

Whole Grain-rich Criteria for the Child and Adult Care Food Program

This guidance applies through September 30, 2021, to meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture's (USDA) CACFP. Effective October 1, 2021, the required amounts for the grains component change to ounce equivalents. For more information, see the Connecticut State Department of Education's (CSDE) handout, [Whole Grain-rich Ounce Equivalents for the CACFP](#).



The CACFP meal patterns require at least one serving of WGR foods per day, between all meals and snacks served to participants in the CACFP facility. The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. WGR foods include 100 percent whole grains (every grain ingredient is whole grain) and foods that contain a blend of whole (at least 50 percent) and enriched grains.



CACFP facilities may choose to serve a WGR food at any CACFP meal or snack. When planning menus to meet the WGR requirement, CACFP facilities must meet the requirements below.

- If the CACFP facility serves only one CACFP meal per day, the grains component served at that meal must be WGR.
- If the CACFP facility serves only breakfast and offers the meat/meat alternates component in place of the grains component (allowed up to three times per week), the breakfast is not required to include a WGR food. For information on meat/meat alternate substitutions at breakfast, see the USDA's handout, [Serving Meat and Meat Alternates at Breakfast in the CACFP](#).
- If the CACFP facility serves only snack, such as an at-risk afterschool program, the grains component is optional. Snack must include any two of the five components (milk, meat/meat alternates, vegetables, fruits, and grains). However, if the CACFP facility serves only snack, and the snack menu includes the grains component (such as crackers with apples), the grain item must be WGR.
- If an at-risk afterschool program serves only one meal per day and chooses to implement offer versus serve (OVS), all grain items offered must be WGR. While OVS allows a variety of food items from one component, a CACFP facility that serves only one meal per day cannot offer a choice between a WGR grain and an enriched grain. This ensures greater

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consumption of whole grains if a participant chooses to take a grain item. For more information on OVS, see the CSDE's handout, [Offer Versus Serve in CACFP At-risk Afterschool Centers](#), and the USDA's handout, [Offer Versus Serve in the CACFP](#).

The WGR requirement applies to the CACFP, not to each participant. If a CACFP facility serves more than one meal, and two different groups of participants are at each meal (such as one group of children at breakfast and another group of children at lunch), only one meal is required to contain a WGR food. However, the USDA strongly encourages CACFP facilities to vary the meal that includes a WGR item. For example, a CACFP facility could serve whole-grain toast at breakfast on Monday and brown rice at lunch on Tuesday. This helps to ensure that all participants are served a variety of whole grains, and benefit from the important nutrients these foods provide.

Creditable Grains

To credit as the grains component in the CACFP meal patterns, grain foods must meet the requirements below.

- Grain products and recipes must contain a creditable grain (whole, enriched, bran, or germ) as the primary (greatest) ingredient by weight.
- Combination foods that contain a grain portion (such as pizza crust in pizza) must contain a creditable grain as the primary grain ingredient by weight, i.e., the greatest ingredient in the grain portion.
- Ready-to-eat (RTE) breakfast cereals (such as puffed rice cereals, whole grain rounds or flakes, and granola) and instant and regular hot breakfast cereals (such as oatmeal, cream of wheat, and farina) must contain a creditable grain as the first ingredient or the cereal must be fortified; and cannot contain more than 6 grams of sugars per dry ounce.

Foods that meet the CACFP crediting criteria include WGR and enriched foods. For guidance on identifying creditable grains, see CSDE's handout, [How to Identify Creditable Grains in the CACFP](#).

Whole grains

Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. Some examples of whole grains include whole-wheat flour, brown rice, wild rice, oatmeal, bulgur, and quinoa. A food is 100 percent whole grain if all grain ingredients are whole grain. The ingredients statements below show examples of 100 percent whole-grain products.

Ingredients: *Whole-wheat flour*, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes.

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Ingredients: Water, *whole-wheat flour*, yeast, wheat gluten, contains less than 2% of each of the following: soybean oil, sugar, salt, calcium propionate (preservative), fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate.

For more information on identifying whole grains, see the CSDE's handout, [Crediting Whole Grains in the CACFP](#).

Enriched grains

Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have certain vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients are defined by the Food and Drug Administration (FDA) and include thiamin, riboflavin, niacin, folic acid, and iron. A product is enriched if the food is labeled as “enriched” or the ingredients statement lists an enriched grain as the first ingredient (or lists water as the first ingredient and an enriched grain as the second ingredient). The ingredients statement below shows an example of an enriched grain product.

Ingredients: Water, *unbleached enriched wheat flour (niacin, iron, thiamin, riboflavin, folic acid)*, canola oil, salt, baking soda.

For more information on identifying enriched grains, see the CSDE's handout, [Crediting Enriched Grains in the CACFP](#).

Fortified breakfast cereals

Fortified breakfast cereals typically contain the five enrichment nutrients plus other vitamins and minerals that do not exist naturally in grains. Different cereal brands may list different fortification nutrients. The USDA does not specify a minimum number of nutrients or a minimum percentage for the level of fortification for breakfast cereals in the Child Nutrition Programs. Manufacturers may choose which additional nutrients to use for fortification.

A breakfast cereal is fortified if the food is labeled as “fortified” or the ingredients statement lists the vitamins and minerals added to the product. The example below shows a whole-grain RTE cereal fortified with 11 vitamins and minerals, listed after “Vitamins and Minerals.”

Ingredients: Whole-grain wheat, raisins, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor. **Vitamins and Minerals:** *Potassium chloride, niacinamide, reduced iron, vitamin B₆ (pyridoxine hydrochloride), zinc oxide, vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B₁₂.*

To credit as the grains component in the CACFP meal patterns, fortified breakfast cereals must also meet the CACFP sugar limit. Breakfast cereals (RTE and cooked) cannot contain more than 6 grams of sugars per dry ounce. For more information, see the CSDE's handout, [Crediting Breakfast Cereals in the CACFP](#).

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Bran and germ

Bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) is the seed husk or outer coating of cereal grains such as wheat, rye, and oats. Germ (such as wheat germ) is the vitamin-rich embryo of the grain kernel.

Grain-based Desserts

Grain-based desserts cannot credit as the grains component in the CACFP meal patterns, even if they are WGR. Examples of grain-based desserts include brownies, cookies, cakes, cupcakes, coffee cakes, cinnamon streusel quick breads, pie crusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and sweet bread pudding.

