# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

This guidance applies to reimbursable 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 information on the CACFP meal patterns for participants and the CACFP adult meal patterns, visit the Connecticut State Department of Education's (CSDE) Meal Patterns for the Child and Adult Care Food Program webpage. For information on the crediting requirements, visit the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage and Crediting Documentation for the Child Nutrition Programs webpage.

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# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

## Meeting the Meal Component Requirements

CACFP facilities must be able to verify the meal pattern contribution of all foods and beverages served in reimbursable meals and snacks. This document summarizes the crediting requirements and methods for the five meal components of the CACFP meal patterns, including the updates required by the USDA final rule, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans* (89 FR 31962).

Chart 1 provides an overview of the crediting requirements for each meal component, including milk, meats/meat alternates (MMA), vegetables, fruits, and grains. Charts 2 through 6 summarize the specific crediting considerations for each meal component.

## Required Crediting Documentation

CACFP facilities must use appropriate crediting methods and maintain the applicable documentation for commercial products and foods made from scratch. Menu planners should follow the guidance below to ensure that CACFP menus comply with the meal pattern crediting requirements.

- **Use the Food Buying Guide for Child Nutrition Programs (FBG):** The USDA's FBG determines food yields and crediting information, and indicates the specific contribution of foods toward the meal pattern requirements. The FBG indicates how many servings a specific quantity of food will provide, what quantity of raw product will provide the amount of ready-to-cook food in a recipe, and how much food to buy to provide a specific meal pattern contribution.

- **Obtain a Child Nutrition (CN) label or product formulation statement (PFS) for all commercial processed products:** CACFP facilities must have a CN label or PFS to document the meal pattern contribution of all commercial processed foods that are not listed in the FBG. Commercial processed foods without this documentation do not credit. Some examples of commercial processed foods include combination foods (e.g., pizza, breaded chicken nuggets, cheese ravioli, and hummus); foods with added liquids, binders, and extenders, e.g., deli meats, hotdogs, and sausages; dried meat, poultry, and seafood products, e.g., jerky and summer sausages; foods that contain alternate protein products (APPs), e.g., soy flour, soy concentrate, soy isolate, whey protein concentrate, whey protein isolates, and casein; fruits and vegetables with added ingredients, e.g., breaded onion rings, hash brown patties, coleslaw, and dried soup mix; and whole grain-rich (WGR) or enriched grain products that contain noncreditable grains, e.g., oat fiber, corn fiber, wheat starch, corn starch, and modified food starch (including potato, legume, and other vegetable flours).

  For more information on crediting documentation for commercial processed products, refer to the CSDE's resources, *Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program*,

*Using Product Formulation Statements in the Child and Adult Care Food Program*, and *Accepting Processed Product Documentation in the Child and Adult Care Food Program*, and USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: *Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements*. Additional resources are available on the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

For guidance on how to review a PFS, visit the USDA's Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement webpage. Training on the requirements for CN labels and PFS forms is available Bite Size Module 8: Child Nutrition (CN) Labels and Bite Size Module 9: Product Formulation Statements of the CSDE's training program, *Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns.*

- **Maintain standardized recipes for foods made from scratch:** CACFP facilities must have recipes that document the crediting information for all foods made from scratch. The USDA recommends using standardized recipes because they ensure accurate meal component contributions and document that menus meet the meal pattern requirements. The USDA defines a standardized recipe as one that has been tried, adapted, and retried at least three times and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients.

  Determine the recipe's meal pattern contribution per serving by: 1) using the FBG to determine the weight or volume of each creditable ingredient in the recipe; and 2) dividing the weight or volume of each creditable ingredient by the number of servings.

  The FBG's Recipe Analysis Workbook (RAW) allows menu planners to search for creditable ingredients and calculate the recipe's meal pattern contribution. For information on standardized recipes, refer to the CSDE's *Guide to Menu Documentation for the Child and Adult Care Food Program* and the Institute of Child Nutrition's *Recipe Standardization Guide for the Child and Adult Care Food Program* and visit the "Standardized Recipes" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage. Training on standardized recipes is available in Bite Size Module 6: Menus, Production Records, and Standardized Recipes of the CSDE's training program, *Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns.*

When determining the meal pattern contribution of a creditable food or beverage, CACFP facilities must round down all crediting amounts for commercial products and standardized recipes to the nearest minimum creditable amount. Chart 1 provides an overview of the crediting requirements for each meal component, including the meal pattern serving, the minimum creditable amount, crediting methods, and required crediting documentation.

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## Storing crediting documentation

CACFP facilities must maintain all CN labels, PFS forms, recipes, and other crediting documentation on file in accordance with the records retention requirements for the CACFP. This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the CACFP. For more information, refer to the CSDE's resource, *Records Retention Requirements for the Child and Adult Care Food Program*.

## Chart 1 – Overview of Meal Component Crediting Requirements

| Criteria | Milk | MMA | Grains | Vegetables | Fruits |
|---|---|---|---|---|---|
| **Meal pattern serving** | Volume: cups | Ounce equivalents (oz eq)<br>**Weight (ounces)** for most foods, e.g., lean meats, fish, and poultry, cheese, nuts and seeds, tempeh, surimi, and APPs<br>**Volume (cups)** for some foods, e.g., beans, peas, and lentils and nut/seed butters<br>**Either weight or volume** for some foods, e.g., yogurt and tofu | Oz eq<br>Weight for groups A-G<br>Volume for groups H-I | Volume: cups | Volume: cups |
| **Minimum creditable amount** | Full serving<br>Milk in smoothies: ¼ cup | ¼ oz eq | ¼ oz eq | ⅛ cup | ⅛ cup |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Criteria | Milk | MMA | Grains | Vegetables | Fruits |
|---|---|---|---|---|---|
| **Crediting methods:** Round down all crediting amounts for products and recipes to the nearest minimum creditable amount | Credit based on allowable types of milk (refer to chart 2). | **MMA without added ingredients:** Credit based on cooked weight, e.g., 1 ounce of cooked lean meat credits as 1 oz eq of MMA. Use the FBG to determine the cooked yields or edible portions.<br><br>**Processed MMA with added ingredients:** Credit based on CN label, PFS, or FBG. **Note:** The manufacturer's serving weight does not indicate the MMA contribution because processed foods contain non-MMA ingredients in addition to their MMA component. | **Method 1:** Use the weight (groups A-G) or volume (groups H-I) in the USDA's Exhibit A chart (refer to the CSDE's resource, Grain Ounce Equivalents Chart for the Child and Adult Care Food Program.<br><br>**Method 2:** Determine the weight (grams) of the creditable grains per serving (refer to the CSDE's resource, Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program): 1 oz eq = 16 grams of creditable grains (groups A-G) or 28 grams of creditable grains (group H). | Credit based on volume (cups) using the yields in the FBG.<br><br>Credit raw leafy greens as half the volume served. | Credit based on volume (cups) using the yields in the FBG.<br><br>Credit dried fruit credits as twice the volume served. |

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| Criteria | Milk | MMA | Grains | Vegetables | Fruits |
|---|---|---|---|---|---|
| **Documentation for processed commercial products** | Not applicable, except for milk in smoothies. | Must have CN label or PFS. For USDA Foods, use USDA Foods in Schools Product Information Sheets.<br>CSDE webpage: Crediting Documentation for the Child Nutrition Programs | Same | Same | Same |
| **Documentation for foods made from scratch** | Not applicable, except for milk in smoothies. | Must have a recipe (preferably a standardized recipe).<br>CSDE webpage: Crediting Documentation for the Child Nutrition Programs | Same | Same | Same |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

## Milk Component

The milk component requires fluid milk as a beverage. Milk must be pasteurized, meet all state and local requirements, and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA). Milk must also meet the fat content and flavor restrictions for each meal pattern.

