SEMI-DRIED MEAT, POULTRY, AND SEAFOOD PRODUCTS

Shelf-stable, dried and semi-dried meat, poultry, and seafood, such as beef jerky or summer sausage are creditable as **meat**.

- To credit these products, programs must obtain and use Child Nutrition (CN) labels or Product Formulation Statements (PFS) from the manufacturer.

TEMPEH

Tempeh is a fermented soybean cake made from whole soybeans or other beans/legumes and grains and is creditable as a **meat alternate**.

- **1 oz. of tempeh credits as 1 oz. meat alternate** for tempeh with ingredients limited to soybeans (or other legumes), water, tempeh culture,* vinegar, seasonings, and herbs
- Varieties of tempeh that include other creditable foods as ingredients, such as brown rice, sunflower seeds, sesame seeds, flax seed, and/or vegetables, may also credit as meat alternates, grains, and/or vegetables using a PFS or CN label.
- A vegetarian option that can be used in recipes including stir-fries, sandwiches, and salads.

CORN MASA, MASA HARINA, NIXTAMALIZED CORN FLOUR/ CORNMEAL

- Corn masa and masa harina are creditable as wholegrain rich (WGR).
- Nixtamalized corn flour and nixtamalized cornmeal are creditable as whole grain rich (WGR).
 - Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slacked lime) solution.
 - If the ingredients statement indicate the corn is treated with lime (for example, “ground corn with a trace of lime) or ground corn treated with lime”), then the corn is nixtamalized and the corn ingredient credits as a whole grain.

COCONUT

Fresh or frozen coconut credits as a **fruit** based on volume served.

- At least 1/8 cup must be served (with additional fruit served to meet the minimum requirement).
- Can be used to enhance the taste and presentation of salads, smoothies, and other dishes served with meals or as snacks.
- 100% juice that includes coconut water as an ingredient credits toward the fruit component per volume served.
- Dried coconut, coconut flour, and oil are not creditable.

HOMINY

Traditional food in Mexican and Native American cultures. Credits as a **vegetable** or **whole grain** (depending on how it is offered).

Type of Hominy	Serving Size	Creditable Component
Whole form (canned, drained)	¼ cup	¼ cup Vegetable
Cooked dry form (grits)	½ cup cooked or 1 oz. (28 g)	1 oz. eq. Grain (WGR)

POPCORN

Popcorn is creditable as a **WGR** food.

- The amount of popcorn required may be too much for young children; therefore, programs may want to serve popcorn with another creditable grain. For example, include popcorn in a trail mix with pretzels and cereal.
- Popcorn may be used as an ingredient in store-bought foods or foods prepared by programs.
 - o Popcorn must be present in the minimum creditable quantity, which is $\frac{3}{4}$ cup or $\frac{1}{4}$ oz. eq.
 - o To credit in store-bought foods, programs must obtain and use a PFS or CN label.
- Toppings such as salt, cheese, and butter may be used, but programs are encouraged to limit the use of toppings. Encourage healthier toppings such as herb blends or serve fresh, plain popcorn.
 - o Caramel and kettle corn are considered grain-based desserts and cannot be served as a creditable component.
- Prevent choking risks: Consider the developmental readiness of children and the ability of disabled or older adults to swallow safely when deciding whether to offer popcorn.

Ages	Popped Popcorn	Whole Grain
1-5 year olds	1 $\frac{1}{2}$ cups (or 0.5 oz.)	$\frac{1}{2}$ oz. eq.
6-12 year olds	3 cups (1.0 oz.)	1 oz. eq.

PASTA PRODUCTS MADE OF VEGETABLE FLOUR

- Pasta made of 100% vegetable flour(s) credits as a **vegetable**.
 - o Whole vegetables cut into “noodles” or spirals, such as spiralized zucchini or sweet potatoes, continue to credit as a vegetable based on the volume served.
- Pasta made of 100% legume flour(s) may credit as a **vegetable or meat/meat alternate**, but not as both in the same meal.
- Grain-based pasta products that contain small amounts of vegetable powder for color (e.g. spinach, sun-dried tomato) continue to credit as a grain.
- Programs must indicate that pasta made of vegetable flour is a ‘vegetable’ and not a grain. For example, pasta made of chickpea flour could be labeled on menus as ‘Chickpea Pasta’ and indicated as the vegetable component. Programs can also use signs or other nutrition education materials.

Type of Pasta	Serving Size	Creditable Component
Made of 100% vegetable flour(s)	$\frac{1}{2}$ cup cooked pasta	$\frac{1}{2}$ cup Vegetable
Made of 100% legume flour(s)	$\frac{1}{2}$ cup cooked pasta	$\frac{1}{2}$ cup Vegetable
		OR
		2 oz. eq. of Meat Alternate
		<i>Must be offered with an additional</i>
		<i>0.25 oz eq of m/ma</i> (e.g. tofu, cheese, or meat)
Made of vegetable flour(s) and other non-vegetable ingredients	CN Label or PFS required to credit to vegetable component	

SURIMI SEAFOOD

Surimi seafood is a pasteurized, ready-to-eat, restructured seafood usually made from pollock (fish) that credits as a **meat/meat alternate**. The crediting information is in the chart below:

Surimi Seafood	Meat/Meat Alternate
4.4 ounces	1.5 ounce m/ma
3.0 ounces	1.0 ounce m/ma
1.0 ounces	0.25 ounce m/ma

Meat/Meat Alternates Basics

Meat

- Meat options include lean meat, poultry, or fish.
- The creditable quantity of meat/meat alternate must be the edible (cooked) portion.

Meat Alternates

- Meat alternates, such as cheese, eggs, yogurt, and nut butters may be used to meet all or a portion of the meat/meat alternate component.

Tofu and Soy Products

- Commercial tofu may be used to meet all or part of the meat/meat alternate component in accordance with CACFP requirements.
- Non-commercial and non-standardized tofu and soy products are not creditable.
- Commercial tofu must be easily recognized as a meat substitute. For example, tofu sausage (with a CN label) would credit as a meat substitute because it is easily recognized as a meat. However; tofu noodles would not credit as a meat substitute because it looks like a grain instead of a meat.
- Commercial tofu or soy products must contain 5 grams of protein per 2.2 ounces (1/4 cup) to equal 1 ounce of the meat/meat alternate.

Yogurt

- Yogurt may be plain or flavored, unsweetened or sweetened.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Non-commercial or non-standardized yogurt products are not creditable food items. Some common examples include frozen yogurt, drinkable yogurt products, homemade yogurt, yogurt bars, and yogurt covered fruits or nuts.
- For adults, yogurt may be used as a meat alternate only when it is not being used to meet the milk component in the same meal.

Beans and Peas (Legumes)

- Cooked dry beans and peas may be used to meet all or part of the meat/meat alternate component. Beans and peas include black beans, garbanzo beans, lentils, kidney beans, mature lima beans, navy beans, pinto beans, and split peas.
- Beans and peas may be credited as either a meat alternate or as a vegetable, but not as both in the same meal.

Nuts, Seeds, and Nut Butters

- For lunch and supper, nuts and seeds may be used to meet half ($\frac{1}{2}$) of the meat/meat alternate component. They must be combined with other meat/meat alternates to meet the full requirement for a reimbursable meal.
- Nut and seed butters may be used to meet the entire meat/meat alternate requirement.
- Nut and seed meal or flour may be used only if they meet the requirements for alternate protein products.
- Acorns, chestnuts, and coconuts are non-creditable meat alternates because of their low protein and iron content.

Wisconsin WIC Approved Whole Grains

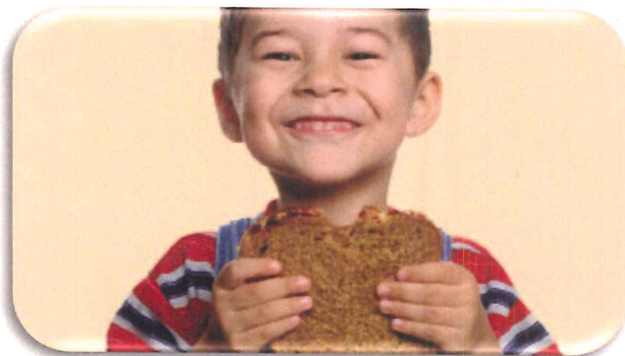
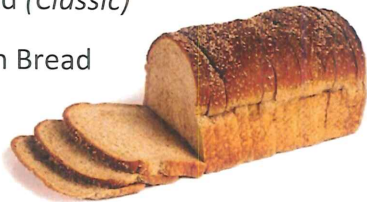
BREADS • BUNS • ROLLS

ALLOWED

- 100% whole wheat bread, buns and rolls

Examples of allowed brands:

- Any store brand (*ex. Food Club, Our Family*)
- Bimbo, Butternut, or Family Choice Bread
- Brownberry (*Burger and Hot Dog Rolls*)
- Healthy Life (*Sandwich and Hot Dog Buns*)
- Pepperidge Farm Bread (*Stone Ground, Very Thin Sliced, 100% Whole Wheat Cinnamon with Raisin Swirl*)
- Sara Lee Bread (*Classic*)
- Village Hearth Bread



WHOLE WHEAT PASTA

ALLOWED

- 100% whole wheat
- Any shape

Only the following brands are allowed:

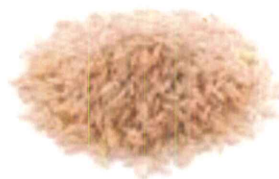
- | | |
|----------------------|----------------------------|
| • Barilla | • Hy-Vee |
| • Essential Everyday | • Kroger |
| • Gia Russa | • Racconto |
| • Great Value | • Shurfine |
| • Hodgson Mill | • Ronzoni 100% Whole Grain |



BROWN RICE

ALLOWED

- Any brand, dry
- Plain brown rice without added herbs, seasonings or beans
- Regular, instant, and boil-in-bag type



TORTILLAS • WRAPS

ALLOWED

- White or yellow soft corn
- 100% whole wheat

Only the following brands are allowed:

Corn

- | | |
|----------------------|----------------|
| • Best Choice | • Hy-Vee |
| • Bucky Badger | • La Banderita |
| • Chi-Chi's | • La Burrita |
| • Don Pancho | • Mission |
| • El Rey | • Shurfine |
| • Essential Everyday | |
| • Food Club | |



100% Whole Wheat

- | | |
|----------------------|--------------|
| • Best Choice | • Meijer |
| • Don Pancho | • Mission |
| • Essential Everyday | • Ortega |
| • Food Club | • Our Family |
| • Frescados | • Roundy's |
| • Great Value | • Schnucks |
| • Herdez | • Shurfine |
| • IGA | • Ti Santi |
| • Kroger | |
| • La Bandertia | |



Cereals That Meet CACFP Requirements

The cereals below contain no more than 6 grams of sugar per dry ounce, but may **not** be whole grain-rich. *Cereals are subject to change.*

For cereals not pictured below, complete the Sugar Calculation on page 2 to determine if the cereal meets sugar limits.



Plain ✨ GF



Multigrain ✨ GF



GF



GF



✨



Almond



Cinnamon



Honey Roasted



Vanilla ✨

Key:

✨ Whole grain-rich

GF Gluten Free



Simple Granola ✨



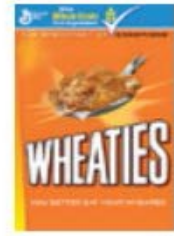
Plain ✨



Honey ✨



Plain ✨



Plain ✨



Plain ✨



Brown Sugar ✨



Cinnamon ✨



Honey Crunch ✨



Almond Crunch ✨



Plain



Plain



Original ✨



Unfrosted ✨



Little-Bites ✨



Plain



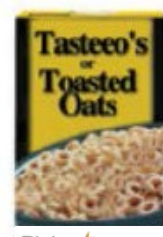
Plain



✨



Plain



Plain ✨



Plain



Plain frosting only ✨



Banana Nut ✨



Plain ✨



Plain ✨



✨


Store brands:

Only the following:

Best Choice, Centrella, Clear Value, Essential Everyday, Food Club, Great Value, Hytop, Hy-Vee, IGA, Kiggins, Kroger, Market Pantry, Mejer, Our Family, Roundy's, Schnucks, Shurfine, ValuTime

HOT CEREALS

- Any size, except individual cups



Plain: ✨
in packets only



Original & all flavors
in packets only



Plain



Chocolate



✨




1 minute



2.5 minutes



10 minutes



Instant



Whole Grain ✨



GF





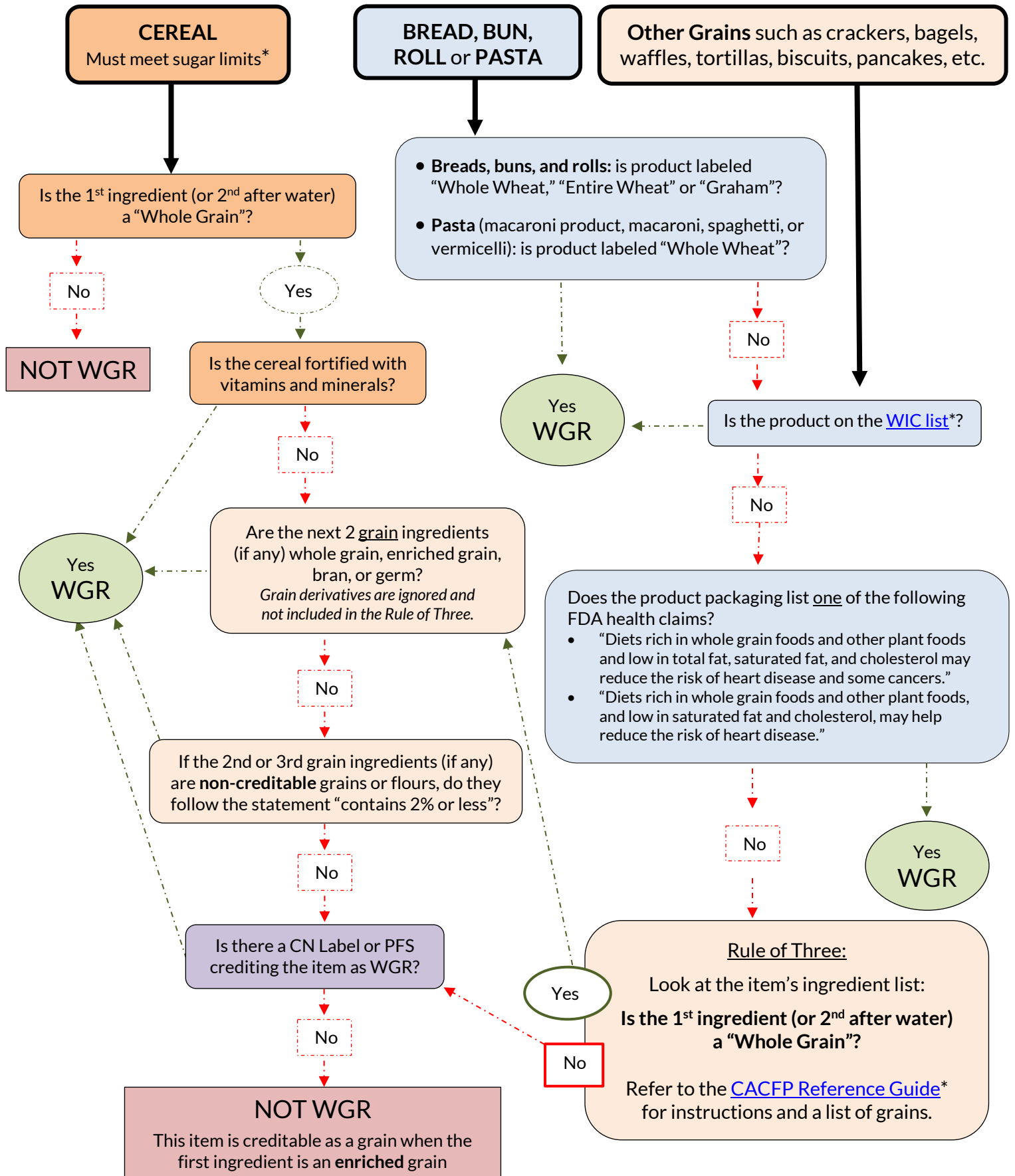


Plain: ✨
in packets only

Store brands:

Only the following:
Essential Everyday, Food Club, Great Value, Hytop, Hy-Vee, IGA, Kroger, Mejer, Our Family, Roundy's, Schnucks, Shurfine

Is the Food Item Whole Grain-Rich (WGR)?



CACFP Grains Chart

The chart below is a guide for commonly served grain items. The amount listed under each age group must be served to meet the ounce equivalent (oz eq) grain requirement. Amounts are based on the weight of the grain item in grams (g). The required serving sizes are for breakfast, lunch, supper, and snack.