Grain-based desserts do not include graham crackers, animal crackers, muffins, quick breads such as banana bread and zucchini bread (except for cinnamon streusel), cornbread, pancakes, waffles, French toast, savory scones (such as cheese and herb), and pie crusts in entrees such as quiche, meat pies, and chicken pot pie. For more information, see the USDA's handout, [Grain-based Desserts in the CACFP](#).

As a best practice, the USDA encourages CACFP menus to limit sweet crackers (graham crackers and animal crackers) because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week, between all meals and snacks served to participants in the CACFP facility.

Determining if Foods are WGR

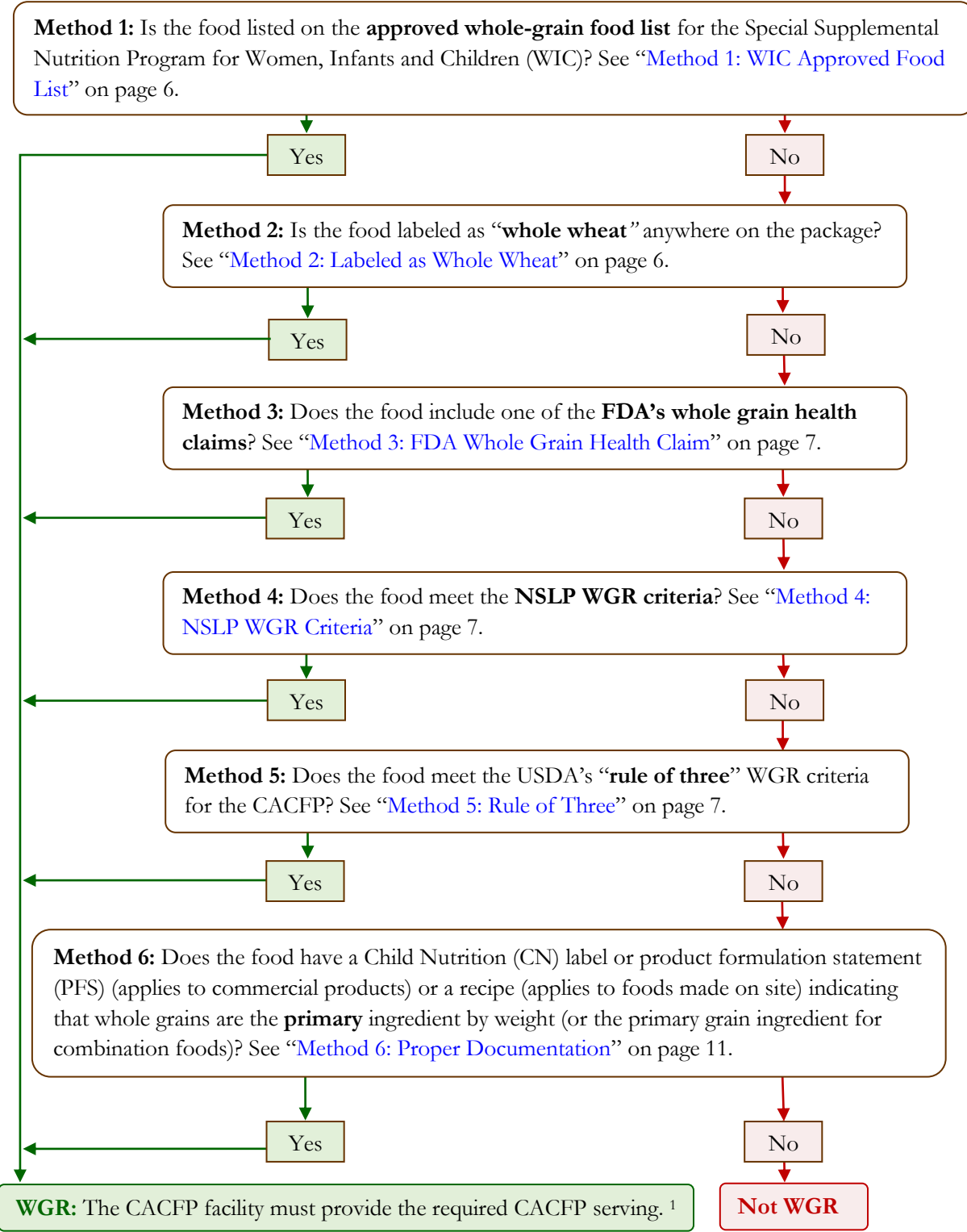
The USDA defines six methods that CACFP facilities can use to determine if grain products meet the CACFP WGR criteria. These include:

- Method 1: WIC Whole-Grain Foods List;
- Method 2: Labeled as “Whole Wheat;”
- Method 3: FDA Whole Grain Health Claim;
- Method 4: National School Lunch Program (NSLP) WGR Criteria;
- Method 5: Rule of Three; and
- Method 6: Proper Documentation.

A food is WGR if it meets at least one of these methods. Methods 1-3 and 5 apply only to commercial products. Methods 4 and 6 apply to commercial products and foods made on site. Table 1 summarizes the steps for using the six methods to determine if foods meet the CACFP WGR criteria. The following pages contain a description of each method.

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Table 1. Steps for determining if foods meet the CACFP WGR criteria



¹ Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA's grain servings chart, or provide the minimum creditable grains. For more information, see the CSDE's handouts, *Grain Servings for the CACFP* and *Calculation Methods for Grain Servings in the CACFP*.

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Method 1: WIC Whole-grain Foods List

A commercial grain product is WGR if it is listed on the Connecticut WIC Program’s approved whole-grain foods list. WIC-approved whole-grain foods must comply with the same WGR criteria as the CACFP, which also apply to the CACFP meal patterns. Connecticut WIC food guides are available on the Connecticut State Department of Public Health’s [Approved Food Guide](#) webpage.

RTE and cooked breakfast cereals listed on Connecticut WIC’s approved breakfast cereals list meet the CACFP sugar limit for breakfast cereals (no more than 6 grams of sugars per dry ounce). For more information, see the CSDE’s handout, [Crediting Breakfast Cereals in the CACFP](#).

Method 2: Labeled as “Whole Wheat”

A commercial food is WGR if it is labeled as “whole wheat” and has a standard of identify issued by the FDA. A standard of identity is a set of rules for what a certain product (like whole-wheat bread) must contain or may contain to be legally labeled with that product name. Table 2 lists the bread and pasta products that conform to a FDA standard of identity and indicate that the food is WGR.