For information on the crediting requirements for the milk component, refer to the CSDE's Guide to Meeting the Crediting Requirements for the Child and Adult Care Food Program and visit the "Milk" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Training on the milk component for the CACFP meal patterns is available in Bite Size Module 10: Milk Component of the CSDE's training program, *Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns.*

### Chart 2 – Crediting Foods in the Milk Component

| Milk | Crediting Requirements and Resources |
|---|---|
| **Fluid milk requirements** | The milk component requires fluid milk as a beverage. Milk does not credit when cooked or baked in foods, such as cereals, puddings, cream sauces, and other foods.<br><br>Milk must be pasteurized, meet all state and local requirements, and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA).<br><br>**Applies only to child care centers in public schools:** In addition to the USDA requirements, milk must also meet the state beverage requirements of Section 10-221q of the Connecticut General Statutes (C.G.S). The state beverage statute requires that milk cannot exceed 4 grams of sugars per fluid ounce and cannot contain artificial sweeteners.<br><br>**Resources**<br><br>Allowable Beverages for Connecticut Public Schools (CSDE)<br>*Applies only to child care centers in public schools*<br><br>Milk Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Milk | Crediting Requirements and Resources |
|---|---|
| **Allowable types of milk** | The allowable types of fluid milk for each meal pattern are indicated below. In addition to regular milk, allowable milk also includes the following types of fluid milk that meet the required fat content and flavored milk restrictions for each meal pattern: lactose-free/reduced milk, acidified milk (e.g., acidified kefir milk and acidified acidophilus milk), cultured milk (e.g., cultured buttermilk, cultured kefir milk, and cultured acidophilus milk), and Ultra High Temperature (UHT) milk. CACFP menus must document the type of milk served to each age group.<br><br>**Age 1:** Whole milk, unflavored<br><br>**Ages 2-5:** Effective June 8, 2026, the USDA final rule, *Expanding Fluid Milk Options in Child Nutrition Programs*, revises the CACFP meal patterns for ages 2-5 to allow unflavored whole and reduced-fat (2%) milk in addition to the previously allowed unflavored low-fat (1%) and fat-free milk. Flavored milk is not allowed.<br><br>**Ages 6 and older and adult participants:** Effective June 8, 2026, the USDA final rule, *Expanding Fluid Milk Options in Child Nutrition Programs*, revises the CACFP meal patterns for ages 6 and older and adult participants to allow unflavored and flavored whole and reduced-fat milk in addition to the previously allowed unflavored and flavored low-fat and fat-free milk. The USDA's CACFP best practices recommend serving only unflavored milk.<br><br>**Resources**<br><br>CACFP Best Practices (USDA webpage)<br><br>Milk Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage)<br><br>Offering Lactose-Free and Lactose-Reduced Milk in the Child and Adult Care Food Program (CSDE)<br><br>Serving Milk in the CACFP (USDA webpage)<br><br>USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs<br><br>USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Milk | Crediting Requirements and Resources |
|---|---|
| **Whole milk** | Unflavored whole milk is required for age 1. Effective June 8, 2026, whole milk is an allowable option (not required) for children ages 6 and older and adult participants (refer to "Allowable types of milk" in this chart). Whole milk must be unflavored for ages 2-5. Whole milk may be unflavored or flavored for ages 6 and older and adult participants. The USDA's CACFP best practices recommend serving only unflavored milk.<br>**Resources**<br>CACFP Best Practices (USDA webpage)<br>USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs |
| **Reduced-fat (2%) milk** | Effective June 8, 2026, reduced-fat (2%) milk is an allowable option (not required) for children ages 2 and older and adult participants (refer to "Allowable types of milk" in this chart). Reduced-fat milk must be unflavored for ages 2-5. Reduced-fat milk may be unflavored or flavored for ages 6 and older and adult participants. The USDA's CACFP best practices recommend serving only unflavored milk.<br>**Resources**<br>CACFP Best Practices (USDA webpage)<br>USDA Final Rule: Expanding Fluid Milk Options in Child Nutrition Programs |

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| Milk | Crediting Requirements and Resources |
|---|---|
| **Substituting yogurt for milk (adult day care centers only)** | For adult day care centers only, yogurt that meets the limit for added sugars may be served in place of milk **once** per day when it is not served as the MMA component in the same meal or snack (refer to "Yogurt and soy yogurt" in chart 2)<br><br>Six ounces (weight) or ¾ cup (volume) of yogurt credits as 8 fluid ounces of milk. Yogurt cannot credit as both the milk component and the MMA component at the same meal.<br><br>The USDA's CACFP best practices recommend serving water as a beverage when serving yogurt in place of milk for adults.<br><br>**Resources**<br><br>CACFP Best Practices (USDA webpage)<br><br>Crediting Yogurt in the Child and Adult Care Food Program (CSDE)<br><br>USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program |
| **Iron-fortified infant formula for ages 12-13 months** | Meals and snacks that contain an allowable iron-fortified infant formula are reimbursable for a one-month transition period, when participants ages 12 to 13 months are weaning from infant formula to whole cow's milk. Iron-fortified infant formula does not meet the fluid milk requirement of the CACFP meal patterns for any other age group.<br><br>**Resources**<br><br>Breast Milk or Formula Provided by Parent or Guardian (CSDE's Feeding Infants in CACFP Child Care Programs webpage)<br><br>Feeding Infants in the Child and Adult Care Food Program (USDA)<br><br>Infant Formula (CSDE's Feeding Infants in CACFP Child Care Programs webpage)<br><br>USDA Memo 01-2023: Creditability of Infant Formulas Imported Through the Food and Drug Administration's 2022 Infant Enforcement Discretion Policy in the Child and Adult Care Food Program<br><br>USDA Memo CACFP 02-2018: Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program: Questions and Answers |

