

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	No	This product is high in sodium and is considered a snack food and not a meat.
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
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.
Tofu	Yes	Tofu is a soy bean curd. Tofu counts as a meat alternate.
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	No	Coconut is not 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	No	Hominy is not 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. These are also very high in salt.
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
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	No	Hominy is not 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	No	Popcorn is a snack food and is not creditable. There is also a potential choking hazard for both preschool and elderly 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.