



First Years in the First State:
**Improving Nutrition &
Physical Activity Quality**
in Delaware Child Care

FOODS THAT MEET
DELAWARE CACFP/
DELAWARE RULES



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INTRODUCTION

To promote the health and development of all children, the Delaware Department of Education Child and Adult Care Food Program (DE CACFP) partnered with the Delaware Office of Child Care Licensing (OCCL) to develop higher standards for nutrition in child care. Currently, OCCL requires all licensed child care programs to comply with DE CACFP guidelines, whether or not they participate in the CACFP meal program. In an attempt to facilitate food selection, this guide was developed to better meet the needs of Delaware child care providers, sponsors and sponsoring organizations.

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The *First Years in the First State* series includes:

- I. *First Years in the First State: Improving Nutrition and Physical Activity Quality in Delaware Child Care: Administrators' Guide*
- II. *First Years in the First State: Improving Nutrition and Physical Activity Quality in Delaware Child Care: Menu Planning Guide*
- III. *First Years in the First State: Improving Nutrition and Physical Activity Quality in Delaware Child Care: Shopping Cheat Sheet*
- IV. *First Years in the First State: Improving Nutrition and Physical Activity Quality in Delaware Child Care: Instructors' Guide*
- V. *First Years in the First State: Improving Nutrition and Physical Activity Quality in Delaware Child Care: Foods that Meet Delaware CACFP/Delacare Rules*
- VI. *First Years in the First State: Improving Nutrition and Physical Activity Quality in Delaware Child Care: Partnering with Families*

First Years in the First State series may be downloaded from any of the following websites:

The Delaware Department of Education:

http://www.doe.k12.de.us/infosuites/students_family/nutrition/cacfp/webnotes.shtml

The USDA State Sharing Site:

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=554

Note from the author

This publication was adapted from the 2002 and 2008 versions of *Crediting Foods in the Child and Adult Care Food Program – Mid-Atlantic Region*. Some of the questions and answers in this guide are adaptations of those created for the previous two versions of the *Crediting Foods in the CACFP*. Although some sections may be similar to the Mid-Atlantic version, this guide was developed to better meet the needs of child care providers throughout the state of Delaware. If using *Foods that Meet Delaware CACFP/Delacare Rules* for other state purposes, please contact the local governing agency of the CACFP or the United States Department of Agriculture with any questions regarding specific food items.

For more information about this guide or series, please contact:

Delaware Department of Education
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GUIDE TO USING FOODS THAT MEET DELAWARE CACFP/DELACARE RULES

Foods that Meet Delaware CACFP/Delacare Rules is a tool to help determine foods which can be served to meet meal requirements in the Delaware CACFP/Delacare meal patterns. A meal is compliant only if it contains foods in the listed amounts for each component in the meal patterns. For sponsors of the CACFP, only meals which meet the meal pattern requirements are reimbursable.

This guide is divided into sections which align with the meal pattern requirements:

- Milk
- Fruits/Vegetables
- Meats/Meat Alternates
- Grains/Breads

Each section contains a definition of the food types which qualify in that food category as well as a listing of the Delaware CACFP/Delacare Rules and meal pattern requirements for the specified food category. In order to fulfill meal pattern requirements a food must satisfy all of the applicable Delaware CACFP/Delacare Rules AND meal pattern requirements listed in bullets under each category.

In addition to the groups listed above, a separate section for “Infant Feeding” is also included.

Under each meal component group, items are listed alphabetically. Each food item is classified as “yes” or “no” which indicates whether or not a food meets the Delaware CACFP/Delacare Rules.

“Yes” foods:

- May be counted toward meeting the meal pattern requirements for a complete meal (reimbursable for those participants in the CACFP)
- Are or contain food items in the amounts listed in the *Food Buying Guide*
- Fit into the meal pattern as outlined by the CACFP
- Meet USDA and Delaware CACFP/Delacare Rules for nutrition
- Are determined by: nutrient content, function in a meal, compliance with regulations
- Meet USDA standards for meat and meat alternates and comply with administrative policy decisions on the crediting of popular foods
- Supply vitamins and minerals necessary for growth and development in children and adults

“No” foods:

- Do not count toward meeting meal pattern requirements because they do not meet Delaware CACFP/Delacare Rules food criteria and/or USDA requirements
- Some may be considered supplemental foods that contribute additional nutrients to the participant, such as supplying a protein at breakfast

This is not meant to be an all-inclusive list. *Foods that Meet Delaware CACFP/Delaware Rules* should serve as a resource in conjunction with the *Food Buying Guide for Child Nutrition Programs*. Please be sure to consult both books when determining how much of a food to serve to meet meal pattern requirements. To obtain your own version of the *Food Buying Guide*, visit USDA's Team Nutrition website at: <http://teammnutrition.usda.gov/Resources/foodbuyingguide.html>.

For any items not listed, or for any questions regarding whether or not an item meets the Rules, please contact your sponsoring organization or the Delaware Department of Education Child Nutrition Services at (302) 735-4060 or nutritionguidelines@doe.k12.de.us.

Note for centers, homes and sponsors in the CACFP:

USDA reimburses child care centers, family day care home sponsors, at risk after school snack programs, outside-school hours programs, adult day care and homeless shelters participating in the CACFP for meals and not individual foods. All items listed in the "yes" column for meeting the Rules are also creditable foods per USDA requirements. A meal is reimbursable only if it contains the creditable foods in the amounts outlined in the CACFP meal patterns.

For more information on the Delaware CACFP program, including program requirements, reimbursement criteria and paperwork needed for enrollment, see the Delaware Department of Education Community Nutrition Programs webpage at: http://www.doe.k12.de.us/infosuites/students_family/nutrition/default.shtml.

Definitions of Commonly Used Terms

Below is a list of commonly used terms throughout this guide. Definitions are listed for each as well as examples where applicable.

Alternate Protein Products (APP) – Vegetable (i.e. isolated soy protein, soy protein concentrate and soy flour) and non-vegetable (i.e. fruit puree, casein and whey protein) based protein sources. These products **do not include tofu, seitan or tempeh**. See the *Alternate Protein Products (APP)* and *Vegetable Protein Products (VPP)* in the “Meat/Meat Alternate” section for more information.

Cheese Food or Cheese Product – is a processed cheese that does not meet the maximum moisture content of 43% and/or the 47% minimum milk fat standards of processed cheese. They are not allowed to be served per Delaware CACFP/Delacare Rules. You can identify these products by the words “cheese product” or “cheese food” on the front label. These include cheeses in squeeze tubes and cans.

Child Nutrition Programs – Programs funded by the USDA which include: the Child and Adult Care Food Program; the National School Lunch Program; the School Breakfast Program; the Special Milk Program; and the Summer Food Service Program.

Combination Foods – A single serving of a food item that contains two or more of the required meal components. Common examples of combination foods are pizza and chef salad. For more information on these foods, see the “Combination Foods” section. Also, the Infant section contains information on combination foods for infants.

Commercial Gelatin Dessert – (powdered form or prepared) Gelatin is considered an “other food.” The gelatin itself is not a creditable food item. Under certain circumstances the fruits, vegetables or juices used in gelatin products may be credited. See the “Fruit/Vegetable” section for more information on these. Check the ingredient listings for participants who do not eat meat since some, but not all gelatins, contain animal products.

Commercially Prepared Food(s) – food that is purchased in “ready to eat” or “heat and serve” varieties. Be sure to read the labels on these foods as many contain processed meats, cheese foods or products, or are considered sweet grains.

Component – A food grouped in a certain category according to the CACFP meal pattern. These categories are: milk, meat/meat alternate, fruit/vegetable, and grain/bread.

Enriched Grains – Most refined grains are enriched. Any product served that is not a whole grain must be enriched. The ingredients statement must read enriched flour, bran, germ and/or whole-grain. Enriched products have had nutrients added back to them after processing. Examples of enriched grains include: bran, germ, flour, enriched flour, wheat flour, cornmeal, degerminated cornmeal, grits and semolina. Grains that are not to be served include: unenriched flour, bromated flour, corngrits, etc.

Fish – Self caught fish can be a safety hazard because of the danger of pollution and contamination and are not allowed to be served in the Delaware CACFP/*Delacare* meal pattern. Other fish and shellfish are allowed as meat/meat alternate.

Food Banks – A policy does not exist regarding the use of food banks. Please check expiration dates on food since often foods are donated close to expiration dates and using foods after these dates may be a safety hazard.

Functional Foods – Foods formulated to provide additional health and nutritional benefits in addition to those occurring naturally. Examples are drinks that claim to provide energy boosting benefits. Be sure to check the labels of these foods as they may be high in sugar and fat content.

Game (Venison, Squirrel, Rabbit, etc.) – For safety reasons, game is not to be served unless it is inspected and approved by the appropriate State or Federal agency. During hunting season, game may be inspected by the appropriate State or Federal agency so that it may be donated to food banks or soup kitchens. In these circumstances, groups such as Hunters Against Hunger donate their game and USDA inspectors donate inspection services. Please note that commercially raised animals such as ducks and rabbits are not included in this definition.

Home Canned Foods – For safety reasons, home canned foods are not allowed in meals. *Clostridium botulinum* is dangerous and can produce a deadly toxin in canned food. This poison can be present even when there is no evidence of spoilage.

Honey – A sweetener that must not be given or used in foods for infants under one year of age because it may contain botulism spores. In addition, it is very strongly recommended that corn syrup and maple syrup not be given or used in foods for infants since studies regarding their safety for this age group are still inconclusive.

Medical Exceptions – Substitutions may be made for participants with disabilities and other participants who are unable to consume regular program meals because of medical or other special dietary needs. These exceptions must be supported by a statement from a recognized medical authority. For more information, call your sponsoring organization or the Delaware Department of Education. Also, see the “Special Diets” (pgs. 86-88) section in this guide.

Processed Meats – meat product containing at least 30% meat, where the meat has undergone processing other than boning, slicing, dicing, mincing or freezing, either as a single meat or in combination with other ingredients or additives. Processed meats have been cured, smoked, dried, canned, dehydrated and/or combined with chemicals and/or enzymes. Examples include sausage, bacon, deli meats, hot dogs, bologna, salami, etc. These products are allowed one time every two weeks for children and adults. They are not to be served to infants.

Product Formulation Statement (PFS) – (previously called a Product Analysis Sheet) is an information sheet obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient by weight. It is strongly recommended that it contain the original signature of the company official on company letterhead along with a copy of the label from the product carton (Nutrition Facts and ingredients label). A sample Product Formulation Statement for APP and review check list has been developed and is provided at the back of this guide.

Real cheese – must be used according to Delaware CACFP/*Delacare Rules*, and ranges from fresh or unripened (ricotta and cottage) to ripened, which include soft to very hard (Parmesan, Romano, Cheddar, Swiss, Gouda and Muenster).

Reimbursement – is money received from the United States Department of Agriculture via Delaware Department of Education CACFP for serving creditable meals and snacks to eligible participants. Only sponsors of the CACFP receive this reimbursement.

Serving Size – is described by the weight, measure, or number of pieces or slices of a food or beverage. The serving sizes needed to complete a meal are listed by age in the Meal Patterns for Infants, Children and Adults.

Standards of Identity – set specific requirements for ingredients necessary to qualify a product to be labeled a certain way (e.g.; processed cheese vs. processed cheese product). For more details, contact the Food and Nutrition Services Regional office and/or the State agency.

Sweet grains – are grain foods that customarily contain a significant proportion of calories from sugar. This category includes donuts, danishes, cakes, cupcakes, pies, cookies, brownies, toaster pastries, commercially-prepared muffins/quick breads, sweet rolls, granola bars, quick breads and muffins made from boxed mixes, and grain fruit bars. Breads and muffins made from scratch (with a documented recipe) are not considered sweet grains.

Two week cycle – For those centers/homes which are open seven days, a two week cycle is fourteen days. For those centers/homes which are open five days, a two week cycle is ten business days. This time frame also applies when an item is identified as allowed “one time every two weeks”.

Whole grains – have a whole grain listed as the primary ingredient by weight; listing the whole grain as the first ingredient or the first grain ingredient after water (for example: water, whole wheat flour). A product that says “made with whole grains” may not have a whole grain listed as the first ingredient.

Terms for whole grains include: whole grain wheat, cracked wheat or crushed wheat, whole wheat flour, stone ground whole wheat flour, whole wheat pastry flour, whole white wheat, whole white wheat flour, whole oats, oatmeal or rolled oats, whole oat flour, whole barley, whole grain barley, whole corn, whole corn flour, whole grain corn flour, whole grain cornmeal, whole cornmeal, whole grain grits, brown rice, brown rice flour, wild rice, wild rice flour, whole rye.

Delaware CACFP/Delacare Rules for Nutrition

The following nutrition Rules are REQUIRED for all licensed child care centers and family child care homes and in Delaware. They are also REQUIRED for those adult centers participating in the CACFP.

Infants**	
Juice	Infants under 12 months of age may not be served juice.
Meats & Meat Alternates	Cheese products and cheese foods are not allowed. Only real cheese may be served.
	Processed meats are not allowed.
	Fried or pre-fried and then baked meats are not allowed.
Fruits & Vegetables	Fried or pre-fried and then baked fruits and vegetables are not allowed.
Grains & Breads	Cereals must contain no more than 6 grams of sugar per serving.
	For infants 8 through 11 months, a whole grain product must be served at least one time each day. †
	Sweet grains (e.g., cookies, cakes, donuts, Danish, etc.) are not allowed.
Combination Foods	Combination foods (a mixture of 2 or more different meal components) are not allowed. Combinations of fruits and/or vegetables may be served.
	Desserts, cobblers, puddings and jarred cereals with fruit are not allowed.
Children and Adults	
Juice	No more than one serving per day of 100% juice may be served to children 1 through 18 years of age.
	All juice must be 100% fruit or vegetable juice. Non-100% juice (juice drink or cocktail) is not allowed.
Milk	Children 12 through 23 months of age must be served whole milk.
	Children 2 years of age and older must be served fat-free or 1% (low-fat) milk.
Meats & Meat Alternates	Processed meats (e.g., hot dogs, sausage, bologna, etc.) may be served only one time every two weeks.*
	No fried or pre-fried and then baked food meats are allowed (e.g., chicken nuggets, fish sticks) unless no more than 35% of their total calories are from fat.*
	Cheese foods and cheese products are not allowed. Only real cheese may be served.
Fruits & Vegetables	No fried or pre-fried and then baked fruits or vegetables (e.g., French fries, tater tots) are allowed unless no more than 35% of their total calories are from fat.*
Grains & Breads	A whole grain product must be served at least one time each day. †
	Cereals must contain no more than 6 grams of sugar per serving.
	Sweet grains/baked goods (e.g., cookies, cakes, donuts, Danishes, etc.) may be served one time every two weeks for snack only (not for breakfast, lunch or supper).*

**See the "Infant" section for the Infant meal pattern

*It is highly recommended that these foods are not served at all.

†It is highly recommended that whole grains are served whenever possible.

Delaware CACFP/Delacare Rules Meal Pattern—Children (Breakfast and Lunch/Supper)

Food Component	Ages 1 – 2	Ages 3 – 5	Ages 6 – 12
BREAKFAST – Serve first 3 components (meat/meat alternate is optional)			
1. Milk, fluid	1/2 cup	3/4 cup	1 cup
2. Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
3. Grain or Bread			
Bread	1/2 slice	1/2 slice	1 slice
Cereal – cold, dry	1/4 cup	1/3 cup	3/4 cup
Cereal – hot, cooked	1/4 cup	1/4 cup	1/2 cup
4. Meat or Meat Alternate (optional)			
Lean meat, poultry or fish	1/2 oz.	1/2 oz.	1 oz.
Cheese	1/2 oz.	1/2 oz.	1 oz.
Cottage cheese	2 Tbsp	2 Tbsp	1/4 cup
Large egg	1/2 egg	1/2 egg	1/2 egg
Peanut butter or other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts or seeds*	1/2 oz.	1/2 oz.	1 oz.
Yogurt, plain or flavored	1/4 cup	1/4 cup	1/2 cup
LUNCH or SUPPER – Serve all 5 components			
1. Milk, fluid	1/2 cup	3/4 cup	1 cup
2. Fruit or Vegetable	1/4 cup total	1/2 cup total	3/4 cup total
3. Fruit or Vegetable			
4. Grain or Bread			
Bread	1/2 slice	1/2 slice	1 slice
Grain or Pasta (cooked)	1/4 cup	1/4 cup	1/2 cup
Cereal – cold, dry	1/4 cup	1/3 cup	3/4 cup
Cereal – hot, cooked	1/4 cup	1/4 cup	1/2 cup
5. Meat or Meat Alternate			
Lean meat, poultry or fish	1 oz.	1 1/2 oz.	2 oz.
Cheese	1 oz.	1 1/2 oz.	2 oz.
Cottage cheese	1/4 cup	3/8 cup	1/2 cup
Large egg	1/2 egg	3/4 egg	1 egg
Cooked dry beans/peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter or other nut/seed butters	2 Tbsp	3 Tbsp	4 Tbsp
Nuts or seeds*†	1/2 oz.	3/4 oz.	1 oz.
Yogurt, plain or flavored (commercially prepared)	1/2 cup	3/4 cup	1 cup

*Nuts and seeds are generally not recommended to be served to children aged 1 through 3 years since they present a choking hazard.

† Nuts and seeds may meet only 1/2 of the total meat/meat alternate requirement for lunch/supper and must be combined with another meat/meat alternate to fulfill the requirement.

**Delaware CACFP/Delacare Meal Pattern—Children
(Snack)**

Food Component	Ages 1 – 2	Ages 3 – 5	Ages 6 – 12
SNACK – Select 2 of the 4 components			
1. Milk, fluid	1/2 cup	1/2 cup	1 cup
2. Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup
3. Grain or Bread			
Bread	1/2 slice	1/2 slice	1 slice
Grain or pasta	1/4 cup	1/4 cup	1/2 cup
Cereal – cold, dry	1/4 cup	1/3 cup	3/4 cup
Cereal – hot, cooked	1/4 cup	1/4 cup	1/2 cup
4. Meat or Meat Alternate			
Lean meat, poultry, or fish	1/2 oz.	1/2 oz.	1 oz.
Cheese	1/2 oz.	1/2 oz.	1 oz.
Cottage cheese	2 Tbsp	2 Tbsp	1/4 cup
Large egg	1/2 egg	1/2 egg	1/2 egg
Cooked dry beans/peas	2 Tbsp	2 Tbsp	1/4 cup
Peanut butter or other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts or seeds*	1/2 oz.	1/2 oz.	1 oz.
Yogurt, plain or flavored (commercially prepared)	1/4 cup	1/4 cup	1/2 cup

*Nuts and seeds are generally not recommended to be served to children aged 1 through 3 years since they present a choking hazard.

