

Crediting Breakfast Cereals in the Child and Adult Care Food Program

This guidance applies to meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture’s (USDA) Child and Adult Care Food Program (CACFP). For guidance on the CACFP meal patterns for children and crediting requirements for the grains component, visit the Connecticut State Department of Education’s (CSDE) [Meal Patterns for CACFP Child Care Programs](#) webpage and the “[Grains Component for CACFP Child Care Programs](#)” section of the CSDE’s Crediting Foods in CACFP Child Care Programs webpage. For guidance on the CACFP adult meal patterns and crediting requirements for the grains component, visit the CSDE’s [Meal Patterns for CACFP Adult Day Care Centers](#) webpage and the “[Grains Component for CACFP Adult Day Care Centers](#)” section of the CSDE’s Crediting Foods in CACFP Adult Day Care Centers webpage.



“Breakfast cereals” are defined by the Food and Drug Administration (FDA) ([21 CFR 170.3\(n\)\(4\)](#)) and include ready-to-eat (RTE) cereals (such as puffed rice cereals, round or flaked cereal, and granola) and instant and regular hot cereals (such as oatmeal, cream of wheat, and farina). RTE cereals can be eaten as sold and are typically fortified with vitamins and minerals.

To credit in the CACFP meal patterns, breakfast cereals must meet the following requirements:

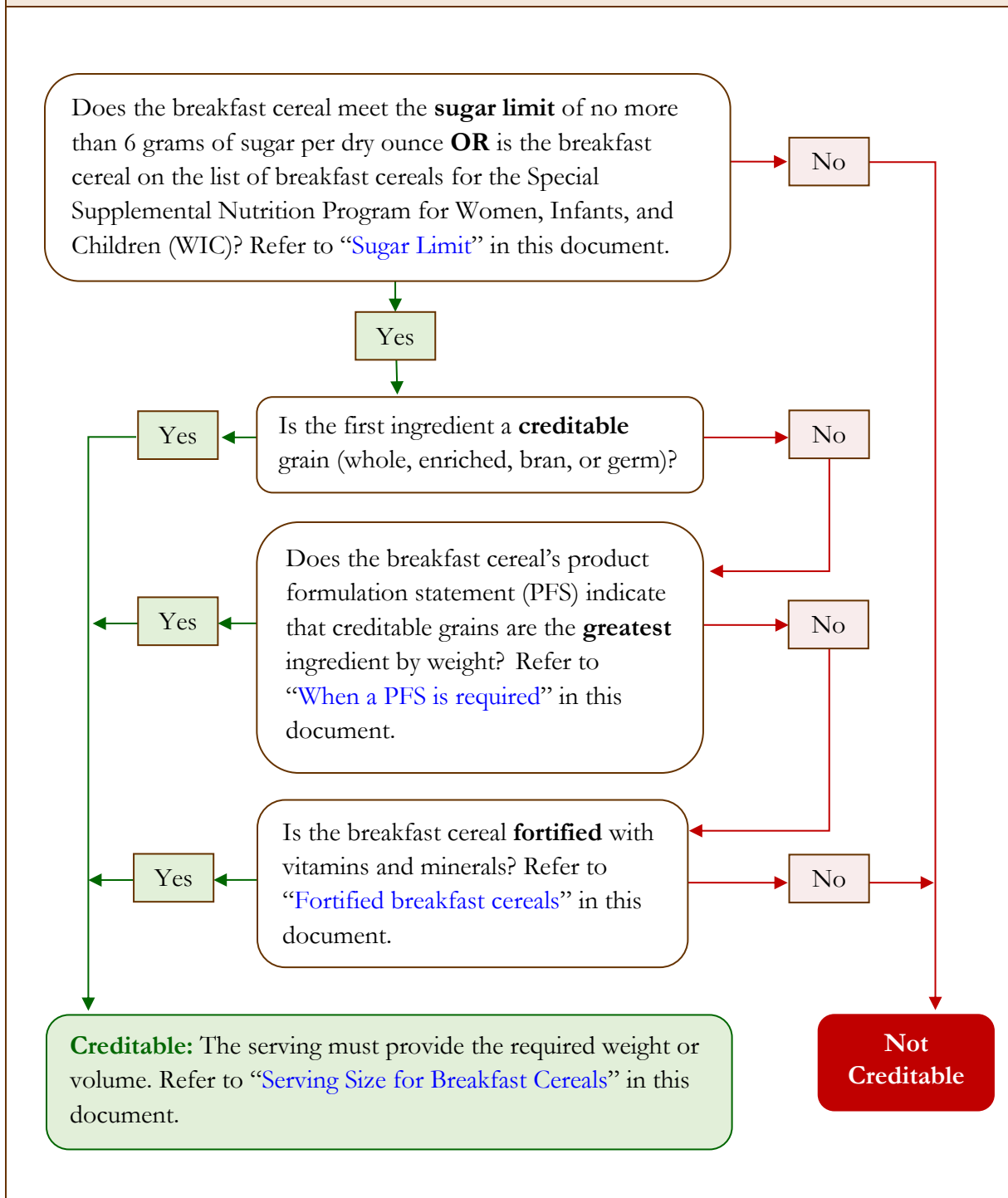
- contain a creditable grain (whole, enriched, bran, or germ) as the first ingredient or be fortified;
- cannot exceed 6 grams of sugars per dry ounce; and
- provide the required ounce equivalents (volume or weight).

Table 1 summarizes the steps for determining if breakfast cereals credit as the grains component in the CACFP meal patterns. The CSDE recommends that CACFP facilities check the cereal’s sugar content **first**, before determining if the cereal contains creditable grains. Breakfast cereals that exceed the sugar limit do not credit in the CACFP meal patterns.



Crediting Breakfast Cereals in the CACFP

Table 1. How to identify creditable breakfast cereals for the CACFP



Crediting Breakfast Cereals in the CACFP

Sugar Limit

RTE and cooked breakfast cereals cannot exceed 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). This sugar limit applies to breakfast cereals as purchased. CACFP facilities may choose to add toppings to breakfast cereals to increase their appeal. However, the USDA strongly encourages CACFP facilities to offer healthy toppings for breakfast cereals, such as fruit instead of sugar. Minimizing sweet toppings helps to reduce consumption of added sugars, which contribute calories without essential nutrients.