Required Amounts:
1-5 year old = 1/2 oz eq
6-18 year old = 1 oz eq

Grain Item and Size	1-5 year old	6-18 year old
	Serve at least 1/2 oz eq which is about...	Serve at least 1 oz eq which is about...
Bagel (~ 4" diameter)	1/4 bagel or 14 g	1/2 bagel or 28 g
Bagel, Mini	1/2 bagel or 14 g	1 bagel or 28 g
Biscuit (~ 2 1/2" diameter)	1/2 biscuit or 14 g	1 biscuit or 28 g
Bread	1/2 slice or 14 g	1 slice or 28 g
Bread Stick, Hard (~ 7 3/4")	2 sticks or 14 g	3 sticks or 28 g
Buns, Hamburger, Hot Dog	1/2 bun or 14 g	1 bun or 28 g
Cereal, Ready-to-eat (dry, cold) Flakes or Rounds	1/2 cup or 14 g	1 cup or 28 g
Cereal, Ready-to-eat (dry, cold) Puffed cereal)	3/4 cup or 14 g	1 1/4 cup or 28 g
Cereal, Ready-to-eat (dry, cold) Granola	1/8 cup or 14 g	1/4 cup or 28 g
Cornbread (2" x 2 1/2")	1/2 piece or 17 g	1 piece or 34 g
Corn Muffin	1/2 muffin or 17 g	1 muffin or 34 g
Cracker, Animal (~1 1/2" x 1")	8 crackers (1/4 cup) or 14 g	15 crackers (1/2 cup) or 28 g
Cracker, Bear-shaped, Sweet (~1" x 1/2")	12 crackers (1/4 cup) or 14 g	24 crackers (1/2 cup) or 28 g
Cracker, Cheese, Square, Savory (~1" x 1")	10 crackers or 11 g	20 crackers or 22 g
Cracker, Fish-shaped or Similar, Savory (~3/4" x 1/2")	21 crackers (1/4 cup) or 11 g	41 crackers (1/2 cup) or 22 g
Cracker, Graham (~2 1/2" x 5" full sheet)	1 full sheet or 14 g	2 full sheets or 28 grams
Cracker, Oyster	27 crackers (1/4 cup) or 11 g	54 crackers (1/2 cup) or 22 g
Cracker, Round, Savory (1 3/4" across)	4 crackers or 11 g	7 crackers or 22 g
Cracker, Saltine (2"x2")	4 crackers or 11 g	8 crackers or 22 g
Cracker, Thin Wheat Square, Savory (1 1/4"x1 1/4")	6 crackers or 11 g	12 crackers or 22 g
Cracker, Woven Whole Wheat (1 1/2" x 1 1/2")	3 crackers or 11 g	5 crackers or 22 g
Cracker, Zwieback	2 crackers or 11 g	3 crackers or 22 g
Croissant	1/2 croissant or 17 g	1 croissant or 34 g
English Muffin (top and bottom)	1/4 muffin or 14 g	1/2 muffin or 28 g
French Toast	1/2 slice or 35 g	1 slice or 69 g
French Toast Sticks	2 sticks or 35 g	4 sticks or 69 g
Grains (barley, bulgur, quinoa, etc.)	1/4 cup cooked or 14 g dry	1/2 cup cooked or 28 g dry
Grits	1/4 cup cooked or 14 g dry	1/2 cup cooked or 28 g dry

Grain Item and Size*	1-5 year old	6-18 year old
	Serve at least 1/2 oz eq which is about...	Serve at least 1 oz eq which is about...
Melba Toast (3 1/2" x 1 1/2")	2 pieces or 11 g	5 pieces or 22 g
Muffin (all but corn muffins)	1/2 muffin or 28 g	1 muffin or 55 g
Oatmeal	1/4 cup cooked or 14 g dry	1/2 cup cooked or 28 g dry
Pancake (~ 4" diameter)	1/2 pancake or 17 g	1 pancake or 34 g
Pasta (all shapes - macaroni, spaghetti, etc.)	1/4 cup cooked or 14 g dry	1/2 cup cooked or 28 g dry
Pita Bread/Round (6 1/2 round)	1/4 pita or 14 g	1/2 pita or 28 g
Popcorn	1 1/2 cups or 14 g	3 cups or 28 g
Pretzel, Hard Mini-Twist (1 1/4" x 1 1/2")	7 pretzels (1/3 cup) or 11 g	14 pretzels (2/3 cup) or 22 g
Pretzel, Hard, Thin-Stick (2 1/2" long)	16 sticks or 11 g	31 sticks or 22 g
Pretzel Chips	7 chips or 11 g	14 chips or 22 g
Pretzel, Soft	1/4 pretzel or 14 g	1/2 pretzel or 28 g
Quick Bread (banana, pumpkin, etc.)	1/2 slice or 28 g	1 slice or 55 g
Rice (all types)	1/4 cup cooked or 14 g dry	1/2 cup cooked or 28 g dry
Rice Cake	1 1/2 cakes or 11 g	3 cakes or 22 g
Rice Cake, Mini (1 3/4" across)	7 cakes or 11 g	13 cakes or 22 g
Roll (Dinner, White, WW, Potato)	1/2 roll or 14 g	1 roll or 28 g
Taco or Tostado Shell, Hard	1 shell or 14 g	2 shells or 28 g
Tortilla, Soft, Corn (~5 1/2")	3/4 tortilla or 14 g	1 1/4 tortillas or 28 g
Tortilla, Soft, Flour (~6")	1/2 tortilla or 14 g	1 tortilla or 28 g
Tortilla, Soft, Flour (~8")	1/4 tortilla or 14 g	1/2 tortilla or 28 g
Tortilla Chips, Round or Large	6 chips (9 mini rounds) or 14 g	12 chips (18 mini rounds) or 28 g
Wafers, Rye	2 wafers or 11 g	4 wafers or 22 g
Waffles, Square or Round (~ 4")	1/2 waffle or 17 g	1 waffle or 34 g

What If the Grain Is Different?

If the grain item you want to serve is smaller or lighter than the item in the chart or is not listed above, you will need to use another way to determine how much to serve to meet CACFP meal pattern requirements. Use the *Exhibit A Grains Tool* found on the [Food Buying Guide webpage](#) to determine how many oz eq of grains are in one serving by entering information from the Nutrition Facts Label on the product into the tool.

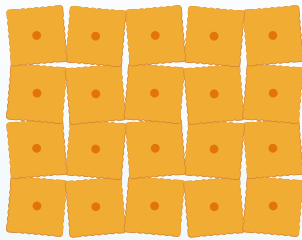
Grain-Based Desserts (GBD) are not creditable and cannot be served to meet the grains component

- Examples include granola bars, cookies, cake, cereal bars, and toaster pastries.
- For a more extensive list, refer to the [Is it a Grain-Based Dessert?](#) handout or GM 12.
- Even if the GBD is homemade with healthy ingredients, whole grains, or less sugar, it is not creditable.

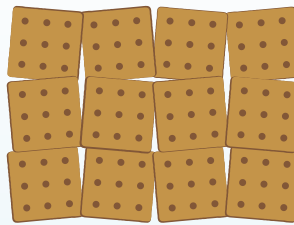
Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

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.

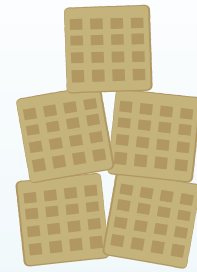
How Much Is 1 Ounce Equivalent?



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.

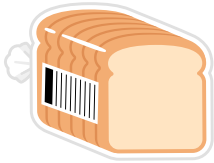
Grains Measuring Chart for the Child and Adult Care Food Program

 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	

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

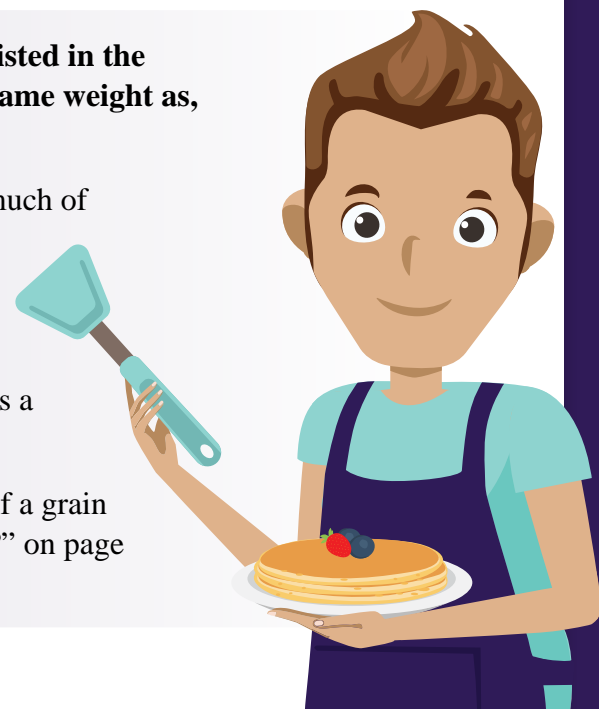
Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?



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?

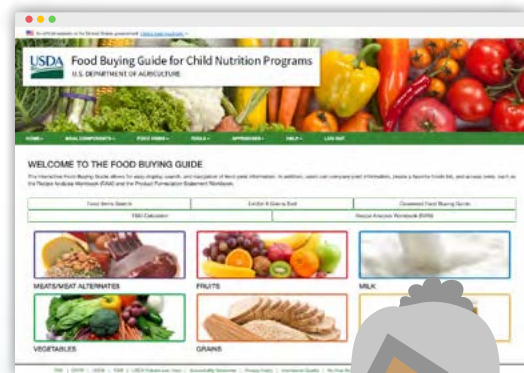
Is the grain item you want to serve:

- 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.

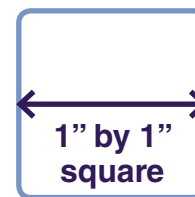
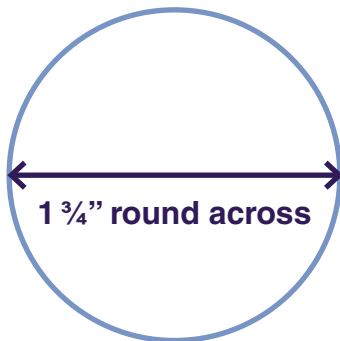
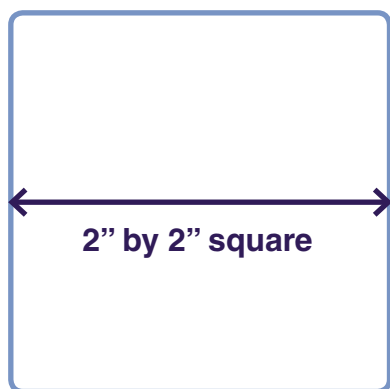
^{*}Available at <https://foodbuyingguide.fns.usda.gov>.



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.