Table 2. Bread and pasta products with a standard of identity ¹	
Breads (21 CFR 136.180)	Pasta (21 CFR 139.138)
<ul style="list-style-type: none">• Whole wheat bread• Entire wheat bread• Graham bread• Whole wheat rolls• Entire wheat rolls• Graham rolls• Whole wheat buns• Entire wheat buns• Graham buns	<ul style="list-style-type: none">• Whole wheat macaroni product• Whole wheat macaroni• Whole wheat spaghetti• Whole wheat vermicelli
¹ Only breads and pastas with these exact product names conform to a FDA standard of identity and meet the CACFP WGR criteria using this method.	

Other grain products labeled as “whole wheat” without a FDA standard of identity (such as crackers, tortillas, bagels, and biscuits) must be evaluated for compliance with the CACFP WGR criteria using a different method. Manufacturers often label their products with terms that may be similar, but not identical, to the FDA’s standard of identity terms. Some frequently used terms include “whole grain,” “made with whole grains,” “made with whole wheat,” or “contains whole grains.” These terms do not indicate a FDA standard of identity for whole-wheat products. CACFP facilities must evaluate product with these terms for compliance with the CACFP WGR criteria using one of the other methods. For other examples of misleading terms, see the CSDE’s handout, [Crediting Whole Grains in the CACFP](#).

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Method 3: FDA Whole Grain Health Claim

A commercial food is WGR if the product packaging includes one of the FDA’s whole grain health claims, which must be identical to one of two statements below.

- **Low-fat claim:** “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and certain cancers.”
- **Moderate-fat claim:** “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

These claims are not commonly found on most grain products.

Method 4: NSLP WGR Criteria

Except for grain-based desserts, grain foods that meet the NSLP WGR criteria for grades K-12 will also meet the CACFP WGR criteria.

Method 5: Rule of Three

A commercial food is WGR if it meets the USDA’s “rule of three” CACFP WGR criteria. The “rule of three” reviews the order of creditable grains in the product’s ingredients statement. The ingredients statement lists ingredients by weight, from most to least. The closer an ingredient is to the beginning of the ingredients statement, the more of it the food contains.

The USDA has different “rule of three” WGR criteria for commercial grain products, commercial combination foods, cooked breakfast cereals, RTE breakfast cereals, and foods made on site. The CACFP “rule of three” WGR criteria for each group are summarized below. The groups refer to the grain groups in the USDA’s grain servings chart. **Note:** Groups F and G do not have WGR criteria because the grain-based desserts in these groups do not credit in the CACFP meal patterns.

- **Commercial grain products** in groups A-E (such as breads, rolls, muffins, crackers) and group H (cereal grains, e.g., quinoa, rice, and millet), waffles, pancakes, and pasta) are WGR if a whole grain is the first ingredient (or water is the first ingredient and a whole grain is the second ingredient), and the next two grain ingredients (if any) are whole, enriched, bran, or germ. Table 6 on page 16 summarizes the steps for determining if commercial grain products meet the CACFP WGR criteria.
- **Commercial combination foods** that contain a grain portion from groups A-E or H-I (such as pizza crust in pizza, noodles in lasagna, and baked chicken coated with bread crumbs or crushed cereal flakes) are WGR if a whole grain is the first grain ingredient, and the next two grain ingredients (if any) are whole, enriched, bran, or germ. A commercial combination food that lists the ingredients for the grain portion separately is WGR if a

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whole grain is the first ingredient in the grain portion (or water is the first ingredient in the grain portion and a whole grain is the second ingredient in the grain portion), and the next two grain ingredients in the grain portion (if any) are whole, enriched, bran, or germ. Table 7 on page 17 summarizes the steps for determining if commercial combination foods meet the CACFP WGR criteria.

- **Cooked breakfast cereals** in group H (such as regular and instant oatmeal) are WGR if the first ingredient is a whole grain; the next two grain ingredients (if any) are whole, enriched, bran, or germ; and the cereal meets the sugar limit (no more than 6 grams of sugars per dry ounce). For more information, see the CSDE’s handout, [Crediting Breakfast Cereals in the CACFP](#).
- **RTE breakfast cereals** in group I (such as puffed cereals, flaked or round cereals, and granola) are WGR if the first ingredient is a whole grain; the cereal is fortified; and the cereal meets the sugar limit (no more than 6 grams of sugars per dry ounce). The second and third grain ingredients are not considered if a RTE breakfast cereal meets these requirements. For more information, see the CSDE’s handout, [Crediting Breakfast Cereals in the CACFP](#).

When reviewing a commercial product’s ingredients statement for compliance with the CACFP “rule of three” WGR criteria, a whole grain must be the first ingredient, and may be the second or third grain ingredients. An enriched grain may be the second or third grain ingredients. Bran and germ may be the second or third grain ingredients. Noncreditable grains cannot be any of the first three grain ingredients. If a food meets the “rule of three,” the menu planner does not need to check any other grain ingredients further down on the ingredients statement to verify if they are creditable.

Noncreditable grains

Grain ingredients that are not whole, enriched, bran, or germ do not credit as the grains component in the CACFP meal patterns. Table 3 lists common noncreditable grain ingredients and grain derivatives (by-products of grains) found in commercial grain products. CACFP facilities must include noncreditable grains (column A) when using the “rule of three” to determine if commercial grain products meet the CACFP WGR criteria. However, CACFP facilities can ignore noncreditable grains if they are listed after the statement “contains 2% or less,” or are in the sublisting for a dough conditioner or a nongrain ingredient (such as cheese filling in ravioli). CACFP facilities should ignore grain derivatives (column B) when using the “rule of three” to determine if commercial grain products meet the CACFP WGR criteria

- **Contains 2% or less:** Any noncreditable grains listed in the product’s ingredients after the statement “contains 2% or less” are insignificant, and are not considered for the CACFP “rule of three” WGR criteria. For example, if the list of ingredients states “contains less than 2% of wheat flour and corn flour,” the menu planner can disregard the wheat flour and corn flour (noncreditable grains).