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| Milk | Crediting Requirements and Resources |
|---|---|
| **Breastmilk** | Breastmilk is allowed as the milk component in the CACFP meal patterns for children of any age. Meals and snacks are reimbursable when a parent provides expressed breastmilk, or a mother breastfeeds her child on site.<br>**Resources**<br>Breast Milk or Formula Provided by Parent or Guardian (CSDE's Feeding Infants in CACFP Child Care Programs webpage)<br>Feeding Infants in the Child and Adult Care Food Program (USDA)<br>USDA Memo CACFP 02-2018: Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program: Questions and Answers |
| **Milk in fruit/vegetable smoothies** | The minimum creditable amount of milk in a smoothie is ¼ cup. If a smoothie contains less than the full serving of milk, the meal must include additional milk to provide the full serving. **Note:** This crediting applies only to milk in smoothies. The minimum creditable amount of the milk component is the full serving.<br>**Resources**<br>Crediting Smoothies in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Milk | Crediting Requirements and Resources |
|---|---|
| **Milk substitutes for non-disability reasons** | The USDA allows two types of milk substitutions for participants without a disability: 1) nondairy milk substitutes that meet the USDA's nutrition standards for fluid milk substitutes; and 2) lactose-free or lactose-reduced milk that meets the required fat content and flavor restrictions for each meal pattern (refer to "Allowable types of milk" in this section).<br><br>**Applies only to child care centers in public schools:** In addition to the USDA nutrition standards for fluid milk substitutes, nondairy milk substitutes in public schools must also meet the state beverage requirements of C.G.S. Section 10-221q. The state beverage statute requires that nondairy milk substitutes cannot contain artificial sweeteners and cannot exceed 4 grams of sugars per fluid ounce, 35 percent of calories from fat, and 10 percent of calories from saturated fat.<br><br>Juice, water, and other beverages cannot substitute for milk in meals or snacks for non-disability reasons.<br><br>**Resources**<br><br>Allowable Beverages for Connecticut Public Schools (CSDE)<br>*Applies only to public schools*<br><br>Allowable Fluid Milk Substitutes for Non-Disability Reasons in the Child and Adult Care Food Program (CSDE)<br><br>Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the Child and Adult Care Food Program (CSDE)<br><br>Milk Substitutes (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Milk | Crediting Requirements and Resources |
|---|---|
| **Noncreditable foods** | The examples below are foods that cannot credit as the milk component.<br>• **Age 1:** Unflavored or flavored reduced-fat (2%) milk, low-fat (1%) milk, and fat-free milk<br>• **Ages 2-5:** Flavored milk<br>• Nondairy milk substitutes that do not meet the USDA's nutrition standards for fluid milk substitutes, e.g., rice milk, almond milk, and cashew milk (refer to "Milk substitutes for non-disability reasons" in this section)<br>• Milk reconstituted from dry milk powder (section 7 CFR 226.20(e)(2) of the CACFP regulations allows reconstituted milk only with approval from the state agency when there is a continuing emergency that prevents fluid milk from being available)<br>• Milk that is cooked or baked in prepared foods, such as cereals, puddings, and cream sauces<br>• Reconstituted milk powder<br>• Nutrition supplement beverages<br>• Powdered milk beverage<br>• *Applies only to child care centers in public schools:* Milk and nondairy milk substitutes that do not meet the state beverage requirements of Connecticut General Statute Section 10-221q (refer to "Fluid milk requirements" in this section)<br>**Resources**<br>Noncreditable Foods in the Child and Adult Care Food Program (CSDE) |

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## Meats/Meat Alternates (MMA) Component

The MMA component includes fresh and frozen meats (e.g., lean beef, pork, poultry, fish, and shellfish), processed meats (e.g., chicken nuggets, deli meats, and fish sticks), canned meats (e.g., chicken, tuna, and salmon), and meat alternates such as eggs, cheese, yogurt, nuts and seeds and their butters, beans, peas, and lentils, tofu, and tempeh.

For information on the crediting requirements for the MMA component, refer to the CSDE's *Guide to Meeting the Crediting Requirements for the Child and Adult Care Food Program* and visit the "Meats and Meat Alternates" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Training on the MMA component for the CACFP meal patterns is available in Bite Size Module 11: Meats/Meat Alternates Component of the CSDE's training program, *Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns.*

> The manufacturer's serving weight is not the same as the MMA contribution. A 1-ounce serving does not credit as 1 oz eq of MMA, because processed foods (such as combination foods, deli meats, hot dogs, and sausages) contain non-MMA ingredients in addition to their MMA component. CACFP facilities must obtain a CN label or PFS for all commercial processed products that are not listed in the FBG (refer to "Required Crediting Documentation" in this document).

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## Chart 3 – Crediting Foods in the MMA Component

| MMA | 1 oz eq of MMA = | Crediting Requirements and Resources |
|---|---|---|
| **Alternate protein products (APPs)**, e.g., veggie burgers, meatless chicken nuggets, and soy hotdogs | 1 ounce of APP: Must have a CN label or PFS from the manufacturer with supporting documentation on company letterhead that the APP ingredient meets the USDA's requirements (refer to "Required Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this chart). | **Resources**<br>Alternate Protein Products (USDA webpage)<br>Requirements for Alternate Protein Products in the Child and Adult Care Food Program (CSDE) |

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| MMA | 1 oz eq of MMA = | Crediting Requirements and Resources |
|---|---|---|
| **Beans, peas, and lentils**, e.g., kidney beans, black beans, and chickpeas | ¼ cup of cooked beans, peas, and lentils<br><br>1 ounce of roasted beans, peas, and lentils, e.g., roasted chickpeas and roasted soybeans (soy nuts) | The liquid served with beans, peas, and lentils does not credit, such as the sauce in baked beans. For example, to credit as 1 oz eq of the MMA component, a serving of baked beans must contain ¼ cup of beans, excluding the sauce.<br><br>Beans, peas, and lentils may credit as either the MMA component or vegetables component but one serving cannot credit as both components in the same meal or snack. Refer to "Beans, peas, and lentils" in chart 4 for information on crediting beans, peas, and lentils as vegetables.<br><br>Roasted or dried beans, peas, and lentils (such as roasted soybeans or roasted chickpeas) credit the same as nuts and seeds. A 1-ounce serving of roasted or dried beans, peas, or lentils credits as 1 oz eq of the MMA component.<br><br>**Resources**<br><br>Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program (CSDE) |
| **Cheeses**, e.g., cheddar, mozzarella, provolone, American, and cottage cheese | 1 ounce of natural cheese and pasteurized process cheese, e.g., American<br><br>¼ cup of cottage or ricotta cheese<br><br>2 ounces of cheese substitute, cheese food substitute, and cheese spread substitute | Cream cheese does not credit.<br><br>Foods that contain cheese (such as pizza and macaroni and cheese) require a CN label or PFS for commercial products and a recipe (preferably a standardized recipe) for foods made from scratch (refer to "Required Crediting Documentation" on page 2). |

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| MMA | 1 oz eq of MMA = | Crediting Requirements and Resources |
|---|---|---|
| **Commercial combination foods**, e.g., pizza and chicken nuggets | Varies by commercial product: Must have a CN label or PFS to document the oz eq of MMA per serving (refer to "Required Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this chart). | **Resources**<br>Accepting Processed Product Documentation in the Child and Adult Care Food Program (CSDE)<br>Crediting Commercial Meat/Meat Alternate Products in the Child and Adult Care Food Program (CSDE)<br>Crediting Documentation for the Child Nutrition Programs (CSDE webpage) |
| **Commercial meat, poultry, or fish products with added ingredients**, e.g., hotdogs, deli meats, and sausages | Varies by commercial product: Must have a CN label or PFS to document the oz eq of MMA per serving (refer to "Required Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this chart). | Regular bacon does not credit. Some brands of turkey bacon might credit with the appropriate documentation from a CN label or PFS.<br>**Resources**<br>Accepting Processed Product Documentation in the Child and Adult Care Food Program (CSDE)<br>Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA webpage)<br>Crediting Deli Meats in the Child and Adult Care Food Program (CSDE)<br>Crediting Documentation for the Child Nutrition Programs (CSDE webpage)<br>Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program (CSDE)<br>Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| MMA | 1 oz eq of MMA = | Crediting Requirements and Resources |
|---|---|---|
| **Cooked lean meat, poultry, or fish**, i.e., without bone, skin, or added ingredients | 1 ounce: Refer to the FBG for cooked yields of meat, poultry, and fish. | The USDA defines lean meat and poultry as meat and poultry that contains less than 10 grams of fat, no more than 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per 100 grams and per labeled serving size, based on the USDA's definitions for food label use. Examples include 95 percent lean cooked ground beef, beef top round steak or roast, beef tenderloin, pork top loin chop or roast, pork tenderloin, ham or turkey deli slices, skinless chicken breast, and skinless turkey breast. |
| **Deli meats**, e.g., turkey, ham, roast beef, salami, and bologna | Varies by commercial product: Must have a CN label or PFS to document the oz eq of MMA per serving (refer to "Required Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this chart). | Many deli meats contain added binders, extenders, and liquids, and do not credit based on serving weight. Some deli meats require several ounces to credit as 1 oz eq of MMA.<br>The USDA's CACFP best practices recommend limiting processed meats to no more than one serving per week.<br>**Resources**<br>Accepting Processed Product Documentation in the Child and Adult Care Food Program (CSDE)<br>CACFP Best Practices (USDA webpage)<br>Crediting Deli Meats in the Child and Adult Care Food Program (CSDE)<br>USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program |

