MENU PLANNING & RECORD BOOK FOR DAY CARE HOMES

2026-2027

Florida HEALTH | Child Care Food Program

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Welcome to the Child Care Food Program (CCFP)!

As a child care provider, you do more than care for children—you help shape their future. One of the most powerful ways you do this is by serving healthy, delicious meals that fuel learning, growth, and play.

The goal of CCFP is simple: to make sure every child in your care gets safe, nutritious meals and snacks that meet USDA meal pattern requirements. These standards ensure children receive the right balance of foods to support healthy development and lifelong habits.

This handbook is your go-to resource for making meal planning easier and more rewarding. Inside, you'll find:

- Nutrition tips and menu planning ideas
- Meal patterns for infants and children
- Food component requirements
- Menu Planning Worksheets to help you plan and document healthy meals
- Meal Count and Attendance Worksheets for tracking meals served and children in attendance for reimbursement

By introducing children to a variety of foods and modeling healthy choices, you're teaching skills that last a lifetime. Thank you for being part of this important work. Together, we're building a healthier future for Florida's children.



Resources

Helpful Links for Menu Planning and Nutrition Education

- Florida Health- Child Care Food Program (CCFP)
- National CACFP Organization
- Healthy Kids, Healthy Future
- CNSS-Child Nutrition Sharing Site
- Food and Nutrition Information Center
- Institute of Child Nutrition
- USDA Food and Nutrition Service, Child and Adult Care Food Programs
- Farm to Preschool
- Florida Seasonal Crops
- USDA Crediting Handbook
- Feeding Infants in the Child and Adult Care Food Program
- CDC- Infant and Toddler Nutrition



Menu Planning Tips

Why Menu Planning Matters...

Careful menu planning is the foundation of healthy meals and compliance with CCFP requirements. Thoughtful planning ensures children receive the nutrients and energy they need to grow, learn, and thrive. Mealtimes in child care aren't just about food—they're opportunities to create a positive experience and teach lifelong healthy habits. Just like motor skills, good eating habits start early, and you play a key role in shaping them.

Tips for Successful Menu Planning

1. Know Your Audience

- Identify the ages of the children you serve and review the required meal pattern components.

2. Plan Ahead

- Set aside quiet time to plan menus.
- Gather resources and plan at least one week in advance.

3. Review and Set Goals

Ask yourself:

- Do my menus offer variety and introduce new fruits and vegetables weekly?
- Are cultural preferences considered?
- Do menus align with the Dietary Guidelines for Americans?
- Do I have the kitchen and storage space for my planned meals?



Tips for Successful Menu Planning (Cont.)

4. Build Your Menu

- Start with main entrées for breakfast, lunch, and/or supper.
- Add vegetables, fruits, and whole grains.
- Use seasonal produce for freshness and cost savings. (See Florida crops in season)
- Include salads for lunch or supper.
- Add beverages and ensure milk requirements are met:
- 1 year olds: Unflavored whole milk
- Ages 2+: Unflavored low-fat (1%) or fat-free milk
- Ages 6+: Unflavored or flavored low-fat (1%) or fat-free milk

5. Plan Snacks Last

- Balance snacks with meals for variety and nutrition

6. Meet Nutritional Needs

Include good sources of:

- Vitamin A at least twice a week (sweet potatoes, milk, eggs)
- Vitamin C daily (strawberries, oranges, tomatoes)
- Iron daily (poultry, beans, iron-fortified cereal)



7. Evaluate Your Menu

Check for:

- Variety
- Taste
- Color
- Texture
- Child appeal

Choosing Healthy Options: Vegetables, Fruits, Whole Grains, and Lean Proteins

Healthy meals start with smart choices. By offering a variety of colorful vegetables, fruits, whole grains, and lean proteins, you can make menus more appealing and nutritious while helping children develop healthy habits that last a lifetime.

Add Color with Vegetables

Want to make meals pop with flavor and nutrition? Variety is key! Serve a rainbow of vegetables every day.



Over the course of a week, include:

- Dark green: Broccoli, spinach, kale, and other leafy greens
- Orange: Carrots, sweet potatoes, pumpkin, butternut squash
- Starchy: Corn, green peas, lima beans, potatoes
- Other: Cauliflower, celery, cabbage, tomatoes, green beans

Encourage tasting. Offer samples and taste tests to help children explore new flavors.

Get creative:

- Serve raw veggies with low-fat dips for a crunchy snack
- Choose canned vegetables labeled “no salt added” or lower sodium options, boost flavor with herbs and spices
- Use frozen mixed veggies for quick stir-fries
- Add shredded carrots or zucchini to casseroles or meatloaf
- Make veggies fun—think broccoli “trees,” pepper rings, or squash sticks

Jazz Up Your Menu with Fruits!

Fruits are naturally sweet, colorful, and kid-friendly—perfect for boosting nutrition!

Offer a variety every day:

- Good sources of Vitamin C daily: oranges, grapefruit, cantaloupe, peaches, pears, pineapple
- Good sources of Vitamin A twice a week: apricots, melons, plums, mango

Smart choices:

- Select fruit canned in 100% juice or water, not syrup
- Use fresh, seasonal fruits to save money

Creative ideas:

- Add pineapple or mandarin oranges to salads
- Blend frozen fruit with low-fat milk for smoothies
- Use applesauce as a fat-free substitute in baking
- Cut fruit into kid-friendly pieces for easy eating
- Offer baked apples or fruit salad as a nutritious option



Serve More Whole Grains

Whole grains are packed with fiber, vitamins, minerals, and antioxidants, nutrients that refined grains simply don't offer. They include the entire grain kernel: bran, germ, and endosperm, making them a smart choice for growing bodies.

How to Identify Whole Grains

- Check the ingredient list, not just the product name.
- Look for the word "whole" before the grain:
  - Whole corn, whole oat flour, whole rye flour.
- Words like "berries" and "groats" also indicate whole grains:
  - Wheat berries, oat groats, buckwheat groats.
- Other whole grain products include:
  - Rolled oats, oatmeal, brown rice, wild rice, brown rice flour.
- **Not whole grains**: white flour, wheat flour, enriched flour, semolina, grits, couscous, rice flour, and similar refined products.

Tips for Adding Whole Grains

- Make at least half of the grains you serve whole grains.
- CCFP requires at least one whole grain-rich serving per day.
- Swap refined grains for whole grains:
  - Serve 100% whole wheat bread instead of white bread; brown rice instead of white rice.

- Introduce whole grains in familiar foods:
  - Pizza crust, rolls, hamburger buns, pasta.
- Modify recipes:
  - Replace ⅓ to ½ of the flour in baked goods with whole wheat flour.
- Serve whole grain cereals for breakfast.
- Add whole grains to mixed dishes:
  - Barley in soups, bulgur in casseroles.

Good Protein Sources

Protein is essential for growth and development. It comes from both animal sources (meat, poultry, seafood, eggs) and plant sources (beans, peas, soy, nuts, seeds). Offering a variety each week keeps meals interesting and nutritious.

Lean Toward Low-Fat Proteins:

Mix it up:

- Try dishes with beans, peas, eggs, tofu, or seafood.

Choose lean cuts of meat:

- Look for “round” or “loin” in the name for leaner options.

Cook smart:

- Grill, broil, roast, or bake instead of frying. Avoid breading meats.

Make healthier sandwiches:

- Use turkey slices, roast beef, canned tuna, or peanut butter instead of high-fat deli meats.



Go Meatless Once a Week

- Use canned beans for quick, budget-friendly meals.
- Combine beans for variety:
  - Kidney + pinto beans for chili.
- Warm up menus with hearty soups:
  - Split pea, lentil, minestrone, white bean.
- Add beans to salads for extra protein and fiber.
- Make hummus from garbanzo beans for a tasty dip with veggies or whole grain crackers.

Creditable and Non-Creditable Infant Foods in the CCFP

Breastmilk

- Expressed by the baby's mother and labeled appropriately

and/or

Iron-Fortified Infant Formula

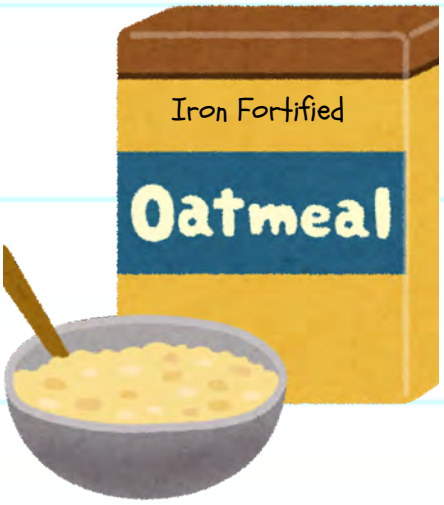
- May be milk-based or soy-based

- ***NOT Creditable in the Infant Meal Pattern***
  - Cow's milk
  - Goat's milk
  - Nondairy beverages (such as soy or rice milk)
  - Other breastmilk or formula substitutes

Grains

- **Creditable Options:**
  - Iron-Fortified Infant Cereal-Allowed at breakfast, lunch, supper, or snack
  - Breads-Snack only
  - Crackers-Snack only
  - Ready-to-Eat Cereals-Snack only
  - Must meet sugar limit: ≤ 6 grams added sugar per dry ounce
  - Must be fortified with vitamins and minerals

- **Iron-Fortified Infant Cereal Requirements**
  - Must be iron fortified
  - Single-grain and mixed-grain cereals are creditable
    - No added fruit
    - Offer single-grain first, then mixed-grain
  - How to check if cereal is iron-fortified:
    - Look for "iron fortified" on the package
    - Check ingredient list for:
      - Iron
      - Ferric fumarate
      - Electrolytic iron
      - Iron (electrolytic)



- ***The following grain items are NOT creditable in the infant meal pattern:***
  - Baby food desserts (puddings, peach cobbler, etc.)
  - Cake, cookies, etc.
  - Granola bars
  - Cereal bars
  - Honey graham crackers- Infants less than 1 year should never be fed honey or foods prepared with honey because honey may contain botulism spores that can cause a serious foodborne illn



Meat and Meat Alternates

- Commercial jars of plain meat or poultry.
  - First ingredient should be meat or poultry
- Self-prepared lean protein sources, such as beef, pork, skinless chicken o turkey, or boneless fin fish
  - Cook meat and poultry without added salt or other seasonings
  - Texture progresses from pureed ground finely chopped small tender pieces
- Meat alternates, such as egg; dried beans and peas; natural cheese; cottage cheese; or yogurt
  - Eggs should be hard-boiled (or scrambled)
  - Cook dried beans and peas without salt or other seasonings. If using canned, drain and rinse thoroughly to remove salt.
  - Puree or mash cooked, dried beans and peas to an appropriate consistency
  - Natural cheeses should be sliced thin and served in strips to avoid choking
  - Yogurt must contain no more than 23 grams sugar/6 or (15 g/4 oz or 3.8 g/oz)

- ***The following meat/meat alternate items are NOT creditable in the infant meal pattern:***
  - Cheese food, cheese spread, “cheese product”

- Homemade yogurt
- Yogurt products like freeze dried yogurt snacks, commercial frozen yogurt and yogurt
- Bars
- Peanut butter, nuts and seeds- choking hazard



Vegetables and Fruits

- **Fresh, frozen, or canned vegetables or fruits**
  - Canned fruits should be packed in their natural juices or water
  - Canned vegetables should have no added salt
  - Cook, if necessary, without added salt or other seasonings, puree or mash to an appropriate consistency

- **Commercially prepared baby vegetables and fruits**
  - First ingredient should be a vegetable or a fruit
  - Can be either a single vegetable or fruit or multiple vegetables and/or fruit

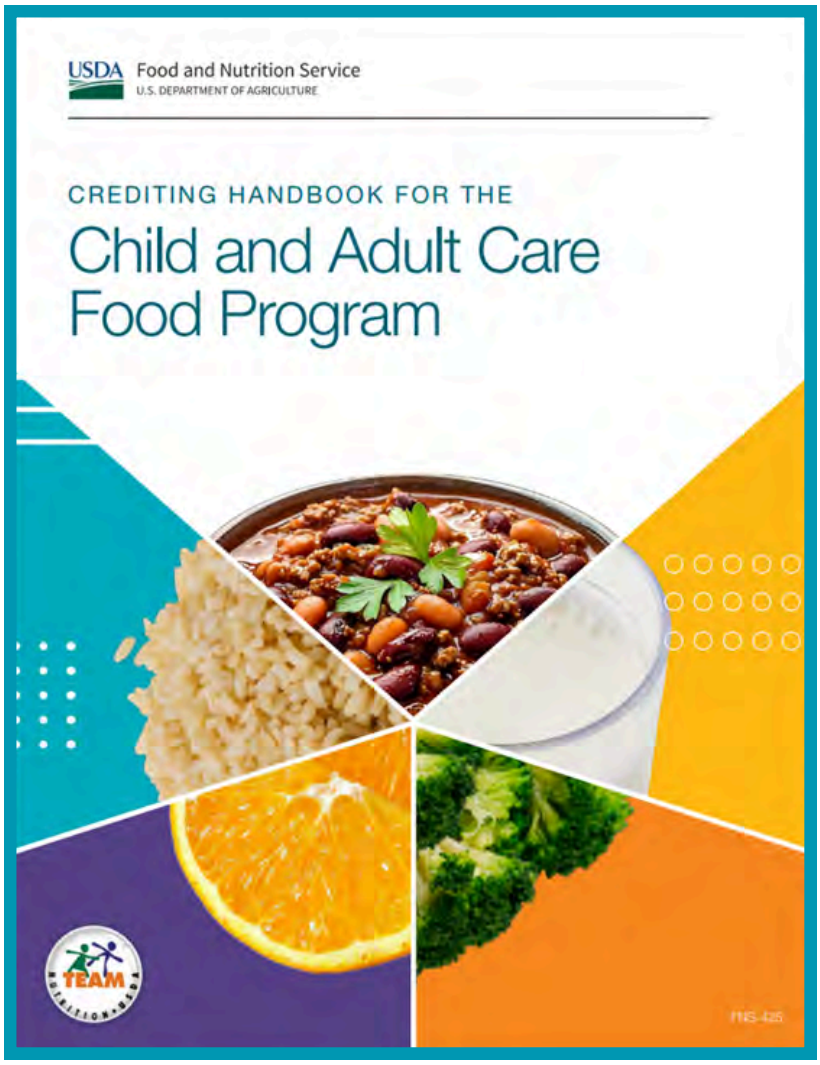
- ***The following vegetable and fruit items are NOT creditable in the infant meal pattern:***
  - Fruit and vegetable juices (including 100% juice)
  - Freeze dried fruit or vegetable snacks
  - Fruit snacks
  - Self-prepared spinach, beets, turnips, carrots or collard greens for infants less than 6 months
    - May potentially contain enough nitrates to cause “blue baby syndrome”, a condition that causes difficulty in breathing and can lead to death

Use of Commercial, mixed component “combination baby foods”:

- Make sure there is at least one creditable ingredient in the baby food.
- If the amount of each food component is not listed on the food container, then you will need to obtain a Product Formulation Statement (PFS) from the manufacturer

The USDA Crediting Handbook

The Crediting Handbook for the Child Care Food Program (CCFP) is a technical assistance resource designed to assist CCFP providers in planning menus that meet the USDA meal pattern requirements. This version was updated March, 2026. The handbook plays an important role in helping CCFP operators improve the health and nutrition of children in the program, while promoting the development of good eating habits through nutrition education. The crediting handbook is a supplementary resource to the Food Buying Guide for Child Nutrition Programs and contains additional information on creditable foods served in child care centers, which may be located in a variety of settings.



QR Code for the USDA Crediting Handbook PDF

QR Code for the USDA Food Buying Guide

Meal Pattern for Children

Ages 1 - 18

BREAKFAST

3 required meal components

Milk

	1-2	3-5	6-18
fluid milk **1 year olds: unflavored whole milk** **2-5: unflavored whole, 2%, 1% or skim** **6-18: unflavored or flavored whole, 2%,1% or skim**	**4 oz**	**6 oz**	**8 oz**

Vegetables/Fruits

vegetables, fruits, or portions of both **(juice may only be served once/day)**	**1/4 cup**	**1/2 cup**	**1/2 cup**

Grains

bread, biscuit, muffin	**1/2 oz eq**	**1/2 oz eq**	**1 oz eq**
cereal, cooked	**1/4 cup**	**1/4 cup**	**1/2 cup**
cereal, dry: *granola*	**1/8 cup**	**1/8 cup**	**1/4 cup**
cereal, dry: *flakes or rounds*	**1/2 cup**	**1/2 cup**	**1 cup**
cereal, dry: *puffed*	**3/4 cup**	**3/4 cup**	**1 1/4 cup**

Meat/Meat Alt. *optional*

lean meat, poultry, or fish	**1/2 oz**	**1/2 oz**	**1 oz**
cheese (natural/processed)	**1/2 oz**	**1/2 oz**	**1 oz**
cottage cheese, cheese food, cheese spread	**1 oz**	**1 oz**	**2 oz**
egg, whole	**1/4 egg**	**1/4 egg**	**1/2 egg**
yogurt	**1/4 cup**	**1/4 cup**	**1/2 cup**
nut/seed butter	**1 Tbsp**	**1 Tbsp**	**2 Tbsp**

Please note, portions listed are minimums.
Serving larger portions is encouraged, especially to older children and those that ask for more.

conversions:

1/2 c = 4 oz
3/4 c = 6 oz
1 c = 8 oz

1 pint = 2 c
1 quart = 2 pints = 4 c
1 gallon - 4 quarts = 16 c

JUNE 2026

Meal Pattern for Children

Ages 1 - 18 LUNCH & SUPPER

5 required meal components

Milk

	1-2	3-5	6-18
fluid milk **1 year olds: unflavored whole milk** **2-5: unflavored whole, 2%, 1% or skim** **6-18: unflavored or flavored whole, 2%, 1% or skim**	**4 oz**	**6 oz**	**8 oz**

Vegetables

vegetables **(juice may only be served once/day)**	**1/8 cup**	**1/4 cup**	**1/2 cup**

Fruits

fruits **(juice may be served once/day;** **a 2nd vegetable may be served in place of fruit)**	**1/8 cup**	**1/4 cup**	**1/4 cup**

Grains

bread, biscuit, roll, bun, tortilla, crackers	**1/2 oz eq**	**1/2 oz eq**	**1 oz eq**
pasta, rice, grits	**1/4 cup**	**1/4 cup**	**1/2 cup**

Meat/Meat Alt.

lean meat, poultry, or fish	**1 oz**	**1 1/2 oz**	**2 oz**
cheese (natural/processed)	**1 oz**	**1 1/2 oz**	**2 oz**
cottage cheese, cheese food, cheese spread	**2 oz**	**3 oz**	**4 oz**
beans, peas and lentils	**1/4 cup**	**3/8 cup**	**1/2 cup**
egg, whole	**1/2 egg**	**3/4 egg**	**1 egg**
yogurt	**1/2 cup**	**3/4 cup**	**1 cup**
nut/seed butter	**2 Tbsp**	**3 Tbsp**	**4 Tbsp**
nuts and seeds	**1/2 oz**	**3/4 oz**	**1 oz**

conversions:

1/2 c = 4 oz
3/4 c = 6 oz
1 c = 8 oz

1 pint = 2 c
1 quart = 2 pints = 4 c
1 gallon - 4 quarts = 16 c

Please note, portions listed are minimums.
Serving larger portions is encouraged, especially to older children and those that ask for more.