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- Dough conditioner:** Noncreditable grains listed in the sublisting for a dough conditioner are insignificant, and are not considered for the CACFP “rule of three” WGR criteria. For example, if a bread’s ingredients statement lists “dough conditioner (wheat flour, salt, soy oil, ascorbic acid),” the menu planner can disregard the wheat flour (noncreditable grain) in the dough conditioner.
- Nongrain portion:** The “rule of three” does not apply to noncreditable grains that are part of the nongrain portion of a combination food (such as meat/meat alternates, vegetables, or fruits) or part of a nongrain ingredient in the grain food. For example, the menu planner can ignore modified food starch in the chicken portion of breaded chicken; wheat flour in the cheese filling of ravioli; soy flour and corn starch in the vegetable filling of an egg roll; and wheat starch in the molasses powder ingredient of a bagel.

Table 3. Examples of noncreditable grains for the CACFP meal patterns¹

Column A (noncreditable grains) Counted toward “rule of three” ²	Column B (grain derivatives) Not counted toward “rule of three” ³
Barley grits	Cellulose fiber
Barley malt	Chicory extract
Bean flours (see “Legume flours” below)	Chicory root
Bleached flour (not whole grain or enriched)	Citrus fiber
Bromated flour (not whole grain or enriched)	Corn dextrin
Coconut flour	Corn starch
Corn (not whole grain, enriched, or nixtamalized) ⁴	Cultured wheat starch
Corn fiber	Fibersol
Corn flour (not whole grain, enriched, or nixtamalized) ⁴	Hydrolyzed starch
Corn grits (not whole grain, enriched, or nixtamalized) ⁴	Inulin
Cornmeal (not whole grain, enriched, or nixtamalized) ⁴	Malt
Degerminated corn meal	Malt powder
Durum flour (not whole grain or enriched)	Maltodextrin
Durum grits	Modified food starch
Farina	Modified corn starch
Fava bean flour	Modified rice starch
Fermented wheat	Modified tapioca starch
Flour (not whole grain or enriched)	Modified wheat starch
Legume flours (e.g., fava bean flour, chickpea flour, and green pea flour)	Pea fiber
Malted barley flour (not whole grain or enriched)	Potato starch
	Powdered cellulose
<i>Continued</i>	

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Table 3. Examples of noncreditable grains for the CACFP meal patterns, *continued*¹

Column A (noncreditable grains) Counted toward “rule of three” ²	Column B (grain derivatives) Not counted toward “rule of three” ³
Milled corn Nut or seed flours/meal (e.g., almond flour, flaxseed meal, hazelnut meal, and sunflower seed flour) Oat fiber Oat hull fiber Potato flour Potato starch Rice (not brown rice or enriched rice) Rye flour (not whole grain or enriched) Semolina (not whole grain or enriched) Soluble corn fiber Soy fiber Soy flakes Soy flour Soy grits Soy flour Unbleached flour (not whole grain or enriched) Vegetable flours, e.g., potato and legume Wheat farina Wheat flakes Wheat flour (not whole grain or enriched) White flour (not whole grain or enriched) Yellow corn flour (not whole grain, enriched, or nixtamalized) ⁴	Rice starch Short chain fructan (fiber) Tapioca starch Vital wheat gluten Wheat dextrin Wheat gluten Wheat starch

¹ This list is not all-inclusive.

² CACFP facilities must include these ingredients when determining if commercial products meet the CACFP “rule of three” WGR criteria, unless they are listed after the statement “contains 2% or less,” or are in the sublisting for a dough conditioner or a nongrain ingredient. For more information, see “Noncreditable grains” on page 8.

³ CACFP facilities should ignore these ingredients when determining if commercial products meet the CACFP “rule of three” WGR criteria.

⁴ Corn flour, corn grits, and cornmeal are noncreditable grains unless they are whole grain, enriched, or nixtamalized. Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline solution. CACFP facilities may need to obtain a product formulation statement (PFS) from the manufacturer to determine if a corn ingredient is nixtamalized. Nixtamalized corn ingredients credit as whole grains. For more information, see the CSDE’s handout, [Crediting Whole Grains in the CACFP](#).

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Method 6: Proper Documentation

A commercial food is WGR if proper documentation demonstrates that whole grains are the primary ingredient by weight. Acceptable documentation for commercially prepared foods includes a Child Nutrition (CN) label or manufacturer's product formulation statement (PFS). CN labels are available only for main dish entrees that contribute to the meat/meat alternates component. However, they usually indicate the contribution of other meal components (grains, vegetables, and fruits) that are part of these products. For more information, see the CSDE's handouts, *Using Child Nutrition (CN) Labels in the CACFP*, *Using Product Formulation Statements in the CACFP*, and *Accepting Processed Product Documentation in the CACFP*.

For information on the USDA's grain PFS forms, see *Product Formulation Statement for Grains: Servings* (through September 30, 2021), *Sample Completed Product Formulation Statement for Grains: Servings* (through September 30, 2021), *Product Formulation Statement for Grains: Ounce Equivalents* (effective October 1, 2021), *Sample Completed Product Formulation Statement for Grains: Ounce Equivalents* (effective October 1, 2021), and *Tips for Evaluating a Manufacturer's Product Formulation Statement*.

CN-labeled products list the grains component in ounce equivalents, which are not required in the CACFP meal patterns until October 1, 2021. However, CACFP facilities may use the ounce equivalents on a CN-labeled product to document compliance with the CACFP WGR requirement, because an ounce equivalent of the grains component is slightly more than the current CACFP servings. For more information, see the CSDE's handout, *Grain Ounce Equivalents for the CACFP*.

A grain food made on site by the CACFP facility is WGR if the recipe indicates that whole grains are the greatest ingredient by weight. A combination food made on site by the CACFP facility is WGR if the recipe indicates that whole grains are the greatest ingredient by weight in the grain portion. For more information, see "Documentation for foods made on site" on page 13. CACFP facilities must maintain the appropriate crediting documentation for all grain products (CN label, PFS, or recipe) on file for the Administrative Review of school nutrition programs.

Documentation for commercial foods containing multiple whole grains

If a whole grain is not the first ingredient, but the grain product (or the grain portion of a combination food) contains more than one whole grain, the CACFP facility must obtain a PFS from the manufacturer that states the weight of all whole grains and the weight of all other creditable grains.

- **Grain products:** The PFS must document that the combined weight of all whole grains is more than the weight of the other creditable grains.
- **Combination foods:** The PFS must document that the combined weight of all whole grains is the greatest ingredient by weight in the grain portion.

