

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

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

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, pastry, granola or cereal bars, etc.

### Fruit/Vegetable

- Combination baby food dinners
- 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
- Baby food or Junior combination dinners
- 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

- Chocolate; candy
- 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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