Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program

Child Care Centers • Family Day Care Homes • Emergency Shelters
At-risk Afterschool Care Centers • Adult Day Care Centers

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About This Guide

This guide contains comprehensive information and resources on meeting the whole grain-rich (WGR) requirement and crediting criteria for the U.S. Department of Agriculture's (USDA) Child and Adult Care Food Program (CACFP), including the CACFP meal patterns for children and the CACFP adult meal patterns. Topics include:

- the menu planning considerations for offering WGR foods at CACFP meals and snacks;
- the WGR criteria for commercial grain products and grain foods made from scratch;
- the six methods to identify WGR foods;
- the required crediting documentation for WGR foods; and
- examples of how to evaluate commercial grain products and recipes for WGR compliance.

The WGR requirement applies to all CACFP facilities, including child care centers, at-risk afterschool care centers, emergency shelters, family day care homes, and adult day care centers. The WGR requirement does not apply to the CACFP infant meal patterns for birth through 11 months.

> The contents of this guide are subject to change. The CSDE will update this guide as the USDA issues additional policies and guidance regarding the CACFP meal patterns. Please check the "Whole Grain-rich Requirement" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage for the most current version. This document is available at https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/wgr_requirement_cacfp.pdf.

CSDE Contact Information

For questions regarding the CACFP, please contact the CACFP staff in the CSDE's Bureau of Child Nutrition Programs. For a list of all CSDE Child Nutrition Programs staff, refer to the CSDE's resource, *Child Nutrition Staff and Responsibilities*.

For links to federal and state requirements and guidance for the CACFP, visit the CSDE's Program Guidance for CACFP Adult Day Care Centers webpage or Program Guidance for CACFP Child Care Programs webpage.

Abbreviations and Acronyms

AR	Administrative Review
CACFP	Child and Adult Care Food Program
CFR	Code of Federal Regulations
CN	Child Nutrition
CNP	Child Nutrition Programs
CSDE	Connecticut State Department of Education
FBG	Food Buying Guide for Child Nutrition Programs (USDA)
FDA	Food and Drug Administration
FNA	Food and Nutrition Administration, U.S. Department of Agriculture
FR	Federal Register
ICN	Institute of Child Nutrition
NSLP	National School Lunch Program
oz eq	ounce equivalents
PFS	product formulation statement
RTE	ready to eat
SBP	School Breakfast Program
USDA	U.S. Department of Agriculture
WGR	whole grain-rich
WIC	Special Supplemental Nutrition Program for Women, Infants and Children

1 — Overview of Grains Component

The CACFP meal patterns for children and the CACFP adult meal patterns include specific requirements for the grains component. These meal patterns are defined by 7 CFR 226.20(c) of the U.S. Department of Agriculture's (USDA) regulations for the CACFP and the updates required by the USDA final rule, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans*. This final rule implements gradual updates to the Child Nutrition Programs in several key areas, including the CACFP meal patterns.

For more information on the final rule, refer to the CSDE's resource, *Summary of Final Rule Updates to the Meal Patterns for the Child and Adult Care Food Program*, and visit the "CACFP Meal Pattern Updates" section of the CSDE's CACFP webpage.

For guidance on the CACFP meal patterns, refer to the CSDE's *Guide to Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children* or *Guide to Meeting the Child and Adult Care Food Program (CACFP) Adult Meal Patterns*, and visit the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.

Allowable Grain Foods

The grains component includes a wide variety of commercial grain products and grain foods made from scratch. Examples of allowable grain foods for the CACFP include:

- breads, biscuits, bagels, rolls, tortillas, and muffins;
- snack products, such as crackers (including sweet crackers like animal crackers and graham crackers), hard pretzels, hard bread sticks, tortilla chips, and popcorn;
- cereal grains, such as buckwheat, brown rice, bulgur, and quinoa;
- ready-to-eat (RTE) breakfast cereals;
- cooked breakfast cereals (instant and regular), such as oatmeal and cream of wheat;
- 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 products, such as macaroni, spaghetti, noodles, orzo, and couscous.

To credit as the grains component, foods must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran), and germ (such as wheat germ). Bran and germ credit the same as enriched grains.

Grain foods must be whole-grain rich (WGR) or enriched. Cooked and RTE breakfast cereals must be WGR, enriched, or fortified and cannot exceed 6 grams of added sugars per dry ounce.

The CACFP crediting and WGR requirements apply to all grain food served in CACFP meals and snacks, including commercial grain products, grain foods made from scratch by the CACFP facility, and grain foods prepared by vendors. CACFP facilities must maintain the appropriate documentation to demonstrate that grain products and recipes meet the CACFP crediting and WGR requirements (refer to section 5). The CSDE will review this information during the Administrative Review of the CACFP.

> The WGR requirement does not apply to the CACFP infant meal patterns for birth through 11 months.

Grain-based Desserts Do Not Credit

Grain-based desserts do not credit as the grains component in the CACFP meal patterns. Examples of grain-based desserts include breakfast bars, brownies, cakes (including cupcakes and coffee cakes), cereal bars, cinnamon rolls, cinnamon streusel quick breads, cookies (all kinds, including vanilla wafers), doughnuts, gingerbread, granola bars, ice cream cones, marshmallow cereal treats, pastries (such as cinnamon buns, Danish, sweet buns, sweet rolls, and eclairs) piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), sweet biscotti (such as those made with fruits, chocolate, or icing) sweet bread pudding, sweet croissants (e.g. chocolate filled), sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and toaster pastries.

Sweet crackers (like graham crackers and animal crackers) are not included in the restrictions for grain-based desserts. They may be served in reimbursable meals and snacks.

> As a best practice, the USDA encourages CACFP menus to limit sweet crackers due to their higher sugar content. The CSDE recommends limiting serving sweet crackers to no more than twice per week between all meals and snacks served in the CACFP.

Grain-based desserts do not include muffins, quick breads, e.g., banana bread and zucchini bread (except for cinnamon streusel), cornbread, pancakes, waffles, French toast, savory scones (such as cheese and herb), and piecrusts in entrees such as quiche, meat pies, and chicken potpie.

For more information on grain-based desserts, refer to USDA Memo CACFP 16-2017: *Grain-Based Desserts in the Child and Adult Care Food Program* and visit the USDA's Grain-based Desserts in the CACFP webpage.

Required Meal Pattern Servings

The CACFP meal patterns require minimum servings of the grains component at breakfast, lunch, and supper. The grains component may be offered as one of the two required snack components. Table 1-1 summarizes the required oz eq for each meal and age group

The required quantities for the grains component are in ounce equivalents (oz eq). The minimum amount that credits toward the grains component is ¼ oz eq.

Table 1-1. Required oz eq for the grains component

CACFP meal pattern	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (at-risk afterschool programs and emergency shelters)	Adult participants
Breakfast	½ oz eq	½ oz eq	1 oz eq	1 oz eq	2 oz eq
Lunch and supper	½ oz eq	½ oz eq	1 oz eq	1 oz eq	2 oz eq
Snack	½ oz eq	½ oz eq	1 oz eq	1 oz eq	1 oz eq






Determining Oz Eq

The amount of a creditable grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 oz eq of the grains component, a roll (group B) must weigh 28 grams (1 ounce), a corn muffin (group C) must weigh 34 grams (1.2 ounces), and a blueberry muffin (Group D) must weigh 55 grams (2 ounces). These groups refer to the grain groups in the USDA's chart, *Exhibit A: Grain Requirements for Child Nutrition Programs* (known as the Exhibit A chart).

The USDA allows two methods for determining the oz eq of a creditable grain product or recipe. CACFP facilities may use either method but must document how the crediting information was obtained. These methods are summarized below. For detailed guidance on both methods, refer to the CSDE's resource, *Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program*. For more information on oz eq, visit "Serving Requirements" in the "Grains" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Method 1: USDA's Exhibit A chart

Method 1 uses the USDA's Exhibit A chart to determine the required weight (groups A-E) or volume (groups H-I) for the grain group where the food belongs. The CSDE's resource, *Grain Ounce Equivalents Chart for the Child and Adult Care Food Program,* indicates the applicable Exhibit A quantities and requirements for the CACFP meal patterns. Groups F and G (grain-based desserts) are not included because these foods cannot credit in CACFP meals and snacks.

Method 1 is used for commercial grain products and may also be used for standardized recipes if the menu planner knows the weight (grams or ounces) of the prepared (cooked) serving.

For detailed guidance on determining the oz eq of a grain menu item, refer to the CSDE's resources, *Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program* and *How to Use the Grain Ounce Equivalents Chart for the CACFP*.

Method 2: creditable grains

Method 2 determines the oz eq from the grams of creditable grains per serving. This method is used for standardized recipes and may also be used for commercial grain products with a PFS stating the weight of creditable grains per serving. The grams of creditable grains are listed in the commercial product's PFS or calculated from the grain quantities in the CACFP facility's standardized recipe.

> There are some situations when CACFP facilities must use method 2 and a PFS is required. For more information, refer to the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program*.

Grain crediting tools

The tools below help menu planners determine the oz eq contribution of creditable grain products and recipes.

- **USDA's Exhibit A Grains Tool for commercial grain products:** The FBG's online *Exhibit A Grains Tool* determines the oz eq of commercial grain products.
- **USDA's Recipe Analysis Workbook:** The FBG's online *Recipe Analysis Workbook* allows menu planners to search for ingredients, develop a standardized recipe, and determine the recipe's meal pattern contribution per serving. To access this tool, users must create a free account on the USDA's FBG website.
- **CSDE's resource for using the Exhibit A Grain Chart:** The CSDE's resource, *How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program*, reviews the steps for using the Exhibit A quantities to determine the meal pattern contribution of three types of commercial products and standardized recipes. These include grain menu items in groups A-G that contain multiple small pieces per serving (e.g., crackers, hard pretzels, and animal crackers), multiple large pieces per serving (e.g., pancakes, slices of bread, and waffles), and one piece per serving (e.g., muffins, bagels, and rolls).

For additional guidance, visit "Serving Requirements" in the "Grains" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Whole Grain-rich (WGR) Requirement

The CACFP meal patterns for children and the CACFP adult meal patterns require at least one serving of WGR foods per day, between all meals and snacks served to participants in the CACFP facility. The USDA's CACFP best practices recommend at least two servings of WGR grains per day. CACFP facilities may serve a WGR food at any meal or snack.

Overview of methods to evaluate foods for WGR compliance

CACFP facilities may use any of the methods below to determine if grain foods meet the WGR criteria.

1. **Rule of Three:** Commercial grain products are WGR if a whole grain is the first grain ingredient, and the next two grain ingredients (if any) are creditable.

2. **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole-grain food list:** Commercial grain products like bread, tortillas, pasta, and rice contain are WGR if they are listed on any state's WIC-approved whole grain food list.

3. **Documentation:** Commercial grain products and foods made from scratch are WGR if the CACFP facility has documentation indicating that whole grains are the primary grain ingredient. Acceptable WGR documentation includes a Child Nutrition (CN) label or product formulation statement (PFS) for commercial grain foods and a recipe for foods made from scratch.

4. **National School Lunch Program (NSLP) WGR criteria:** Commercial grain products and foods made from scratch that meet the NSLP and the SBP WGR criteria meet the CACFP WGR criteria.

5. **Food and Drug Administration (FDA) approved whole-grain health claims:** Commercial grain products are WGR if they include one of the FDA-approved whole-grain health claims on their packaging.

6. **Labels for foods with FDA Standard of Identity:** Commercial whole-wheat products that have an FDA standard of identity are WGR.

Refer to section 3 for detailed guidance on each method.

Whole Grain versus WGR

All foods that are 100 percent whole grain are WGR, but not all WGR foods are 100 percent grain. A food is 100 percent whole grain if all grain ingredients are whole grains. Grain foods that are 100 percent whole grain meet the CACFP WGR criteria.