Delaware CACFP Meal Pattern- Adults (Breakfast and Lunch/Supper)

Food Component	Adults-All Ages
BREAKFAST – Serve first 3 components (meat/meat alternate is optional)	
1. Milk, fluid	1 cup
2. Fruit or Vegetable	1/2 cup
3. Grain or Bread	
Bread	2 slices
Cereal – cold, dry	1 1/2 cups
Cereal – hot, cooked	1 cup
4. Meat or Meat Alternate (optional)	
Lean meat, poultry or fish	None specified
Cheese	None specified
Large egg	None specified
Peanut butter or other nut/seed butters	None specified
Nuts or seeds*	None specified
Yogurt, plain or flavored	None specified
LUNCH or SUPPER – Serve all 5 components	
1. Milk, fluid**	1 cup
2. Fruit or Vegetable	1 cup total
3. Fruit or Vegetable	
4. Grain or Bread	
Bread	2 slices
Grain or Pasta (cooked)	1 cup
Cereal – cold, dry	1 cup
Cereal – hot, cooked	1 cup
5. Meat or Meat Alternate	
Lean meat, poultry or fish	2 oz.
Cheese	2 oz.
Cottage cheese	1/2 cup
Large egg	1 egg
Cooked dry beans/peas	1/2 cup
Peanut butter or other nut/seed butters	4 Tbsp
Nuts or seeds (need to serve 1 oz. of another meat/meat alternate)*†	1 oz. (1/2 of 2 oz. serving)
Yogurt, plain or flavored (commercially prepared)	1 cup or 8 oz.

** Milk is optional at supper

*Nuts and seeds may present a choking hazard.

† Nuts and seeds may meet only 1/2 of the total meat/meat alternate requirement for lunch/supper and must be combined with another meat/meat alternate to fulfill the requirement.

Delaware CACFP Meal Pattern- Adults (Snack)

Food Component	Adults-All Ages
SNACK – Select 2 of the 4 components	
1. Milk, fluid	1 cup
2. Fruit or Vegetable	$\frac{1}{2}$ cup
3. Grain or Bread	
Bread	1 slice
Grain or pasta (cooked)	$\frac{1}{2}$ cup
Cereal – cold, dry	$\frac{3}{4}$ cup
Cereal – hot, cooked	$\frac{1}{2}$ cup
4. Meat or Meat Alternate	
Lean meat, poultry, or fish	1 oz.
Cheese	1 oz.
Large egg	$\frac{1}{2}$ egg
Cooked dry beans/peas	$\frac{1}{4}$ cup
Peanut butter or other nut/seed butters	2 Tbsp
Nuts or seeds*	1 oz.
Yogurt, plain or flavored (commercially prepared)	$\frac{1}{2}$ cup or 4 oz.

*Nuts and seeds may present a choking hazard.

“Offer versus Serve” in the Adult Meal Pattern

The adult meal pattern allows for the use of “Offer versus Serve”. This method allows adult participants to decline 1 or 2 servings of meal items for a meal. Adults have already established eating habits throughout the course of a lifetime and have a variety of likes and dislikes. This option of “Offer versus Serve” is only available in the adult meal pattern. If an adult is incapable of choosing their own food items, all components must be offered.

Meal	Center Must Offer	Adult May Decline
Breakfast	1 serving of milk 1 serving of fruit and/or vegetable 2 servings of grain/bread	1 serving
Lunch	1 serving of milk 2 servings of fruit and/or vegetable 2 servings of grain/bread 1 serving of meat/meat alternate	2 servings
Supper	2 servings of fruit and/or vegetable 2 servings of grain/bread 1 serving of meat/meat alternate	2 servings
Snack	Serve 2 of 4 components	None

Combination Foods

Some combination foods may fulfill up to three different meal components:

1. Meat/meat alternate
2. Grain/bread
3. Fruit/vegetable (1 out of the 2 needed for lunch/supper)

Example 1: Hamburger on a bun with lettuce and tomatoes.

Count as:

Meat/meat alternate	hamburger
Grain/bread	hamburger bun
Fruit/vegetable 1	lettuce and tomatoes (would still need to serve a second fruit/vegetable)

Example 2: Chef salad with hard boiled egg, turkey, cheese, lettuce, tomato, celery, cucumber.

Count as:

Meat/meat alternate	combination of egg, turkey, cheese
Fruit/vegetable 1	lettuce
Fruit/vegetable 2	any of the tomato, celery, cucumber to equal at least 1/8 cup

Example 3: Fruit salad with cottage cheese, peaches, pineapple, pears, bananas, blueberries. In this case, the dish qualifies if the fruit is not mixed together and is separately identifiable. For example, fruit would be separately identifiable if peach or pear halves are set on a platter with pineapple rings and cottage cheese. In comparison, if fruit cocktail is used, it is counted as one fruit/vegetable.

Count as:

Meat/meat alternate	cottage cheese
Fruit/vegetable 1	pear halves
Fruit/vegetable 2	pineapple rings

Combination foods in beverage form made from milk and solid fruits (or juice concentrates) may be used at all meals and snacks to meet the milk and fruit/vegetable meal components. However, the amounts served must meet meal pattern requirements.

Example 4: Banana/Strawberry Smoothie with milk (banana, strawberries, milk).

Count as:

Milk	milk
Fruit/vegetable 1	bananas and strawberries (1 serving)

Commercial Frozen or Canned Products

The *Food Buying Guide* lists a number of standard commercially prepared foods. These are foods for which there is a Federal Standard of Identity. These are listed under “beef, chicken and turkey products”. The name on the product label must exactly match the buying guide description in the “Food as Purchased” column (e.g., “turkey with gravy”). Check the *Food Buying Guide* to determine if the combination product has a Federal Standard of Identity and use the *Food Buying Guide* yield information. See pages 1-3 for clarification. In a number of cases the product will not be listed and so does not have a consistent Standard of Identity.

When serving products such as chili-macs, pizzas, pot pies, sloppy joes, and raviolis toward the meat/meat alternate component, the amount of meat/meat alternate per serving in the product, not the total portion size, is the determining factor for how much a serving contributes to the meal pattern. Because of the uncertainty of the actual amount of meat/meat alternate contained in these products, it is very strongly recommended that they not be used unless (1) they are a CN labeled product; or (2) the user has a Product Formulation Statement (PFS) signed by an official of the manufacturer (not a sales person) that states the amount of cooked lean meat/ meat alternate per portion and portion size.

Based on the USDA Meat and Poultry Product Standards for these commercial products, the user would need to serve a very large portion. For example, a 15 ounce serving of canned ravioli is needed to provide the one and a half ounces of the required meat, but would provide too many grain/bread requirements. As a result, if these products are served, a second meat/meat alternate *must* be served in order to meet the required amount of meat/meat alternate. For example, serve canned ravioli with a side of meatballs, turkey, chicken, beans, etc.

Under USDA's inspection procedure, each product name is checked with the product's recipe before the name goes on the label to ensure that the name properly discloses what is inside the package or can. For example, products labeled “beef with gravy” must contain at least 50% cooked beef, and “gravy with beef” must contain at least 35% cooked beef. Therefore, if not noted on the CN label or the manufacturer's product formulation sheet, the following products should contain at least the noted percentage of net weight of uncooked meat per total weight.

When using these products, unless otherwise stated through CN labeling or product formulation sheets, the minimum percentage should be used as the basis for crediting calculations and portion sizes determined accordingly.

The minimum meat percentages of chili mac, meat ravioli, pizza, pot pies and sloppy joes are listed below:

Product	Minimum Percentage of Meat Required
Chili Mac	16% per total weight of the product
Meat Ravioli	10% per total weight of the product
Pizza with Meat	15% per total weight of the product
Pot Pies	25% per total weight of the product
Sloppy Joes	35% per total weight of the product when labeled with true product name "Barbecue Sauce with Beef"

Popular Foods: Meal Contributions

Bread Pudding: The bread portion of the pudding is creditable as a snack if there is a recipe to document that at least $\frac{1}{2}$ slice of bread is in each serving of the pudding.

Cheese Curls: Cheese curls do not fit into the meal pattern and contain little to no nutrition. The use of cheese curls as an "other" food is also discouraged because of their high fat and sodium content.

Fruited Gelatin: Only the fruit or vegetable portion of a fruited gelatin will contribute toward the fruit/vegetable component if it is made with water as directed. To be counted, each serving must include at least $\frac{1}{8}$ cup (2 Tbsp) of fruit or vegetable. It is strongly recommended to make the gelatin with 100% juice, not water and with additional fruit to equal a fruit serving. Do not use pineapple juice in gelatin since it will not gel.

Peanut Butter and Jelly Sandwich: Because the serving of peanut butter needed to meet the meal requirements is too large for many young children and older adults, it is strongly suggested that a second meat/meat alternate (such as cheese cubes or $\frac{1}{2}$ of a hard cooked egg) be served along with a smaller serving of the peanut butter (i.e., $1\frac{1}{2}$ tablespoons).

Pickle Slices: Since pickles are high in sodium and low in nutrients, sponsors are encouraged to serve pickles as a garnish in combination with other fruits and/or vegetables.

Popcorn: Popcorn is not a creditable food item for those in the CACFP and does not fit in the meal pattern because it contains little to no nutrition. The use of popcorn as an "other" food for young children and older adults is also discouraged because of the potential choking risk.

Potato Chips: Potato chips do not fit in the meal pattern because they contain little to no nutrition. The use of potato chips as an “other” food is also discouraged because of their high fat and sodium content.

Quiche: Homemade quiche may be counted toward the meat/meat alternate if it contains sufficient egg, cheese, and meat to meet portion size requirements. Please note that bacon is considered an “other” food and does not fit the meal pattern. The crust may be counted toward meeting the grain/bread requirement if it is a recognizable, integral part of the main dish and served as an accompaniment to the main dish.

Raisins: Smaller portions, such as $\frac{1}{8}$ cup (2 Tbsp), of raisins should be served because preschoolers may not be able to digest larger portions of dried fruit. In addition, since raisins have a sweet, sticky consistency, they potentially increase the risk of dental caries, and the menu planner may wish to consider adding a crunchy item to the menu to help prevent this occurrence. When a smaller portion size is used, a second fruit/vegetable must also be served. The pattern permits a combination of two fruits and/or vegetables. As always, there is a minimum portion size of $\frac{1}{8}$ cup for the one of the two fruits/vegetables. Please note that dried cherries, cranberries and blueberries are credited in the same manner as raisins.

Seasonings, Garnishes and Condiments: Condiments, garnishes and seasonings are not creditable food items. They serve as extras to enhance the acceptability of the meal.

Snack/Party Mixes, Trail Mixes: (sometimes also called “bird seed”) These snack food mixtures, with a variety of items including nuts, cereals, seeds, dried fruits etc., cannot be counted unless the menu contains an explanation of the ingredients included in the mix (e.g., Chex[®], Cheerios[®] and raisins).

Child Nutrition (CN) Labeling

The CN Label:

- Is a voluntary federal labeling program for the Child Nutrition Programs.
- Provides a warranty against audit claims for CN labeled products used according to the manufacturer's directions.
- Allows manufacturers to state a product's contribution to the meal pattern requirements on their labels.
- Provides child and adult care providers with an explanation of the components of a meal or snack one serving of a product meets.

What products are eligible for CN Labels?

- Main dish products which contribute to the Meat/Meat Alternates component of the meal pattern requirements. Examples include beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, breaded fish or chicken portions.
- Juice products containing at least 50% full strength juice by volume. This includes such products as frozen juice drink bars and sherbet. *NOTE: Only 100% juice may be served according to Delaware CACFP/Delacare Rules.
- 100% juice products are NOT eligible for a CN label. Since 100% juice credits one fluid ounce per one fluid ounce, there is no need for a CN label.

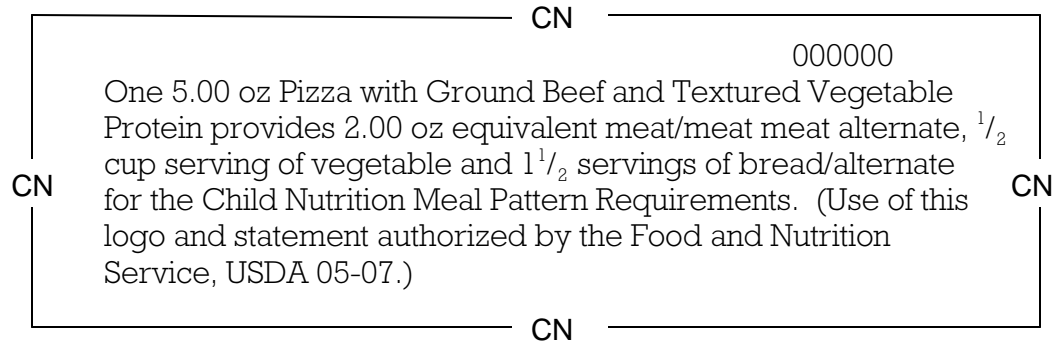
How to identify a CN label:

A CN label will always contain the following information:

- The CN logo, which is a distinct border.
- The meal pattern contribution statement.
- A unique six digit product identification number (assigned by FNS) appearing in the upper right hand corner of the CN logo.
- The USDA/FNS authorization statement.
- The month and year of final FNS approval appearing at the end of the authorization statement.

- The remaining required label features include product name, inspection stamp, legend, ingredient statement, manufacturer's name, signature/address line and net weight.
- Note: the CN number on the sample label below is not an actual CN number. A valid CN label will never have 000000 as a CN number.

Sample Label:



A valid CN logo will never be a separate sticker. Proper documentation of a CN labeled product is an actual label off of the purchased product. CN labels are to be kept on file for validation of meal pattern requirements. Printing a fact sheet or manufacturer's statement from a website does **not** document that CN labeled product was purchased. In addition, a fact sheet or other manufacturer documentation is never authorized to have the CN logo on it.

For a detailed explanation of CN Labeling, see the Food and Nutrition Services Website at <http://www.fns.usda.gov/cnd/cnlabeling/default.htm>.

MILK

The Delaware CACFP/*Delacare* Rules require that in order to qualify as a meal, each child's breakfast, lunch and supper must include fluid milk. In the adult program, at least one meal or snack per day must contain fluid milk.

Milk is defined as:

- Pasteurized fluid milk.
- Unflavored or flavored fat-free (skim), 1% (low-fat), whole milk, or cultured buttermilk.
- Lactose-free or lactose-reduced milk for those children who are lactose intolerant.

Delaware CACFP/*Delacare* Rules and Meal Pattern Requirements:

Infants:

- Infants under 12 months of age may not be served cow's milk. They may only be served breast milk or iron-fortified formula.
- Fluid milk is cannot be served in the infant meal pattern.

Children:

- Children 12 through 23 months of age must be served whole milk.
- Children 2 years of age and older must be served 1% (low-fat) or fat-free (skim) milk.
- Fluid milk must be served as a beverage for lunch and supper.
- Fluid milk may be served as a beverage, used in cereal, or split between the two at breakfast.
- Milk may be served as one of two components at snack if used as a beverage or on cereal. It may not be counted when juice is served at snack.
- Milk is not counted when used in cooking for cooked cereals, custards, puddings, or other foods.

Adults

- Adults must be served 1% (low-fat) or fat-free (skim) milk.
- Fluid milk may be served as a beverage, used in cereal, or split between the two at breakfast.
- Milk may be served as one of two components at snack if used as a beverage or on cereal. It may not be counted when juice is served at snack.
- Milk is not counted when used in cooking for cooked cereals, custards, puddings, or other foods.
- Fluid milk must be served as a beverage for lunch.
- Fluid milk is optional at supper.
- Yogurt qualifies as milk only in the adult meal pattern. It may also be substituted as a meat/meat alternate. Yogurt may not count for both components (milk and meat/meat alternate) in the same meal.



Food	Meets Rules		Comments
	Yes	No	
Milk, fluid (unflavored or flavored)	x		The milk served as part of any meal or snack must be fluid milk. Flavored milks include (but are not limited to) such flavors as strawberry, blueberry and banana. See chocolate milk entry below.
Acidified Milk, Acidified, Kefir Milk	x		Acidified milk is fluid milk produced by souring fluid whole, low-fat (1%) or fat-free (skim) milk with an acidifying agent. Examples of acidified milk are "acidified kefir milk" and "acidified, acidophilus milk".
Buttermilk	x		
Certified Raw Milk		x	
Chocolate Milk (cold)	x		Chocolate milk meets the Rules if it meets State and local standards for milk. Must be whole for children aged 12 – 24 months. Must be 1% (low-fat) or fat-free (skim) for children over the age of two and adults.
Cultured Milk, Cultured, Kefir Milk	x		Cultured milk is fluid milk. Examples of cultured milk are cultured buttermilk, cultured kefir milk and cultured acidophilus milk.
Flavored Milks	x		Flavored milks must meet State and local standards for milk. Flavored milks may include flavorings, coloring agents and sweeteners and should be limited.
Goats Milk		x	Please contact your regional office or State if you have populations that drink goat's milk. It must be pasteurized and meet State and local standards. Goat's milk should not be served to infants.
Lactose Reduced Milk	x		Children or adults who can not digest the lactose in milk may benefit from the use of lactose reduced milk.
Low- Fat (1%) Milk	x		1% (low-fat) milk may only be served to participants 2 years of age or older.
Light Milk or Reduced Fat Milk (2%)		x	
Skim Milk, Non-Fat, or Fat-Free Milk	x		Fat-free (skim) milk may only be served to participants 2 years of age and older.
Soy Beverages/Drinks		x	



Food	Meets Rules		Comments
	Yes	No	
Soy or Soybean Milk, Fortified	x		The allowable types of soy milk are 8 th Continent Soymilk Original, Pacific's Ultra Soy Plain and Ultra Soy Vanilla, Kikkoman Pearl Organic Soymilk Smart Creamy Vanilla and Kikkoman Pearl Organic Soymilk Smart Chocolate.
UHT (Ultra High Temperature) Milk or Shelf Stable Milk	x		Not all products are manufactured in the United States, read labels to meet the Buy America Provision.
Whole Milk	x		Whole milk may only be served to children 12 through 23 months of age.
Other Dairy Products or Milk Substitutes:			
Almond milk	x		Parents or guardians may submit a written request for children to be served non-dairy substitutes in lieu of cow's milk. Substitutions must be nutritionally equivalent to cow's milk and meet the nutritional standards for calcium, protein, Vitamin A, Vitamin D, and other nutrients as outlined by the NSLP. These substitutions are at the option and expense of the facility. When used for medical exemptions, a note must be on file, signed by a medical professional. See pg. 86-88.
Chocolate (hot)	x		Hot chocolate must be made with fluid milk; only the fluid milk portion is creditable may count toward the meal component.
Cocoa	x		Cocoa must be made with fluid milk; only the fluid milk portion may count toward the meal component.
Cream		x	
Cream Sauces		x	
Cream Soups		x	
Custard		x	
Eggnog, Commercial	x		For commercial eggnog, only the fluid milk portion counts toward the meal component.
Eggnog, Homemade		x	Homemade eggnog requires the use of raw eggs which can present a health hazard.
Evaporated Milk		x	
Half and Half		x	
Ice Cream		x	
Ice Milk		x	
Imitation Milk		x	



Food	Meets Rules		Comments
	Yes	No	
Milkshakes	x		Milkshakes may be used to meet the milk component of lunches, suppers and supplements (snacks) served, if those milkshakes contain the minimum quantity of fluid milk per serving appropriate for the age group being served. Refer to FNS Instruction 783-7, Rev. - 1.
Pudding		x	Pudding does not meet the definition of milk.
Pudding Pops		x	Pudding pops do not meet the definition of milk.
Reconstituted, Dry Milk		x	See Sections 226.20 e and f of the CACFP regulations concerning the availability of fluid milk.
Rice Milk		x	When used for medical exemptions, a note must be on file, signed by a medical professional. See pages 86-88.
Sherbet/Sorbet		x	Sherbet does not meet the definition of milk. See fruits/vegetables on page 33.
Sweetened Condensed Milk		x	
Sour Cream		x	
Yogurt		x	Yogurt does not meet the definition of milk for children. Yogurt may be substituted at all but one meal or snack during the course of a day for <u>adults</u> . Please refer to yogurt in the meat/meat alternates section.



