

# CEREAL, COOKIE & CRACKER LIST

## BREAD & BREAD ALTERNATES

### CEREAL \* Cereal, Cold

- ☐ 218 All Bran - (Extra Fiber), Kelloggs
- ☐ 102 All Bran - (Original), Kelloggs
- 103 Alpen Natural Cereal
- 104 Banana Nut Crunch, Post
- 105 Blue Corn Flakes, Health Valley
- 106 Bran Chex
- 107 Bran Flakes, Kelloggs
- 108 Bran Flakes, Post
- 110 Buc Wheat, General Mills
- 111 Cheerios, General Mills
- 112 Common Sence Oat Bran
- 113 Complete Bran Flakes, Kelloggs
- 114 Concentrate, Kelloggs
- 115 Corn Chex, Ralston
- 116 Corn Flakes, Janet Lee
- 117 Corn Flakes, Kelloggs
- 118 Corn Total, General Mills
- 120 Country Corn Flakes
- 121 Crisp Rice, Good Day
- 122 Crispin Crackling Rice, Malto Meal
- 123 Crispix, Kelloggs
- 124 Crispy Critters
- 125 Crispy Rice, Janet Lee
- 126 Crunchy Bran, Quaker
- 127 Crunchy Corn Bran, Quaker
- 128 Double Chex, Ralston
- 130 Fiber One, General Mills
- 131 Fiberwise
- 132 Fortified Oat Flakes
- 133 40% Bran Flakes, General Mills
- 134 Frosted Mini Wheats, Kelloggs
- 135 Frosted Mini Wheats Bite Size, Kelloggs
- 136 Frosted Wheat Squares, Nabisco
- 137 Fruit Wheats, Nabisco
- 138 Fruity O's, New Morning
- ☐ 140 Grape-Nuts, General Foods
- 141 Grape-Nuts Flakes, General Foods
- 142 Great Grain Double Pecan, Post
- 143 Heartwise
- 144 Honey Bunches of Oats, General Foods
- 145 I Love Double Chex
- 146 Kenmei Rice Bran
- 147 Kix, General Mills
- 148 Life Cinnamon Flavor, Quaker
- 150 Life, Quaker
- ☐ 151 Multi Bran Chex, Ralston
- ☐ 152 Multigrain Cheerios, General Mills
- 153 Nutrigrain Corn, Kelloggs
- 154 Nutrigrain Nuggets, Kelloggs
- 155 Nutrigrain Wheat, Kelloggs
- ☐ 156 Product 19, Kelloggs
- 157 Oat Bran, Health Valley
- 158 Oat Bran, Nabisco
- 160 Oat Bran, Quaker
- 161 Oat Life, Quaker
- 162 Oat Squares, Quaker
- 163 Oaties, New Morning
- 164 100% Bran, Nabisco
- 165 100% Whole Grain Wheat Chex

### CEREAL \* Cereal, Cold

- 166 Puffed Kashi
- 167 Puffed Rice, Malto Meal
- 168 Puffed Rice, Quaker
- 170 Puffed Wheat, Quaker
- 216 Raisin Bran
- 171 Raisin Squares, Kelloggs
- 172 Raspberry Fruit Wheats, Nabisco
- 173 Red River
- 174 Rice Chex, Ralston
- 175 Rice Krispies, Kelloggs
- 176 Ripple Crisp (golden corn), General Mills
- 177 Shredded Wheat
- 178 Shredded Wheat & Bran
- 180 Shredded Wheat Squares
- 181 Special K, Kelloggs
- 182 SpoonSize Shredded Wheat
- 183 Strawberry Squares, Kelloggs
- 184 Sun Flakes
- 185 Team Flakes, Nabisco
- 186 Toasted Oats, Janet Lee
- 187 Toasted Wheat & Raisins
- 188 Toasties, Post
- 210 Toasty O's, Malto Meal
- 211 Total (Whole Grain), General Mills
- 212 Total Corn Flakes, General Mills
- 213 Triples, General Mills
- 214 Uncle Sam, U.S. Mills
- ☐ 215 Wheat Chex, Ralston
- 217 Wheaties, General Mills
- 220 Cereal Bars