A food is WGR if it contains at least 50 percent whole grains and any other grains are enriched, bran, or germ. WGR foods include foods that are 100 percent whole grain and foods that contain a blend of whole (at least 50 percent) and enriched grains.

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.

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.

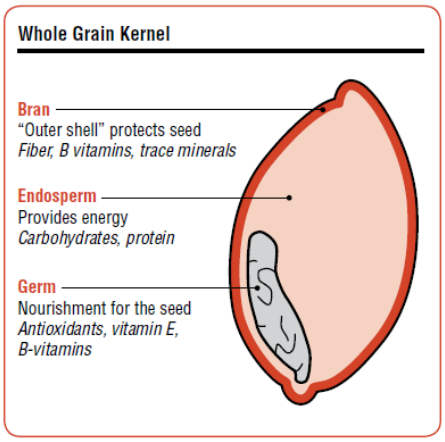


2 — Creditable Grains

Creditable grains are the ingredients in a grain product or recipe that contribute toward the grains component. They include whole grains, enriched grains, bran, and germ. This section contains guidance on how to identify each creditable grain.

Whole Grains

Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ.



Usually the grain kernel is cracked, crushed, flaked, or ground during the milling process. A finished grain product is considered whole grain if it contains the same relative amounts of bran, germ, and endosperm as the original grain.

Identifying Whole Grains

A grain is 100 percent whole grain if any of the following apply:

- the word "whole" is listed before the type of grain ingredient;
- the grain ingredient is another name for whole grains;
- the grain product has a Food and Drug Administration (FDA) standard of identity;
- the grain product is listed on any state's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain foods list;
- the grain ingredient is nixtamalized corn; or
- the grain ingredient is a reconstituted whole grain.

A summary of each method to identify whole grains is below.

Grain name states "whole"

A grain is whole grain if the word "whole" is listed before the grain ingredient. For example, "whole wheat flour" and "whole-grain corn" are whole grains, but "wheat flour" and "yellow corn" are not.

Other names for whole grains

Some whole grains do not contain the word “whole” in the grain name. Examples include berries (the whole kernels of grain) such as wheat berries and rye berries, groats (the hulled whole kernels of grain) such as oat groats, rolled oats and oatmeal (including old-fashioned, quick-cooking, and instant oatmeal), brown rice and wild rice, graham flour (a coarsely ground whole-wheat flour), and many other grains such as quinoa, millet, triticale, teff, amaranth, buckwheat, and sorghum.

Food and Drug Administration (FDA) standard of identity

Some whole-wheat products have an FDA standard of identity that indicates they are whole grain. A standard of identity is a set of rules for what a certain product, such as whole-wheat bread, must contain or may contain to be legally labeled with that product name. For more information refer to “Method 6: Labels for Foods with FDA Standard of Identity” in section 3.

WIC-approved whole grain foods list

Grain products like bread, tortillas, pasta, and rice contain are whole grain if they are listed on any state’s WIC-approved whole grain food list. WIC-listed breakfast cereals must be specifically marked as whole grain because not all WIC-listed breakfast cereals are whole grain. The Connecticut WIC food guides are available on the Connecticut State Department of Public Health’s Approved Food Guide webpage.

Nixtamalized corn ingredients

Commercial corn products such as tortilla chips, taco shells, and tamales credit as whole grains if the product is labeled “whole grain,” or the corn ingredient is nixtamalized (treated with lime). Nixtamalization is the process of soaking and cooked dried corn in an alkaline (slaked lime) solution. This process results in a product with a similar nutrition content to whole-grain corn.

Nixtamalized corn is used to make hominy, masa harina (corn flour), corn masa (dough from masa harina), and certain types of cornmeal. Masa is used for making tortilla chips, taco shells, tamales, pupusas, and other popular corn products. Hominy, corn masa, and masa harina credit as whole grains.

> Dried hominy (grits) credits as a whole grain. A ½-cup serving of cooked hominy grits or 1 ounce (28 grams) of dry hominy grits credits as 1 oz eq of the grains component.

CACFP facilities may use either method below to determine if commercial grain products are made with nixtamalized corn.

1. **The corn is treated with lime:** A corn ingredient is nixtamalized if the ingredients statement indicates that the corn is treated with lime, e.g., "ground corn with trace of lime" and "ground corn treated with lime." The ingredients statements below show some examples of commercial nixtamalized corn products that credit as 100 percent whole grains.

    - Ingredients: *Corn masa flour*, water, contains 2% or less of: cellulose gum, guar gum, amylase, propionic acid, benzoic acid, and phosphoric acid (to maintain freshness).

    - Ingredients: *Whole-white corn*, vegetable oil (contains soybean, corn, cottonseed, and/or sunflower oil), salt, *lime/calcium hydroxide* (processing aid).

    - Ingredients: *Limed whole-grain white corn*, palm oil, salt, TBHQ (preservative).

    - Ingredients: *Whole-grain yellow corn*, canola oil, water, *corn flour*, salt, *hydrated lime*.

    If the ingredients statement does not provide sufficient information (such as "cornmeal" and "yellow corn flour"), SFAs must obtain a PFS from the manufacturer stating that ingredients are whole grain, enriched, or nixtamalized. For information on PFS forms, refer to "Crediting Documentation for Commercial Whole-grain Products" in this document.

2. **The product includes the FDA-approved whole grain health claim:** A commercial product made with corn is at least 50 percent whole grain if it includes one of the two FDA-approved whole grain health claims on its packaging. These claims are not commonly found on most grain products.

    - **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 some 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."

Crediting information for corn masa, masa harina, corn flour, and cornmeal is summarized in 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*.

Reconstituted grains

Reconstituted grains (such as “reconstituted whole-wheat flour”) credit as whole grains when the reconstitution is done by the original milling facility to ensure the same batch of whole grain is returned to its natural proportions. Reconstituted grains are made by blending the crushed and separated products of milling (bran, germ, and endosperm) from the same type of grain in the same proportions originally present in the intact grain kernel.

To credit reconstituted grains as the grains component, CACFP facilities must request documentation stating that the milling company recombined the grain components to the natural proportions of bran, germ, and endosperm.

Enriched Grains

Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have certain vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients are defined by the FDA and include:

- thiamin (vitamin B_1, thiamin mononitrate, or thiamin hydrochloride);
- riboflavin (vitamin B_2); niacin (vitamin B_3 or niacinamide);
- folic acid (folate); and
- iron (reduced iron, ferrous sulfate, or ferric orthophosphate).

If a commercial grain product includes enriched ingredients or the product itself is enriched, the ingredients or product must meet the applicable FDA standard of identity for enrichment. For guidance on identifying and crediting enriched grains, refer to the CSDE’s resource, *Crediting Enriched Grains in the Child and Adult Care Food Program*.

Bran and Germ

Bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. Germ (such as wheat germ) is the vitamin-rich embryo of the grain kernel. Bran and germ credit the same as enriched grains.



3 — WGR Requirement for the CACFP

The CACFP meal patterns require at least one serving of WGR foods per day, between all meals and snacks served to participants in the CACFP facility. The USDA's CACFP best practices recommend at least two servings of WGR grains per day. CACFP facilities may serve WGR foods at any meal or snack.

A food is WGR if it contains at least 50 percent whole grains and any other grains are enriched, bran, or germ. WGR foods include foods that are 100 percent whole grain and foods that contain a blend of at least 50 percent whole grains with enriched grains. To credit as a WGR food in the CACFP, grain foods must meet the criteria below:

- Commercial grain products (such as breads, crackers, pancakes, pasta, and cooked breakfast cereals) must contain a whole grain as the greatest ingredient by weight.
- Commercial combination foods (such as pizza and breaded chicken nuggets) must contain a whole grain as the greatest ingredient by weight in the grain portion.
- RTE breakfast cereals must contain a whole grain as the first ingredient, be fortified, and cannot exceed 6 grams of added sugars per dry ounce. For crediting guidance, refer to the CSDE's resource, *Crediting Breakfast Cereals in the Child and Adult Care Food Program*.
- Recipes for grain foods made from scratch must contain an amount of whole grains that is equal to or more than the combined amount of all other creditable grains.

Menu planners must determine the oz eq contribution of WGR products and recipes. The serving must provide the required weight (groups A-E) or volume (groups H-I) for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Ounce Equivalents" in section 1).

WGR Criteria for Commercial Foods

Commercial grain products (such as breads, rolls, muffins, crackers, and waffles) are WGR if a whole grain is the greatest ingredient by weight. Commercial combination foods that contain a grain portion (such as pizza, breaded fish sticks, and lasagna) are WGR if a whole grain is the greatest ingredient by weight in the grain portion. The USDA allows six methods for determining if grain foods meet the CACFP WGR criteria. Refer to section 4 for specific information on each method.

WGR Criteria for Foods Made from Scratch

Grain foods made from scratch are WGR if the amount of whole grains in the recipe is equal to or more than the combined amount of the other creditable grains in the recipe. For example, a recipe that contains 10 ounces of whole-grain flour and 8 ounces of enriched flour is WGR. In addition, a recipe that contains 8 ounces of whole-grain flour and 8 ounces of enriched flour is WGR.

Combination foods made from scratch are WGR if the amount of whole grains in the grain portion of the recipe is equal to or more than the combined amount of the other creditable grains in the grain portion of the recipe. For example, the grain portion of pizza is the crust. A pizza recipe that contains crust made with 2 cups of whole-grain flour and 2 cups of enriched flour is WGR.

> The USDA recommends using standardized recipes because they ensure accurate meal component contributions and document that menus meet the meal pattern requirements (refer to "Use standardized recipes" in section 5).

Recipe measurements

The measurements of grain ingredients in a recipe may be listed by weight (e.g., pounds and ounces), volume (e.g., cups and quarts), or both. Menu planners may use either weight or volume when comparing the amount of grain ingredients in a recipe, but all grain ingredients must be in the same unit of measure. For example, a recipe could list all grain ingredients in ounces or cups but could not list some grain ingredients in ounces and others in cups.

If the recipe lists the grain ingredients as different units of measure, the CACFP facility must convert all amounts to the same unit before comparing the amount of whole grains with the amount of the other creditable grains. For guidance on these conversions, refer to the USDA's resource, *Is My Recipe Whole Grain-Rich in the Child and Adult Care Food Program*.

Steps for determining if a recipe is WGR

Menu planners can determine if a recipe is WGR by using the steps below. All grain ingredients must be in the same unit of measure (weight or volume).

1. Determine the combined weight or volume of all whole grains in the recipe: Add the weight or volume of all whole grain ingredients together.

2. Determine the combined weight or volume of all other creditable grains (enriched grains, bran, and germ): Add the weight or volume of all other creditable grains ingredients together.

3. Compare the total amount of all whole grains with the total amount of all other creditable grains. If the amount of the whole-grain ingredients is equal to or more than the combined amount of enriched grains, bran, and germ, the recipe is WGR.

The examples below show how to determine if a recipe meets the WGR criteria. For guidance on identifying whole and enriched grains, refer to the CSDE's resources, *Crediting Whole Grains in the Child and Adult Care Food Program* and *Crediting Enriched Grains in the Child and Adult Care Food Program*.

Example 1: Blueberry muffin, 25 Servings

Ingredients	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. Combined weight of whole grains: 10 ounces whole-wheat flour
2. Combined weight of all other creditable grains: 7 ounces enriched flour
3. This recipe is WGR because the whole grains weigh more than the enriched grains.

Example 1: Corn muffin, 25 Servings

Ingredients	Weight	Measure
Whole-wheat flour	**8 oz**	1½ cups
Enriched cornmeal	**8 oz**	1¼ 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		1¾ cups
Canola oil		¼ cup

1. Combined weight of whole grains: 8 ounces whole-wheat flour
2. Combined weight of all other creditable grains: 8 ounces enriched flour
3. This recipe is WGR because the whole grains and enriched grains weigh the same.