Important Notes about Milk

Breast milk after 12 months of age

Infants still receiving breast milk after 12 months of age do not need a doctor's note. Breast milk may be served in place of whole milk as long as the rest of the meal pattern for 1 – 2 year olds is met.

Infants under 12 months of age may not be served cow's milk.

A doctor's note must be on file for any infant who is served cow's milk prior to their first birthday. In addition, evaporated milk no longer meets the definition of milk and may not be served to infants. The Rules reflect the recommendations of the American Academy of Pediatrics to use only breast milk or iron-fortified formula for the entire first year of life.

Recent publicity of the relationship between high fat diets and heart disease has led some caregivers to believe that they should feed their infants low-fat (1%) or fat-free milk to prevent obesity or atherosclerosis later in life. However, these milks contain insufficient quantities of fat (including linoleic acid) iron, Vitamins E and C. They also contain excessive amounts of protein, sodium, potassium and chloride for infants. The amount of proteins and minerals in low-fat (1%), fat-free (skim), whole cows' and goats' milk puts a strain on an infant's kidneys.

Low-fat (1%) and fat-free (skim) milk is to be served to participants 2 years of age and older.

Because children over the age of two years no longer need the fat and calories from whole milk, fat-free (skim) or low-fat (1%) are to be served. These types of milk contain the same amount of nutrients as whole milk, but provide less excess fat and calories to the diet. Fat-free (skim) milk or low fat milk (1%) should not be fed to children younger than age two.

Children and adults who cannot have cows' milk

For these cases, the *Medical and Religious/Cultural Food Restrictions* form (pgs. 87 & 88) must be completed and signed by a licensed medical professional. The meal/snack will be complete if the participant is given an item listed under "substitutions" on the form.

NOTE for CACFP participants: It is still possible to be reimbursed for child and adult participants who are unable to have milk due to dietary/medical restrictions. Participants who do not consume milk for ethical reasons (such as ethical vegetarianism) are not covered by exemptions. This means that meals served without milk due to ethical reasons are not reimbursable. Consult the Delaware Department of Education or your sponsoring organization for more information about participants requiring special restrictions due to religious or cultural reasons.



Non-dairy beverages

In the case of children who cannot consume fluid milk due to medical or other special dietary needs, other than a disability, non-dairy beverages may be served in lieu of fluid milk. Non-dairy beverages must be nutritionally equivalent to milk and must be equivalent to cow's milk in calcium, protein, vitamin A, vitamin D, and other nutrients (see list in comments for "soy milk" and "almond milk").

Parents or guardians may submit a written request for non-dairy milk substitutions without providing a medical statement. For example, if a parent has a child who follows a vegan diet, the parent may submit a written request for a provider to serve soy milk in lieu of cow's milk. The written request must identify the medical or other special dietary reason for the requested substitution. The facility may choose whether or not to provide the requested item at its own expense.

Milk used in recipes

Milk must be served as a beverage or poured over cereal at breakfast and lunch/supper for children. This means any milk used in puddings, sauces, etc. does not count toward the milk requirement.

Purchasing milk

Flavored or unflavored milk must meet state and local standard requirements for milk. Milk may be purchased directly from a farm if it is pasteurized, fluid milk with levels of Vitamins A and D consistent with state and local standards.

Reconstituted dry milk

Due to the inability to ensure the quantity of dry milk and water used are equivalent to that of fluid milk, reconstituted milk does not meet requirements. It may only be used in emergency situations where fluid milk has limited availability.

Commercial milkshakes

May be served only if State and local officials define the commercial mix as fluid milk in the geographic area where the mix is to be served. Since milk shakes tend to be filling, be aware that preschool children and some adult participants either may not be able to consume sufficient quantities of milkshakes or alternately, may leave other portions of the meal not consumed. This nutritional consideration should be a factor in your decision whether to serve milkshakes and under which circumstances.



FRUITS AND VEGETABLES

Fruits and vegetables are defined as:

- Fresh fruits and vegetables purchased from a produce stand, grocer, market or farmer,
- Frozen fruits and vegetables,
- Canned fruits and vegetables,
- 100% pasteurized juices. May be fresh, bottled or made from concentrate, but must be pasteurized.

Delaware CACFP/Delacare Rules

Infants

- Infants may not be served juice.
- Combination foods (those which contain more than one meal component, i.e., apples and chicken) may not be served. Combinations of fruit and/or vegetables are allowed (2 fruits, 2 vegetables or 1 fruit and 1 vegetable).
- Jarred cobblers and desserts for infants are not allowed.
- See the "Infant Feeding" section for more information.

Children and Adults

- Fried or pre-fried and then baked fruits and vegetables are not allowed unless no more than 35% of calories are from fat.
- All juice served must be 100% fruit or vegetable juice. Non-100% juice (juice drink or cocktail) is not allowed.
- No more than one serving of 100% juice is allowed per day.
- Breakfast must contain a serving of fruit/vegetable, full strength (100%) fruit or vegetable juice or any combination of these foods in the amount listed on the meal pattern for age.
- A lunch/supper must contain 2 separate and identifiable fruits/vegetables. Foods served as combination (e.g. succotash, fruit cocktail or mixed vegetables) are counted as one serving.
- A serving must contain at least $\frac{1}{8}$ cup or 2 tablespoons of a food.
- Those foods used solely as garnishes or optional ingredients may not be counted.
- A snack may contain either a fruit or vegetable, but not both. If a fruit or vegetable is served, the snack must also contain one other meal component (e.g., strawberries and yogurt).
- Meals may not contain two types of the same fruit/vegetable. For example, apples and applesauce may not be served at the same time.
- Juice may not be counted at snack when milk is served.
- Cooked, dried beans or peas may be counted as a vegetable or a meat alternate but not as both in the same meal.
- When using soy nuts as a vegetable volume must be used to determine the correct serving size, i.e. $\frac{1}{4}$ cup of soy nuts is equivalent to $\frac{1}{4}$ cup serving regardless of the weight.
- No home canned fruit and vegetable products are allowed due to health and food safety reasons.



- Snack chips (banana, fruit, vegetable and potato) may not be counted as a fruit or vegetable. These are “other” foods.
- Dried fruits are counted by volume served.



Food	Meets Rules		Comments
	Yes	No	
Ade Drinks		x	Only 100% juice may be served.
Apple Butter		x	
Apple Cider	x		Cider must be pasteurized.
Apple Fritters	x		These items are sweet grains and may be served once in a two week cycle for snack only. Fritters must have at least $\frac{1}{8}$ cup of apples per serving.
Aspic (fruit in)	x		See <i>gelatin salads</i> .
Banana in Bread		x	
Banana in Pudding (fruit added)	x		The pudding must have at least $\frac{1}{8}$ cup banana (fruit) per serving. The fruit portion is creditable, pudding is not.
Barbecue Sauce		x	
Bean Sprouts, Cooked	x		For safety reasons, do not serve raw sprouts.
Baked Beans	x		Beans may not be credited both as a meat/meat alternate and as a vegetable in the same meal.
Carbonated fruit	x		Carbonated fruit resembles canned fruit but is perishable and must handled as fresh fruit.
Cake Containing Fruit		x	
Carrot Bread		x	
Catsup or Chili Sauce		x	These products are condiments.
Corn Chips		x	These are not classified as a fruit/vegetable. See the "Grain/Bread" section.
Corn Syrup		x	Not recommended for children under age one.
Cranberry Juice Blend	x		100% cranberry juice (not cranberry cocktail) in a blend with another 100% juice is creditable; for example, cranberry juice mixed with apple juice to make 100% Cran-Apple juice. 100% cranberry juice <u>not in a juice blend</u> is generally not commercially available.
Cranberry Juice Cocktail		x	
Cranberry Sauce	x		
Drinks, Fruit		x	Only 100% juice may be served.
Dehydrated Vegetables	x		See page 37.



Food	Meets Rules		Comments
	Yes	No	
Dried Fruit (i.e. Raisins, Apricots, Prunes, Cranberries)	x		Dried fruit counts on a volume basis only. Check the <i>Food Buying Guide</i> for serving sizes. These items are a choking hazard for children under the age of four.
Dry Spice Mixes		x	
Fig Bar Cookies		x	
Fizzy Fruit	x		Resembles canned fruit but is perishable and must be handled as fresh fruit.
Frozen Fruit-flavored Bars		x	
Frozen Fruit / Fruit Juice Bars	x		Must contain 100% full-strength juice or must contain a minimum of 2 oz. of 100% full-strength juice. Only the juice portion may be counted to meet the vegetable/fruit requirement.
Fruit Cobblers/Crisps	x		These items are sweet grains and may be served one time every two weeks for snack only. Must contain at least $\frac{1}{8}$ cup of fruit per serving.
Fruit Juice Concentrates	x		Delaware standards require juice concentrates to be 100% juice when reconstituted. Counted the same as reconstituted juice.
Fruit Juice Bases		x	
Fruit-Flavored Canned Punch		x	
Fruit-Flavored Powders ("kool-aid")		x	
Fruit Flavored Waters		x	
Fruit Pies	x		These items are sweet grains and may be served one time every two weeks for snack only. They must contain at least $\frac{1}{8}$ cup of fruit per serving. These products have high sugar content.
Fruit Pie Fillings	x		These items are sweet grains and may be served one time every two weeks for snack only. Only the fruit or fruit juice portion may be counted to meet the fruit/vegetable requirement. These items have high sugar content.
Fruit Sauces (Homemade)	x		The sauce must contain at least $\frac{1}{8}$ cup or 2 Tbsp of fruit or full strength fruit or vegetable juice per serving. Generally, commercial sauces have insufficient fruit content. These products are high in sugar.



Food	Meets Rules		Comments
	Yes	No	
Fruit Snacks (i.e.; leathers, roll-ups, wrinkles, gummies)	x		Labels must document at least $\frac{1}{8}$ cup of fruit per serving. Must have Product Formulation Sheet on company letterhead. Many of these products do not contain sufficient amounts of fruit per serving. These products are high in sugar and should be limited. These items are also a choking hazard for children under the age of four.
Gelatin Desserts with Fruit and/or Vegetables	x		These desserts must contain at least $\frac{1}{8}$ cup or 2 Tbsp of fruit or full strength fruit or vegetable juice per serving. "Fruit flavored" gelatins may not be served.
Gravy Base		x	
Hominy		x	Hominy is a grain/bread.
Honey		x	Honey is a sugar, not a fruit. This product is not recommended for children under one year of age.
Ice Cream, fruit flavors		x	
Jam		x	
Jelly		x	
Juice Bars/Pops	x		Homemade and commercial juice bars/pops made with 100% juice may count as fruit/vegetable, but would also count as the one juice serving allowed per day.
Ketchup (Catsup)		x	
Kiwi Fruit	x		See page 2-45 of the <i>Food Buying Guide</i>
Lemon Pie Filling		x	See the entry for Shaker Lemon pies (pies with actual lemon slices) in the <i>Food Buying Guide</i> .
Lemonade		x	Only 100% juice may be served.
Macaroni Salad, Pasta Salads	x		Macaroni may be counted toward the grain/bread requirement, not vegetable. Only the documented amount of vegetables in the salad may be counted if at least $\frac{1}{8}$ cup per serving.
Maple Syrup		x	
Margarine		x	
Salad Oil		x	
Nectars		x	
Mayonnaise		x	
Onion Rings	x		May only be served if homemade or if a product specification sheet is available and they contain no more than 35% of calories from fat. They must have at least $\frac{1}{8}$ cup of cooked onion per serving. This product can be high in fat.
Olives	x		They must have at least $\frac{1}{8}$ cup or 2 tablespoons per serving. This product can be high in salt.
Pickles	x		They must have at least $\frac{1}{8}$ cup or 2 tablespoons per serving. This product can be high in salt.



Food	Meets Rules		Comments
	Yes	No	
Pineapple Upside-Down Cake		x	
Pizza Sauce	x		Pizza sauce may be counted as tomato sauce if at least $\frac{1}{8}$ cup (2 tbsp) per serving is provided.
Popsicles		x	
Pop-Tarts		x	These items are sweet grains and may be served one time every two weeks for snack only. See page 67 of this guide for more information on how to count as a grain/bread.
Posole		x	
Potato Chips		x	
Potatoes, Dehydrated	x		See page 2-68 of the Food Buying Guide.
Preserves		x	See jams and jellies.
Puddings with Fruit, Commercial		x	
Pumpkin in Bread		x	
Rice, Whole Grain or Enriched		x	Rice is not a vegetable. See grain/breads.
Salad Dressing		x	
Salsa, both homemade and commercial	x		Salsa may be counted if the recipe documents that $\frac{1}{8}$ cup (2 tbsp) of vegetables per serving is provided. For products that contain <u>all vegetable ingredients</u> plus minor amounts of spices or flavorings, 100% of the product may be used to meet the volume requirement on a volume for volume basis. See pages 2-72 and 2-73 of the <i>Food Buying Guide</i> .
Sherbet or Sorbets	x		Only Sherbets/Sorbets with CN labels may be served. These items are high in sugar and should be limited.
Canned, Condensed Soup (1 part soup to one part water) [All vegetable and vegetable with basic components such as meat and poultry.]	x		1 cup of reconstituted soup will yield $\frac{1}{4}$ cup of vegetable. See pages 2-73-74 of the <i>Food Buying Guide</i> .
Soups (such as Clam Chowder, Minestrone, Tomato, Vegetable, Vegetable w/ Beef, or Chicken)	x		See the canned condensed soup entry above.
Canned or Frozen Ready-to-Serve Soup	x		1 cup serving will yield $\frac{1}{4}$ cup of vegetable. See pages 2-73-74 of the <i>Food Buying Guide</i> .



Food	Meets Rules		Comments
	Yes	No	
Dehydrated Soup Mixes	x		To determine vegetables in dehydrated soup mixes: Determine the volume measurement by re-hydrating the soup according to the manufacturer's instructions. Heat, then isolate the vegetable pieces and measure the volume. Separate the vegetable pieces from noodles rice, etc. Volume measurements must be recorded for each brand and type of soup. They must have at least $\frac{1}{8}$ cup vegetable per serving.
Home Made Soups	x		Use the quantities of vegetables in the recipe to determine amounts. Document with a standardized recipe.
Soy Nuts	x		$\frac{1}{4}$ cup equals $\frac{1}{4}$ cup vegetable/fruit. May be served either as a vegetable or meat alternate but not both in the same meal.
Spaghetti Sauce (Tomato Sauce)	x		Spaghetti sauce is a fruit/vegetable if $\frac{1}{8}$ cup (2 Tbsp) per serving is provided.
Sprouts	x		Example: Alfalfa Bean sprouts. Do not use raw sprouts with younger children and elder populations. Sprouts should be served in a cooked form for food safety reasons.
Syrup (Fruit Flavored)		x	
Toaster Pastries With Fruit (e.g., "Pop Tarts®" or "Toaster Strudel®")		x	These items are sweet grains and may be served one time every two weeks for snack only. See page 67 of this guide for more information on how to credit as a grain/bread, they do not qualify as a fruit/vegetable.
Vegetable Juice Blends (e.g., V-8 Juice)	x		This is a mixed, full strength vegetable juice.
Vegetables, Chopped	x		Vegetables such as celery and onions in prepared dishes may be counted, provided that at least $\frac{1}{8}$ cup (2 Tbsp) per serving is supplied.
Vegetable Chips or Straws (e.g., veggie crisps)		x	
Yogurt, Commercial (Fruit added by provider)	x		The yogurt must contain at least $\frac{1}{8}$ cup added fruit per serving. The yogurt portion would count toward the meat/meat alternate component. See "Meat/Meat Alternate" section.
Yogurt with Fruit, Commercial		x	Insufficient amount of fruit. See the "Meat/Meat Alternate" section for information on yogurt in the meal pattern.
Zucchini in Bread (Squash in Bread)		x	



Important Notes about Fruits/Vegetables

Juice

Only 100% juices, no juice cocktails or juice drinks, are allowed. It is extremely important to read the label. Juice blends may not be 100% juice. If choosing to serve these products, please keep the label on file for documentation if needed during the review process. When completing menus, specify where 100% juice is used. When a juice concentrate is used in its concentrated form, it may be counted on a reconstituted basis.

For example, a gelatin product containing 1 Tbsp of orange juice concentrate per serving could receive $\frac{1}{4}$ cup fruit/vegetable credit since the orange juice could be reconstituted on a ratio of one part concentrate to 3 parts of water (1 Tbsp concentrate + 3 Tbsp water = 4 Tbsp full strength reconstituted juice or $\frac{1}{4}$ cup credit).

Remember: All juice must be pasteurized. Juices purchased at local farm stands may be served only if pasteurized. Again, keep label for documentation upon review.

Juice may be fresh, canned, frozen, or reconstituted from concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe.

Sauces

Fruit sauces such as those made with orange juice, or canned/frozen blueberries are allowed; however, only the fruit portion of the sauce, (i.e., the orange juice or blueberries) is counted. At least $\frac{1}{8}$ cup of fruit must be in each serving. Therefore, to determine the counted portion size, divide the total amount of fruit used by the servings prepared.

Combination Dishes (stews, soups, casseroles)

Only one fruit/vegetable component can be counted in a combination dish. For example, soups containing carrots, potatoes, peas and onions can only count toward one fruit/vegetable of the two components needed at the lunch/supper meal. However, a chef salad or a fruit salad (with a meat/meat alternate) may be counted as two servings of fruit or vegetable if portion sizes are adequate. This is because the two or more fruits or vegetables are identifiable as individual servings and are served as part of an entrée.

Potato, Macaroni, Waldorf and Other Salads

Fruit and vegetable components of these items may count toward meal pattern requirements. However, the weight/volume of other ingredients such as mayonnaise and marshmallows must be excluded when determining a serving of any of these foods. A $\frac{1}{4}$ cup serving of potato salad containing fruit/vegetable ingredients along with items such as mayonnaise would not equal $\frac{1}{4}$ cup of fruit/vegetable. Use the amount of fruit/vegetables contained as ingredients in the standardized recipe to determine number of servings.



Pizza

Homemade pizza may count as one fruit/vegetable component if it contains both tomato sauce and a vegetable or fruit topping. Commercially prepared pizzas do not have enough sauce to be counted as a fruit/vegetable unless the pizza is CN labeled or a Product Formulation Statement has been completed by the manufacturer.

