

**CHEAT SHEET CACFP
NESD HEAD START**

CEREAL

No more than 6 grams sugar per dry ounce.

If serving size in grams divided by total sugar grams is .212 or less, the cereal meets the guideline.

WIC Approved cereals meet this guideline: Bran Flakes, Frosted Shredded Wheat, Toasted Wheats, Toasted Oats, Oats and More with Honey. Brand Names that meet the guideline: Cherrios (also Multi Grain), Rice, Wheat and Corn Chex, Kix (also Honey), All Bran Complete, Oatmeal, Malt –O-Meal, Cream of Wheat.

FRUIT 1 orange or banana = 1/2 cup 1 apple = 1cup 100% Juice one time/day only

MILK

Must serve **1% or skim**; **list specific kind on the menu** (centers, home base, Mobridge); **Unflavored milk only** (Only time flavored can be served is if there is a doctor order)

Vegan or Religious restriction: Need **parent signature** (Health History/Nutrition Assessment) or note. Must be Nutritionally Equivalent to cow's milk (see chart below).

With Diet Prescription/Medical Order: If Disability:

Does not have to be skim or 1%. **Can** be flavored. Does not have to be Nutritionally Equivalent to milk.

To be Nutritionally Equivalent to Milk:

Calcium	276 mg	Phosphorus	222 mg
Protein	8 g	Potassium	349 mg
Vitamin A	500 IU	Riboflavin	.44 mg
Vitamin D	100 IU	Vitamin B12	1.1 mcg
Magnesium	24 mg		

WHOLE GRAINS

One time per day: must serve a whole grain and note it on menu: (WG) for centers & home base. Send Ingredient Label to office weekly, for first time serve item only. (Once per school year).

Look at **ingredient label**. A whole grain must be listed first. With noodles, water may be listed first, then the whole grain. Oatmeal and brown rice are naturally whole grain. Be sure front of package claims "100% whole grain" or "100% whole wheat", vs. "made with whole wheat".

Not allowed: Grain-based desserts (cereal bars, breakfast bars, granola bars, doughnuts, sweet rolls, toaster pastry).

******Bread/Grain Minimum serving per child******

Saltines/Snack Cracker	10 gram or .4 ounce
Tortilla Chip	13 g. or .5 oz. (Must say whole corn to be considered a whole grain).
Cold Cereal	1/3 c.
Hot Cereal	1/4 c.

YOGURT

Must have no more than 23 grams of sugar per 6 ounces.

Yogurt Sugar Limits:

2.25 oz.	0-8 grams
3.5 oz.	0-13 g.
4 oz.	0-15 g.
5.3 oz.	0-20 g.
6 oz.	0-23 g.
8 oz.	0-30 g.