JUNE 2026

Meal Pattern for Children

Ages 1 - 18

SNACK

2 required meal components
only 1 may be a beverage

Milk

	1-2	3-5	6-18
fluid milk **1 year olds: unflavored whole milk** **2-5: unflavored whole, 2%, 1% or skim** **6-18: unflavored or flavored whole, 2%, 1% or skim**	**4 oz**	**4 oz**	**8 oz**

Vegetables

vegetables **(juice may only be served once/day)**	**1/2 cup**	**1/2 cup**	**3/4 cup**

Fruits

fruits **(juice may be served once/day)**	**1/2 cup**	**1/2 cup**	**3/4 cup**

Grains

bread, biscuit, roll, bun, tortilla, crackers	**1/2 oz eq**	**1/2 oz eq**	**1 oz eq**
pasta, rice, grits	**1/4 cup**	**1/4 cup**	**1/2 cup**
cereal, dry: granola	**1/8 cup**	**1/8 cup**	**1/4 cup**
cereal,dry: flakes or rounds	**1/2 cup**	**1/2 cup**	**1 cup**
cereal, dry: puffed	**3/4 cup**	**3/4 cup**	**1 1/4 cup**

Meat/Meat Alt.

lean meat, poultry, or fish	**1/2 oz**	**1/2 oz**	**1 oz**
cheese (natural/processed)	**1/2 oz**	**1/2 oz**	**1 oz**
cottage cheese, cheese food, cheese spread	**1 oz**	**1 oz**	**2 oz**
beans, peas and lentils	**1/8 cup**	**1/8 cup**	**1/4 cup**
egg, whole	**1/2 egg**	**1/2 egg**	**1/2 egg**
yogurt	**1/4 cup**	**1/4 cup**	**1/2 cup**
nut/seed butter	**1 Tbsp**	**1 Tbsp**	**2 Tbsp**
nuts and seeds	**1/2 oz**	**1/2 oz**	**1 oz**

conversions:

1/2 c = 4 oz
3/4 c = 6 oz
1 c = 8 oz

1 pint = 2 c
1 quart = 2 pints = 4 c
1 gallon - 4 quarts = 16 c

Please note, portions listed are minimums.
Serving larger portions is encouraged, especially to older children and those that ask for more.

JUNE 2026

Meal Pattern for Children

Important Reminders

Milk

- Children age one (after first birthday and prior to second), must receive unflavored whole milk.
- Children ages 2 - 5 must receive unflavored whole, 2% (reduced-fat) 1% (low-fat) or skim (fat-free).
- Children ages 6 and older must receive unflavored or flavored whole, 2% (reduced-fat), 1% (low-fat) or skim (fat-free).
- Children 12 - 13 months may continue to receive infant formula as they transition to unflavored whole milk.
- Breastmilk is creditable for children of any age.
- The type(s) of milk served may be noted on the menu (fat content and unflavored or flavored).
- Refer to the *Creditable Milk Substitutes* list for creditable non-dairy substitutes.

Fruits & Vegetables

- Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice.
- Juice may not be served more than once per day.
- One cup of raw, leafy greens credits as 1/2 cup vegetable.
- 1/4 cup dried fruit, such as raisins, credits as 1/2 cup fruit.
- Lunch and supper must contain at least one vegetable and one fruit. A second, different vegetable may be served in place of fruit.

Grains

- All grains must be whole, enriched, or whole grain-rich.
- Pre-packaged grains must have enriched flour or meal or whole grains as the first ingredient (or 2nd after water). Sugar must not be the first ingredient.
- At least one serving of grains per day must be whole grain-rich and it must be noted on the menu (e.g. "WGR graham crackers"). 100% whole grain strongly encouraged.
- Corn masa and masa harina are considered whole grain-rich.
- Corn flour, corn meal, and other corn products must clearly state they are whole or enriched to be creditable as a grain. In order to be considered whole grain-rich, they must be whole or treated with lime (nixtamalized).
- Grain based-desserts such as cookies, donuts, granola/grain bars are not creditable.
- Cereals must have no more than 6 g of added sugar/dry ounce. See the *Florida WIC Approved Cereal List (additional cereals not listed here may be creditable, also).*

Meat/Meat Alt.

- Commercially processed combination foods such as breaded chicken, pizza, and lasagna must have a CN Label or Product Formulation Statement identifying the meal pattern contribution.
- Meat/meat alternates are not required at breakfast but may be served as an extra or in place of the entire grains component no more than 3 times/week.
- Yogurt must have no more than 12 g of added sugar/ 6 oz.
- A serving of nuts or seeds may credit as 100% of the meat alternate meal component.
- A serving of cooked beans, peas or lentils may credit as either a meat alternate *or* vegetable.








CREDITABLE FLUID MILK OPTIONS

Fluid milk can be:

- fat-free (skim)
- low-fat (1%)
- reduced-fat (2%)
- whole
- lactose-free
- lactose-reduced
- Ultra High Tempature (UHT)
- cultured milk
  - buttermilk
  - kefir
  - acidophilus
- acidified milk
  - kefir
  - acidophilus

All milk must be pasteurized and meet State and local standards



one year
whole milk (unflavored)





2-5 years
whole, 2%, 1% or fat free (unflavored)







6 & older
whole, 2%, 1% or fat free (flavored or unflavored)





Creditable Fluid Milk Substitutions in the Florida Child Care Food Program

Nutrient Requirements

A creditable non-dairy beverage meets or exceeds the nutritional standards of cow's milk which are listed in the table on the right.

Beverages that do not meet or exceed the nutritional standards of cow's milk cannot be served as a creditable fluid milk substitute unless a valid medical statement for a disability is on file.

Beverages that **do not** meet nutritional standards include: ***almond, cashew, coconut, hemp, and rice milk, water, juice, sports and electrolyte drinks, and nutritional supplement drinks, etc.***

Nutrients (1 cup cow's milk)	Requirement per cup (8 fluid oz.)	% DV
Protein	8g	16%
Calcium	276mg	28%
Vitamin A	150mcg	10%
Vitamin D	2.5mcg	25%
Magnesium	24mg	6%
Phosphorus	222mg	23%
Potassium	349mg	10%
Riboflavin	.44mg	26%
Vitamin B-12	1.1mcg	19%

Fluid Milk Substitution for Non-Disability Reasons

A creditable non-dairy beverage may be served in place of milk for non-disability reasons such as dietary, religious, cultural, or ethical preferences. A written request for a creditable non-dairy beverage, including the reason for the substitution, must be submitted by the parent or guardian. The Dietary Preference Form, supplied by the provider and completed by the parent or guardian, is also acceptable. A Medical Statement is not required.

Providers are encouraged but not obligated to meet requests that are not related to a disability.

Fluid Milk Substitution for Disability Reasons

Providers are required to provide fluid milk substitutions requested due to a disability. When the requested milk substitute is not creditable (i.e., does not meet the nutritional standards of cow milk), a Medical Statement signed by a licensed physician, physician's assistant, nurse practitioner (ARNP) or registered dietitian must be on file for the child's meal to be claimed. The Medical Statement must describe how the participant's disability impairs digestion; what foods/beverages to be omitted and recommended substitutions.

List of Creditable Non-Dairy Beverages

The following pages contain information about products that meet or exceed nutritional standards. If serving a product that is not listed, providers are responsible to ensure that it meets or exceeds nutritional standards by comparing the nutrients listed on the Nutrition Facts label to the nutrient standards above. When the amounts of all nutrients are the same or more, the beverage is creditable.

UNFLAVORED

Creditable Milk Substitutes

May be served to all age groups



8th Continent

Original Soymilk
64 fl. oz
Refrigerated



Pacific Ultra

Soy Original
32 fl. oz
Shelf-Stable



Better Goods

Original Soymilk
64 fl. oz
Refrigerated





Silk

Original Soymilk
32 fl. oz *Shelf-Stable*
64 fl. oz *Refrigerated*



Kikkoman Pearl

Organic Soymilk
Smart Original
8 fl. oz
Shelf-Stable



West Life

Organic Soymilk Plain
32 fl. oz
Shelf-Stable



Your Good Foods

Organic Soy
Unsweetened
32 fl. oz
Shelf-Stable



Silk

Kids Oatmilk Blend
59 fl. oz
Shelf-Stable

Soy-Free



Ripple

Unsweetened
Original
32 fl. oz *Shelf-Stable*

Soy-Free





Ripple

Original
8 fl. oz *Shelf-Stable*
32 fl. oz *Shelf-Stable*

Soy-Free







Ripple Kids

Original
8 fl. oz *Shelf-Stable*
32 fl. oz *Shelf-Stable*
48 fl. oz *Refrigerated*

Soy-Free







Ripple Kids

Unsweetened Original
8 fl. oz *Shelf-Stable*
32 fl. oz *Shelf-Stable*
48 fl. oz *Refrigerated*

FLAVORED Creditable Milk Substitutes

May be served to children ages 6 and older



Silk
Very Vanilla Soymilk
32 fl. oz
Shelf-Stable



Silk
Chocolate Soymilk
8 fl. oz
Shelf-Stable



8th Continent
Vanilla Soymilk
64 fl. oz
Refrigerated



West Life
Organic Soymilk
Vanilla
32 fl. oz
Shelf-Stable

Soy-Free



Ripple
Chocolate
8 fl. oz *Shelf-Stable*
48 fl. oz *Refrigerated*

Soy-Free



Ripple
Vanilla
8 fl. oz
Shelf-Stable

Soy-Free



Ripple Kids
Chocolate
8 fl. oz *Shelf-Stable*
48 fl. oz *Refrigerated*



Silk
Vanilla Soymilk
64 fl. oz
Refrigerated



Kikkoman Pearl
Organic Soymilk
Smart Vanilla
8 fl. oz
Shelf-Stable



Kikkoman Pearl
Organic Soymilk
Smart Chocolate
8 fl. oz
Shelf-Stable

Resource: https://www.fns.usda.gov/cacfp/nutrition-requirements-fluid-milk-qas

June 2026

Serving SMOOTHIES in the CCFP



Self-Prepared Smoothies:

What meal components can credit in a smoothie?

1. **Milk:** Must meet the federal requirements of fluid milk for each age group

2. **Fruits, Vegetables, Fruit/Vegetable Juice**: Pureed fruit and vegetables credit as juice when served in a smoothie.
   - Amount is based on volume after pureeing, before including in the smoothie
   - Juice can only be served at one meal or snack per day, this includes when served in a smoothie

3. **Yogurt:** May be milk or soy-based
   - Yogurt credits as Meat/Meat Alternate, not fluid milk
   - Yogurt must meet the sugar limits of no more than 12 grams of added sugar per 6 ounces

All components must be offered in the required quantities to meet the meal pattern requirements

Grains and other Meat/Meat Alternates (such as peanut butter and tofu) DO NOT credit to the meal pattern when served in a smoothie, but may be included to improve flavor and consistency

Smoothies may be served at any meal or snack:

Breakfast, Lunch and Supper: A smoothie containing milk, fruit/vegetable and yogurt may count towards three meal components

Snack: A smoothie containing fruit/vegetable and milk can credit as either juice or milk, not both. There must be a separate, second creditable component served in addition to the fruit/vegetable and milk smoothie. Juice may not be served when milk is the only other component.

Recipe for a Creditable Smoothie:



Ingredients:
4 fluid ounces milk
½ cup bluberry puree, frozen
4 ounces yogurt

Crediting Information:
½ cup Milk
½ cup Fruit Juice
1 ounce Meat Alternate

Commercially Prepared Smoothies:

- **May credit towards the meat/meat alternate (yogurt only), fruit, vegetable, and milk components**
- **Must have a Child Nutrition (CN) Label or Product Formulation Statement (PFS) from the manufacturer to credit to the CCFP meal pattern**
- **Probiotic dairy drinks, drinkable yogurt and yogurt drinks are NOT creditable**

Florida Department of Health Child Care Food Program

Quick Guide for Serving Fruits & Vegetables in the CCFP



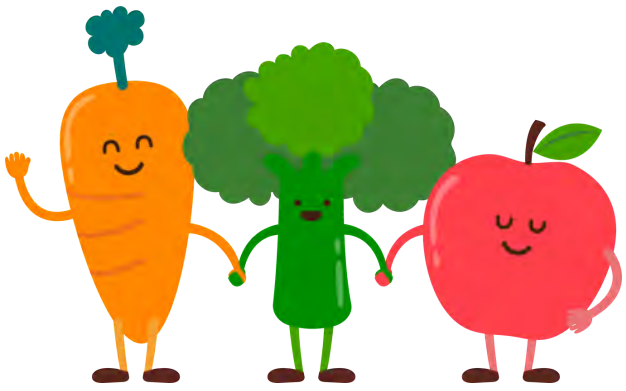
This quick guide contains suggested serving sizes to meet the minimum requirements and are approximate. Some amounts have been rounded up for convenience in serving. Fruits and vegetables can vary drastically in size and shape, so it's best to confirm serving size with a measuring cup, based on the specific fruit or vegetable used.

Reminders:

- Canned fruits must be packed in juice, light syrup or water.
- For fruit cups, 4 oz = ½ cup
- Whole dried fruit and whole dried fruit pieces credit at twice the volume served. 1/8 cup = ¼ cup
- 1/8 cup of any fruit is the minimum serving size that may be creditable. For example, although dried fruit credits as twice the volume served, 1/16 cup (1 Tbsp) of dried fruit cannot be offered to count as 1/8 cup, because 1/16 cup is less than the minimum serving size that may be creditable.
- Raw leafy greens credit half of the volume served. 1 cup raw spinach = ½ cup vegetable.
- Snack-type foods made from fruits (for example: fried banana chips, fruit drops, fruit strips), are not creditable.
- Full-strength 100% fruit and vegetable juice may count toward the entire fruits or vegetables component at 1 meal per day, including snack.
- Vegetables and beans should be drained prior to determining serving size. Vegetable liquid is not creditable.

For children under the age of 4, you may need to modify the texture of certain fruits and vegetables to prevent choking. Some suggested modifications include:

- Cutting raw fruits and vegetables into smaller pieces,
- Cooking raw vegetables until they are slightly soft, and/or
- Cutting round fruits and vegetables such as grapes or cherry tomatoes into smaller pieces—at least ½ inch or smaller.



Vegetables	1/8 cup	¼ cup	½ cup
Asparagus, cuts & tips	1/8 cup	¼ cup	½ cup
Avocado, sliced	2 slices	3 slices	6 slices
Avocado, mashed	1/8 cup	¼ cup	½ cup
Bell Pepper, diced	1/8 cup	¼ cup	½ cup
Bell Pepper, ¼“ strips	3 strips	6 strips	12 strips
Baked Beans, drained	1/8 cup	¼ cup	½ cup
Baked Beans, with sauce	¼ cup	½ cup	1 cup
Black eyed peas	1/8 cup	¼ cup	½ cup
Beans (black, pinto, kidney, garbanzo) drained	1/8 cup	¼ cup	½ cup
Broccoli florets	1/8 cup	¼ cup	½ cup
Carrots, baby	2 carrots	3 carrots	6 carrots
Carrots, sticks	2 sticks	3 sticks	6 sticks
Cauliflower	1/8 cup	¼ cup	½ cup
Celery, sticks	2 sticks	3 sticks	6 sticks
Collard greens	1/8 cup	¼ cup	½ cup
Corn, on cob (5-6”)	¼ ear	½ ear	1 medium ear
Corn, cobette (3”)	½ cobette	1	2
Corn, off cob	1/8 cup	¼ cup	½ cup
Corn, cream style	1/8 cup	¼ cup	½ cup
Cucumber, slices, 1/8”	2 slices	4 slices	8 slices
Cucumber, sticks	2 sticks	3 sticks	6 sticks
Green beans	1/8 cup	¼ cup	½ cup
Lettuce (Iceberg, Leaf, Romaine) Chopped	¼ cup	½ cup	1 cup

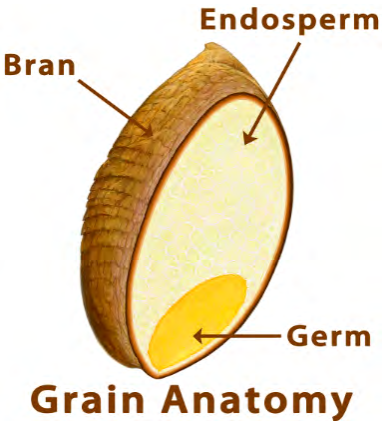
Vegetables Cont.	1/8 cup	¼ cup	½ cup
Lettuce, Leaf	½ large leaf	1 large leaf	2 large leaves
Mixed Vegetables	1/8 cup	¼ cup	½ cup
Peas, green	1/8 cup	¼ cup	½ cup
Pickle Chips	2 chips	4 chips	8 chips
Pickle spear, medium	1	1 ¼	2 ½
Potato, white	½ small	1 whole small	½ large
Potatoes, cubed	1/8 cup	¼ cup	½ cup
Radishes, small	2	4	8
Salsa	1/8 cup	¼ cup	½ cup
Spinach, raw	¼ cup	½ cup	1 cup
Spinach, cooked	1/8 cup	¼ cup	½ cup
Sweet Potato	1/8 cup	¼ cup	½ cup
Tomato Slices, ¼”	1 slice	2 slices	4 slices
Tomato, Cherry	2	4	8
Tomato, Grape	4	7	14
Tomato, sun dried	1/8 cup	1/8 cup	¼ cup
Spinach, raw	¼ cup	½ cup	1 cup
Spinach, cooked	1/8 cup	¼ cup	½ cup
Sweet Potato	1/8 cup	¼ cup	½ cup

Fruits	1/8 cup	¼ cup	½ cup
Apple- cut in 8 slices	1 slice	2 slices	4 slices (half)
Applesauce	1/8 cup	¼ cup	½ cup
Apricot, medium	1 half	1 whole	2 wholes
Banana	1 quarter	1 half	1 whole
Blueberries	1/8 cup	¼ cup	½ cup
Cantaloupe, wedges	½ wedge	1 small wedge	2 small wedges
Craisins/Raisins, 1.3 – 1.5 oz box	Not recommended	½ box	1 box
Grapes, large	4	7	14
Grapefruit, large	1 section	2 sections	4 sections
Honeydew	1/8 cup	¼ cup	½ cup
Kiwi	1 half	1 whole	2 wholes
Mandarin Oranges	3 sections	6 sections	12 sections
Mangoes	1/8 cup	¼ cup	½ cup
Mixed Fruit	1/8 cup	¼ cup	½ cup
Nectarine, small 2 ¼”	1 quarter	1 half	1 whole
Oranges, all sizes	1 quarter	1 half	1 whole
Peaches	1/8 cup	¼ cup	½ cup
Pears, canned	1/8 cup	¼ cup	½ cup
Pear, fresh	1 quarter	1 half	1 whole
Pineapple	1/8 cup	¼ cup	½ cup
Plums, small	1 half	1 whole	2 wholes
Raspberries	3 berries	6 berries	12 berries
Strawberries, large	1 berry	2 berries	4 berries
Tangerines or Clementines, small	1 half	1 whole	2 wholes
Watermelon	1/8 cup	¼ cup	½ cup

CREDITABLE GRAINS

All grain items served in CCFP meals must be whole, enriched, or whole-grain rich. At least one serving of grains each day contains a whole grain-rich component. Grain-based desserts are not creditable in a reimbursable meal or snack.