The USDA allows three methods for determining if breakfast cereals meet the CACFP sugar limit. A breakfast cereal meets the sugar limit if it complies with at least one of these methods.



CACFP facilities must maintain crediting documentation for breakfast cereals on file for the Administrative Review of the CACFP. This must include information on how the CACFP facility determined that the cereal meets the sugar limit and the CACFP whole grain-rich (WGR) criteria.

Method 1: WIC breakfast cereals list

A breakfast cereal meets the sugar limit if it is listed on any state WIC Program's approved breakfast cereals list. WIC-approved whole-grain foods comply with the same WGR criteria as the CACFP. The Connecticut WIC food guides are available on the Connecticut State Department of Public Health's [Approved Food Guide](#) webpage.

Method 2: USDA's sugar limit chart

A breakfast cereal meets the sugar limit if the sugars per serving on the product's Nutrition Facts panel do not exceed the maximum amount in the sugar limit chart listed in the USDA's handout, [Choose Breakfast Cereals that are Lower in Sugar](#). This chart includes common breakfast cereal serving sizes with the maximum amount of sugars per serving. Method 2 eliminates the need to use calculations for the sugar limit. The USDA's handout is available in English and Spanish on the USDA's [Choose Breakfast Cereals that are Lower in Sugar](#) webpage.

The USDA's [Choose Breakfast Cereals that are Lower in Sugar](#) webpage has handouts, training slides, and webinars in English and Spanish on meeting the CACFP sugar limit for breakfast cereals.

Crediting Breakfast Cereals in the CACFP

Method 3: Calculation of grams of sugars per serving (standard and rounding options)

A breakfast cereal meets the sugar limit if the CACFP facility's calculations document that the product does not contain more than 0.212 grams of sugars per dry gram of cereal weight. This is the gram equivalent of no more than 6 grams of sugars per dry ounce (28.35 grams). Method 3 includes two options for calculating compliance with the sugar limit. Both options use the sugars per serving from the product's Nutrition Facts panel.

1. The **standard method** calculates the grams of sugars per dry gram of cereal weight.
2. The **rounding method** calculates the sugar limit (grams) based on the serving weight (grams) of the cereal. It uses the standard rules for rounding, which are:
 - round up to the next whole number if the number after the decimal point is 0.5 or greater (e.g., 4.52 rounds up to 5); and
 - round down to the next whole number if the number after the decimal point is less than 0.5 (e.g., 6.148 rounds down to 6).

The rounding method is the calculation method used in the USDA's worksheet, *Choose Breakfast Cereals that are Lower in Sugar* (refer to "[Method 2: USDA's sugar limit chart](#)" above).

Tables 2 and 3 show sample calculations for the standard and rounding options of method 3, using the Nutrition Facts panel for the RTE breakfast cereal on the right. Each method shows that this breakfast cereal meets the CACFP sugar limit. To credit in the CACFP meal patterns, this cereal must also meet the requirements for creditable grains and provide the required weight or volume (refer to "[Creditable grains](#)" and "[Serving Size](#)" in this document).

Note: The standard and rounding calculation methods are both valid ways of demonstrating that a breakfast cereal meets the CACFP sugar limit. There may be times when a breakfast cereal meets the sugar limit using one of these methods, but not the other. If a breakfast cereal meets the sugar limit using **at least one** of these calculation methods, it complies with the sugar limit.

Nutrition Facts	
Serving Size	¾ cup (29 g)
Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 0 g	8%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150 mg	1%
Potassium 35 mg	1%
Total Carbohydrates 26g	1%
Dietary Fiber 1g 20%	
Sugars 4g	
Including 0g Added Sugars	
Protein 3 g	

Crediting Breakfast Cereals in the CACFP

Table 2. Calculating compliance with CACFP sugar limit using standard method

1. List the grams (g) of sugars per serving from the cereal’s Nutrition Facts label.	A	4	grams of sugars per serving of cereal
2. List the serving size in grams from the cereal’s Nutrition Facts label.	B	29	grams serving size (grams)
3. Calculate the grams of sugars per gram of serving weight (Divide A by B).	C	0.1379	sugars per gram
4. Is C equal to or less than 0.212? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If “yes,” the breakfast cereal meets the CACFP sugar limit.			

Table 3. Calculating compliance with CACFP sugar limit using rounding method

1. List the serving size in grams (g) from the cereal’s Nutrition Facts label.	A	29	grams
2. Calculate the sugar limit for the product’s serving size: Multiply A by 0.212.	B	6.148	grams of sugars per serving (required limit)
3. Calculate the rounded sugar limit: If the number in B ends in 0.5 or more, round up to the next whole number. If the number in B ends in 0.49 or less, round down to the next whole number.	C	6	allowable grams of sugars per serving (rounded limit)
4. List the grams (g) of sugars per serving from the cereal’s Nutrition Facts label	D	4	grams of sugars per serving of cereal
5. Is D equal to or less than C? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If “yes,” the breakfast cereal meets the CACFP sugar limit.			

Crediting Breakfast Cereals in the CACFP

Creditable Grains

Creditable grains are the ingredients in a grain product or recipe that count toward the grains component. Creditable grains for the CACFP meal patterns include whole and enriched grains. Bran and germ credit the same as enriched grains.

A breakfast cereal must meet two criteria to credit as the grains component; 1) a creditable grain must be the first ingredient or the breakfast cereals must be fortified; and 2) the cereal must meet the sugar limit (refer to “[Sugar Limit](#)” in this document). CACFP facilities must check the ingredients statement to determine if breakfast cereals meet these crediting criteria.

Whole-grain breakfast cereals

Whole grains consist of the entire cereal grain seed or kernel (starchy endosperm, fiber-rich bran, and nutrient-rich germ) after removing the inedible outer husk or hull. A 100 percent whole-grain cereal lists a whole grain as the first ingredient and contains only whole grains. The ingredients statement below shows an example of a whole-grain breakfast cereal.

