

Cereal and Cracker List

GRAINS

At least one serving per day, across all eating occasions, must be whole grain-rich.

Grain-based desserts do not count towards meeting the grains requirement.

COLD CEREAL	COLD CEREAL	HOT CEREAL	CRACKERS
<p>Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.</p>	<p>Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.</p>	<p>Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.</p>	<p>Whole Grain Rich or Enriched</p>
<p>125 All Bran Complete Wheat Flakes I 127 Alpha Bits I 135 Bran Flakes 141 Cheerios I 142 Cheerios—Multi Grain I 148 Corn Chex I 150 Corn Flakes I 130 Dora the Explorer I 163 Frosted Mini Wheats—Variety I 232 Granola Cereal *** 171 Grape-Nuts Flakes I 172 Great Grains—Banana Nut Crunch I 175 Honey Bunches of Oats—Variety I 178 Kix I 288 Kix—Berry I 287 Kix—Honey I 180 Life—Original I</p>	<p>206 Quaker Oatmeal Squares—Variety I 221 Rice Chex I 222 Rice Krispies—Original I 226 Shredded Wheat—Original I 227 Shredded Wheat—Variety I 228 Shredded Wheat Squares—Variety I 230 Special K—Original I 240 Total Whole Grain I 243 Wheat Chex I 244 Wheaties I 245 Other Cold Cereal***</p>	<p>250 Barley* 251 Bulgur* 252 Cream of Rice* 253 Cream of Wheat* 254 Grits* 255 Malt-o-Meal—Original* 257 Millet* 260 Oatmeal-Instant*AI 258 Oatmeal-Oats*AI 261 Ralston* 262 Wheat*</p>	<p>265 Animal Crackers♦ 101 Cheese Crackers 102 Club Crackers 103 Graham Crackers/Teddy Grahams♦ 153 Goldfish Crackers 104 Hi Ho / Ritz Crackers 105 Melba Toast 208 Multigrain Crackers 106 Oyster Crackers 247 Rice Crackers 107 Rye Crisps 108 Saltine Crackers 110 Triscuits 111 Wheat Crackers 248 Wheat Thins 264 Whole Grain Crackers 112 Zwieback I</p>
<p>***Must meet the CACFP 6 gram sugar limit as determined by the following: Divide the number of grams of sugar by the number of grams of cereal per serving. If the result is 0.212 or less, the cereal is creditable.</p>			<p>♦ Limited to twice per month</p>

LEGEND
<p>* Not Reimbursable for Infants under 1 Year ACI Vitamins A, C and Iron</p>



Making quality care and nutrition a reality for Wyoming families.
This institution is an equal opportunity provider.

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CACFP MEAL GUIDELINES

MEAT & MEAT ALTERNATES

- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- 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 and limit serving to no more than one serving per week.
- It is recommended to serve only lean meats, nuts, and legumes.
- It is recommended to serve only natural cheeses and choose low-fat or reduced fat-cheeses.
- Peanut butter must be served with another meat alternate at lunch and supper.
- Combination foods such as casseroles and soups credit for up to 3 meal components.

GRAINS

- A whole grain must contain 100% whole grain or a blend of whole grain meal and/or flour and enriched meal and/or flour of which at least 50% is whole grain. The remaining 50% or less of grains must be enriched..
- At least one serving per day, across all eating occasions, must be whole grain rich. Grain-based desserts do not count towards meeting the grains requirement.
- Cereals must be whole grain, enriched or fortified. The grain product must be the primary ingredient by weight.
- Cereals must contain no more than 6 grams or sugar per dry ounce of cereal including ready-to-eat, instant and hot cereals.
- Beginning **October 1, 2019**, ounce equivalents will be used to determine the quantity of the creditable grain.
- Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times per week. One ounce of meat / meat alternates is equal to one ounce equivalent of grains.
- Combination foods such as casseroles and soups credit for up to 3 meal components.

FRUITS & VEGETABLES

- A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen).
- It is recommended to provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.
- 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.
- Pasteurized full-strength juice may only be used to meet the fruit requirement at one meal, including snack, per day.
- 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.
- Milk must be unflavored whole milk for children age one.
- Milk must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children two through five years old.
- Milk must be unflavored low-fat (1%) or unflavored fat-free (skim) or flavored fat-free (skim) milk for children six years old or older.

INFANT FOODS

- Until the day of a child's first birthday, the infant meal patterns must be followed.
- Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For infants that consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
- 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.
- Infant formula and dry infant cereal must be iron-fortified.
- 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.
- Fruit and vegetable juices are not creditable.

MEDICAL STATEMENT FORM

- A Medical Statement Form is required when an infant or child's meals do not meet the infant or child guidelines and reimbursement is desired. The Medical Statement Form must be signed by a physician, physician's assistant, certified nurse practitioner, registered dietician, licensed nutritionist, or chiropractor.