Tomato sauce/puree crediting amounts:

- Tomato paste 1 tablespoon = $\frac{1}{4}$ cup vegetable
- Tomato puree 2 tablespoons = $\frac{1}{4}$ cup vegetable
- Tomato sauce 4 tablespoons = $\frac{1}{4}$ cup vegetable

Raisins, Dried Cranberries, Dried Blueberries and Other Dried Fruit

When serving raisins or any other dried fruit, it is recommended that they are served in small amounts, such as $\frac{1}{8}$ cup (2 Tbsp). When these items are served, a second fruit/vegetable should be served. The meal pattern permits the use of a combination of two fruits and/or vegetables to meet the requirement, even when only one serving of fruit/vegetable is required (such as at breakfast or snack). This is recommended because preschoolers may not be able to digest large portions of dried fruit. Raisins and dried fruit are choking hazards for children four years of age and under. Dried fruits, like raisins, are sticky and sweet and may lead to the increased risk for dental cavities in children.

Raisins and other dried fruits used in recipes such as bread pudding may be used as meal pattern requirements; however, at least $\frac{1}{8}$ cup (2 Tbsp) must be documented in each serving. In most recipes, not enough dried fruit is used to meet this requirement.

Determining the amount of dried fruits and vegetables needed to satisfy meal pattern requirements is done by looking in the *Food Buying Guide*. The guide lists the name of the food as well as the amount needed to satisfy a meal component. Be sure to check serving amounts. For example, dehydrated apricots are listed on page 2-10. Column 4 Serving Size per Meal Contribution shows that 9 medium dehydrated halves is a $\frac{1}{4}$ cup serving of fruit. This is different from the $\frac{1}{4}$ cup volume of the fresh apricot as listed on page 2-8. The same would be true for dried cherries, blueberries and cranberries.

Remember that some dehydrated fruits have different names than their fresh fruit form. For example: raisins and prunes. Check under both names since raisins are listed separately but prunes are listed as dehydrated plums.

Puddings and Gelatins

Gelatins and puddings alone will not meet the fruit and vegetable requirements. Vegetables and fruits used in puddings must contain at least $\frac{1}{8}$ cup (two tablespoons) per serving. A standardized recipe must be available to document that sufficient amounts of fruit/vegetable were used. Gelatin **made with water** and without fruits or vegetables or pudding without fruit will not meet meal requirements.



Edible wild plants [dandelion greens, burdock, lambs quarters (pig weed), and seaweed]

These items are considered to be vegetables. However, caution should be used because these plants are grown in the wild and may contain toxic pesticides. Safe guards in the use of wild plants should be developed.

Dehydrated Vegetables

Yields for dehydrated vegetables must be based on the re-hydrated volume, not upon the fresh volume that may be stated on the container. Keep in mind that re-hydration yields on the container often vary from brand to brand. This variation in yields means that the following procedure must be used for each brand of dehydrated product to determine yield. You must serve a minimum of $\frac{1}{8}$ cup of re-hydrated vegetables.

Determine the re-hydrated volume as follows:

- a) Re-hydrate (add water or liquid) a purchase unit of the dehydrated vegetable according to manufacturers' directions. If the directions are not on the container, request re-hydration directions from the manufacturer.
- b) Measure the re-hydrated volume.
- c) Measure the number of $\frac{1}{4}$ cup servings of re-hydrated product that one purchase unit provides.
- d) Keep a record of the yield data obtained as required by the State agency, Regional office, or sponsor as verification. Records should include information on the size of the purchase unit, the number of $\frac{1}{4}$ cup servings of re-hydrated product per purchase unit, the name of the manufacturer, and the Manufacturers' directions for how to re-hydrate the product.



Serving Size and Yield for Selected Fresh Vegetables

Please note that the serving sizes and yields listed here are approximate. This chart is intended as a reference only. These serving sizes are listed in the *Food Buying Guide*.

Vegetable	Serving Size and Yield
Broccoli	<ul style="list-style-type: none"> 1 medium spear = $\frac{1}{4}$ cup
Carrot Sticks	1 stick is 4 inches long and $\frac{1}{2}$ inch wide <ul style="list-style-type: none"> 12 sticks = 1 cup 6 sticks = $\frac{1}{2}$ cup 3 sticks = $\frac{1}{4}$ cup
Cauliflower	1 medium head = about 6 cups florets
Celery Sticks	1 stick is 4 inches long and $\frac{1}{2}$ inch wide <ul style="list-style-type: none"> 12 sticks = 1 cup 6 sticks = $\frac{1}{2}$ cup 3 sticks = $\frac{1}{4}$ cup
Cucumber Sticks	1 stick is 3 inches long and $\frac{3}{4}$ inch wide 1 cucumber = 12 sticks <ul style="list-style-type: none"> 12 sticks = 1 cup 6 sticks = $\frac{1}{2}$ cup 3 sticks = $\frac{1}{4}$ cup
Lettuce Head (Iceberg)	<ul style="list-style-type: none"> 2 pieces = $\frac{1}{2}$ cup 1 piece = $\frac{1}{4}$ cup $\frac{1}{2}$ piece = $\frac{1}{8}$ cup
Leaf Lettuce	<ul style="list-style-type: none"> 1 large leaf = $\frac{1}{4}$ cup 2 medium leaves = $\frac{1}{4}$ cup 3 small leaves = $\frac{1}{4}$ cup
Tomato Wedges	<ul style="list-style-type: none"> $\frac{1}{2}$ tomato (3 inch diameter) = $\frac{1}{2}$ cup $\frac{1}{4}$ tomato (3 inch diameter) = $\frac{1}{4}$ cup $\frac{1}{8}$ tomato (3 inch diameter) = $\frac{1}{8}$ cup
Tomato Slices	<ul style="list-style-type: none"> 4 slices (each $\frac{1}{4}$ inch thick) = $\frac{1}{2}$ cup 2 slices (each $\frac{1}{4}$ inch thick) = $\frac{1}{4}$ cup 1 slice (each $\frac{1}{4}$ inch thick) = $\frac{1}{8}$ cup
Cherry Tomatoes	<ul style="list-style-type: none"> 12 tomatoes = 1 cup 6 tomatoes = $\frac{1}{2}$ cup 3 tomatoes = $\frac{1}{4}$ cup



Serving Size and Yield for Selected Fresh Fruits

Please note that the serving sizes and yields listed here are approximate. The diameter of a fruit is the distance across at the widest part. This chart is intended as a reference only. These serving sizes are listed in the *Food Buying Guide*.

Fruit	Serving Size and Yield
Apple, fresh (small, 2 1/2 inch diameter)	<ul style="list-style-type: none"> • 1/4 cored, peeled = 1/4 cup • 1/5 unpeeled = 1/4 cup
Cantaloupe	<ul style="list-style-type: none"> • 20 teaspoon-sized balls = 1 cup • 10 teaspoon-sized balls = 1/2 cup • 5 teaspoon-sized balls = 1/4 cup
Grapes	<ul style="list-style-type: none"> • 28 large grapes = 1 cup • 14 large grapes = 1/2 cup • 7 large grapes = 1/4 cup
Kiwi	<ul style="list-style-type: none"> • 1 1/2 kiwi = 1/2 cup • 3/4 kiwi = 1/4 cup
Orange	<ul style="list-style-type: none"> • 1 orange = 1/2 cup • 1/2 orange = 1/4 cup
Peach	<ul style="list-style-type: none"> • 1 whole peach = 3/8 cup • 1/2 peach = 1/4 cup
Plum (2 inch diameter)	<ul style="list-style-type: none"> • 1 whole = 1/2 cup • 1/2 plum = 1/4 cup



Varieties of 100% Juice Listed By Brand

The following is a list of 100% juice varieties. This is not an all-inclusive list, but is meant to give some ideas for the types of juices that may be served. As a reminder, juice is limited to one serving per child per day. When possible, serve whole fruits and vegetables instead of juice, as it is high in sugar.

Apple and Eve 100%

Apple Juice
Cranberry Apple
Fruit Juice (Sesame Variety)
Orange
Very Berry
Grape

Florida's Natural 100%

Apple Juice
Grape Juice
Grapefruit Juice
Orange Juice

Giant 100%

White Grapefruit – Unsweetened
Apple
Grape

Great Value 100% (found at Wal-Mart)

Pure Pulp Free with Calcium Orange
Vegetable Juice
Apple
Pink Grapefruit
White Grapefruit
Mixed Berry – Fruit and Vegetable

Juicy Juice 100%

Apple Juice
Apple Raspberry Juice
Berry
Grape
Kiwi Strawberry
Orange Tangerine
Punch
Strawberry Banana
Tangerine
Tropical
White Grape

Minute Maid 100%

Apple Juice
Grape Juice
Orange Juice Welch's 100%
Apple Juice
Grape
Orange Juice
White Grape

Mott's 100%

Apple Grape
Apple Punch Juice
Motts Medleys Apple
Motts Medleys Grape
Motts Medleys Tropical
Apple

ShopRite 100%

Grape
Organic Apple
Orange

Tropicana 100%

Apple Juice
Fruit Juice (Fruit Punch)
100% Ruby Red Grapefruit Juice

V8 V-Fusion 100%

Peach Mango
Goji Raspberry
Acai Mixed Berry
Pomegranate Blueberry
Strawberry Banana
Concord Grape Raspberry

Veryfine 100%

Apple
Cranberry
Orange



MEAT/MEAT ALTERNATES

Meat/Meat Alternates are defined as:

- Lean meat and poultry
- Fish
- Real cheese
- Eggs
- Yogurt
- Cooked dry beans or peas*
- Nuts and seeds and their butters (except acorn, chestnut and coconut)
- Alternate Protein Products (APP) or meat analogues
- Any combination of foods listed which add up to the required amount based on age and meal.

*Sponsors may use the cooked, canned form of dried beans. They are not required to use dried beans or peas in a form that must be soaked prior to use.

Delaware CACFP/*Delacare* Rules

Infants

- Processed meats may not be served.
- Only real cheese may be served. Cheese products and cheese foods are not allowed.
- Fried or pre-fried and then baked meats are not allowed.
- Meat and meat alternates can be served as part of the lunch/supper meal pattern beginning at 4 months old.
- Meat and meat alternates must only be served after being introduced by the parent/guardian and the infant has not shown signs of allergies.
- These items should be pureed, single ingredient foods.
- Combination infant dinners are not allowed in the meal pattern.

Children and Adults

- Processed meats (e.g., hot dogs, sausage, bologna, etc.) may be served only one time every two weeks.
- No fried or pre-fried and then baked meats are allowed unless no more than 35% of their total calories are from fat.
- Only real cheese may be served. Cheese products and cheese foods are not allowed.
- CACFP regulations require that a lunch or supper must contain a meat/meat alternate in the required serving amount as specified in the meal pattern.
- Meat/meat alternates may be used as one of the two components of a snack.
- May be served as an optional meal component at breakfast, but is not required.
- A menu item must provide a minimum of $\frac{1}{4}$ ounce of cooked, lean meat or its equivalent, to be counted toward meeting any part of the meat/meat alternate requirement.
- The meat/meat alternate for lunch or supper must be served in the main dish or in the main dish and one other menu item.

- An entry for shellfish has been included. However, when including shellfish in menus, you should consider costing factors, acceptability, and the potential for food intolerances among both preschool and adult day care populations.
- When cooked, dried beans or peas are counted as a meat alternate they may not also be counted as a vegetable in the same meal. The different necessary portion sizes for beans as vegetables and as meat alternate are found both in the CACFP meal patterns and in the *Food Buying Guide*.
- Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for lunch/supper. You should be aware of potential food intolerances or allergies before serving.
- Soy nuts may be used as a meat/meat alternate or as a fruit/vegetable but not as both at the same meal.
- Commercially prepared combination dishes may be used for the meat/meat alternate if they have a CN label or menu indicates a second source of meat/meat alternate to ensure adequate quantities.

Commercially Prepared Products

Commercial convenience products such as stews, sauces or pizzas may be served as the meat/meat alternate component. Commercially prepared breaded products (i.e., fish sticks, chicken nuggets, etc.) may be served if no more than 35% of calories are from fat. Only the meat portion is counted towards the meal component. If these products are not CN labeled, you will need to get a Product Formulation Statement or recipe to show the amount served has enough meat/meat alternate needed to meet the meal pattern requirements.

Homemade Meat/Meat Alternate Products

When making recipes from scratch, consult the *Food Buying Guide* to determine how much of the product is needed in the recipe for the number of children in care. Be sure to label homemade dishes when filling out menus and keep copies of the recipes on file to ensure credit is received for serving the correct amount of product.

Alternate Protein Products (APP) [formerly Vegetable Protein Products]:

- Processed from soy or other vegetable protein sources and are generally used as part of a formed meat patty or in a vegetarian patty, resembling a meat product.
- Up to 100% APP may meet the meat/meat alternate component.
- Before using one of these products, check with your sponsor or Delaware DOE.
- NOTE: Soy is the only alternate protein product that may count in the meal pattern. [Tempeh and tofu are not currently acceptable meat/meat alternates.]



Food	Meets Rules		Comments
	Yes	No	
Acorns		x	
Baco - Bits		x	
Bacon and Imitation Bacon Products		x	
Bacon, Rinds		x	
Bacon, Turkey	x		May only be served one time every two weeks and must be a CN labeled product.
Beans, Dried or Canned	x		See pages 1-5-12 of the <i>Food Buying Guide</i> .
Beans, Refried	x		See page 1-35 of the <i>Food Buying Guide</i>
Beef Jerky	x		May only be served one time every two weeks. 1 ounce of beef jerky made with pure beef equals 1 ounce lean, cooked meat. This product has high sodium content and is difficult to chew.
Bologna	x		May only be served one time every two weeks. May not contain byproducts, cereal or extenders.
Canadian Bacon or Mild Cured Pork	x		May only be served one time every two weeks. 1 lb. (16 oz.) will yield 11 - 1 oz. servings of cooked, lean meat. See page 1-47 of the <i>Food Buying Guide</i> .
Canned or Frozen: Stew, Beef-a-Roni Chili Macaroni Meat Stew Pizza, Pot Pies Raviolis	x		These products may be served only if (1) they have a CN label or (2) a Product Formulation Statement signed by an official of the manufacturer (not a sales person).
Canned, Pressed Luncheon Meat		x	
Ceviche		x	
Cheese Foods*		x	Only real cheese may be served. See pg. 7 for definition.
Cheese Food Substitutes*		x	Only real cheese may be served. See pg. 7 for definition
Cheese, imitation		x	Only real cheese may be served. See pg. 7 for definition.
Cheese products		x	Only real cheese may be served. See pg. 7 for definition.

*Indicates a food that does not meet Delaware CACFP/Delacare Rules, but may qualify to be reimbursable based on USDA standards.



Food	Meets Rules		Comments
	Yes	No	
Cheese, Natural	x		
Cheese, Processed	x		Only real cheese may be served. May <u>not</u> be served if the label reads "processed cheese product" or "processed cheese food".
Cheese, Cottage or Ricotta	x		The portion size must be doubled. (A 2 oz. serving equals 1 oz. meat/meat alternate).
Cheese Substitutes	x		
Cheese Spreads and Cheese Spread Substitutes*		x	Only real cheese may be served. See pg. 7 for definition.
Chestnuts		x	
Chicken Nuggets	x		May contain no more than 35% of calories from fat. Only the edible chicken portion is counted as a meat/meat alternate. For more information on the breading/batter, see the "Grain/Bread" section.
Chitterlings		x	
Coconuts		x	
Corn Dogs, Corn Dog Nuggets	x		May contain no more than 35% of calories from fat. The crust is counted like cornbread. The frankfurter is a meat/meat alternate. This product has a high fat and salt content. See page 1-36 of the <i>Food Buying Guide</i> .
Crab, Imitation		x	
Cream Cheese		x	
Deviled Eggs	x		Only the whole egg portion is credited.
Egg, Whites only		x	
Eggs Liquid Substitutes		x	
Eggs, Whole Fresh, Frozen, Dried, Liquid	x		Eggs must be cooked. Eggs must be inspected. Raw eggs are a potential health hazard. See the <i>Food Buying Guide</i> 1-36.
Falafel	x		The pre-ground weight of beans is credited. See pages 1-5-12 of the <i>Food Buying Guide</i> .
Fish Sticks	x		May contain no more than 35% of calories from fat. Only the edible fish portion is counted as a meat alternate. For more information on the breading/batter, see the "Grain/Bread" section.
Frankfurters or Hot Dogs	x		May only be served one time every two weeks. May not contain byproducts, cereal, or extenders. Remember to serve hot dogs in small pieces for participants less than 4 years of age or older adults at risk for choking.

* Indicates a food that does not meet Delaware CACFP/Delacare Rules, but may qualify to be reimbursable based on USDA standards.



Food	Meets Rules		Comments
	Yes	No	
Frankfurters, Imitation	x		May only be served one time every two weeks and must be CN labeled. Manufacturer documentation will not be accepted. These items are a choking hazard for children under the age of four.
Game (i.e., Squirrel, Venison etc.)		x	
Home Pickled Fish		x	
Home Slaughtered Meat		x	
Hummus	x		Hummus can be served with the proper documentation (CN label, recipe or Product Formulation Statement). The manufacturer would need to certify the volume of beans without added ingredients in increments of $\frac{1}{8}$ cup per portion.
Kidney, Liver, Gizzards	x		
Liverwurst	x		
Meat Sauce (spaghetti or brown)	x		Only homemade sauce with a documented recipe, Product Formulation Statement or sauce that is CN labeled may be counted. Sausage is a processed meat and may only be served one time every two weeks.
Macaroni and Cheese, powdered cheese, commercial		x	The powdered cheese in commercial macaroni and cheese is a cheese food and may not count toward the meat/meat alternate requirement. <i>See macaroni, all shapes</i> in the "Grains/Breads" section to determine creditability for grain/bread requirement.
Macaroni and Cheese, made from scratch	x		The cheese used in home-made macaroni and cheese may be counted toward the meat/meat alternate component if real cheese is used. A recipe must be on file documenting the amount used. <i>See Macaroni, all shapes</i> in the <i>bread/grains</i> section to determine creditability for grain/bread requirement.



Food	Meets Rules		Comments
	Yes	No	
Macaroni and cheese, commercially prepared (ready to serve)	x		Must contain a CN label or PFS. Must be real cheese; no cheese food or cheese product.
Neufchatel Cheese		x	
Nuts	x		See meal patterns. Nuts may be a choking hazard for some populations.
Oxtails		x	
Peanut Butter	x		Due to the large required portion size for pre-school children, it is suggested peanut butter be served with another meat/meat alternate at meals.
Reduced Fat Peanut Butter	x		It must meet the FDA Standard of Identity for peanut butter with 90% peanuts or peanut flour.
Peanut Butter Spreads		x	
Peas or Lentils, Dried	x		See pages 1-38 and 1-40 of the <i>Food Buying Guide</i> for amount needed.
Pepperoni	x		May only be served one time every two weeks and must be CN labeled. This product is high in sodium and fat.
Pig's Feet, Neck Bones, or Tails (parts)		x	
Pimento Cheese		x	
Pizza, Commercial	x		Only if CN labeled or a Product Formulation Statement is on file.
Pizza, Homemade	x		The amounts of meat/meat alternate ingredients must be identified and documented.
Polish Sausage	x		May only be served one time every two weeks and must contain a CN label.
Powdered Cheese in Boxed Macaroni and Cheese		x	See "Grains/Breads" section for macaroni. The powdered cheese in commercial macaroni and cheese is a cheese food and may not count toward the meat/meat alternate requirement
Pot Pies, Commercial		x	
Pot Pies, Homemade	x		Meat in homemade potpies may be served if there is sufficient meat/meat alternate per serving as documented with a standardized recipe.