Ingredients: Whole-grain rolled oats , sugar, natural flavors, salt.	This breakfast cereal is 100 percent whole grain and meets the WGR criteria because the first and only grain ingredient (whole-grain rolled oats) is a whole grain.
---	---

For information on identifying whole grains, refer to the CSDE’s resource, [Crediting Whole Grains in the CACFP](#).



Crediting Breakfast Cereals in the CACFP

Enriched breakfast cereals

Enriched breakfast cereals contain five vitamins and minerals added in amounts required by the FDA to replace some of the nutrients lost during processing. The enrichment nutrients include thiamin (vitamin B₁, thiamin mononitrate, or thiamin hydrochloride); riboflavin (vitamin B₂); niacin (vitamin B₃ or niacinamide); folic acid (folate); and iron (reduced iron, ferrous sulfate, or ferric orthophosphate). A breakfast cereal is enriched if the food is labeled as “enriched” or an enriched grain is the first ingredient. The ingredients statement below shows an example of an enriched breakfast cereal.

Ingredients: Puffed rice , <i>ferrous sulfate (a source of iron)</i> , <i>niacinamide</i> , citric acid, <i>thiamin mononitrate</i> , <i>riboflavin</i> , <i>folic acid</i> .	This puffed rice breakfast cereal is enriched because the ingredients list the five enrichment nutrients.
--	---

For information on identifying enriched grains, refer to the CSDE’s resource, [Crediting Enriched Grains in the CACFP](#).

Fortified breakfast cereals

If a breakfast cereal is fortified, it does not need to be enriched. Fortified breakfast cereals contain added nutrients not originally present in the grain or added at higher levels than originally present. They typically contain the five enrichment nutrients plus other vitamins and minerals that do not exist naturally in grains.

Manufacturers may choose which additional nutrients to use for fortification. Different cereal brands may list different fortification nutrients. The USDA does not specify a minimum number of nutrients or a minimum percentage for the level of fortification for breakfast cereals in the Child Nutrition Programs.



A breakfast cereal is fortified if the food is labeled as “fortified” or the ingredients statement lists the vitamins and minerals added to the product. These nutrients are typically listed after “Vitamins and Minerals.”

Crediting Breakfast Cereals in the CACFP

The ingredients statements below show some examples of fortified breakfast cereals.

<p>Ingredients: Whole-grain wheat, raisins, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor. Vitamins and Minerals: <i>Potassium chloride, niacinamide, reduced iron, vitamin B₆ (pyridoxine hydrochloride), zinc oxide, vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B₁₂.</i></p>	<p>This fortified breakfast cereal is creditable and WGR because it contains a whole grain (whole-grain wheat) as the first ingredient and wheat bran as the only other grain ingredient.</p>
<p>Ingredients: Milled corn, sugar, malt flavor, contains 2% or less of salt. Vitamins and Minerals: <i>Iron, vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B₆ (pyridoxine hydrochloride), vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B₁₂.</i></p>	<p>This fortified breakfast cereal is creditable but not WGR because milled corn is not a whole grain.</p>

If the ingredients statement does not list any vitamins and minerals, the breakfast cereal is not fortified. To credit as the grains component in the CACFP meal patterns, breakfast cereals that are not fortified must contain a creditable grain (whole, enriched, bran, or germ) as the first ingredient or the greatest ingredient by weight. If a creditable grain is not the first ingredient, but the breakfast cereal contains more than one creditable grain, the CACFP facility must obtain a product formulation statement (PFS) from the manufacturer stating the weight of all creditable grains. For more information, refer to “[Crediting Documentation for Breakfast Cereals](#)” in this document.

Crediting Breakfast Cereals in the CACFP

Bran and germ

Bran and germ credit the same as enriched grains. Bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. Germ (such as wheat germ) is the vitamin-rich embryo of the grain kernel. The ingredients statement below shows an example of a breakfast cereal that contains wheat bran as the first ingredient.



Ingredients: **Wheat bran**, sugar, malt flavor, contains 2% or less of salt. **Vitamins and Minerals:** *Calcium carbonate, vitamin C (sodium ascorbate and ascorbic acid), reduced iron, niacinamide, vitamin B₆ (pyridoxine hydrochloride), vitamin B₂ (riboflavin), folic acid, vitamin B₁ (thiamin hydrochloride), vitamin A palmitate, vitamin B₁₂, vitamin D.*

This breakfast cereal is creditable because the first ingredient (wheat bran) is a creditable grain and the cereal is fortified. However, this cereal is not WGR because bran is not a whole grain.

Crediting Documentation for Breakfast Cereals

CACFP facilities must be able to document that all breakfast cereals served in CACFP meals and snacks meet the meal pattern crediting requirements. If the ingredients statement does not provide sufficient information to determine if a breakfast cereal is creditable or WGR, CACFP facilities must obtain a PFS from the manufacturer. For information on PFS forms, refer to the CSDE's [Using Product Formulation Statements in the CACFP](#) and the USDA's [Product Formulation Statement for Documenting Grains in Child Nutrition Programs](#) and [Tips for Evaluating a Manufacturer's Product Formulation Statement](#).

When a PFS is required

CACFP facilities must obtain a PFS for breakfast cereals when:

- a creditable grain is not the first ingredient, but the product contains more than one creditable grain; or
- the manufacturer claims that the product's serving size is less than the required weight or volume in the USDA's Exhibit A chart.

CACFP facilities should verify the accuracy of the PFS prior to including the product in reimbursable meals and snacks. All crediting documentation must be maintained on file. The CSDE will review this information during the Administrative Review of the CACFP.

If the manufacturer will not supply a PFS or the PFS does not provide the appropriate documentation, the commercial product cannot credit in the school nutrition programs

Crediting Breakfast Cereals in the CACFP

For additional guidance on documentation for commercial products, refer to the CSDE's resources, [How to Identify Creditable Grains in the CACFP](#) and [Accepting Processed Product Documentation in the CACFP](#), and visit the “Crediting Commercial Processed Products in CACFP Child Care Programs” or “Crediting Commercial Processed Products in CACFP Adult Day Care Centers” sections of the CSDE's CACFP webpages.

