

MILK

| Food | Creditable | Comments |
|---|------------|---|
| Acidified Milk, Acidophilus Milk | Yes | Acidified milk is a fluid milk produced by souring fluid whole, low-fat or fat-free (skim) milk with an acidifying agent. |
| Almond Milk Substitute | No | Most commercial almond milks are not nutritionally equivalent to milk and do not meet CACFP guidelines. |
| Buttermilk | Yes | Only commercially prepared buttermilk may be offered to program participants. Must be low-fat or fat-free for participants 2 years of age and older. |
| Fat-free Milk, Nonfat Milk, Skim Milk or 1% Milk | Yes | Should be served to participants 2 years of age and older. |
| Eggnog | No | Eggnog is not creditable. |
| Evaporated Milk | No | Does not meet the definition of milk. |
| Flavored Milks (chocolate, strawberry and added flavorings in any form such as powders or syrups) | Yes | Fat Free Milk with added flavors such as chocolate and strawberry are creditable for children participating in an after-school program and who is 6yrs or older. |
| Goat's Milk | No | Does not meet nutritional standards for milk in the CACFP. |
| Lactose-Free Milk, Lactose-Reduced Milk | Yes | Lactose-free and lactose-reduced milks are fluid milks that have been modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. |
| Milk, 1% | Yes | 1% or fat-free milk should be served to participants 2 years of age and older. |
| Milk, Fluid Unflavored | Yes | The milk served to meet the milk component of a meal must be fluid milk. Milk is not creditable when used as an ingredient in cooking. |

MILK, continued

| Food | Creditable | Comments |
|-----------------------------------|------------|--|
| Raw Milk Certified or Not | No | Federal and state regulations require the use of pasteurized milk sold to the public. Raw milk is not pasteurized. |
| Rice Milk | No | Most commercial rice milks are not nutritionally equivalent to milk and do not meet CACFP guidelines. |
| Soy Beverages/Drinks | No | Soy drinks and beverages are not nutritionally equivalent to milk. |
| Soy or Soybean Milk, Fortified | Yes | Soybean milk may be served as a milk substitute because of medical or other special dietary needs. See FNS Instruction 783-2 Rev 2. Nondairy beverages offered as fluid milk substitutes must be nutritionally equivalent to milk and provide specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin, and vitamin B-12. Use of this product must be requested by parents or supported by a statement from a recognized medical authority that includes recommended alternate foods. |
| Sweetened Condensed Milk | No | Does not meet the definition of milk. |
| Whole Milk | Yes | Only serve to children between 1 and 2 years of age as fluid milk for the milk component. |
| Yogurt | No | Yogurt does not meet the definition of fluid milk. Refer to the crediting of yogurt under the meat/meat alternate section. |

Meat and Meat Alternates

| Food | Creditable | Comments |
|--|------------|--|
| Bacon and Imitation Bacon Products | No | These products are considered fats. They are not creditable toward any meal pattern requirements. |
| Beans, Dried or Canned | Yes | ¼ cup cooked beans credits as 1 oz. equivalent meat alternate. They include black-eyed peas, dried green/yellow peas, chickpeas, white beans, great northern beans, lentils, dried mature lima beans, navy beans, pinto beans, red beans, kidney beans, soybeans and split peas. |
| Beef Jerky and other Shelf-Stable, Dried meat, poultry and seafood snacks. | Yes | Follow the crediting principles used for all other products made from meat found in the USDA Food Buying Guide. |
| Breaded, Pre-packaged Nuggets, Strips, Sticks | No | These products are high in breading and fat and contain very little meat. Homemade chicken or fish preparations are creditable. |
| Canned, Pressed Luncheon Meats | No | These products have a high salt and fat content. There is no standard of identity for these products, so there is no standard for crediting. |
| Cheese, Natural, Hard | Yes | Including but not limited to cheddar, mozzarella, Swiss, provolone, ricotta, feta and cottage cheese. One oz. provides 1 oz. meat alternate. |
| Cheese, Imitation, Cheese Foods, Spreads, Cream Cheese | No | Imitation cheese, cream cheese, American cheese, powdered cheese, cheese spread, Velveeta cheese, cheese foods, spreads and substitutes are not creditable toward meal pattern requirements. Cheese in boxed macaroni and cheese is not creditable because it is imitation cheese. |
| Corn Dogs | No | Products that are not 100% meat or the majority of product in this category are not 100% meat is not creditable. |
| Eggs, Whole | Yes | Only whole eggs are creditable. |
| Eggs, Liquid | No | Liquid eggs are not creditable. |