Table 4 shows examples of acceptable documentation for commercial foods containing multiple whole grains.

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This documentation also applies when determining if grain products credit as the grains component. If a creditable grain is not the first ingredient, but the grain product (or the grain portion of a combination food) contains more than one creditable grain, the CACFP facility must obtain a PFS from the manufacturer that states the weight of all creditable grains. For grain products, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight. For combination foods, the PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight in the grain portion. For more information, see the CSDE's handout, [How to Identify Creditable Grains in the CACFP](#).

Table 4. Examples of acceptable documentation for products with multiple whole grains

Bread product

Ingredients: *Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole-wheat flour, whole oats, sugar, yeast, soybean oil, salt.*



The product does not meet the “rule of three” because the first ingredient in the breadmaking (unbleached enriched wheat flour) is not a whole grain (see “Method 5: Rule of Three” on page 7). However, the product contains two whole grains (whole-wheat flour and whole oats).

The CACFP facility obtains a PFS from the manufacturer stating that enriched flour is 40 percent of the product’s grain weight, whole-wheat flour is 30 percent, and whole oats is 30 percent. The product meets the CACFP WGR criteria because the manufacturer’s documentation shows that the combined weight of the two whole-grain ingredients (60 percent) is greater than the weight of the enriched flour (40 percent), even though enriched flour is listed first in the product’s ingredients statement.

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Table 4. Examples of acceptable documentation for products with multiple whole grains, *continued*

Breaded chicken patty

The package states “contains whole grains.”

Ingredients: Chicken, water, salt and natural flavor. Breaded with: *enriched wheat flour*, water, *white whole-wheat flour*, salt, *whole-grain corn flour*, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breeding set in vegetable oil.



The statement, “contains whole grains,” does not indicate that the product is WGR because it is not a FDA standard of identity (see “Method 2: Labeled as Whole Wheat” on page 6). The product does not meet the “rule of three” because the first ingredient in the breading (enriched wheat flour) is not a whole grain (see “Method 5: Rule of Three” on page 7).

However, the breading contains two whole grains (white whole-wheat flour and whole-grain corn flour). The CACFP facility obtains a PFS from the manufacturer stating that the breading contains 50 percent enriched wheat flour, 25 percent white whole-wheat flour, and 25 percent whole-grain corn flour. The product meets the CACFP WGR criteria because the manufacturer’s documentation shows that the grain portion of this combination food contains 50 percent whole grains, and the other grain ingredient is enriched.

Documentation for commercial foods with flour blend of whole and enriched grains

If the ingredients statement lists a flour blend of whole and enriched grains as the first ingredient (or lists water first and a flour blend second), the CACFP facility cannot determine if the whole grain in the flour blend is the greatest ingredient by weight without a PFS from the manufacturer. For example, if the flour blend is 40 percent of the product’s weight (25 percent whole-wheat flour and 15 percent enriched flour) and the first ingredient after the flour blend is sugar (30 percent of the product’s weight), the sugar weighs more than the whole-wheat flour. The CACFP facility must obtain a PFS from the manufacturer to document that the whole grain in the flour blend weighs more than the first ingredient (excluding water) listed after the flour blend. For example, the PFS for the product below must document that the whole-wheat flour in the flour blend weighs more than the brown sugar.

Ingredients: Water, **flour blend** [*whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)*], water, **brown sugar**, corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), yeast, salt, wheat gluten, enzyme.

A PFS is not required if the flour blend contains only whole grains, such as “flour blend (whole-wheat flour, whole-grain oats).” Products that contain 100 percent whole grains are WGR.

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Documentation for foods made on site

CACFP facilities must have recipes on file for foods prepared on site. The recipe must document if the grain food (or the grain portion of a combination food) is WGR, i.e., a whole grain is the primary ingredient by weight.

- **Grain foods** made on site by the CACFP facility (such as breads, rolls, muffins, and waffles) are WGR if a whole grain (or the combined weight of all whole grains) is equal to or greater than the combined weight of all other creditable grains in the recipe. Table 5 shows examples of how to determine if a recipe meets the CACFP WGR criteria.
- **Combination foods** that are made on site by the CACFP facility are WGR if the whole grain in the **grain portion** of the recipe (or the combined weight of all whole grains in the grain portion of the recipe) is equal to or greater than the combined weight of all other creditable grains in the grain portion of the recipe. Examples of a grain portion in combination foods include pizza crust in pizza, noodles in lasagna, and baked chicken with bread crumbs or crushed cereal flakes.

For more information on the requirements for foods made on site in CACFP child care programs, see section 2 of the CSDE's guide, *Meal Pattern Requirements for CACFP Child Care Programs*, and the CSDE's handout, *Standardized Recipe Form for the CACFP*; and visit the "Crediting Foods Prepared on Site" section of the CSDE's *Crediting Foods in CACFP Child Care Programs Programs* webpage. To determine if foods made on site comply with the CACFP crediting criteria, menu planners in child care programs may use the CSDE's Excel worksheets, *Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP* and *Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP*.

For more information on the requirements for foods made on site in CACFP adult day care centers, see section 2 of the CSDE's guide, *Meal Pattern Requirements for CACFP Adult Day Care Centers*, and the CSDE's handout, *Standardized Recipe Form for the CACFP*; and visit the "Crediting Foods Prepared on Site" section of the CSDE's *Crediting Foods in CACFP Adult Day Care Centers Programs* webpage. To determine if foods made on site comply with the CACFP crediting criteria, menu planners in adult day care centers may use the CSDE's Excel worksheets, *Adult Centers Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP* and *Adult Centers Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP*. For more information, see "Grain Crediting Worksheets" on page 18.