Whole-Grain Rich (WGR) Requirement

The CACFP meal patterns for children and the CACFP adult meal patterns require at least one serving of WGR grains per day, between all meals and snacks served in the CACFP facility. The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. For guidance on menu planning considerations for the WGR requirement, refer to the CSDE's guide, [Meeting the Whole Grain-rich Requirement for the CACFP](#).

WGR criteria for breakfast cereals

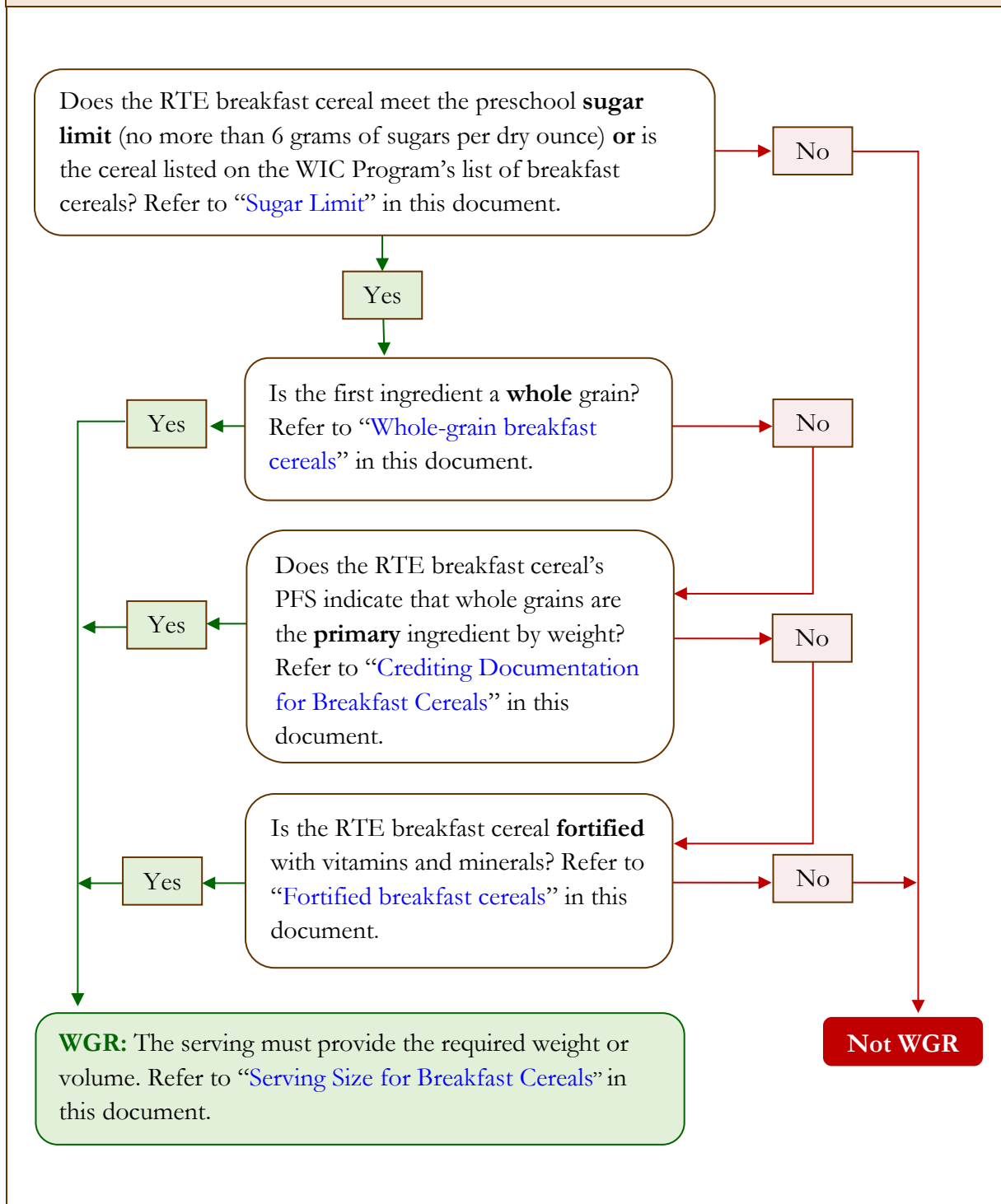
The WGR criteria are different for RTE breakfast cereals in group I (such as puffed cereals, flaked or round cereals, and granola) and cooked breakfast cereals in group H (such as oatmeal, cream of wheat, and farina). Groups H and I refer to the USDA's chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#). **Note:** The required amounts for the grains component are not the same for all Child Nutrition Programs. The CSDE's resource, [Grain Ounce Equivalents for the CACFP](#), lists the Exhibit A grain ounce equivalents that apply to the CACFP meal patterns.

To be WGR, breakfast cereals must meet the sugar limit (refer to “[Sugar Limit](#)” in this document) and comply with the requirements below.

- **WGR criteria for RTE breakfast cereals (group I):** The first ingredient must be a whole grain and the cereal must be fortified. Table 4 summarizes how to determine if RTE breakfast cereals meet the WGR criteria.
- **WGR criteria for cooked breakfast cereals (group H):** Cooked breakfast cereals must comply with the USDA's Rule of Three criteria for WGR foods. The Rule of Three requires that the first ingredient must be a whole grain, and the next two grain ingredients (if any) must be whole, enriched, bran, or germ. Noncreditable grains (such as yellow corn flour, wheat flour, and soy flour) cannot be one of the first three grain ingredients. For guidance on the Rule of Three, refer to the CSDE's guide, [Meeting the Whole Grain-rich Requirement for the CACFP](#). Table 5 summarizes the steps for determining if cooked breakfast cereals meet the WGR criteria.