Menu Planning Considerations for WGR Foods

CACFP menus must include at least one serving of WGR foods per day. CACFP facilities have the option of deciding when to serve WGR foods in meals and snacks, but certain requirements apply. Menu planners must consider the menu planning requirements below when determining which meals or snacks will include WGR foods.

- **CACFP facility serves one meal per day:** If the CACFP facility serves only one meal per day (breakfast, lunch, or supper), the grains component served at that meal must be WGR.

- **CACFP facility serves only breakfast:** The breakfast meal pattern allows MMA to substitute for the entire grains component up to three times per week. If the CACFP facility serves only breakfast and chooses to substitute MMA for grains, a WGR food is not required that day. For information on MMA substitutions at breakfast, refer to the USDA's resource, *Serving Meat and Meat Alternates at Breakfast*.

- **CACFP facility serves only snack:** If the CACFP facility (such as an at-risk afterschool program) serves only snack, the grains component is optional. Snack must include any two of the five meal components (milk, MMA, vegetables, fruits, and grains). However, if the CACFP facility serves only snack and offers a grain as one of the two meal components (such as crackers with apples), the grain menu item must be WGR.

- **Adult day care center or at-risk afterschool program serves only one meal with versus serve (OVS):** If an adult day care center or at-risk afterschool program serves only one meal per day and chooses to implement OVS, all grain menu items offered must be WGR. CACFP facilities that serve only one meal per day cannot offer a choice between a WGR grain and an enriched grain. This requirement is to ensure greater consumption of whole grains if a participant chooses to take a grain item. For more information on OVS, refer to the CSDE's resources, *Guide to Offer Versus Serve (OVS) in Adult Day Care Centers in the Child and Adult Care Food Program* or *Guide to Offer Versus Serve (OVS) in At-risk Afterschool Programs in the Child and Adult Care Food Program*, and visit the "Offer versus Serve (OVS) for At-risk afterschool programs and At-risk Afterschool Programs" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.

- **Different groups of participants at each meal:** 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 participants at breakfast and another group of participants at lunch), only one meal is required to contain a WGR food. For example, a child care center that serves one group of children at breakfast and a different group of children at lunch must offer a WGR food at either breakfast or lunch.

The USDA strongly encourages CACFP facilities to vary the meal that includes a WGR item. For example, the CACFP menu could include 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.



4 — Methods to Identify WGR Foods

The six methods that CACFP facilities may use to determine if grain foods meet the WGR criteria are summarized below. A food is WGR if it meets the requirements for any one of these methods.

- Method 1: Rule of Three
- Method 2: WIC Whole-Grain Foods List
- Method 3: Documentation
- Method 4: National School Lunch Program (NSLP) WGR Criteria
  Note: This method is not common because most CACFP facilities are not affiliated with school nutrition programs.
- Method 5: Food and Drug Administration (FDA) Whole Grain Health Claim
- Method 6: Labels for foods with FDA Standard of Identity (whole wheat, entire wheat, or graham)

This section provides a description of each method.

Identifying WGR Commercial Products

All methods may be used for commercial products, as applicable. If a commercial product is not WGR using one method, the menu planner should check to see if the product is WGR using another method. For example, a commercial product that is not WGR using the Rule of Three (method 1) might be WGR based on the manufacturer's documentation provided in the PFS (method 3).

Identifying WGR Foods Made from Scratch

Methods 3 and 4 may be used for grain foods made from scratch. Menu planners cannot use the other methods because they apply only to commercial products.

Steps for Using the Methods to Identify Commercial WGR Foods

The steps below indicate how to use the methods to identify WGR commercial grain products. These steps apply to grain foods in groups A-E (baked goods such as breads, rolls, muffins, crackers, and waffles) and group H (pasta and cereal grains such as quinoa, rice, and millet) of the USDA's Exhibit A chart.

1. **Method 1:** Does the food meet the USDA's Rule of Three WGR criteria for the CACFP? Refer to "Method 1: Rule of Three" in this section.
    - Yes: The food is WGR.
    - No: Go to step 2.

2. **Method 2:** Is the food listed on the approved whole-grain food list for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC)? Refer to "Method 2: WIC Approved Food List" in this section.
    - Yes: The food is WGR.
    - No: Go to step 3.

3. **Method 3:** Does the food have a CN label or PFS (for commercial products) or recipe (for foods made from scratch) indicating that whole grains are the primary grain ingredient? Refer to "Method 3: Documentation" in this section.
    - Yes: The food is WGR.
    - No: Go to step 4.

4. **Method 4:** Does the food meet the NSLP WGR criteria? Refer to "Method 4: WGR Criteria for Schools" in this section.
    - Yes: The food is WGR.
    - No: Go to step 5.

5. **Method 5:** Does the food include one of the FDA's whole grain health claims? Refer to "Method 5: FDA Whole Grain Health Claim" in this section.
    - Yes: The food is WGR.
    - No: Go to step 6.

6. **Method 6:** Is the food labeled as "whole wheat" anywhere on the package? Refer to "Method 6: Labels for foods with FDA Standard of Identity" in this section.
    - Yes: The food is WGR.
    - No: The food is not WGR.

Menu planners must determine the oz eq contribution of WGR products and recipes (refer to "Determining Ounce Equivalents" in section 1).

Method 1: Rule of Three

A commercial food is WGR if it meets the USDA's Rule of Three WGR criteria for the CACFP. The Rule of Three applies to commercial grain products, commercial combination foods, and cooked breakfast cereals, but does not apply to RTE breakfast cereals in group I, such as puffed cereals, flaked or round cereals, and granola (refer to "WGR criteria for RTE breakfast cereals" in this section). The Rule of Three requirements are different depending on the type of grain product.

- **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) meet the Rule of Three and are WGR if 1) a whole grain is the first ingredient; and 2) the next two grain ingredients (if any) are creditable. For more information, refer to "Steps to Determine if Commercial Grain Products Meet the Rule of Three" in this section.

- **Commercial combination foods** that contain a grain portion from groups A-E (such as pizza crust in pizza and breading for baked fish) or groups H-I (such as noodles in lasagna and baked chicken coated with crushed cereal flakes) meet the Rule of Three and are WGR if 1) a whole grain is the first grain ingredient; and 2) the next two grain ingredients (if any) are creditable. A commercial combination food that lists the ingredients for the grain portion separately is WGR if 1) a whole grain is the first ingredient in the grain portion; and 2) the next two grain ingredients in the grain portion (if any) are creditable. For more information, refer to "Steps to Determine if Commercial Combination Foods Meet the Rule of Three" in this section.

- **Cooked breakfast cereals** in group H (such as regular and instant oatmeal) meet the Rule of Three and are WGR if: 1) the first ingredient is a whole grain; 2) the next two grain ingredients (if any) are creditable; and 3) added sugars do not exceed 6 grams per dry ounce. For crediting guidance, refer to the CSDE's resource, *Crediting Breakfast Cereals in the Child and Adult Care Food Program*.

Commercial products that do not meet these requirements are not WGR.

Reviewing the ingredients statement

The Rule of Three reviews the product's first three grain ingredients. The ingredients for commercial products are listed in descending order of predominance by weight. The ingredient that weighs the most is listed first and the ingredient that weighs the least is listed last.

When menu planners review a commercial product's ingredients statement for compliance with the Rule of Three criteria, the following requirements apply:

- if water is the first ingredient, it is ignored;
- 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; and
- 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.

When a whole grain is not listed first in the ingredients statement, whole grains might still be the primary ingredient by weight if the product contains multiple whole-grain ingredients and their combined weight is more than the weight of the other ingredients. These products could meet the WGR criteria with proper manufacturer documentation. For more information, refer to "Documentation for Commercial WGR Products" in section 5.



Noncreditable grains

Noncreditable grains are grain ingredients that do not count toward the grains component. Common noncreditable grain ingredients found in commercial grain products are listed below.

- Barley malt
- Bleached flour
- Bromated flour
- Coconut flour
- Corn
- Corn fiber
- Corn flour
- Cornmeal
- Degermed corn
- Degerminated corn meal
- Durum flour
- Farina
- Fermented wheat
- Fermented wheat flour
- Grits, e.g., barley grits, corn grits, and durum grits
- Malted barley flour
- Milled corn
- Nut or seed flours, e.g., almond flour, flaxseed meal, hazelnut meal, and sunflower seed flour
- Oat fiber
- Oat hull fiber
- Potato flour
- Rice flour
- Rye flour
- Semolina
- Semolina flour
- Soluble corn fiber
- Soy products, e.g., soy fiber, soy flakes and soy grits
- Stone-ground corn
- Stone-ground corn flour
- Vegetable and legume flours, e.g., chickpea flour, fava bean flour, pea flour, potato flour, and soy flour
- Wheat flakes
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal

This list is not all-inclusive.

> When using the Rule of Three to determine if commercial grain products are WGR, menu planners must review the product's ingredients statement to identify any noncreditable grains. Noncreditable grains cannot be one of the first three grain ingredients for the Rule of Three.

Grain derivatives

Grain derivatives are by-products of grains. Many grain products contain Some examples include malt made from barley, wheat gluten made from wheat, and maltodextrin made from corn. Common grain derivatives found in commercial grain products are listed below.

- Cellulose fiber
- Chicory extract
- Chicory root
- Citrus fiber
- Corn dextrin
- Cornstarch
- Cultured wheat starch
- Fibersol
- Gluten, e.g., wheat gluten, vital wheat gluten
- Hydrolyzed starch
- Inulin
- Malt and malt powder
- Maltodextrin
- Modified cornstarch
- Modified food starch
- Modified rice starch
- Modified tapioca starch
- Modified wheat starch
- Pea fiber
- Potato starch
- Powdered cellulose
- Rice starch
- Short chain fructan (fiber)
- Soy flours, soy concentrates, and soy isolates
- Tapioca starch
- Wheat dextrin

This list is not all-inclusive.

> Grain derivatives do not count as either creditable or noncreditable grains in the CACFP meal patterns. Menu planners may ignore them for the Rule of Three.

When to ignore noncreditable grains

There are some situations when noncreditable grains do not count toward the Rule of Three. Noncreditable grains can be ignored when any of the situations below apply.

1. **The ingredients statement lists one or more noncreditable grain after the statement, "contains 2% or less."** Any noncreditable grains listed in the product's ingredients after the statement "contains 2% or less" are ignored for the Rule of Three. For example, the product's ingredients list states "*contains less than 2% of wheat flour and corn flour."* Menu planners can ignore the wheat flour and corn flour (noncreditable grains).

2. **The noncreditable grain is part of a dough conditioner.** A dough conditioner is any ingredient added to improve the production and consistency of dough. Dough conditioners are found in many commercial products. Noncreditable grains listed in the sublisting for a dough conditioner are ignored for the Rule of Three. For example, the ingredients statement lists "dough conditioner (*wheat flour*, salt, soy oil, ascorbic acid)." Menu planners can ignore the wheat flour (noncreditable grain) in the dough conditioner.

3. **The noncreditable grain is part of the non-grain portion of a commercial combination food.** The Rule of Three applies only to the grain portion of a commercial combination product, such as the pizza crust in pizza, the breading on chicken nuggets, and the pasta in macaroni and cheese. It does not apply to noncreditable grains that are part of the non-grain portion of a combination food, such as the portion of MMA, vegetables, or fruits. These noncreditable grains can be ignored. For example, the menu planner can ignore modified food starch in the chicken portion of breaded chicken, wheat flour in the cheese filling of ravioli, and soy flour in the vegetable filling of an egg roll.

4. **The noncreditable grain is part of a non-grain ingredient.** The Rule of Three applies only to the grain ingredients in a commercial product. It does not apply to noncreditable grains that are part of a non-grain ingredient in the grain food. For example, a bagel contains "molasses powder (molasses, *wheat starch*)." Menu planners can ignore the wheat starch (noncreditable grain) in the molasses powder.

