

Sweet vs. Non-Sweet Creditable Grain/Bread Foods

Sweet grain/bread foods must be made with enriched flour or whole grain or meal and may be credited as a bread serving at breakfast and snack only. **Prepackaged grain/bread products must have enriched flour or whole grain or meal as the first ingredient.** No more than two sweet breakfast items and no more than two sweet snack items may be served per week (not to exceed four sweet items per week).

Sweet Items	Non-Sweet Items
<p> Brownies Cake (all varieties, frosted or unfrosted) Cereal Bars Coffee Cake Cookies (all kinds) Crackers (flavored or sugared graham crackers, iced animal crackers, sweet sandwich crackers) Doughnuts French Toast with powdered sugar and/or syrup Grain Fruit Bars Granola Bars Muffins/ Quick breads Pancakes with syrup Pie Crust (dessert pies, fruit turnovers and meat/meat alternate pies) Sweet Roll Toaster Pastry Waffles with syrup </p> 	<p> Bagels Barley Batter type coating Biscuits Breakfast Cereals (cooked) Breads (white, wheat, whole wheat, French, Italian) Bread Sticks (hard and soft) Bread Type Coating Bulgur or Cracked Wheat Buns Chow Mein Noodles Cornbread Croissants Crackers (saltines, savory snack crackers, plain graham or plain animal crackers) Croutons Egg Roll Skins, Won Ton Wrappers English Muffins French Toast (plain) Macaroni (all shapes) Noodles (all varieties) Pancakes (plain) Pasta (all shapes) Pita Bread (white, wheat, whole wheat) Pizza Crust Pretzels Ravioli (noodle only) Rice (enriched white or brown) Rolls (white, wheat, whole wheat, potato) Stuffing (dry) Tortillas (wheat, corn) Tortilla Chips (enriched, whole grain) Taco Shells Waffles (plain) </p>

For age appropriate serving sizes that meet the grain/bread requirement, refer to *A Guide to Crediting Foods*, Exhibit A--Grains/Breads for the Food Based Alternatives on the Child Nutrition Programs.

Please remember that accompaniments to these foods may contain more fat, sugar or salt than others. This should be a consideration when deciding how often to serve them.