

Worksheet for Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program

This worksheet determines if RTE breakfast cereals meet the two crediting criteria below for the grains component of the [Child and Adult Care Food Program \(CACFP\) meal patterns for children](#) and the [CACFP adult meal patterns](#).

1. **Creditable grains:** RTE cereals must be whole grain-rich (WGR), enriched, or fortified.
WGR RTE cereals contain a whole grain as the first ingredient or are 100 percent whole grain.
Enriched RTE cereals contain thiamin, riboflavin, niacin, folic acid, and iron. **Fortified** RTE cereals typically contain the five enrichment nutrients plus other vitamins and minerals.
2. **Limit for added sugars:** Effective October 1, 2025, breakfast cereals cannot exceed 6 grams of added sugars per dry ounce.

For crediting guidance, refer to the Connecticut State Department of Education's (CSDE) resource, [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#).

Name of product: _____

Manufacturer: _____

Date reviewed: _____

Criterion 1: Creditable Grains

The first ingredient must be a creditable grain (whole grain, enriched grain, bran, or germ) **or** the cereal must be fortified. Cereals that do not meet these criteria do not credit in the CACFP.

1. Is the first ingredient a creditable grain?
☐ Yes ☐ No
2. Is the cereal fortified?
☐ Yes ☐ No

Criterion 2: Limit for Added Sugars

Added sugars cannot exceed 6 grams per dry ounce. Review the Nutrition Facts label. Enter the grams of added sugars per serving and the serving size weight in ounces (oz) below. If the serving weight is listed in grams, divide by 28.35 to convert to ounces. The grams of added sugars per ounce will calculate automatically below.

Grams of added sugars per serving: _____

Serving weight (ounces): _____

Grams of added sugars per ounce (cannot exceed 6 grams): _____

Note: The required quantities for 1 ounce equivalent (oz eq) of a creditable RTE breakfast cereal are 1 cup or 1 ounce for flaked and round cereals, 1¼ cups or 1 ounce for puffed cereals, and ¼ cup or 1 ounce for granola. The minimum creditable amount is ¼ oz eq.

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

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