Menu planners should carefully review products to determine if they contain noncreditable grains and where they are located on the ingredients statement.

Steps to determine if commercial grain products meet the Rule of Three

The steps below indicate how to use the Rule of Three for commercial grain products in groups A-E of the USDA's Exhibit A chart. Examples of foods in these groups include breads, muffins, crackers, rice, pasta, and pancakes.

1. Is the first ingredient (excluding water) a whole grain?
    - Yes: Go to step 2
    - No: Go to step 7.
2. Does the product have a second grain ingredient?
    - Yes: Go to step 3.
    - No: The product is WGR.
3. Is the second grain ingredient a creditable grain?
    - Yes: Go to step 4
    - No: Go to step 6.
4. Does the product have a third grain ingredient?
    - Yes: Go to step 5.
    - No: The food is WGR.
5. Is the third grain ingredient a creditable grain?
    - Yes: The food is WGR.
    - No: Go to step 6.
6. Is the noncreditable grain listed after the statement "contains 2% or less" or as part of a dough conditioner or non-grain ingredient (refer to "Noncreditable grains" in this section).
    - Yes: The food is WGR.
    - No: The food is not WGR.
7. Does the product have a CN label or PFS indicating that whole grains are the primary ingredient by weight (refer to "Method 3: Documentation" in this section).
    - Yes: The food is WGR.
    - No: The food is not WGR.

Menu planners must determine the oz eq contribution of WGR products and recipes (refer to "Determining Ounce Equivalents" in section 1).

Steps to determine if commercial combination foods meet the Rule of Three

The steps below indicate how to use the Rule of Three for commercial combination foods that contain a grain portion from groups A-E or H-I of the USDA's Exhibit A chart.

1. Is the first grain ingredient a whole grain?
    - Yes: Go to step 2.
    - No: Go to step 7.
2. Does the product have a second grain ingredient?
    - Yes: Go to step 3.
    - No: The product is WGR.
3. Is the second grain ingredient a creditable grain?
    - Yes: Go to step 4
    - No: Go to step 6.
4. Does the product have a third grain ingredient?
    - Yes: Go to step 5.
    - No: The food is WGR.
5. Is the third grain ingredient a creditable grain?
    - Yes: The food is WGR.
    - No: Go to step 6.
6. Is the noncreditable grain listed after the statement "contains 2% or less" or as part of a dough conditioner or non-grain ingredient (refer to "Noncreditable grains" in this section).
    - Yes: The food is WGR.
    - No: The food is not WGR.
7. Does the product have a CN label or PFS indicating that whole grains are the primary ingredient by weight (refer to "Method 3: Documentation" in this section).
    - Yes: The food is WGR.
    - No: The food is not WGR.

Menu planners must determine the oz eq contribution of WGR products and recipes (refer to "Determining Ounce Equivalents" in section 1).

Note: If the ingredients statement for a combination food lists the grain portion 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 next ingredient), and the next two grain ingredients in the grain portion (if any) must be creditable grains.

Method 2: Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Approved Foods List

This method applies only to commercial products. Tortillas, pasta, rice, and bread are WGR if they are listed on the Approved Foods List for any state's WIC program. WIC-listed breakfast cereals must be specifically marked as whole grain because not all WIC-listed breakfast cereals are whole grain.

The Connecticut WIC food guides are available on the Connecticut State Department of Public Health's Connecticut WIC Program Food Guide webpage. For more information, refer to the USDA's resource, Using the WIC Food Lists to Identify Grains for the Child and Adult Care Food Program.

Method 3: Documentation

This method applies to commercial products and foods made from scratch. Grain products and recipes are WGR if the CACFP facility has documentation indicating that whole grains are the primary grain ingredient. This documentation must be maintained on file for the Administrative Review of the CACFP.

Acceptable WGR documentation for commercial grain foods includes a CN label or PFS. Grain items are not eligible for a CN label unless they are part of main dish entrees that contain at least ½ oz eq of the MMA component (refer to "Documentation for Commercial WGR Grain Products" in section 4).

Foods made from scratch require a recipe that indicates the amount of each grain ingredient per serving. CACFP facilities must have recipes on file that document the crediting information for all grain foods made from scratch. The CSDE strongly recommends using standardized recipes to ensure accurate crediting information (refer to "Use standardized recipes" in section 5).

Method 4: WGR Criteria for Schools

This method applies to commercial products and foods made from scratch. The WGR criteria for grades K-12 in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) are stricter than the whole grain-rich criteria for the CACFP. Grain foods that meet the NSLP and the SBP WGR criteria will also meet the CACFP WGR criteria. This excludes WGR grain-based desserts, which credit in some school nutrition programs but do not credit in the CACFP.

> Method 4 is not common since most CACFP facilities are not affiliated with the school nutrition programs.

Method 5: FDA Whole Grain Health Claim

This method applies only to commercial products. A commercial grain product is WGR if the product packaging includes one of the FDA's two approved whole grain health claims.

- **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 some 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."

The health claim on the package label must be identical to one of these statements. The USDA recommends choosing grain products with the FDA's low-fat health claim. These claims are not commonly found on most grain products.



Method 6: Labels for Foods with FDA Standard of Identity

This method applies only to commercial products. A commercial product is WGR if it is labeled as "whole wheat," "entire wheat," or "graham," and has an FDA standard of identify.

> 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.

The FDA standards of identity are available only for certain types of whole-wheat products, including whole-wheat bread, rolls, and buns (21 CFR 136.180) and whole-wheat macaroni products (21 CFR 139.138). These products include:

- whole-wheat bread, rolls, and buns;
- entire wheat bread, rolls, and buns;
- graham bread, rolls, and buns (does not include graham crackers); and
- whole-wheat spaghetti, vermicelli, macaroni, and macaroni products.

Only breads and pastas with these exact product names conform to an FDA standard of identity and meet the CACFP WGR criteria using this method. Other grain products that are labeled as "whole wheat" but do not have an FDA standard of identity (such as crackers, tortillas, bagels, and biscuits) may or may not be 100 percent whole grain.

Label information that does not indicate a food is WGR

Menu planners cannot use the information below to determine if a commercial grain product contains whole grains.

- **Products with "whole grain" or "whole wheat" on the label:** Except for certain types of breads and pasta products that have an FDA standard of identify, any other foods labeled "whole grain" or "whole wheat" (such as crackers, tortillas, bagels, waffles, and biscuits) might not be WGR. For example, a package that states "whole-wheat waffles" or "whole-wheat bagels" may or may not be WGR.

- **Whole Grain Stamps:** The Whole Grain Council has three Whole Grain Stamps that manufacturers may choose to use on food packages. These stamps provide a visual marker to indicate products that contain significant amounts of whole grains. While these stamps provide useful information on the amount of whole grains a product contains, they are not sufficient documentation to determine if a food meets the CACFP WGR

criteria. Products that display a Whole Grain Stamp may also contain high amounts of noncreditable grains, such as refined flour that is not enriched.

- **Certain labeling terms for foods without an FDA Standard of Identity:** 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," "contains whole grains," and "multi-grain" or specifying a certain number of grains, such as seven-grain bread. These terms do not indicate an FDA standard of identity for whole-wheat products. For more examples of misleading terms, refer to the CSDE's resource, *Crediting Whole Grains in the Child and Adult Care Food Program*.

CACFP facilities must use a different method to determine if these types of commercial grain products are WGR. For example, the menu planner could use the Rule of Three (method 1) or obtain a PFS from the manufacturer (method 3).

WGR Criteria for RTE Breakfast Cereals

The Rule of Three does not apply to RTE breakfast cereals in group I, such as puffed cereals, flaked or round cereals, and granola. RTE breakfast cereals must meet two 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. For crediting guidance, refer to the CSDE's resource, *Crediting Breakfast Cereals in the Child and Adult Care Food Program*.



5 — WGR Documentation

CACFP facilities must be able to document the meal pattern contribution of all commercial grain products and recipes served in reimbursable meals and snacks. Menu planners should use the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) to determine food yields and crediting information for grain menu items.

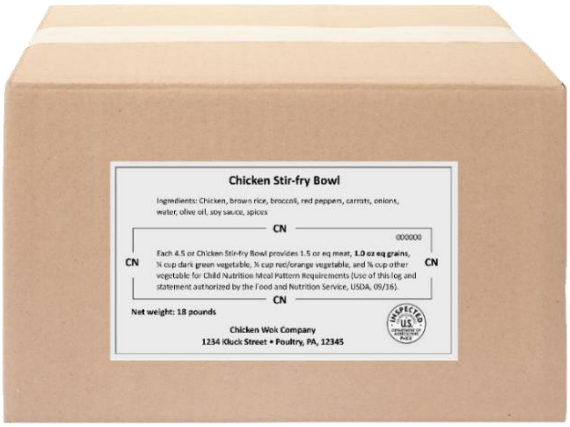
Documentation for Commercial WGR Products

Crediting documentation (method 3) is required when a CACFP facility cannot determine if a commercial grain product is WGR using any of the other methods (refer to section 4). The acceptable types of documentation for commercial processed foods include any of the documents below.

CN labels

A CN label is a USDA-approved statement that clearly identifies the contribution of a commercial product toward the meal pattern requirements. CN labels are available only for main dish entrees that contribute at least ½ oz eq of the MMA component, but they often include crediting information for other meal components that are part of the product, such as vegetables, fruits, and grains.

Allowable CN label documentation includes 1) the original CN label from the product carton; 2) a photocopy or photograph of the CN label shown attached to the original product carton; or 3) a CN label copied with a watermark displaying the product name and CN number provided by the vendor, attached to the bill of lading (invoice). For more information, refer to the CSDE's resource, *Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program*.



PFS forms

A PFS is a document developed by manufacturers that provides specific information about how a product credits toward the USDA meal patterns for the Child Nutrition Programs. To document that a product is WGR, the PFS must indicate the weight (grams) of each creditable grain per serving and demonstrate that whole grains are the greatest ingredient by weight.

The PFS must be signed by an official of the manufacturer and state the amount of each meal component contained in one serving of the product. For more information on PFS forms, refer to the CSDE's resource, *Using Product Formulation Statements in the Child and Adult Care Food Program*. For guidance on reviewing PFS forms, visit the USDA's Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement webpage.. Guidance on how to review a grain PFS is available in the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program*.

CACFP facilities are responsible for verifying that the calculations and meal pattern contribution statement on a manufacturer's PFS are accurate. The USDA requires that CACFP facilities must obtain and verify the PFS for accuracy prior to purchasing, serving, and claiming the food product in reimbursable meals and snacks. CACFP facilities must ensure that the PFS includes each required element, and the crediting calculations are correct. If any information is missing or incorrect, CACFP facilities must request a revised PFS from the manufacturer, with supporting documentation if needed.

The requirements for crediting documentation for processed foods are defined in USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: *Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements*. Guidance on these requirements is provided in the CSDE's resource, *Accepting Processed Product Documentation in the Child and Adult Care Food Program*. For additional guidance on accepting product documentation, visit the "Accepting Product Documentation" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

> Commercial processed products without a CN label or PFS that are not listed in the FBG cannot credit in CACFP meals and snacks. For more information on crediting documentation, visit the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

When a PFS is Required for Commercial WGR Grain Products

Some commercial grain products require additional information to determine if they are WGR. A PFS is required for commercial products when any of the situations below apply. If the manufacturer will not supply a PFS or the PFS does not provide the appropriate documentation, the product cannot credit in CACFP meals and snacks.

1. The first ingredient is not a whole grain, but the product contains more than one whole grain. The PFS must indicate that the combined weight of all whole grains is the greatest ingredient by weight.