Food	Meets Rules		Comments
	Yes	No	
Quiche	x		The egg, cheese, and/or meat may be counted if there is sufficient meat/meat alternate per serving. See the "Grains/Breads" section for "crusts".
Queso Blanco, Homemade		x	See home "canned goods". There are potential safety concerns with this product.
Queso, Commercial		x	
Queso Fresca, Homemade		x	
Salami	x		May only be served one time every two weeks and must be CN labeled. This product is high in sodium and fat.
Salt Pork		x	
Sausage	x		May only be served one time every two weeks. Only items labeled as "fresh pork sausage" or "fresh Italian sausage" may be served as shown on page 1-45 of the <i>Food Buying Guide</i> . All other sausage products must be CN labeled or have a Product Formulation Statement.
Scrapple		x	
Seeds	x		See meal pattern requirements for amount needed. Be careful with preschoolers to avoid choking hazards. Some adults may also have medical restrictions.
Shellfish	x		Shellfish must be fully cooked. Only the edible fish portion is counted toward fulfilling the meal component. See page 1-39 of the <i>Food Buying Guide</i> .
Shellfish, Imitation		x	
Soups, Commercial Bean or Pea	x		$\frac{1}{2}$ cup soup = $\frac{1}{4}$ cup or 1 oz meat alternate. May be served either as a vegetable or meat alternate but not both in the same meal. See page 2-74 of the <i>Food Buying Guide</i> .
Soups, Homemade with Meat or Meat Alternate	x		Homemade soups may serve as a source of meat/meat alternate if the minimum amount of $\frac{1}{4}$ oz. per serving can be identified and documented through the use of a standardized recipe.
Soups, Commercial -Other		x	



Food	Meets Rules		Comments
	Yes	No	
Soy Butter	x		Soy butter provides a good alternative to peanut butter for those participants who are allergic to peanut butter. As with peanut butter, it is best to serve a second meat/meat alternate option.
Spare Ribs	x		These products contain small amounts of meat and are high fat products. The weight of the meat without the bone is the amount counted.
Tempeh		x	
Tofu		x	
Tripe	x		
Vienna Sausage	x		May only be served one time every two weeks. This product is high in fat and sodium. May not contain bi-products, cereal or extenders.
Yogurt, Commercial Plain, Un-flavored, Flavored, Sweetened	x		4 oz. of yogurt equals 1 oz. of the meat/meat alternate requirements. Yogurt in drinks or frozen yogurt may not be counted toward the meat/meat alternate meal component.
Yogurt, Homemade		x	
Yogurt, Liquid, Drinkable (e.g., Danimals®)		x	
Yogurt in a Tube (e.g., Go-Gurt®)	x		Coagulated milk is permitted. This product must meet all requirements to be labeled as yogurt on the ingredient label. The 2.2 oz size tube may count as 1/2 oz of the meat/meat alternate requirements. These products are high and sugar and should be limited. This product may be purchased frozen, but not served frozen.
Yogurt Products: Frozen Yogurt, Bars, Yogurt Covering on Fruit and/or Nuts		x	



Important Notes about Meat/Meat Alternates

Nuts

Nuts are a choking hazard for children under four years of age. Adult day care providers should also consider their elderly participants to determine if choking is a potential concern. Please also be aware that some individuals may have food intolerances or allergies to these foods. If nuts are served as part of the meat/meat alternate requirement, a second meat/meat alternate source should also be served.

Grated Cheeses (such as Romano and Parmesan)

Romano and parmesan cheeses are not meal components when used as a garnish or seasoning. In order to be counted as a meat/meat alternate, the cheese must be used as an integral part of a recipe. A $\frac{3}{8}$ cup serving provides 1 ounce of meat alternate.

Yogurt

Because of yogurt's protein content, it falls under the meat/meat alternate category in the meal pattern. Four ounces of yogurt are equivalent to one ounce of meat/meat alternate in the meal pattern. Programs are not limited to offering only four or eight ounce servings to meet one or two ounce servings. They may serve two ounces to be counted as a half ounce serving or six ounces to count as a one and a half ounce serving, etc. Yogurt in a drinkable form, including that used in smoothies, may never be counted toward the meal pattern requirements.

Commercially Prepared Yogurt with Fruit

Contributions of commercially prepared plain and fruited yogurts are based on weight/volume of the container. For example, a four ounce container of fruited or non-fruited yogurt is counted as one ounce meat/meat alternate. The fruit in commercially prepared yogurt may not be counted toward the fruit/vegetable requirement in the meal pattern. Fruit in yogurt may be counted toward the fruit/vegetable requirement only when a provider adds a sufficient amount of canned, fresh or frozen fruit to the commercially prepared yogurt as documented on a menu. For example, adding fresh strawberries to commercially prepared strawberry yogurt may be counted toward meeting the fruit requirement.

Yogurt in a Tube

Yogurt in a tube may never be served frozen because frozen yogurt does not meet the definition of yogurt. It must be fully defrosted before serving.

Pizza

Pizza may count as a meat/meat alternate if it contains enough cheese and another meat/meat alternate (beef, beans, etc.). It should have a recipe or Product Formulation Statement on file or be CN labeled.



Chicken Nuggets, Fish Sticks, Hot Dogs, etc.

These products vary in the size and amount of breading and batter used for coating. Look for those with CN labels to determine the amount needed in order to satisfy meal pattern requirements. For those products without a CN label, a recipe or Product Formulation Statement must be submitted to document the portions served.

***REMINDER:** Chicken nuggets, fish sticks and other fried or pre-fried and baked items must contain no more than 35% of calories from fat. Hot dogs and other processed meats may only be served once in a two week cycle.

Alternate Protein Products (APPs)

Manufacturers have begun to submit these products for CN labeling. Products that are CN labeled should be documented in the same way as any other CN labeled product. If the product does not have a CN label you will need to provide a Product Formulation Statement. Although some manufacturers have put manufacturer's statements on their websites or have the more general manufacturers' statements, not all of these meet program requirements. Product Formulation Statements for meat/meat alternate products must contain the information contained in the sample form. A copy of each meat/meat alternate product used must be maintained on file in the event of review. You should supply the form and worksheet to the manufacturer. You should review the forms when received to assure that the forms were completed accurately and maintain on file. The sample form starts on page 89. It is formatted so that it can be photocopied and reused.

Serving Size and Yield of Commonly Used Meat and Meat Alternates

Food Item	Purchase Size and Yield
Chicken , boneless, skinless	1 pound frozen = 7 - 1 1/2 oz servings
Fish fillets	1 pound fresh or frozen = 7 - 1 1/2 oz. servings
Tuna, chunk style, canned in water	6 oz. can = 3.5 - 1 1/2 oz. servings 12 oz. can = 7 - 1 1/2 oz. servings
Tuna, solid, canned in water	6 oz. can = 3.5 - 1 1/2 oz. servings 12 oz. can = 6.95 - 1 1/2 oz. servings
Turkey breast, whole	1 pound = 6 - 1 1/2 oz. servings
Turkey, ground	1 pound = 7 - 1 1/2 oz. servings
Yogurt	3/4 cup (6 oz.) = 1 1/2 oz. serving
Beef, ground	1 pound = 7 - 1 1/2 oz. servings
Beans, kidney, dry	No. 300 can (15 1/2 oz) = 5 - 3/8 cup servings
Beans, black, canned	No. 300 can (15 1/2 oz) = 5 - 3/8 cup servings
Cheese, shredded	1 pound = 4 cups
Cheese, cubed	1 pound = 2 cups

Real Cheeses that Meet Delaware CACFP/*Delacare* Rules Listed by Brand

The following is a list of real cheese by brand. This is not meant to be an all-inclusive list, just some ideas from various brands sold in local stores. Remember, when purchasing cheese, check the front label to be sure it is not a “cheese food” or “cheese product.”

American

Heritage Swiss/American

Cabot

Cheddar (all varieties)
Colby Jack
Monterey Jack
Mozzarella
Muenster
Pepper Jack
Swiss

Cracker Barrel

All varieties

Friigo

String

Giant

Shredded Mild Cheddar
Shredded Mozzarella
Mozzarella Slices
Sliced Provolone

Great Value (found at Wal-Mart)

Pasteurized Process American
Sliced Sharp Cheddar
Finely Shredded Mozzarella
Finely Shredded Cheddar
Finely Shredded Parmesan

Land-O-Lakes

American
(NOTE: Be sure to choose the one that does not say “product” on the package.)
Provolone
Swiss
Extra Sharp Cheddar
Snack n’ Cheese To Go!

Kirkland (Costco)

Deluxe American
Swiss/American

Kraft

Deli Deluxe American
Deli Fresh Cheddar
Deli Fresh Mozzarella
Deli Fresh Provolone
Deli Fresh Swiss
Grated Parmesan
Grated Romano
Natural Cheddar (all varieties)
Natural Shredded Cheddar and
Monterey Jack
Natural Shredded Colby
Natural Shredded Italian Five
Natural Shredded Mexican Style
Natural Shredded Monterey Jack
Natural Shredded Mozzarella
Natural Shredded Pizza
Shredded Parmesan

Poly-O

Mozzarella (all varieties)
Poly-O String-Ums

Sargento

String
Disney Shapes
Snack Sticks
American Singles
Swiss

ShopRite

White and Yellow Cheddar- Shredded
Natural Provolone Slices
String – Low Moisture Part Skim

GRAINS/BREADS (Bread/Bread Alternate)

Grains/Breads are defined as:

- Cereals (hot and cold)
- Bread
- Pasta
- Bread products such as pancakes, waffles and homemade breads
- Rice
- Couscous
- Any product made from scratch using grains (e.g., flour) as a main ingredient

Delaware CACFP/Delacare Rules

Infants

- Sweet grains are not allowed.
- A whole grain product must be served one time per day to infants 8 through 11 months who have been introduced to grain foods other than infant cereal (e.g., crackers, breads, etc.).

Children and Adults

- A whole grain product must be served one time per day. It is encouraged that whole grains are served whenever possible.
- Sweet grains may be served one time every two weeks for snack only.
 - Sweet grains are: Toaster pastries (Pop-Tarts™), Danishes, grain bars (granola bars), coffee cakes, doughnuts, sweet rolls, fruit-grain/granola bars, cookies, dessert pies, cakes, brownies and commercially prepared muffins and quick breads (including those prepared from a box).
- Cereals may contain no more than 6 grams of sugar per serving.
- Must be whole grain or enriched or made from whole grain or enriched meal or flour (as is the case with cereals).
- Bran and germ are categorized as enriched meals or flours. They are not whole grains and, therefore, do not count for a whole grain serving.
- A grain/bread must be served at breakfast, lunch and supper.
- A grain/bread may be served as one of two components for snack.
- One-quarter ($\frac{1}{4}$) of a serving is the smallest amount to qualify for the minimum quantities of grains/breads specified in program regulations.

Special Exemptions

There is a religious exemption granted under FNS instruction 783-13 Rev 2. from the enrichment portion requirements of the Child Nutrition Programs during the religious observance of Passover. Un-enriched matzo may be substituted during that period of time only. Enriched or whole grain matzo used as a grain must be served at all other times of the year.



Commercially Prepared Grain Products

- Commercially prepared grain products such as sweet breads, muffins and quick breads fall into the sweet grain category, and are allowed in Delaware one time every two weeks for snack only. These include all pre-made sweet breads and muffins as well as those made from boxed mixes. Examples include, but are not limited to: sweet rolls, store-bought or boxed mix muffins, banana bread and pumpkin bread.
- French, Vienna, Italian and Syrian breads, crackers and animal crackers are commercially prepared products that are sometimes prepared with un-enriched flour. Check the label or with the manufacturer to be sure that the product is made with enriched flour. Only those made with enriched flour may be served.
- To determine the minimum serving size needed to meet the meal requirements, compare the weight on the package (gram or ounce) with the appropriate group in the charts on pages 55-57.
- The contribution weight listed of wontons or egg roll wrappers (Group B) and the crust portion of pies, turnovers and dessert pies (Group C) listed in Exhibit A is for the crust portion of the products only. The weights of the products vary widely with differences in the amount of fillings so that standard total weights can not be established. If you wish to use these products, document the product contributions by obtaining a Product Formulation Statement with the filling and crust contributions listed separately. If the product is school made, maintain a copy of your standardized recipe on file.
- For the types of food items listed in Groups A-G of Exhibit A to count as one full serving, an item must contain no less than 14.75 grams (0.52 ounces) of enriched or whole grain, meal and/or flour. Use the contribution formula on page 62 to determine how many servings are yielded from a grain product.
- The weights listed in each group of Exhibit A reflect the total weight of the product needed so that the 14.75 grams of whole grain, meal and/or flour (along with the other ingredients) are included in the serving.

Corn Products

Corn grain products must be labeled as whole corn (or other “whole corn” designations such as whole grain corn, whole ground corn or whole corn flour) or enriched corn (or other “enriched corn” designations such as enriched yellow cornmeal, enriched corn flour, enriched corn grits, etc.). Cornmeal by FDA standards is not a whole grain meal and thus, items made with enriched cornmeal also must contain no less than the 14.75 grams of enriched corn meal.



Determination of Meal Contribution by Weight

The amount of a food item counted as a grain/bread serving is determined either using the weights provided in Exhibit A or by using the formula for determining the gram contribution.

In the calculation of grain/bread, the use of flavorings and spices such as cinnamon and nutmeg do not significantly affect weight and are not indicated as separate products. For the types of food items listed in Groups H and I of Exhibit A to count as one full serving, the weights and volumes listed in the applicable group must be used.

NOTE: Sponsors are no longer required to use only those quick bread/muffin recipes or products which list flour as the primary ingredient by weight. This change permits sponsors to serve products that more closely resemble standard quick breads and muffins and thus are more acceptable to participants.

Group A	Minimum Serving Size for Group A
Bread Type Coating Bread Sticks (hard) Chow Mein Noodles Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) note: weights apply to bread in stuffing	1 serving = 20 gm or 0.7 oz. $\frac{3}{4}$ serving = 15 gm or 0.5 oz. $\frac{1}{2}$ serving = 10 gm or 0.4 oz. $\frac{1}{4}$ serving = 5 gm or 0.2 oz.
Group B	Minimum Serving Size for Group B
Bagels Batter Type Coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hot dog) Crackers (graham crackers - all shapes, animal crackers) Egg Roll Skins, Won Ton Wrappers English Muffins Pita Bread (white, wheat, whole wheat) Pizza Crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla Chips (enriched or whole grain) Taco Shells	1 serving = 25gm or 0.9 oz. $\frac{3}{4}$ serving = 19 gm or 0.7 oz. $\frac{1}{2}$ serving = 13 gm or 0.5 oz. $\frac{1}{4}$ serving = 6 gm or 0.2 oz.



Group C	Minimum Serving Sizes for Group C
Cookies ¹ (plain) Cornbread Corn Muffins Croissants Pancakes Pie Crust (dessert pies ¹ , fruit turnovers ¹ and meat meat/alternate pies) Waffles	1 serving = 31 gm or 1.1 oz. $\frac{3}{4}$ serving = 23 gm or 0.8 oz. $\frac{1}{2}$ serving = 16 gm or 0.6 oz. $\frac{1}{4}$ serving = 8 gm or 0.3 oz.
Group D	Minimum Serving Size for Group D
Doughnuts ¹ (cake and yeast raised, unfrosted) Granola Bars ¹ (plain) Muffins/Quick Breads ¹ (all except corn) Sweet Roll ¹ (unfrosted) Toaster Pastry ¹ (unfrosted)	1 serving = 50 gm or 1.8 oz. $\frac{3}{4}$ serving = 38 gm or 1.3 oz. $\frac{1}{2}$ serving = 25 gm or .9 oz. $\frac{1}{4}$ serving = 13 gm or 0.5 oz.
Group E	Minimum Serving Size for Group E
Cookies ¹ (with nuts, raisins, chocolate pieces, and/or fruit purees) Doughnuts ¹ (cake and yeast raised, frosted, or glazed) French Toast Grain Fruit Bars ¹ Granola Bars ¹ (with nuts, raisins, chocolate pieces, and/or fruit) Sweet Rolls ¹ (frosted) Toaster Pastry ¹ (frosted)	1 serving = 63 gm or 2.2 oz. $\frac{3}{4}$ serving = 47 gm or 1.7 oz. $\frac{1}{2}$ serving = 31 gm or 1.1 oz. $\frac{1}{4}$ serving = 16 gm or 0.6 oz.
Group F	Minimum Serving Size for Group F
Cake ¹ (plain, unfrosted) Coffee Cake ¹	1 serving = 75 gm or 2.7 oz. $\frac{3}{4}$ serving = 56 gm or 2.0 oz. $\frac{1}{2}$ serving = 38 gm or 1.3 oz. $\frac{1}{4}$ serving = 19 gm or 0.7 oz
Group G	Minimum Serving Size for Group G
Brownies ¹ (plain) Cake ¹ (all varieties, frosted)	1 serving = 115 gm or 4 oz. $\frac{3}{4}$ serving = 86 gm or 3 oz. $\frac{1}{2}$ serving = 58 gm or 2 oz. $\frac{1}{4}$ serving = 29 gm or 1 oz.

1. May be served one time every two weeks for snack only.



Group H	Minimum Serving Size for Group H
Barley Breakfast Cereals ² (cooked) Bulgur or Cracked Wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 serving = $\frac{1}{2}$ cup cooked (or 25 gm dry)
Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal ² (cold, dry)	1 serving = $\frac{3}{4}$ cup or 1 oz, whichever is less

2. May contain no more than 6 grams of sugar per serving.

Examples of how to determine meal contribution:

- Thomas' 100% Whole Wheat English Muffins®:
Nutrition Facts label reads 1 muffin = 57 grams
 - These would fall under Group B.
 - Group B 1 serving = 25 grams
 - $57 \text{ grams/muffin} \div 25 \text{ grams/serving} = 2.28 \text{ servings/muffin}$
 - 1 English muffin is 2.28 servings from the grain/bread group

- Pasta noodles
Box contains 1 lb or 454 grams
 - These would fall under Group H
 - Group H 1 serving = 25 grams dry
 - $454 \text{ grams/box} \div 25 \text{ grams/serving} = 18.16 \text{ servings/box}$

- Rold Gold Classic Pretzels®
Nutrition Facts label reads 1 serving = 28 grams or 9 pretzels
 - These would fall under Group A
 - Group A 1 serving = 20 grams
 - $28 \text{ grams/9 pretzels} \div 20 \text{ grams/serving} = 1.40 \text{ servings/9 pretzels}$



Determining Serving Sizes

The majority of products are listed by serving size in the meal pattern chart. For example, one half slice of bread or $\frac{3}{4}$ cup of cold, dry cereal.

Most of the remaining grain/breads are listed in Exhibit A by serving size group. When using a commercial product listed in Exhibit A, check to see the required serving size of the product and then check the total weight per serving of the product. In some cases, the will be the prepackaged weight will be on the package or on the individual packet (found either on the Nutrition Facts label or the front corner of the packaging). The weight per serving should be at least the minimum serving listed for the applicable group in the Exhibit A list.

