

Whole Grain-rich Criteria for the Child and Adult Care Food Program

This guidance applies through September 30, 2021, 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). Effective October 1, 2021, the required amounts for the grains component change to ounce equivalents. The whole grain-rich (WGR) requirement does not apply to the CACFP infant meal patterns for birth through 11 months.

For information on the CACFP meal patterns and grains component for children, visit the CSDE’s [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 information on the CACFP meal patterns and grains component for adult participants, 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.



“Whole grain-rich” means a food that contains at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ. For guidance on identifying whole and enriched grains, review the CSDE’s resources, [Crediting Whole Grains in the CACFP](#), [Crediting Enriched Grains in the CACFP](#), and [How to Identify Creditable Grains in the CACFP](#).



Menu Planning Considerations

The CACFP meal patterns require at least one serving of WGR foods 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. CACFP facilities may serve a WGR food at any meal or snack.

- If the CACFP facility serves only one CACFP meal per day, the grains component served at that meal must be WGR.
- If the CACFP facility serves only breakfast and offers the meat/meat alternates component in place of the grains component (allowed up to three times per week), the breakfast is not required to include a WGR food. For information on meat/meat alternate substitutions at breakfast, visit the USDA’s webpage, [Serving Meat and Meat Alternates at Breakfast in the CACFP](#).
- If the CACFP facility serves only snack, such as an at-risk afterschool program, the grains component is optional. Snack must include any two of the five components (milk,

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meat/meat alternates, vegetables, fruits, and grains). However, if the CACFP facility serves only snack, and the snack menu includes the grains component (such as crackers with apples), the grain item must be WGR.

- If an at-risk afterschool program serves only one meal per day and chooses to implement offer versus serve (OVS), all grain items offered must be WGR. While OVS allows a variety of food items from one component, a CACFP facility that serves only one meal per day cannot offer a choice between a WGR grain and an enriched grain. This ensures greater consumption of whole grains if a participant chooses to take a grain item. For more information on OVS, review the CSDE's resource, [Offer Versus Serve in CACFP At-risk Afterschool Centers](#), and the USDA's handout, [Offer Versus Serve in the CACFP](#).

The WGR requirement applies to the CACFP, not to each participant. If a CACFP facility serves more than one meal, and two different groups of participants are at each meal (such as one group of children at breakfast and another group of children at lunch), only one meal must contain a WGR food. However, the USDA strongly encourages CACFP facilities to vary the meal that includes a WGR item. For example, a CACFP facility could serve whole-grain toast at breakfast on Monday and brown rice at lunch on Tuesday. This helps to ensure that all participants are served a variety of whole grains, and benefit from the important nutrients these foods provide.

Grain-based desserts do not credit in the CACFP meal patterns, even if they are WGR. For more information, review [USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program](#) and visit the USDA's webpage, [Grain-based Desserts in the CACFP](#).



Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Consider children's age and developmental readiness when deciding what types of WGR grain foods to offer in CACFP menus. This consideration is also important for children and adult participants with a disability that requires dietary restrictions. Examples of grain foods that are choking risks include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels. For additional guidance, visit the "[Choking Prevention](#)" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

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Serving Size for WGR Grains

The required amount for the CACFP grains component is in servings through September 30, 2021, and changes to ounce equivalents effective October 1, 2021. The USDA allows two methods for determining the servings or ounce equivalents of a creditable grain product or recipe. CACFP facilities may use either method, but must document how the crediting information was obtained.

- **Method 1 (USDA’s Exhibit A Chart)** is used for commercial grain products and may also be used for recipes that indicate the weight of the prepared (cooked) serving. This method uses the USDA’s chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#), to determine the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group. The CSDE’s resource, [Grain Servings for the CACFP](#), lists the Exhibit A grain servings that apply through September 30, 2021. Groups F and G are not included because grain-based desserts do not credit as the grains component in the CACFP meal patterns.
- **Method 2 (creditable grains)** is used for recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving. This method determines the grain servings for creditable grain products and recipes by calculating the total weight (grams) of creditable grains per manufacturer’s serving (from the PFS) or recipe serving (from the quantities listed in the recipe). For some commercial grain products, CACFP facilities must use method 2 (instead of the USDA’s Exhibit A chart) to determine the grain servings.

For detailed guidance on both methods, review the CSDE’s resource, [Calculation Methods for Grain Servings in CACFP](#).

Determining if Foods are WGR

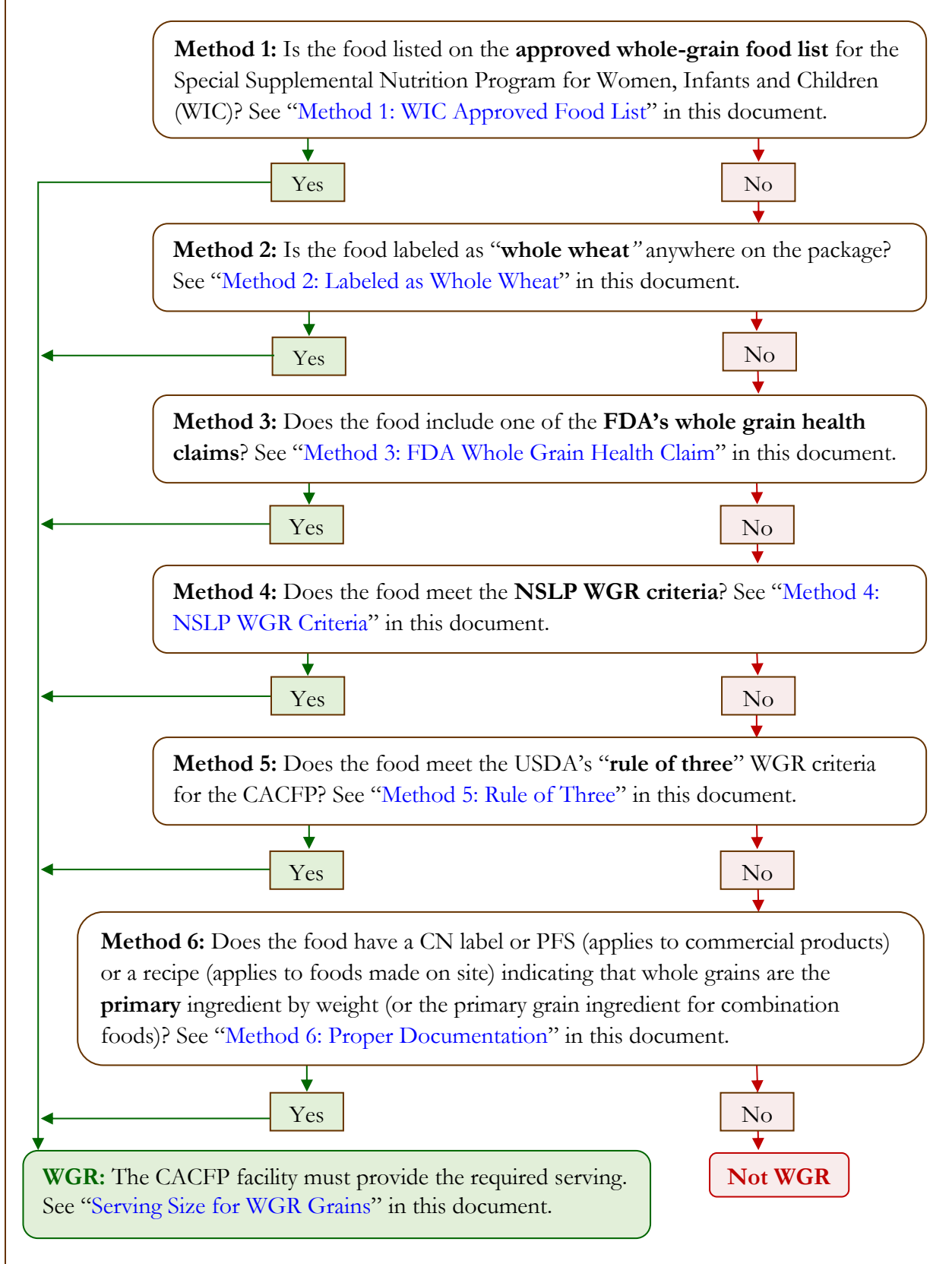
The USDA allows six methods for determining if grain foods meet the CACFP WGR criteria. These include:

- Method 1: WIC Whole-Grain Foods List;
- Method 2: Labeled as “Whole Wheat;”
- Method 3: Food and Drug Administration (FDA) Whole Grain Health Claim;
- Method 4: National School Lunch Program (NSLP) WGR Criteria;
- Method 5: Rule of Three; and
- Method 6: Proper Documentation.