"Creditable Grains" refer to grains that contribute to the meal pattern and include:



Grain Anatomy

1. 100% Whole Grain

Whole grains consist of the entire grain seed, called the kernal, and contain three parts:

- **Bran** - fiber rich outer layer containing B vitamins and minerals
- **Germ** - nutrient packed core with healthy fats, B vitamins, Vitamin E, and phytochemicals
- **Endosperm** - starchy carbohydrate middle layer with some proteins and vitamins

Examples: Oatmeal, Brown Rice, 100% Whole Wheat Bread, Quinoa

2. Enriched Grain

Enriched grains are processed to remove all or part of the bran and the germ to give a smoother texture. Nutrients, like thiamin, riboflavin, niacin, folic acid, and iron are added back during or after processing.

Bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) and **germ** (such as wheat germ) credits the same as enriched grains.

To determine if a grain product is enriched, it must meet at least one of the following methods:

- **Food is labeled as "enriched."**
  - For example, long grain rice that is enriched will have in the product name "enriched long grain rice."
- **Enriched grain is listed as the first ingredient on the ingredient list (or second after water) or the grain is followed by a sub-listing of nutrients.**
  - The ingredient list will usually say "enriched flour" or "enriched wheat flour," or there is a sub-listing of nutrients used to enrich the ingredient. For example, "white flour (iron, folic acid, riboflavin, niacin, and thiamine)."
- **Ingredient list names the vitamins and minerals (bolded) that have been added to the product.**
  - For example: "Enriched pasta, INGREDIENTS: Semolina (Wheat), Durum Wheat Flour, **Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid"**

3. Whole-Grain Rich

Grain products that are at least 50% whole grains. The first grain ingredient listed (or second after water) *MUST* be a whole grain.

Florida HEALTH
Child Care Food Program

Determining Whole Grain-Rich

Top Three Methods:

1 FDA Standard of Identity:

- Product meets standards to be labeled as “Whole Wheat”
- *Only* applies to **Bread, Buns, Rolls and Pasta**













The following statements on a product package are *not* an FDA Standard of Identity:

- “Whole Grain”
- “Contains Whole Grains”
- “Made with Whole Grains”
- “Made with Whole Wheat”
- “Wheat”

You need to check the ingredients list to determine if the product is whole grain-rich.











Other Methods to Determine Whole Grain-Rich

2 Child Nutrition (CN) Label or Product Formulation Statement (PFS):

- Voluntarily provided by manufacturers
- Identify how a processed food contributes to the meal pattern.

Child Nutrition (CN) Label

Indicates Whole Grain-Rich:

CN

XXXXXX

Three breaded chicken nuggets provide 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the FNS, USDA mm/yy).

CN CN CN

Indicates Enriched Grain

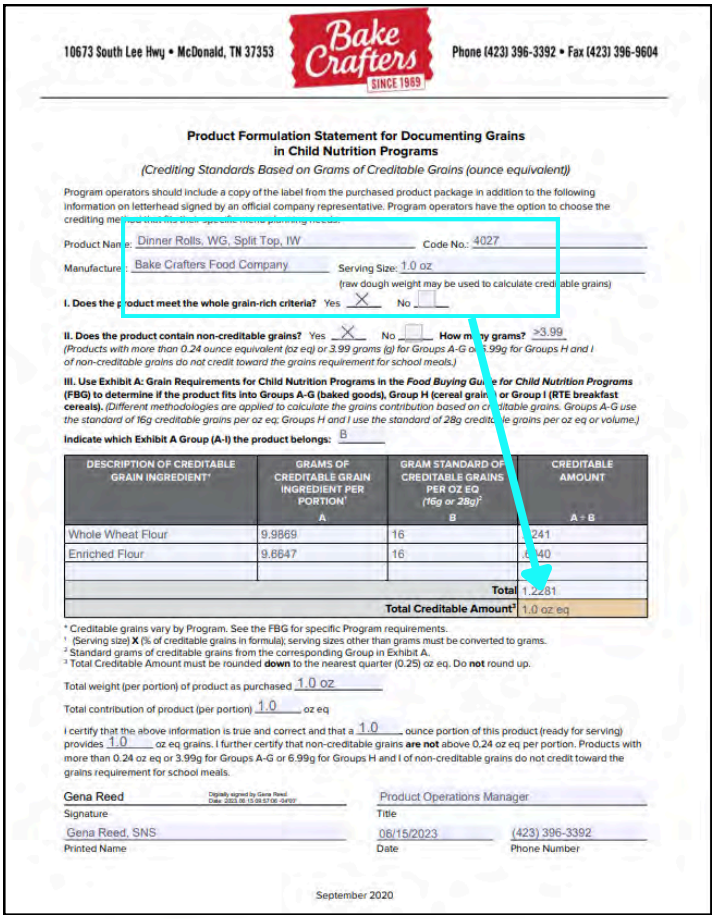
CN

XXXXXX

Three breaded chicken nuggets provide 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains (enriched) for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the FNS, USDA mm/yy).

CN CN CN

Product Formulation Statement:



10673 South Lee Hwy • McDonald, TN 37353 — Bake Crafters SINCE 1969 — Phone (423) 396-3392 • Fax (423) 396-9604

Product Formulation Statement for Documenting Grains in Child Nutrition Programs

(Crediting Standards Based on Grams of Creditable Grains (ounce equivalent))

Program operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Program operators have the option to choose the crediting me[illegible]

Product Name: Dinner Rolls, WG, Split Top, IW Code No.: 4027

Manufacturer: Bake Crafters Food Company Serving Size: 1.0 oz

(raw dough weight may be used to calculate creditable grains)

I. Does the product meet the whole grain-rich criteria? Yes X No ☐

II. Does the product contain non-creditable grains? Yes X No ☐ How many grams? >3.99

(Products with more than 0.24 ounce equivalent (oz eq) or 3.99 grams (g) for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.)

III. Use Exhibit A: Grain Requirements for Child Nutrition Programs in the *Food Buying Guide for Child Nutrition Programs* (FBG) to determine if the product fits into Groups A-G (baked goods), Group H (cereal grain) or Group I (RTE breakfast cereals). *(Different methodologies are applied to calculate the grains contribution based on creditable grains. Groups A-G use the standard of 16g creditable grains per oz eq; Groups H and I use the standard of 28g creditable grains per oz eq or volume.)*

Indicate which Exhibit A Group (A-I) the product belongs: B

DESCRIPTION OF CREDITABLE GRAIN INGREDIENT[1]	GRAMS OF CREDITABLE GRAIN INGREDIENT PER PORTION[1] A	GRAM STANDARD OF CREDITABLE GRAINS PER OZ EQ (16g or 28g)[2] B	CREDITABLE AMOUNT A ÷ B
Whole Wheat Flour	9.9869	16	.241
Enriched Flour	9.6847	16	.[illegible]040
		Total	1.2281
		Total Creditable Amount[3]	1.0 oz eq

* Creditable grains vary by Program. See the FBG for specific Program requirements.
[1] (Serving size) X (% of creditable grains in formula); serving sizes other than grams must be converted to grams.
[2] Standard grams of creditable grains from the corresponding Group in Exhibit A.
[3] Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 1.0 oz

Total contribution of product (per portion) 1.0 oz eq

I certify that the above information is true and correct and that a 1.0 ounce portion of this product (ready for serving) provides 1.0 oz eq grains. I further certify that non-creditable grains **are not** above 0.24 oz eq per portion. Products with more than 0.24 oz eq or 3.99g for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.

Gena Reed — Signature — Digitally signed by Gena Reed Date: 2023.06.15 09:07:06 -04'00'

Product Operations Manager — Title

Gena Reed, SNS — Printed Name

06/15/2023 — Date

(423) 396-3392 — Phone Number

September 2020

3 Product's Ingredient List

If the previous two methods do not apply to your product, then you will use the **Rule of Three,** which requires you to look at the ingredient list of a grain product, evaluating the first grain ingredient and then the next two (if any).

The first ingredient (or first after water) must be a whole grain. If the item has a second grain ingredient, it must be a whole grain, enriched grain, bran or germ. If the item has a third grain ingredient, it must also be a whole grain, enriched grain, bran or germ



MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: YEAST, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, BAKING SODA, MONOCALCIUM PHOSPHATE, ONION POWDER. **CONTAINS: WHEAT, MILK.**

THE RULE OF THREE »

First Ingredient (or second after water)	Second **Grain** Ingredient	Third **Grain** Ingredient
• Whole Grain	• Whole Grain • Enriched Grain • Bran or Germ	• Whole Grain • Enriched Grain • Bran or Germ

Florida HEALTH | Child Care Food Program

Grain Ingredients List

Use this list when determining if a grain item is whole grain-rich by the Rule of Three. Find the product's ingredient list on the packaging and look for the following:

- **First ingredien**t (or second after water): **must** be a whole grain
- **Second and third grain ingredients** (if any): **must** be a whole grain, enriched grain, bran or germ

If a whole grain is listed first in the ingredients list and a non-creditable grain is listed after, the grain is creditable but not considered whole grain-rich.
Grain derivatives and ingredients listed after the "contains 2% or less" statement are to be ignored.

Whole Grain Ingredients

Must be the first ingredient or second after water. May be the second or third ingredient

- Amaranth
- Amaranth flour
- Bromated whole wheat flour
- Brown basmati rice
- Brown jasmine rice
- Brown rice
- Brown rice flour
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Bulgar wheat
- Corn masa
- Corn masa flour
- Corn treated with lime
- Cracked buckwheat
- Cracked wheat
- Crushed wheat
- Dehulled barley
- Dehulled-barley flour
- Emmer (whole farro)
- Entire wheat flour
- Flaked rye
- Flaked wheat
- Graham flour
- Ground corn with trace of lime
- Ground corn treated with lime
- Hominy
- Hominy grits
- Instant oatmeal
- Masa harina
- Millet
- Millet flour
- Nixtamalized corn
- Nixtamalized corn flour/meal
- Oats
- Oatmeal (old-fashioned, quick cooking, steel cut and instant)
- Oat groats
- Oat flour
- Popcorn
- Quick cooking oats
- Quinoa
- Rolled oats
- Rye berries
- Rye flakes
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted einkorn
- Sprouted spelt
- Sprouted wheat
- Sprouted wheat berries
- Sprouted whole rye
- Sprouted whole wheat
- Steel cut oats
- Teff
- Teff flour
- Triticale
- Triticale flour
- Wheat berries
- Wheat groats
- White whole wheat flour
- Whole barley
- Whole barley flakes
- Whole buckwheat flour
- Whole corn
- Whole corn flour
- Whole corn meal
- Whole durum flour
- Whole durum wheat flour
- Whole einkorn
- Whole einkorn berries
- Whole grain barley
- Whole grain brown rice
- Whole grain corn
- Whole grain corn flour
- Whole grain corn meal
- Whole grain einkorn flour
- Whole grain grits
- Whole grain Khorasan wheat
- Whole Khorasan wheat
- Whole grain oat flour
- Whole grain soft white wheat
- Whole grain spelt flour
- Whole grain wheat
- Whole grain wheat flakes
- Whole grain wheat flour
- Whole oat flour
- Whole oats
- Whole rye
- Whole rye flour
- Whole rye flakes
- Whole spelt
- Whole wheat flakes
- Whole wheat flour
- Whole white wheat
- Whole white wheat flour
- Wild rice
- Wild rice flour

Nixtamalized Corn Ingredients

Corn ingredients that are nixtamalized (process of cooking corn in limewater, which increases the bioavailability of nutrients) are considered **whole grain**.

These ingredients may be identified in the ingredients list as:

- Cooked with lime
- Cooked with lime water
- Hydrated lime
- Trace of lime
- Treated with hydrated lime
- Treated with lime

In addition to the ingredients listed above, if an ingredient has **"whole"** in front of it, then it is a whole grain ingredient.

Enriched Grain Ingredients

May be the second and/or third grain ingredient.

- Enriched bromated flour
- Enriched corn flour
- Enriched corn meal
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina
- Enriched grits
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour
- Other grains with the word "enriched" in front of it

In addition to ingredients listed to the left:

•When nutrients (niacin, iron, riboflavin, folic acid, thiamin) appear at the end of the ingredient list, separate from the grains, the entire product is enriched.

•When nutrients (niacin, iron, riboflavin, folic acid, thiamin) appear after a grain or flour, the grain or flour is enriched.

Bran or Germ Ingredients

May be the second and/or third grain ingredient

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

Grain Derivatives

Do not count as ingredients; they are ignored

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

Non-Creditable Grains and Flours

These also cannot be one of the first three grain ingredients to be considered whole grain-rich

- Barley
- Barley flakes
- Barley flour
- Barley grits
- Barley malt
- Basmati rice
- Bean/legume flour (such as chickpea, lentil, etc.)
- Bread flour
- Bromated flour
- Corn
- Corn fiber
- Corn flour
- Corn grits
- Corn meal
- Cultured wheat flour
- Degermed corn
- Degerminated corn meal
- Durum flour
- Durum grits
- Durum wheat flour
- Farina
- Flour
- Grits
- Ground corn
- Jasmine rice
- Malted barley
- Malted barley flour
- Nut or seed flour (any kind)
- Oat fiber
- Pearl(ed) barley
- Phosphate flour
- Pot barley
- Potato flour
- Rice flour
- Rye
- Rye flour
- Scotch barley
- Self-rising flour
- Self-rising wheat flour
- Semolina
- Soy flour
- Stone ground corn
- Stone ground wheat flour
- Tapioca flour
- Unbleached flour
- Vegetable flour (any kind)
- Wheat
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal

What about Flour Blends Ingredients?

A flour blend is when a grain/flour ingredient is listed with a parenthesis next to it and within is a list of multiple ingredients.

- If a flour blend is the first grain ingredient, all ingredients in the blend must be whole grains/flours.
- If a flour blend is the second or third grain ingredient, all grain ingredients in the blend must be whole grains/flours, enriched grains/flours, bran, and/or germ; vitamins and minerals are allowed.
- If a flour blend includes any non-creditable grains/flours, the flour blend is a non-creditable grain.

Florida WIC Approved Cereal List for the Child Care Food Program 2026-2027

GF = Gluten Free *All cereals on this list meet CCFP sugar limits and are creditable to serve.* *July 2026*

Whole Grain/Whole Grain-Rich Cereals



Cheerios GF



Cheerios Multi-Grain GF



Cheerios Veggie Blend Apple Strawberry GF



Cheerios Veggie Blend Blueberry Banana GF



Cheerios Hearty Nut Medley Maple Cinnamon



Oatmeal Squares Brown Sugar



Oatmeal Squares Honey Nut



Total



Chex Blueberry GF



Chex Cinnamon GF



Chex Corn GF



Chex Rice GF



Chex Wheat



Chex Strawberry Vanilla GF



Wheaties



Mott's Very Berry



Mott's Apple Cinnamon



Kix



Complete Bran


Special K Protein Original Multi Grain


Special K Cinnamon Pecan



Grape Nuts Flakes



Grape Nuts



Life Original



Mighty Life Strawberry Blueberry Bliss



Mighty Life Vanilla



Frosted Mini-Wheats



Frosted Mini-Wheats Cocoa



Little Bites Original



Frosted Mini-Wheats Blueberry



Frosted Mini-Wheats Strawberry



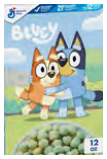
Kashi Apple Cinnamon Loops



Raisin Bran Protein Touch of Cinnamon



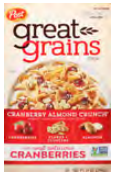
Special K Protein Banana Nut Bread



Bluey Cereal



Great Grains Crunchy Pecan



Great Grains Cranberry Almond Crunch



Great Grains Red Berry Almond Crunch



Great Grains Raisins Dates Pecans



Great Grains Banana Nut

Raisin Bran Kelloggs

Bran Flakes

Raisin Bran Post

Frosted Mini Spooners

Raisin Bran

Mountainview Farms Instant Oatmeal

Instant Rolled Oats GF

Instant Oatmeal Original

Cream of Wheat Whole Grain

Any store brand or Ralston Foods brand

Whole Grain/Whole Grain-Rich Cereals

- Bran Flakes
- Wheat Flakes
- Multigrain Flakes
- Frosted Shredded Wheat/Frosted Wheat
- Instant Oatmeal – Original/Regular
- MultiGrain Medley, Tasteeos, Spins or Toasted Cereal
- Nutty Nuggets/Crunchy Nuggets/Crunchy Wheat
- Oat Crunch/Oat Wise/Oat Squares/Lively Oats
- Toasted Oats/Tasteeos/Toasted Oat Spins/Happy O's
- Wheat Squares, Biscuits, or Crisps

Enriched Cereals

- Corn Flakes
- Corn Squares, Biscuits, Crisps, or Bites
- Crisp Rice/Crispy Rice
- Crispy Hexagons (Corn & Rice)
- Essentially You/Toasted Rice
- Oats & More with Almonds/Almonds & Oats
- Oats & More with Honey/Honey & Oats
- Rice Squares, Biscuits, Crisps, or Pockets

Enriched Cereals

Rice Krispies

Special K Original

Crispix

Honey Bunches of Oats Maple Pecan

Honey Bunches of Oats Cinnamon Bunches

Honey Bunches of Oats Honey Roasted

Honey Bunches of Oats Vanilla

Honey Bunches of Oats with Almonds

Honey Bunches of Oats with Strawberries

Corn Flakes

Hot Wheat Original

Instant Grits Original

Farina Original

Iron Fortified Quick Grits

Cream of Rice Instant GF

Cream of Rice 21/2 minute

Cream of Wheat Original 21/2 minute

Cream of Wheat Original 1 minute

Cream of Wheat Original Instant

Cereal Shapes & Ounce Equivalents

Ages 1 - 18

Cereal - FLAKES

	1-5 1/2 oz eq	6-18 1 oz eq
Bran Flakes Corn Flakes Fiber One Grape Nuts Flakes Great Grains Honey Bunches of Oats Mini Spooners Mini Wheats Oatmeal Squares Shredded Wheat Special K Total Wheaties	**1/2 cup**	**1 cup**

Cereal - ROUND

Cheerios Crispy Oats Tasteeos Toasted Oats	**1/2 cup**	**1 cup**

Cereal - PUFFED

Chex Cereal (Corn, Rice, Wheat) Crispix Crispy Rice Kix Life Rice Krispies	**3/4 cup**	**1 1/4 cup**

Cereal - GRANOLA

Granola Grape Nuts	**1/8 cup**	**1/4 cup**



Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not be more than:
12–16 grams	3 grams
26–30 grams	6 grams
31–35 grams	7 grams
45–49 grams	10 grams
55–58 grams	12 grams
59–63 grams	13 grams
74–77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.