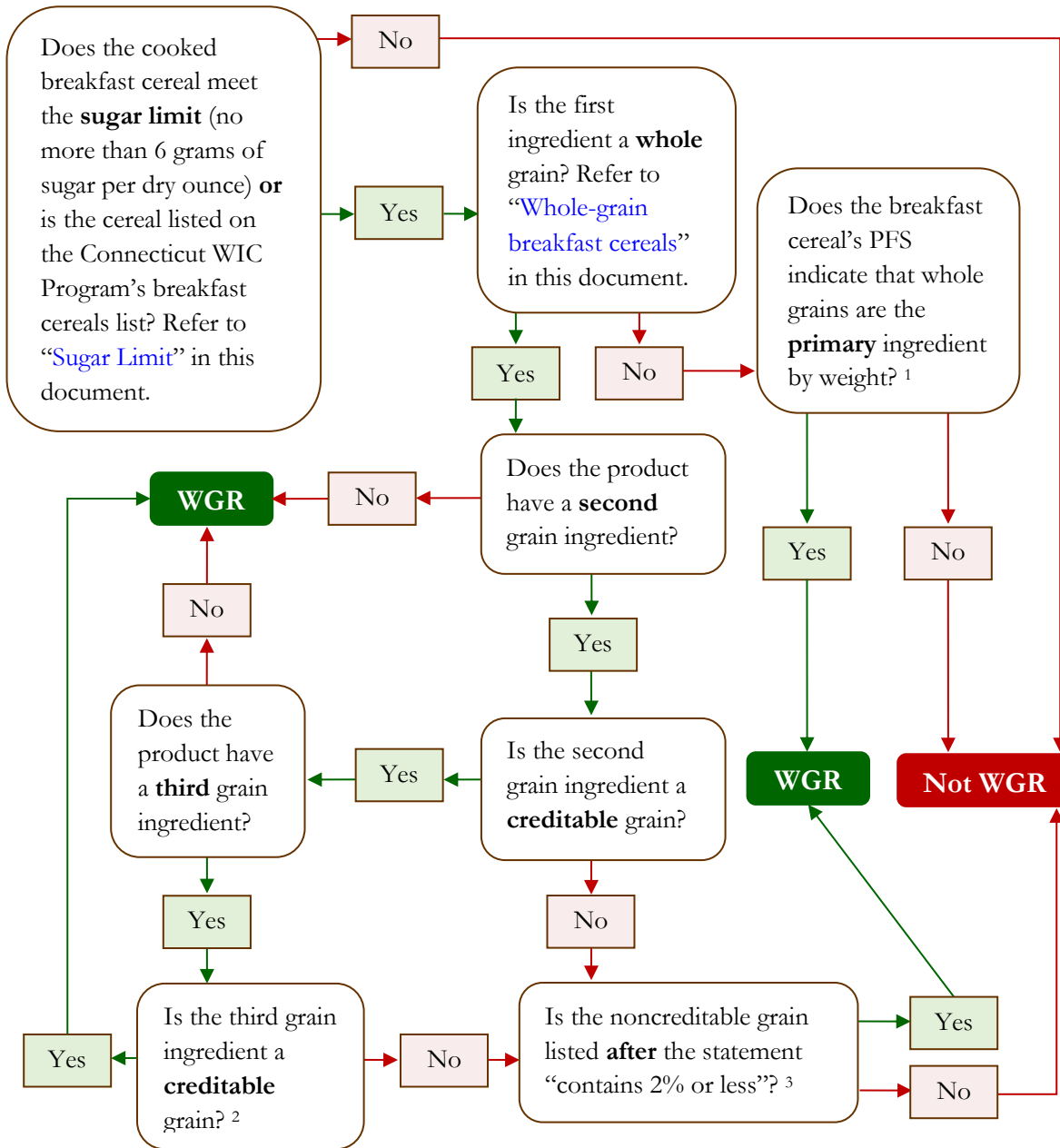
Crediting Breakfast Cereals in the CACFP

Table 4. How to identify WGR RTE breakfast cereals (group I) for the CACFP



Crediting Breakfast Cereals in the CACFP

Table 5. How to identify WGR cooked breakfast cereals (group H) for the CACFP



¹ The CACFP facility must obtain a PFS from the manufacturer. For more information, refer to the CSDE's resource, *Using Product Formulation Statements in the CACFP*.

² Creditable grains include whole grains, enriched grains, bran, and germ.

³ Ignore noncreditable grains listed after "contains 2% or less" or in the sublisting for a non-grain ingredient (refer to "Noncreditable grains" in this document).

⁴ The serving must provide the required weight or volume (refer to "Serving Size" in this document).

Crediting Breakfast Cereals in the CACFP

How to Determine if Commercial Breakfast Cereals are WGR

This section contains examples of how to evaluate commercial RTE and cooked breakfast cereals for compliance with the CACFP crediting and WGR criteria for breakfast cereals. The information below summarizes the color-coding used to identify the creditable and noncreditable grains in the product's ingredients statement for each example.

- Creditable grains (whole, enriched, bran, and germ) are indicated in yellow highlighted **bold** text. Whole grains are indicated in yellow highlighted bold **UPPERCASE** text. For examples of whole and enriched grains, refer to the CSDE's resources, [Crediting Whole Grains in the CACFP](#) and [Crediting Enriched Grains in the CACFP](#).
- Noncreditable grains (such as wheat flour, rice flour, corn flour, and oat fiber) are indicated in pink highlighted **bold italicized** red text.
 - **Cooked breakfast cereals, e.g., oatmeal:** Menu planners must include noncreditable grains when reviewing a cooked breakfast cereal for compliance with the CACFP Rule of Three WGR criteria, unless they are listed after the statement "contains 2% or less" or in the sublisting for a non-grain ingredient.
 - **RTE breakfast cereals:** Menu planners can ignore any noncreditable grains if a whole grain is the first ingredient and the cereal is fortified.

Crediting worksheets for breakfast cereals

The CSDE's crediting worksheets for breakfast cereals help CACFP facilities determine if a breakfast cereal meets the CACFP crediting requirements and WGR criteria.

- Adult Center Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP;
- Adult Center Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP;
- Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP; and
- Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP.

The adult day care center crediting worksheets are available in the "[CSDE Crediting Worksheets for CACFP Adult Day Care Centers](#)" section of the CSDE's Crediting Foods in CACFP Adult Day Care Centers webpage. The child care crediting worksheets are available in the "[Crediting Worksheets for CACFP Child Care Programs](#)" section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage.