A food is WGR if it meets at least one of these methods. Methods 1-3 and 5 apply only to commercial grain products. Methods 4 and 6 apply to commercial grain products and foods made on site. Table 1 summarizes the steps for using the six methods, the following pages contain a description of each method. For additional resources, visit the USDA’s webpages, [Identifying Whole Grain-rich Foods for the CACFP](#) and [How to Spot Whole Grain-Rich Foods for the CACFP](#).

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Table 1. Steps for determining if foods meet the CACFP WGR criteria



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Method 1: WIC Whole-grain Foods List

A commercial product is WGR if it is listed on the Connecticut WIC Program’s approved whole-grain foods list. WIC-approved whole-grain foods comply with the same WGR criteria as the CACFP. Connecticut WIC food guides are available on the Connecticut State Department of Public Health’s [Approved Food Guide](#) webpage. For more information, visit the USDA’s webpage, [Using the WIC Food Lists to Identify Grains for the CACFP](#).

Method 2: Labeled as “Whole Wheat”

A commercial food is WGR if it is labeled as “whole wheat” and has a standard of identity issued by the FDA. A standard of identity is a set of rules for what a certain product (like whole-wheat bread) must contain or may contain to be legally labeled with that product name. Table 2 lists the bread and pasta products that conform to a FDA standard of identity and are WGR.

Table 2. Bread and pasta products with a standard of identity ¹	
Breads (21 CFR 136.180)	Pasta (21 CFR 139.138)
<ul style="list-style-type: none">• Whole wheat bread• Entire wheat bread• Graham bread• Whole wheat rolls• Entire wheat rolls• Graham rolls• Whole wheat buns• Entire wheat buns• Graham buns	<ul style="list-style-type: none">• Whole wheat macaroni product• Whole wheat macaroni• Whole wheat spaghetti• Whole wheat vermicelli
¹ Only breads and pastas with these exact product names conform to a FDA standard of identity and meet the CACFP WGR criteria using this method.	

Other grain products labeled as “whole wheat” without a FDA standard of identity (such as crackers, tortillas, bagels, and biscuits) must be evaluated for compliance with the CACFP WGR criteria using a different method. Manufacturers often label their products with terms that may be similar, but not identical, to the FDA’s standard of identity terms. Some frequently used terms include “whole grain,” “made with whole grains,” “made with whole wheat,” or “contains whole grains.” These terms do not indicate a FDA standard of identity for whole-wheat products. CACFP facilities must evaluate product with these terms for compliance with the CACFP WGR criteria using one of the other methods. For other examples of misleading terms, review the CSDE’s resource, [Crediting Whole Grains in the CACFP](#).

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Method 3: FDA Whole Grain Health Claim

A commercial food is WGR if the product packaging includes one of the FDA’s whole grain health claims, which must be identical to one of two statements below.

- **Low-fat claim:** “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and certain cancers.”
- **Moderate-fat claim:** “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

These claims are not commonly found on most grain products.

Method 4: NSLP WGR Criteria

Except for grain-based desserts, grain foods that meet the NSLP WGR criteria for grades K-12 also meet the CACFP WGR criteria.

Method 5: Rule of Three

A commercial food is WGR if it meets the USDA’s “rule of three” CACFP WGR criteria. The “rule of three” reviews the order of creditable grains in the product’s ingredients statement. The ingredients statement lists ingredients by weight from most to least. The closer an ingredient is to the beginning of the ingredients statement, the more of it the food contains. The “rule of three” WGR criteria for commercial grain products, combination foods, and cooked and RTE breakfast cereals are summarized below.

- **Commercial grain products** in groups A-E (such as breads, rolls, muffins, crackers, and pancakes) and group H (such as pasta and cereal grains, e.g., quinoa, rice, and millet) are WGR if a whole grain is the first ingredient (or water is the first ingredient and a whole grain is the second ingredient); and the next two grain ingredients (if any) are whole, enriched, bran, or germ. [Table 6](#) summarizes the steps for determining if commercial grain products meet the CACFP WGR criteria.
- **Commercial combination foods** that contain a grain portion from groups A-E (such as pizza crust in pizza and baked fish coated with breadcrumbs) or groups H-I (such as noodles in lasagna and baked chicken coated with crushed cereal flakes) are WGR if a whole grain is the first grain ingredient; and the next two grain ingredients (if any) are whole, enriched, bran, or germ. A commercial combination food that lists the ingredients for the grain portion separately is WGR if a whole grain is the first ingredient in the grain portion (or water is the first ingredient in the grain portion and a whole grain is the second ingredient in the grain portion); and the next two grain ingredients in the grain portion (if any) are whole, enriched, bran, or germ. [Table 7](#) summarizes the steps for determining if commercial combination foods meet the CACFP WGR criteria.

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- **Cooked breakfast cereals** in group H (such as regular and instant oatmeal) are WGR if the first ingredient is a whole grain; the next two grain ingredients (if any) are whole, enriched, bran, or germ; and the cereal meets the sugar limit (no more than 6 grams of sugars per dry ounce). For more information, review the CSDE’s resource, [Crediting Breakfast Cereals in the CACFP](#).
- **RTE breakfast cereals** in group I (such as puffed cereals, flaked or round cereals, and granola) are WGR if the first ingredient is a whole grain; the cereal is fortified; and the cereal meets the sugar limit (no more than 6 grams of sugars per dry ounce). The “rule of three” does not apply to RTE breakfast cereals. The second and third grain ingredients are not considered if a RTE breakfast cereal meets these requirements. For more information, review the CSDE’s resource, [Crediting Breakfast Cereals in the CACFP](#).

When reviewing a commercial product’s ingredients statement for compliance with the CACFP “rule of three” WGR criteria, a whole grain must be the first ingredient, and may be the second or third grain ingredients. An enriched grain may be the second or third grain ingredients. Bran and germ may be the second or third grain ingredients. Noncreditable grains cannot be any of the first three grain ingredients. If a food meets the “rule of three,” the menu planner does not need to check any other grain ingredients further down on the ingredients statement.

Noncreditable grains

Grain ingredients that are not whole, enriched, bran, or germ do not credit as the grains component in the CACFP meal patterns. Table 3 lists common noncreditable grain ingredients and grain derivatives (by-products of grains) found in commercial grain products. Menu planners must include noncreditable grains (column A) when using the “rule of three” to determine if commercial grain products meet the CACFP WGR criteria. However, noncreditable grains can be disregarded if they are listed after the statement “contains 2% or less,” or are in the sublisting for a dough conditioner or a non-grain ingredient (such as cheese filling in ravioli). Menu planners should ignore grain derivatives (column B) when using the “rule of three” to determine if commercial grain products meet the CACFP WGR criteria

- **Contains 2% or less:** Any noncreditable grains listed in the product’s ingredients after the statement “contains 2% or less” are insignificant, and are not considered for the CACFP “rule of three” WGR criteria. For example, if the ingredients list states “contains less than 2% of wheat flour and corn flour,” the menu planner can disregard the wheat flour and corn flour (noncreditable grains).
- **Dough conditioner:** Noncreditable grains listed in the sublisting for a dough conditioner are insignificant, and are disregarded for the CACFP “rule of three” WGR criteria. For example, if a bread’s ingredients statement lists “dough conditioner (wheat flour, salt, soy oil, ascorbic acid),” the menu planner can disregard the wheat flour (noncreditable grain) in the dough conditioner.

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- Non-grain portion:** The “rule of three” does not apply to noncreditable grains that are part of the non-grain portion of a combination food (such as meat/meat alternates, vegetables, or fruits) or part of a non-grain ingredient in the grain food. For example, the menu planner can disregard modified food starch in the chicken portion of breaded chicken; wheat flour in the cheese filling of ravioli; soy flour and corn starch in the vegetable filling of an egg roll; and wheat starch in the molasses powder ingredient of a bagel.

