

**CHEAT SHEET CACFP  
NESD HEAD START**

**CEREAL**

**No more than 6 grams sugar per dry ounce.** Send Nutrition Facts label 1 time per year to office for each cereal.

\*\*\*\*\*Take the number of grams of sugar and divide by the serving size in grams. The answer needs to be .212 or less.

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. \*\*\*\*\*Calculate sugar content for cereals not on WIC List.

**FRUIT** 1 orange or banana = 1/2 cup 1 apple = 1cup 100% Juice one time per day on menu.

**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%. 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** Send Ingredient list to office one time per year for each WG item.

**One time per day: must serve a whole grain and note it on menu:** (WG) for centers & home base.

\*\*\*\*\*Look at **ingredient label**. A whole grain must be *listed first and all other grains must be enriched or whole grain*, (except cereals: *Only the first ingredient needs to be whole grain. The rest of the ingredients are fortified*). 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/Graham Cracker/Animal Cracker** 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** \*\*\*\*\*Send Nutrition Facts Label to office one time per year for each brand.

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

Yogurt Sugar Limits:

2.25 oz. 0-9 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. 0-31 g.