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Table 5. Determining if a standardized recipe meets the CACFP WGR criteria

Example 1: Blueberry muffin		
Ingredients	25 Servings	
	Weight	Measure
Whole-wheat flour	10 oz	2 ¼ cups 1 Tbsp
Enriched all-purpose flour	7 oz	1 ⅓ cups
Sugar	8 oz	1 cup
Baking powder		1 Tbsp 2 tsp
Salt		1 tsp
Low-fat 1% milk		1 ½ cups
Fresh large eggs		3 each
Vegetable oil		⅔ cup
Frozen blueberries	6 oz	1 ½ cups

1. List the combined weight of all whole grains. ¹ **A** 10 ounces
2. List the combined weight of all other creditable grains. ¹ **B** 7 ounces
3. Is A equal to or greater than B? If “yes,” the recipe is WGR. Yes ² No

Example 2: Corn muffin		
Ingredients	25 Servings	
	Weight	Measure
Whole-wheat flour	8 oz	1 ½ cups
White whole-grain cornmeal	8 oz	1 ¼ cups
Sugar	3 oz	⅓ cup 2 Tbsp
Baking powder		¾ tsp
Salt		3 qt ½ cup
Frozen whole eggs, thawed	3 oz	⅓ cup
Nonfat milk		1 ¾ cups
Canola oil		¼ cup

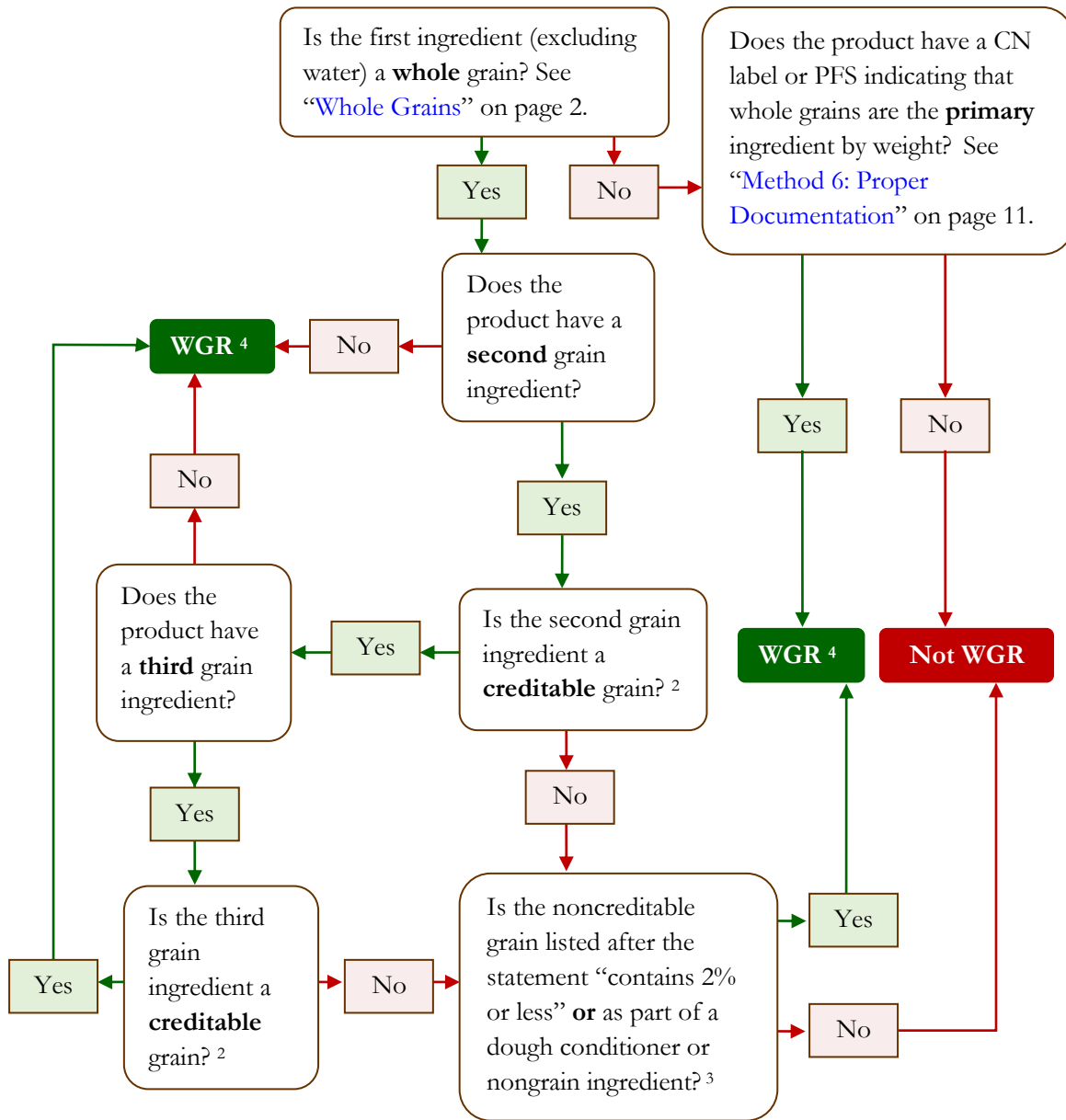
1. List the combined weight of all whole grains. ¹ **A** 8 ounces
2. List the combined weight of all other creditable grains. ¹ **B** 8 ounces
3. Is A equal to or greater than B? If “yes,” the recipe is WGR. Yes ² No

¹ For guidance on identifying whole and enriched grains, see the CSDE’s handouts, [Crediting Whole Grains in the CACFP](#) and [Crediting Enriched Grains in the CACFP](#).

² Through September 30, 2019, the serving must provide the required weights (groups A-G) or volumes (groups H-I) in the USDA’s serving size chart for grains, or provide the minimum creditable grains. For more information, see the CSDE’s handouts, [Grain Servings for the CACFP](#) and [Calculation Methods for Grain Servings in the CACFP](#).

Whole Grain-rich Criteria for the CACFP

Table 6. CACFP WGR criteria for commercial grain products in groups A-E and H ¹



¹ These WGR criteria apply only to commercial grain products in groups A-E of the USDA’s grain servings chart, such as breads, muffins, crackers, rice, pasta, and pancakes.