Table 3. Examples of noncreditable grains for the CACFP meal patterns¹

Column A: Noncreditable grains Counted toward “rule of three” ²	Column B: Grain derivatives Not counted toward “rule of three” ³
Barley grits	Cellulose fiber
Barley malt	Chicory extract
Bean flours (see “Legume flours” below)	Chicory root
Bleached flour (not whole grain or enriched)	Citrus fiber
Bromated flour (not whole grain or enriched)	Corn dextrin
Coconut flour	Corn starch
Corn (not whole grain, enriched, or nixtamalized) ⁴	Cultured wheat starch
Corn fiber	Fibersol
Corn flour (not whole grain, enriched, or nixtamalized) ⁴	Hydrolyzed starch
Corn grits (not whole grain, enriched, or nixtamalized) ⁴	Inulin
Cornmeal (not whole grain, enriched, or nixtamalized) ⁴	Malt
Degerminated corn meal	Malt powder
Durum flour (not whole grain or enriched)	Maltodextrin
Durum grits	Modified food starch
Farina	Modified corn starch
Fava bean flour	Modified rice starch
Fermented wheat	Modified tapioca starch
Flour (not whole grain or enriched)	Modified wheat starch
Legume flours (e.g., fava bean flour, chickpea flour, and green pea flour)	Pea fiber
Malted barley flour (not whole grain or enriched)	Potato starch
Milled corn	Powdered cellulose
Nut or seed flours/meal (e.g., almond flour, flaxseed meal, hazelnut meal, and sunflower seed flour)	Rice starch
Oat fiber	Short chain fructan (fiber)
Oat hull fiber	Tapioca starch
Potato flour	Vital wheat gluten
Potato starch	Wheat dextrin
	Wheat gluten
	Wheat starch
<i>Continued</i>	

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Table 3. Examples of noncreditable grains for the CACFP meal patterns ¹, continued

Column A: Noncreditable grains Counted toward “rule of three” ²	Column B: Grain derivatives Not counted toward “rule of three” ³
Rice (not brown rice or enriched rice) Rye flour (not whole grain or enriched) Semolina (not whole grain or enriched) Soluble corn fiber Soy fiber Soy flakes Soy flour Soy grits Soy flour Unbleached flour (not whole grain or enriched) Vegetable flours, e.g., potato and legume Wheat farina Wheat flakes Wheat flour (not whole grain or enriched) White flour (not whole grain or enriched) Yellow corn flour (not whole grain, enriched, or nixtamalized) ⁴	

¹ This list is not all-inclusive.

² CACFP facilities must include these ingredients when determining if commercial products meet the CACFP “rule of three” WGR criteria, unless they are listed after the statement “contains 2% or less,” or are in the sublisting for a dough conditioner or a non-grain ingredient. For more information, see “[Noncreditable grains](#)” in this document.

³ CACFP facilities should ignore these ingredients when determining if commercial products meet the CACFP “rule of three” WGR criteria.

⁴ Corn flour, corn grits, and cornmeal are noncreditable grains unless they are whole grain, enriched, or nixtamalized. Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline solution. CACFP facilities may need to obtain a PFS from the manufacturer to determine if a corn ingredient is nixtamalized. Nixtamalized corn ingredients credit as whole grains. For more information, review the CSDE’s resource, [Crediting Whole Grains in the CACFP](#).



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Method 6: Proper Documentation

CACFP facilities must have appropriate crediting documentation for all WGR grain products and recipes used in CACFP meals and snacks. This documentation must be maintained on file for the Administrative Review of the CACFP.

Documentation for commercial grain products

Acceptable WGR documentation for commercial grain foods includes a Child Nutrition (CN) label or manufacturer's PFS. Grain products (such as breads, muffins, pancakes, crackers, and breakfast cereals) are not eligible for CN labels. CN labels are available only for main dish entrees that contribute to the meat/meat alternates component. However, they usually indicate the contribution of other meal components (grains, vegetables, and fruits) that are part of these products. For more information, review the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the CACFP](#), [Using Product Formulation Statements in the CACFP](#), and [Accepting Processed Product Documentation in the CACFP](#); and the USDA's documents, [Product Formulation Statement for Documenting Grains/Breads Servings](#) (through September 30, 2021), and [Tips for Evaluating a Manufacturer's Product Formulation Statement](#).

CN-labeled products list the grains component in ounce equivalents, which are not required in the CACFP meal patterns until October 1, 2021. However, menu planners may use the ounce equivalents on a CN-labeled product to document compliance with the CACFP WGR requirement, because an ounce equivalent is slightly more than the current CACFP grain servings. For more information, review the CSDE's resource, [Grain Ounce Equivalents for the CACFP](#).

Documentation for commercial grain products with multiple whole grains

If a whole grain is not the first ingredient, but the grain product (or the grain portion of a combination food) contains more than one whole grain, the CACFP facility must obtain a PFS from the manufacturer stating the combined weight of all whole grains and the combined weight of all other creditable grains.

- **Grain products (such as breads, rolls, muffins, and waffles):** The PFS must document that the combined weight of all whole grains is equal to or more than the combined weight of all other creditable grains (enriched, bran, and germ).
- **Combination foods:** The PFS must document that the combined weight of all whole grains in the grain portion is equal to or more than the combined weight of the other creditable grains in the grain portion. Examples of grain portions in combination foods include pizza crust in pizza, noodles in lasagna, and baked chicken with breadcrumbs or crushed cereal flakes.

Table 4 shows examples of acceptable WGR documentation for commercial foods containing multiple whole grains.

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Table 4. Examples of acceptable WGR documentation for commercial products with multiple whole grains

Bread product

Ingredients: *Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]*, water, *whole-wheat flour*, *whole oats*, sugar, yeast, soybean oil, salt.



The product does not meet the “rule of three” because the first ingredient in the breadings (unbleached enriched wheat flour) is not a whole grain (see “[Method 5: Rule of Three](#)” in this document). However, the product contains two whole grains (whole-wheat flour and whole oats).

The manufacturer’s PFS states that enriched flour is 40 percent of the product’s grain weight, whole-wheat flour is 30 percent, and whole oats is 30 percent. The product meets the CACFP WGR criteria because the manufacturer’s documentation shows that the combined weight of the two whole-grain ingredients (60 percent) is greater than the weight of the enriched flour (40 percent), even though enriched flour is listed first in the ingredients statement.

Breaded chicken patty

The package states “contains whole grains.”

Ingredients: Chicken, water, salt and natural flavor. **Breaded with:** *enriched wheat flour*, water, *white whole-wheat flour*, salt, *whole-grain corn flour*, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breading set in vegetable oil.



The statement, “contains whole grains,” does not indicate that the product is WGR because it is not a FDA standard of identity (see “[Method 2: Labeled as Whole Wheat](#)” in this document). The product does not meet the “rule of three” because the first ingredient in the breadings (enriched wheat flour) is not a whole grain (see “[Method 5: Rule of Three](#)” in this document).

However, the breadings contain two whole grains (white whole-wheat flour and whole-grain corn flour). The manufacturer’s PFS states that the breadings contain 50 percent enriched wheat flour, 25 percent white whole-wheat flour, and 25 percent whole-grain corn flour. The product meets the CACFP WGR criteria because the manufacturer’s documentation shows that the grain portion of this combination food contains 50 percent whole grains, and the other grain ingredient is enriched.

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Documentation for commercial grain products with flour blends

An ingredients statement with a flour blend of whole and enriched flour, such as “*flour blend (whole-wheat flour, enriched flour)*,” does not indicate if the whole grain is the greatest ingredient by weight. For example, if the flour blend is 40 percent of the product’s weight (25 percent whole-wheat flour and 15 percent enriched flour) and the first ingredient after the flour blend is sugar (30 percent of the product’s weight), the sugar weighs more than the whole-wheat flour.

If the first ingredient is a flour blend of whole and enriched flour (or water is the first ingredient and a flour blend of whole and enriched flour is the second ingredient), the CACFP facility must obtain a PFS from the manufacturer to document that either: 1) that the product’s whole grain content is at least 8 grams per ounce equivalent (groups A-G); or 2) the weight of the whole grain in the flour blend is more than the first ingredient (excluding water) listed after the flour blend.