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| MMA | 1 oz eq of MMA = | Crediting Requirements and Resources |
|---|---|---|
| **Dried meat, poultry, and seafood products**, e.g., jerky and summer sausage | Varies by commercial product: Must have a CN label or PFS to document the oz eq of MMA per serving (refer to "Required Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this chart). | Must evaluate the PFS to ensure the product meets the following USDA crediting principles: 1) The creditable meat ingredient must match, or have a similar description to, the ingredient listed on the product's label; 2) the creditable meat ingredient must have a similar description to a food item in the FBG; and 3) the creditable amount cannot exceed the finished weight of the product. For example, a 1-ounce serving of beef jerky cannot credit for more than 1 oz eq of MMA.<br><br>Ground pork and beef ingredients must include the percent fat because the fat content has a direct correlation to the cooking yield. To credit in the Child Nutrition Programs, the fat content of ground beef or ground pork in dried meat products cannot exceed 30 percent.<br><br>**Resources**<br><br>Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products (USDA webinar)<br><br>USDA Memo SP 21-2019, CACFP 08-2019, and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs |
| **Eggs** | ½ large | Only whole eggs credit. Liquid egg substitutes are not whole eggs and do not credit. Egg whites served alone do not credit.<br><br>Foods that contain eggs (such as quiche or frittata) require a CN label or PFS for commercial products and a recipe (preferably a standardized recipe) for foods made from scratch (refer to "Required Crediting Documentation" on page 2). |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| MMA | 1 oz eq of MMA = | Crediting Requirements and Resources |
|---|---|---|
| **Foods made from scratch**, e.g., pizza and macaroni and cheese | Varies by food: Must have a recipe (preferably a standardized recipe) to document the oz eq of MMA per serving. | **Resources**<br>Recipe Standardization Guide for the CACFP (Institute of Child Nutrition)<br>Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Programs webpage) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| MMA | 1 oz eq of MMA = | Crediting Requirements and Resources |
|---|---|---|
| **Hummus or bean dip made with beans, peas, and lentils) and tahini (or other nut/seed butters)** | Varies by commercial product and recipe. The serving must contain at least ¼ oz eq of MMA combined from the beans, peas, and lentils and tahini (sesame paste) or other nut/seed butters.<br><br>Commercial products require a CN label or PFS to document the oz eq of MMA per serving (refer to "Required Crediting Documentation" on page 1 and "Commercial meat, poultry, or fish products with added ingredients" in this chart).<br><br>Hummus and bean dips made from scratch must have a recipe (preferably a standardized recipe) to document the oz eq of MMA per serving (refer to "Required Crediting Documentation" on page 2). | Bean dip is a spread made from ground pulses (beans, peas, and/or lentils) with one or more of the following optional ingredients: ground nut/seed butter (such as tahini [ground sesame] or peanut butter; vegetable oil (such as olive oil, canola oil, soybean oil); seasoning (such as salt, citric acid); vegetables and juice for flavor (such as olives, roasted peppers, garlic, lemon juice); and for manufactured bean dip, ingredients necessary as preservatives and/or to maintain freshness.<br><br>• A ¼-cup serving of beans, peas, or lentils credits as 1 oz eq of MMA. The minimum creditable amount is 1 tablespoon (¼ oz eq).<br><br>• Two tablespoons of tahini or other nut/seed butters credit as 1 oz eq of MMA. The minimum creditable amount is ½ tablespoon (¼ ounce).<br><br>• The beans, peas, or lentils in hummus or bean dips may credit as either the MMA component or vegetables component but one serving cannot credit as both components in the same meal or snack. Refer to "Hummus or bean dip made with beans, peas, or lentils and tahini (or other nut/seed butters)" in chart 4 for information on crediting hummus as the vegetables component.<br><br>**Resources**<br><br>Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| MMA | 1 oz eq of MMA = | Crediting Requirements and Resources |
|---|---|---|
| **Nut/seed butters**, e.g., peanut butter, almond butter, sunflower seed butter, and soy nut butter | 2 tablespoons<br>The meal patterns require volume (tablespoons) not weight (ounces). Measuring 1 ounce by weight does not provide 1 oz eq of MMA. The FBG indicates that 1.1 ounces of nut/seed butter credits as 1 oz eq of MMA. | Consider if the serving size is appropriate for each age or grade group. It may be unreasonable to provide the full serving of a nut or seed butter in one menu item. For example, a peanut butter sandwich must contain 4 tablespoons of peanut butter to credit as 2 oz eq of MMA at lunch and supper for children ages 6 and older and adult participants in adult day care centers. The CSDE recommends providing a smaller portion of peanut butter and supplementing it with another MMA to provide the full serving.<br>Reduced-fat peanut butter must meet the Food and Drug Administration's (FDA) standard of identity for peanut butter (21 CFR 164.150), which requires that products contain at least 90 percent peanuts.<br>**Resources**<br>Crediting Nuts and Seeds in the Child and Adult Care Food Program (CSDE) |
| **Nuts/seeds**, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, pumpkin seeds, soy nuts, and sunflower seeds | 1 ounce | Acorns, chestnuts, and coconuts do not credit.<br>**Resources**<br>Crediting Nuts and Seeds in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| MMA | 1 oz eq of MMA = | Crediting Requirements and Resources |
|---|---|---|
| **Pasta products made of 100 percent bean, pea, and lentil flour**, e.g., chickpea flour pasta and lentil flour pasta | ¼ cup of cooked 100 percent bean, pea, and lentil flour pasta | CACFP menus must offer an additional MMA with bean, pea, and lentil flour pasta. Examples include tofu, cheese, or meat.<br><br>Pasta made of 100 percent beans, peas, or lentils may credit as either the MMA component or vegetables component but one serving cannot credit as both components in the same meal or snack. Refer to "Pasta products made of 100 percent vegetable flours" in chart 4 for information on crediting beans, peas, and lentils as vegetables.<br><br>USDA Memo SP 26-2019, CACFP 13-2019, and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs |
| **Surimi** | 3 ounces | A PFS is required to credit a surimi product differently (refer to "Commercial meat, poultry, or fish products with added ingredients" in this section). |
| **Tempeh** | 1 ounce | A PFS is required if the product's ingredients contain anything other than soybeans (or other legumes), water, tempeh culture, vinegar, seasonings, and herbs (refer to "Commercial meat, poultry, or fish products with added ingredients" in this section).<br><br>**Resources**<br><br>USDA Memo SP 25-2019, CACFP 12-2019, and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs<br><br>Additional Meat/Meat Alternate Options for CNPs: Crediting Tempeh and Surimi (USDA webinar) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| MMA | 1 oz eq of MMA = | Crediting Requirements and Resources |
|---|---|---|
| **Tofu (commercial)** | 1 ounce | Products must meet three crediting criteria: 1) Must be commercially prepared; 2) must be easily recognized as meat substitutes, such as tofu burgers and tofu sausages; and 3) must contain 5 grams of protein in 2.2 ounces.<br>**Resources**<br>Crediting Tofu and Tofu Products in the Child and Adult Care Food Program (CSDE)<br>Grab and Go Lesson: Defining Tofu and How It Credits in the CACFP (Institute of Child Nutrition)<br>USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meals Programs, Child and Adult Care Food Program, and Summer Food Service Program |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| MMA | 1 oz eq of MMA = | Crediting Requirements and Resources |
|---|---|---|
| **Yogurt and soy yogurt**, plain or flavored; sweetened or unsweetened; and with or without added fruit, either blended or on the bottom or top | ½ cup or 4 ounces weight | Cannot exceed 12 grams of added sugars per 6 ounces (no more than 2 grams of added sugars per ounce).<br><br>Yogurt and soy yogurt mixed in smoothies credits as the MMA component if it meets the limit for added sugars. Crediting requires a recipe (preferably a standardized recipe) for foods made from scratch and a PFS or CN label for commercial products.<br><br>Fruits in commercially prepared yogurt (either blended or on the bottom or top) do not credit toward the fruits component. Menu planners may credit fruits offered as a separate meal component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait (refer to "Fresh fruits" in chart 5).<br><br>Noncreditable yogurt products include homemade yogurt and commercial yogurt products like drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered fruits and nuts, and yogurt-flavored products.<br><br>**Resources**<br><br>Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program (USDA)<br><br>Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program (USDA)<br><br>Crediting Smoothies in the Child and Adult Care Food Program (CSDE)<br><br>Crediting Yogurt in the Child and Adult Care Food Program (CSDE)<br><br>USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meals Programs, Child and Adult Care Food Program, and Summer Food Service Program<br><br>Worksheet for Crediting Yogurt in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| MMA | 1 oz eq of MMA = | Crediting Requirements and Resources |
|---|---|---|
| **Noncreditable foods** | Not applicable. | The examples below are foods that cannot credit as the MMA component.<br>• Bacon<br>• Commercial canned soups (e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice)<br>• Cream cheese<br>• Drinkable yogurt<br>• Egg whites<br>• Frozen yogurt<br>• Imitation cheese<br>• Products made with tofu that are not easily recognized as meat substitutes or that contain less than 5 grams of protein in 2.2 ounces<br>• Salt pork<br>• Scrapple<br>• Sour cream<br>• Yogurt that exceeds 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce)<br>• Yogurt products, e.g., drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered breakfast bars, and yogurt-covered fruits and nuts<br>**Resources**<br>Noncreditable Foods in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