2. The first ingredient is a whole grain and the product contains two or more enriched grains. The PFS must indicate that the weight of the whole grain is equal to more than the combined weight of the enriched grains.

3. The first ingredient is a flour blend of whole and enriched flour. The PFS must indicate one of the following: a) the whole grain content is at least 8 grams per oz eq (groups A-E); or b) the weight of the whole grain in the flour blend is more than the first ingredient (excluding water) listed after the flour blend.

4. A commercial combination food that contains a grain portion is not CN labeled. The PFS must indicate that creditable grains are the greatest ingredient by weight in the grain portion.

5. The manufacturer claims that the product's serving size is less than the required weight or volume in the USDA's Exhibit A chart. The PFS must indicate the grams of each creditable grain per serving and how the product provides that amount according to the FBG or USDA's regulations, guidance, or policies.

6. The product is not listed in the Exhibit A chart. The PFS must indicate the grams of each creditable grain per serving and how the product provides that amount according to the FBG or USDA's regulations, guidance, or policies.

For specific guidance and examples of each situation, refer to the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program*. This document also provides an example of how to evaluate a grain PFS.

CACFP facilities must verify the PFS for accuracy before including the commercial grain product in reimbursable meals and must maintain this crediting documentation on file (refer to "PFS forms" and "Storing Documentation" in this section).

Documentation for WGR Foods Made from Scratch

CACFP facilities must have recipes on file that document the crediting information for all grain foods made from scratch. This includes foods made on site by the CACFP facility and foods made from scratch that are purchased by the CACFP facility through a contract with a food service vendor or food service management company.

> CACFP facilities must ensure that the crediting and WGR information for recipes is accurate. The CSDE will review this information during the Administrative Review of the CACFP. For information on how to determine if grain recipes are WGR, refer to "WGR Criteria for Foods Made from Scratch" in section 2.

Use standardized recipes

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 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.

For more 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*. Additional guidance is available in the "Standardized Recipes" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Storing 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*.

6 — How to Use the Rule of Three

This section contains examples of how to use the Rule of Three to determine if commercial grain products are creditable and WGR. Each example includes the three parts below.

- "Part 1: Grain ingredients" indicates the first three grain ingredients.
- "Part 2: CACFP crediting criteria" indicates is enriched or WGR and credits in the CACFP.
- "Part 3: CACFP WGR criteria (Rule of Three)" indicates if the product meets the WGR criteria.

Products that are enriched are creditable but do not count toward the WGR requirement.

Coding of Ingredients in the Crediting Examples

The information below summarizes the coding used to identify the creditable and noncreditable grains in the ingredients statement for each example.

- **Creditable grains:** Creditable grains (whole, enriched, bran, and germ) are indicated in **bold** text. Whole grains are indicated in bold uppercase text, e.g., "**WHOLE-WHEAT FLOUR**." For examples of whole and enriched grains, refer to the CSDE's resources, *Crediting Whole Grains in the Child and Adult Care Food Program* and *Crediting Enriched Grains in the Child and Adult Care Food Program.*

- **Noncreditable grains:** Noncreditable grains like wheat flour, rice flour, corn flour, and oat fiber are indicated in italicized text, e.g., "*yellow corn flour*." Noncreditable grains count toward the Rule of Three unless they are listed in any of the following ways:

    - after the statement "contains 2% or less;
    - in the sublisting for a dough conditioner;
    - as part of the non-grain portion of a combination food, such as wheat flour in the cheese filling of ravioli; or
    - as part of a non-grain ingredient, such as wheat starch in a dough conditioner. For more information, refer to "When to ignore noncreditable grains" in section 4.

    For examples of noncreditable grains, refer to "Noncreditable grains" in section 4.

- **Grain derivatives:** Grain derivatives (by-products of grains such as wheat gluten and maltodextrin) are indicated in strikethrough text, e.g., "~~wheat gluten~~." These ingredients do not count toward the Rule of Three and are ignored. For examples of grain derivatives, refer to "Grain derivatives" in section 4.

- Non-grain ingredients: Non-grain ingredients that contain noncreditable grains (such as dough conditioners, fillings, and flavors) are indicated in blue highlighted text, e.g., "modified vegetable gum." Examples include cheese filling that contains wheat starch, fruit filling that contains modified food starch, and dough conditioner that contains soy flakes. For more information, refer to "When to ignore noncreditable grains" in section 4.

Definitions for Common Ingredients in Commercial Grain Products

The definitions below are for some common ingredients found in the crediting examples. For additional definitions, refer to the glossary.

- **azodicarbonamide (ADA):** A chemical substance approved by the FDA for use as a whitening agent in cereal flour and a dough conditioner in bread baking.

- **bleached flour:** Flour treated with chemical agents to speed up the natural aging process and produce a whiter flour with a finer grain and softer texture. Bleached flour is a creditable grain if it is enriched.

- **bromated flour:** A type of flour with added potassium bromate, which promotes gluten development to improve dough's baking qualities (such as the rise and elasticity of dough). This flour is more commonly available with ascorbic acid added to provide the elasticity instead of potassium bromate.

- **DATEM or datem:** An abbreviation for "diacetyl tartaric acid ester of mono- and diglycerides," which is an emulsifier used in baking. DATEM strengthens the gluten network in dough to improve the bread's texture and shape.

- **l-cysteine:** An amino acid used in baking to help soften the dough and reduce processing time.

- **maltodextrin:** A carbohydrate derived from starch (typically from corn, potatoes, rice, or wheat) that is used as a food additive to enhance texture and flavor. Maltodextrin is a grain derivative that does not count toward the Rule of Three.

- **modified food starch:** A chemically altered ingredient made from starch that 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 does not count toward the Rule of Three.

- **vital wheat gluten:** 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. Vital wheat gluten is a grain derivative that does not count toward the Rule of Three.

- **wheat gluten**: The protein component of the wheat grain that helps baked goods hold their shape. Wheat gluten is a grain derivative that does not count toward the Rule of Three.

- **whey:** A milk protein used to emulsify, thicken, and brown baked goods.



Product 1: Whole-Wheat Bagel (Group B)

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 ignored because it is listed after "contains 2% or less." [1]

Part 2: CACFP crediting criteria for groups A-E

Crediting criteria: The first ingredient (excluding water) is a creditable grain.

Is the first ingredient a creditable grain (refer to Part 1A)?

☑ Yes: creditable [2] ☐ No: Does product contain more than one creditable grain?
☐ Yes: requires PFS [3] ☐ No: not creditable

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

1. Is the first ingredient a whole grain (refer to Part 1A above)?
   ☑ Yes ☐ No

2. Is the second grain ingredient (if any) a creditable grain (refer to 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 (refer to Part 1C above)?
   ☐ Yes ☐ No ☑ Not applicable (no third grain ingredient or can be ignored) [1]

4. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☑ Yes: WGR [2]
   ☐ No: Does product contain more than one whole grain or a flour blend?
   ☐ Yes: requires PFS to determine if WGR [4] ☐ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.
[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).
[3] A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.
[4] Refer to "When a PFS is required for commercial grain products" in section 4.

Product 2: English Muffin (Group B)

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

Crediting criteria: The first ingredient (excluding water) is a creditable grain.

Is the first ingredient a creditable grain (refer to Part 1A)?

☑ Yes: creditable [2]

☐ No: Does product contain more than one creditable grain?
☐ Yes: requires PFS [3] ☐ No: not creditable

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

1. Is the first ingredient a whole grain (refer to Part 1A above)?
   ☑ Yes ☐ No

2. Is the second grain ingredient (if any) a creditable grain (refer to 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 (refer to Part 1C above)?
   ☐ Yes ☐ No ☑ Not applicable (no third grain ingredient or can be ignored) [1]

4. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☑ Yes: WGR [2]
   ☐ No: Does product contain more than one whole grain or a flour blend?
   ☐ Yes: requires PFS to determine if WGR [4] ☐ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.
[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).
[3] A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.
[4] Refer to "When a PFS is required for commercial grain products" in section 4.

Product 3: Bread Sticks (Group A)

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, ascorbic acid, enzymes), ~~modified food starch~~, *fava bean flour*, flavor (natural flavor, modified vegetable gum, ~~hydrolyzed starch~~, ~~maltodextrin~~), *malted barley flour*, dextrose, *rye flour*.

Part 1: Grain ingredients

A. **First ingredient (excluding water):** Whole-wheat flour

B. **Second grain ingredient:** Unbleached unbromated enriched wheat flour

C. **Third grain ingredient:** Fava bean flour (noncreditable grain). **Note:** Modified food starch is ignored because it is a grain derivative. [1] Malted barley flour and rye flour are ignored because they are listed after the first three grain ingredients.

Part 2: CACFP crediting criteria for groups A-E

Crediting criteria: The first ingredient (excluding water) is a creditable grain.

Is the first ingredient a creditable grain (refer to Part 1A)?

☑ Yes: creditable [2] ☐ No: Does product contain more than one creditable grain?
☐ Yes: requires PFS [3] ☐ No: not creditable

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

1. Is the first ingredient a whole grain (refer to Part 1A above)?
   ☑ Yes ☐ No
2. Is the second grain ingredient (if any) a creditable grain (refer to 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 (refer to Part 1C above)?
   ☐ Yes ☑ No ☐ Not applicable (no third grain ingredient or can be ignored) [1]
4. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☐ Yes: WGR [2]
   ☑ No: Does product contain more than one whole grain or a flour blend?
   ☐ Yes: requires PFS to determine if WGR [4] ☑ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.
[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).
[3] A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.
[4] Refer to "When a PFS is required for commercial grain products" in section 4.

Product 4: Oat Bread (Group B)

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.

Part 1: Grain ingredients

A. **First ingredient (excluding water):** Unbleached enriched wheat flour

B. **Second grain ingredient:** Whole-wheat flour

C. **Third grain ingredient:** Whole oats

Part 2: CACFP crediting criteria for groups A-E

Crediting criteria: The first ingredient (excluding water) is a creditable grain.

Is the first ingredient a creditable grain (refer to Part 1A)?

☑ Yes: creditable [2] ☐ No: Does product contain more than one creditable grain?

☐ Yes: requires PFS [3] ☐ No: not creditable

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

1. Is the first ingredient a whole grain (refer to Part 1A above)?
   ☐ Yes ☑ No
2. Is the second grain ingredient (if any) a creditable grain (refer to 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 (refer to Part 1C above)?
   ☑ Yes ☐ No ☐ Not applicable (no third grain ingredient or can be ignored) [1]
4. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☐ Yes: WGR [2]
   ☑ No: Does product contain more than one whole grain or a flour blend?
   ☑ Yes: requires PFS to determine if WGR [4] ☐ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.

[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).

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

[4] Refer to "When a PFS is required for commercial grain products" in section 4.

Product 5: Blueberry Muffin (Group D)

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), ~~modified food starch~~, salt, ~~wheat starch~~, blueberry juice concentrate.

Part 1: Grain ingredients

A. **First ingredient (excluding water):** Whole-wheat flour

B. **Second grain ingredient:** Enriched flour

C. **Third grain ingredient:** None. The oat fiber (noncreditable grain) is ignored because it is listed after "contains 2% or less of." [1]

Part 2: CACFP crediting criteria for groups A-E

Crediting criteria: The first ingredient (excluding water) is a creditable grain.

Is the first ingredient a creditable grain (refer to Part 1A)?

☑ Yes: creditable [2] ☐ No: Does product contain more than one creditable grain?

☐ Yes: requires PFS [3] ☐ No: not creditable

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

1. Is the first ingredient a whole grain (refer to Part 1A above)?
   ☑ Yes ☐ No
2. Is the second grain ingredient (if any) a creditable grain (refer to 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 (refer to Part 1C above)?
   ☐ Yes ☐ No ☑ Not applicable (no third grain ingredient or can be ignored) [1]
4. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☑ Yes: WGR [2]
   ☐ No: Does product contain more than one whole grain or a flour blend?
   ☐ Yes: requires PFS to determine if WGR [4] ☐ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.