For example, the PFS for the product below must document that the whole-wheat flour in the flour blend weighs more than the brown sugar.

- Ingredients: Water, **flour blend** [*whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)*], water, **brown sugar**, corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), yeast, salt, wheat gluten, enzyme.

A PFS is not required if the flour blend contains only whole grains, such as “*flour blend (whole-wheat flour, whole-grain oats)*.” Products that contain 100 percent whole grains are WGR.

Documentation for foods made on site

CACFP facilities must have recipes on file for foods prepared on site. The CSDE recommends using standardized recipes. To credit as a WGR food, the CACFP facility’s recipe must document that the grain food (or the grain portion of a combination food) is WGR.

- Grain foods are WGR if the combined amount of whole grains in the recipe is equal to or more than the combined amount of all other creditable grains in the recipe. For example, a recipe that contains 2½ cups of whole-grain flour and 2 cups of enriched flour is WGR
- Combination foods are WGR if the combined amount of whole grains in the **grain portion** of the recipe is equal to or more than the combined amount of all other creditable grains in the **grain portion** of the recipe. For example, a recipe’s grain portion that contains 2 cups of whole-grain flour and 2 cups of enriched flour is WGR

Table 5 shows examples of how to determine if a recipe meets the CACFP WGR criteria. For information on standardized recipes, visit the “[Crediting Foods Prepared on Site in CACFP Child Care Programs](#)” or “[Crediting Foods Prepared on Site in CACFP Adult Day Care Centers](#)” sections of the CSDE’s CACFP webpage. For additional guidance, review section 2 of the CSDE’s guides, *Meal Pattern Requirements for CACFP Child Care Programs* or *Meal Pattern Requirements for CACFP Adult Day Care Centers*.

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Table 5. Determining if a standardized recipe meets the CACFP WGR criteria

Example 1: Blueberry muffin		
Ingredients	25 Servings	
	Weight	Measure
Whole-wheat flour	10 oz	2¼ cups 1 Tbsp
Enriched all-purpose flour	7 oz	1⅓ cups
Sugar	8 oz	1 cup
Baking powder		1 Tbsp 2 tsp
Salt		1 tsp
Low-fat 1% milk		1½ cups
Fresh large eggs		3 each
Vegetable oil		⅔ cup
Frozen blueberries	6 oz	1½ cups

1. List the combined weight of all whole grains. ¹ **A** 10 ounces
2. List the combined weight of all other creditable grains. ¹ **B** 7 ounces
3. Is A equal to or more than B? If “yes,” the recipe is WGR. Yes ² No

Example 2: Corn muffin		
Ingredients	25 Servings	
	Weight	Measure
Whole-wheat flour	8 oz	1 ½ cups
White whole-grain cornmeal	8 oz	1 ¼ cups
Sugar	3 oz	⅓ cup 2 Tbsp
Baking powder		¾ tsp
Salt		3 qt ½ cup
Frozen whole eggs, thawed	3 oz	⅓ cup
Nonfat milk		1 ¾ cups
Canola oil		¼ cup

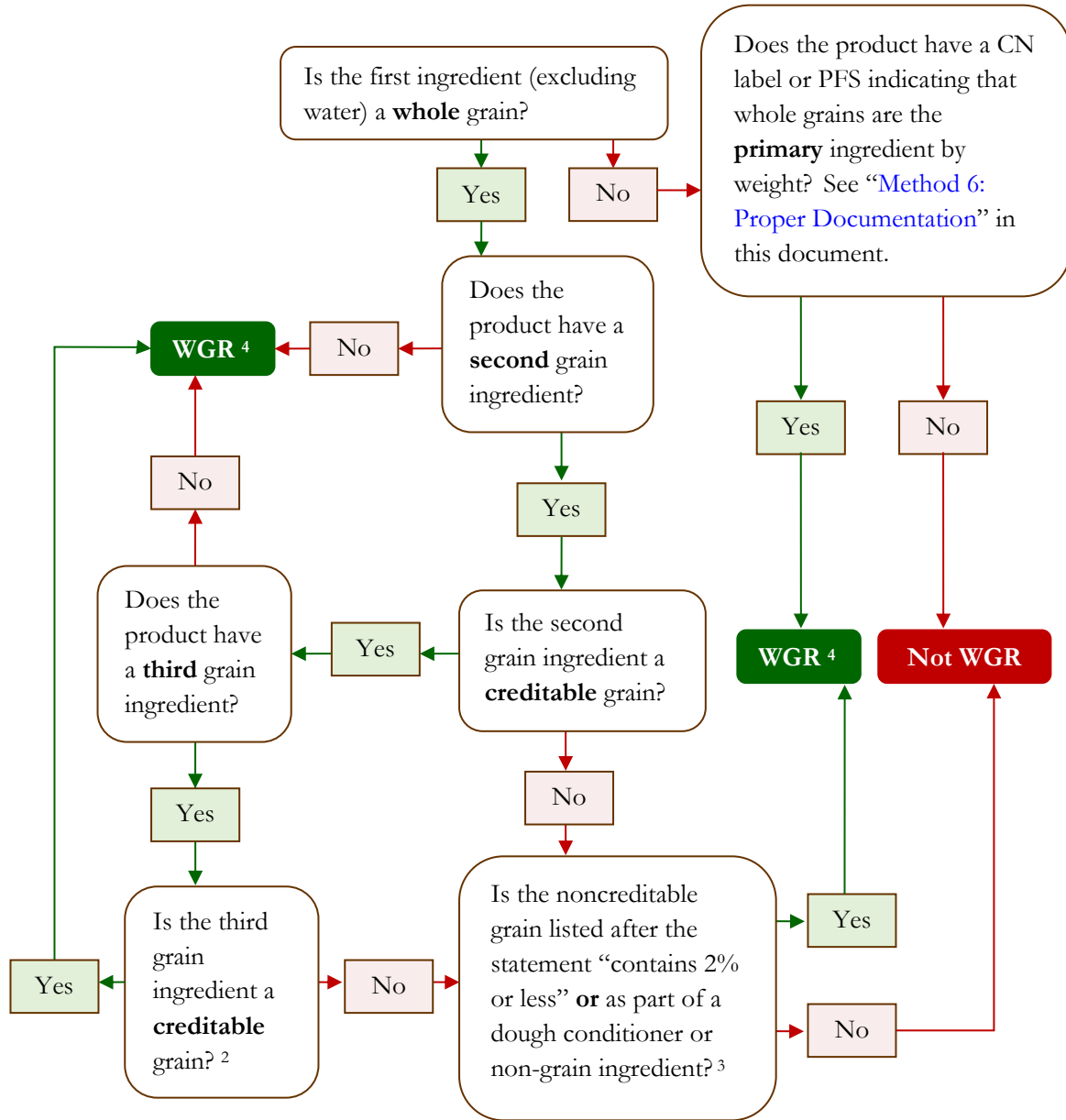
1. List the combined weight of all whole grains. ¹ **A** 8 ounces
2. List the combined weight of all other creditable grains. ¹ **B** 8 ounces
3. Is A equal to or more than B? If “yes,” the recipe is WGR. Yes ² No

¹ For guidance on identifying whole and enriched grains, review the CSDE’s resources, [Crediting Whole Grains in the CACFP](#) and [Crediting Enriched Grains in the CACFP](#).

² The grain serving must provide the required weight. See “[Serving Size for WGR Grains](#)” in this document.

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Table 6. CACFP WGR criteria for commercial grain products in groups A-E and H ¹



¹ These WGR criteria apply only to commercial grain products in groups A-E of the USDA’s Exhibit A chart, such as breads, muffins, crackers, rice, pasta, and pancakes. For information on Exhibit A, see “[Serving Size for WGR Grains](#)” in this document.