Is it a Grain-Based Dessert?

Perception Counts!



How a food item is perceived plays a role in determining if it is a Grain-Based Dessert (GBD). Before adding an item to your menu, consider whether the food is commonly thought of as a dessert or sweet treat. If yes, choose another option.

Grain-Based Desserts

GBDs are not creditable in the CACFP. This includes both store-bought and homemade items. Even items made from scratch with healthy ingredients (i.e. less sugar and/or fat) are NOT creditable.

Grain-Based Desserts	
Brownies	Ice cream cones
Cake, including coffee cake and cupcakes	Pie crusts of dessert pies, cobblers, and fruit turnovers
Cereal bars, breakfast bars, granola bars, marshmallow cereal treats	Sweet biscotti/scones with fruits, chocolate, icing, etc.
Cookies, including vanilla wafers and fruit-filled rolls/bars/cookies (i.e. fig)	Sweet bread pudding and rice pudding
	Sweet croissants, such as chocolate-filled
Doughnuts	Sweet pita chips, such as cinnamon-sugar flavored
Gingerbread	Sweet rolls, including cinnamon rolls
	Toaster pastries

Not sure if an item is a GBD? Ask yourself if the item is:

- Shaped like a cookie?
- Shaped like a bar (breakfast, cereal, or granola bar)?

Some GBDs may be labeled with a different name (i.e. breakfast flat instead of granola bar or breakfast round instead of cookie); however, they are still a GBD and must not be served.



Sweetened Food Items

Programs are discouraged from serving creditable foods that contain sweet ingredients, as they are perceived as a sweet treat. Instead, purchase or prepare healthier alternatives.

Things to Consider When Selecting Foods for Your Menu

If the answer to the questions below is yes, choose a healthier option

Does the food item contain:	Is the food item:
<ul style="list-style-type: none"> • Candy pieces? • Jam, fruit puree, or custard fillings? • Marshmallows? • Flavored chips (chocolate, caramel, white chocolate, strawberry, butterscotch, peanut butter, etc.)? 	<ul style="list-style-type: none"> • Dessert-flavored (chocolate, caramel, butterscotch, etc.)? • Coated with dessert-flavored coatings or toppings (cocoa, caramel, cinnamon-sugar, powdered sugar, glazes, etc.)? • Iced or frosted? • Covered with sprinkles, jimmies, or other sweet garnishes? • A sweetened and/or dessert-flavored cereal snack food? • A cereal/trail mix with sweetened cereal and/or candy pieces?

Not sure if an item is a GBD? Contact your assigned [Consultant](#).

CN Labels for Grain Items

- “oz eq grains” on CN Label indicates that the product meets the whole grain-rich criteria
- “bread” or “bread alternate” on CN Label indicates that the product does not meet whole grain-rich criteria

CN Label – WGR

Whole-Grain Cheese Pizza

CN ————— CN
XXXXXXXX*
One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 2.0 oz eq Grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)
CN ————— CN



CN Label – Not WGR

————— CN —————
XXXXXXXX*
One 5.00 oz. Pizza with Ground Beef and Textured Vegetable Protein provides 2.00 oz. equivalent meat/meat meat alternate, 1/2 cup vegetable and 1 1/2 servings of bread alternate for The Child Nutrition Meal Pattern Requirements. (Use of this logo And statement authorized by the Food and Nutrition Service, USDA XX-XX**.)
CN ————— CN
————— CN —————

Tips for Incorporating Whole Grain-Rich Grains

- Sandwich (on whole wheat bread, pita, sandwich bun, or roll)
- Corn Bread (made with whole wheat cornmeal)
- Kangaroo Pocket (veggies and fillings in a whole wheat pita pocket)
- Veggie Roll-Up (veggies wrapped in a whole wheat tortilla with ranch dressing)
- Burrito or Quesadilla (using a whole wheat flour or whole-corn tortilla)
- Stir-Fry (with brown rice)
- Hot Pasta Meal (using whole wheat noodles)
- Pasta Salad (using whole wheat pasta)
- Mexican Brown Rice Salad
- Casserole (with wild rice)
- Soup, Chili, or Stew (with whole wheat macaroni or barley)
- Snack (featuring whole wheat crackers and cheese)
- Side Dish (featuring quinoa or whole wheat dinner roll)
- Breakfast (featuring oatmeal or whole grain ready-to-eat breakfast cereals, such as whole grain cereal flakes or muesli)
- Vegetarian Meal (featuring beans and brown rice)
- One Pot Meal (featuring barley, veggies, and beans or meat in a slow cooker)

Adapted Source: USDA. (2013). Nutrition and wellness tips: Build a healthy plate with whole grains. Retrieved from <http://bit.ly/2kYAavG>.



Methods for Healthy Cooking

How a food is cooked can make a difference in how healthy it is. Try some of the cooking methods below instead of deep-fat frying. Cooking with oils instead of butter or lard can be better for heart health.



Roast, Bake, or Broil:

Cooking foods, usually at high heat, in the oven.



Sauté, Pan Fry, and Stir-Fry:

Cooking foods with a small amount of hot oil over medium or high heat.



Grill: Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.



Oven-Fried Chicken gives the crunch kids love, but in a healthier way.

As of October 1, 2017, foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the Child and Adult Care Food Program (CACFP).

- Deep-fat frying means cooking by fully covering (submerging) food in hot oil or other fat.
- “Onsite” means at your child care center, family child care home, or your child care center’s central or satellite kitchen.





Food Safety and Sanitation

CACFP Federal Regulations require that CACFP participants follow state and local health and sanitation requirements:

- Licensed Programs follow state requirements outlined in *DCF 251 Licensing Rules for Group Child Care Centers*.
- Non-licensed Programs submit Health and Safety Documents, which may include an annual inspection by the city or county health department. For these programs, state requirements in *DCF 251 Licensing Rules for Group Child Care Centers* are best practice.

Additional Safety and Sanitation Tips on page 71 of *Crediting Handbook for CACFP*.

- ✓ **DPI CACFP defers to DCF licensing requirements for food safety and sanitation, and checks these requirements during a review.**
- ✓ **Refer to the *DCF Safe Food Storage* resource (attached) for information on package dates, and storage and use of used food.**

Kitchen Requirements:



Keep refrigerators at or below 40° F and freezers at or below 0° F

Store dry foods in clean, dry, ventilated areas protected from sewage, condensation, leakage or vermin

Wash hands before starting work, after handling food and after using the bathroom

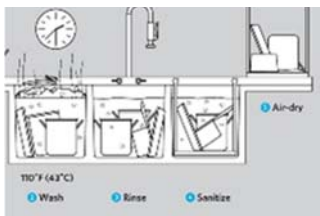
Food preparers must use a hair net or cap to keep hair from coming in contact with food during preparation

Thaw foods in the refrigerator, under cold running water or on the defrost setting in microwave
DO NOT THAW ON COUNTER

Dishwashing:

Three-Step Process

- Wash, Rinse, Sanitize
- Sanitize for at least 2 minutes in bleach solution



Commercial Dishwasher

- Chemical sanitizer in rinse cycle
- Heat sanitize
 - Must have visible temp gauge to see that rinse and sanitize step reaches at least 180°F

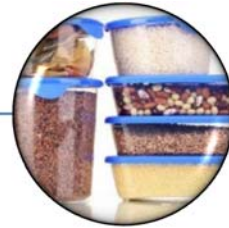


Home-Type Dishwasher

- Need a sanitizing step
 - *Sanicycles* do not meet sanitize requirement unless it can be documented that the hot water temp is at least 180° F for at least 10 seconds
- Submerge dishes for at least 2 minutes in bleach solution / other sanitizing solution



Food Storage:



STORAGE CONTAINERS:

Bags with zip-type closures or metal, glass or food-grade plastic containers with tight-fitting covers.



FOOD IDENTIFICATION:

Containers must be labeled unless they hold food that can be reliably and unmistakably identified, such as dry pasta.



DATE FOOD:

Label foods with date placed in container. If original label on food package indicates EXPIRATION, USE BY, BEST BY or SELL BY date, that date must be on the label.

Cleaning Before & After Meals:

Wash & Sanitize Eating Surfaces

- Before and after each use
- Tables and high chairs
- Two-step process
- 2-in-1 cleaner/ sanitizer products must be used two times

Infant & Child Hand Washing

- Before meals: Hands
- After meals: Hands and face

How to Wash Hands

- Age 1+: Use soap & running water
- Infants: Wash with a single-use fabric, cloth, or paper wipe with soap and water

Serving Food:



Cover foods until served

- During transit
- At table

Do not touch food with bare hands

- Use single-use gloves; do not touch anything besides food with gloves
- Throw away/change gloves after using or touching anything other than food



Use utensils

- Spoons, spatulas and tongs, etc.
- Kids can serve themselves with measuring cups, small serving spoons

Leftover Food:



Leftover prepared food which has not been served shall be labeled, dated, refrigerated promptly and used within 36 hours, or frozen immediately for later use.



Food removed from the kitchen is considered served and may not be reused. It must be thrown away.



Milk served from the original container may be reused.