As an example, a provider wishes to use a grain fruit bar (e.g., NutriGrain® bar) for a snack. She serves three to five year olds. In this case, the bar size as listed on either the box or the wrapper must weigh either 31 grams or 1.1 oz to meet the required $\frac{1}{2}$ serving size. If the serving size requirement differs from the actual product serving size, adjustments should be made to the serving size by either adding additional product or by cutting the bar. This is done to meet requirements but, at the same time, and to ensure appropriate amounts of food for the target age group.

Some products, such as crackers, come packaged loose in a box or bag. For these products, we have calculated the serving sizes rather than require sponsors to weigh out the gram or ounces and then calculate serving size. We recognize the difficulties in determining serving sizes on such items as crackers. FDA has provided us with the gram reference weight per unit and we have calculated adjusted serving portion sizes, using their Standards of Identity. In those instances where a serving size resulted in a portion of a unit or the measurement was a nonstandard measure, we have rounded up to standard measurements to ensure that portion sizes meet requirements, to ensure ease in preparation and in purchasing. Sponsors can simply measure out either the standard cup or fraction of a cup serving size or use the individual item count listed. For products such as bagels, pita bread and English muffins that reasonably can be cut, we have provided portion sizes in halves and quarters. Please see the revised reference chart.

Some grain/bread products are made on premises or at a central kitchen. If you plan to make your own rolls, muffins, or breads you can determine portion sizes in one of two methods. If you use standardized recipes developed by USDA or your State agency you need only document which recipe is used, the crediting and portion size indicated on the recipe and the portion size actually used. USDA and State agency recipes have been tested and verified as to portion size and crediting equivalencies. If you use your own recipe or a commercial recipe, you will need to calculate the number of allowable servings. You should take the total amount of flour and/or grains used in the recipe and divide by the allowable contribution by portion size. A step by step sample worksheet for your use has been included on page 62.



Recalculated Serving Amount(s) Needed To Constitute a Serving by Age

Listed in the chart below are specific names of products which can be used to meet the grain/bread requirement. Each listed amount is the equivalent to the amount listed in (parentheses) at the top of each column. Remember that you must consider the particular needs and ages of your participants when considering choking hazards. Also remember that some grain/bread options are high in sugar, salt or fat and should be offered in moderation. Double check your portion size by weighing samples of your portion, comparing them against the appropriate group and desired serving size in Exhibit A and documenting to your file. Remember, always round up the portion size to ensure that children receive sufficient food.

Name of item	Ages 1-2 ($\frac{1}{2}$ slice equivalent)	Ages 3-5 ($\frac{1}{2}$ slice equivalent)	Ages 6-12 & Adult (1 slice equivalent)
Group A Exhibit A Bread stick (hard, with or without sesame seeds)			
4 $\frac{1}{4}$ " size (small)	2 sticks	2 sticks	4 sticks
4 $\frac{3}{4}$ " size (medium)	1 stick	1 stick	2 sticks
5 $\frac{3}{8}$ " size (suggested - use a medium bread stick for $\frac{1}{2}$ serving)			1 stick
small or mini	$\frac{1}{2}$	$\frac{1}{2}$	1
3" diameter	$\frac{1}{4}$	$\frac{1}{4}$	$\frac{1}{2}$
Group A Exhibit A Butter and Club Crackers			
square	2 each	2 each	4 each
rectangle	3 each	3 each	5 each
large rectangle	1 each	1 each	2 each
small rectangle	4 each	4 each	8 each
rounds	4 each	4 each	7 each
bite size	10 each	10 each	20 each
bite size by cup	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup
Group A Exhibit A Cheese Crackers			
small square	10 each	10 each	20 each
various shapes	4 each	4 each	7 each
fish	10 each	10 each	20 each
twigs	5 each	5 each	10 each
bite size	10 each	10 each	20 each
round	4 each	4 each	7 each
snack stick	5 each	5 each	10 each



Name of item	Ages 1-2 ($\frac{1}{2}$ slice equivalent)	Ages 3-5 ($\frac{1}{2}$ slice equivalent)	Ages 6-12 & Adult (1 slice equivalent)
Group A Exhibit A Matzo	$\frac{1}{2}$	$\frac{1}{2}$	1
Group A Exhibit A Melba Toast			
Rectangles	2	2	4
Rounds	4	4	7
Group A Exhibit A Milk Crackers	1	1	2
Group A Exhibit A Oat Bran Crackers			
thins	5	5	10
cup	$\frac{1}{4}$	$\frac{1}{4}$	$\frac{1}{3}$
Group A Exhibit A Saltine, soda crackers, sea toast, "Uneeda"	4	4	8
Large round crackers	1	1	2
Group A Exhibit A Soup and Oyster Crackers	10	10	20
Group A Exhibit A Whole Wheat Crackers (includes toasted wheat, cracked wheat and stoned wheat types)	3	3	5
Group A Exhibit A Whole Wheat Wafer	3	3	5
Group A Exhibit A Water Biscuits	3	3	5
Group B Exhibit A Corn Tortilla			
5" Diameter	1	1	2
7" Diameter	$\frac{1}{2}$	$\frac{1}{2}$	1
Group B Exhibit A Flour Tortilla			
4" Diameter	1	1	2
6" Diameter	$\frac{1}{2}$	$\frac{1}{2}$	1
Group B Exhibit A Whole Wheat Tortilla, Chappati and Puri no diameter given	$\frac{1}{2}$	$\frac{1}{2}$	1



Name of item	Ages 1-2 ($\frac{1}{2}$ slice equivalent)	Ages 3-5 ($\frac{1}{2}$ slice equivalent)	Ages 6-12 & Adult (1 slice equivalent)
Group B Exhibit A Tortilla or taco chips (include enriched corn or cornmeal, may be either flavored or plain)	8 chips	8 chips	14 chips
small rectangles	4	4	8
Group B Exhibit A Pita (include Greek, Syrian Flat bread, and Pocket bread)			
small 4" diameter	$\frac{1}{2}$	$\frac{1}{2}$	1
Group B Exhibit A Pretzels (hard)			
1 ring	5	5	0
3 ring	4	4	7
thin (3 $\frac{1}{4}$ "x2 $\frac{3}{4}$ " x1/4")	2	2	4
rod (7 $\frac{1}{2}$ "x $\frac{1}{2}$ " x $\frac{1}{4}$ "")	1	1	2
Dutch pretzel (2 $\frac{3}{4}$ "x 2 $\frac{5}{8}$ " x $\frac{5}{8}$ "")	1	1	2
log 3" x $\frac{1}{2}$ "	2	2	4
sticks 2 $\frac{1}{2}$ "x1/8" diameter	20	20	40
thin sticks, rings, bite size by cup	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Group B Exhibit A Rice or Rye Cakes			
Regular Size	2	2	3
Mini-cakes	5	5	10
Group C Exhibit A Spoon Bread by cubic inches	1 $\frac{1}{2}$ "x1 $\frac{1}{2}$ " square	1 $\frac{1}{2}$ "x1 $\frac{1}{2}$ " square	2 $\frac{1}{2}$ "x 2 $\frac{1}{2}$ "square
Group C Exhibit A Johnny Cake	3"x 3" square	3"x 3" square	7"x 7" square

Graham crackers and animal crackers are now in Group B. One serving is 25 grams and $\frac{1}{2}$ serving is 13 grams. All other crackers are in Group A. One serving is now 20 grams and $\frac{1}{2}$ serving is 10 grams. These items are not considered sweet grains by the Delaware CACFP/Delacare Rules.



Sample Worksheet for Calculating the Grain Contribution

The following worksheet takes food service personnel through the steps needed to determine the number of creditable servings in a homemade product. Please note that the sample recipe uses both enriched flour and whole grain cereals. Please also note that in determining the contribution, decimals are always rounded down. This policy determination was made to preclude the possibility that servings would be short on weight to meet portion sizes due to rounding.

Sample: Oatmeal Cookies - provides 100 cookies

All Purpose Enriched Flour 1 lb 13 oz
Baking Soda
Salt
Rolled Oats 1 lb 4 oz
Brown Sugar
Ground Cinnamon
Ground Nutmeg
Shortening
Butter or Margarine
Large Eggs
Vanilla
Raisins, Plumped (optional)

Step One: Convert pounds to grams

Flour 1lb 13 oz $1.81 \text{ lb} \times 454 \text{ grams (454 grams per pound)} = 821.74 \text{ g}$

Oats 1 lb 4 oz $1.25 \text{ lb} \times 454 \text{ grams} = 567.50 \text{ g}$

Step Two: Add the total grams of each grain together.

$821.74 \text{ grams of flour} + 567.5 \text{ grams of oats} = 1389.24 \text{ total grams}$

Step Three: Divide total grams by the proposed number of servings in the recipe.

$1389.24 \div 100 = 13.89 \text{ grams of grain per serving.}$

Step Four: Divide the actual grams by the required grams per serving.

$13.89 \div 14.75 = .9419 \text{ servings of grain}$

Step Five: Round down to the nearest $\frac{1}{2}$ serving.

.9419 becomes .75 or $\frac{3}{4}$ of a bread serving.

You may also calculate using ounces instead of pounds.



Weights of Commonly Used Grains

When using a recipe with smaller yields for a grain/bread, ingredients are listed in cups or portions thereof. This list provides the number of grams per cup. Use of this chart should save smaller programs from the additional mathematical step of converting recipes from cups to pounds to grams. Of course, remember to divide or multiply the number of grams to reflect the number of cups or portions of cups required in your recipe.

Food Item	Description	Weight of one cup in grams
Cereals	All Bran	30
	Bran Buds	30
	Corn Chex	30
	Corn Flakes whole	28
	Cheerios	30
	Rice Krispies	28
	Rice Chex	24
	Wheaties	30
Flour, All Purpose	Un-sifted spooned	125
Bread Flour	Un-sifted, spooned	137
Whole Wheat Flour	Un-sifted, spooned	120
Oats	Uncooked	80
Wheat Germ	Spooned	100

Source: USDA National Data Base



Food	Meets Rules		Comments
	Yes	No	
Amaranth	x		See Group H of Exhibit A
Bagel	x		See Group B.
Bagel Chips	x		These products are high in fat and sodium. They should be served with caution due to being a potential choking hazard.
Banana Bread	x		Homemade breads must contain 14.75 grams per serving of enriched or whole grain flour/meal, bran or germ. Commercial quick breads are in the same group as muffins (other than corn) and may be served one time every two weeks for snack only. See Group D of Exhibit A.
Barley	x		It must be enriched or whole grain. See Group H of Exhibit A.
Bean Noodles or Cellophane Noodles		x	
Biscuits	x		See Group B.
Boston Brown Bread	x		See Group D of Exhibit A.
Bread Pudding, Homemade	x		The bread in bread pudding is counted for snack only and must contain a minimum of 1/2 slice of bread per serving. See Group B of Exhibit A for the amount of bread required.
Breading/Batter	x		See Group B of Exhibit A for weights of prepared batter coatings. CN labeled products are acceptable for breading on such products as commercial fish sticks, chicken, or fish nuggets, if so stated on the label.
Brownies	x		May be served one time every two weeks for snack only. See Group G of Exhibit A.
Buckwheat	x		The product must contain 14.75 grams per serving.
Bulgur	x		See Group H of Exhibit A.
Cakes	x		May be served one time every two weeks for snack only. Unfrosted see Group F; Frosted see Group G, Exhibit A.
Caramel Corn		x	
Carrot Bread	x		See banana bread.
Cereal Bars	x		These items are considered sweet grains and may be served one time every two weeks for snack only. See the fruits/vegetables section for counting the inner portion. See page 70 for more information.
Chips, Corn/cornmeal (e.g., Sun Chips, Fritos, Doritos)	x		Corn/cornmeal chips must use whole grain or enriched flours. See Group B of Exhibit A.



Food	Meets Rules		Comments
	Yes	No	
Chips, Potato		x	
Chow Mein Noodles	x		See Group A Exhibit A.
Coffee Cake, Sweet Rolls	x		May be served one time every two weeks for snack only. See Group F of Exhibit A.
Cookies	x		May be served one time every two weeks for snack only. Plain cookies see Group C of Exhibit A. For cookies with nuts, raisins, chocolate pieces or fruit pieces see Group E of Exhibit A.
Cornbread	x		See Group C of Exhibit A.
Cornmeal	x		Must be enriched. Products must contain 14.75 grams per serving.
Compone	x		This product is in Group C.
Couscous	x		This pasta product must be enriched or whole grain. See Group H of Exhibit A.
Crackers (saltines and snack crackers)	x		For documenting purposes specify the type served, e.g., graham, etc. See pages 55-57.
Cream Puff Shells Choux Paste (Dessert)	x		May be served one time every two weeks for snack only. See Group C Exhibit A.
Crepes	x		For the required serving size, see Group C - pancakes.
Croissants	x		These are high in fat and should be limited.
Croutons	x		See Group A, Exhibit A.
Cupcakes	x		May be served one time every two weeks for snack only. Unfrosted, see Group F; Frosted, see Group G Exhibit A.
Danish Pastries	x		May be served one time every two weeks for snack only.
Doughnuts	x		May be served one time every two weeks for snack only.
Dumplings	x		
Egg Roll or Won Ton Wrappers	x		See Group B Exhibit A.
Emmer (Wheat)	x		See Group B Exhibit A.



Food	Meets Rules		Comments
	Yes	No	
English Muffins	x		See Group B Exhibit A.
Fig Bar	x		May be served one time every two weeks for snack only.
French Bread	x		When made with enriched or whole grain flour. Please note some French bread may not be made with enriched or whole grain flour; document compliance with requirements.
French Toast	x		See Group E Exhibit A.
Fried Bread (funnel cakes, fried dough)	x		May be served one time every two weeks for snack only. These products are high in fat, and should be limited.
Fruit Puffs		x	
Granola Bars (plain or with fruits/nuts or other add-ins)	x		May be served one time every two weeks for snack only. This includes any type of granola or cereal bar.
Grits	x		This product must be whole grain or enriched. Check packaging very carefully and maintain ingredient labels on file. Most grits do not meet requirements.
Hominy		x	Hominy is not made from the whole kernel of corn.
Hushpuppies	x		This product is in Group C Exhibit A. (Use a #40 scoop). These items are high in fat and should be limited.
Ice Cream Cones		x	Insufficient flour to meet requirements.
Ice Cream Sandwich Wafers	x		May be served one time every two weeks for snack only.
Italian Bread	x		This product must be enriched or whole grain.
Jerusalem Artichoke Flour		x	
Johnny Cake	x		This product is in Group C Exhibit A.
Kasha	x		
Millet	x		Allowed based on the product that this is used in. For example for millet bread see Group B Exhibit A or at least 14.75 grams per serving.
Muffins	x		Commercially prepared muffins may be served one time every two weeks for snack only. Homemade muffins should be low in added sugars. See Group D.



Food	Meets Rules		Comments
	Yes	No	
Nacho Chips	x		This product must be enriched or whole grain flour, meal, bran or germ. These items can be high in fat and sodium.
Noodles (wheat)	x		This product must be enriched or whole grain flour, meal, bran or germ.
Noodles in canned soup	x		For the amounts of noodles alone see Group H Exhibit A.
Pie Crust (meat/meat alternate or with vegetables)	x		If it is served as an accompaniment to the main dish as in beef or chicken pot pies. For the weight of the crust alone, see Group C Exhibit A.
Pie Crust (dessert crust)	x		May be served one time every two weeks for snack only. For the weight of the crust alone, see Group C Exhibit A.
Pineapple Upside Down Cake	x		May be served one time every two weeks for snack only.
Pita	x		See Exhibit A Group B.
Pizza Dough	x		See Exhibit A Group B.
Pop Tarts™	x		May be served one time every two weeks for snack only. See Group D or E.
Popcorn		x	
Popover	x		See puff pastry. May be served one time every two weeks for snack only. This product is allowed as a bread component only.
Pound Cake	x		May be served one time every two weeks for snack only.
Potatoes		x	Potatoes are a vegetable, not a grain/bread.
Potato Flour		x	Potatoes are a vegetable, not a grain/bread.
Pretzel, Soft	x		
Pretzel, Hard	x		
Puff Pastry with a meat/meat alternate or vegetable	x		See the pie crust entry. Puff pastry is high in fat. Puff pastry may not be counted when used with fruit as a dessert.



Food	Meets Rules		Comments
	Yes	No	
Pumpnickel Bread	x		
Pumpkin Bread	x		See banana bread. Commercially prepared pumpkin bread may be served one time every two weeks for snack only.
Quinoa	x		A cereal-like plant product derived from an herb, counted as a whole-grain type of flour. Typically served like rice. Seeds may be red, black or white. See Group H of Exhibit A.
Raisin Bread	x		This product is counted in the same way as breads without raisins (grain/bread only).
Rice, Enriched, White or Brown	x		This product must be enriched or whole grain. See the <i>Food Buying Guide</i> Section 3, 3-29 with FY 2003 pen and ink changes. Brown rice is a whole grain.
Rice Cakes	x		
Rice Flour	x		Rice flour products must be enriched or whole grain. Must show at least 14.75 grams per serving. See Group B Exhibit A.
Rice in Pudding (homemade)	x		Rice must be enriched or whole grain. The standardized recipe must document that sufficient rice is used to provide at least $\frac{1}{4}$ serving (6.25 grams dry rice).
Rye	x		
Sopapillas	x		May be served one time every two weeks for snack only. For serving size see Group D.
Sorghum	x		
Soy flour		x	Soy flour is counted as a meat/meat alternate. It must have the APP documentation form on file. See information on APPs.
Spelt	x		Meal pattern requirement is based on the product that this grain is used in at least 14.75 grams per serving. For spelt bread, see Group B Exhibit A.
Spoon Bread	x		Meal pattern requirement in the same group as cornbread. For serving size see Group C.



Food	Meets Rules		Comments
	Yes	No	
Squash or Zucchini Bread	x		Quick breads are counted in the same group as muffins (other than corn). See banana bread.
Stuffing, Bread, Dry	x		See Group A. Weights apply to the bread in the stuffing.
Tapioca		x	
Taco or Tortilla Shells	x		The shells must be enriched, fortified, or whole grain. These items can be high in fat and sodium.
Taco Chips	x		The chips must be enriched, fortified, or whole grain. These items can be high in fat and sodium.
Triticale	x		
Turnover Crust	x		May be served one time every two weeks for snack only. See Group C. Allowed for lunch or dinner as part of the entrée.
Wafers, Vanilla	x		May be served one time every two weeks for snack only.
Waffles	x		
Wheat Berries	x		
Wheat Germ/Bran	x		Bran and germ are counted in the same manner as whole grain meal or flour - at least 14.75 grams per serving.
Wild Rice	x		Use information from page 3-32 in the <i>Food Buying Guide</i> .



Important Notes about Grain/Breads

Nut or seed meal or flour

Nuts and seeds are not grains. Nut or seed meal flours are not enriched and, therefore, are not counted toward in the grain/bread component.

Fig bar cookies, granola bars and cereal bars

These items are considered sweet grains by Delaware CACFP/*Delacare* Rules definition. They are allowed one time every two weeks for snack only. See Group C of Exhibit A for serving the crust portion as a grain/bread component. See the fruits and vegetables section for information regarding the inner portion.

If commercial granola bars are served, then the serving sizes for plain granola bars would be found in Group D. Serving sizes for those granola bars with nuts, raisins, chocolate pieces, and/or fruit purees would be found in Group E.