## Vegetables Component

The vegetables component includes fresh, frozen, and canned vegetables; rehydrated dried vegetables; and pasteurized 100 percent full-strength vegetable juices. Juice credits as either the vegetables component or fruits component at only one meal or snack per day. For information on the crediting requirements for the vegetables component, refer to the CSDE's *Guide to Meeting the Crediting Requirements for the CSDE's Guide to Meeting the Crediting Requirements for the Child and Adult Care Food Program* and visit the "Vegetables" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Training on the vegetables component for the CACFP meal patterns is available in Bite Size Module 12: Vegetables Component of the CSDE's training program, *Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns.*

### Chart 4 – Crediting Foods in the Vegetables Component

| Vegetables | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Beans, peas, and lentils**, e.g., kidney beans, black beans, and chickpeas | Served volume, e.g., ½ cup = ½ cup of the vegetables component (includes cooked beans, peas, and lentils and roasted beans, peas, and lentils, e.g., roasted chickpeas and soy nuts) | Refer to the FBG for yields.<br><br>The liquid served with beans, peas, and lentils does not credit, such as the sauce in baked beans. For example, to credit as ½ cup of the vegetables component, a serving of canned baked beans must contain ½ cup of beans, excluding the sauce.<br><br>Beans, peas, and lentils may credit as either the vegetables component or MMA component but one serving cannot credit as both components in the same meal or snack. Refer to "Beans, peas, and lentils" in chart 3 for information on crediting beans, peas, and lentils as MMA.<br><br>**Resources**<br><br>Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Vegetables | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Canned vegetables**, e.g., corn, peas, and kidney beans | Served volume, e.g., ½ cup = ½ cup of the vegetables component | Must be drained. The packing liquid does not credit, e.g., water in canned corn or sauce in baked beans.<br><br>Refer to the FBG for yields. |
| **Commercial products containing vegetables**, e.g., hummus, vegetable pizza, vegetable egg rolls, breaded onion rings, and soups | Varies by commercial product: Must have a CN label or PFS to document the cups of vegetables per serving (refer to "Required Crediting Documentation" on page 2).<br><br>**Note**: CN labels are available only for main dish commercial products that contain at least ½ oz eq of the MMA component, but they typically also indicate the contribution of other meal components that are part of these products, such as vegetables, fruits, and grains. | **Resources**<br><br>Accepting Processed Product Documentation in the Child and Adult Care Food Program (CSDE)<br><br>Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA webpage)<br><br>Crediting Documentation for the Child Nutrition Programs (CSDE webpage)<br><br>Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program (CSDE)<br><br>Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Vegetables | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Commercial vegetable soups**, e.g., vegetable soups (such as minestrone and tomato) and soups made with beans, peas, and lentils (such as split pea, lentil, and black bean) | Yields in FBG:<br>**Vegetable soup:** 1 cup = ¼ cup of the vegetables component<br>**Bean, pea, and lentil soup:** 1 cup = ½ cup of the vegetables component | Only certain types of vegetable soups credit (refer to the FBG).<br>Cream vegetable soups do not credit. Examples include cream of broccoli, cream of mushroom, and cream of celery.<br>Must have a PFS to credit a commercial soup differently from the FBG yields. Refer to "Commercial products containing vegetables" in this section.<br>**Resources**<br>Crediting Soups in the Child and Adult Care Food Program (CSDE) |
| **Dried vegetables**, e.g., potato flakes and dried soup mix | Varies by commercial product: Must have a PFS to document the rehydrated volume of vegetables per serving (refer to "Required Crediting Documentation" on page 2). | Credits based on the rehydrated volume (cups) of each vegetable.<br>Dehydrated vegetables used for seasoning do not credit, such as dried parsley and onion flakes. |
| **Fresh vegetables**, e.g., broccoli, carrots, and spinach | Served volume (except raw leafy greens such as lettuce, kale, and spinach).<br>Raw leafy greens: Credit as half the volume served, e.g., ½ cup = ¼ cup of the vegetables component (refer to "Leafy greens" in this section). | Refer to the FBG for yields. |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Vegetables | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Frozen vegetables**, e.g., corn, peas, and green beans | Served volume, e.g., ½ cup = ½ cup of the vegetables component | Refer to the FBG for yields. |
| **Hominy, drained canned or cooked whole hominy from dried hominy** | Served volume, e.g., ½ cup = ½ cup of the vegetables component | Hominy grits credit as the grains component (refer to "Hominy grits" in chart 6).<br>**Resources**<br>USDA memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs: |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Vegetables | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Hummus or bean dip made with beans, peas, or lentils and tahini (or other nut/seed butters)** | Varies by commercial product and recipe. The serving must contain at least ⅛ cup of beans, peas, or lentils to credit toward the vegetables component.<br><br>Commercial products require a CN label or PFS to document the cups of beans, peas, and lentils per serving (refer to "Required Crediting Documentation" on page 2).<br><br>Hummus and bean dips made from scratch must have a recipe (preferably a standardized recipe) to document the cups of beans, peas, and lentils per serving (refer to "Required Crediting Documentation" on page 2). | Bean dip is a spread made from ground pulses (beans, peas, and/or lentils) with one or more of the following optional ingredients: ground nut/seed butter (such as tahini [ground sesame] or peanut butter; vegetable oil (such as olive oil, canola oil, soybean oil); seasoning (such as salt, citric acid); vegetables and juice for flavor (such as olives, roasted peppers, garlic, lemon juice); and for manufactured bean dip, ingredients necessary as preservatives and/or to maintain freshness.