[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).

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

[4] Refer to "When a PFS is required for commercial grain products" in section 4.

Product 6: Italian Bread (Group B)

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. **Note:** Grains listed after the first three grain ingredients are ignored, i.e., malted barley flour.

Part 2: CACFP crediting criteria for groups A-E

Crediting criteria: The first ingredient (excluding water) is a creditable grain.

Is the first ingredient a creditable grain (refer to Part 1A)?

☐ Yes: creditable [2] ☑ No: Does product contain more than one creditable grain?

☑ Yes: requires PFS [3] ☐ No: not creditable

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

1. Is the first ingredient a whole grain (refer to Part 1A above)?
   ☐ Yes ☑ No
2. Is the second grain ingredient (if any) a creditable grain (refer to 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 (refer to Part 1C above)?
   ☑ Yes ☐ No ☐ Not applicable (no third grain ingredient or can be ignored) [1]
4. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☐ Yes: WGR [2]
   ☑ No: Does product contain more than one whole grain or a flour blend?
   ☐ Yes: requires PFS to determine if WGR [4] ☑ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.

[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).

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

[4] Refer to "When a PFS is required for commercial grain products" in section 4.

Product 7: Wheat Roll (Group B)

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

Crediting criteria: The first ingredient (excluding water) is a creditable grain.

Is the first ingredient a creditable grain (refer to Part 1A)?

☑ Yes: creditable [2] ☐ No: Does product contain more than one creditable grain?

☐ Yes: requires PFS [3] ☐ No: not creditable

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

4. Is the first ingredient a whole grain (refer to Part 1A above)?
   ☐ Yes ☑ No: First ingredient is a flour blend.
5. Is the second grain ingredient (if any) a creditable grain (refer to Part 1B above)?
   ☐ Yes ☐ No ☑ Not applicable (no second grain ingredient or can be ignored) [1]
6. Is the third grain ingredient (if any) a creditable grain (refer to Part 1C above)?
   ☐ Yes ☐ No ☑ Not applicable (no third grain ingredient or can be ignored) [1]
5. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☐ Yes: WGR [2]
   ☑ No: Does product contain more than one whole grain or a flour blend?
   ☑ Yes: requires PFS to determine if WGR [4] ☐ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.

[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).

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

[4] Refer to "When a PFS is required for commercial grain products" in section 4.

Product 8: Waffles made with Whole Wheat (Group C)

Ingredients: Water, **enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), WHOLE-WHEAT FLOUR**, 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

A. **First ingredient (excluding water):** Enriched flour

B. **Second grain ingredient:** Whole-wheat flour

C. **Third grain ingredient:** Wheat bran

Part 2: CACFP crediting criteria for groups A-E

Crediting criteria: The first ingredient (excluding water) is a creditable grain.

Is the first ingredient a creditable grain (refer to Part 1A)?

☑ Yes: creditable [2] ☐ No: Does product contain more than one creditable grain?
☐ Yes: requires PFS [3] ☐ No: not creditable

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

1. Is the first ingredient a whole grain (refer to Part 1A above)?
   ☐ Yes ☑ No
2. Is the second grain ingredient (if any) a creditable grain (refer to 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 (refer to Part 1C above)?
   ☑ Yes ☐ No ☐ Not applicable (no third grain ingredient or can be ignored) [1]
4. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☐ Yes: WGR [2]
   ☑ No: Does product contain more than one whole grain or a flour blend?
   ☐ Yes: requires PFS [4] ☑ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.
[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).
[3] A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.
[4] Refer to "When a PFS is required for commercial grain products" in section 4.

Product 9: French Toast (Group E)

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, calcium propionate (preservative), soy lecithin, 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*, salt, leavening (sodium bicarbonate), nonfat milk, spice.

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). **Note:** Wheat gluten is ignored because it is a grain derivative. [1] Yellow corn flour is ignored because it is listed after the first three grain ingredients.

Part 2: CACFP crediting criteria for groups A-E

Crediting criteria: The first ingredient (excluding water) is a creditable grain.

Is the first ingredient a creditable grain (refer to Part 1A)?

☑ Yes: creditable [2] ☐ No: Does product contain more than one creditable grain?
☐ Yes: requires PFS [3] ☐ No: not creditable

Part 3: CACFP WGR criteria (Rule of Three) for groups A-E

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

1. Is the first ingredient a whole grain (refer to Part 1A above)?
   ☑ Yes ☐ No
2. Is the second grain ingredient (if any) a creditable grain (refer to 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 (refer to Part 1C above)?
   ☑ Yes ☐ No ☐ Not applicable (no third grain ingredient or can be ignored) [1]
4. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☑ Yes: WGR [2]
   ☐ No: Does product contain more than one whole grain or a flour blend?
   ☐ Yes: requires PFS to determine if WGR [4] ☐ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.
[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).
[3] A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.
[4] Refer to "When a PFS is required for commercial grain products" in section 4.

Product 10: Breaded Chicken Nuggets, combination food with breading (group A)

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.

Part 1: Grain ingredients

A. **First ingredient (excluding water):** Whole-wheat flour

B. **Second grain ingredient:** None

C. **Third grain ingredient:** None

Part 2: Crediting criteria for combination foods (separate grain portion)

Crediting criteria: The first ingredient (excluding water) is a creditable grain.

Is the first ingredient a creditable grain (refer to Part 1A)?

☑ Yes: creditable [2] ☐ No: Does product contain more than one creditable grain?

☐ Yes: requires PFS [3] ☐ No: not creditable

Part 3: WGR criteria (Rule of Three) for combination foods (separate grain portion)

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

1. Is the first ingredient a whole grain (refer to Part 1A above)?
   ☑ Yes ☐ No
2. Is the second grain ingredient (if any) a creditable grain (refer to 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 (refer to Part 1C above)?
   ☐ Yes ☐ No ☑ Not applicable (no third grain ingredient or can be ignored) [1]
4. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☑ Yes: WGR [2]
   ☐ No: Does product contain more than one whole grain or a flour blend?
   ☐ Yes: requires PFS to determine if WGR [4] ☐ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.

[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).

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

[4] Refer to "When a PFS is required for commercial grain products" in section 4.

Product 11: Cheese Ravioli, combination food with pasta (group H)

Ingredients: Filling: Fat-free ricotta cheese (whey, skim milk, vinegar, 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, salt, sugar, dehydrated garlic. Pasta: **WHOLE-WHEAT FLOUR**, **enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)**, water, egg.

Part 1: Grain ingredients

A. **First ingredient (excluding water):** Whole-wheat flour

B. **Second grain ingredient:** Enriched durum wheat flour

C. **Third grain ingredient:** None

Part 2: Crediting criteria for combination foods (separate grain portion)

Crediting criteria: The first grain ingredient in the grain portion is a creditable grain.

Is the first ingredient in the grain portion a creditable grain (refer to Part 1A)?

☑ Yes: creditable [2] ☐ No: Does product contain more than one creditable grain?
☐ Yes: requires PFS [3] ☐ No: not creditable

Part 3: WGR criteria (Rule of Three) for combination foods (separate grain portion)

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

1. Is the first ingredient in the grain portion a whole grain (refer to Part 1A above)?
   ☑ Yes ☐ No
2. Is the second grain ingredient (if any) in the grain portion a creditable grain (refer to Part 1B above)?
   ☑ Yes ☐ No ☐ Not applicable (no second grain ingredient or can be ignored) [1]
3. Is the third grain ingredient (if any) in the grain portion a creditable grain (refer to Part 1C above)?
   ☐ Yes ☐ No ☑ Not applicable (no third grain ingredient or can be ignored) [1]
4. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☑ Yes: WGR [2]
   ☐ No: Does product contain more than one whole grain or a flour blend?
   ☐ Yes: requires PFS to determine if WGR [4] ☐ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.
[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).
[3] A PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.
[4] Refer to "When a PFS is required for commercial grain products" in section 4.

Product 12: Breaded Chicken Patty, combination food with breading (group A)

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, paprika, and spices. Breading set in vegetable oil.

Part 1: Grain ingredients

A. **First ingredient in the grain portion (excluding water):** Wheat flour (noncreditable grain)

B. **Second grain ingredient in the grain portion:** White whole-wheat flour**. Note:** Wheat starch is ignored because it is a grain derivative. [1]

C. **Third grain ingredient in the grain portion:** Yellow corn flour (noncreditable grain)

Part 2: Crediting criteria for combination foods (separate grain portion)

Crediting criteria: The first ingredient in the grain portion (excluding water) is a creditable grain.

Is the first ingredient in the grain portion a creditable grain (refer to Part 1A)?

☐ Yes: creditable [2] ☑ No: Does product contain more than one creditable grain?

☐ Yes: requires PFS [3] ☑ No: not creditable

Part 3: WGR criteria (Rule of Three) for combination foods (separate grain portion)

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

1. Is the first ingredient a whole grain (refer to Part 1A above)?
   ☐ Yes ☑ No
2. Is the second grain ingredient (if any) in the grain portion a creditable grain (refer to Part 1B above)?
   ☑ Yes ☐ No ☐ Not applicable (no second grain ingredient or can be ignored) [1]
3. Is the third grain ingredient (if any) in the grain portion a creditable grain (refer to Part 1C above)?
   ☐ Yes ☑ No ☐ Not applicable (no third grain ingredient or can be ignored) [1]
4. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☐ Yes: WGR [2]
   ☑ No: Does product contain more than one whole grain or a flour blend?
   ☐ Yes: requires PFS to determine if WGR [4] ☑ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.

[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).

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

[4] Refer to "When a PFS is required for commercial grain products" in section 4.

Product 13: Chicken Vegetable Egg Roll, combination food with egg roll (group B)

Ingredients: Filling: Cabbage, ground chicken, carrots, celery, water, onion, contains 2% or less of: dried whole egg, sugar, soy sauce, modified food starch, dehydrated onions, 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, salt, rice extract, ~~cornstarch~~; water.

Part 1: Grain ingredients

A. **First ingredient (excluding water):** White whole-wheat flour

B. **Second grain ingredient:** Enriched flour

C. **Third grain ingredient:** Enriched durum flour

Part 2: Crediting criteria for combination foods (separate grain portion)

Crediting criteria: The first ingredient (excluding water) is a creditable grain.

Is the first ingredient a creditable grain (refer to Part 1A)?

☑ Yes: creditable [2] ☐ No: Does product contain more than one creditable grain?

☐ Yes: requires PFS [3] ☐ No: not creditable

Part 3: WGR criteria (Rule of Three) for combination foods (separate grain portion)

WGR criteria: The first ingredient (excluding water) is a whole grain and the next two grain ingredients (if any) are creditable.

1. Is the first ingredient a whole grain (refer to Part 1A above)?
   ☑ Yes ☐ No
2. Is the second grain ingredient (if any) a creditable grain (refer to 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 (refer to Part 1C above)?
   ☑ Yes ☐ No ☐ Not applicable (no third grain ingredient or can be ignored) [1]
4. Is Q1 "Yes" **and** are Q2 and Q3 either "Yes" or "Not applicable"?
   ☑ Yes: WGR [2]
   ☐ No: Does product contain more than one whole grain or a flour blend?
   ☐ Yes: requires PFS to determine if WGR [4] ☐ No: not WGR

[1] Refer to "Noncreditable grains" in section 3.

[2] The serving must provide the required weight for the applicable grain group in the USDA's Exhibit A chart or contain the minimum creditable grains (refer to "Determining Oz Eq" in section 1).

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

[4] Refer to "When a PFS is required for commercial grain products" in section 4.