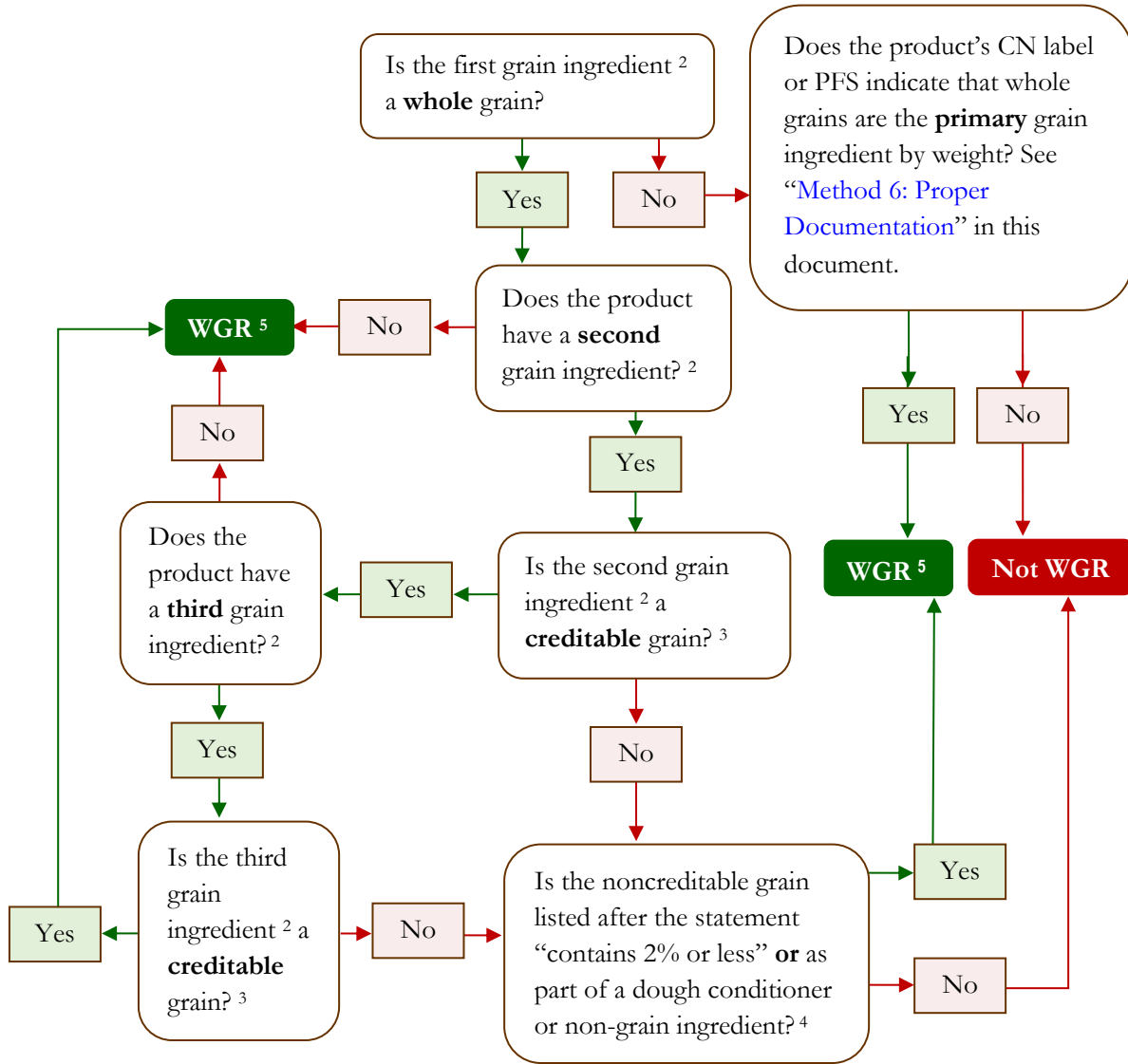
² Creditable grains include whole grains, enriched grains, bran, and germ.

³ Ignore noncreditable grains listed after the statement “contains 2% or less” or in the sublisting for a dough conditioner or non-grain ingredient; and ignore grain derivatives such as wheat gluten and modified food starch (see “[Noncreditable grains](#)” in this document).

⁴ The grain serving must provide the required weight or volume in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “[Serving Size for WGR Grains](#)” in this document).

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Table 7. CACFP WGR criteria for commercial combination foods ¹



- ¹ These WGR criteria apply only to commercial combination foods that contain a grain portion from groups A-E or H-I of the USDA’s Exhibit A chart (see “[Serving Size for WGR Grains](#)” in this document).
- ² If the grain portion is listed separately, a whole grain must be the first ingredient in the grain portion (or water is the first ingredient and a whole grain is the second ingredient), and the next two grain ingredients in the grain portion (if any) must be creditable grains.
- ³ Creditable grains include whole grains, enriched grains, bran, and germ.
- ⁴ Ignore noncreditable grains listed after the statement “contains 2% or less” or in the sublisting for a dough conditioner or non-grain ingredient; and ignore grain derivatives such as wheat gluten and modified food starch (see “[Noncreditable grains](#)” in this document).
- ⁵ The serving must provide the required weight (groups A-E) or volume (groups H-I) or contain the minimum creditable grains (see “[Serving Size for WGR Grains](#)” in this document).

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Determining if Commercial Grain Foods are WGR

The examples on pages 18-30 show how to evaluate commercial grain products for compliance with the USDA’s CACFP “rule of three” WGR criteria. The guidance below applies to the ingredients for these products.

- Creditable grains (whole, enriched, bran, and germ) in the product’s ingredients statement are in yellow highlighted **bold** text. Whole grains are in yellow highlighted bold **UPPERCASE** text. For examples of whole and enriched grains, review the CSDE’s resources, *Crediting Whole Grains in the CACFP* and *Crediting Enriched Grains in the CACFP*.
- Noncreditable grains (such as wheat flour and yellow corn flour) are in pink highlighted ***bold italicized*** text. Menu planners must include noncreditable grains when using the USDA’s “rule of three” to determine if commercial products meet the CACFP WGR criteria, unless the noncreditable grains are listed after the statement “contains 2% or less; in the sublisting for a dough conditioner; or as part of a non-grain ingredient, such as wheat flour in the cheese filling of ravioli or modified food starch in the jam filling of a muffin. For more information, see “Noncreditable grains” in this document. For examples of noncreditable grains, see column A in [table 3](#).
- Grain derivatives (by-products of grains) in the product’s ingredients statement, such as wheat gluten and maltodextrin, are in pink highlighted *italicized* text. Menu planners should ignore grain derivatives when using the USDA’s “rule of three” to determine if commercial products meet the CACFP WGR criteria. For examples of grain derivatives, see column B in [table 3](#).

Table 8 includes definitions for some common ingredients found in commercial grain products.

Grain crediting worksheets

The CSDE’s CACFP crediting worksheets 1-5 evaluate grain-based foods for compliance with the CACFP crediting, WGR, and serving size requirements. Worksheets are available for commercial grains, ready-to-eat breakfast cereals, cooked breakfast cereals, family-size recipes for grains, and quantity recipes for grains.

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

Whole Grain-rich Criteria for the CACFP

Table 8. Definitions of common ingredients in commercial grain products

Azodicarbonamide (ADA) is a chemical substance approved by the FDA for use as a whitening agent in cereal flour and as a dough conditioner in bread baking.

Bleached flour contains a food additive that accelerates the aging process, improves texture, stiffens soft flour, and makes the flour appear whiter. Unbleached flour does not contain this food additive. Bleached and unbleached flours are creditable grains if they are enriched. For more information, review the CSDE’s resource, *Crediting Enriched Grains in the CACFP*.

Bromated flour has been enriched with potassium bromate, which promotes gluten development in dough to improve its baking qualities. Unbromated flour does not contain this ingredient. Bromated flour and unbromated flours are creditable grains if they are enriched. For more information, review the CSDE’s resource, *Crediting Enriched Grains in the CACFP*.

DATEM or **datem** (diacetyl tartaric acid ester of mono- and diglycerides) is an emulsifier used in baking. It strengthens the gluten network in dough to improve the bread’s texture and shape.

L-cysteine is an amino acid used in baking to help soften the dough and reduce processing time.