If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Yummy Brand Cereal

Nutrition Facts

15 servings per container

Serving size ¾ cup (30g)

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 4g Added Sugars	**8%**
Protein 3g	

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size:_____

Added Sugars:_____

☐ Yes ☐ No

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



Try It Out!



Use the "Added Sugars Limit in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.

Added Sugars Limit in Cereal

Serving Size	Added Sugars	Serving Size	Added Sugars
If the serving size is:	Added sugars must not be more than:	If the serving size is:	Added sugars must not be more than:
0–2 grams	0 grams	50–54 grams	11 grams
3–7 grams	1 gram	55–58 grams	12 grams
8–11 grams	2 grams	59–63 grams	13 grams
12–16 grams	3 grams	64–68 grams	14 grams
17–21 grams	4 grams	69–73 grams	15 grams
22–25 grams	5 grams	74–77 grams	16 grams
26–30 grams	6 grams	78–82 grams	17 grams
31–35 grams	7 grams	83–87 grams	18 grams
36–40 grams	8 grams	88–91 grams	19 grams
41–44 grams	9 grams	92–96 grams	20 grams
45–49 grams	10 grams	97–100 grams	21 grams

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Added Sugars (g)
Healthy Food Company	*Nutty Oats*	*28 grams*	*5 grams*

*The amount of added sugars in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of added sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Answer to "Test Yourself" activity on page 1: The cereal has 4 grams of added sugars per 30 grams. The maximum amount of added sugars allowed for 30 grams of cereal is 6 grams. 4 is less than 6, so this cereal meets the added sugars limit.

FNS-653 | October 2019, Slightly Revised November 2024
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Exhibit A: Grain Requirements[1,2] Based on Ounce Equivalents

GROUP A	Ounce Equivalent (Oz Eq) for GROUP A
• Bread type coating • Bread sticks (hard) • Chow Mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) *Note: weights apply to bread in stuffing*	1 oz eq = 22 gm or 0.8 oz 1/2 oz eq = 11 gm or 0.4 oz
GROUP B	**Ounce Equivalent (Oz Eq) for GROUP B**
• Animal crackers • Bagels • Batter type coating • Biscuits • Breads (sliced, French, Italian) • Buns (hamburger and hot dog) • Egg roll skins • English muffins • Graham crackers • Pita bread • Pizza crust • Pretzels (soft) • Rolls • Tortillas • Tortilla chips • Taco shells	1 oz eq = 28 gm or 1.0 oz 1/2 oz eq = 14 gm or 0.5 oz
GROUP C	**Ounce Equivalent (Oz Eq) for GROUP C**
• Cornbread • Corn muffins • Croissants • Pancakes • Waffles	1 oz eq = 34 gm or 1.2 oz 1/2 oz eq = 17 gm or 0.6 oz
GROUP D	**Ounce Equivalent (Oz Eq) for GROUP D**
• Muffins (all, except corn)	1 oz eq = 55 gm or 2.0 oz 1/2 oz eq = 28 gm or 1.0 oz
GROUP E	**Ounce Equivalent (Oz Eq) for GROUP E**
• French toast	1 oz eq = 69 gm or 2.4 oz 1/2 oz eq = 35 gm or 1.2 oz
GROUP F/G	**Ounce Equivalent (Oz Eq) for GROUP F/G**
Grain-based desserts are not creditable.	
GROUP H	**Ounce Equivalent (Oz Eq) for GROUP H**
• Breakfast cereals (cooked)[3] • Bulgur or cracked wheat • Cereal Grains (barley, quinoa, etc.) • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (white or brown)	1 oz eq = 1/2 cup cooked or 1 oz (28 g) dry
GROUP I	**Ounce Equivalent (Oz Eq) for GROUP I**
• Ready to eat breakfast cereal (cold, dry)[3]	Flakes and rounds: 1 oz eq = 1 cup or 1 oz 1/2 oz eq = 1/2 cup or 0.5 oz Puffed cereal: 1 oz eq = 1.25 cups or 1 oz 1/2 oz eq = 3/4 cup or 0.5 oz Granola: 1 oz eq = 1/4 cup or 1 oz 1/2 oz eq = 1/8 cup or 0.5 oz

1. The following foods must be whole grain, whole grain-rich, or enriched. At least one serving per day must be 100% whole grain or whole grain-rich.
2. Some of the following foods or their toppings/extras (such as cream cheese, syrup, etc.) may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.
3. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast. Cereals must contain no more than 6 grams of added sugar per dry ounce and must be whole grain, enriched, or fortified. Refer to Florida WIC-Approved Cereal List.

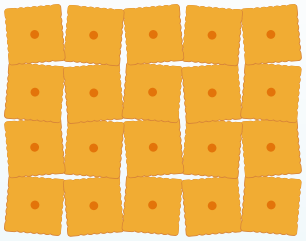
USDA
United States Department of Agriculture
Food and Nutrition Service

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

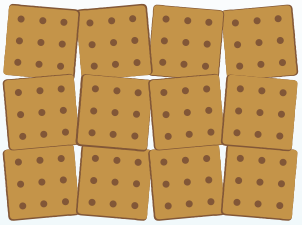
Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

How Much Is 1 Ounce Equivalent?

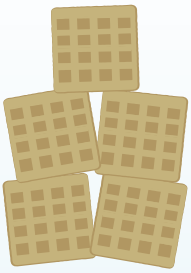




20 cheese crackers (1" by 1") = 1 oz. eq.



12 thin wheat crackers (1 ¼" by 1 ¼") = 1 oz. eq.



5 woven whole-wheat crackers (1 ½" by 1 ½") = 1 oz. eq.

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

1. Find the grain you want to serve under the "Grain Item and Size" column.

2. Check if the chart lists a size or weight by the name of the grain. If the chart:

Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as *about 1 ¼" by 1 ½"*, then check if the item is the same size, or larger than, this amount. See page 6.

3. Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

Grain Item and Size	**1- through 5-year-olds** at Breakfast, Lunch, Supper, Snack **Serve at Least ½ oz. eq.**, which equals about…
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams
Popcorn	1 ½ cups or 14 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists or 11 grams

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

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Bagel (entire bagel) at least 56 grams*	¼ bagel or 14 grams	½ bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	½ bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	½ biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (whole grain-rich or enriched) at least 28 grams*	½ slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
Bun or Roll (entire bun or roll) at least 28 grams*	½ bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
Cereal Grains (barley, bulgur, quinoa, etc.)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	½ cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	⅛ cup or 14 grams	¼ cup or 28 grams	½ cup or 56 grams
Cereal, Ready-to-Eat: Puffed	¾ cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams
Corn Muffin at least 34 grams*	½ muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (about 1 ½" by 1")**	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (~1 cup) or 56 grams
Cracker, Bear-Shaped, Sweet (about 1" by ½")**	12 crackers (~¼ cup) or 14 grams	24 crackers (~½ cup) or 28 grams	48 crackers (~1 cup) or 56 grams
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (~⅓ cup) or 22 grams	40 crackers (~⅔ cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about ¾" by ½")**	21 crackers (~¼ cup) or 11 grams	41 crackers (~½ cup) or 22 grams	81 crackers (~1 cup) or 44 grams

!

**Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.*

***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.*

Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Cracker, Graham (about 5" by 2 ½")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams
Cracker, Round, Savory (about 1 ¾" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 grams
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 grams
Cracker, Thin Wheat, Square, Savory (about 1 ¼" by 1 ¼")**	6 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 grams
Cracker, Woven Whole-Wheat, Square, Savory (about 1 ½" by 1 ½")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 grams
Croissant at least 34 grams*	½ croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams
English Muffin (top and bottom) at least 56 grams*	¼ muffin or 14 grams	½ muffin or 28 grams	1 muffin or 56 grams
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams
Grits	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Melba Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
Oatmeal	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

!

**Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.*

***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.*

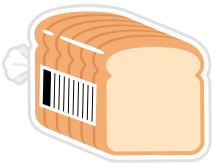
Grains Measuring Chart for the Child and Adult Care Food Program

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~⅓ cup) or 11 grams	14 twists (~⅔ cup) or 22 grams	27 twists (~1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	¼ pretzel or 14 grams	½ pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 ½ cakes or 11 grams	3 cakes or 22 grams	5 ½ cakes or 44 grams
Rice Cake, Mini (about 1 ¾" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams
Taco or Tostada Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
Tortilla, Soft, Corn (about 5 ½")**	¾ tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	½ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Tortilla, Soft, Flour (about 8")**	¼ tortilla or 14 grams	½ tortilla or 28 grams	1 tortilla or 56 grams
Waffle at least 34 grams*	½ waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

!

**Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.*

***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.*



Using the Nutrition Facts Label

Some items on the Grains Measuring Chart may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart:

1 Find the grain item and its minimum weight in the Grains Measuring Chart.

For example, the minimum weight for a pancake is at least 34 grams.

Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	**6- through 18-year-olds** at Breakfast, Lunch, Supper, Snack **Adults** at Snack only	**Adults** at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about…	**Serve at Least 1 oz. eq.**, which equals about…	**Serve at Least 2 oz. eq.**, which equals about…
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

2 Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size (usually provided as grams (g)). One serving of Brand P pancakes weighs 117 grams.

3 Using the Nutrition Facts label, find how many items are in one serving. There are three pancakes in one serving of Brand P pancakes.

4 If there is more than one of an item in a serving, you will need to divide to find the weight of each item. For example, the serving size of Brand P pancakes is three pancakes.

Divide the serving weight by the number of items in one serving to find the weight of each item.

Brand P Pancakes

Nutrition Facts

4 servings per container

Serving size **3 Pancakes** **117g**

Amount per serving

Calories **280**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	

117 grams ÷ **3 pancakes** = **39 grams per pancake**

Serving Weight *Serving Size* *Weight of Each Item*

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

✓ **Yes:** Use the Grains Measuring Chart to see how much of your grain to serve to meet CACFP meal pattern requirements. In the example above, pancakes must weigh at least 34 grams in order to use the Grains Measuring Chart. Because each Brand P pancake weighs 39 grams, you may use the chart as a guide to the minimum serving amount.

✗ **No:** Use another method to determine how much of a grain item to serve. See “What If My Grain Is Different?” on page 6 for more information.



Are There Other Menu Planning Considerations?

If you serve an item that is larger, or weighs more, than what's listed on the Grains Measuring Chart, then you might serve more grains than required by the CACFP meal pattern. The Grains Measuring Chart can help make serving enough grains easier. However, the tools described under "What If My Grain Is Different?" can also help you determine how much of an item to serve to meet the meal pattern without serving more than what is needed.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If so, you will need to use another way to tell how much to serve in order to meet CACFP meal pattern requirements. You could:

- Enter information from the Nutrition Facts label into the *Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool*.* This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the *FBG Recipe Analysis Workbook (RAW)** to determine the ounce equivalents per serving for standardized recipes.

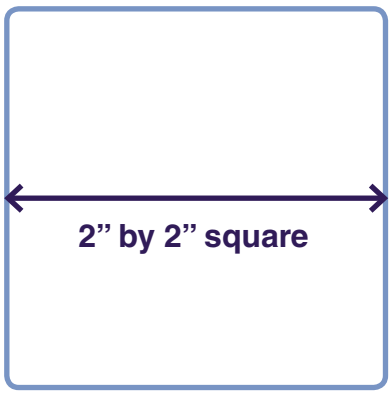
Available at* ***https://foodbuyingguide.fns.usda.gov*.

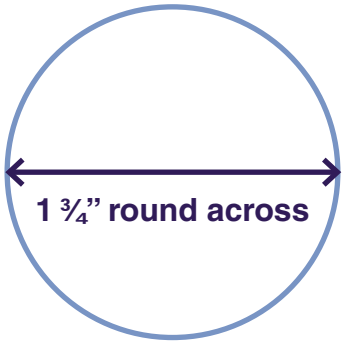


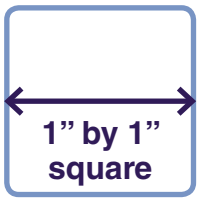
Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8 ½" by 11" paper.









FNS-862 October 2019
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How Can I Tell if a Food is a Grain-Based Dessert?

Grain-based dessert items are not creditable to serve in the CCFP because of added sugar and saturated fats, which contribute to increased risk of chronic disease. These include store-bought items as well as homemade. Many times, grain-based desserts will include creditable ingredients that even may be whole grain.
See below for listing of common grain-based desserts:

Some Common Grain-Based Desserts: Not Creditable in the CCFP

- Biscotti, sweet, made with fruits, chocolate, icing
- Bread/breadstick with sweet filling (such as pie filling)
- Bread pudding, sweet
- Brownies
- Cake (coffee cake, pound cake, cupcakes)
- Caramel popcorn and kettle corn
- Cereal bars, breakfast bars, marshmallow cereal treats
- Cinnamon rolls
- Cookies
- Croissants, sweet, such as chocolate-filled
- Crusts of dessert pies, cobblers, fruit turnovers
- Danish pastries (Danishes), sweet pastries
- Doughnuts
- Fig or fruit-filled bars/rolls/cookies
- Gingerbread
- Granola bars, grain-fruit bars
- Ice cream cones
- Pita chips, sweet, such as cinnamon-sugar flavored
- Rice pudding, sweet
- Scones, sweet, made with fruits, chocolate, icing
- Sopapillas
- Sweet rolls/buns
- Toaster pastries
- Vanilla/chocolate wafers

What if I'm Not Sure?

Before adding an item to your menu, consider whether the food is commonly thought of as a dessert or sweet treat, especially by a toddler or preschooler.

Ask yourself the following questions:

Does the Food Item Contain:

- Chocolate or other flavored chips?
- Candy Pieces?
- Jam, fruit puree or custard filling?
- Marshmallows?

Is the Food Item:

- Dessert flavored? (chocolate, caramel, butterscotch, etc.)
- Coated with dessert flavored coatings or toppings? (cocoa, caramel, toffee, cinnamon-sugar, powdered sugar, glazes, etc.)
- Iced or frosted?
- Covered with sprinkles, or other sweet garnishes?
- Shaped like a cookie or one of the grain-based desserts listed above?
- An unfrosted piece of cake or a cupcake?
- A breakfast, cereal, or granola bar (store-bought or homemade)?
- A sweet pie, pastry or turnover?

If you answered "yes" to any of these questions, then the item is a grain-based dessert and must not be served!













Resources

USDA Policy Memo: Grain-Based Desserts in the CACFP - www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program
Exhibit A: Grain Requirements - www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/Nutrition/_documents/exhibit-a-english.pdf
Grain-Based Desserts in the CACFP - www.fns.usda.gov/tn/grain-based-desserts-cacfp

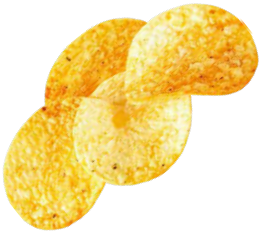
Revised May 2025



Crunch Time: Choosing Creditable Corn & Tortilla Chips



Tortilla chips and corn chips can be credited in the Child Care Food Program (CCFP) when they meet specific requirements. To be creditable, they must be made with whole grain-rich ingredients or be enriched. This handout outlines those requirements and provides examples of both creditable (whole grain-rich and enriched) and non-creditable chip products.



Whole Grain-Rich Tortilla Chips and Corn Chips

Tortilla chips and corn chips are creditable and whole grain-rich when one of the below are met. Examples of whole grain-rich tortilla chips and corn chips are on page 2

- 1st ingredient is a **whole grain** (ex: whole corn, whole ground corn) and there are no other grain ingredients.

Ingredients: **Whole Ground Corn,** Sunflower Oil, Sea Salt ✓

- 1st ingredient is a **whole grain** and the 2nd and 3rd grain ingredient(s) are **whole** or **enriched.**

Ingredients: **Whole Corn,** Oil, **Whole Wheat, Brown Rice Flour,** Salt ✓

- Product is made with **nixtamilized corn** (corn treated with lime). Look for the following ingredients in the ingredients list:



- Calcium hydroxide/hydrated lime
- Corn masa/ corn masa flour
- Cooked with lime/lime water
- Ground corn treated with lime
- Ground corn with trace of lime
- Lime
- Masa harina
- Trace of lime
- Treated with hydrated lime
- Treated with lime
- Treated with slaked lime

NOTE: ✗

*Products that have lime flavoring added are **not** nixtamalized. If a product has lime flavoring added, you might see words such as "hint of lime," "lime juice", "lime zest", "lime juice powder" or "lime oil" in the ingredients list.*

Ingredients: **Corn Masa Flour,** water, vegetable oil, sea salt ✓

Ingredients: Corn, Soybean Oil, Sea Salt, and **Calcium Hydroxide** (**Hydrated Lime**) ✓

Whole Grain-Rich Tortilla Chips and Corn Chips

Products on this page are whole grain-rich. This is not an exhaustive list. Prior to purchasing any product, verify it is creditable using information in this handout.



CALIDAD: Corn, Chile Limon, White Corn, Mexican Restaurant Style & Jumbo Size Round



CHI-CHI'S: Classic, Rounds & Strips



MISSION: Restaurant Style, Strips, Rounds, Organic Blue Corn



SUN CHIPS: Original, Harvest Cheddar, French Onion, Honey BBQ, Garden Salsa, Fiber



LATE JULY: All Restaurant Style, Dippers, Boldly Flavored & Multigrain varieties & flavors (not all pictured here)

Products purchased from a food distributer with brand names Tostitos, Fritos, Aztec etc. may be WGR. Prior to purchasing a product, verify it is creditable using information in this handout.