7 — Resources

Breakfast Cereals

Bite Size Module 14: Grains Component (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module14

Calculating the Added Sugars Limit for Breakfast Cereals in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/calculating-sugar-limits-breakfast-cereals

Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/breakfast-cereals-lower-sugar

Crediting Breakfast Cereals in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_cereals_cacfp.pdf

Worksheet for Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/.sde/nutrition/cacfp/crediting/worksheet_credit_cooked_breakfast_cereals_cacfp.pdf

Worksheet for Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/worksheet_credit_rte_breakfast_cereals_cacfp.pdf

Crediting Documentation for Grains

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

Accepting Product Documentation (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/accepting-product-documentation

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

Bite Size Module 6: Menus, Production Records, and Standardized Recipes (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module6

Bite Size Module 7: Introduction to Crediting Documentation (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module7

Bite Size Module 8: Child Nutrition (CN) Labels (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module8

Bite Size Module 9: Product Formulation Statements (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module9

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:
https://www.fna.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation

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

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

Guide to Menu Documentation for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_menu_documentation.pdf

Product Formulation Statement for Documenting Grains Ounce Equivalents in Child Nutrition Programs (USDA):
https://www.fna.usda.gov/sites/default/files/resource-files/tn-pfs-grains-oz-eq-template.pdf

Product Formulation Statement for Documenting Grains Ounce Equivalents in Child Nutrition Programs: Completed Sample (USDA):
https://www.fna.usda.gov/sites/default/files/resource-files/tn-pfs-grains-oz-eq-sample.pdf

Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA webpage):
https://www.fna.usda.gov/cn/labeling/tips-evaluating-pfs

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

Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_cn_labels_cacfp.pdf

Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_product_formulation_statements_cacfp.pdf

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when_commercial_grain_products_require_pfs_cacfp.pdf.

Yield Study Data Form for the Child Nutrition Programs (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/yield_study_form.pdf

Crediting Requirements for Grains

Bite Size Module 14: Grains Component (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module14

Crediting Enriched Grains in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_enriched_grains_cacfp.pdf

Crediting Whole Grains in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_whole_grains_cacfp.pdf

Grain-based Desserts in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/grain-based-desserts-cacfp

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

How to Identify Creditable Grains for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/identify_creditable_grains_cacfp.pdf

USDA Memo CACFP 05-2025: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:
https://www.fna.usda.gov/cacfp/grain-requirements-qas

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:
https://www.fna.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program

USDA Memo SP 23-2019, CACFP 10-2019, and SFSP 09-2019: Crediting Popcorn in the Child Nutrition Programs:
https://www.fna.usda.gov/cn/crediting-popcorn-child-nutrition-programs

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.fna.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs

Using the WIC Food Lists to Identify Grains for the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/wic-lists-grains

Crediting Grain Foods Made from Scratch

Bite Size Module 6: Menus, Production Records, and Standardized Recipes (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module6

Bite Size Module 14: Grains Component (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module14

Foods Made from Scratch (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs#Scratch

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://theicn.org/icn-resources-a-z/step-by-step-recipe-standardization-guide-for-the-child-and-adult-care-food-program/

Standardized Recipe Form for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/standardized_recipe_form_cacfp.docx

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

Meal Patterns

Bite Size Module 2: CACFP Patterns for Children (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module2

Bite Size Module 3: Meal or No Meal Knowledge Check for CACFP Patterns for Children (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module3

Bite Size Module 4: CACFP Adult Meal Patterns (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module4

Bite Size Module 5: Meal or No Meal Knowledge Check for CACFP Adult Meal Patterns (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module5

CACFP Meal Pattern Updates (CSDE's Child and Adult Care Food Program (CACFP) webpage):
https://portal.ct.gov/sde/nutrition/child-and-adult-care-food-program#CACFP_Meal_Pattern_Updates

CACFP Meal Pattern Training Slides (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-slides

CACFP Meal Pattern Training Worksheets (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets

Guide to Meeting the Child and Adult Care Food Program (CACFP) Adult Meal Patterns (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_meal_patterns_adults.pdf

Guide to Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/guide_cacfp_meal_patterns.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

Nutrition Standards for CACFP Meals and Snacks (USDA webpage):
https://www.fna.usda.gov/cacfp/nutrition-standards

Summary of Final Rule Updates to the Meal Patterns for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/summary_final_rule_cacfp_meal_patterns.pdf

USDA Final Rule: CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (81 FR 24347):
https://www.fna.usda.gov/cacfp/fr-042516

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 Memo CACFP 08-2017: Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program:
https://www.fna.usda.gov/cacfp/qas-updated-meal-pattern-requirements

USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP:
https://www.fna.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp

USDA Memo SP 19-2024, CACFP 07-2024, and SFSP 12-2024: Initial Implementation Memorandum: Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans:
https://www.fna.usda.gov/cn/initial-implementation-meal-patterns-dga

Ounce Equivalents

Bite Size Module 14: Grains Component (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module14

Calculation Methods for Grain Ounce Equivalents for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain_calculation_cacfp_oz_eq.pdf

Determining Ounce Equivalents of Grains in Child and Adult Care Food Program Recipes (USDA):
https://www.fna.usda.gov/tn/determining-ounce-equivalents-grains-cacfp-recipes

Exhibit A Grains Tool of the Food Buying Guide (USDA):
https://www.fna.usda.gov/tn/fbg/webtool

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/Exhibit_A_Grain_Requirements_For_Child_Nutrition_Programs.pdf

Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain_oz_eq_cacfp.pdf

How to Maximize the Exhibit A Grains Tool (USDA webinar):
https://www.fna.usda.gov/tn/how-maximize-exhibit-grains-tool

How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/how_to_use_ounce_equivalents_chart_cacfp.pdf

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

Using Ounce Equivalents for Grains in the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/using-ounce-equivalents-grains-cacfp

WGR Criteria

Bite Size Module 14: Grains Component (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns):
https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module14

Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List (USDA):
https://www.fna.usda.gov/tn/cacfp/identifying-whole-grain-rich-foods

Is My Recipe Whole Grain-Rich in the Child and Adult Care Food Program? (USDA):
https://www.fna.usda.gov/tn/cacfp/recipe-whole-grain-rich

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when_commercial_grain_products_require_pfs_cacfp.pdf

Whole Grain-rich Requirement (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains#WGR

Glossary

Administrative Review (AR): A periodic review of an institution's operations of the Child Nutrition Programs, conducted by the Connecticut State Department of Education to monitor performance and assess compliance with all USDA regulations.

amaranth: A small type of gluten-free pseudo-grain. Amaranth is a whole grain. For more information, refer to "pseudo-grains" in this section.

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

barley: A whole grain that has a very tough hull. Whole barley and hulled barley are whole grains, but pearled barley is not. For more information, refer to "pearled grains" in this section.

berries (such as wheat berries and rye berries): The whole kernel of grain.

bleached flour: Flour treated with chemical agents to speed up the natural aging process and produce a whiter flour with a finer grain and softer texture. Bleached flour is a creditable grain if it is enriched.

bran: The seed husk or outer coating of cereal grains such as wheat, rye, and oats. Examples include oat bran, wheat bran, corn bran, rice bran, and rye bran. Bran credits the same as enriched grains.

bromated flour: A type of flour with added potassium bromate, which promotes gluten development to improve dough's baking qualities (such as the rise and elasticity of dough). This flour is more commonly available with ascorbic acid added to provide the elasticity instead of potassium bromate. Bromated flour is a creditable grain if it is enriched. For more information, refer to "unbromated flour" in this section.

buckwheat: A type of gluten-free pseudo-grain typically used in foods like pancakes and soba noodles. that is botanically a relative of rhubarb. Buckwheat is a whole grain. For more information, refer to "pseudo-grains" in this section.

bulgur: Precooked parboiled (cracked or steamed) whole-wheat grains.

Glossary

CACFP adult meal patterns: The required meal components and minimum serving sizes that adult day care centers participating in the CACFP must provide to receive federal reimbursement for meals (breakfast, lunch, and supper) and snacks served to participants. For more information, visit the "CACFP Adult Meal Patterns" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.

CACFP facilities: Child care centers, family day care homes, emergency shelters, and at-risk afterschool programs that participate in the USDA's Child and Adult Care Food Program.

CACFP meal patterns for children: The required meal components and minimum serving sizes that facilities participating in the CACFP must provide to receive federal reimbursement for meals and snacks served to children. The CACFP meal patterns for children apply to children ages 1-12; children ages 15 and younger of migrant workers; children of any age with disabilities; and children through age 18 in at-risk afterschool programs and emergency shelters. For more information, visit the "CACFP Meal Patterns for Children" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.

CACFP sponsor: A public or private nonprofit organization that is entirely responsible for the administration of the CACFP in one or more day care homes, child care centers, emergency shelters, at-risk afterschool care centers, or adult day care centers. In some situations, for-profit institutions may also be eligible to participate in the CACFP. For more information, refer to Section 226.2 of the CACFP regulations (7 CFR 226).

cereal grains: The seeds that come from grasses. Cereal grains can be whole grain (such as amaranth, barley, buckwheat, corn, millet, oats, quinoa, rice, rolled wheat, rye, sorghum, triticale, wheat, and wheat berries) or enriched (such as enriched cornmeal, corn grits, and farina).

Child Nutrition (CN) label: A statement approved by the USDA that clearly identifies the contribution of a food product toward the meal pattern requirements, based on the USDA's evaluation of the product's formulation. Products eligible for CN labels include main dish entrees that provide at least ½ oz eq of the MMA component, e.g., beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions. CN labels usually indicate the contribution of other meal components (such as vegetables, grains, and fruits) that are part of these products. For more information, refer to the CSDE's resource, *Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program*, and visit the "Child Nutrition Labels" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Child Nutrition Programs: The USDA's federally funded programs that provide nutritious meals and snacks to children, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program, Special Milk Program (SMP), Summer Food Service Program (SFSP), Seamless Summer Option (SSO) of the NSLP, Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP). The CACFP also provides nutritious meals and snacks to the frail elderly in adult day care centers. For more information, visit the CSDE's Child Nutrition Programs webpage.

combination foods: Foods that contain more than one meal component, such as pizza, burritos, tacos, lasagna, chicken stir-fry, and smoothies made with milk and fruit. For example, macaroni and cheese contains pasta (grains component) and cheese (MMA component). Combination foods generally cannot be separated (such as pizza and burritos) or are not intended to be separated (such as a hamburger on a bun or turkey sandwich).

corn masa: Dough made from masa harina that is used for making corn products such as tortillas, tortilla chips, and tamales. Corn masa is nixtamalized and credits as a whole grain. For more information, refer to "nixtamalization" in this section.

cornmeal: Meal made from ground, dried corn.

couscous: A type of grain product similar to pasta that is made from crushed semolina.

cracked wheat: Whole-wheat grains cut or crushed into smaller pieces.

creditable food: A food or beverage that counts toward the meal pattern requirements for a reimbursable meal or snack in the USDA's Child Nutrition Programs. For more information, visit the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

creditable grains: The ingredients in a commercial grain product or standardized recipe that credit toward the grains component. Creditable grains include whole grains, enriched grains, bran, and germ.

DATEM or datem: An abbreviation for "diacetyl tartaric acid ester of mono- and diglycerides," which is an emulsifier used in baking. DATEM strengthens the gluten network in dough to improve the bread's texture and shape.

degerminated cornmeal: Cornmeal that has the germ removed to increase shelf life. Degerminated cornmeal is not a whole grain.