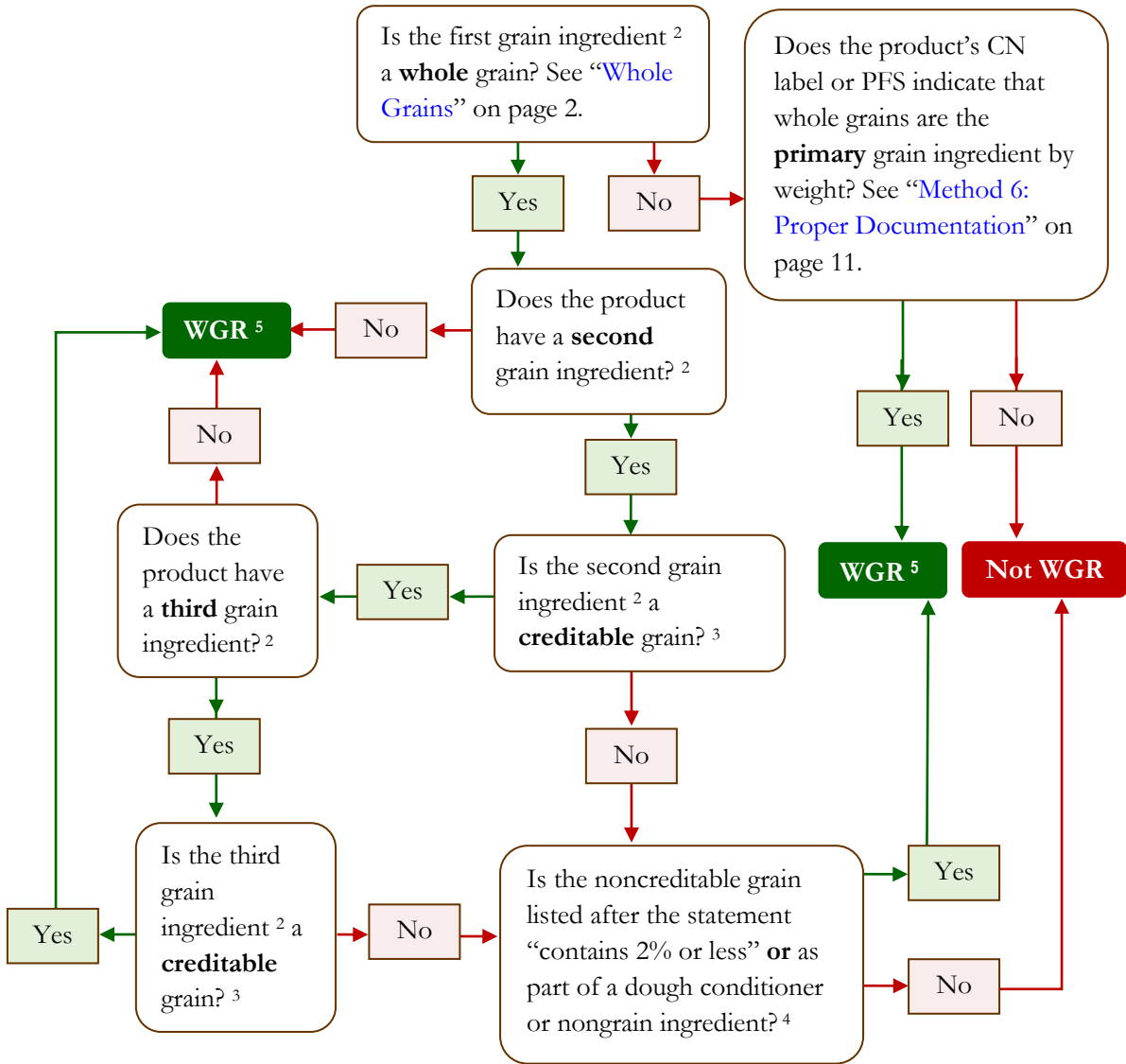
² Creditable grains in the CACFP meal patterns are whole grains, enriched grains, bran, and germ.

³ Ignore noncreditable grains listed after the statement “contains 2% or less,” or in the sublisting for a dough conditioner or nongrain ingredient; and ignore grain derivatives such as wheat gluten and modified food starch (see “Noncreditable grains” on page 8).

⁴ Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (group H) for the appropriate grain group in the USDA’s grain servings chart, or provide the minimum creditable grains. For more information, see the CSDE’s handouts, *Grain Servings for the CACFP* and *Calculation Methods for Grain Servings in the CACFP*.

Whole Grain-rich Criteria for the CACFP

Table 7. CACFP WGR criteria for commercial combination foods ¹



¹ These WGR criteria apply only to commercial combination foods that contain a grain portion from groups A-E or H-I of the USDA's grain servings chart.

² If the grain portion is listed separately, a whole grain must be the first ingredient in the grain portion (or water is the first ingredient and a whole grain is the second ingredient), and the next two grain ingredients in the grain portion (if any) must be creditable grains.

³ Creditable grains in the CACFP meal patterns are whole grains, enriched grains, bran, and germ.

⁴ Ignore noncreditable grains listed after the statement "contains 2% or less," or in the sublisting for a dough conditioner or nongrain ingredient; and ignore grain derivatives such as wheat gluten and modified food starch (see "Noncreditable grains" on page 8).

⁵ Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA's grain servings chart, or provide the minimum creditable grains. For more information, see the CSDE's handouts, *Grain Servings for the CACFP* and *Calculation Methods for Grain Servings in the CACFP*.

Whole Grain-rich Criteria for the CACFP

Determining if Commercial Grain Foods are WGR

The examples on pages 20-32 show how to evaluate commercial grain products for compliance with the USDA’s CACFP “rule of three” WGR criteria. The following guidance applies to the ingredients for these products.

- Creditable grains (whole, enriched, bran, and germ) in the product’s ingredients statement are listed in **bold** text and whole grains are in bold **UPPERCASE** text. For examples of whole and enriched grains, see the CSDE’s handouts, *Crediting Whole Grains in the CACFP* and *Crediting Enriched Grains in the CACFP*.
- Noncreditable grains (such as wheat flour and yellow corn flour) are listed in **bold italicized** text. CACFP facilities must include noncreditable grains when using the USDA’s “rule of three” to determine if commercial products meet the CACFP WGR criteria, unless the noncreditable grains are:
 - after the statement “contains 2% or less;
 - in the sublisting for a dough conditioner; or
 - as part of a nongrain ingredient, such as wheat flour in the cheese filling of ravioli or modified food starch in the jam filling of a muffin.

For more information, see “[Noncreditable grains](#)” on page 8. For examples of noncreditable grains, see column A in table 3.

- Grain derivatives (by-products of grains) in the product’s ingredients statement, such as wheat gluten and maltodextrin, are listed in *italicized* text. CACFP facilities should ignore grain derivatives when using the USDA’s “rule of three” to determine if commercial products meet the CACFP WGR criteria. For examples of grain derivatives, see column B in table 3.

Table 8 includes definitions for some common ingredients found in commercial grain products.

