

# VIBRANT FUTURES

## FOODS WHICH DO NOT CONTRIBUTE TO THE CHILD AND ADULT CARE FOOD PROGRAM MEAL/SNACK REQUIREMENTS

The Child and Adult Care Food Program helps provide nutritious meals and snacks to children. It also provides children the opportunity to develop good food attitudes and desirable eating habits.

The foods listed below DO NOT CONTRIBUTE to the Child and Adult Care Food Program meal pattern requirements. The foods are listed in alphabetical order. The list is NOT all inclusive of non-creditable foods.

Any non-USDA Inspected fish/meat eggs/yogurt	Evaporated milk	Nectar
Acorns	Fiddle Faddle	Neufchatel cheese
Baco-bits	Five Alive	Non-fat dry milk
Bacon*	Frosting	Nut or seed meal/flour
Banana chips	Fruit drinks	Nutella or other chocolate spread
BBQ sauce	Fruit leather (commercial)	Oxtails
Bread pudding (sweet)	Fruit Roll-ups/snacks	Pickle relish
Brownies	Fruit spreads	Pig's feet
Cake	Fruit turnovers	Popsicles
Candy	Fudgsicles	Pop-Tarts
Caramel corn	Gatorade	Toaster pastries
Carob	Gelatin	Pork skins
Certified raw milk	Grain fruit bars	Potato chips
Cheese, imitation or product	Granola bars, all varieties	Powdered milk
Cheese powder in boxed mac & cheese	Half & Half	Pringles
Chestnuts	Ham hocks	Pudding
Chili sauce	Hawaiian Punch	Pudding pops
Chitterlings	Hi-C	Punch (not 100%)
Chocolate bars	Home-canned foods	Rice Krispies treats
Chocolate covered raisins	Honey	Rice pudding
Chocolate drink	Hot chocolate	Salad dressing
Cookies	Ice cream and frozen yogurt	Sherbet
Cracker Jacks	Iced or hot tea	Shoe string potatoes
Cranberry juice cocktail	Imitation milk	Soft drinks
Cream	Jam, jelly, or preserves	Sour cream
Cream cheese	Jell-o (unless made with 100% juice or fruit)	Sweet rolls
Cream soups (see food reminders)	Ketchup	Syrup
Cream sauces	Kool-Aid	Tang
Cupcakes	Lemonade	Turkey knuckles
Custard	Marshmallows	Vanilla wafers
Dairy whip	Milk shakes (commercial)	Veggie Straws/chips
Dessert pies	Milk substitutes (some)**	Vitamite
Donuts	Molasses	Yogos
	Neck bones	Yogurt-covered raisins

\*Turkey Bacon with a CN label and Canadian Bacon are creditable.

\*\* May Require a Special Diet Statement. Call your CACFP Specialist.

Most commercially prepared main dish products such as Ravioli, Beefaroni, meat potpies, frozen dinners, pizza, macaroni and cheese, etc., do not meet the meat/meat alternate or vegetable requirements. There is no way to determine the amount of cooked, lean meat/meat alternate or vegetables in commercially prepared entrees. These products may contribute toward the grain/bread requirement if the label states the product is made with enriched or whole grain flour, and the required portion size can be determined.

Commercially prepared main dish products that have a Child Nutrition (CN) Label may contribute to the meal pattern. The Child Nutrition Labeling Program is operated by the United States Department of Agriculture. CN products are usually available from food wholesalers and are not found in local grocery stores.

## Non-Creditable Infant Foods

The foods listed below do not contribute toward the Child and Adult Care Food Program (CACFP) meal pattern requirements for infants (children 0 through 11 months of age) or are not recommended for infants by the USDA. Use of a product brand name is not an endorsement, but is used for clarity.

### Cereals/Grains

- Jarred (wet) Infant Cereals
- Iron fortified dry infant cereal containing fruit
- Cooked breakfast cereals that do not meet the sugar limit of 6 grams of sugar per dry ounce
- Ready-to-eat (RTE) cold breakfast cereals that do not meet the sugar limit of 6 grams of sugar per dry ounce (allowed at snack only)
- Breads, RTE cereals and crackers made with unenriched flours or vegetable flours
- Grain-based desserts such as cake, cookies, pastries, granola or cereal bars, etc.

### Fruit/Vegetable

- Infant baby food desserts or puddings
- Baby food fruit or vegetable with “water” as the first ingredient
- Fruit and/or vegetable juice
- Fruit “drinks”

### Iron-fortified Infant Formula/Breast Milk Substitutes

- Buttermilk
  - Evaporated milk
  - Hot chocolate, chocolate milk
  - Low-iron infant formula\*
  - Fluid cow’s milk (any fat percentage)\*
- \* Requires approved Special Diet Statement

### Meal/Meat Alternates

- Canned fish with bones
- Peanut butter and other nut or seed butters (choking hazard)
- Yogurt that does not meet sugar limit of 23 grams per 6 ounces
- Tofu
- Soy yogurt
- Homemade yogurt
- Cheese food
- Cheese spread

### Other Foods

- Candy, Chocolate
- Home-canned infant foods
- Honey (includes commercially prepared foods such as graham crackers and RTE cereals)

### May be part of a Reimbursable Meal but Not Recommended\*

- Meat/poultry sticks
- Hot Dogs
- Breaded Fish Products (Fish Sticks)
- Chicken Nuggets
- Sausage

\* These foods are higher in sodium, byproducts, fillers and extenders. They also pose a choking hazard. If served, they must be prepared in a way to reduce choking hazards. They must have a Child Nutrition label to be creditable as a meat and indicated on your menu.

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