Dietary Guidelines for Americans: A federal document that provides science-based advice for Americans ages 2 and older to promote health and reduce risk for chronic diseases through diet and physical activity. The U.S. Department of Health and Human Services and the U.S. Department of Agriculture jointly publish the *Dietary Guidelines* every five years. This document forms the basis of federal food, nutrition education, and information programs. For more information, visit the Dietary Guidelines for Americans webpage.

endosperm: The soft, white inside portion of the whole-grain kernel. The endosperm contains starch, protein, and small amounts of B vitamins.

enriched grains: Refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have some vitamins and minerals added to replace the nutrients lost during processing. The five enrichment nutrients are added within limits specified by the FDA, and include thiamin (B_1), riboflavin (B_2), niacin (B_3), folic acid, and iron. For more information, refer to the CSDE's resource, *Crediting Enriched Grains in the Child and Adult Care Food Program*.

enrichment: Adding back nutrients (usually vitamins or minerals) originally present in a food that were lost during processing. Enrichment nutrients are added back in approximately the same levels as were originally present in the food. For more information, refer to "enriched grains" in this section.

Exhibit A chart: A USDA chart that indicates the required weight (groups A-G) or volume (groups H-I) for different types of grain foods to provide 1 oz eq of the grains component. The CSDE's resource, *Grain Ounce Equivalents Chart for the Child and Adult Care Food Program*, lists the Exhibit A grain oz eq that apply to the CACFP. This chart may be used to determine the grain oz eq for commercial grain products and for recipes that indicate the weight of the prepared (cooked) serving. For more information, refer to the USDA's *Exhibit A: Grain Requirements for Child Nutrition Programs*.

flour: Finely ground and sifted wheat or other grains such as rye, corn, rice, or buckwheat.

fortification: Adding nutrients (usually vitamins or minerals) that were not originally present in a food or beverage, or adding nutrients at levels that are higher than originally present. Fortification is used for naturally nutrient-rich products based on scientifically documented health needs (such as fortifying milk with vitamin D to increase the body's absorption of calcium), or to enhance the perceived nutritional value of products with little or no natural nutritional value, e.g., fortifying "energy" bars made from processed flour with multiple vitamins and minerals. Fortification nutrients are added to products in varying amounts, from small percentages up to amounts greater than recommended intakes.

germ: The vitamin-rich sprouting section of the whole-grain kernel. Germ credits the same as enriched grains.

gluten: The general name for proteins naturally found in certain cereal grains, such as barley, rye, wheat, and triticale (a wheat-rye hybrid). Gluten has elastic properties that help dough to stretch, rise, and maintain moisture when heated. It is frequently used as an additive to improve texture and promote moisture retention in processed foods. Gluten is a grain derivative is ignored for the CACFP Rule of Three.

graham flour: A type of coarsely ground whole wheat flour**.**

grain berries: The unprocessed whole kernel of grain, such as wheat berries and rye berries.

grain derivative: A by-product of grains, such as malt made from barley, wheat gluten made from wheat, and maltodextrin made from corn. Grain derivatives are ignored for the CACFP Rule of Three. For examples of grain derivatives, refer to "Grain derivatives" in section 4.

grains component: The meal component of the USDA meal patterns that is comprised of cereal grains and products made from their flours. Creditable grain foods include products and recipes that are whole grain-rich (WGR) or enriched. Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are WGR, enriched, or fortified.

grains: Plants in the grass family, which produce a dry, edible fruit commonly called a kernel, grain, or berry.

grits: A coarsely ground grain made with hominy or stone-ground corn.

groats: The hulled kernels of various cereal grains, such as oat, wheat, rye, buckwheat, and barley. Groats are whole grains.

hominy grits: A type of grits made from hominy.

hominy: A traditional food in Mexican and Native American cultures that is commonly served as a vegetable or milled grain product, e.g., hominy grits. Hominy is made from whole kernels of maize (dried field corn) that have been soaked in an alkaline solution (nixtamalized). This process removes the hull and germ, causes the corn to puff up to about double its normal size, and increases the bioavailability of certain nutrients, such as calcium and niacin.

instant oatmeal: Oatmeal made from whole-grain oats that are thinner and more finely chopped than rolled oats. Instant oatmeal has a soft texture and cooks quickly.

l-cysteine: An amino acid used in baking to help soften the dough and reduce processing time.

maltodextrin: A carbohydrate derived from starch (typically from corn, potatoes, rice, or wheat) that is used as a food additive to enhance texture and flavor. Maltodextrin is a grain derivative that is ignored for the CACFP Rule of Three. For more information, refer to "grain derivative" in this section.

masa harina: Corn flour used for making corn products such as tortillas, tortilla chips, and tamales. Masa harina is nixtamalized and credits as a whole grain. For more information, refer to “nixtamalization” in this section.

meal pattern: The required meal components and minimum servings that schools and institutions participating in the USDA’s Child Nutrition Programs must provide to receive federal reimbursement for meals and snacks served to participants.

meal: A grain made by coarsely grinding corn, oats, wheat, or other grains. Whole grain, enriched, or fortified meal credits toward the grains component of the USDA’s meal patterns.

meals: Refer to “reimbursable meals” in this section.

millet: A group of several small related grains. Millet is a gluten-free whole grain

modified food starch: A chemically altered ingredient made from starch that 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 ignored for the CACFP Rule of Three. For more information, refer to “grain derivative” in this section.

National School Lunch Program (NSLP): The USDA’s federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. It was established under the National School Lunch Act, signed by President Harry Truman in 1946. For more information, visit the CSDE’s National School Lunch Program webpage.

nixtamalization: A process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients and results in a product with nutrition content similar to whole-grain corn. Nixtamalized corn is used to make hominy, masa harina (corn flour), corn masa (dough from masa harina), and certain types of cornmeal. Nixtamalized corn credits as a whole grain.

noncreditable grains: Noncreditable grains are grain ingredients that do not count toward the grains component of the CACFP meal patterns. Examples include yellow corn flour, wheat flour, and semolina. For more examples of noncreditable grains, refer to” Noncreditable grains” in section 4.

old-fashioned oats (rolled oats): Whole-grain oats that have been steamed and flattened. They have a firm texture and cook faster than steel-cut oats.

ounce equivalent (oz eq): A unit of measure that indicates the contribution of a given serving size toward the grains component. To provide 1 oz eq, an enriched grain food must contain 16 grams of credible grain and a WGR enriched grain food must contain 16 grams of credible grains including at least 8 grams of whole grains. The amount of a grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. For example, 1 oz eq of the grains component can be less than a measured ounce (e.g., pretzels, bread sticks, and crackers), equal to a measured ounce (e.g., bagels, biscuits, bread, rolls, cereal grains, and RTE breakfast cereals), or more than a measured ounce (e.g., muffins and pancakes). For more information, refer to the CSDE's resource, *Grain Ounce Equivalents Chart for the Child and Adult Care Food Program*.

pearled grains: Removing the bran from the whole grain, such as pearled barley. Pearled grains are not whole grains.

primary grain ingredient: The greatest grain ingredient by weight. For commercial grain foods, this is the first ingredient (excluding water) listed in the product's ingredients statement. For commercial combination foods that contain a grain portion, this is the first grain ingredient (excluding water) listed in the product's ingredients statement. For commercial combination foods that contain a grain portion listed separately, this is the first ingredient (excluding water) listed in the grain portion of the product's ingredients statement.

product fact sheet: Refer to "product specification sheet" in this section.

product formulation statement (PFS): An information statement obtained from the manufacturer that provides specific information about how a product credits toward the USDA's meal pattern requirements, and documents how this information is obtained citing Child Nutrition Program resources or regulations. All creditable ingredients in this statement must match a description in the USDA's *Food Buying Guide for Child Nutrition Programs*. The PFS must be prepared on company letterhead with the signature of a company official and the date of issue. Unlike CN labels, PFS forms do not provide any warranty against audit claims. The USDA requires that CACFP facilities must check the manufacturer's crediting information for accuracy prior to including the product in reimbursable meals and snacks. For more information, refer to the CSDE's resources, *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 visit the "Product Formulation Statements" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

product specification sheet: Manufacturer sales literature that provides various information about the company's products. These materials do not provide the specific crediting information that is required on a product formulation statement and cannot be used to determine a product's contribution toward the USDA's meal pattern components.

pseudo-grains: Plants that are not in the same botanical family as cereal grains but have nutritional profiles and uses similar to "true" cereal grains. Examples include amaranth, quinoa and buckwheat.

quinoa: A small, round type of pseudo-grain that is botanically a relative of Swiss chard and beets. Quinoa is a whole grain. For more information, refer to "pseudo-grains" in this section.

refined grains: Grains that have been processed to remove the bran and germ, making the product less nutritious than whole grains. Refined grains may or may not be enriched. For more information, refer to "enriched grains" in this section.

reimbursable meals: Meals and snacks that meet the meal pattern requirements of the USDA's regulations for Child Nutrition Programs.

semolina: A type of meal made from coarsely ground hard wheat (e.g., durum) used in puddings and pasta. Semolina is not a whole grain.

serving size or portion: The weight, measure, number of pieces, or slices of a food or beverage. For meals to be reimbursable, CACFP facilities must provide the minimum servings specified in the USDA's meal patterns.

soy lecithin: A substance made from soy oil that is used as an emulsifier or stabilizer in food.

standard of identity: The mandatory government requirements that determine what a food product (like whole-wheat bread) must contain or may contain to be marketed under a certain name in interstate commerce. These standards protect consumers by ensuring that a label accurately reflects what is inside. For example, mayonnaise is not an imitation spread, and ice cream is not a similar, but different, frozen dessert. The USDA develops standards for meat and poultry products. The FDA develops standards for other food products.

standardized recipe: A recipe that 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. Standardized recipes include specific information such as ingredients, weights and measures, preparation directions, serving directions, yield, and portion size. For more information, 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.

steel-cut oats: Whole-grain oats that are chopped into small pieces. Steel-cut oats have a chewier texture than rolled oats and instant oats and take the longest to cook.

triticale: A hybrid of durum wheat and rye. Triticale is a whole grain.

unbleached flour: Flour that has aged naturally after being milled. Unbleached flour has an off-white color and a denser grain than bleached flour. It provides more structure in baked goods due to its denser texture. Unbleached flour is a creditable grain if it is enriched.

unbromated flour: A baking flour that is higher in protein and does not contain potassium bromate. Unbromated flour develops more gluten, which results in a more stable baked product. It is commonly used for baking at high altitudes. Unbromated flour is a creditable grain if it is enriched.

vital wheat gluten: 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. Vital wheat gluten is a grain derivative that is ignored for the CACFP Rule of Three. For more information, refer to "grain derivative" in this section.

wheat bread: Bread that often has wheat flour or enriched wheat flour (not whole-wheat flour) as an ingredient. Wheat bread is not whole grain unless it is labeled "whole-wheat bread." Wheat bread is low in fiber unless the manufacturer has added fiber.

wheat gluten: The protein component of the wheat grain that helps baked goods hold their shape. Wheat gluten is a grain derivative that is ignored for the CACFP Rule of Three. For more information, refer to "grain derivative" in this section.

whey: A milk protein used to emulsify, thicken, and brown baked goods.

whole grain-rich (WGR): Foods that contain at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ.

whole grains: Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. All grains start out as whole grains, but many are processed to remove the bran and germ, which also removes many of the nutrients. Whole grains are nutrient rich, containing vitamins, minerals, fiber, antioxidants, and health-enhancing phytonutrients such as lignans and flavonoids. Examples of whole grains include whole wheat, whole oats, oatmeal, whole-grain cornmeal, brown rice, whole rye, whole barley, wild rice, buckwheat, and bulgur (cracked wheat). For more information, refer to the CSDE's resource, *Crediting Whole Grains in the Child and Adult Care Food Program*.

whole-grain flour: Flour made by grinding the entire whole-grain kernel, including the fiber-rich bran, nutrient-rich germ, and starchy endosperm. Flour or meal that does not contain all parts of the grain is not whole grain, e.g., degermed corn, milled rice, and wheat flour. For more information, refer to the CSDE's resource, *Crediting Whole Grains in the Child and Adult Care Food Program*.

whole-wheat bread: Bread that contains the whole grain, including the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. Whole-wheat flour will be listed as the first grain ingredient.

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