Meat and Meat Alternates, continued

| Food | Creditable | Comments |
|--|------------|---|
| Fish, Breaded | Yes | Homemade breaded fish is creditable. Pre-packaged frozen fish sticks must have a Child Nutrition Label to be creditable. |
| Frankfurters or Hot Dogs | Yes | Products that are not 100% meat are not creditable. |
| Hummus | Yes | Only the volume of beans may credit toward the meat/meat alternate requirement. Must be documented by a standardized recipe or a Product Formulation Statement signed by an official of the manufacturer. |
| Lunch Meats, Chicken, Turkey, Ham, Beef, Corn Beef, Pastrami | Yes | Lunch meats/cold cuts are creditable; however are not recommended to be served often due to the high salt and fat content. |
| Meat Sticks Summer Sausage, Vienna Sausage | No | These products are high in fat and sodium and are not creditable. |
| Nuts | Yes | 1 oz. of nuts provides 1 oz. equivalent meat alternate. Nuts may count toward only ½ of the meat/meat alternate requirement for meals. |
| Peanut Butter (and other nut/seed butters) | Yes | Two tablespoons provide 1 oz. meat alternate. Nut butters include but are not limited to hazelnut, sunflower, soy, almond and sesame. |
| Peas or Lentils, Dry | Yes | ¼ cup cooked dried peas, lentils or beans are equivalent to 1 oz. meat alternate. |
| Pepperoni, Salamis and Spam | No | These products have a high fat and sodium content. |
| Pizza, Homemade | Yes | Only meats or meat alternate components are creditable. The amount of meat/meat alternate must be identified and documented by a standardized recipe. Commercial pizza must have a Child Nutrition label. |
| Sausage Links and Patties Pre-packaged | No | Pre-packaged sausage links and patties are not creditable, due to high salt and fat content. Choose leaner options such as fresh ground sausage. |

Meat and Meat Alternates, continued

| Food | Creditable | Comments |
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| Sausage, Fresh, Ground | Yes | Cooked fresh ground sausage is creditable. |
| Seeds | Yes | 1 oz. seeds = 1 oz. equivalent meat alternate. Seeds may count toward only ½ of the meat/meat alternate requirement for meals. |
| Soups, Commercial Bean or Pea | Yes | ½ cup soup = 1 oz. meat alternate. Beans may credit as a vegetable or meat alternate but not both in the same meal. |
| Soups, Commercial - Other | No | Commercial soups contain insufficient meat/meat alternate per serving. |
| Soups, Homemade With Meat or Meat Alternate | Yes | Only creditable toward meat/meat alternate component if there is at least 1 oz. meat/meat alternate per serving. Must be identified and documented by a standardized recipe. |
| Surimi Seafood | Yes | A paste made from fish or other meat. A form of surimi seafood can be "imitation crab". |
| Tofu and Tempeh | Yes | Tofu is a soy bean curd. Tofu counts as a meat alternate. Tempeh is a soy-based product made from fermented, cooked soybeans. |
| Yogurt, Commercial Plain, Unflavored, Flavored | Yes | Must meet standard of identity for yogurt. 4 oz. of yogurt equals 1 oz. of meat/meat alternate. Yogurt in a tube, yogurt products such as frozen yogurt, bars, yogurt coverings and Go-Gurts are not creditable. |
| Wild Game, Home Slaughtered Meat | No | Game, for safety reasons, is only creditable in CACFP if it is inspected and approved by the appropriate State or Federal agency. Home slaughtered meat is not creditable in the CACFP. |

Fruits and Vegetables

| Food | Creditable | Comments |
|---|------------|--|
| Ade Drinks, such as Lemonade | No | These drinks are not 100% juice. |
| Apple, Fruit Butters | No | Condiments are not creditable toward meal pattern requirements. |
| Banana in Bread | No | This product has less than 1/8 cup fruit per serving. |
| Catsup or Chili Sauce | No | These products are condiments and are not creditable. |
| Coconut | Yes | Coconut is creditable toward meal pattern requirements. |
| Coleslaw, Potato, Pasta, Gelatin and Waldorf Salads | Yes | Only the vegetable/fruit portion is creditable. Other ingredients such as mayonnaise, pasta and gelatin cannot be counted in the serving size. |
| Dehydrated Vegetables | Yes | Rehydrate according to directions and measure the rehydrated volume. |
| Dried Fruit, Raisins, Apricots, Prunes, Etc. | Yes | Be aware that dried fruits may be a choking hazard. Provide the same serving size as fresh, frozen or canned fruit. |
| Frozen Fruit Juice Bars | Yes | 100% fruit and juice bars/popsicles are creditable. |
| Fruit Bars, Fig, Nutri-grain | No | The amount of fruit per serving is insufficient to count toward the vegetable/fruit component. |
| Fruit Cobblers and Crisps | No | Cobblers and crisps are considered to be desserts and are not creditable. |
| Fruit Muffins, Cakes | No | An insufficient amount of fruit is present. |
| Fruit Smoothies (Fruit and Yogurt mixed) | Yes | The fruit portion is creditable. |
| Fruit Snacks, Roll-ups | No | An insufficient amount of fruit is present. |