Whole Grain-Rich Tortilla Chips and Corn Chips (continued)



XOCHITL:
Sea Salt



SIETE:
Maiz Sea Salt



ON THE BORDER:
Homestyle



QUE PASA



KIRKLAND:
Tortilla Strips

Enriched Tortilla Chips & Corn Chips

Tortilla chips and corn chips are creditable and enriched, not whole-grain rich, when one of the below are met. See example at the bottom of this page.

- 1st ingredient is a **whole grain** (ex: whole corn), and the 2nd and 3rd grain ingredients are non-creditable grains (ex. corn or corn meal).

  Ingredients: **Whole Corn, Corn, Vegetable Oil, Salt**

- 1st ingredient is an **enriched corn ingredient,** such as *enriched corn* or *enriched corn flour*.

  Ingredients: **Enriched Yellow Corn, Corn, Vegetable Oil, Salt**

- 1st ingredient is a **corn ingredient, and nutrents are sub-listed after the corn ingredient**, such as *corn flour (folic acid, riboflavin, nacin and thiamine).*

  Ingredients: **Blue Corn, (Folic Acid, Riboflavin, Niacin and Thiamine),** Canola Oil, **S**alt





This product would be considered an enriched grain. Prior to purchasing any product, verify it is creditable using information in this handout.

Non-Creditable Tortilla Chips and Corn Chips (Cannot count as the grain component)

Tortilla chips, corn chips or any other snack-type products are not creditable when one of the below are met. Examples of a non-creditable tortilla chips, corn chips, and snack-type products are on page 5

1st ingredient is **corn that is not whole, enriched, or nixtamalized**, including corn, blue corn, yellow corn, ground white corn, stone ground corn, organic corn, cornmeal.



Ingredients: Ground White Corn , Vegetable Oil, Sea Salt

Ingredients: **Corn, Vegetable Oil, Salt**

1st ingredient is a **non-creditable grain or flour** such as cassava flour, almond flour, tapioca flour, coconut flour, potato starch, potato flour, potato.

Ingredients: Cassava Blend (Cassava Flour, Cassava Starch), Avocado Oil, Tapioca Flour, Salt

Ingredients: Potato Starch, Potato Flour, Canola Oil, Corn Starch, Salt

Non-Creditable Tortilla Chips and Corn Chips (continued) (Cannot count as the grain component)



Products/brands shown below are not creditable as a grain in the CCFP. If these products are served, they may only be served as an EXTRA item alongside a creditable meal or snack and the cost cannot be charged to the CCFP. This is not an exhaustive list. Prior to purchasing a product, verify it is creditable using information in this handout.





SANTITAS: White Corn, Yellow Corn



SIETE: Grain Free Lime



FRITOS*



TOSTITOS SIMPLY ORGANIC



TOSTITOS*: Bite Size Rounds, Crispy Rounds, Cantina Thins, Hint of Lime, Multi-Grain, Scoops, Blue Corn, Street Corn









ON THE BORDER: Cafe Style, Dippin, Cantina Thins, Rounds





GARDEN OF EATIN: Blue, Yellow









GREAT VALUE: Restaurant Style, Bite Size, Bowlz,



KIRKLAND: Organic



PIRATE'S BOOTY



DORITOS*: All Flavors



*Products purchased from a food distributor with brand names Tostitos, Fritos, Aztec, etc. may be WGR. Prior to purchasing a product, verify it is creditable using information in this handout.



JULY 2026

Choose Yogurt That is Lower in Added Sugars in the Child and Adult Care Food Program



All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than **12 grams of added sugars per 6 ounces** (2 grams of added sugars per ounce).

There are many types of yogurt that meet this added sugars limit. It is easy to find them by using the Nutrition Facts label and following the steps below.

1 Use the Nutrition Facts label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

2 Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.
If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Nutrition Facts

7 servings per container
Serving size 6 oz (170g)

Amount per serving	
Calories	**130**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 65mg	**5%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 0g	**0%**
Total Sugars 14g	
Includes 10g Added Sugars	**20%**
Protein 14g	**28%**
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Test Yourself:

Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)

Serving Size:_____

Added Sugars:_____

☐ Yes ☐ No



*Serving sizes here refer to those commonly found for store-bought yogurt. Homemade yogurt is not creditable in the CACFP.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



Try It Out!



Use the "Added Sugars Limit in Yogurt" table below to help find yogurt you can serve at your site. Write down your favorite brands and other information in the "Yogurt To Serve in the CACFP" list. You can use this as a shopping list when buying yogurt to serve in your program.

Added Sugars Limit in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
1 oz	28 g	2 g
1.25 oz	35 g	2 g
1.5 oz	43 g	3 g
1.75 oz	50 g	3 g
2 oz	57 g	4 g
2.25 oz	64 g	4 g
2.5 oz	71 g	5 g
2.75 oz	78 g	5 g
3 oz	85 g	6 g
3.25 oz	92 g	6 g
3.5 oz	99 g	7 g
3.75 oz	106 g	7 g
4 oz	113 g	8 g
4.25 oz	120 g	8 g
4.5 oz	128 g	9 g

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
4.75 oz	135 g	9 g
5 oz	142 g	10 g
5.25 oz	149 g	10 g
5.3 oz	150 g	10 g
5.5 oz	156 g	11 g
5.75 oz	163 g	11 g
6 oz	170 g	12 g
6.25 oz	177 g	12 g
6.5 oz	184 g	13 g
6.75 oz	191 g	13 g
7 oz	198 g	14 g
7.25 oz	206 g	14 g
7.5 oz	213 g	15 g
7.75 oz	220 g	15 g
8 oz	227 g	16 g

Yogurt To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Added Sugars (g)
Yummy Yogurt	Vanilla	6 oz	10

*The amount of added sugars in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of added sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: This yogurt has 10 grams of added sugars per 6 ounces (170 grams). The maximum amount of added sugars allowed in 6 ounces of yogurt is 12 grams. 10 is less than 12, so this yogurt meets the added sugars limit.

FNS-652 | October 2019, Slightly Revised September 2024
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Choose Your Cheese Wisely!

Creditable and Non-Creditable Cheese in the CCFP

Creditable



Processed Cheese



Cottage Cheese



Ricotta Cheese



Natural Cheese
(grated, shredded, sliced, sticks etc.)



Cheese Food
(not creditable for infants)



Commercial Cheese Sauce
(only creditable with a CN label/PFS)



Cheese Spread
(not creditable for infants)



Pastuerized Processed Cheese

Choose Your Cheese Wisely!

Creditable and Non-Creditable Cheese in the CCFP

Non-Creditable



Cheese Product



Imitation Cheese



Cream/Neufchatel Cheese



Cheese Alternative
(Plant Based Cheese)



Cheese Powder

Florida HEALTH

For more information, visit FloridaHealth.gov/CCFP or call 850-245-4323

Crediting Combination Foods in the CCFP

A **combination food,** which includes commercially processed meat or meat alternates such as pizza, chicken nuggets, ravioli, Salisbury steak, meatballs, fish sticks, cheese sauce, etc., is only creditable to the CCFP Meal Pattern when one of the following is on file:




1. Child Nutrition (CN) Label
2. Product Formulation Statement (PFS)




1 CN (Child Nutrition) Label:

A CN label is a product label which contains a statement from the USDA that clearly identifies the crediting information for the CCFP. It is found on the product's packaging and obtained through the manufacturer or a food distributor. Combination foods and processed meats purchased from grocery stores or membership warehouse retailers generally do not include a CN label.

Sample original CN Label from product carton



Sample CN Label with Required Elements:



1. Product name
2. Ingredients statement
3. CN logo
4. Meal pattern contribution statement
5. Six-digit product identification number
6. FNS authorization statement
7. Month and year of approval
8. Net weight
9. Company signature/address line
10. Inspection legend

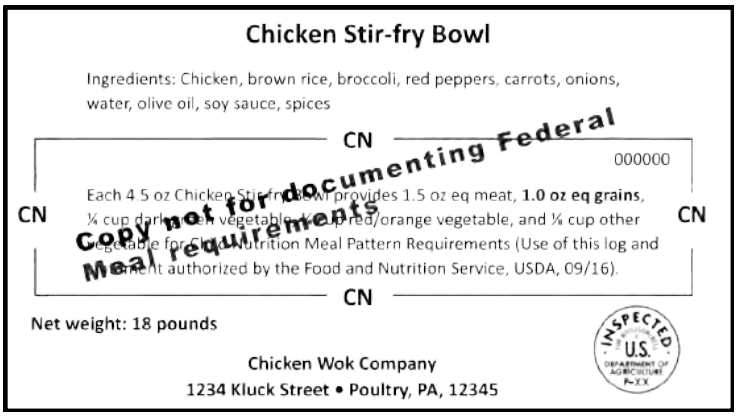
Acceptable CN Label Documentation

CN Labels can be kept on file one of the following forms:

1. The original CN label from the product carton.
2. A photocopy or photograph of the CN label shown attached to the original product carton. CN labels that are photocopied or photographed must be visible and legible.
3. A CN label copied with a watermark displaying the product name and CN number provided by the vendor **and** the bill of lading (invoice).

Ensure your photos and copies are visible and legible!

Sample CN Label with a watermark:


Chicken Stir-fry Bowl

Ingredients: Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices

CN

000000

CN

Each 4.5 oz Chicken Stir-fry Bowl provides 1.5 oz eq meat, **1.0 oz eq grains**, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable for Child Nutrition Meal Pattern Requirements (Use of this log and statement authorized by the Food and Nutrition Service, USDA, 09/16).

CN

CN

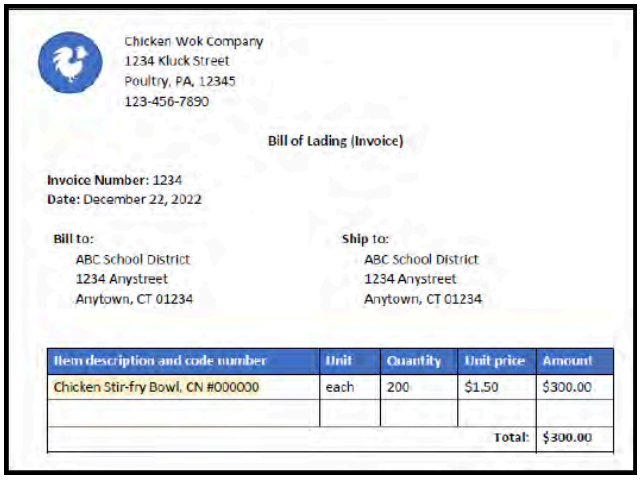
Net weight: 18 pounds

INSPECTED U.S. DEPARTMENT OF AGRICULTURE P-XX

Chicken Wok Company
1234 Kluck Street • Poultry, PA, 12345

Copy not for documenting Federal Meal requirements

Sample bill of lading (invoice):


Chicken Wok Company
1234 Kluck Street
Poultry, PA, 12345
123-456-7890

Bill of Lading (Invoice)

Invoice Number: 1234
Date: December 22, 2022

Bill to:
ABC School District
1234 Anystreet
Anytown, CT 01234

Ship to:
ABC School District
1234 Anystreet
Anytown, CT 01234

Item description and code number	Unit	Quantity	Unit price	Amount
Chicken Stir-fry Bowl, CN #000000	each	200	$1.50	$300.00
			Total:	$300.00

The CN Label Verification Report:

CN labels are specific to the product and cannot be used for a different product. The CN Label on file should be the most recent version.
Access the **CN Label Verification Report** to check if it's valid and up-to-date. Enter the number shown on the upper-right corner. If it is valid, the product's information should appear. Compare the expiration date in the lower-right corner with what is listed in the report. The date seen on the CN Label may be over 5 years old, but the report may show that the CN Label is still valid.

Use the QR code to access the **CN Label Verification Report** from your phone:

To search for a product using your phone:

- Tap the 'Share' button (the square with an arrow pointing up) at the bottom of the Safari app or in the menu options of other apps like Notes or eBooks.
- Scroll down and select 'Find on Page.'
- Type the product identification number in the search bar at the top of your screen.

Product Formulation Statements (PFS)

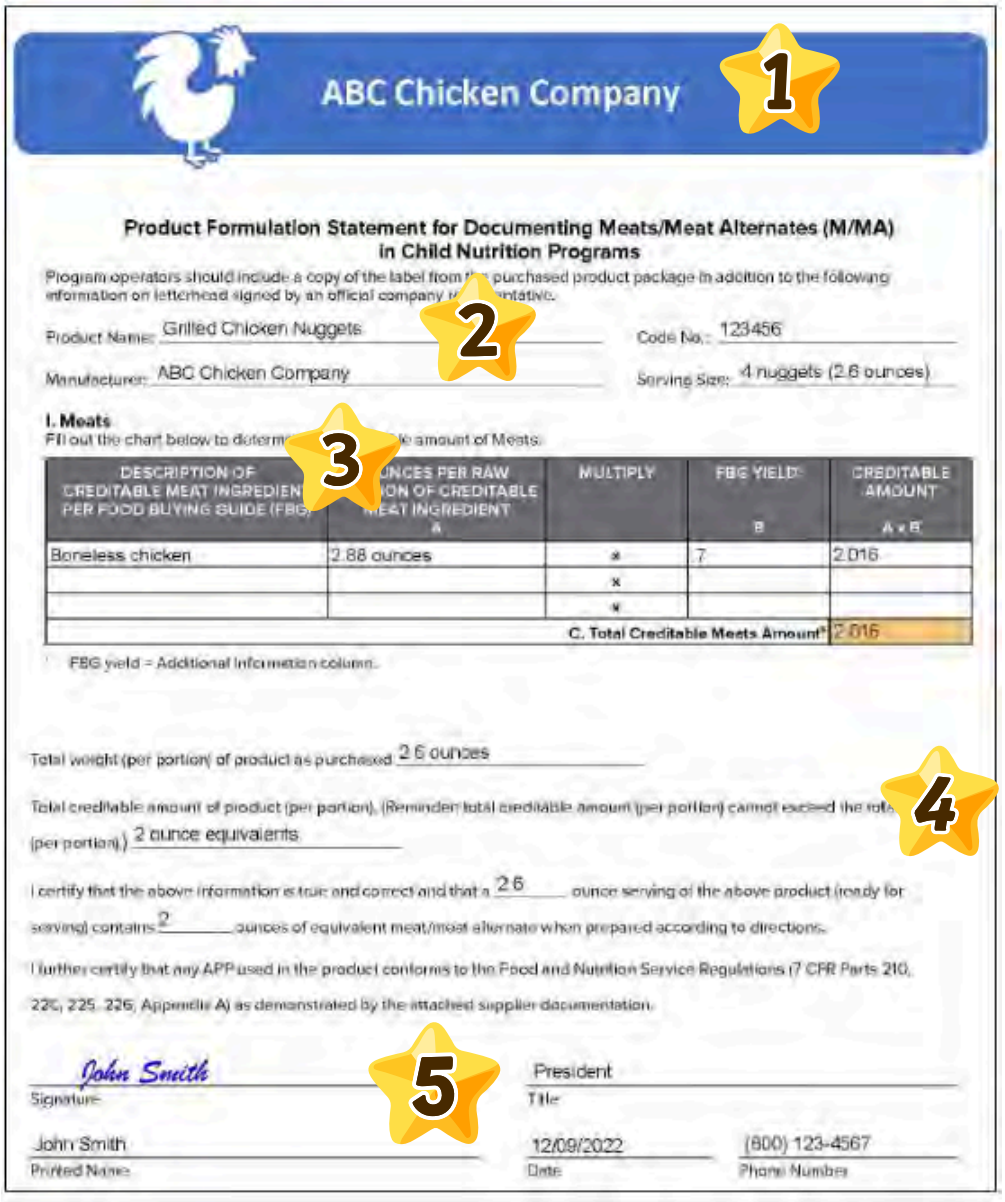
2 What if a CN Label is Not Available?

If a CN Label is not available, a Product Formulation Statement (PFS) is needed and can be requested from the manufacturer by calling the number listed on the product's packaging or found on the company's website.
NOTE: The PFS is not on the packaging information, nor is it part of the nutrition label or ingredient list.

A PFS is NOT found on a product's packaging or nutrition label!

A PFS MUST include:

1. Company letterhead
2. Name of product
3. Crediting calculations
4. Crediting statement
5. Signature & date



ABC Chicken Company

Product Formulation Statement for Documenting Meats/Meat Alternates (M/MA) in Child Nutrition Programs

Program operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative.

Product Name: Grilled Chicken Nuggets Code No.: 123456

Manufacturer: ABC Chicken Company Serving Size: 4 nuggets (2.6 ounces)

I. Meats

Fill out the chart below to determine the amount of Meats.

DESCRIPTION OF CREDITABLE MEAT INGREDIENT PER FOOD BUYING GUIDE (FBG)	OUNCES PER RAW PORTION OF CREDITABLE MEAT INGREDIENT A	MULTIPLY	FBG YIELD* B	CREDITABLE AMOUNT A x B
Boneless chicken	2.88 ounces	x	.7	2.016
		x		
		x		
			C. Total Creditable Meats Amount*	2.016

*FBG yield = Additional information column.

Total weight (per portion) of product as purchased: 2.6 ounces

Total creditable amount of product (per portion). (Reminder: total creditable amount (per portion) cannot exceed the total weight (per portion).): 2 ounce equivalents

I certify that the above information is true and correct and that a 2.6 ounce serving of the above product (ready for serving) contains 2 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.

John Smith — Signature President — Title

John Smith — Printed Name 12/09/2022 — Date (800) 123-4567 — Phone Number

Total creditable amount listed in the calculations should always be rounded down to nearest .25 oz

Determining Serving Size from CN Labels and PFS

Use Information from the CN Label or PFS to determine how much of a combination food to serve in order to meet minimum meal pattern requirements. CN Labels and PFSs identify a specific serving amount and the meal pattern contribution of creditable ingredients per serving.



The sample CN Label on the right identifies:

- Serving amount: 5 chicken patty fritters
- Meal pattern contribution:
  - 2.00 oz meat/meat alternate (m/ma)
  - 1.00 oz eq grains

CN

092337

Five 0.66 oz. fully cooked whole grain chunk-shaped chicken patty fritters provide **2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains** for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02/21).