CACFP Food Storage Chart

Perishable Food Item	Refrigerator (Below 41°F)	Freezer (At or below 0°F)
Meat (Beef, Pork, Veal, Lamb)		
Ground meat, -uncooked	1-2 days	3-4 months
-cooked	3-4 days	
Steaks	3-5 days	6-12 months
Chops	3-5 days	4-6 months
Roasts	3-5 days	4-12 months
Stew meats	1-2 days	3-4 months
Poultry (Chicken, Turkey)		
Fresh poultry, whole	1-2 days	12 months
Fresh poultry, pieces (breast, thighs, wings)	1-2 days	9 months
Cooked poultry	3-4 days	4 months
Ground poultry, -uncooked	1-2 days	2-3 months
-cooked	3-4 days	3-4 months
Ham & Corned Beef		
Corned beef, in pouch with pickling juices	5-7 days	Drained, 1 month
Ham, fully cooked, -whole	7 days	
-half	3-5 days	1-2 months
-slices	3-4 days	
Ham, canned, labeled "Keep Refrigerated," -unopened	6-9 months	Do not freeze
-opened	3-5 days	1-2 months
Fish & Shellfish		
Lean fish	1-2 days	6 months
Fatty fish	1-2 days	2-3 months
Cooked fish	3-4 days	4-6 months
Smoked fish	14 days	2 months
Fresh shrimp, scallops	1-2 days	3-6 months
Other Notes:		
-Label and date all foods prior to refrigerating or freezing:		
-Date foods with purchase date		
-Leftover foods: write the date the food was prepared		
-Always use items with the earliest date first.		
-Purchase foods before "sell-by" or expiration dates.		
-Follow any handling instructions on the product.		
-Keep meat and poultry in its package until using.		
-When freezing, wrap products with airtight heavy-duty foil, plastic wrap, or freezer paper and place inside a sealable plastic bag.		
-Whether freezing or refrigerating, remember this basic rule, "When in doubt, throw it out!"		

Perishable Food Item	Refrigerator (Below 41°F)	Freezer (At or below 0°F)
Hot Dogs & Lunch Meat (in freezer wrap)		
Hot dogs, -opened	1 week	1-2 months
-unopened	2 weeks	
Lunch meat, -opened or deli-sliced	3-5 days	1-2 months
-unopened	2 weeks	
Eggs		
Fresh, in shell	3-5 weeks	Do not freeze
Hard-cooked	1 week	Do not freeze
Raw yolks, whites	2-4 days	12 months
Liquid pasteurized eggs or egg substitutes, -opened	3 days	Do not freeze
-unopened	10 days	12 months
Dairy		
Cheese, hard or processed, -opened	3-4 weeks	6 months
-unopened	6 months	
Cheese, soft	1 week	6 months
Cottage/ricotta cheese	1 week	Do not freeze
Cream cheese	2 weeks	Do not freeze
Butter	1-3 months	6-9 months
Other/Leftovers Entrees		
Store-prepared (or homemade) egg, chicken, tuna, ham, & macaroni salads	36 hours	Do not freeze
Cooked meat & meat dishes	36 hours	2-3 months
Cooked poultry dishes	36 hours	4-6 months
Cooked chicken nuggets, patties	36 hours	1-3 months
Soups & stews (vegetable & meat-added)	36 hours	2-3 months
Frozen casseroles	Keep frozen	3-4 months
Commercially prepared ready-to-serve items that have been opened (canned fruit and vegetables, pasta sauce, canned soups, etc.)	7 days	Varies up to 6 months

The CACFP infant meal pattern encourages delaying the introduction of solid food until the infant is 6 months. However, the age when solid foods are introduced will depend on the infant. Infants develop at different rates - some infants are ready to consume solid foods before 6 months of age while others are ready after 6 months.

Food amounts listed in the meal pattern begin with zero (0) because not all infants are developmentally ready to eat solid foods at a certain age. It does not mean serving the food is optional. Once an infant is developmentally ready to eat foods, including infants younger than 6 months, programs are required to offer them to the infant.

Breakfast / Lunch / Supper

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both
	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">↓</div> <div style="text-align: center;"> and when developmentally ready <i>(One or more items from the following*)</i> </div> <div style="text-align: center;">↓</div> </div>
	0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0-4 tablespoons 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 yogurt <p style="text-align: center;">AND</p> 0-2 tablespoons vegetable, fruit, or a combination of both <i>(no juice)</i>
<p><i>*Grain items (i.e., bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch, and supper in the infant meal pattern. They cannot be served in place of IFIC.</i></p>	

Snack

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both
	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">↓</div> <div style="text-align: center;"> and when developmentally ready <i>(One or more items from the following)</i> </div> <div style="text-align: center;">↓</div> </div>
	0-½ oz eq bread/bread-like items**; OR 0-¼ oz eq crackers; OR 0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0-¼ oz eq ready-to-eat breakfast cereal <p style="text-align: center;">AND</p> 0-2 tablespoons vegetable, fruit, or a combination of both <i>(no juice)</i>
<p><i>**Bread-like items: biscuit, bun, roll, muffin, English muffin, pancake, pita bread, soft tortilla, waffle</i> <i>Refer to the Infant Grains Chart on the next page for serving size amounts.</i></p>	

Additional Requirements

- Breastfed infants who consume less than the minimum required amount of breastmilk per feeding may be served less than the minimum with additional breastmilk offered later if the infant will consume more.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Grains served at snack must be whole grain-rich, enriched meal, or enriched flour.
- Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce.



Developmental Readiness

Developmental readiness for solid foods is one of the most important times for infants. However, when is an infant ready for solid foods? This question is very important because of the significance of the associated health challenges of introducing solid foods to infants too early or too late. Find this handout and more information on the: [DPI's New CACFP Meal Pattern webpage](#).

Infant Readiness Guidelines for Solid Foods

Typically, around six months of age infants are ready to eat solid foods. However, an infant's readiness depends on his or her rate of development, not age. The American Academy of Pediatrics (AAP) provides the following guidelines to help determine when an infant is developmentally ready to accept solid foods:

- The infant is able to sit in a high chair, feeding seat, or infant seat with good head control;
- The infant opens his mouth when food comes his way. He may watch others eat, reach for food, and seem eager to be fed;
- The infant can move food from a spoon into his or her throat; and
- The infant has doubled his or her birth weight.



The American Academy of Pediatrics (AAP) recommends breastfeeding as the sole source of nutrition for infants until 6 months of age, and that by 7 or 8 months of age, infants should be consuming solid foods from all food groups (vegetables, fruits, grains, protein foods, and dairy).



Communicate with Parents

It is important to maintain constant communication with the infants' parent(s) or guardian(s) about when to introduce solid foods

For additional information on developmental readiness, refer to the following resources:

- [American Academy of Pediatrics' Infant Food and Feeding](#)
- [WIC Infant Developmental Readiness Chart](#)
- [Feeding Infants: A Guide for Use in Child Nutrition Programs](#)

Risks of Introducing Solid Foods Too Early

- Higher risk of choking because the infant has not developed the necessary skills for eating solid foods.
- Infant may consume less breastmilk or iron-fortified formula and not get enough essential nutrients for proper growth and development.
- Increases the risk of weight gain during the early years and being overweight later in life.

Q&A

Does the Child and Adult Care Food Program (CACFP) require that infants start solid foods at a certain age?

No, the decision to start solid foods is up to the infant's parents/guardians. There is no requirement that the infant receives solid foods by a certain age in order for the provider to claim the child's meals for reimbursement. However, once the infant is developmentally ready, and the child's parents/guardians request the child receive solid foods, programs are **required** to offer them to the infant.

Pop Quiz:



True or false:

All infants are ready to start solid foods at 6 months of age.

See page 2 for the answer.



Find the Community Nutrition Team here:

<https://www.facebook.com/WisDPICommunityNutrition/>

https://twitter.com/WisDPI_CNT

This institution is an equal opportunity provider.



Parent Discussion Tips for Challenging Scenarios

As providers, you may encounter challenging scenarios surrounding parent/guardian feeding requests for infants in your care. Below are two scenarios with some talking points and helpful resources.

Scenario 1 – Delay Introduction of Foods

Parents request that you feed their 10 month old only breast milk. When feeding their infant, he is showing signs of being ready for foods through his mouth patterns, hand and body skills, and feeding abilities. He is also reaching for food served to other infants. You would like to support the infant's readiness, but his parents are not on board with this.

Scenario 2 – Early Introduction of Foods

Parents request that you feed their 3 month old solid foods but she is giving cues that she is not yet developmentally ready for starting foods. She isn't holding her head up and opening her mouth when moving food towards her mouth.

Talking Points:

- Discuss the *Infant Readiness Guidelines for Solid Foods*, from page 1, to help parents understand their infant's physical development and nonverbal cues to recognize if and when their infant is ready for solid foods. For Scenario 2, also discuss the *Risks of Introducing Solid Foods Too Early*, from page 1.
- Encourage parents to consult with their infant's physician about the feeding plan for introducing foods.
- Maintain open communication with parents:
 - You provide daily information on their infant's progress, acceptance of and reactions to foods
 - Parents provide updates on their infant's feeding schedule, including frequency of feedings, portions, and foods that have been introduced at home

Resources to help with conversations about introducing solid foods:

- AAP: [Starting Solid Foods](#)
- [USDA-CACFP Infant Meal Pattern Chart](#): Provides appropriate foods and serving sizes



If parents insist you follow their requested feeding style after the above discussion occurs:

Respect and honor the parents' decision. Continue open communication about their infant's progress, feeding responses, and behavior. You may request the parent to provide a medical statement from their infant's physician to ensure the infant is receiving the nutrition they need.

