



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

Module 7A: Grains Component Crediting Requirements

Answer Key for 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 checked="" type="checkbox"/> No * |
| Brownies made with pureed black beans | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Coffee cake | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Cereal bars or granola bars | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Cookies | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Doughnuts | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Fruit cobblers, crisps, and pies | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Graham crackers | <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No * |
| Muffins, e.g., corn, blueberry, and cinnamon | <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No |
| Pastries, e.g., sweet rolls, cinnamon buns, Danish, sweet buns, and eclairs | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Rice pudding | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Cinnamon sugar pita chips | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Vanilla wafers | <input checked="" 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, review 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
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