### HOT CEREALS

- 230 Barley
- 231 Bulgur
- ☐ 232 Cream of Rice
- ☐ 233 Cream of Wheat
- 234 Coco Wheats
- 235 Farina
- 236 Grits
- 237 Instant Oatmeal-bran & raisins, Quaker
- ☐ 238 Malt-O-Meal
- 240 Maypo Oatmeal
- 241 Millet
- ☐ 242 Oatmeal/Oats
- 243 Ralston
- 244 Toasted Oatmeal, Quaker
- 245 Total Oatmeal, General Mills
- 246 Wheat

### CRACKERS

- 250 Animal Crackers
- 251 Cheese Crackers
- 252 Club Crackers
- 253 Graham Crackers
- 254 HiHo/Ritz Crackers
- 255 Melba Toast
- 256 Oyster Crackers
- 257 Rye Krisp
- 258 Saltine Crackers
- 260 Soda Crackers
- 261 Teddy Grahams
- 262 Triscuits
- 263 Wheat Crackers
- 264 Zwieback

### COOKIE LIST Snack ONLY

- a 2:1 grains (Flour to Sweetener ratio)  
No More Than Twice A Week
- 276 Brownies (plain)
  - 278 Butter Cookies
  - 277 Cakes
  - 280 Chocolate Cookies
  - 281 Chocolate Chip Cookies
  - 282 Gingerbread Cookies
  - 283 Ginger Snaps
  - 284 Granola Bars
  - 285 Oatmeal Cookies
  - 286 Peanut Butter Cookies
  - 287 Sugar Cookies
  - 275 Vanilla Wafers
  - 288 Other Cookies



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☐ INDICATES VITAMIN CONTENT OF FOOD  
 A VITAMIN A    C VITAMIN C    I IRON

# CACFP MEAL GUIDELINES

Meal Pattern Requirements  
Children 1 year and older

## MEAT & MEAT ALTERNATES

- Cheese foods / spreads, cottage cheese and ricotta cheeses may be used as meat alternates but twice as much is needed.
- Cooked dry beans or dry peas may be used as meat alternates or vegetables, but not both in the same meal.
- Processed meats such as luncheon meat or hot dogs must be 100% meat with no fillers added.
- It is recommended peanut butter be served with another meat alternate at lunch and supper.
- Combination foods such as casseroles and soups credit for up to 3 meal components.

## BREAD & BREAD ALTERNATES

- A whole grain or an enriched flour or meal must be the primary ingredient by weight in bread / alternates.
- Cereals must be whole grain, enriched or fortified. The grain product must be the primary ingredient by weight.
- Breakfast cereals, coffee cakes, doughnuts and pastries credit at breakfast and snack only.
- Cookies; including granola bars, animal crackers, vanilla wafers and animal shaped graham snacks; may be served only at snack. They may be served no more than twice a week.
- Combination foods such as casseroles and soups credit for up to 3 meal components.

## FRUITS & VEGETABLES

- To count toward the fruit / vegetable requirement, a minimum of 1/8 cup fruit / vegetable must be served; otherwise, it is considered a garnish.
- Two servings of foods from the fruit / vegetable group need to be served at lunch and supper. You may serve two fruits, two vegetables, or one of each.
- Home canned products are not creditable for health and safety reasons.
- Cooked dry beans and peas may credit as a vegetable or a meat alternate, but not as both at the same meal.
- Vegetables and / or fruit items served as a combination item such as fruit salad or mixed vegetables credit as 1 fruit / vegetable serving.
- Combination foods such as casseroles and soups credit for up to 3 meal components.

## MILK

- Milk means pasteurized, fluid milk. Reconstituted nonfat dry milk is not creditable.