If the infant is in distress while in care and the parents are non-responsive to your concern, consult with your licensor (or certifier) on further action to take. If the distress is life threatening, contact emergency medical services.

Other Feeding Scenarios

Serving cow's milk before age 12 months:

- Highly discouraged by health care professionals because an infant cannot adequately digest regular cow's milk.
- Resource: [AAP reasons not to serve cow's milk before 12 months](#)
- Not allowed in the CACFP unless the cow's milk is required because of a disability. A written medical statement, signed by a physician or nurse practitioner, must be on file.

Adding Cereal to an infant's bottle:

- Not recommended by the AAP because it may increase the likelihood the infant will gag or inhale the mixture into their lungs and may lead to overfeeding the infant.
- Resource: [AAP reasons to not put cereal in infant's bottle](#)
- Not allowed in the CACFP unless serving cereal in a bottle is required because of a disability. A written medical statement, signed by a physician or nurse practitioner, must be on file.

Pop Quiz:

Answer: False!



The answer is **false**. The infant may be ready to accept solid foods at six months of age but this should not be the deciding factor. An infant's readiness depends on his or her rate of development. Refer to the AAP guidelines to help determine when an infant is developmentally ready for solid foods.

Foods for Infants

This is a list of common creditable and not creditable foods for the infant meal pattern.
For questions about food(s) not on this list, contact your assigned consultant.

Infant Cereal

Creditable

- ✓ Iron-fortified (rice, wheat, barley, oat, multigrain)
Single grain and multiple-grains



Not Creditable (do not serve)

- × Not iron-fortified
- × Dry cereal, containing fruit (ex. banana, apple)
- × Jarred “wet” infant cereals
- × Infant cereal served in a bottle
- × Cereals for older children and adults (ready-to-eat cereal, enriched farina, regular oatmeal, and corn grits) are not a creditable substitute for infant cereal

Store-bought Fruits and Vegetables (Baby Food)

Creditable

- ✓ Single fruit or vegetable (ex. peas) with a fruit or vegetable as the first ingredient
- ✓ Multiple fruits and/or vegetables (ex. squash banana) with a fruit or vegetable as the first ingredient

INGREDIENTS: PEARS, ZUCCHINI, CORN, WATER, VITAMIN C (ASCORBIC ACID).

Not Creditable (do not serve)

- × Water is first ingredient
- × Jarred cereal, desserts, or puddings with fruit, including those that list fruit as the first ingredient
- × Infant combination dinners, entrees, or meals with multiple **component** ingredients (ex. roasted vegetable chicken dinner or lasagna dinner) unless the product’s label includes volume information that credits one or more food components

Store-bought Meat & Meat Alternates (Baby Food)

Creditable

- ✓ Meat or poultry is first ingredient
- ✓ Gravy and broth are ok

INGREDIENTS: GROUND TURKEY, WATER, CORNSTARCH

Not Creditable (do not serve)

- × Infant combination dinners, entrees, or meals with multiple **component** ingredients (ex. turkey rice dinner or chicken noodle dinner) unless the product’s label includes volume information that credits one or more food components

Meats & Meat Alternates (Table Food)

Creditable

- ✓ Meat, fish, poultry (cooked, mashed, pureed, or diced as needed to obtain appropriate texture and consistency)
- ✓ Processed meats and poultry such as chicken nuggets, hot dogs, fish sticks, sausage, and infant meat and poultry sticks (not dried or semi-dried, not jerky), are allowed but not recommended. Prepare them in a way to reduce choking.
- ✓ Cooked dry beans or cooked dry peas
- ✓ Cheese (natural, shredded), cottage cheese
- ✓ Whole eggs
- ✓ Yogurt (no more than 23 grams of sugar per 6 ounces)

Not Creditable (do not serve)

- × Cheese spread and cheese food
- × Peanut butter and other nut or seed butters
- × Nuts and seeds
- × Tofu
- × Soy yogurt
- × Foods deep-fat fried on-site
- × Home canned foods
- × Freeze-dried yogurt snacks

Whole Fruits and Vegetables (Table Food)

Creditable

- ✓ Fresh, frozen or canned (cooked, mashed, pureed, or diced as needed to obtain appropriate texture and consistency)



Not Creditable (do not serve)

- × Juice
- × Fruit snacks (ex. 100% fruit strips or fruit leather, freeze-dried fruit snacks, fruit drops, or other snack-type products)
- × Foods deep-fat fried on-site
- × Home canned foods

The following are not recommended due to being a choking risk:

- × Raw vegetables (i.e. green peas, string beans, celery, carrot)
- × Cooked or raw whole corn kernels
- × Whole pieces of canned fruit
- × Hard pieces of raw fruit such as apple, pear, melon
- × Whole grapes, berries, cherries, melon balls, or cherry/grape tomatoes
- × Uncooked dried fruit (including raisins)



Practice Choking Prevention

- ✓ Avoid serving foods that are as wide around as a nickel
- ✓ Cut grapes, cherries, berries, melon balls and tomatoes into quarters
- ✓ Grate or thinly slice cheese
- ✓ Cook foods until soft enough to pierce with a fork
- ✓ Mash, puree or cut soft food into appropriate texture and size (i.e. thin slices or small pieces) per infant's development



Creditable at snack only

Grains:

Grains must be made from whole-grain or enriched meal or flour, or be fortified
Must be made without nuts, seeds or hard pieces of whole grain kernels

Creditable

- ✓ Bread
 - Breads, strips or small pieces of dry bread or toast
 - Bagels
 - Biscuits
 - English muffins
 - Muffins
 - Pancakes, waffles
 - Pita bread
 - Rolls
 - Soft tortillas, soft pretzels
 - Teething biscuits
- ✓ Crackers
 - Saltines
 - Rounds, ovals, squares
 - Small fish shaped
 - Graham and animal crackers
- ✓ Ready-to-eat breakfast cereal & infant puffs
 - No more than 6 grams of sugar per dry ounce



Not Creditable (do not serve)

- × “Adult” hot cereals, including oatmeal, grits, and farina
- × Grain Based Desserts, including:
 - Cake, cupcakes, brownies
 - Cereal bars, breakfast bars, granola bars
 - Cookies, including vanilla wafers
 - Sweet rolls, Toaster pastries, doughnuts
 - Sweet bread pudding and rice pudding

The following are not recommended due to being a choking risk:

- × Popcorn
- × Pretzels
- × Crackers or breads with seeds, nut pieces, or whole grain kernels such as wheat berries
- × Whole kernels of cooked rice, barley, or wheat (these should be finely ground or mashed before feeding to infants)



Honey, and **foods that contain honey**, should never be fed to babies less than 1 year of age. Honey may contain substances that can cause “infant botulism,” a serious type of food related illness that can make a baby very sick. Honey should not be added to food, water, or formula that is fed to babies, or used as an ingredient in cooking or baking (e.g., yogurt with honey, entrées and baked goods that contain honey). This also applies to commercially prepared foods such as cereals sweetened with honey or honey graham crackers.



The following grain items are creditable at SNACK only.

The chart below is a serving size guide for grain items commonly served to infants. The amounts listed are what must be served to meet the ounce equivalent (oz eq) grain requirement. They are based on the weight of the grain items in grams (g).

Bread and Bread-like Items: 1/2 oz eq Required	
Grain Item and Size	1/2 oz eq is about...
Biscuit	1/2 biscuit or 14 g
Bread	1/2 slice or 14 g
Bun or Roll	1/2 bun/roll or 14 g
Corn Muffin	1/2 muffin or 17 g
English Muffin (top and bottom)	1/4 muffin or 14 g
Pancake	1/2 pancake or 17 g
Pita Bread/Round	1/4 pita or 14 g
Tortilla, Soft, Corn (about 5 1/2")	3/4 tortilla or 14 g
Tortilla, Soft, Flour (~ 6")	1/2 tortilla or 14 g
Tortilla, Soft, Flour (~ 8")	1/4 tortilla or 14 g
Waffle	1/2 waffle or 17 g
Crackers and Ready-to-Eat Cereals: 1/4 oz eq Required	
Grain Item and Size	1/4 oz eq is about...
Cereal, Ready-to-Eat: Flakes or Rounds (e.g., o-shaped cereal)	4 Tablespoons (1/4 cup) or 7 g
Cereal, Ready-to-Eat: Puffed (e.g., crispy puffed rice cereal)	5 Tablespoons (1/3 cup) or 7 g
Cracker, Animal (about 1 1/2" x 1")	4 crackers or 7 g
Cracker, Bear-shaped* or Similar, Sweet (about 1" x 1/2")	6 crackers or 7 g
Cracker, Cheese, Square, Savory (about 1" x 1")	5 crackers or 6 g
Cracker, Fish-shaped or Similar, Savory (about 3/4" x 1/2")	11 crackers or 6 g
Cracker, Graham* (about 5" x 2 1/2" full sheet)	1/2 cracker or 7 g
Cracker, Oyster	14 crackers (1/8 cup) or 6 g
Cracker, Round, Savory (about 1 3/4" across)	2 crackers or 6 g
Cracker, Round, Savory, Mini (about 1" across)	4 crackers or 6 g
Cracker, Saltine (about 2" x 2")	2 crackers or 6 g
Cracker, Thin Wheat, Square, Savory (about 1 1/4" x 1 1/4")	3 crackers or 6 g
Cracker, Zwieback*	1 cracker or 6 g

*Honey or honey-flavored foods should never be fed to babies younger than 1 year.