Those programs that wish to serve homemade granola bars should use the worksheet formula for calculating the amount of whole grain (the grain portion of the formula) or enriched flour per serving. Standardized recipes for homemade granola and granola bars are available from the Regional office or State agency upon request. These recipes have pre-calculated portion sizes.

“Rice Crispy” bars or similar bars made from a cereal product

These “cereal snacks” are sweet grains and may be served one time every two weeks for snack only. The cereal used must be whole grain, enriched or fortified to be served as the bread/grain component. Only the weight of the cereal is used for determination toward the meal pattern.

Pie crusts, crisps, and cobblers

Pie crust can be counted when served as an integral part of the main dish. Dessert pies and fruit turnovers may be served one time every two weeks for snack only. Only the weight of the crust (see Group C Exhibit A) or the grams of enriched flour/meal, whole grain, bran or germ (14.75 grams per serving) qualify as the bread requirement for a meal or snack. Crisps or cobbler crusts served as a part of a dessert are not part of the meal pattern.

Granola Cereal

Commercial and homemade granola cereals are acceptable. In determining the serving size, only the grain portion of the cereal is counted as a grain/bread. In other words, any nuts, seeds, coconut, dried fruit, etc. are not to be included when determining the serving size. Standardized USDA and State agency recipes already have portion sizes calculated. However, since each commercial granola is based upon its own formulation, the sponsor should request manufacturer documentation which states the number of grams of enriched flour, whole grain bran or germ per serving. One serving should have a minimum of 14.75 grams of enriched flour, whole grain bran or germ per serving. This information should be maintained on file.



Crackers as bread/grain requirements

Both sweet and non sweet (savory) crackers can be served as a grain/bread equivalent for breakfast, lunch, supper or supplement (snack). Children who are in the one to two and three to five age ranges require $\frac{1}{2}$ serving for any of these meals. Children six through twelve years old and adult participants require one serving.

Saltines and snack cracker serving sizes are listed under Group A.

- One serving of Group A equals 20 grams or .7 ounce. $\frac{1}{2}$ Serving of Group A equals 10 grams or 0.4 ounce.

Graham and animal crackers are listed under Group B. The number of crackers served for either group would depend upon the total number of crackers by weight that would be required to meet the portion size requirements. In Delaware CACFP/*Delacare* Rules, these items are not considered sweet grains.

- One serving of Group B equals 25 grams or 0.9 oz. $\frac{1}{2}$ Serving of Group B equals 13 grams or 0.5 oz.

How to calculate serving amount for bagels

Because bagels vary in size and weight, you need to weigh the brand of bagels you purchase to determine the average weight per bagel. Then use the weights provided in Group B Exhibit to determine how many servings are in one bagel (1 serving = 25 grams or 0.9 ounces). If you purchase different brands, you will need to determine the average weight for each brand. This is required because the actual size of a bagel varies greatly from the various frozen commercial bagel varieties to deli size bagels. To determine the portion size for the age group being served you will need to know the meal pattern requirements for that age group, the weight of one bagel and the amount needed for one bread serving. For example, a half of one brand of bagel may meet requirements while a half of another type of bagel may provide too large a serving size for a three to five year child.

General reference sizes:

- One small (mini), commercial bagel will usually meet meal pattern requirements for three to five year old children.
- One half of a 3" diameter commercial bagel meets requirements for one grain/bread serving and $\frac{1}{4}$ of a 3" diameter bagel meets the $\frac{1}{2}$ serving size for three to five year olds.
- Documentation supporting the weight and serving size of each different bagel product should be maintained on file for review purposes, whenever the product differs from the standardized size in Exhibit A.



Low-Sugar* Cereals Listed by Brand

The following cereals are those that the Delaware CACFP/Delacare Rule that all cereals must contain no more than 6 grams of sugar per serving. This is by no means an all-inclusive list, just some suggested options of cereals with low sugar.

Cascadian Farm

Clifford Crunch
Purely O's

Quaker Co.

Low Sugar Maple and Brown Sugar
Low Sugar Apples and Cinnamon
Low Sugar Fruit and Cream Variety

General Mills

Cheerios
FiberOne Honey Clusters
Honey Kix
Kaboom
Kix
Multi-Grain Cheerios
Total
Wheat Chex
Wheaties

Giant

Bran Flakes
Oat Os
Honey Crunchin' Oats with Almonds
Shredded Wheat Bite Size
Quick Oatmeal Rolled Oats
Instant Oatmeal – Regular

Great Value (found at Wal-Mart)

100% Old Fashioned Oats
Toasted Whole Grain Oat
Toasted Corn

Kashi

7 Whole Grain Flakes
7 Whole Grain Nuggets
Good Friends Cereal Cinna-Raisin Crunch
Heart to Heart Honey Toasted Oat
Heart to Heart Warm Cinnamon Oat
Honey Sunshine
Mighty Bites Cinnamon
Mighty Bites Honey Crunch

Kellogg Company

All Bran Complete Wheat Flakes
All Bran- Original
All Bran Strawberry Medley
Mini Wheats Unfrosted Original

Post

Alpha Bits No Sugar
Bran Flakes
Grape Nuts
Grape Nuts Flakes
Shredded Wheat and Bran
Shredded Wheat Original
Spoon Sized Shredded Wheat

Shop Rite

Bran Flakes
Shredded Wheat
Crispy Rice

*Contain no more than 6 grams of sugar per serving, as listed on the Nutrition Facts Label.



Whole Grain Breads/Grains Listed by Brand

The following breads/grains are those that count as whole grains. They are listed by brand. This is by no means an all-inclusive list, just some suggested options for whole grain crackers, breads, and pastas.

ACME

100% Whole Wheat Bread
Whole Wheat Spaghetti

Arnold

100% Whole Wheat Bread
12 Grain Bread
7 Grain Bread
Bakery Light 100% Whole Wheat Bread
Country Wheat Bread
Grain Lovers Bread
Healthy Multi Grain Bread
Honey Whole Wheat Bread
Oatnut Bread

Giant

Rice Cakes – All varieties

Great Value (found at Wal-Mart)

100% Wheat Bread

Martin's

100% Whole Wheat Potato Bread
Whole Wheat Potato Rolls

Nabisco

Triscuit Thin Crips
Triscuit, Hint of Salt
Wheat Thins 100% Whole Grain
Wheat Thins Crunch Stix, Honey Wheat

Nature's Pride

100% Whole Wheat Bread
Honey Wheat Bread
Stone Ground Whole Bread

Quaker

Rice Cakes – All varieties

Kirkland (found at Costco)

Whole Wheat Bread

Market Pantry (found at Target)

100% Whole Wheat Bread

Stroehmann

Dutch Country Whole Wheat Bread

Schmidt

Old Tyme 100% Whole Wheat Bread

Old Tyme

Split Top 100% Whole Wheat Bread

Pepperidge Farm

100% Whole Wheat Bread
15 Grain Hearty Texture Bread
Soft Honey Whole Wheat Bread
Whole Grain Oatmeal Bread
Whole Grain Honey Whole Wheat Bread

ShopRite

100% Whole Wheat Spaghetti
Whole Wheat Bread
Stone Ground Wheat Bread
Whole Wheat Bread

Wonder

100% Whole Wheat Stone Ground
Wonder Kids Bread

Thomas'

Light Multi-Grain English Muffins
100% Whole Wheat English Muffins



INFANT FEEDING

A child is considered an infant in the Delaware CACFP/*Delacare* meal pattern from birth through 11 months of age.

Delaware CACFP/*Delacare* Rules

- Infants under 12 months of age may not be served juice.
- Cheese products and cheese foods are not allowed. Only real cheese may be served.
- Processed meats are not allowed.
- Fried or pre-fried and then baked meats are not allowed.
- Fried or pre-fried and then baked fruits and vegetables are not allowed.
- Cereals must contain no more than 6 grams of sugar per serving.
- For infants 8 through 11 months, a whole grain product must be served at least one time each day (for those infants who have been introduced to bread or crackers).
- Sweet grains (e.g., cookies, cakes, donuts, Danishes, etc.) are not allowed.
- The CACFP meal pattern allows for gradual introduction to solid foods and requires breastfeeding or formula feeding up until an infant's first birthday.
- Cereal with mixed fruit, jarred desserts (medleys, puddings, custards and cobblers), combination foods or dinners are not allowed because it is difficult to determine the amount of each component per serving.
- Baby foods in a jar which are a mixture of 2 fruits, 2 vegetables or 1 fruit and 1 vegetable are allowed.
- Foods such as strained meat, fruit, vegetables, iron-fortified infant dry cereal and iron-fortified infant formula all provide the nutrients infants need for proper growth and development.
- Be sure to check current USDA guidance to ensure proper infant feeding.
- Infants should be fed when hungry. The meal patterns are to serve as guidance for feeding infants. As long as the meal pattern requirements are met throughout the day, meals may be counted (and reimbursed for those in the CACFP).
- Meals containing only breast milk or iron-fortified formula are allowed through 7 months of age. Whole milk is not allowed until a child's first birthday.
- Child care centers and homes must provide one CACFP approved iron-fortified formula. A parent may elect not to have their infant have the provided formula, in which case they may provide an alternative formula or breast milk.

Providers are advised to check with parents/guardians to be sure infants have been introduced to foods containing multiple fruits and vegetables or other ingredients (such as milk, soy, wheat, etc.) and have not had any adverse reactions before feeding. If an infant is allergic to ingredients, the parent must fill out the *Dietary and Religious/Cultural Food Restrictions* form and have it signed by a medical professional. Providers should communicate frequently with parents/guardians of infants about newly introduced foods.

Notes about Infant Formula and Breast Milk

Infant formula

- Any iron-fortified formula intended for dietary use by healthy infants, excluding those that are for those infants with inner ear, metabolic or digestive problems.
- Must be served in a liquid state, diluted as instructed.

Safety and Storage of Formula

Location of Storage	Maximum Recommended Storage Time
Room Temperature	2 hours
Room Temperature, if warmed	1 hour
Refrigerator	24 hours

*NOTE: It is important to check the “use-by” dates on baby food and “expiration dates” on formula. If date has passed, do not buy or use the food and/or formula.

Breast milk

- Some infants consume less than recommended for their age group. In an effort to not waste the breast milk, USDA permits that an infant who does not regularly finish all the breast milk offered may be served less than is required; however, if an infant is still hungry the rest of the serving must be offered.
- Less than required amounts are only allowed for those infants who regularly do not consume all that is offered.
- All breast milk provided to the center or home should be labeled with the infant's name. All providers should ensure infants only receive that breast milk provided by their own mother.

Safety and Storage of Breast Milk

Location of Storage	Maximum Recommended Storage Time
Room Temperature	3-4 hours
Refrigerator	48-72 hours
Freezer	6 months

IMPORTANT: **Bottles MUST never be heated in a microwave **
** Cereal is not allowed in bottles **



Delaware CACFP/Delacare Rules Meal Pattern – Infants of all Ages

Meal Component	Birth through 3 months	4 through 7 months	8 through 11 months
BREAKFAST – Serve the following 3 components.			
Breast Milk or Formula	4 – 6 fl oz.	4 – 8 fl oz.	6 – 8 fl oz.
Infant cereal	None	0 – 3 Tbsp	2 – 4 Tbsp
Fruit or Vegetable	None	None	1 – 4 Tbsp
LUNCH or SUPPER – Serve the following 4 components.			
Breast Milk or Formula	4 – 6 fl oz.	4 – 8 fl oz.	6 – 8 fl oz.
Fruit or Vegetable	None	0 – 3 Tbsp	1 – 4 Tbsp
Infant Cereal	None	0 – 3 Tbsp	2 – 4 Tbsp
Meat or Meat Alternate			
Lean meat, poultry, fish, egg yolk, cooked beans or peas	None	None	1 – 4 Tbsp
Cheese	None	None	1/2 – 2 oz.
Cottage cheese	None	None	1 – 4 oz.
SNACK– Serve the following 2 components.			
Breast Milk or Formula	4 – 6 fl oz.	4 – 6 fl oz.	2 – 4 fl oz.
Grain or Bread			
Bread	None	None	0 – 1/2 slice
Crackers	None	None	0 – 2 crackers

Food	Meets Rules		Comments
	Yes	No	
Bread	x		May be served at snack only for those infants 8 months of age and over who have been introduced to it by parents/guardians. Must be whole grain and served as a finger food in small pieces.
Breast Milk	x		Served birth through 11 months. May be served longer as replacement for cow's milk if parent wishes.
Buttermilk		x	
Cereal, Adult, Dry		x	Dry cereal is not permitted in the infant meal pattern. It may be served if a parent requests after the meal pattern requirements have been fulfilled.
Cereal, Infant with Fruit		x	
Cereal, Infant, Iron-Fortified	x		
Cheese, Natural/Real	x		Real cheeses (cheddar, provolone, Gouda, etc.) may be served to children 8 months of age and older.
Cheese Foods		x	
Cheese Products		x	
Combination Dinners (e.g., turkey and rice), infant jarred		x	
Cottage Cheese	x		May be served as a meat or meat alternate for infants 8 months of age and older for lunch/supper.
Crackers	x		May be served at snack only for those infants 8 months of age and over who have been introduced to it by parents/guardians. Choose crackers that easily dissolve to prevent choking.
Cream		x	
Desserts, Jarred Baby (custards, puddings, etc.)		x	
Dry Milk, Reconstituted		x	
Egg White		x	
Egg Yolk	x		Baby egg yolk or properly cooked and prepared (mashed/pureed) egg yolk may be served to those children 8 months of age and older.
Evaporated Milk		x	May only be served with a note from a parent/guardian and medical professional on file.
Fish, Boneless	x		Remove any bones from the fish and examine closely. Serve only after introduced by a parent/guardian and observed for allergic reactions.
Fish, Shellfish		x	
Fish, Commercially prepared		x	Includes breaded and battered sticks and fillets.

Food	Meets Rules		Comments
	Yes	No	
Formula ,Infant, Iron-Fortified	x		Must read “with iron” or “iron-fortified” on the label. Up to an infant’s first birthday, breast milk or iron-fortified formula must be served. See list on page 83.
Formula, Follow-up, Iron-Fortified	x		May be served to infants 4 months of age and older. See list of acceptable formulas on page 83.
Fruit, Fresh or Canned	x		Plain, fresh or canned mashed, pureed or cooked if necessary. Infants 4-7 months may be served fruit at lunch/supper. Infants 8 through 11 months may be served fruit for breakfast and lunch/supper.
Fruit, Baby, Commercially Prepared Jarred	x		Only 100% fruits, vegetables or fruit and vegetable mixtures may meet meal requirements.
Fruit Juice		x	
Fruit Juice Blend		x	
Fruit Puffs or Dissolvable Grain Snacks		x	These snacks may be served if introduced by the parent/guardian, but are not counted as part of the meal pattern.
Fruit Punch		x	
Half and Half		x	
Home-Canned Infant Foods		x	
Honey		x	
Hot Dogs		x	
Legumes- Dried or Canned Beans	x		Cooked dry beans may be served to infants 8 months of age and older. Canned or dried beans or legumes should be cooked, mashed or pureed.
Meat	x		Plain, commercially prepared 100% baby food meat may be served to infants 8 months of age and older. Frozen or fresh meats may be served to infants 8 months of age and older when the appropriate consistency (cooked and mashed or pureed) for lunch/supper.
Milk, Whole, 2%, 1% (low-fat) or Non-fat (skim)		x	Cow’s milk may not be served to infants less than 1 year of age. Exceptions may be made with a note on file from a medical professional.
Milk-Based Formula, Iron-Fortified	x		
Mixed Cereal with Fruit		x	
Nuts		x	
Peanut Butter or Other Nut/Seed Butters		x	

Food	Meets Rules		Comments
	Yes	No	
Sausages		x	
Soy- Based Formula	x		See USDA approved list on page 85.
Toasted Oat Cereal		x	May be served if already introduced by the parent/guardian, but is not part of the meal pattern.
Vegetables, Plain cooked or commercially prepared baby food	x		Plain vegetables cooked, mashed or pureed are creditable. Commercially prepared baby foods made of 100% vegetables or combination of fruits and vegetables may be served to infants 4 through 7 months for lunch/supper and 8 through 11 months for breakfast and lunch/supper.
Vegetable Puffs or Dissolvable Grain Snacks		x	These snacks may be served if introduced by the parent/guardian, but are not counted as part of the meal pattern.
Whole egg		x	Only the egg yolk is to be served. Egg whites should not be served to infants.
Yogurt		x	Yogurt is not included in the infant meal pattern; however, it may be an extra food item once introduced by the parent/guardian.

Important Notes about Infant Feeding

Combination Foods

- Cereal with fruit, jarred desserts (medleys, puddings, custards and cobblers) and combination dinners are not allowed because it is difficult to determine the amount of each component per serving. Desserts are not permitted due to high sugar content.
- Infant foods which are 100% combinations of 2 fruits (e.g., Gerber Apple Blueberry®), 2 vegetables (e.g., Gerber Sweet Potatoes & Corn®) or 1 fruit and 1 vegetable (e.g., Gerber Apple Sweet Potato®) may be served in the meal pattern, for those that have been introduced to these foods. It is important to read all labels in combination infant foods.
- Combinations of fruits and/or vegetables are not allowed if the first ingredient listed is water.
- It is best to choose single-ingredient foods when feeding infants to avoid adverse reactions.

Infant fruits or vegetables containing DHA

These foods are not allowed as components of the infant meal pattern for those 8 months of age and older. They may be served as extra foods. Introducing these foods too early could cause a food sensitivity or allergy. DHA containing foods include Beach-Nut First Advantage Sweet Potato Soufflé® or Tropical Blend®.

Meat and Meat Alternates

The meal pattern for infants 8 through 11 months includes meat or meat alternates at lunch and supper. These items should only be served if already introduced to the infant by the parent/guardian with no signs of an allergic reaction.

Commercial fish sticks and other breaded and battered seafood products, chicken nuggets, sausages, hot dogs, canned fish with bones and meat sticks are not to be served to infants.

Yogurt may be served as an additional food if a parent requests a provider to do so, but does not count toward an infant meal pattern component.

Nuts, seeds and nut/seed butters are not considered choking hazards and may cause allergic reactions. They are not to be served to infants.

Grains and Breads

Infant cereal is any iron-fortified dry cereal that is made to be mixed with formula or breast milk before serving. If serving iron-fortified infant cereal before an infant's first birthday, it should not be made with whole milk. Infant cereals containing fruit are not part of the meal pattern.

***NOTE: Infant cereal should never be placed in the bottle.**

Breakfast for infants 8 months of age and older requires iron-fortified infant cereal to be served. Infant cereal may be served in addition to or as an alternative to the meat and meat alternate component of lunch/supper.

For infants 8 months of age and older, bread or crackers may be served as part of the snack. Crackers or bread should be served soft and in a finger food form (i.e. strips/small pieces) to prevent choking. Items should not be served to infants if not previously introduced by the parents/guardians. Grains and breads such as pancakes, waffles, and cold cereal should not be served to infants as they are high in sugar and fat. Ready to eat cold, dry and hot breakfast cereals and infant finger foods may be served at a parent/guardian's request as additional items once the meal pattern has been met.