Crediting Breakfast Cereals in the CACFP

Product 1: Spiced instant oatmeal (commercial cooked breakfast cereal)

Ingredients: **WHOLE-GRAIN ROLLED OATS**, sugar, salt, cinnamon and other spices, calcium carbonate, guar gum, caramel color, niacinamide, reduced iron, vitamin A palmitate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid.

Part 1: Grain ingredients ¹

- A. **First ingredient:** Whole-grain rolled oats
- B. **Second grain ingredient:** None
- C. **Third grain ingredient:** None
- D. **Fortification nutrients:** Calcium carbonate, niacinamide, reduced iron, vitamin A palmitate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid.

Part 2: CACFP crediting criteria for group H (cooked breakfast cereals)

Creditable: *The first ingredient must be a creditable grain **or** the cereal must be fortified.*

- 1. Is the first ingredient a creditable grain ¹ (refer to Part 1A above)? Yes No
- 2. Is the cereal fortified (refer to Part 1D above)? Yes No
- 3. Is the answer “Yes” for *either* question 1 **or** 2 **OR** is the answer “Yes” for *both* questions 1 **and** 2?
 - Yes: Cereal is creditable if it meets the CACFP sugar limit ^{2, 3}
 - No: Does the cereal contain more than one creditable grain?
 - Yes: Need PFS ⁴
 - No: Cereal is not creditable

Part 3: CACFP Rule of Three WGR criteria for group H (cooked breakfast cereals)

WGR: *The first ingredient must be a whole grain **and** the next two grain ingredients (if any) must be creditable.*

- 1. Is the first ingredient a whole grain (refer to Part 1A above)?
 - Yes
 - No
- 2. Is the second grain ingredient (if any) a creditable grain ¹ (refer to Part 1B above)?
 - Yes
 - No
 - Not applicable (no second grain ingredient or can be ignored) ²
- 3. Is the third grain ingredient (if any) a creditable grain ¹ (refer to Part 1C above)?
 - Yes
 - No
 - Not applicable (no third grain ingredient or can be ignored) ²
- 4. Is the answer “Yes” for question 1 **AND** either “Yes” or “Not applicable” for questions 2 and 3?
 - Yes: Cereal is WGR if it meets the CACFP sugar limit ^{2, 3}
 - No: Does the cereal contain more than one whole grain?
 - Yes: Need PFS ⁴
 - No: Cereal is not WGR

¹ Creditable grains include whole grains, enriched grains, bran, and germ.

² Breakfast cereals cannot exceed 6 grams of sugars per dry ounce (refer to “Sugar Limit” in this document).

³ The serving must provide the required weight or volume (refer to “Serving Size” in this document).

⁴ To credit as the grains component, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight. To be WGR, the PFS must document that the combined weight of all whole grains is the greatest ingredient by weight.

Crediting Breakfast Cereals in the CACFP

Product 2: Farina hot cereal (commercial cooked breakfast cereal)

Ingredients: **Wheat farina**, calcium carbonate, ferric orthophosphate (source of iron), niacinamide (vitamin B3), pyridoxine hydrochloride (vitamin B6), folic acid, thiamin mononitrate (vitamin B1) riboflavin (vitamin B2).

Part 1: grain ingredients ¹

- A. **First ingredient:** Wheat farina (noncreditable grain)
- B. **Second grain ingredient:** None
- C. **Third grain ingredient:** None
- D. **Fortification nutrients:** Calcium carbonate, ferric orthophosphate (source of iron), niacinamide (vitamin B3), pyridoxine hydrochloride (vitamin B6), folic acid, thiamin mononitrate (vitamin B1) riboflavin (vitamin B2)

Part 2: CACFP crediting criteria for group H (cooked breakfast cereals)

Creditable: *The first ingredient must be a creditable grain **or** the cereal must be fortified.*

- 1. Is the first ingredient a creditable grain ¹ (refer to Part 1A above)? Yes No
- 2. Is the cereal fortified (refer to Part 1D above)? Yes No
- 3. Is the answer “Yes” for *either* question 1 **or** 2 **OR** is the answer “Yes” for *both* questions 1 **and** 2?
 - Yes: Cereal is creditable if it meets the CACFP sugar limit ^{2, 3}
 - No: Does the cereal contain more than one creditable grain?
 - Yes: Need PFS ⁴
 - No: Cereal is not creditable

Part 3: CACFP Rule of Three WGR criteria for group H (cooked breakfast cereals)

WGR: *The first ingredient must be a whole grain **and** the next two grain ingredients (if any) must be creditable.*

- 1. Is the first ingredient a whole grain (refer to Part 1A above)?
 - Yes
 - No
- 2. Is the second grain ingredient (if any) a creditable grain ¹ (refer to Part 1B above)?
 - Yes
 - No
 - Not applicable (no second grain ingredient or can be ignored) ²
- 3. Is the third grain ingredient (if any) a creditable grain ¹ (refer to Part 1C above)?
 - Yes
 - No
 - Not applicable (no third grain ingredient or can be ignored) ²
- 4. Is the answer “Yes” for question 1 **AND** either “Yes” or “Not applicable” for questions 2 and 3?
 - Yes: Cereal is WGR if it meets the CACFP sugar limit ^{2, 3}
 - No: Does the cereal contain more than one whole grain?
 - Yes: Need PFS ⁴
 - No: Cereal is not WGR

¹ Creditable grains include whole grains, enriched grains, bran, and germ.

² Breakfast cereals cannot exceed 6 grams of sugars per dry ounce (refer to “Sugar Limit” in this document).

³ The serving must provide the required weight or volume (refer to “Serving Size” in this document).

⁴ To credit as the grains component, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight. To be WGR, the PFS must document that the combined weight of all whole grains is the greatest ingredient by weight.