Minimize Choking Risks:

- Do not offer babies crackers containing seeds and nuts.
- Cut breads and bread-like items into thin strips or small pieces no larger than 1/2 inch.

Sugar in Yogurt and Cereal

YOGURT

- **CHART:** Use chart to determine if amount of sugar in yogurt is less than or equal to limit

Serving Size (OUNCES)	Serving Size (GRAMS)	Sugar Limit Sugars Cannot be More Than:
2.25 ounces	64 grams	8.5 grams
4 ounces (1/2 cup)	113 grams	15 grams
5.3 ounces	150 grams	20 grams
6 ounces (3/4 cup)	170 grams	23 grams
8 ounces (1 cup)	227 grams	30.5 grams

- **CALCULATION:** If yogurt serving size is not listed above, calculate sugar threshold by dividing the amount of sugar (in grams) by the serving size (in grams or ounces):

$$\frac{\text{Sugar (grams)}}{\text{Serving Size (grams or ounces)}} =$$

When yogurt is in GRAMS:
Number must be **0.135 or less**

When yogurt is in OUNCES:
Number must be **3.83 or less**

CEREAL

- **CALCULATION:** Calculate sugar threshold by dividing the amount of sugar (in grams) by the serving size (in grams):

$$\frac{\text{Sugar (grams)}}{\text{Serving Size (grams)}} = \longrightarrow$$

Number must be **0.212 or less**

WHY?

- **You decide what goes in the food** – Choose fresh or frozen ingredients. Think local!
- **Nutrition** – Homemade is as good as or better than in a jar.
- **Save Money** – Save up to 70% by making your own infant food.
- **Convenience** – Requires a blender/food processor, ice cube tray, and freezer.
- **Tastes great** – Infants will love it!



How?

1. **START:** with fresh or frozen whole fruits, vegetables or meats

FRUITS AND VEGETABLES:

- Fresh – wash, peel and chop
- Frozen – open the package or cook in bag if directed
- Do not use frozen fruits or vegetables that contain added sugars or sauce



MEATS:

- Remove fat, gristle, skin, and bones before cooking

2. **COOK:** in oven, microwave, slow cooker, or use the stovetop to boil or steam

- Fruits and vegetables are done when they can be pierced or mashed easily with a fork
- Meat is done when cooked to appropriate temperature



3. **FOOD PROCESSOR, IMMERSION BLENDER OR STAND BLENDER:**

- Puree fruits and vegetables to a soft-velvety texture
- Cut cooked meat into small pieces to ease pureeing
- If needed for texture – add a small amount of cooking water



4. **STORAGE/SERVING:** Serve immediately or place in refrigerator for no more than 2 days (except: meats, poultry, and fish should be used within 24 hours)

- Freeze: Place in clean and appropriately sanitized ice cube trays
- Place trays in a sealed container or a freezer safe plastic food storage bag
- Always Date and Label!



- Place into the freezer – once frozen – fruits, vegetables and meats can be popped out of the tray and placed in freezer safe storage in order to use the ice cube trays to make more infant food



- Store in the freezer safely for up to 1 month.
- Each cube equates to approximately 1 ounce (2 Tbsp.) of fruit, vegetable or meat
- Thoroughly reheat refrigerated or frozen infant food to 165° F. Stir thoroughly and test the temperature before serving it to the infant
- Defrost frozen foods in the refrigerator, used thawed foods within 48 hours.

DOS AND DON'TS OF MAKING INFANT FOOD

Do

- Practice appropriate food safety:
 - Appropriate sanitation and hand washing
 - Avoid cross-contamination
- Discard any uneaten leftover food in the infant's dish/serving dish.
- Determine appropriate textures per the infant's age and development.

Don't

- Do not add more than one credible component to your homemade infant food (separate components could be combined at the time the infant food is to be served).
- Do not add salt or other seasonings, sugar or other sweeteners, fats, or gravy.
 - Never use honey: it should not be served to infants due to the risk of infant botulism.
- Do not refreeze infant food that has been removed from the freezer and allowed to thaw in the refrigerator.
- Do not provide solid foods to infants until the parent has requested that you offer them to their infant while in your care. The decision to feed specific foods should be made by the parent and primary care physician.

As a Program in the CACFP, we must offer to supply all meal components of the [Infant Meal Pattern](#).

We will supply the following items to your infant while in our care:

- One type of iron-fortified infant formula
- Iron-fortified infant cereal
- Baby foods and/or table foods in the appropriate textures for your infant

Parents/Guardians may choose to accept our supplied formula and/or foods or provide their own.

Our Program will supply the following formula and infant foods:



Formula Supplied: _____

Write in brand/type

Parents/Guardians: You may choose to accept our supplied formula or provide an iron-fortified infant formula of your choice, expressed breast milk, or breastfeed your baby on-site.



Iron-Fortified Infant Cereal Offered:

Our Program supplies the following cereal(s):

- Rice Barley
 Wheat Oat Multi-Grain



Foods Offered:

Our Program supplies the following foods:

- Store-bought baby foods
 Fruits and vegetables
 Meats
- Homemade baby foods (i.e. pureed whole foods)
- Table foods (i.e. foods from the regular menu)
- Grains (crackers, ready-to-eat cereal, bread)


Introduction To KidKare

- <https://help.kidkare.com/help/introduction-to-kidkare>


Enrolling Children into KidKare

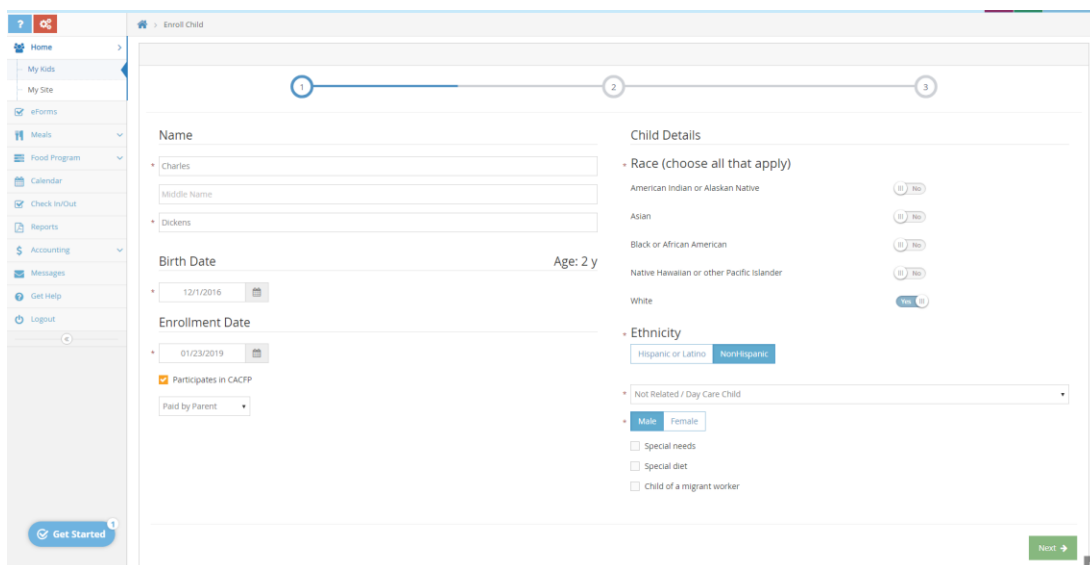
- <https://help.kidkare.com/help/enroll-a-child>


1. From the menu to the left, click Home.
2. Click My Kids.

3. Click  and select Add Manually.

4. In the **Name** section, enter the child's first, middle, and last name. You must enter at least a first and last name.


5. In the **Birth Date** section, enter the child's birth date. You can also click  to select the date from a calendar.











6. In the Enrollment Date section: Select the child's **enrollment date**. You can also click  to select the date from a calendar.
 - a. Check the **Participates in CACFP** box. This box is checked by default.

10. Click **Next**. The final enrollment page opens.



11. In the **Days in Care** section, select the days and times the child is typically in care.

- . Select the days and in and out times. When entering times, you can click  to select the time with arrows.

*** Days in care**

Monday >	10:45 AM 	03:00 PM 
Tuesday >	10:45 AM 	03:00 PM 
Wednesday >	10:45 AM 	03:00 PM 
Thursday >	10:45 AM 	03:00 PM 
Friday ^		
Saturday ^		
Sunday ^		

Note: Once you set the in and out times for the first day of the week, KidKare automatically sets those times for each following day you select.