Maltodextrin is a carbohydrate produced from starch. It is used as a food additive to enhance texture and flavor. Maltodextrin is a grain derivative that is disregarded when using the USDA’s “rule of three” CACFP WGR criteria.¹

Modified food starch is made from starch and is used as a thickening agent, stabilizer, or emulsifier. The most common types of modified food starch are made from corn, wheat, potato, and tapioca. Modified food starch is a grain derivative that is disregarded when using the USDA’s “rule of three” CACFP WGR criteria.¹

Vital wheat gluten is a powdered form of wheat gluten that is used in baking to add elasticity to flours that are low in gluten, such as whole wheat or rye. It is a grain derivative that is disregarded when using the USDA’s “rule of three” CACFP WGR criteria.¹

Wheat gluten is the protein component of the wheat grain that helps baked goods hold their shape. It is a grain derivative that is disregarded when using the USDA’s “rule of three” CACFP WGR criteria.¹

Whey is a milk protein that is used to emulsify, thicken, and brown baked goods.

¹ For more information, see column B in [table 3](#).

Whole Grain-rich Criteria for the CACFP

Product 1: Whole-wheat bagel (commercial grain product)

Ingredients: **WHOLE-WHEAT FLOUR**, sugar, *wheat gluten*. Contains 2% or less of each of the following: honey, salt, **yellow corn flour**, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono- and diglycerides, l-cysteine, enzymes.



Part 1: Grain ingredients

- A. **First ingredient (excluding water):** Whole-wheat flour
- B. **Second grain ingredient:** None. Wheat gluten is a grain derivative and is ignored. ¹
- C. **Third grain ingredient:** None. Yellow corn flour (noncreditable grain) is listed after “contains 2% or less” and is ignored. ¹

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (see Part 1A)?

- Yes (creditable) ² No: Does product contain more than one creditable grain?
 Yes (need PFS) ³ No (not creditable)

Part 3: CACFP WGR criteria (“rule of three”) for groups A-E

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 (excluding water) a whole grain (see Part 1A above)?
 Yes No
- 2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?
 Yes No Not applicable (no second grain ingredient or can be ignored) ¹
- 3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?
 Yes No Not applicable (no third grain ingredient or can be ignored) ¹
- 4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
 Yes (WGR) ² No: Does product contain more than one whole grain or a flour blend?
 Yes (need PFS) ⁴ No (not WGR)

¹ See “[Noncreditable grains](#)” in this document.

² The serving must provide the required weight for group B in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “[Serving Size for WGR Grains](#)” in this document).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ See “[Documentation for commercial grain products with multiple whole grains](#)” and “[Documentation for commercial grain products with flour blends](#)” in this document.

Whole Grain-rich Criteria for the CACFP

Product 2: English muffin (commercial grain product)

Ingredients: Water, **WHOLE-WHEAT FLOUR**, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yeast, *wheat gluten*, contains less than 2% of each of the following: soybean oil, sugar, salt, calcium propionate (preservative), fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate.



Part 1: Grain ingredients

- A. **First ingredient (excluding water):** Whole-wheat flour
- B. **Second grain ingredient:** Enriched flour
- C. **Third grain ingredient:** None. Wheat gluten is a grain derivative and is ignored. ¹

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (see Part 1A)?

- Yes (creditable) ² No: Does product contain more than one creditable grain?
 Yes (need PFS) ³ No (not creditable)

Part 3: CACFP WGR criteria (“rule of three”) for groups A-E

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 (excluding water) a whole grain (see Part 1A above)?
 Yes No
2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?
 Yes No Not applicable (no second grain ingredient or can be ignored) ¹
3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?
 Yes No Not applicable (no third grain ingredient or can be ignored) ¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
 Yes (WGR) ² No: Does product contain more than one whole grain or a flour blend?
 Yes (need PFS) ⁴ No (not WGR)

¹ See “[Noncreditable grains](#)” in this document.

² The serving must provide the required weight for group B in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “[Serving Size for WGR Grains](#)” in this document).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ See “[Documentation for commercial grain products with multiple whole grains](#)” and “[Documentation for commercial grain products with flour blends](#)” in this document.

Whole Grain-rich Criteria for the CACFP

Product 3: Bread sticks (commercial grain product)



Ingredients: Water, **WHOLE-WHEAT FLOUR**, **unbleached unbromated enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid)**, honey, yeast, salt, dough conditioners (mono & diglycerides, DATEM, l-cysteine, ascorbic acid, enzymes), *modified food starch*, **fava bean flour**, flavor (natural flavor, modified vegetable gum, *hydrolyzed starch*, *maltodextrin*), **malted barley flour**, dextrose, **rye flour**.

<p>Part 1: Grain ingredients</p> <p>A. First ingredient (excluding water): Whole-wheat flour</p> <p>B. Second grain ingredient: Unbleached unbromated enriched wheat flour</p> <p>C. Third grain ingredient: Fava bean flour (noncreditable grain) Modified food starch is a grain derivative and is ignored. ¹</p>
<p>Part 2: CACFP crediting criteria for groups A-E</p> <p>Creditable: <i>The first ingredient must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable) ² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS) ³ <input type="checkbox"/> No (not creditable)</p>
<p>Part 3: CACFP WGR criteria (“rule of three”) for groups A-E</p> <p>WGR: <i>The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input type="checkbox"/> Yes (WGR) ² <input checked="" type="checkbox"/> No: Does product contain more than one whole grain or a flour blend?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS) ⁴ <input checked="" type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” in this document.</p> <p>² The serving must provide the required weight for group A in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “Serving Size for WGR Grains” in this document).</p> <p>³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial grain products with multiple whole grains” and “Documentation for commercial grain products with flour blends” in this document.</p>

Whole Grain-rich Criteria for the CACFP

Product 4: Oat bread (commercial grain product)

Ingredients: Water, unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, WHOLE WHEAT FLOUR, WHOLE OATS, sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, datem and/or sodium stearoyl lactylate, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk.



<p>Part 1: Grain ingredients</p> <p>A. First ingredient (excluding water): Unbleached enriched flour</p> <p>B. Second grain ingredient: Whole-wheat flour</p> <p>C. Third grain ingredient: Whole oats</p>
<p>Part 2: CACFP crediting criteria for groups A-E</p> <p>Creditable: <i>The first ingredient must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable) ² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 100px;"><input type="checkbox"/> Yes (need PFS) ³ <input type="checkbox"/> No (not creditable)</p>
<p>Part 3: CACFP WGR criteria (“rule of three”) for groups A-E</p> <p>WGR: <i>The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input type="checkbox"/> Yes (WGR) ² <input checked="" type="checkbox"/> No: Does product contain more than one whole grain or a flour blend?</p> <p style="padding-left: 100px;"><input checked="" type="checkbox"/> Yes (need PFS) ⁴ <input type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” in this document.</p> <p>² The serving must provide the required weight for group B in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “Serving Size for WGR Grains” in this document).</p> <p>³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial grain products with multiple whole grains” and “Documentation for commercial grain products with flour blends” in this document.</p>

Whole Grain-rich Criteria for the CACFP

Product 5: Blueberry muffin (commercial grain product)

Ingredients: **WHOLE-WHEAT FLOUR**, sugar, eggs, water, blueberries, **enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)**, invert sugar, soybean oil, contains 2% or less of: palm oil, canola oil, propylene glycol mono- and diesters of fats and fatty acids, **oat fiber**, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), mono- and diglycerides, **modified food starch**, potassium sorbate (preservative), sodium alginate, salt, soy lecithin, natural and artificial flavor, sodium stearoyl lactylate, **wheat starch**, blackberry juice concentrate, blueberry juice concentrate, malic acid, enzymes.



<p>Part 1: Grain ingredients</p> <p>A. First ingredient (excluding water): Whole-wheat flour</p> <p>B. Second grain ingredient: Enriched flour</p> <p>C. Third grain ingredient: None. Oat fiber is a noncreditable grain, listed after “contains 2% or less of” and is ignored.¹</p>
<p>Part 2: CACFP crediting criteria for groups A-E</p> <p>Creditable: <i>The first ingredient must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable)² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS)³ <input type="checkbox"/> No (not creditable)</p>
<p>Part 3: CACFP WGR criteria (“rule of three”) for groups A-E</p> <p>WGR: <i>The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored)¹</p> <p>3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no third grain ingredient or can be ignored)¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input checked="" type="checkbox"/> Yes (WGR)² <input type="checkbox"/> No: Does product contain more than one whole grain or a flour blend?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS)⁴ <input type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” in this document.</p> <p>² The serving must provide the required weight for group D in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “Serving Size for WGR Grains” in this document).</p> <p>³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial grain products with multiple whole grains” and “Documentation for commercial grain products with flour blends” in this document.</p>

Whole Grain-rich Criteria for the CACFP

Product 6: Italian bread (commercial grain product)

Ingredients: **Semolina flour**, enriched durum wheat flour (durum wheat flour, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), **WHOLE-WHEAT FLOUR**, water, contains 2 percent or less of: sesame seeds, salt, malt syrup, *cultured wheat starch*, distilled vinegar, yeast, citric acid, **malted barley flour**.