CN

Compare this information to the CCFP Meal Pattern minimum requirements to determine how much to prepare and serve to each participant:

Ages	Meal Pattern Requirements	Amounts to Serve at Lunch/Supper	Meal Pattern Contribution per Serving	Meets Meal Pattern Requirements
1&2 year olds	1 oz M/MA ½ oz eq Grains	3 fritters	1.2 oz M/MA 6/10 oz eq Grains	✓
3-5 year olds	1.5 oz M/MA ½ oz eq Grains	4 fritters	1.6 oz M/MA 4/5 oz eq Grains	✓
6 years & older	2 oz M/MA 1 oz eq Grains	5 fritters	2 oz M/MA 1 oz eq Grains	✓

Crediting Grains Using a CN Label or PFS:

CN Label:

Whole Grain-Rich: When the grain ingredient is whole grain-rich, the CN Label will state the following:

X.XX oz. equivalent grains

Not Whole Grain-Rich: When the grain ingredient is not whole gain-rich, the CN Label will state the following:

X.XXoz. equivalent grains (enriched)

CN

XXXXXX

Four 1.00 oz. fish nuggets provide 2.00 oz. equivalent meat/meat alternate and **1.00 oz. equivalent grains** for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the FNS, USDA 02/21).

CN

CN

XXXXXX

Four 1.00 oz. fish nuggets provide 2.00 oz. equivalent meat/meat alternate and **1.00 oz. equivalent grains (enriched)** for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the FNS, USDA 02/21).

CN

Product Formulation Statement (PFS):

The PFS will indicate if the item is whole grain rich by the selection of 'Yes" or "No" to the statement "Does this product meet the Whole Grain-Rich Criteria"

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Corporate Office 800-933-2121
www.brakebush.com

Product Formulation Statement (Product Analysis) for Documenting Grains in School Meals Required Beginning SY 2013-2014 (Crediting Standards Based on Grams of Creditable Grains)

Product Code 5622
Product Name Fully Cooked Breaded Nugget Shaped Chicken Breast Patties
Portion Size 5 pieces
Portion Weight 3.250 oz

I. Does the product meet the Whole Grain-Rich Criteria: ____ Yes x No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

Frequently Asked Questions

What if a CN Label or a PFS is not available?

A CN Label or PFS must be on file for store-bought combination foods and processed meat/meat alternates to serve these items as meal components of a CCFP meal. When a CN Label or PFS is not on file or cannot be obtained:

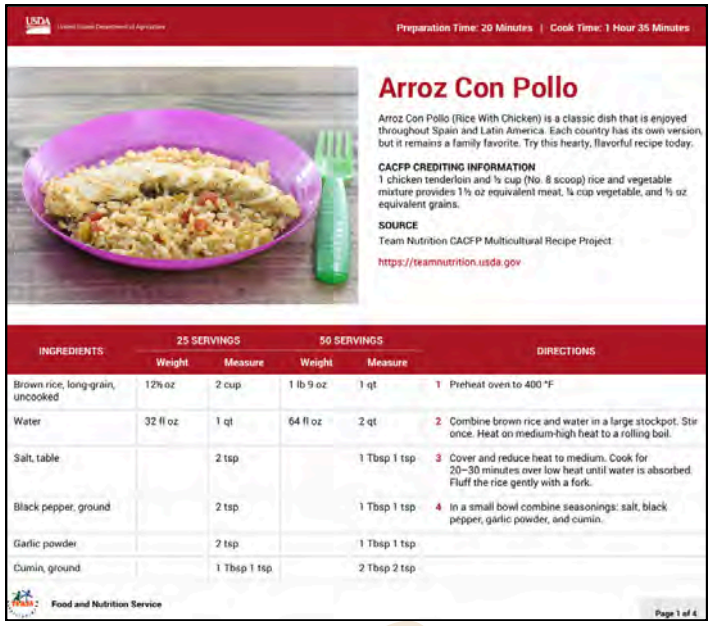
- Do not serve the food item as a CCFP meal component. If served, these items can only be served as an extra food in addition to creditable meal components.
- Purchase a different item that has a CN Label or PFS that can be obtained.
- Do not claim meals when a CN Label or PFS is not on file and these items are served as meal components.

Do I need documentation for homemade combination foods?

You will need a **Standardized Recipe** that should be kept on file for all foods made from scratch, offered in reimbursable meals & snacks.

Standardized recipes are written documents with the following parts:

1. Name of the recipe (which should match the way it is listed on the menu)
2. List of all ingredients and the amount of each needed for the recipe
3. Specific instructions on how to make the recipe
4. Serving size and CCFP crediting information



Preparation Time: 20 Minutes | Cook Time: 1 Hour 35 Minutes

Arroz Con Pollo

Arroz Con Pollo (Rice With Chicken) is a classic dish that is enjoyed throughout Spain and Latin America. Each country has its own version, but it remains a family favorite. Try this hearty, flavorful recipe today.

CACFP CREDITING INFORMATION

1 chicken tenderloin and ½ cup (No. 8 scoop) rice and vegetable mixture provides 1½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project

https://teamnutrition.usda.gov

INGREDIENTS	25 SERVINGS Weight	25 SERVINGS Measure	50 SERVINGS Weight	50 SERVINGS Measure	DIRECTIONS
Brown rice, long-grain, uncooked	12¾ oz	2 cup	1 lb 9 oz	1 qt	1 Preheat oven to 400 °F
Water	32 fl oz	1 qt	64 fl oz	2 qt	2 Combine brown rice and water in a large stockpot. Stir once. Heat on medium-high heat to a rolling boil.
Salt, table		2 tsp		1 Tbsp 1 tsp	3 Cover and reduce heat to medium. Cook for 20–30 minutes over low heat until water is absorbed. Fluff the rice gently with a fork.
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	4 In a small bowl combine seasonings: salt, black pepper, garlic powder, and cumin.
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Cumin, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

Food and Nutrition Service

Page 1 of 4

Processed foods without a PFS or CN label do not credit in CCFP meals & snacks.

What else do I need to know?

- The CN Label or PFS for a specific product cannot be used for a different product.
- The Nutrition Facts Label and Ingredients List is not acceptable documentation to credit store-bought combination foods and processed meat/meat alternates to the CCFP Meal Pattern.



For more information, visit FloridaHealth.gov/CCFP or call 850-245-4323

Florida HEALTH | Child Care Food Program

SAMPLE

Menu Planning Worksheet for Children
For each day, list foods that will be served.

Name of Child Care Facility: Eat Wright Child Care **Menu Planning Age Group(s):** ☒ **1 & 2** ☒ **3 - 5** ☐ **6 - 18** **Week of Oct 3-7 2026**

	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Peaches	Applesauce	Banana	Strawberry Slices	Orange Wedges
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Cinnamon Raisin Bagel *Cream Cheese*	WG Waffle	WG Cheerios	Egg and Cheese Biscuit	WG English Muffin *Butter*
	Meat/Meat Alternate (*optional)*		Turkey Sausage			
LUNCH/SUPPER	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Baked Chicken	*Vegetable Lasagna	Pork Tenderloin	*Bean and Cheese Quesadilla	*Breaded Fish
	Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c	Mashed Potatoes	Green Peas	Sweet Potato	Corn	Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) *Italian Dressing*
	Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ¼ c	Broccoli	Pears	Mixed Vegetables	Apple Slices	Roasted Potato Wedges
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Roll	Garlic Bread	Egg Noodles	WG Tortilla	WG Bun
SNACK	**Select 2 Components for Snack**					
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.					Milk
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.	String Cheese			Yogurt	
	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c			Bell Pepper Strips *Ranch Dressing*		
	Fruit: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c	Mandarin Oranges	Grape Juice		Pineapple Tidbits	
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent		Pretzels	Cheese Crackers		Corn Muffin

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

Menu Planning Worksheet for Children

For each day, list foods that will be served

Name of Child Care Facility:_____ **Menu Planning Age Group(s):** ____**1 & 2** ____**3 - 5** ____**6 - 18** **Week of**_____**20**____

	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.					
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c					
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					
	Meat/Meat Alternate (*optional)*					
LUNCH/SUPPER	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.					
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.					
	Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c					
	Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ¼ c					
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					
SNACK	**Select 2**					
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.					
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.					
	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c					
	Fruit: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c					
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

Refer to Meal Pattern for Children for serving sizes when planning menus. **MENUS MUST BE POSTED AND MAINTAINED ON FILE!**

Meal Pattern and Menu Checklist

Use this checklist to ensure that all CCFP meal requirements are met. All answers must be marked "Yes."

CHILD MEAL PATTERN REQUIREMENTS

I. Breakfast:	Yes	No
A. **3 components**: Fluid Milk, Vegetables and/or Fruits, Grains		
B. Only ready-to-eat breakfast cereals (cold/hot) containing 6 grams of added sugar or less per dry oz are served.		
C. Meat/Meat alternates are used to meet entire grains requirement no more than three times/week.		
II. Lunch/Supper:	Yes	No
A. **5 components**: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains		
B. One vegetable and one fruit *or* two different vegetables are served (two fruits may not be served).		
III. Snack:	Yes	No
A. **2 different components:** Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains *Note: Juice must not be served when milk is the only other component.*		
B. Water does not appear on the menu as one of the two required components.		
IV. General Menu Requirements:	Yes	No
A. Fruit juice does not appear on the menu more than once a day.		
B. At least one grain serving per day, across all eating occasions, is 100% whole grain or whole grain-rich. *Menus must clearly identify the whole grain or whole grain-rich item (e.g. "WG bread" or "WGR crackers").*		
C. Grain-based desserts (e.g. granola bars, cookies) are not served as part of a reimbursable meal.		
D. Yogurt (milk or soy) contains no more than 12 grams of added sugars per 6 ounces		
E. Children age one receives unflavored whole milk (unless breastfed).		
F. Children ages 2 through 5 receive unflavored whole, reduced-fat (2%), low-fat (1%) or fat-free (skim) milk.		
G. Flavored milk is not served to children under 6 years of age. *Flavored powder/liquid may not be added to milk (cow or milk substitute) for children ages 1-5.*		
H. Children age 6 years and older receive flavored or unflavored whole, reduced-fat (2%), low-fat (1%) or fat-free milk.		
I. Commercially processed combination foods (served at *any* meal) have a CN label or manufacturer's Product Formulation Statement (PFS) stating CCFP crediting information. Self-prepared combination foods have a standardized recipe on file that shows CCFP crediting information.		
J. Pre-packaged grain products have enriched flour or meal or whole grains as the first ingredient listed on the package (or second after water). *Sugar cannot be the first ingredient.*		
K. Meals do not include deep-fried foods on site. *Providers may purchase or receive pre-fried foods but must reheat them using an alternate method (baking or pan frying/sautéing).*		
L. CCFP funds are not used to purchase non-creditable food items (e.g.: grain-based desserts).		
M. Children with a dietary preference (not due to a disability): parents do not provide more than one component of the reimbursable meal. *Parents supply only one creditable component of the reimbursable meal for children with dietary preference (not due to a disability). The contractor must supply all other components.*		
N. Children with a valid Medical Statement on file: *parents supply one or more components of the reimbursable meal. The contractor must supply at least one component.*		
Reminder: During snack, juice must not be served when milk is the only other component		
Reminder: Tofu is creditable as a meat/meat alternate.		

VI. Best Practices for Children Ages One and Older (optional, but strongly recommended):
• Make at least one of the two required components of snack a vegetable or a fruit.
• Limit serving purchased pre-fried foods to no more than one serving per week.
• Provide at least two servings of whole grain-rich grains per day

Florida Department of Health Child Care Food Program

Special Dietary Needs

Meal Modifications Due to Disability

The Americans with Disabilities Act Amendments Act of 2008 made important changes to the term “disability” to include any person with a physical or mental impairment that limits one or more major life activities, including major bodily functions. Most physical and mental impairments will constitute a disability; it does not need to be life-threatening.

The U.S. Department of Agriculture requires programs to make reasonable modifications to accommodate participants with disabilities to provide equal opportunity to participate. Examples of a disability may include diabetes, food allergy or intolerance, developmental delay, or autism.

Required Documentation: Medical Statement

A valid **medical statement** is required when the special diet request results in a meal or snack that **does not meet meal pattern requirements.**

It **must** be completed and signed by a Florida licensed healthcare professional, defined as a physician, physician’s assistant, nurse practitioner, or a registered dietitian.

It **must** include the following information:

- **Explanation of how the physical/mental impairment restricts diet**
- **Foods to omit and foods to be substituted and/or any necessary adaptive feeding equipment**
- **Signature of licensed physician, physician assistant, nurse practitioner, or registered dietitian**

What is a Reasonable Modification? (with a valid medical statement)

- Modification provided does not have to be a specific brand names requested; nor does the meal need to be different each day.
- There is no need to mirror items being substituted, e.g., lasagna on the menu does not mean you must serve a gluten free version to a child with an allergy or intolerance to gluten.
- Meal or snack provided should attempt to follow the meal pattern, but it is not required.
- Parent or guardian may **never** be required to provide the accommodation; if desired, they may provide all but one meal component (supplied by provider).
- Children receiving a meal modification **must not** be separated from others at mealtime.
- Seek clarification if Medical Statement is unclear.
- Provider may implement an accommodation before the completed Medical Statement is received to keep child safe. Meal pattern requirements must be met.

Section 504 Coordinator and Grievance Procedure

CCFP contractors with staff of 15 or more must designate at least one person to coordinate compliance with disability requirements. This person must establish grievance procedures that incorporate appropriate due process standards and provide for prompt and equitable resolution of complaints.
Responsibilities include reviewing requests for meal modifications; determining what modifications(s) will be provided; ensuring proper documentation is received; and communicating with parents or guardians for clarification on meal modification(s) to best accommodate a child’s disability.

For more information, visit FloridaHealth.gov/CCFP or call 850-245-4323.

Florida HEALTH

Special Dietary Needs

Medical Statement

Florida Department of Health
Child Care Food Program
FloridaHealth.gov/CCFP
850-245-4323 • CCFP@FLhealth.gov

A licensed healthcare professional who is authorized to write medical prescriptions under state law (physician, physician's assistant, nurse practitioner) or registered dietitian must complete parts 2 and 3 of this form. The child's parent or guardian must complete part 1.

PART 1: GENERAL INFORMATION - Completed by Parent/Guardian

Child's First and Last Name: _____ **Date of Birth:** _____

Name of Center/Care Provider: _____

Name of Parent or Guardian: _____ **Phone Number:** _____

PART 2: ACCOMODATIONS - Completed by Licensed Healthcare Professional or Registered Dietitian

How does the participant's physical or mental impairment restrict their diet?

_____

_____

What food(s)/type of food(s) must be omitted from the diet? Please be specific:

_____

_____

List food(s)/type of food(s) to be substituted: Please be specific:

_____

_____

Texture Modification (if needed): Check box to the left of modification required

☐ Pureed ☐ Ground ☐ Bite-sized Pieces ☐ Other, please specify: _____

Please check if applicable:

Dairy/Lactose

☐Lactose Intolerant ☐Dairy Allergy

Can child consume the following:

Milk/dairy products in baked goods: ☐Yes ☐ No

Milk/dairy products in entrée items: ☐Yes ☐ No

Yogurt: ☐Yes ☐ No

Cheese: ☐Yes ☐ No

Eggs

If eggs or whole eggs are listed as an allergy for the child, but stated can be cooked in or prepared with,
Can the child consume the following:

Breads containing eggs: ☐ Yes ☐ No

French toast, pancakes, muffins: ☐ Yes ☐ No

Foods containing mayonnaise: ☐ Yes ☐ No

PART 3: SIGNATURE - Completed by Licensed Healthcare Professional or Registered Dietitian

Name of Provider/Dietitian: _____ **Phone Number:** _____

Facility/Office Name: _____

Facility/Office Address: _____

Signature: _____ **Date:** _____

This institution is an equal opportunity provider.

Florida Department of Health Child Care Food Program

Special Dietary Needs

Meal Modifications Due to Preference

A ***dietary preference*** refers to eating certain foods or eliminating foods from the diet due to a general health concern or personal choice.
For example: “I request that soy milk is given to my child because she doesn’t like the taste of cow’s milk; not because she is lactose intolerant.”

When a parent makes a ***dietary preference request***, the provider will verify that request is not related to a disability, but to a non-disability dietary need, such as:

- Religious (eliminating beef, pork, or eggs)
- Ethnic
- Lifestyle preference (organic, vegetarian)
- Other (health reason not supported by a completed medical statement, e.g., gluten free diet because parent believes it is healthier for the child)

Programs are **not required to accommodate dietary preference request** but are *strongly encouraged* to do so. All substitutions **must meet CCFP meal pattern requirements.**

Required Documentation for Dietary Preference Request

Special Dietary Needs Preference Request Form

- Form must be fully completed and signed by the parent or guardian.

-OR-

Written Statement from Family

- Identifies the non-disability special dietary need, including items not to be served and allowable substitutions.

Accommodating Requests Within the CCFP Meal Pattern

- Preference requests **must** be managed within the CCFP meal pattern requirements.
- The provider will work with the parent or guardian to determine how and if the request will be accommodated.
- The parent may supply **one** meal component (that meets the meal pattern requirements), and the provider will supply all other meal components for a reimbursable meal.

Examples of how a provider would accommodate a dietary preference request:

- Offer one type of creditable soymilk to accommodate participants requesting a non-dairy beverage (refer to the **CCFP Milk Substitutions List**). Because this modification is creditable, the meal meets CCFP requirements and is reimbursable.
- Accommodate vegetarian participants by serving creditable meat alternates.

Reference: www.fns.usda.gov/cn/modifications-accommodate-disabilities-cacfp-and-sfsp

For more information, visit FloridaHealth.gov/CCFP or call 850-245-4323.

Florida HEALTH

June 2025

Special Dietary Needs

Preference Request

Florida Department of Health
Child Care Food Program
FloridaHealth.gov/CCFP
850-245-4323 • CCFP@FLhealth.gov

A dietary preference refers to the choice to include or exclude certain foods based on personal, cultural, or general health considerations. Examples include religious, ethnic, vegetarian, or vegan diets. This does not pertain to a disability-related dietary need. **Child Care Food Program (CCFP) providers are not required, *but strongly encouraged*, to make meal modifications due to preference. All substituted foods MUST meet CCFP meal pattern requirements to be claimed.**

GENERAL INFORMATION

Child's First and Last Name: _____ **Date of Birth:** _____

Name of Center/Care Provider: _____

Name of Parent or Guardian: _____ **Phone Number:** _____

DIETARY PREFERENCE AND ACCOMODATIONS

Dietary Preference: Check all that apply

☐ My child does not have a medical need or disability, but I am requesting a dietary accommodation based on a dietary preference. *Complete dietary accommodations section below.*

☐ My child does not have a medical need or disability, but I am requesting that they be served an approved fluid milk substitute in place of cow's milk:

_____

Dietary Accommodations: List reason(s) for requested accommodation(s):

_____

_____

_____

List specific food items to be omitted and substitutions requested. *All food items must meet CCFP meal pattern requirements to be claimed.*

Foods to be Omitted	Foods to be Substituted

When the child care center allows outside food to be brought in:
Parent or guardian may supply ONE food item per meal. **Indicate below and list food item(s) that will be supplied by parent or guardian. Food supplied must meet CCFP meal pattern requirements.**

☐ **I will provide the following food item(s) that meet CCFP meal pattern requirements:** _____

_____

SIGNATURE

Name of Parent/Guardian: _____ **Phone Number:** _____

Parent/Guardian Signature: _____ **Date:** _____

FOR AGENCY USE ONLY:

This request: ☐ **will be accommodated** ☐ **will not be accommodated by the childcare center**

This institution is an equal opportunity provider.