Crediting Breakfast Cereals in the CACFP

Product 3: Whole-grain oat cereal (commercial RTE breakfast cereal)

Ingredients: **WHOLE-GRAIN OAT FLOUR**, sugar, **corn flour**, **WHOLE-WHEAT FLOUR**, **rice flour**, salt, calcium carbonate, disodium phosphate, reduced iron, niacinamide, zinc oxide, BHT (a preservative), yellow 5, yellow 6, thiamin mononitrate, pyridoxine hydrochloride, riboflavin, folic acid.

Part 1: Grain ingredients ¹
<p>A. First ingredient: Whole-grain oat flour</p> <p>B. Fortification nutrients: Calcium carbonate, reduced iron, niacinamide, zinc oxide, thiamin mononitrate, pyridoxine hydrochloride, riboflavin, folic acid</p>
Part 2: CACFP crediting criteria for group I (RTE breakfast cereals)
<p>Creditable: <i>The first ingredient must be a creditable grain or the cereal must be fortified.</i></p> <p>1. Is the first ingredient a creditable grain ¹ (refer to Part 1A above)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the cereal fortified (refer to Part 1B above)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>3. Is the answer “Yes” for <i>either</i> question 1 or 2 OR is the answer “Yes” for <i>both</i> questions 1 and 2? <input checked="" type="checkbox"/> Yes: Cereal is creditable if it meets the CACFP sugar limit ^{2, 3} <input type="checkbox"/> No: Does the cereal contain more than one creditable grain? <input type="checkbox"/> Yes: Need PFS ⁴ <input type="checkbox"/> No: Cereal is not creditable</p>
Part 3: CACFP WGR criteria for group I (RTE breakfast cereals)
<p>WGR: <i>The first ingredient must be a whole grain and the cereal must be fortified.</i></p> <p>1. Is the first ingredient a whole grain (refer to Part 1A above)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the cereal fortified (refer to Part 1B above)? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>3. Is the answer “Yes” for questions 1 and 2? <input checked="" type="checkbox"/> Yes: Cereal is WGR if it meets the CACFP sugar limit ^{2, 3} <input type="checkbox"/> No: Does the cereal contain more than one whole grain? <input type="checkbox"/> Yes: Need PFS ⁴ <input type="checkbox"/> No: Cereal is not WGR</p>
<p>¹ Creditable grains include whole grains, enriched grains, bran, and germ.</p> <p>² Breakfast cereals cannot exceed 6 grams of sugars per dry ounce (refer to “Sugar Limit” in this document).</p> <p>³ The serving must provide the required weight or volume (refer to “Serving Size” in this document).</p> <p>⁴ To credit as the grains component, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight. To be WGR, the PFS must document that the combined weight of all whole grains is the greatest ingredient by weight.</p>

Crediting Breakfast Cereals in the CACFP

Product 4: Crispy rice cereal (commercial RTE breakfast cereal)

Ingredients: **Rice**, sugar, contains 2% or less of salt, malt flavor. BHT added to packaging for freshness. Vitamins and Minerals: Iron, vitamin C (ascorbic acid), vitamin E (alpha tocopherol acetate), niacinamide, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin B12, vitamin D.

Part 1: Grain ingredients ¹

- A. **First ingredient:** Rice (noncreditable grain)
- B. **Fortification nutrients:** Iron, vitamin C (ascorbic acid), vitamin E (alpha tocopherol acetate), niacinamide, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin B12, vitamin D

Part 2: CACFP crediting criteria for group I (RTE breakfast cereals)

Creditable: *The first ingredient must be a creditable grain **or** the cereal must be fortified.*

1. Is the first ingredient a creditable grain ¹ (refer to Part 1A above)? Yes No
2. Is the cereal fortified (refer to Part 1B above)? Yes No
3. Is the answer “Yes” for *either* question 1 **or** 2 **OR** is the answer “Yes” for *both* questions 1 **and** 2?
 - Yes: Cereal is creditable if it meets the CACFP sugar limit ^{2, 3}
 - No: Does the cereal contain more than one creditable grain?
 - Yes: Need PFS ⁴ No: Cereal is not creditable

Part 3: CACFP WGR criteria for group I (RTE breakfast cereals)

WGR: *The first ingredient must be a whole grain **and** the cereal must be fortified.*

1. Is the first ingredient a whole grain (refer to Part 1A above)? Yes No
2. Is the cereal fortified (refer to Part 1B above)? Yes No
3. Is the answer “Yes” for questions 1 and 2?
 - Yes: Cereal is WGR if it meets the CACFP sugar limit ^{2, 3}
 - No: Does the cereal contain more than one whole grain?
 - Yes: Need PFS ⁴ No: Cereal is not WGR

¹ Creditable grains include whole grains, enriched grains, bran, and germ.
² Breakfast cereals cannot exceed 6 grams of sugars per dry ounce (refer to “**Sugar Limit**” in this document).
³ The serving must provide the required weight or volume (refer to “**Serving Size**” in this document).
⁴ To credit as the grains component, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight. To be WGR, the PFS must document that the combined weight of all whole grains is the greatest ingredient by weight.

Crediting Breakfast Cereals in the CACFP

Product 5: Crunchy wheat cereal (commercial RTE breakfast cereal)

Ingredients: **WHOLE-GRAIN WHEAT**, sugar, **rice flour, oat fiber**, sunflower oil, dextrose, molasses, baking soda, sea salt.

Part 1: Grain Ingredients ¹

- A. **First ingredient:** Whole-grain wheat
- B. **Fortification nutrients:** None

Part 3: CACFP WGR criteria for group I (RTE breakfast cereals)

Creditable: *The first ingredient must be a creditable grain **or** the cereal must be fortified.*

- 1. Is the first ingredient a creditable grain ¹ (refer to Part 1A above)? Yes No
- 2. Is the cereal fortified (refer to Part 1B above)? Yes No
- 3. Is the answer “Yes” for *either* question 1 **or** 2 **OR** is the answer “Yes” for *both* questions 1 **and** 2?
 - Yes: Cereal is creditable if it meets the CACFP sugar limit ^{2, 3}
 - No: Does the cereal contain more than one creditable grain?
 - Yes: Need PFS ⁴ No: Cereal is not creditable

Part 3: CACFP WGR criteria for group I (RTE breakfast cereals)

WGR: *The first ingredient must be a whole grain **and** the cereal must be fortified.*

- 1. Is the first ingredient a whole grain (refer to Part 1A above)? Yes No
- 2. Is the cereal fortified (refer to Part 1B above)? Yes No
- 3. Is the answer “Yes” for questions 1 and 2?
 - Yes: Cereal is WGR if it meets the CACFP sugar limit ^{2, 3}
 - No: Does the cereal contain more than one whole grain?
 - Yes: Need PFS ⁴ No: Cereal is not WGR

¹ Creditable grains include whole grains, enriched grains, bran, and germ.