Part 1: Grain ingredients

- A. **First ingredient (excluding water):** Semolina flour (noncreditable grain)
- B. **Second grain ingredient:** Enriched durum wheat flour
- C. **Third grain ingredient:** Whole-wheat flour

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (see Part 1A)?

- Yes (creditable) ²
 No: Does product contain more than one creditable grain?

 Yes (need PFS) ³
 No (not creditable)

Part 3: CACFP WGR criteria (“rule of three”) for groups A-E

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 (excluding water) a whole grain (see Part 1A above)?
 Yes No
2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?
 Yes No Not applicable (no second grain ingredient or can be ignored) ¹
3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?
 Yes No Not applicable (no third grain ingredient or can be ignored) ¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
 Yes (WGR) ² No: Does product contain more than one whole grain or a flour blend?

 Yes (need PFS) ⁴ No (not WGR)

¹ See “[Noncreditable grains](#)” in this document.

² The serving must provide the required weight for group B in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “[Serving Size for WGR Grains](#)” in this document).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ See “[Documentation for commercial grain products with multiple whole grains](#)” and “[Documentation for commercial grain products with flour blends](#)” in this document.

Whole Grain-rich Criteria for the CACFP

Product 7: Wheat roll (commercial grain product)

Ingredients: Water, flour blend [WHOLE-WHEAT FLOUR, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], water, brown sugar, corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), yeast, salt, wheat gluten, enzyme.



Part 1: Grain ingredients

- A. **First ingredient (excluding water):** Flour blend (whole-wheat flour and enriched flour)
- B. **Second grain ingredient:** None. The soy flakes (noncreditable grain) are in the dough conditioner and are ignored. ¹
- C. **Third grain ingredient:** None. Wheat gluten is a grain derivative and is ignored. ¹

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (see Part 1A)?

- Yes (creditable) ² No: Does product contain more than one creditable grain?
 Yes (need PFS) ³ No (not creditable)

Part 3: CACFP WGR criteria (“rule of three”) for groups A-E

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 (excluding water) a whole grain (see Part 1A above)?
 Yes No
2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?
 Yes No Not applicable (no second grain ingredient or can be ignored) ¹
3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?
 Yes No Not applicable (no third grain ingredient or can be ignored) ¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
 Yes (WGR) ² No: Does product contain more than one whole grain or a flour blend?
 Yes (need PFS) ⁴ No (not WGR)

¹ See “Noncreditable grains” in this document.

² The serving must provide the required weight for group B in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “Serving Size for WGR Grains” in this document).

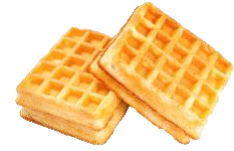
³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ See “Documentation for commercial grain products with multiple whole grains” and “Documentation for commercial grain products with flour blends” in this document.

Whole Grain-rich Criteria for the CACFP

Product 8: Waffles made with whole wheat (commercial grain product)

Ingredients: Water, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), **WHOLE-WHEAT FLOUR**, vegetable oil (soybean, palm, and/or canola oil), egg whites, wheat bran, sugar, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, malt flavoring, whey, soy lecithin.



Part 1: Grain ingredients
<p>A. First ingredient (excluding water): Enriched flour</p> <p>B. Second grain ingredient: Whole-wheat flour</p> <p>C. Third grain ingredient: Wheat bran</p>
Part 2: CACFP crediting criteria for groups A-E
<p>Creditable: <i>The first ingredient must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable) ² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS) ³ <input type="checkbox"/> No (not creditable)</p>
Part 3: CACFP WGR criteria (“rule of three”) for groups A-E
<p>WGR: <i>The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input type="checkbox"/> Yes (WGR) ² <input checked="" type="checkbox"/> No: Does product contain more than one whole grain or a flour blend?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS) ⁴ <input checked="" type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” in this document.</p> <p>² The serving must provide the required weight for group C in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “Serving Size for WGR Grains” in this document).</p> <p>³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial grain products with multiple whole grains” and “Documentation for commercial grain products with flour blends” in this document.</p>

Whole Grain-rich Criteria for the CACFP

Product 9: French toast (commercial grain product)

Ingredients: Bread (**WHOLE-WHEAT FLOUR**, water, **enriched wheat flour [flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]**, sugar, *wheat gluten*, yeast, salt, soybean oil, mono and diglycerides, calcium propionate (preservative), DATEM, calcium sulfate, citric acid, soy lecithin, grain vinegar, potassium iodate), water, batter (**WHOLE-WHEAT FLOUR**, sugar, **enriched bleached wheat flour [enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]**, dextrose, eggs, **yellow corn flour**, corn syrup solids, natural flavor, *modified corn starch*, salt, leavening (sodium aluminum phosphate, sodium bicarbonate), nonfat milk, spice, modified cellulose gum).



Part 1: Grain ingredients

- A. **First ingredient (excluding water):** Whole-wheat flour in the bread
- B. **Second grain ingredient:** Enriched wheat flour in the bread
- C. **Third grain ingredient:** Whole-wheat flour in the batter
(Wheat gluten is a grain derivative and is ignored. ¹)

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (see Part 1A)?

- Yes (creditable) ² No: Does product contain more than one creditable grain?
 Yes (need PFS) ³ No (not creditable)

Part 3: CACFP WGR criteria (“rule of three”) for groups A-E

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 (excluding water) a whole grain (see Part 1A above)?
 Yes No
2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?
 Yes No Not applicable (no second grain ingredient or can be ignored) ¹
3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?
 Yes No Not applicable (no third grain ingredient or can be ignored) ¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
 Yes (WGR) ² No: Does product contain more than one whole grain or a flour blend?
 Yes (need PFS) ⁴ No (not WGR)

¹ See “[Noncreditable grains](#)” in this document.

² The serving must provide the required weight for group E in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “[Serving Size for WGR Grains](#)” in this document).

³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ See “[Documentation for commercial grain products with multiple whole grains](#)” and “[Documentation for commercial grain products with flour blends](#)” in this document.

Whole Grain-rich Criteria for the CACFP

Product 10: Breaded chicken nuggets (commercial combination food)

Ingredients: Boneless, skinless chicken breast with rib meat, water, **WHOLE WHEAT FLOUR**, contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breading set in vegetable oil.



<p>Part 1: Grain ingredients</p> <p>A. First grain ingredient: Whole-wheat flour</p> <p>B. Second grain ingredient: None</p> <p>C. Third grain ingredient: None</p>
<p>Part 2: CACFP crediting criteria for combination foods (not separate grain portion) ³</p> <p>Creditable: <i>The first grain ingredient must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first grain ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable) ² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS) ³ <input type="checkbox"/> No (not creditable)</p>
<p>Part 3: CACFP WGR criteria (“rule of three”) for combination foods (not separate grain portion) ³</p> <p>WGR: <i>The first grain ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first grain ingredient (excluding water) a whole grain (see Part 1A above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input checked="" type="checkbox"/> Yes (WGR) ² <input type="checkbox"/> No: Does product contain more than one whole grain or a flour blend?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS) ⁴ <input type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” in this document.</p> <p>² The serving must provide the required weight for group A in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “Serving Size for WGR Grains” in this document).</p> <p>³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial grain products with multiple whole grains” and “Documentation for commercial grain products with flour blends” in this document.</p>

Whole Grain-rich Criteria for the CACFP

Product 11: Cheese ravioli (commercial combination food)

Ingredients: Filling: Fat-free ricotta cheese (whey, skim milk [made from nonfat dry milk powder], vinegar, xanthan gum, carrageenan), water, egg, low moisture part skim mozzarella cheese (cultured part skim milk, salt, enzymes), whey protein isolate, sodium caseinate, Romano cheese made from cow’s milk (cultured milk, salt, enzymes), bleached wheat flour, garlic salt (salt, dehydrated garlic), salt, corn starch-modified, sugar, dehydrated garlic. Pasta: **WHOLE-WHEAT FLOUR, enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)**, water, egg.