<br><br>Hummus and bean dips credits as the vegetables component based on the amount of beans, peas, and lentils per serving. For example, hummus that contains ¼ cup of chickpeas per serving credits as ¼ cup of vegetables. The minimum creditable amount is ⅛ cup.<br><br>The beans, peas, or lentils in hummus and bean dips may credit as either the MMA component or vegetables/fruits component but one serving cannot credit as both components in the same meal or snack. Refer to "Hummus or bean dip made with beans, peas, or lentils and tahini (or other nut/seed butters)" in chart 3 for information on crediting hummus and bean dips as the MMA component.<br><br>**Resources**<br><br>Crediting Beans, Peas, and Lentils in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Vegetables | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Leafy greens**, e.g., kale, greens (e.g., beet, collard, mustard, and turnip), spinach, arugula, and lettuce such as iceberg, romaine, Boston, Bibb, red leaf, and spring mix | **Raw leafy greens:** half the volume served, e.g., ½ cup = ¼ cup of the vegetables component<br>**Cooked, roasted, or dried leafy greens (such as cooked spinach and roasted kale):** served volume, e.g., ½ cup = ½ cup of the vegetables component | Refer to the FBG for yields. |
| **Mixed vegetables**, e.g., three-bean salad and peas and carrots | Served volume, e.g., ½ cup = ½ cup of the vegetables component | Refer to the FBG for yields. |
| **Mixtures of vegetables and fruits**, e.g., carrot-raisin salad | Served volume, e.g., ½ cup = ½ cup of the vegetables component<br>May credit toward both the vegetables component and fruits component if the serving contains at least ⅛ cup of recognizable vegetables and at least ⅛ cup of recognizable fruits. | Refer to the FBG for yields.<br>To credit as both the vegetables component and fruits component, commercial products require a PFS to document the cups of each type of vegetable and fruit in the mixture (refer to "Commercial products containing vegetables" in this section). Foods made from scratch require a standardized recipe (refer to "Required Crediting Documentation" on page 2). |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Vegetables | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Pasta products made of 100 percent vegetable flours**, e.g., chickpea flour pasta and lentil flour pasta | Served volume, e.g., ½ cup of pasta made of 100 percent vegetable flour credits as ½ cup of the vegetables component | Pasta products made of 100 percent vegetable flour may credit as either the vegetables component or MMA component but one serving cannot credit as both components in the same meal or snack. Refer to "Pasta products made of 100 percent vegetable flours" in chart 3 for information on crediting 100 percent bean, pea, and lentil flour pasta products as MMA.<br><br>Pasta products made of vegetable flour with other non-vegetable ingredients require a PFS detailing the volume of vegetable flour per serving (refer to "Commercial products containing vegetables" in this section). |
| **Pureed vegetables**, e.g., sweet potatoes, tomato sauce, and butternut squash | Served volume, e.g., ½ cup = ½ cup of the vegetables component | Must be recognizable (visible), e.g., tomato sauce, split pea soup, mashed potatoes, mashed sweet potatoes, and pureed butternut squash.<br><br>Pureed vegetables do not credit as the vegetables component when they are not recognizable unless the food also provides at least ⅛ cup of a visible creditable vegetable. For example, a serving of macaroni and cheese that contains ⅛ cup of diced butternut squash (visible) and ⅛ cup of pureed carrots (not visible) credits as ¼ cup of vegetables.<br><br>Pureed vegetables in smoothies credit only as juice (refer to "Vegetable juice, pasteurized full-strength" in this section).<br><br>**Resources**<br><br>Crediting Smoothies in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Vegetables | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Vegetable juices, pasteurized full-strength**, e.g., tomato juice and mixed vegetable juice | Served volume, e.g., ½ cup = ½ cup of the vegetables component | **Juice blends:** Fruit and vegetable juice blends credit based on the first ingredient. If the first ingredient is fruit juice or fruit puree, the product credits as the fruits component. If the first ingredient is a vegetable juice or vegetable puree, the product credits as the vegetables component.<br><br>**Juice limit:** Juice credits as either the vegetables component or fruits component at only one meal or snack per day. The juice limit includes all sources of juice, e.g., 100 percent juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies.<br><br>**Resources**<br><br>Crediting Juices in the Child and Adult Care Food Program (CSDE) |
| **Noncreditable foods** | Not applicable. | The examples below are foods that do not credit as the vegetables component.<br><br>• Chili sauce<br>• Dehydrated vegetables used for seasoning<br>• Cream vegetable soups, e.g., cream of broccoli and cream of mushroom<br>• Home-canned products (for food safety reasons)<br>• Ketchup<br>• Pickle relish<br><br>Snack-type foods made from vegetables, such as potato chips and corn chips<br><br>**Resources**<br><br>Noncreditable Foods in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

## Fruits Component

The fruits component includes fresh, frozen, and dried fruits; canned fruits in juice, water, or light syrup; and pasteurized 100 percent full-strength fruit juices. Juice credits as either the fruits component or vegetables component at only one meal or snack per day. For information on the crediting requirements for the fruits component, refer to the CSDE's *Guide to Meeting the Crediting Requirements for the CSDE's Guide to Meeting the Crediting Requirements for the Child and Adult Care Food Program* and visit the "Fruits" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Training on the fruits component for the CACFP meal patterns is available in Bite Size Module 13: Fruits Component of the CSDE's training program, *Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns.*