## INFANT FOODS

- Until the day of a child's first birthday, the infant meal patterns must be followed.
- Meals or snacks containing only breast milk or iron fortified infant formula (regardless of who supplies it) served to infants participating in the Food Program are reimbursable, until the infant is developmentally ready for additional foods.
- Regardless of who supplies the iron fortified infant formula or breast milk, the Provider must supply all developmentally appropriate and required solids to be reimbursed for an infant's meals or snacks.
- A Special Diet Statement is required when an infant's meals do not meet the infant guidelines and reimbursement is desired. The Special Diet Statement must be signed by a physician, physician's assistant, certified nurse practitioner, registered dietician, licensed nutritionist, or chiropractor.
- Peanut butter and yogurt are not acceptable meat/alternates for infants.
- Commercial combination infant foods and infant desserts are not creditable.
- Commercial infant foods containing fillers such as tapioca and modified food starch are not creditable.

FOR ADDITIONAL CREDITING INFORMATION, CONSULT YOUR FOOD PROGRAM MANUAL.

Age:	1 - 2 years	3 - 5 years	6 - 12 years
<b>BREAKFAST</b>			
Fluid Milk	1/2 cup	3/4 cup	1 cup
Juice or fruit or vegetable	1/4 cup	1/2 cup	1/2 cup
Bread or bread alternate or cold dry cereal or cooked cereal	1/2 slice (or 1/2 oz.) 1/4 cup (or 1/3 oz.) 1/4 cup	1/2 slice (or 1/2 oz.) 1/3 cup (or 1/2 oz.) 1/4 cup	1 slice (or 1 oz.) 3/4 cup (or 1 oz.) 1/2 cup
<b>SNACK</b>			
Fluid Milk	1/2 cup	1/2 cup	1 cup
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
Meat or meat alternate or yogurt	1/2 oz. 2 oz. (or 1/4 cup)	1/2 oz. 2 oz. (or 1/4 cup)	1 oz. 4 oz. (or 1/2 cup)
Bread, bread alternate, or cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup
<b>LUNCH / SUPPER (DINNER)</b>			
Fluid Milk	1/2 cup	3/4 cup	1 cup
Meat or poultry or fish or cheese or meat alternate	1 oz.	1 1/2 oz.	2 oz.
Vegetables and/or fruit (2 or more)	1/4 cup (Total)	1/2 cup (Total)	3/4 cup (Total)
Bread or bread alternate	1/2 slice	1/2 slice	1 slice

Meal Pattern Requirement for Infants

Age:	BREAKFAST	LUNCH / SUPPER (DINNER)	SNACK
Birth through 3 months	4-6 fluid ounces breast milk or formula	4-6 fluid ounces breast milk or formula	4-6 fluid ounces breast milk or formula
4 months through 7 months	4-8 fluid ounces breast milk or formula 0-3 tablespoons infant cereal***, @	4-8 fluid ounces breast milk or formula 0-3 tablespoons infant cereal***, @  0-3 tablespoons fruit and/or vegetable @	4-6 fluid ounces breast milk or formula
8 months up to first birthday	6-8 fluid ounces breast milk or formula 2-4 tablespoons infant cereal*** 1-4 tablespoons fruit and/or vegetable	6-8 fluid ounces breast milk or formula 2-4 tablespoons infant cereal*** and/or 1-4 tablespoons meat, fish, poultry, egg yolk, or cooked dry beans or peas, or 1/2 -2 ounces cheese, or 1-4 ounces cheese food or cheese spread. 1-4 tablespoons fruit and/or vegetable	2-4 fluid ounces breast milk or formula, or fruit juice****  0-1/2 slice bread or 0-2 crackers****, @

\*\*\* Iron-fortified dry infant cereal.

\*\*\*\* Full-strength fruit juice.

\*\*\*\*\* Made from whole-grain or enriched meal or flour.

@ Required when the infant is developmentally ready to accept it.