The “0” in the meal pattern

The foods which have the option of serving “0” are indicate they should only be served to infants who are developmentally ready. Check with the parents/guardians to be sure the infant has been previously introduced to the food and has not had any allergic reactions before serving it in child care. Once an infant has been introduced to a food, these items are requirements.

Infant Meal Times

Infants do not have to be fed at specific times during the day, as they should be fed when they show they are hungry. Infants may need to eat every 2-4 hours, or more frequently.

NOTE: For those in the CACFP, as long as the meal pattern requirements are met over the course of the day, meals are considered reimbursable.

Serving Sizes

The serving sizes in the meal pattern are guidelines as to what should be a starting point for feeding. If an infant is shows hunger cues after finishing the given amount, more may be served.

Dry powdered infant formula

Dry powdered infant formula may be used in place of ready-to-feed infant formula. It must meet the guidelines of being iron-fortified and one of the acceptable formulas as listed on pages 83-85. It also must be reconstituted according to package instructions.

Doctor recommendations: Cow's milk or other infant formulas

If a doctor recommends an infant have cow's milk or special infant formula for dietary reasons, the *Medical and Religious/Cultural Food Restrictions* form must be signed by a medical professional documenting the allowable foods for substitution and kept on file in child care.

Doctor recommendations: Cereal for 3 months of age and younger

Cereal may be served to infants 3 months of age and younger with the *Medical and Religious/Cultural Food Restrictions* form on file and signed by a medical professional. The 4-6 ounces of breast milk or formula must also be offered in addition to the cereal. Remember, cereal should never be placed in a bottle.

Parent preference for infant to receive specific foods and formulas

If a parent requests their infant to have special foods and/or formulas (e.g. organic foods, non-iron-fortified formula, etc.), a center is not required to purchase these foods. Only those foods necessary because of dietary/medical restrictions are required to be substituted. Parents may provide the preferred food if the center/home allows.

NOTE: For participants in the CACFP, foods which do not meet the meal pattern and are served because of parental preference are not reimbursable.

Breast milk after 12 months of age

Infants still receiving breast milk after 12 months of age do not need a doctor's note. Breast milk may be served in place of whole milk as long as the rest of the meal pattern for 1 – 2 year olds is met.

Family day care home provider claiming own child

A family day care home provider may claim her own infant's breast milk or formula if another child is present in day care and her home is Tier I. The formula may be store-bought or provided by WIC.

Juice

Fruit and vegetable juices are not permitted before a child's first birthday. Juice is high in sugar and, on top of formula or breast milk, would be too much liquid for a child to consume. Juice displaces more nutritious foods.

Acceptable Iron-Fortified Formulas without a Medical Statement

The following formulas are iron-fortified infant formulas which may be served as part of the infant meal pattern. Centers, homes and schools should serve infants the formula suggested to the parent/guardian by the healthcare provider. This list is not meant to be all-inclusive, but lists many brands available to consumers.

Milk-based Infant Formulas

Mead Johnson

- Enfamil Gentlease LIPIL
- Enfamil AR LIPIL
- Enfamil LIPIL

Nestle

- Good Start DHA & ARA
- Good Start DHA & ARA Natural Cultures
- Good Start

Abbott Nutrition

- Similac Advance Early Shield
- Similac Advance
- Similac Lactose Free Advance
- Similac Sensitive (formerly Similac Lactose-free)

PBM (formerly known as Wyeth)

- AAFES/NEXCOM Baby's Choice Infant Formula
- AAFES/NEXCOM Baby's Choice Infant Formula with DHA & ARA
- AAFES/NEXCOM Gentle Milk-Based Infant Formula
- Albertson's Baby Basics Infant Formula with DHA & ARA
- Berkley & Jensen Infant Formula with DHA & ARA
- Bright Beginnings with Iron and DHA & ARA
- CVS Infant Formula with Iron
- CVS Infant Formula with Iron/DHA & ARA
- Full Circle Organic Milk-Based Infant Formula
- HEB Baby Infant Formula with Iron and DHA & ARA
- HyVee Gentle Milk-based Infant Formula
- Kozy Kids Gentle Infant Formula with DHA & ARA
- Kozy Kids Infant Formula with DHA & ARA
- Kroger Comforts Gentle Infant Formula with DHA & ARA
- Kroger Comforts Infant Formula with Iron and DHA & ARA
- Kroger Comforts Lactose-free Infant Formula with DHA & ARA
- Kroger Comforts Milk-Based Infant Formula
- Kroger Comforts Probiotic Milk-Based Infant Formula

- Kroger Lactose-free Infant Formula with DHA & ARA
- Kroger Private Selection Organic Milk-Based Infant Formula
- Meijer Gentle Milk-Based Infant Formula
- Meijer Infant Formula with Iron and DHA & ARA
- Meijer Organic Milk-Based Infant Formula
- Member's Mark Infant Formula with Iron and DHA & ARA
- Parent's Choice Infant Formula with DHA & ARA
- Pathmark Infant Formula with Iron and DHA & ARA
- Pathmark Organic Milk-Based Formula
- Price Chopper Infant Formula with Iron and DHA & ARA
- Rite Aid Infant Formula with DHA & ARA
- Target Infant Formula with Iron and DHA & ARA
- Target Lactose-free Infant Formula
- Top Care with Iron
- Top Care Infant Formula with DHA & ARA
- Top Care Gentle Infant Formula
- Walgreens Gentle Infant Formula with DHA & ARA
- Walgreens Infant Formula with Iron and DHA & ARA
- Walgreens Lactose-free Infant Formula with DHA & ARA
- Walgreens Milk-based Infant Formula with Iron and DHA & ARA
- Wal-Mart Parent's Choice Gentle Milk-based Infant Formula
- Wal-Mart Parent's Choice Milk-based Organic Infant Formula
- Wal-Mart Parent's Choice Milk-based Sensitivity Infant Formula
- Wegmans Gentle Infant Formula
- Wegmans Infant Formula with Iron and DHA & ARA
- Western Family Infant Formula with DHA & ARA
- Western Family Gentle Milk-based Infant Formula

Soy-based Infant Formulas:

Mead Johnson

- Enfamil ProSobee LIPIL (formerly Enfamil ProSobee)
- Enfamil LactoFree LIPIL

Nestle

- Good Start Soy DHA & ARA

Abbott Nutrition

- Similac Go and Grow Soy-based Milk
- Similac Isomil Advance

PBM

- AAFES/NEXCOM Baby's Choice Soy Infant Formula
- AFES/NEXCOM Baby's Choice Soy Infant Formula with DHA & ARA



- Albertson's Baby Basics Soy Infant Formula with DHA & ARA
- HyVee Mother's Choice Soy Infant Formula
- HyVee Mother's Choice Soy Infant Formula with DHA & ARA
- Kozy Kids Soy-based Infant Formula with DHA & ARA
- Kroger Comforts Soy Infant Formula with Iron and DHA & ARA
- Parent's Choice Infant Formula with Soy and DHA & ARA
- PathMark Soy Infant Formula with DHA & ARA
- Price Chopper Soy Infant Formula with Iron and DHA & ARA
- Rite Aid Soy Infant Formula with DHA & ARA
- Target Soy with Iron
- Target Soy Infant Formula with Iron and DHA & ARA
- Top Care Soy Infant Formula with DHA & ARA
- Walgreens Soy Protein Formula with Iron and DHA & ARA
- Wegman's Soy Infant Formula with Iron and DHA & ARA
- Western Family Soy Infant Formula with DHA & ARA

Follow-up iron-fortified formulas that do not require a medical statement when served to infants 4 months and older**

- Mead Johnson Enfamil Next Step Lipil
- Mead Johnson Enfamil Next Step Prosobee Lipil
- Nestle Good Start 2 DHA and ARA
- Nestle Good Start 2 Natural Culture
- Nestle Good Start 2 Soy DHA and ARA

**A medical statement is required if served to infants younger than 4 months of age.

This list is updated as the USDA becomes aware of newer information. Be sure to check frequently with the Delaware Department of Education or your sponsoring organization if you are unsure about whether or not a certain type of formula requires the *Medical and Religious/Cultural Food Restrictions* form filled out and signed to be served as part of the infant meal pattern.

Special Diets

Some children require substitutions to the meal patterns based on dietary, religious, or other medical and personal restrictions. Accommodations may be made where necessary only if the state administered *Medical & Religious/Cultural Food Restrictions* form is on file for the participant. This form must be filled out for all participants requiring changes to the meal pattern. Reimbursement may still be received for these participants if all allowable meal pattern requirements are met.

Medical/Dietary Restrictions (allergy, intolerance, or drug interaction)

In the case of medical/dietary restrictions, the form must be filled out and signed by a medical professional (doctor, dietitian, nurse practitioner, etc.) listing any foods that must be avoided and acceptable substitutions.

Religious Restrictions

In the case of religious dietary restrictions, substitutions may be made where necessary to the existing meal pattern. Jewish students may be exempted from the enrichment portion of the bread requirement of the child nutrition programs during the religious observance of Passover. Unenriched matzo may be substituted for the bread requirement during that period of time only. Enriched matzo used as a bread/bread alternate must be served at all other times during the year. For other changes to the meal pattern based on religious restrictions, please contact your sponsoring organization or the Delaware Department of Education.

Vegetarian Diets

Vegetarian diets may be served in CACFP; however, *all* meal pattern requirements must still be satisfied. A center or home may choose to supplement the special diet or choose to require a parent to provide the substituted food. If a center or home chooses not to substitute and a parent brings in any of the required meal components, the meal may not be claimed for reimbursement in the CACFP. When accommodating for vegetarian diets, remember that soy based products may be served as reimbursable meal components. When serving these alternate protein products, it is important to contact your sponsoring or state agency to determine specific products' credibility. It is suggested that when serving these products, a second meat/meat alternate also be served to ensure proper amounts are given (i.e. if serving vegetarian burgers, serve with cheese or beans).

NOTE: The FNS Instruction 783 Revision 2 requires menu planners to make substitutions for medical or dietary reasons for participants who are considered disabled as defined under 7CFR Part 15b.

Medical & Religious/Cultural Food Restrictions — Infants

Infant's Name _____

Infant's Date of Birth _____ Infant's Age _____

Parent/Guardian's Name (please print) _____

Parent/Guardian Phone Number: (Home) _____

(Work) _____ (Cell) _____

Today's Date _____ Special Diet Effective Through _____

In order to make substitutions for foods required in the *CACFP/Delacare* infant meal pattern, the following information must be provided by a licensed medical professional. The medical professional must note, in writing, a list of the foods acceptable as substitutions.

Please check the statement below which describes your infant's dietary restriction and list the foods that may be substituted.

____ No iron-fortified formula. Please check the desired substitution.

Non iron-fortified formula

Other _____

____ No iron-fortified infant cereal.

Please list cereals or foods which may be substituted:

____ Other restriction (please list) _____

Please list foods which may be substituted:

Medical Professional Name (please print): _____

Medical Professional Signature: _____ Date _____

Parent/Guardian Signature _____ Date _____

Medical and Religious/Cultural Food Restrictions — Children & Adults

Participant's Name: _____

Participant's Date of Birth: _____ Participant's Age: _____

Emergency Contact Information:

Name: _____ Relation to Participant: _____

Home: _____ Work: _____ Cell: _____

Please list the foods that the participant may not have, list suggested substitutions, and describe the allergic reaction (if applicable).

1. Food Allergy(ies) Yes No

Please check all that apply:

wheat peanuts tree nuts milk fish eggs shellfish soy

other (please list) _____

Please list recommended substitutions for foods listed above:

Must this food(s) be avoided in all forms and/or in even small amounts? _____

Please describe the participant's typical allergic reaction:

What actions should we take in the case of an allergic reaction?

2. Dietary Restrictions (including those for medical, religious, cultural or other reasons)

Yes No

If yes, what is the nature of the restriction? Medical Religious/Cultural

If yes, please list the restricted foods: _____

Please list substitutions for foods listed above: _____

Must this food be avoided in all forms and/or in even small amounts? _____

Medical Professional Name (please print): _____

Medical Professional Signature: _____ Date: _____

Parent/Guardian Signature (child care only): _____ Date _____

Sample Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products

Provide a copy of the label in addition to the following information on company letterhead with signature of a legally authorized representative of the company.

Product Name: _____ Code No.: _____

Manufacturer: _____ Case/Pack/Count/Portion/Size: _____

I. Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount *
		X		
		X		
		X		
A. Total Creditable Amount¹				

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the Food Buying Guide yield.

II. Alternate Protein Product (APP)

If the product contains APP please fill out the chart below to determine the creditable amount of APP. If APP is used you must provide documentation as described in Attachment A for each APP used.

Description of APP, manufacture's name, and code number	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is*	Divide by 18**	Creditable Amount APP***
		X		÷ by 18	
		X		÷ by 18	
		X		÷ by 18	
B. Total Creditable Amount¹					
C. TOTAL CREDITABLE AMOUNT (A + B rounded down to nearest ¼ oz)					

*Percent of Protein as-is is provided the attached APP documentation.

**18 is the percent of protein when fully hydrated.

***Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.

¹Total Creditable Amount must be rounded **down** to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do **not** round up. If you are also crediting APP, you do not need to round down in box A until after you have added the creditable APP amount from box B.

Total weight (per portion) of product as purchased _____

Total creditable amount of product (per portion) _____

(Reminder: Total creditable amount cannot count for more than the total weight of product)

I certify that the above information is true and correct and that a _____ ounce serving of the above product (ready for serving) contains _____ ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Signature Title

Printed Name Date Phone Number

General Guidance in Menu Planning

Overview:

The use of cycle menus is strongly encouraged. They allow for ease in planning and more effective purchasing of foods, especially those used multiple times. Seasonal menu planning allows for use of those fruits and vegetables locally grown in season to cut down on costs and increase variety. Pairing those menu items which require more ingredients and preparation with those that require less preparation and items will help balance costs.

Menus should document what ingredients in what form were served. For example, if carrots were served for lunch to 3-5 year olds, the menu would read "1/4 cup steamed carrots." Any changes made to the menu during preparation should be noted. If a menu says "canned pineapple," but fresh strawberries were served, it should be documented on the menu. Reasons a menu may change are as follows: unavailability of planned items, cost of planned product, kitchen emergencies, order deliveries, spoiled foods and labor shortages.

Take advantage of deals at the grocery store by serving foods in a variety of ways. For instance, serving carrots as part of stir-fry, by themselves or as part of a mixed vegetable dish in one week can take advantage of a sale on carrots.

Use a menu format that allows adequate space for listing the menu items and for noting adjustments, as needed. The format should be clear and easy to follow. Menu format must include date (month/day/year) and specify meal type (breakfast, lunch, snack or supper)

Lunch/Supper:

Serve two separate and identifiable fruit/vegetables at lunch/supper. Use fruits/vegetables from different color groups to add variety and increase nutritional value of a meal. For instance, serving strawberries and broccoli will give color to the plate, and add nutrients to a meal.

When serving two fruits/vegetables at the same meal, two forms of the same product cannot be served. For example: oranges and orange juice, applesauce and apple slices; grapes and raisins.

Beans and peas may not count as a fruit/vegetable and meat/meat alternate at the same meal.

For adults, yogurt may not count as milk and meat/meat alternate at the same meal.

Snacks:

Each snack must include any combination of at least two full food components of the four options: fluid milk, fruit/vegetable, grain/bread, meat/meat alternate. For children and adults, if milk is served for the snack, juice cannot be used as the second component. If milk or fruit juice is not included with a snack, water must be served.

Water:

Water must always be available for participants.

Menu Planning Template—Children and Adults Age Two & Older

Name of Center/Home: _____

Week Beginning: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST -- Serve milk, grain/bread and fruit/vegetable. Meat/meat alternate is optional.					
1. Milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk
2. Fruit or Vegetable					
3. Grain or Bread					
4. Meat or Meat Alternate					
AM SNACK -- Select 2 of the 4 components. Items must be from two different food categories.					
1. Milk					
2. Fruit or Vegetable					
3. Grain or Bread					
4. Meat or Meat Alternate					
Beverage	Water	Water	Water	Water	Water
LUNCH -- Serve all 5 components.					
1. Milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk
2. Fruit or Vegetable					
3. Fruit or Vegetable					
4. Grain or Bread					
5. Meat or Meat Alternate					
SNACK -- Select 2 of the 4 components. Items must be from two different food categories.					
1. Milk					
2. Fruit or Vegetable					
3. Grain or Bread					
4. Meat or Meat Alternate					
Beverage	Water	Water	Water	Water	Water
SUPPER -- Serve all components.					
1. Milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk
2. Fruit or Vegetable					
3. Fruit or Vegetable					
4. Grain or Bread					
5. Meat or Meat Alternate					

Milk should be whole for children 12 through 23 months; 1% or fat-free for 2 years of age and older.

If milk is selected as a snack component, no juice is allowed.

Menu Planning Template—Infants of All Ages

Center Name: _____ Infant Name: _____ DOB: _____
 Month of: _____ Formula Type: _____

Requirements for Infant Meal Pattern			
Ages	Breakfast	Lunch or Supper	Snack
0-3 mos.	4-6 fl. oz. breast milk or formula	4-6 fl. oz. breast milk or formula	4-6 fl. oz. breast milk or formula
4-7 mos.	4-8 fl. oz. breast milk or formula 0-3 tbsp. infant cereal	4-8 fl. oz. breast milk or formula 0-3 tbsp. infant cereal 0-3 tbsp. fruit and/or veg.	4-6 fl. oz. breast milk or formula
8-11 mos.	6-8 fl. oz. breast milk or formula AND 1-4 tbsp. infant cereal AND 1-4 tbsp. fruit and/or veg.	6-8 fl. oz. of breast milk or formula AND 2-4 tbsp. infant cereal AND/OR 1-4 tbsp. meat, poultry, meat alternates AND 1-4 tbsp. fruit and/or veg.	2-4 fl. oz. breast milk or formula 0-½ slice bread OR 0-2 crackers

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	_____ breast milk or formula _____ infant cereal _____ fr./veg.	_____ breast milk or formula _____ infant cereal _____ fr./veg.	_____ breast milk or formula _____ infant cereal _____ fr./veg.	_____ breast milk or formula _____ infant cereal _____ fr./veg.	_____ breast milk or formula _____ infant cereal _____ fr./veg.
Lunch	_____ breast milk or formula _____ infant cereal _____ &/or meat, poultry, alt. _____ fr./veg.	_____ breast milk or formula _____ infant cereal _____ &/or meat, poultry, alt. _____ fr./veg.	_____ breast milk or formula _____ infant cereal _____ &/or meat, poultry, alt. _____ fr./veg.	_____ breast milk or formula _____ infant cereal _____ &/or meat, poultry, alt. _____ fr./veg.	_____ breast milk or formula _____ infant cereal _____ &/or meat, poultry, alt. _____ fr./veg.
Snack	_____ breast milk/formula _____ bread or crackers	_____ breast milk/formula _____ bread or crackers	_____ breast milk/formula _____ bread or crackers	_____ breast milk/formula _____ bread or crackers	_____ breast milk/formula _____ bread or crackers

Instructions: Fill in top section completely. Specify the type of food served and fill in the amount in ounces or tbsp. Cereal and formula are iron-fortified unless medical note available.

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