### Chart 5 – Crediting Foods in the Fruits Component

| Fruits | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Canned fruits in juice, water, or syrup**, e.g., canned peaches and pineapple tidbits | Served volume, e.g., ½ cup = ½ cup of the fruits component | The serving may include the 100 percent juice in which the fruit is packed but cannot include water or syrup.<br>The juice in canned fruit may count toward the fruits component. For example, ½ cup of canned peaches in juice credits as ½ cup of the fruits component. Juice in canned fruit does not count toward the juice limit.<br>Refer to the FBG for yields.<br>**Resources**<br>Crediting Juices in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Fruits | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Coconut** | **Fresh and frozen coconut:** Served volume, e.g., ½ cup = ½ cup of the fruits component<br><br>**Dried coconut:** Twice the volume served, e.g., ¼ cup = ½ cup of the fruits component<br><br>**Coconut water labeled as 100 percent juice** (credits as juice): Served volume, e.g., ½ cup = ½ cup of the fruits component | Coconut flour, coconut oil, and coconut milk do not credit.<br><br>Coconut water counts with all other juices toward the juice limit (refer to "Juice limit" under "Fruit juices, pasteurized full-strength" in this section).<br><br>**Resources**<br><br>USDA memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs: |
| **Commercial products containing fruits**, e.g., fruit turnover, trail mix with dried fruit, and fruit smoothies | Varies by commercial product: Must have a CN label or PFS to document the cups of vegetables per serving (refer to "Required Crediting Documentation" on page 2).<br>**Note**: CN labels are available only for main dish commercial products that contain at least ½ oz eq of MMA, but typically also indicate the contribution of other meal components that are part of these products, such as vegetables, fruits, and grains. | **Resources**<br><br>Accepting Processed Product Documentation in the Child and Adult Care Food Program (CSDE)<br><br>Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA webpage)<br><br>Crediting Documentation for the Child Nutrition Programs (CSDE webpage)<br><br>Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program (CSDE)<br><br>Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE) |
| **Dried fruits**, e.g., raisins, apricots, and cherries | Twice the volume served, e.g., ¼ cup = ½ cup of the fruits component | Dried banana chips, and fruit snacks (e.g., fruit roll-ups and yogurt-covered fruit snacks) do not credit. |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Fruits | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Fresh fruits**, e.g., apples, bananas, and pears | Served volume, e.g., ½ cup = ½ cup of the fruits component | Refer to the FBG for yields.<br>Depending on the size, one piece of fresh fruit might not provide the full serving of the fruits component. For example, one clementine credits as ⅜ cup of the fruits component. Check the FBG to ensure proper crediting. |
| **Frozen fruits**, e.g., frozen berries and melon | Served volume, e.g., ½ cup = ½ cup of the fruits component | For some frozen fruits (like frozen sliced strawberries and frozen apricots), the serving includes the juice or liquid that accumulates during thawing. For other frozen fruits (like frozen berry blends, frozen sweet cherries, and frozen mangoes), the serving is for the thawed, drained fruit.<br>Check the FBG for the specific serving and crediting requirements for different types of frozen fruits. |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Fruits | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Fruit juices, pasteurized full-strength**, e.g., apple juice, orange juice, and grape juice | Served volume, e.g., ½ cup = ½ cup of the fruits component | **Juice blends:** Fruit and vegetable juice blends credit based on the first ingredient. If the first ingredient is fruit juice or fruit puree, the product credits as the fruits component. If the first ingredient is a vegetable juice or vegetable puree, the product credits as the vegetables component.<br><br>**Juice limit:** Juice credits as either the vegetables component or fruits component at only one meal or snack per day. The juice limit includes all sources of juice, e.g., 100 percent juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies.<br><br>**Resources**<br><br>Crediting Juices in the Child and Adult Care Food Program (CSDE) |
| **Pureed fruits**, e.g., applesauce | Served volume, e.g., ½ cup = ½ cup of the fruits component | Must be recognizable (visible), e.g., applesauce.<br><br>Pureed fruits do not credit as the fruits component when they are not recognizable, e.g., applesauce or prune puree in muffins.<br><br>Pureed vegetables and fruits in smoothies credit only as juice (refer to "Smoothies made of fruits/vegetables/juices" in this chart). |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Fruits | Credit Based On | Crediting Requirements and Resources |
|---|---|---|
| **Smoothies made of fruits/ vegetables/juices** | Pureed fruits and vegetables in smoothies credit only as juice and must meet the same requirements as juice (refer to "Fruit juices, pasteurized full-strength" in this chart).<br><br>Crediting is based on the volume (cups) of pureed fruits and vegetables per serving. | Commercial smoothies cannot contain dietary or herbal supplements.<br><br>Commercial smoothies require a PFS to credit. Refer to "Commercial products containing fruits" in this section.<br><br>Smoothies made from scratch require a recipe (preferably a standardized recipe) to credit (refer to "Required Crediting Documentation" on page 2).<br><br>**Resources**<br><br>Crediting Smoothies in the Child and Adult Care Food Program (CSDE) |
| **Noncreditable foods** | Not applicable. | The examples below are foods that cannot credit as the fruits component.<br><br>• Banana chips<br>• Dried coconut<br>• Fruit snacks (e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, yogurt-covered fruit snacks)<br>• Home-canned products (for food safety reasons)<br>• Jams, jellies, and preserves<br><br>Juice drinks that are not 100 percent juice such as grape juice drink, orange juice drink, pineapple-grapefruit drink, cranberry juice cocktail, and lemonade<br><br>**Resources**<br><br>Noncreditable Foods in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

## Grains Component

The grains component includes whole grain-rich (WGR) and enriched breads and bread products (e.g., biscuits, bagels, rolls, tortillas, and muffins), snack products (e.g., crackers, animal crackers, graham crackers, hard pretzels, tortilla chips, and popcorn); cereal grains (e.g., buckwheat, brown rice, bulgur, and quinoa); ready-to-eat (RTE) breakfast cereals; cooked breakfast cereals (e.g., oatmeal); bread products used as an ingredient in another menu item such as combination foods (e.g., breading on fish or poultry and pizza crust in pizza); and pasta.

At least one serving per day must be WGR between all meals and snacks served to participants. The USDA's CACFP Best Practices recommend at least two WGR serving per day.

Grains that are not WGR must be enriched. For guidance on the WGR criteria and how to identify WGR foods, refer to the CSDE's *Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program*.

For information on the crediting requirements for the grains component, refer to the CSDE's *Guide to Meeting the Crediting Requirements for the CSDE's Guide to Meeting the Crediting Requirements for the Child and Adult Care Food Program* and visit the "Grains" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Training on the grains component for the CACFP meal patterns is available in Bite Size Module 14: Grains Component of the CSDE's training program, *Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns.*