Feeding Infants







USDA Feeding Infants in the CACFP





[USDA Infant Feeding Guide]

Infant Feeding Policy I

One of the main goals of the Child Care Food Program (CCFP) is to safely serve nutritious meals and snacks that meet program meal pattern requirements and are appetizing to children. To help achieve this goal, there are two main policies regarding infants that child care providers must meet when participating in the CCFP.

POLICY I

Child care providers participating in the Child Care Food Program must offer program meals to all children, including infants, who are enrolled for child care.

By agreeing to participate in the CCFP, you are obligated to offer program meals to all children including infants. Offering program meals to infants must be based on whether the baby is enrolled for care – not whether the baby is enrolled for the CCFP. As long as the baby is in care during the meal service period, you are obligated to offer the baby a meal that meets CCFP requirements.

To comply with Policy I, child care providers must:

- Require parents to complete the "Infant Feeding Form" (see sample on the following page). If you use anything other than the sample provided, you must have prior written approval by the Department of Health. The "Infant Feeding Form" must be kept on file at the child care facility.

PLEASE NOTE: Head Start/Early Head Start facilities are not required to provide this form to parents. Head Start facilities are required to participate in the CCFP and have more comprehensive requirements and forms.

- Select at a minimum, one approved iron-fortified milk-based or soy-based formula to offer formula fed babies. It is strongly recommended to offer more than one type.

IMPORTANT

Refer to the Creditable Infant Formulas fact sheet on our website and on a subsequent page of this workbook.

PLEASE NOTE: Head Start/Early Head Start facilities provide infants with the brand of formula they currently use at home.

Creditable Infant Formulas in the CCFP

The CCFP Infant Meal Pattern requires a site to offer at least one iron-fortified infant formula that is regulated by the Food and Drug Administration (FDA). The FDA has strict nutrition and safety standards for infant formula to make sure infants are getting the nutrients they need for healthy growth.

All infant formulas sold in the United States are regulated by the FDA, whether they are produced domestically or internationally. Infant formula manufacturers are required to register and "notify" an infant formula to FDA at least 90 days before marketing the infant formula in the United States. The FDA maintains a list of "Non-Exempt" infant formulas (not all-inclusive) intended for healthy, term infants here: FDA "Non- Exempt" infant formulas.

"Exempt infant formulas" are labeled for use by infants who have inborn errors of metabolism, i.e. phenylketonuria, low birth weight or who otherwise have unusual medical or dietary problems. More information and a list of FDA Exempt Infant Formulas can be found at: Exempt infant formulas marketed in the United States

Infant formula served in a CCFP reimbursable meal must be FDA approved, should not be on the FDA Exempt Infant Formula list, and must be iron fortified.

How to determine if an infant formula is eligible for reimbursement:

1. Ensure that the formula is not an FDA Exempt Infant Formula, which is labeled for use by infants who have inborn errors of metabolism, low birth weight or who otherwise have unusual medical or dietary problems, as defined in 21 CFR 107.3. FDA Exempt Infant Formulas are special infant formulas that are meant only for babies who have an unusual medical or dietary restriction. An exempt infant formula can only be served as part of a reimbursable meal if the substitution is supported by a Medical Statement signed by the infant's health care provider.

2. Look for "Infant Formula with Iron" or a similar statement on the front of the formula package.

   All iron-fortified infant formulas must have this type of statement on the package.



3. Use the nutrition facts label as a guide to ensure that the formula is iron-fortified. The nutritive values of each formula are listed on the product's nutrition facts label.

   To be considered iron-fortified, an infant formula must have 1mg of iron or more per 100 calories of formula when prepared in accordance with label directions.



For more information, view USDA's Feeding Infants in the CACFP guide

Infant Feeding Policy II

Child care providers must ensure that each meal served to infants (birth through 11 months) meets requirements for the appropriate age group as stated in the CCFP Meal Pattern for Infants.

The CCFP Meal Pattern for Infants assures well balanced meals that supply the kinds and amounts of foods that babies require to help meet their daily nutrient and energy needs. Infant meals must contain the food components in the amounts indicated for each age group of the infant meal pattern to qualify for reimbursement.

Babies should be fed when they are hungry, not by a strict schedule. An infant meal (breakfast, lunch or supper, and snack) is reimbursable as long as the required food components and amounts are offered to the baby during the course of the day that the baby is in child care. **Solid foods should be introduced around 6 months of age.**

To comply with Policy II, child care providers must:

- *Purchase and supply all food components of the infant meal pattern with the exception of parent-provided component:*
  - Parent may supply one component (breastmilk or formula or solid food)
- *Offer the following food components according to the meal types and age groups required by the CCFP Meal Pattern for Infants:*
  - Breastmilk, or iron-fortified infant formula, or a combination of both
  - Iron-fortified infant cereal and
  - Bread and/or crackers and ready-to-eat cereal with 6 grams of added sugar per dry ounce or less*
  - Vegetable and/or fruit (juice is not creditable)
  - Meat, fish, poultry or meat alternates (eggs, cooked dry beans or peas, cheese, cottage cheese, yogurt – must not be more than 12 grams of added sugar per 6 ounces**)
- *Offer solid foods:*
  - To infants who are developmentally ready to accept them (see bullets below)
  - Of an appropriate texture and consistency
  - After consulting with parents

Signs Baby is Ready for Solids (based on the American Academy of Pediatrics):

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

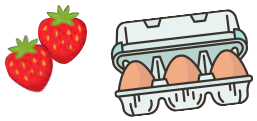
IMPORTANT

Remember you can only be reimbursed for 2 meals and 1 snack or 2 snacks and 1 meal per child in the CCFP.

To be reimbursable, a meal and/or snack must contain the required food components and minimum amounts.

*Breakfast cereals must contain no more than 6 grams added sugars per dry ounce.

**Yogurt must contain no more than 12 grams added sugars per 6 ounces.



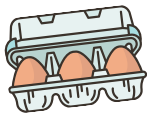
Creditable Infant Foods



Solid foods of an appropriate texture and consistency are required when the infant is developmentally ready to accept them. An infant meal is reimbursable only if it contains creditable foods. Creditable foods are foods that may be counted toward meeting the infant meal pattern requirements for a reimbursable meal.

The following is a list of infant foods that are considered creditable and non-creditable.

CREDITABLE	NON-CREDITABLE
Breastmilk ☑ Expressed by the baby's mom and labeled appropriately ☑ Fed directly to the baby by mom at the child care facility **Infant Formula** ☑ Must be iron-fortified. See next page for more information.	☒ Cow's milk, goat's milk, and other breastmilk and formula substitutes (unless documented by a medical statement from the baby's health care provider)
Infant Cereals ☑ Must be iron-fortified, dry, plain ☑ Wait to offer mixed grain cereals until individual grains are offered first	☒ Cereals with added fruit ☒ Jarred cereals ☒ Child and adult hot cereals like grits and oatmeal
Ready-to Eat Dry Cereals- Creditable at the snack meal *only* ☑ Must have no more than 6 grams of added sugar per dry ounce Refer to the Florida WIC-Approved Cereal List ☑ Infant puffs are considered a dry cereal ☑	☒ Cereals with more than 6 grams of added sugar per dry ounce ☒ Cereals that are not made with whole or enriched grain or not fortified
Breads and Crackers- Creditable at the snack meal *only* ☑ Small strips or pieces of dry bread, toast, plain low salt crackers, soft tortilla or soft pita bread ☑ Teething biscuits	☒ Breads and crackers with nuts and seeds and whole grain kernels or honey ☒ Cookies, granola bars, corn chips, pretzels
Fruits and Vegetables ☑ Commercial jars of single or multiple vegetables and/or fruits- look for a vegetable or fruit as the first ingredient ☑ Center-prepared (not center-canned) vegetables or fruits- cooked in necessary, plani (without added seasonings), pureed or mashed to appropriate consistency	☒ Commercial jars of baby food with "cereal", "dessert", or "pudding" on the label, even if vegetable or fruit is the first ingredient. ☒ Juice ☒ Self-prepared spinach, beets, turnips, carrots or collard greens for infants less than 6 months (can potentially be life-threatening)

Creditable Infant Foods cont.




CREDITABLE	NON-CREDITABLE
Meat and Meat Alternates ☑ Commercial jars of meat or poultry – may be combined with other components such as vegetable, grain, or fruit but must either only be counted as one component or have documentation from the manufacturer. ☑ Center-prepared meat or poultry – cooked plain (without added seasonings), pureed or mashed to an appropriate consistency Fish – cooked plain, boneless ☑ Tofu ☑ Whole eggs (yolk and white) ☑ Dry beans, peas or lentils – cooked plain, pureed or mashed to ☑ an appropriate consistency; drain and rinse salty liquid if using canned Cottage cheese and cheese – regular, plain cheese sliced thin ☑ Yogurt (milk-based or soy) must be refrigerated, cold (not ☑ shelf-stable) and contain no more than 12 grams of added sugar per 6 ounces	☒ Home-canned meats ☒ Yogurt with more than 12 grams of added sugar per 6 ounces ☒ Freeze-dried yogurt snacks

Best Practices:

☑ Offer foods that meet meal pattern requirements before offering “extra” foods (i.e. for breakfast/lunch/supper meals, offer baby breastmilk/infant formula, a good iron source and a fruit and/or vegetable before adding other foods like cheerios or pasta). Doing this ensures baby will receive the nutrients needed for growth and development.

☑ Offering infants meat sticks, hot dogs and sausages, fish sticks, and other processed meat products is not recommended, as these items are high in fat and sodium and may pose a choking risk. If you choose to offer them to developmentally ready infants, ensure they are cut into small pieces and offered sparingly.

Infant Menus

Child care providers must maintain menus for infants, as with older children.

Menus must be posted and contain at a minimum:

- **Name of child care provider**
- **Date**
- **Menu type (breakfast, lunch or supper, and snack)**
- **Menu items**

The Standard Infant Menu on the following page can be used in lieu of Weekly Menu Planning Worksheets for Infants (if sponsored, this must be approved by your sponsoring organization).

Parents will want to know what their baby has eaten each day along with other daily events. Child care providers are encouraged to communicate regularly with parents on how their baby's day went.

IMPORTANT:
Meals served to infants must be recorded on a meal count form within one hour after feeding the baby (day care homes have until the end of the day). Please note: Feed infants when they are hungry, not by a strict schedule.

Name of Child Care Facility: _____

Standard Infant Menu

The following iron-fortified infant formulas are offered at this facility:

Milk-based: _____ Soy-based: _____

Note: Breastmilk offered when provided by parent.

Birth to 5 Months

Breakfast, Lunch/Supper, and Snack:

Breastmilk and/or iron-fortified infant formula

6 to 11 Months

Breakfast and Lunch/Supper:

Breastmilk and/or iron-fortified infant formula

*One or more of the following:

Infant cereal (dry infant cereal mixed with breastmilk and/or formula)
Variety of meats and poultry (cooked plain or from jar)
Fish (cooked plain, boneless)
Whole egg
Cooked dry beans/peas (cooked plain)
Cheese regular (plain, sliced thin or thin strips)
Cottage cheese
Yogurt

*A variety of vegetables and/or fruits:

Carrots	Applesauce
Green Beans	Bananas
Mixed vegetables	Mixed fruits
Peas	Peaches
Potatoes/sweet potatoes	Pears
Squash	

Snack:

Breastmilk and/or iron-fortified infant formula

*One or more of the following:

Bread (small pieces of bread or toast)
Crackers (small pieces of unsalted plain crackers or teething biscuits)
Infant cereal (dry infant cereal mixed with breastmilk and/or formula)
Ready-to-eat cereal (e.g. Cheerios, Chex)

*A variety of vegetables and/or fruits:

Carrots	Applesauce
Green Beans	Bananas
Mixed vegetables	Mixed fruits
Peas	Peaches
Potatoes/sweet potatoes	Pears
Squash	

*A serving of this component(s) is required when the infant is developmentally ready to accept it.

CCFP Infant Feeding Practices

Feeding time is more than just satisfying a baby's hunger; it is a time to establish warm relationships that will allow babies to grow and develop healthy habits for life. Child care providers and parents are responsible for providing positive feeding experiences and offering the right foods to the baby.

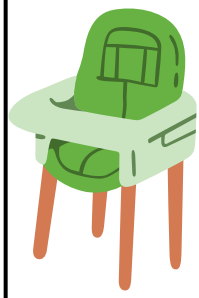


Responsive Feeding
Babies will eat when they are hungry and stop when they are full. Signs of hunger include making sucking noises, opening and closing mouth, rooting, reaching for food, getting excited when seeing food and moving head toward spoon. Baby is full when they suck slowly or stop, turns head away, gets distracted, falls asleep, pushes food away, seals lips together. Never force infants to eat more after they have indicated they are finished.



Bottle Feeding Basics
Always feed baby while he or she is sitting up and never prop the bottle. Babies should not be given a bottle while lying flat, as this increases the risk for ear infections, choking, suffocation and the development of baby bottle tooth decay.
Bottles should be labeled with:

- Baby's name
- Date
- Time of preparation



Starting Solid Foods
Starting solid foods when developmentally ready, usually around 6 months of age, helps a baby get the nutrition needed for good health. It also gives them a chance to try different foods and experience different flavors and textures. By doing this at the appropriate time, children are more likely to continue to accept new foods as they get older. They will grow to enjoy many types and textures (smooth, lumpy, etc.) of food during the first year.
At around 6 months of age, babies may show signs of developmental readiness for solid foods, such as:

- Able to sit in the high chair with good head control
- Opens mouth when food comes their way
- Uses the tongue to move food from the spoon to the mouth and doesn't automatically push food out of the mouth

Providers and parents should establish good communication as to the child's progress with starting solid foods and adding new foods. To ensure a food is tolerated, it should be offered as a single ingredient and given for a week before a new food is offered.



Prevent Choking
Make sure babies are sitting in the high chair or other safe, supervised place for meals and snacks. Never give the child food while they are lying down. Offer foods that are the appropriate size and texture according to the developmental readiness and eating skills of the child.



Serve Safe Foods
Avoid feeding any foods that contain raw or cooked honey to children under age 1.
Do not feed children less than 6 months of age self-prepared spinach, beets, turnips, carrots or collard greens, as the amount of nitrates that could be present may cause "blue baby syndrome" which results in difficulty breathing and potentially lead to death. Honey can contain bacteria that could cause serious illness or death among infants. Throw away any breastmilk or formula left after feeding or unrefrigerated for 1 hour. Follow your licensing authority's guidelines.

Meal Pattern for Infants

Birth - 11 months



Breakfast, Lunch, and Supper

3 required meal components when developmentally ready

Breastmilk or Formula

required for all infants

	birth - 5 mos	6 - 11 mos
breastmilk, formula, or portions of both	**4 - 6 oz**	**6 - 8 oz**

Good Sources of Iron

required when infant is developmentally ready- choose one or more of the following:

infant cereal		**0 - 1/2 oz eq**
meat/poultry/fish/whole egg		**0 - 4 Tbsp**
beans, peas and lentils		**0 - 4 Tbsp**
cheese		**0 - 2 oz**
yogurt/cottage cheese		**0 - 4 oz**

Fruits or Vegetables

required when infant is developmentally ready

fruits, vegetables, or portions of both		**0 - 2 Tbsp**

Snack

3 required meal components when developmentally ready

Breastmilk or Formula

required for all infants

	birth - 5 mos	6 - 11 mos
breastmilk, formula, or portions of both	**4 - 6 oz**	**2 - 4 oz**

Grains

required when infant is developmentally ready- choose one or more of the following:

bread		**0 - 1/2 oz eq**
crackers		**0 - 1/4 oz eq**
infant cereal		**0 - 1/2 oz eq**
cereal, dry: flakes or rounds		**4 Tbsp or 1/4 cup**
cereal, dry: puffed		**5 Tbsp or 1/3 cup**

Fruits or Vegetables

required when infant is developmentally ready

fruits, vegetables, or portions of both		**0 - 2 Tbsp**

Please note, portions listed are minimums. Serving larger portions is encouraged.

Meal Pattern for Infants

Important Reminders

Breastmilk and Formula

- Breastmilk, iron-fortified infant formula, or portions of both, must be served to infants birth through 11 months of age.
- Breastmilk is recommended in place of formula from birth through 11 months.
- Breastmilk is creditable for children of any age.
- Some breastfed infants consume less than the minimum amount of breastmilk per feeding. A meal containing less than the minimum amount of breastmilk may still be claimed as long as additional breastmilk is offered at a later time.
- Infant formula must be iron-fortified. Facilities must offer at least one infant formula. It is strongly encouraged to offer two; one milk-based and one soy-based.
- If an infant is not yet ready for solids, then a meal containing only breastmilk or formula is creditable, regardless of whether the parent or provider provides it.
- When a parent or guardian chooses to provide breastmilk or iron-fortified infant formula and the infant is consuming solid foods, the institution or facility must supply all other required meal components in order for the meal to be reimbursable.
- Meals in which a mother directly breastfeeds her infant at the institution or facility are eligible for reimbursement.

Fruits & Vegetables

- Fruit and vegetable juices must not be served.
- Fruits and vegetables may be served as separate items or may be combined (e.g. apple/banana/pumpkin).

Grains

- Grain items (bread, soft tortilla, crackers, teething biscuit, ready-to-eat breakfast cereals) must be whole grain, enriched, or made from whole grain or enriched meal or flour.
- Infant cereal must be iron-fortified.
- Only ready-to-eat breakfast cereals containing 6 grams of added sugar or less per dry ounce may be served. See the *Florida WIC-Approved Cereal List (additional cereals not listed here may be creditable, also).*

Solid Foods

- The gradual introduction of solid foods may begin at 6 months of age, or before or after 6 months of age if it is developmentally appropriate for the infant.
- Once an infant is developmentally ready to accept solid foods, the institution or facility is required to offer them to the infant.
- Solids must be of an appropriate texture and consistency and should only be introduced after consulting with the infant's parent or guardian.
- Parents or guardians should request in writing when an institution or facility should start serving solid foods to their infant.
- Solids can be either home-prepared baby foods or commercially-prepared baby foods.
- If commercially-prepared combination foods are offered (e.g. chicken and rice), documentation from the manufacturer must be on file stating the portion of each component.
- Do not serve honey or food that contains honey to infants less than one year of age - honey may contain botulinum spores, which can be harmful to infants.
- Yogurt (cow/soy) must have no more than 12 grams of added sugar/ 6 oz.