Fruits and Vegetables, continued

| Food | Creditable | Comments |
|---|------------|---|
| Hominy | Yes | Hominy is creditable. |
| Honey | No | Honey is a sweetener and is not creditable. For food safety reasons, it should not be served to children less than 1 year of age. |
| Jams, Jellies, Preserves | No | These are condiments and are not creditable. Home canned products are not allowed. |
| Juice, 100% Fruit or Vegetable | Yes | 100% juice may be served once a week with the snack as a meal component. Milk cannot be the other component when juice is served. |
| Olives, Pickles, Relish | No | These are condiments and are not creditable. They are also very high in salt. |
| Pasta made with vegetable flour | Yes | 1/2 cup pasta made of 100% vegetable flour(s) credits as 1/2 cup of vegetables. |
| Potato Chips | No | Potato chips are a snack food and are not creditable. |
| Potatoes, Raw, Fresh | Yes | Fresh potatoes cooked in any form are creditable; including baked, roasted, mashed, boiled or sautéed. |
| Potatoes, Frozen, pre-packaged, dehydrated, canned, instant | Yes | All frozen, pre-packaged potatoes such as hash browns, French fries and Tator Tots are creditable. Instant mashed, flake dehydrated and canned potatoes are creditable. Potatoes are not creditable if deep-fat fried (fully submerged in oil.) |
| Salsa | Yes | Salsa is creditable if the recipe documents that there is the required portion of vegetables per age group. |
| Tomato Sauce, Paste, Puree | Yes | Tomato Sauce – 4 Tbsp. = ¼ cup vegetable Tomato Puree – 2 Tbsp. = ¼ cup vegetable Tomato Paste – 2 Tbsp. = ¼ cup vegetable As documented on recipe. |

Grains and Breads

| Food | Creditable | Comments |
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| Note: The Montana state agency does not divide breads/grains into groups: A, B, C, D, E, F, G, H and I as it appears in the USDA Creditable Food Handbook. | | |
| Muffins, Scones, Gingerbread, Banana Bread, Fruit Breads, Pancakes, Waffles | Yes | Documentation demonstrating the primary ingredient is whole grain or enriched must be on file. Pre-packaged cake, sweet rolls, doughnuts, sweet bars such as Rice Krispie squares and brownies are not creditable. |
| Barley | Yes | Crediting is based on the finished food item being served. Pearled barley is not considered a whole grain as some of the bran has been removed. |
| Cereal | Yes | Low sugar cereals containing 6 grams or less of sugar per ounce are creditable. Highly sweetened cereals such as Lucky Charms, Frosted Flakes, Fruit Loops are not creditable. |
| Cereal Bars | No | Cereal bars are considered a grain-based dessert and are not creditable or reimbursable. |
| Chips (Potato, Corn, Fruit or Vegetable) | No | These are not bread or grain. |
| Cookies | No | Cookies (homemade or store bought) are considered a grain-based dessert and is not creditable. |
| Cornbread | Yes | Must be made from enriched or whole cornmeal. |
| Couscous | Yes | Must be enriched or whole grain. |
| Crackers, Plain | Yes | Whole grain, seasoned and saltine crackers are creditable. Offer low sodium crackers more often. |
| Crackers, Flavored | Yes | See the hand out "Identifying Whole Grain-Rich" to determine if the item meets the requirements as a whole grain. |
| Doughnuts, Pastries, Sweet Rolls, Cakes, Cinnamon Rolls | No | All sweet rolls, doughnuts, cake and sweet bars are not creditable due to the high sugar and fat content. (whether purchased or homemade) |

Grains and Breads, continued

| Food | Creditable | Comments |
|-------------------------------------|------------|--|
| Dumplings | Yes | Must be made with enriched or whole grain flour. |
| Fry Bread | Yes | Must be made with enriched or whole grain flour. |
| Granola Bars | No | Granola bars (store bought or homemade) are considered a grain-based dessert and are not creditable or reimbursable. |
| Hominy | Yes | Hominy is creditable. |
| Noodles | Yes | Must contain enriched or whole grain flour, meal, bran or germ. Pre-packaged noodle meals are not creditable. |
| Crust (in savory recipes) | Yes | Dough and crusts in savory recipes such as shepherd's pie, pizza, pasties and quiche are creditable. |
| Popcorn | Yes | Be aware of the potential choking hazard for infants/ toddlers, preschool and the edery populations. |
| Pretzels | Yes | Due to low nutritional value and high sodium content pretzels are not recommended. |
| Quinoa | Yes | A cereal-like plant product derived from an herb, creditable as a whole grain. |
| Rice | Yes | Enriched, white and brown rice are creditable. |
| Rice Flour | Yes | Must be enriched or whole grain. |
| Soy Flour | No | Soy flour is credited as a meat/meat alternate, not a grains/breads item. |
| Taco, Tortilla Shells, Chips, Wraps | Yes | Must be whole grain or enriched. |
| Toaster Pastries, Pop Tarts | No | Toaster pastry products such as pop tarts and toaster strudels are not creditable. |
| Wheat Germ, Bran | Yes | Bran and germ are credited in the same manner as whole-grain meal or flour. |