<p>Part 1: Grain ingredients</p> <p>A. First ingredient (excluding water) in the grain portion: Whole-wheat flour</p> <p>B. Second grain ingredient in the grain portion: Enriched durum wheat flour</p> <p>C. Third grain ingredient in the grain portion: None</p>
<p>Part 2: CACFP crediting criteria for combination foods (separate grain portion) ³</p> <p>Creditable: <i>The first ingredient in the grain portion must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first grain ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable) ² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 100px;"><input type="checkbox"/> Yes (need PFS) ³ <input type="checkbox"/> No (not creditable)</p>
<p>Part 3: CACFP WGR criteria (“rule of three”) for combination foods (separate grain portion) ³</p> <p>WGR: <i>The first ingredient in the grain portion must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first grain ingredient (excluding water) in the grain portion a whole grain (see Part 1A above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) in the grain portion a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) in the grain portion a creditable grain (see Part 1C above)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input checked="" type="checkbox"/> Yes (WGR) ² <input type="checkbox"/> No: Does grain portion contain more than one whole grain or a flour blend?</p> <p style="padding-left: 100px;"><input type="checkbox"/> Yes (need PFS) ⁴ <input checked="" type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” in this document.</p> <p>² The serving must provide the required weight or volume for group H in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “Serving Size for WGR Grains” in this document).</p> <p>³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial grain products with multiple whole grains” and “Documentation for commercial grain products with flour blends” in this document.</p>

Whole Grain-rich Criteria for the CACFP

Product 12: Breaded chicken patty (commercial combination food)

Ingredients: Chicken, water, salt and natural flavor. Breaded with: **Wheat flour**, water, **wheat starch**, **WHITE WHOLE-WHEAT FLOUR**, salt, **yellow corn flour**, **corn starch**, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breading set in vegetable oil.



<p>Part 1: Grain ingredients</p> <p>A. First ingredient (excluding water) in the grain portion: Wheat flour (noncreditable grain)</p> <p>B. Second grain ingredient in the grain portion: White whole-wheat flour (Wheat starch is a grain derivative and is ignored. ¹)</p> <p>C. Third grain ingredient in the grain portion: Yellow corn flour (noncreditable grain)</p>
<p>Part 2: CACFP crediting criteria for combination foods (separate grain portion) ³</p> <p>Creditable: <i>The first ingredient in the grain portion must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first grain ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input type="checkbox"/> Yes (creditable) ² <input checked="" type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p><input type="checkbox"/> Yes (need PFS) ³ <input checked="" type="checkbox"/> No (not creditable)</p>
<p>Part 3: CACFP WGR criteria (“rule of three”) for combination foods (separate grain portion) ³</p> <p>WGR: <i>The first ingredient in the grain portion must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first grain ingredient (excluding water) in the grain portion a whole grain (see Part 1A above)?</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) in the grain portion a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) in the grain portion a creditable grain (see Part 1C above)?</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input type="checkbox"/> Yes (WGR) ² <input checked="" type="checkbox"/> No: Does grain portion contain more than one whole grain or a flour blend?</p> <p><input type="checkbox"/> Yes (need PFS) ⁴ <input checked="" type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” in this document.</p> <p>² The serving of breading must provide the required weight for group A in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “Serving Size for WGR Grains” in this document).</p> <p>³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial grain products with multiple whole grains” and “Documentation for commercial grain products with flour blends” in this document.</p>

Whole Grain-rich Criteria for the CACFP

Product 13: Chicken vegetable egg roll (commercial combination food)



Ingredients: Filling: Cabbage, ground chicken, carrots, textured soy protein, celery, water, onion, contains 2% or less of: dried whole egg, sugar, soy sauce, modified food starch, dehydrated onions, sea salt, garlic, spice; Wrapper: **WHITE WHOLE-WHEAT FLOUR**, water, **enriched flour (wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid])**, **enriched durum flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid)**, contains 2% or less of: *wheat gluten*, soybean oil, dried whole egg, salt, rice extract, *cornstarch*; water.

Part 1: Grain ingredients
<p>A. First ingredient (excluding water) in the grain portion: White whole-wheat flour</p> <p>B. Second grain ingredient in the grain portion: Enriched flour</p> <p>C. Third grain ingredient in the grain portion: Enriched durum flour</p>
Part 2: CACFP crediting criteria for combination foods (separate grain portion) ³
<p>Creditable: <i>The first ingredient in the grain portion must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first grain ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable) ² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 100px;"><input type="checkbox"/> Yes (need PFS) ³ <input type="checkbox"/> No (not creditable)</p>
Part 3: CACFP WGR criteria (“rule of three”) for combination foods (separate grain portion) ³
<p>WGR: <i>The first ingredient in the grain portion must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first grain ingredient (excluding water) in the grain portion a whole grain (see Part 1A above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) in the grain portion a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) in the grain portion a creditable grain (see Part 1C above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input checked="" type="checkbox"/> Yes (WGR) ² <input type="checkbox"/> No: Does grain portion contain more than one whole grain or a flour blend?</p> <p style="padding-left: 100px;"><input type="checkbox"/> Yes (need PFS) ⁴ <input type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” in this document.</p> <p>² The serving must provide the required weight for group B in the USDA’s Exhibit A chart or contain the minimum creditable grains (see “Serving Size for WGR Grains” in this document).</p> <p>³ A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial grain products with multiple whole grains” and Documentation for commercial grain products with flour blends” in this document.</p>

Whole Grain-rich Criteria for the CACFP

Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of grain foods that may cause choking include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels. Consider children’s age and developmental readiness when deciding what types of grain foods to offer in CACFP menus. This consideration is also important for children or adult participants with a disability that requires dietary restrictions. For additional guidance, visit the “Choking Prevention” section of the CSDE’s [Food Safety for Child Nutrition Programs](#) webpage.

Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AcceptDocumentationCACFP.pdf>

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

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

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 Servings in the CACFP (*through September 30, 2021*) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainCalculationCACFP.pdf>

Crediting Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCerealsCACFP.pdf>

Crediting Enriched Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditEnrichedCACFP.pdf>

Crediting Whole Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditWholeGrainsCACFP.pdf>

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

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

Grain Crediting Worksheets for CACFP Adult Day Care Centers (Worksheets 1-5)

(“Documents/Forms” section of the CSDE’s Crediting Foods in CACFP Adult Day Care Centers webpage):

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

Whole Grain-rich Criteria for the CACFP

Grain Crediting Worksheets for CACFP Child Care Program (Worksheets 1-5)

(“Documents/Forms” section of the CSDE’s Crediting Foods in CACFP Child Care Programs webpage):

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

Grain Ounce Equivalents for the CACFP (*effective October 1, 2021*) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainOzEqCACFP.pdf>

Grain Servings for the CACFP (*through September 30, 2021*) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainsCACFP.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 in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/IdentifyCreditableGrainsCACFP.pdf>

How to Spot Whole Grain-Rich Foods for the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/how-spot-whole-grain-rich-foods-cacfp>

Identifying Whole Grain-rich Foods for the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/identifying-whole-grain-rich-foods-cacfp>

Is My Recipe Whole Grain-Rich in the CACFP? – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/my-recipe-whole-grain-rich-cacfp>

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

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

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

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

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (*through September 30, 2021*) (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Grains_Breads_Servings.pdf

Whole Grain-rich Criteria for the CACFP

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (*through September 30, 2021*) – Completed Sample (USDA):

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

Resources for the CACFP Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/ResourcesCACFPMealPattern.pdf>

USDA Memo CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers

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

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

Using Child Nutrition (CN) Labels in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CNLabelCACFP.pdf>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFScafcp.pdf>

Whole Grain-rich Criteria for 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](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

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

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

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