



Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

Module 7A: Grains Component Crediting Requirements

Knowledge Check: Grain-based Desserts

Instructions: Indicate if each grain food below is a grain-based dessert.

Food	Grain-based dessert?
Animal crackers	<input type="checkbox"/> Yes <input type="checkbox"/> No
Brownies made with pureed black beans	<input type="checkbox"/> Yes <input type="checkbox"/> No
Coffee cake	<input type="checkbox"/> Yes <input type="checkbox"/> No
Cereal bars or granola bars	<input type="checkbox"/> Yes <input type="checkbox"/> No
Cookies	<input type="checkbox"/> Yes <input type="checkbox"/> No
Doughnuts	<input type="checkbox"/> Yes <input type="checkbox"/> No
Fruit cobblers, crisps, and pies	<input type="checkbox"/> Yes <input type="checkbox"/> No
Graham crackers	<input type="checkbox"/> Yes <input type="checkbox"/> No
Muffins, e.g., corn, blueberry, and cinnamon	<input type="checkbox"/> Yes <input type="checkbox"/> No
Pastries, e.g., sweet rolls, cinnamon buns, Danish, sweet buns, and eclairs	<input type="checkbox"/> Yes <input type="checkbox"/> No
Rice pudding	<input type="checkbox"/> Yes <input type="checkbox"/> No
Cinnamon sugar pita chips	<input type="checkbox"/> Yes <input type="checkbox"/> No
Vanilla wafers	<input type="checkbox"/> Yes <input type="checkbox"/> No

Grain-based desserts do **not** credit as the grains component in the [CACFP meal patterns for children](#). For additional guidance, refer to the resources below.

- Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA):
<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>
- 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>

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Bite Size is the Connecticut State Department of Education's (CSDE) training program for CACFP child care facilities, including child care and Head Start centers, at risk afterschool care centers, emergency shelters, and family day care homes. Bite Size is a series of recorded training modules that provide information on the meal pattern components and crediting requirements of the CACFP meal patterns for children. Each module provides key information in 45 minutes or less. To access the Bite Size training modules and resources, visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) webpage.

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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

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