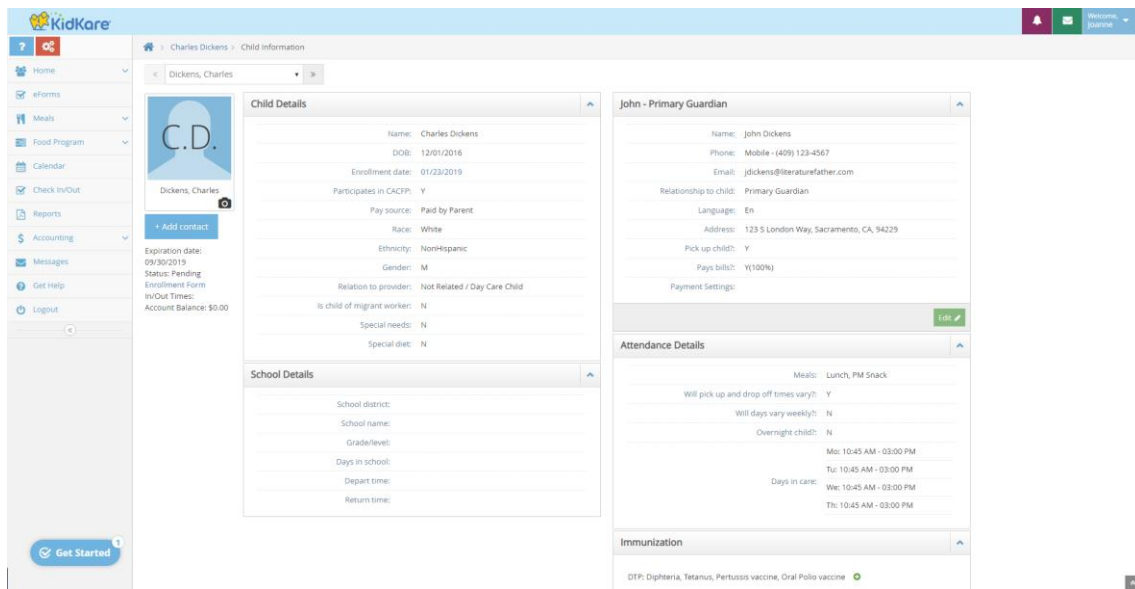
- a. Click  next to **Will Pick Up and Drop Off Times Vary** if the child's in/out times vary each day.
- b. Click  next to **Will Days Vary From Week to Week** if the child's days in care may vary each week.

12. In the **Participating Meals** section, click each meal in which the child participates.



13. In the **School** section, enter the child's school information, if applicable.

- . Click the **Type/Level** drop-down menu and select the child's school level.
 - a. Click the **Depart** and **Return** boxes and enter the child's school hours.
 - b. Click the **Name** box and enter the name of the school.



14. Click **Enroll Child** or **Enroll and Print**. The Child Information page opens and displays the child's enrollment information. Your food program sponsor must now activate the child's enrollment.



Recording a Meal in KidKare

- <https://help.kidkare.com/help/record-a-meal>
1. From the menu to the left, click **Meals**.
 2. Click **Enter Meal**. The Enter Meal page opens.
 3. Select **Non-Infants**.
 4. Ensure the correct date is selected at the top of the page.
 5. Click the **Select a Meal** drop-down menu and select the meal you are recording (Breakfast, AM Snack, Lunch, PM Snack, Dinner, or Eve. Snack).
 6. Click the **Serving 1** box and enter the meal time, if needed. You can also click  and use the arrows to adjust the time. Your food program sponsor may specify this time. If that is the case, you cannot make changes to this box.
 7. Click each **meal component drop-down menu** and select the food items served at this meal. You can start typing a food name to filter to a specific food.
 8. For the Bread/Alternate component, click  next to **Is This Whole Grain-Rich** to mark the bread/alternate as whole grain rich. The **CACFP meal pattern** requires that you serve at least one whole grain rich food each day.
 9. Click each child name to mark them as present for the meal.

Note: If you provide two servings of a meal, click the child's name again to mark them present at both servings. Both 1 and 2 should be highlighted. You can also click the number to indicate the serving at which the child was present.

10. Click  to the right of a child's name to indicate that a school-aged child was present when they should have been in school. Then, choose from the following (you can select multiple items, if needed):
 - Sick
 - No School
 - Present on Holiday
11. Click  in the **Am I Serving Enough Food** section to view useful tables for the meal. These tables list food components and serving sizes by age group.
12. Click **Create My Menu** to save this menu for future use. Then, enter a name for the menu in the **What is the Name of This Menu** box.
13. Click the **Comments** box and enter any comments about this meal. You can enter up to 500 characters in this box. Note that your sponsor must enable this feature for you.
14. When finished, click **Save**.

Recording a Whole Grain in KidKare

- <https://help.kidkare.com/help/recording-whole-grain-rich>
- Under the [meal pattern guidelines](#), you must serve at least one whole grain-rich food per day. You must also indicate that the food was whole grain-rich when recording menus.
- When you **record meals** or **create menu templates**, you can mark the Bread/Alternate component as whole grain-rich when appropriate. If you select a saved menu template that includes a whole grain-rich food that you marked, the slider retains your settings. For example, if you saved a menu that includes Whole What Bread and set the Is This Whole Grain-Rich slider to Yes, the slider is set to yes when you select the menu on the Enter Meal page.

- Note that your food program sponsor may also have created foods and already marked them as whole grain-rich. When you select such foods, the whole grain-rich slider is automatically set to Yes.

Submitting your claim in KidKare

- <https://help.kidkare.com/help/send-to-sponsor>
 - At the end of the month, send claims to your sponsor on the Send to Sponsor page. Note that once you send your claim to your sponsor, your food program information (menus, attendance, and meal counts) will no longer be editable. If you send a claim and then realize a change is needed, contact your food program sponsor for assistance.
1. From the menu to the left, click **Food Program**.
 2. Click **Send to Sponsor**. The Send to Sponsor page opens and displays the claim summary for the current month. Note that the **Not Sent to Sponsor** text displays.

Food Program > Send to Sponsor

Claim summary << January 2019 >> Not Sent to Sponsor

Meals	
Breakfast	3
AM Snack	1
Lunch	0
PM Snack	0
Dinner	0
Eve. Snack	0

Days with Meals	2
Children Claimed	3
Pending Children	1
Total Meals	4

ATTENTION PROVIDER: By sending this KidKare claim information to your Sponsor, you certify that you agree to the following:
 You understand that the menu and attendance information stored in KidKare must be made available immediately for review by any Sponsor or State Agency staff when requested. You certify that the information you enter into KidKare is accurate in all respects and that you have served at least the minimum required quantities to each child by age and served the correct milk to each child. You also understand that this information is provided in connection with the receipt of federal funds and that deliberate misrepresentation may result in state or federal prosecution. 7 CFR 226.18(b)(14) requires the day care home to notify their sponsoring organization in advance whenever they are planning to be out of their of home during the meal service period. If this procedure is not followed and an unannounced review is conducted when the children are not present in the day care home, claims for meals that would have been served during the unannounced review will be disallowed.

I agree to the Terms and Conditions

Verify In/Out Send

3. Review the claim summary and check for any possible issues.
4. Click **Verify In/Out** to run the Verify In/Out Times report, if needed. The report opens and automatically filters to the current month. When finished, return to the Send to Sponsor page.

Home > Reports

Verify In/Out times - January 2019

Meals and Attendance | Verify In/Out times | December 2018 | Run | Print

Provider Name : Green, Joanne (6386) | January 2019

01/23/2019

CHILD	1 st		2 nd		PROBLEM
	In	Out	In	Out	
Montoya, Mike	12:00 PM	4:18 PM	4:22 PM		Invalid In/Out pair

01/24/2019

CHILD	1 st		2 nd		PROBLEM
	In	Out	In	Out	
Dickens, Charles	9:24 AM				Invalid In/Out pair
Marks, Hallie	9:24 AM				Missing out time
Murdock, Matthew	9:23 AM				Invalid In/Out pair

5. Check the **I Agree to Terms and Conditions** box.
6. Click **Send**. The text at the top of the page changes to Sent to Sponsor. The date and time you submitted the claim also display.

Home > Food Program > Send to Sponsor

Claim summary | January 2019 | Sent to Sponsor 02/04/19 09:42 AM

Meals	
Breakfast	3
AM Snack	1
Lunch	0
PM Snack	0
Dinner	0
Eve. Snack	0

Days with Meals	2
Children Claimed	3
Pending Children	1
Total Meals	4

Verify In/Out | Send

Additional tools in KidKare

Calendar

Learn how to use the calendar to manage events and schedule menus

- [Schedule Menus](#)

You can schedule menus for infants and non-infants in advance on the Meals Calendar. From the menu to the left, click Food Program . Click Calendar . Note that any meals you have already scheduled display on the calendar. Click Schedule Men...

- [Print Scheduled Menus](#)
You can print scheduled menus directly from the Calendars page. Menus print for the age group you've selected on the calendar. For more information about scheduling menus, see Schedule Menus . From the menu to the left, click Calendar . C...
- [\[VIDEO\] Use the Provider Calendar](#)
Use the Provider Calendar to document days that you are closed for business, open on holidays, or doing off-site meals. It is important to document this information so your food program sponsor knows when you are closed, serving special meals...

Reports

Learn how to print/review the various reports KidKare has to offer.

- [Print Scheduled Menus](#)
- [Print an Enrollment Form](#)
- [Print an Enrollment Renewal Worksheet](#)
- [Review the Food Served Report](#)
- [Review the Attendance Detail Report](#)
- [Print a Blank Enrollment Form](#)
- [Print the Tax Report](#)

Accounting

- **Subscribe to KidKare Accounting (additional fee required)**
 - <https://help.kidkare.com/help/accounting>