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

## Chart 6 – Crediting Foods in the Grains Component

| Grains | 1 oz eq of grains = | Crediting Requirements and Resources |
|---|---|---|
| **Cold RTE breakfast cereals (group I)**, e.g., flaked cereals, round cereals, puffed cereals, and granola | 1 cup of flaked or round cereal<br>1¼ cups of puffed cereal<br>¼ cup of granola | **Crediting criteria:** 1) Must be WGR, enriched, or fortified; and 2) added sugars cannot exceed 6 grams per dry ounce.<br>**WGR criteria:** 1) The first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) added sugars do not exceed 6 grams per dry ounce.<br>**Resources**<br>Crediting Breakfast Cereals in the Child and Adult Care Food Program (CSDE)<br>Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE)<br>Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE)<br>When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE)<br>Worksheet for Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Grains | 1 oz eq of grains = | Crediting Requirements and Resources |
|---|---|---|
| **Cooked hot breakfast cereals (group H)**, e.g., oatmeal, cream of wheat, and farina | ½ cup cooked or 1 ounce (28 grams) dry | **Crediting criteria:** 1) Must be WGR, enriched, or fortified; and 2) added sugars cannot exceed 6 grams per dry ounce.<br><br>**WGR criteria:** 1) The first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) added sugars cannot exceed 6 grams per dry ounce.<br><br>**Resources**<br><br>Crediting Breakfast Cereals in the Child and Adult Care Food Program (CSDE)<br><br>Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE)<br><br>Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE)<br><br>When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE)<br><br>Worksheet for Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Grains | 1 oz eq of grains = | Crediting Requirements and Resources |
|---|---|---|
| **Cereal grains (group H)**, e.g., pasta, and other cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat | ½ cup cooked or 1 ounce (28 grams) dry | **Crediting criteria:** Must be WGR or enriched.<br>**WGR criteria:** 1) Whole grains are the primary ingredient by weight; and 2) any remaining grains are enriched.<br>**Resources**<br>Crediting Enriched Grains in the Child and Adult Care Food Program (CSDE)<br>Crediting Whole Grains in the Child and Adult Care Food Program (CSDE)<br>Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE)<br>Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE)<br>When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Grains | 1 oz eq of grains = | Crediting Requirements and Resources |
|---|---|---|
| **Commercial products in groups A-E**, e.g., crackers, breads, rolls, taco shells, muffins, waffles, and pancakes | Varies by commercial product | **Crediting criteria:** Must be WGR or enriched.<br>**WGR criteria:** 1) Whole grains are the primary ingredient by weight; and 2) any remaining grains are enriched.<br>**Resources**<br>Crediting Enriched Grains in the Child and Adult Care Food Program (CSDE)<br>Crediting Whole Grains in the Child and Adult Care Food Program (CSDE)<br>Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE)<br>Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE)<br>When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Grains | 1 oz eq of grains = | Crediting Requirements and Resources |
|---|---|---|
| **Commercial combination foods that contain a grain portion from groups A-I**, e.g., pizza, breaded chicken nuggets, and macaroni and cheese | Varies by commercial product | **Crediting criteria:** Must be WGR or enriched.<br><br>**WGR criteria:** 1) Whole grains are the primary ingredient by weight in the grain portion; and 2) any remaining grains in the grain portion are enriched. Grain-based desserts (groups C-G) do not credit (refer to "Grain-based desserts" in this section).<br><br>**Resources**<br><br>Crediting Enriched Grains in the Child and Adult Care Food Program (CSDE)<br><br>Crediting Whole Grains in the Child and Adult Care Food Program (CSDE)<br><br>Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE)<br><br>When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Grains | 1 oz eq of grains = | Crediting Requirements and Resources |
|---|---|---|
| **Foods made from scratch (groups A-E)**, e.g., breads, rolls, muffins, waffles, and pancakes | Varies by recipe<br><br>CACFP facilities must have a recipe to document the grams of creditable grains per serving (refer to "Required Crediting Documentation" on page 2). | **Crediting criteria:** Must be WGR or enriched.<br><br>**WGR criteria:** The weight or volume of all whole grains in the recipe must be equal to or more than the weight or volume of all other creditable grains.<br><br>**If serving weight is known:** Use method 1, USDA's Exhibit A chart (refer to "Serving Requirements" in the "Grains" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage). **Note:** To use the oz eq chart for foods made from scratch, menu planners must know the serving weight.<br><br>I**f serving weight is not known:** Determine the average serving weight by weighing several portions then use method 1, or use method 2 (creditable grains per serving) and obtain a PFS.<br><br>**Resources**<br><br>Crediting Enriched Grains in the Child and Adult Care Food Program (CSDE)<br><br>Crediting Whole Grains in the Child and Adult Care Food Program (CSDE)<br><br>Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE)<br><br>Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE)<br><br>How to Use the Ounce Equivalents Chart for the Child and Adult Care Food Program. (CSDE)<br><br>Recipe Standardization Guide for the CACFP (Institute of Child Nutrition)<br><br>Yield Study Data Form for the Child Nutrition Programs (CSDE) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Grains | 1 oz eq of grains = | Crediting Requirements and Resources |
|---|---|---|
| **Combination foods made from scratch that contain a grain portion from groups A-I**, e.g., pizza, breaded chicken nuggets, and macaroni and cheese | Varies by recipe<br><br>CACFP facilities must have a recipe to document the grams of creditable grains per serving (refer to "Required Crediting Documentation" on page 2). | **Crediting criteria:** The grain portion must be WGR or enriched.<br><br>**WGR criteria:** The weight or volume of all whole grains in the grain portion must be equal to or more than the weight or volume of all other creditable grains in the grain portion.<br><br>**If serving weight is known:** Use method 1, USDA's Exhibit A chart (refer to "Serving Requirements" in the "Grains" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage). **Note:** To use the oz eq chart for foods made from scratch, menu planners must know the serving weight.<br><br>**If serving weight is not known:** Determine the average serving weight by weighing several portions (refer to the CSDE's resource, Yield Study Data Form for the Child Nutrition Programs) then use method 1, or use method 2 (creditable grains per serving) and obtain a PFS. Refer to the CSDE's resource, Calculation Methods for Grain Ounce Equivalents for the Meal Patterns for the Child and Adult Care Food Program.<br><br>**Resources**<br><br>Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program (CSDE)<br><br>Crediting Enriched Grains in the Child and Adult Care Food Program (CSDE)<br><br>Crediting Whole Grains in the Child and Adult Care Food Program (CSDE)<br><br>Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE)<br><br>Recipe Standardization Guide for the CACFP (Institute of Child Nutrition) |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Grains | 1 oz eq of grains = | Crediting Requirements and Resources |
|---|---|---|
| **Grain-based desserts in groups C-G**, e.g., plain brownies, cookies, sweet crackers (such as animal crackers, and graham crackers), cakes, cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, and toaster pastries | Not applicable | Grain-based desserts do not credit, except for sweet crackers like graham crackers and animal crackers.<br><br>The CSDE recommends limiting sweet crackers to no more than twice per week between all meals and snacks served to participants.<br><br>**Resources**<br><br>USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program<br><br>Grain-based Desserts in the Child and Adult Care Food Program (USDA webpage) |
| **Hominy grits** | ½ cup cooked or 1 ounce (28 grams) dry | Dried hominy credits as a whole grain.<br><br>**WGR criteria:** Varies by commercial product or standardized recipe. For commercial products, refer to "Commercial products: grain foods in groups A-G)" in this chart. For foods made from scratch, refer to "Foods made from scratch: grain foods in groups A-G" in this chart.<br><br>Refer to "Hominy, drained canned or cooked whole hominy from dried hominy" in chart 5 for information on crediting canned or cooked whole hominy as the vegetables component.<br><br>**Resources**<br><br>USDA memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs: |

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

| Grains | 1 oz eq of grains = | Crediting Requirements and Resources |
|---|---|---|
| **Noncreditable foods** | Not applicable | The examples below are foods that cannot credit as the grains component.<br>• Breakfast cereals (ready-to-eat and cooked) that are not whole grain, whole grain-rich, enriched, or fortified<br>• Breakfast cereals (ready-to-eat and cooked) that contain more than 6 grams of added sugars per dry ounce<br>• Commercial grain products that are not WGR or enriched<br>• Recipes that are not WGR or enriched<br>**Resources**<br>Noncreditable Foods in the Child and Adult Care Food Program (CSDE) |

## Resources

Accepting Processed Product Documentation in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/accepting_processed_product_documentation_cacfp.pdf

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns (CSDE training modules)
https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training

Crediting Documentation for the Child Nutrition Programs (CSDE webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs

Crediting Foods in the Child and Adult Care Food Program (CSDE webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program

Crediting Handbook for the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/crediting-handbook

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fna.usda.gov/tn/fbg

Guide to Meeting the Crediting Requirements for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_crediting.pdf

Meal Pattern and Crediting Resources for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/resources_cacfp_meal_patterns.pdf

Meal Patterns for the Child and Adult Care Food Program (CSDE webpage):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program

Noncreditable Foods in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/noncreditable_foods_cacfp.pdf

Recipe Analysis Workbook (RAW) for Standardized Recipes (USDA):
https://www.fna.usda.gov/tn/fbg/webtool

Recipe Standardization Guide for the Child and Adult Care Food Program (Institute of Child Nutrition):
https://theInstitute of Child Nutrition.org/Institute of Child Nutrition-resources-a-z/step-by-step-recipe-standardization-guide-for-the-child-and-adult-care-food-program/

Records Retention Requirements for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/records_retention_cacfp.pdf

USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans (89 FR 31962):
https://www.fna.usda.gov/cn/fr-042524

USDA Foods in Schools Product Information Sheets (USDA):
https://www.fna.usda.gov/usda-fis/product-information-sheets

# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

For more information, visit the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage or contact the CACFP staff at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/crediting_summary_charts_cacfp.pdf.

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# Crediting Summary Charts for the Meal Patterns for the Child and Adult Care Food Program

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