Menu Planning Worksheet for Infants

SAMPLE

For each day of the week, write down the menus for the meal served.

Name of Child Care Facility: ***Eat Wright Child Care*** ✓**Menu Planning Age Group(s** √ **0-5 mos** √ **6-11 mos Week of** Oct 7-11 ,2024

	Infant meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Breastmilk/Formula	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***
	Vegetable/Fruit	***Peaches***	***Bananas***	***Prunes***	***Pears***	***Applesauce***
	One or more of: Cereal, Meat, Egg, Beans, Yogurt	***Rice Cereal or Oatmeal***	***Rice Cereal or Oatmeal***	***Rice Cereal or Oatmeal***	***Rice Cereal or Oatmeal***	***Rice Cereal or Oatmeal***
*MS (SNACK)	Breastmilk/Formula					
	Vegetable/Fruit					
	Cereal/Bread/Crackers					
LUNCH	Breastmilk/Formula	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***
	Vegetable/Fruit	***Carrots***	***Peas***	***Squash***	***Sweet Potato***	***Green Beans***
	One or more of: Cereal, Meat, Egg, Beans, Yogurt	***Strained Beef***	***Beans and Egg***	***Cottage Cheese***	***Strained Chicken***	***Strained Turkey***
*AS (SNACK)	Breastmilk/Formula	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***	***Breastmilk/ Gerber Good Start***
	Vegetable/Fruit	***Sweet Potato***	***Peaches***	***Avocado & Pears***	***Apple & Kale***	***Banana***
	Cereal/Bread/Crackers	***Toast Strips***	***Teething biscuit***	***Soft Pita Bread***	***Cheerios***	***Low Salt Crackers***
SUPPER	Breastmilk/Formula					
	Vegetable/Fruit					
	One or more of: Cereal, Meat, Egg, Beans, Yogurt					
*ES (SNACK)	Breastmilk/Formula					
	Vegetable/Fruit					
	Cereal/Bread/Crackers					

Refer to Meal Pattern for Infants for serving size and appropriate foods when planning menus.

MENUS MUST BE POSTED AND MAINTAINED ON FILE!

***MS = morning snack, *AS = afternoon snack, *ES = evening snack**

Meal Pattern and Menu Checklist

Use this checklist to ensure that all CCFP meal requirements are met. All answers must be marked "Yes."

INFANT MEAL PATTERN REQUIREMENTS

V. General Menu Requirements:	Yes	No
A. At least one approved iron-fortified infant formula is offered. *It is strongly encouraged to offer two; one milk-based and one soy- based.*		
B. Breastmilk and/or formula is served at every meal and snack.		
C. Solid foods are served to infants when they are developmentally ready for them. *Solids should be introduced around 6 months of age but may be served/claimed earlier or later.*		
E. Juice is not served as part of a reimbursable meal.		
F. Grain items served at Snack only are whole grain, whole grain-rich or enriched.		
F. Ready-to-eat breakfast cereals (cold) containing no more than 6 grams of added sugar per dry ounce are served at Snack only.		
G. Yogurt (milk or soy) contains no more than 12 grams of added sugars per 6 ounces. *Yogurt must be traditional "cold" yogurt; not baby yogurt blends that are shelf stable. Whole milk yogurt is recommended.*		
H. Cheese food and cheese spread are not served/included on the menu.		
I. Commercially prepared combination baby foods (e.g. chicken and rice) *may* be served. *Crediting information for each food component must be listed on the jar or in a Product Formulation Statement kept on file.*		
J. When eggs are served to infants, the whole egg (white and yolk) is served.		
K. CCFP funds are not used to purchase non-creditable food items for infants (e.g.: juice).		
L. Children with a dietary preference (not due to a disability): parents do not provide more than one creditable component of the reimbursable meal. *Parents may supply only one component of the reimbursable meal for children due to a preference (not due to a disability): The contractor must supply all other components*.		
M. Creditable combination foods may be served to developmentally ready infants. *Crediting information for each food component must be listed in a CN Label or Product Formulation Statement kept on file.*		
M. Children with a valid Medical Statement on file: parents supply one or more components of the reimbursable meal. *The contractor must supply at least one component.*		
Reminder: a reimbursable meal may contain breastmilk fed to baby by mother		
Reminder: A serving of whole grains is not required for infants		

Is Your CCFP Facility Breastfeeding Friendly?

A facility that is Breastfeeding Friendly:

- Provides an atmosphere that welcomes and promotes breastfeeding as a normal method of feeding infants
- Helps mothers continue to breastfeed when they return to work or school
- Makes breastfeeding resources available to parents
- Feeds infants on cue and coordinates feeding times with parent's schedule
- Trains staff so they are able to support breastfeeding parents
- Has a written breastfeeding policy

If you think your center or home is Breastfeeding Friendly, complete the following information and the self-assessment on the back.

Send this completed form and a copy of your breastfeeding policy to **ccfp@flhealth.gov.** Facilities that answer "Yes" to all six standards and whose policy supports breastfeeding will be designated as a Breastfeeding Friendly Child Care Facility. Facilities will be awarded a certificate and window cling to display at the center or home. The certificate expires after 2 years and you will need to complete another self-assessment at that time.

If your facility is not ready to apply yet and you would like more information on becoming a Breastfeeding Friendly Child Care Facility, contact us at the address below.

CCFP Authorization Number: _____

Facility Name: _____

Sponsor Name (if applicable): _____

Facility Address: _____

City: _____State: _____Zip: _____

Number of infants (under 12 months of age) currently in care: _____

Contact Information:

Florida Department of Health
Bureau of Child Care Food Programs

4052 Bald Cypress Way, Bin A-17 Tallahassee, FL 32399
ccfp@flhealth.gov
Phone: 850-245-4323



Breastfeeding Friendly Self-Assessment

1. *Our facility provides an atmosphere that welcomes and promotes breastfeeding.* Yes___ No___

   The facility encourages mothers to visit and breastfeed during the day, if their schedules permit. Facility employees are also encouraged to breastfeed their infants in care. There are breastfeeding posters on display and learning/play materials that promote breastfeeding (e.g. books that contain pictures of babies or animals nursing).

2. *Our facility helps mothers continue to breastfeed their babies when they return to work or school.* Yes___ No___

   Parents are told about the facility's policies and services regarding breastfeeding. The facility's information packet for new families includes information on breastfeeding that is not provided by or produced by formula companies. There is a quiet comfortable place that mothers can feed their babies or express breast milk.

3. *Our facility has accurate written materials on breastfeeding topics available for all parents.* Yes___ No___

   Staff is familiar with written materials and available community resources (support groups, La Leche League, lactation consultants, and local WIC agency) and refers moms as appropriate.

4. *Our facility feeds infants on demand and coordinates feeding times with the mother's normal schedule.* Yes___ No___

   Breastfed babies do not receive food or drink (other than breast milk) unless indicated. Parents are asked what they want the facility to do if mom will be late and their baby is hungry or the supply of breast milk is gone.

5. *Our facility trains all staff so they are able to support breastfeeding.* Yes___ No___

   Facility staff convey a positive attitude that moms can return to work and continue to breastfeed and that the facility can help them. Staff is trained about the benefits and normalcy of breastfeeding; the preparation, storage, and feeding of breast milk; and resources available for staff and parents.

6. *Our facility has a written policy that reflects the facility's commitment to breastfeeding*. Yes___ No___

   Staff is familiar with the policy and it is available so that staff can refer to it.

Enclosed is a copy of our facility's Breastfeeding Policy.

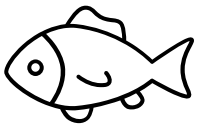
Name of Facility Director: _____ Signature: _____

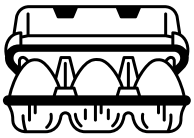
Phone: _____ E-mail: _____

FOOD SAFETY TIPS IN THE CCFP

HOW TO USE THIS TIPSHEET

This tipsheet is designed to help CCFP Sponsors and Sites understand and ensure food safety when serving meals and snacks as part of CCFP activities. The information presented here provides general guidelines for reducing the risks of food borne illness. Remember, it is ultimately up to you, as the Program Operator, to ensure that the food you serve is safe for your participants.



FOOD ALLERGIES

Be Aware of Participants with Allergies

Food allergies can be extremely dangerous and life-threatening.
Be sure to ask parents/caregivers about any potential food allergies, their severity, common symptoms to look for and potential treatment. Share this information with all staff.
Keep medical documentation current, train staff on prevention of cross-contamination and establish a plan for any incidents that may occur.

FOOD SAFETY

CCFP Sponsors and Sites are responsible for ensuring the food they offer has been properly prepared, stored and served.
CCFP regulations require child care facilities have a current health/sanitation permit or satisfactory food service inspection report issued by a local authority yearly. Centers/sites must make available during a monitoring review, a copy of their current food service inspection documentation. This documentation is valid for one year from the date of issuance or until the expiration date on the document, whichever date is earlier.
When adding a site, providers must post a copy of each site's food service inspection. Catered sites that wish to change to self-prep must provide a copy of their food service inspection supporting this change.

MAINTAIN A CLEAN ENVIRONMENT



Wash Hands with Soap and Water

Before serving or handling food, be sure to wash your hands with soap and warm, clean, running water. Work the soap into a lather and scrub all parts of your hands for at least 20 seconds. Rinse hands thoroughly and dry using a clean paper towel (reused towels may contain bacteria). If possible, use a paper towel to turn off the faucet.
Be sure participants also wash their hands or use hand sanitizer before sitting down to eat or drink.



Discard Unsafe Food

At least weekly, check for and throw out any food that is no longer safe to eat. Follow all guidelines provided by vendors on how to store and serve the food they provide. Make sure to adhere to all expiration dates and storage instructions for food you purchase yourself.



Sanitize Surfaces Regularly

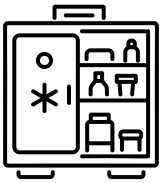
Surfaces that food is placed on should be washed regularly with hot, soapy water. A solution of one tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces. Make sure to use only food-safe cleaning supplies in any areas used to store or serve food. Do not forget areas or furniture that participants may touch while eating, such as chairs and counter tops.

STORE AND PREPARE FOOD SAFELY



Separate Foods when Purchasing, Storing and Serving

Always keep raw meat, seafood, poultry, and other microbe-prone food separate from ready-to-eat foods. Always rinse fruits and vegetables before serving or preparing, even if they have a peel or you do not think they have come into contact with any pathogens. Never place cooked food back on a surface that previously held uncooked food unless it has been cleaned and sanitized



Maintain Appropriate Temperatures During Storage and Cooking:
Keep Food at Safe Temperatures

Keep cold foods at 41 °F or below and hot foods at 135°F or above. Never leave food out of refrigeration over two hours. If the temperature is above 90°F, food should not be left out more than one hour.

Cook Food to Safe Internal Temperatures



Follow preparation instructions for any foods you will cook or reheat in your facility that were provided by another group. Make sure all meat and egg dishes you cook reach a safe internal temperature before serving. Keep a food thermometer on hand, and make sure to wash it between uses, even when repeatedly checking the same item of food. Safe internal temperatures for food types can be found at **The Institute of Child Nutrition**.

Resources

More resources and guidance are available on the **CCFP website**.

Use QR code

For additional information on food safety in child care, visit the **Institute of Child Nutrition**.

Use QR code

Refer to **foodsafety.gov** for the latest in food recall and alert information. Check recalls daily for information about products that could cause an allergic reaction or foodborne illness.

Use QR code



SERVING FAMILY-STYLE MEALS IN THE CCFP

WHAT IS FAMILY-STYLE?

Family-style is a type of meal service which allows children to serve themselves from serving bowls & plates with the assistance of supervising adults.
It encourages a pleasant eating environment and promotes mealtime as a learning experience, enhancing children's development of language, social skills, motor skills, table manners, and independence..

HOW MUCH DO I SERVE?

A sufficient amount of prepared food must be placed on each table to provide the minimum amount required of each meal component for each child at the table.
Enough food must also be available to accommodate any adults who will be eating with the children.

ESTIMATING PORTIONS

If you are serving orange slices at Breakfast for ten 3-year-old children, how many cups of oranges need to be on the table?

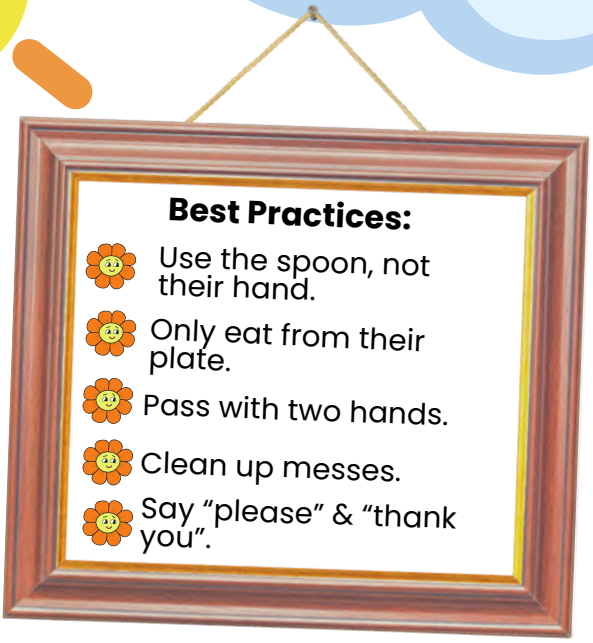
According to the CCFP meal pattern, the minimum required amount for vegetable/fruit is ½ cup for 3-5 years old, so: 10 X ½ = 5 cups (there should be at least 5 cups of orange slices on the table)

Family-style meals are reimbursable when each child has access to the required portion size for each meal item.

BENEFITS

- **Builds Confidence**
- **Teaches Independance**
- **Meal is Reimbursable**
- **Develops Social Skills**

THINGS TO REMEMBER WHEN SERVING FAMILY-STYLE MEALS:



STAFF MUST...

Encourage Each Child to Serve Themselves

During the course of the meal, it is the responsibility of the supervising adults to actively encourage each child to serve themselves the full required portion of each food component. Supervising adults who choose to serve the fluids directly to the children must serve the required minimum quantity to each child.

Follow Safe Practices

Staff is responsible for assuring that food is handled in a safe and sanitary manner. To ensure safe food practices, food from bowls, dishes, and pitchers placed on the table may not be reused or served as a leftover at a later date or time.
State and local health department sanitation and food safety requirements must be followed.

Supervise & Observe

Center staff must supervise and observe children during mealtime. Center employees should act as good role models by sitting with the children and eating the same food that they do.
In family-style meal service, children are responsible for determining the amount (if any) of a food item that they will serve themselves (or with assistance from an adult). Center staff is responsible for offering nutritious foods that meet the CCFP meal pattern and encouraging children in a positive manner to try a variety of foods.

CHILDREN MUST...

Be Allowed to Serve Themselves the Meal Components

Children must be given the chance to choose which meal components they want to eat and to use utensils to serve themselves, with the exception of fluids, such as milk.

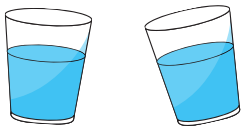
DRINKING WATER IN THE CCFP

What child care providers need to know about keeping kids hydrated while serving meals in the CCFP

WHAT IS REQUIRED?

INFANTS 0-12 MONTHS	CHILDREN 1+ YEARS
Water not recommended for infants under 6 months	Must have free access to water all day
Offer only in small amount when solid foods are started	Offer at meals (not as a milk substitute)





BEST PRACTICES FOR OFFERING WATER:

- Place pitchers & cups in classroom
- Encourage water during outdoor play
- Offer water at snack if milk isn't served
- Model hydration habits

REMINDERS:

- Florida's heat means more frequent hydration is essential
- Ensure outdoor areas have water available
- If on well water, test regularly-DOH

COMPLIANCE TIPS:

DO:

- offer water at snack
- keep water visable & accessible
- encourage hydration

DON'T:

- replace milk with water at meals
- Assume fountains count as "accessible"
- use water as reward/punishment

NUTRITION REVIEW
TEST YOUR KNOWLEDGE

Answer the following questions after reviewing the Menu Planning & Record Book:

1 Which of the following is a requirement of menu planning?

a) Menus must not be changed
b) Menus must include the name of the facility, date, menu type, and menu items
c) Plan your menu the day before
d) Plan 1 week's menu and cycle it from October through September each year

2 Which of the following breakfast meals for children age one and older, is **not** reimbursable?

a) Milk, whole grain toast, apple slices
b) Milk, whole grain plain pancakes, turkey sausage
c) Milk, pancakes with syrup, strawberries
d) Milk, scrambled eggs, watermelon

3 If you have infants enrolled in your day care home:

a) You MUST offer program meals to them.
b) You must select at least 2 milk based formulas and 2 soy based formulas from the approved formula list to offer formula fed babies.
c) You can probably just feed all infants the same things.
d) You must follow a strict feeding schedule, even if the infant is crying and showing hunger cues.

4 Fruit juice can only be served to children ages one and older, a maximum of:

a) Once a week
b) Once a day
c) Twice a week
d) Twice a day

5 CN labels or Manufacturer's Product Formulation Statements are required for:

a) All food items
b) Grains
c) Main dish combination products
d) Milk and juice

6 Grain-based desserts which are not creditable, may include:

a) Granola bars
b) Brownies
c) Cookies (all kinds)
d) All the above

7 Which of the following are reimbursable forms of milk, that need no extra documentation?

a) Breastmilk
b) Pasteurized Goat Milk
c) Lactose-Free or Lactose-Reduced Milk
d) All of the above

8 Clean, safe drinking water…

a) Must be made available to children throughout the day
b) Can be substituted for milk
c) Isn't really needed in the winter months
d) Can be withheld if the child isn't a good listener

9 Serving brown rice at lunch would fulfull the "one grain per day must be 100% whole grain or whole grain-rich" requirement.

a) True
b) False

10 When serving a combination food with a CN label, the amount of the product served must be calculated for each age group.

a) True
b) False

11 As of October 1, 2025, breakfast cereals containing no more than 6 grams of **added** sugar per dry ounce, are allowed.

a) True
b) False

NUTRITION REVIEW
TEST YOUR KNOWLEDGE

Answer Key

1 Which of the following is a requirement of menu planning?

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