² Breakfast cereals cannot exceed 6 grams of sugars per dry ounce (refer to “**Sugar Limit**” in this document).

³ The serving must provide the required weight or volume (refer to “**Serving Size**” in this document).

⁴ To credit as the grains component, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight. To be WGR, the PFS must document that the combined weight of all whole grains is the greatest ingredient by weight.

Crediting Breakfast Cereals in the CACFP

Serving Size

The required amounts for breakfast cereals are in ounce equivalents. Table 8 shows the required ounce equivalents for RTE and cooked breakfast cereals.

Table 8. Required ounce equivalents for breakfast cereals in the CACFP					
Type of cereal		½ ounce equivalent		1 ounce equivalent	
		Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ¹	Adult participants ²
Group H	RTE flakes or rounds	½ cup	½ cup	1 cup	1 cup
	RTE puffed	¾ cup	¾ cup	1¼ cups	1¼ cups
	RTE granola	⅛ cup	⅛ cup	¼ cup	¼ cup
Group I	Cooked hot	¼ cup cooked or 14 grams (½ ounce) dry	¼ cup cooked or 14 grams (½ ounce) dry	½ cup cooked or 28 grams (1 ounce) dry	½ cup cooked or 28 grams (1 ounce) dry
<p>¹ This age group applies only to at-risk afterschool programs and emergency shelters. Larger portion sizes may be needed to meet the nutritional needs of children ages 13-18.</p> <p>² The amounts listed are for 1 ounce equivalent of the grains component. The adult meal patterns require 2 ounce equivalents of the grains component at breakfast, lunch, and supper.</p>					

Crediting RTE Breakfast Cereals in the CACFP Infant Meal Patterns

The grains component and WGR requirement of the CACFP meal patterns for children do not apply to the CACFP infant meal patterns for birth through 11 months. For developmentally ready infants (typically ages 6-11 months), RTE breakfast cereals credit only at snack if 1) they meet the sugar limit; and 2) are made with enriched or whole-grain meal or flour, or are fortified. RTE breakfast cereals do not credit at breakfast, lunch, or supper.

Some RTE cereals may be a choking hazard. CACFP facilities should choose cereals that dissolve easily in the mouth and do not include nuts, dried fruits, or other hard food items. For guidance on crediting foods in the CACFP infant meal pattern, visit the CSDE's [Feeding Infants in CACFP Child Care Programs](#) webpage.

Crediting Breakfast Cereals in the CACFP

Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Breakfast cereals that contain nuts, whole-grain kernels such as wheat berries, and hard chunks (such as granola) may be choking hazards for young children. Consider children’s age and developmental readiness when deciding what types of breakfast cereals to offer in CACFP menus and modify foods and menus as appropriate. For additional guidance, visit the “[Choking Prevention](#)” section of the CSDE’s [Food Safety for Child Nutrition Programs](#) webpage.

Resources

Adult Center Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Adult_Centers_Worksheet2_Crediting_RTE_Breakfast_Cereals.xlsx

Adult Center Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Adult_Centers_Worksheet3_Crediting_Cooked_Cereals.xlsx

Approved Food Guide for Connecticut WIC (Connecticut Department of Public Health):

<https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>

Bite Size Module 7A: Grains Component Crediting Requirements (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

Bite Size Module 7B: Grains Component Whole Grain-rich Requirement (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

Bite Size Module 7C: Grains Component Ounce Equivalents (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

CACFP Training Tools (USDA):

<https://www.fns.usda.gov/cacfp-training-tools>

Calculating Sugar Limits for Breakfast Cereals in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/calculating-sugar-limits-breakfast-cereals-cacfp>

Calculation Methods for Grain Ounce Equivalents in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Calculation_CACFP_Oz_Eq.pdf

Child Care Worksheet 2: Crediting Ready-to-eat Breakfast Cereals in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Child_Care_Worksheet2_Crediting_RTE_Breakfast_Cereals.xlsx

Crediting Breakfast Cereals in the CACFP

Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFP_Child_Care_Worksheet3_Crediting_Cooked_Cereals.xlsx

Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents#ChokingPrevention>

Choose Breakfast Cereals that are Lower in Sugar – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/choose-breakfast-cereals-are-lower-sugar>

Crediting Enriched Grains in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Enriched_Grains_CACFP.pdf

Crediting Whole Grains in the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Whole_Grains_CACFP.pdf

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Feeding Infants in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Feeding-Infants-in-CACFP-Child-Care-Programs>

Feeding Infants in the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Grain Ounce Equivalents for the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Oz_Eq_CACFP.pdf

Grains Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Grains>

Grains Component for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Grains>

How to Identify Creditable Grains for the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Identify_Creditable_Grains_CACFP.pdf

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Crediting Breakfast Cereals in the CACFP

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Meeting the Whole Grain-rich Requirement for the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs – Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf

Resources for the CACFP Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources_CACFP_Meal_Patterns.pdf

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

Using Product Formulation Statements in the CACFP (CSDE):

http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_Product_Formulation_Statements_CACFP.pdf

Using the WIC Food Lists to Identify Grains for the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/using-wic-food-lists-identify-grains-cacfp>

Crediting Breakfast Cereals in the CACFP



For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) at the Connecticut State Department of Education, School Health, Nutrition and Family Services, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Cereals_CACFP.pdf.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

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

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

1. **mail:** U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** program.intake@usda.gov

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of affirmative action/equal opportunity for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, civil air patrol status, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, levy.gillespie@ct.gov.