Grain crediting worksheets

The CSDE’s CACFP crediting worksheets evaluate grain-based foods for compliance with the CACFP crediting, WGR, and serving requirements. These worksheets evaluate commercial grains, ready-to-eat breakfast cereals, cooked breakfast cereals, family-size recipes for grains, and quantity recipes for grains.

The adult day care center crediting worksheets are available in the “[Documents/Forms](#)” section of the CSDE’s [Crediting Foods in CACFP Adult Day Care Centers](#) webpage. The child care crediting worksheets are available in the “[Documents/Forms](#)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage.

Whole Grain-rich Criteria for the CACFP

Table 8. Definitions of common ingredients in commercial grain products

Azodicarbonamide (ADA) is a chemical substance approved by the FDA for use as a whitening agent in cereal flour and as a dough conditioner in bread baking.

Bleached flour contains a food additive that accelerates the aging process, improves texture, stiffens soft flour, and makes the flour appear whiter. Unbleached flour does not contain this food additive. Bleached and unbleached flours are creditable grains if they are enriched. For more information, see “[Enriched grains](#)” on page 3.

Bromated flour has been enriched with potassium bromate, which promotes gluten development in dough to improve its baking qualities. Unbromated flour does not contain this ingredient. Bromated flour and unbromated flours are creditable grains if they are enriched. For more information, see “[Enriched grains](#)” on page 3.

DATEM or **datem** (diacetyl tartaric acid ester of mono- and diglycerides) is an emulsifier used in baking. It strengthens the gluten network in dough to improve the bread’s texture and shape.

L-cysteine is an amino acid used in baking to help soften the dough and reduce processing time.

Maltodextrin is a carbohydrate produced from starch. It is used as a food additive to enhance texture and flavor. Maltodextrin is a grain derivative that is not included when using the USDA’s “rule of three” CACFP WGR criteria.¹

Modified food starch is made from starch and is used as a thickening agent, stabilizer, or emulsifier. The most common types of modified food starch are made from corn, wheat, potato, and tapioca. Modified food starch is a grain derivative that is not included when using the USDA’s “rule of three” CACFP WGR criteria.¹

Vital wheat gluten is a powdered form of wheat gluten that is used in baking to add elasticity to flours that are low in gluten, such as whole wheat or rye. It is a grain derivative that is not included when using the USDA’s “rule of three” CACFP WGR criteria.¹

Wheat gluten is the protein component of the wheat grain that helps baked goods hold their shape. It is a grain derivative that is not included using the USDA’s “rule of three” CACFP WGR criteria.¹

Whey is a milk protein that is used to emulsify, thicken, and brown baked goods.

¹ For more information, see column B in [table 3](#).

Whole Grain-rich Criteria for the CACFP

Product 1: Whole-wheat bagel (commercial grain product)

Ingredients: **WHOLE-WHEAT FLOUR**, sugar, *wheat gluten*. Contains 2% or less of each of the following: honey, salt, **yellow corn flour**, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes.



Part 1: Grain ingredients

- A. **First ingredient (excluding water):** Whole-wheat flour
- B. **Second grain ingredient:** None. Wheat gluten is a grain derivative and is ignored. ¹
- C. **Third grain ingredient:** None. Yellow corn flour (noncreditable grain) is listed after “contains 2% or less” and is ignored. ¹

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (see Part 1A)?

- Yes (creditable) ² No: Does product contain more than one creditable grain?
 Yes (need PFS) ³ No (not creditable)

Part 3: CACFP WGR criteria (“rule of three”) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?
 Yes No
2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?
 Yes No Not applicable (no second grain ingredient or can be ignored) ¹
3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?
 Yes No Not applicable (no third grain ingredient or can be ignored) ¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
 Yes (WGR) ² No: Does product contain more than one whole grain or a flour blend?
 Yes (need PFS) ⁴ No (not WGR)

¹ See “[Noncreditable grains](#)” on page 8.

² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA’s grain servings chart, or provide the minimum creditable grains. For more information, see the CSDE’s handouts, [Grain Servings for the CACFP](#) and [Calculation Methods for Grain Servings in the CACFP](#).

³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ See “[Documentation for commercial foods containing multiple whole grains](#)” on page 13 and “[Documentation for commercial foods with flour blend of whole and enriched grains](#)” on page 13.

Whole Grain-rich Criteria for the CACFP

Product 2: English muffin (commercial grain product)

Ingredients: Water, **WHOLE-WHEAT FLOUR, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)**, yeast, *wheat gluten*, contains less than 2% of each of the following: soybean oil, sugar, salt, calcium propionate (preservative), fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate.



Part 1: Grain ingredients

- A. **First ingredient (excluding water):** Whole-wheat flour
- B. **Second grain ingredient:** Enriched flour
- C. **Third grain ingredient:** None. Wheat gluten is a grain derivative and is ignored. ¹

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (see Part 1A)?

- Yes (creditable) ² No: Does product contain more than one creditable grain?
 Yes (need PFS) ³ No (not creditable)

Part 3: CACFP WGR criteria (“rule of three”) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?
 Yes No
2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?
 Yes No Not applicable (no second grain ingredient or can be ignored) ¹
3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?
 Yes No Not applicable (no third grain ingredient or can be ignored) ¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
 Yes (WGR) ² No: Does product contain more than one whole grain or a flour blend?
 Yes (need PFS) ⁴ No (not WGR)

¹ See “[Noncreditable grains](#)” on page 8.

² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-D) for the appropriate grain group in the USDA’s grain servings chart, or the minimum creditable grains. For more information, see the CSDE’s handouts, [Grain Servings for the CACFP](#) and [Calculation Methods for Grain Servings in the CACFP](#).

³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ See “[Documentation for commercial foods containing multiple whole grains](#)” on page 13 and “[Documentation for commercial foods with flour blend of whole and enriched grains](#)” on page 13.

Whole Grain-rich Criteria for the CACFP

Product 3: Bread sticks (commercial grain product)

Ingredients: Water, **WHOLE-WHEAT FLOUR**, unbleached unbromated enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), honey, yeast, salt, dough conditioners (mono & diglycerides, DATEM, l-cysteine, ascorbic acid, enzymes), *modified food starch*, **fava bean flour**, flavor (natural flavor, modified vegetable gum, *hydrolyzed starch*, maltodextrin), **malted barley flour**, dextrose, **rye flour**.



<p>Part 1: Grain ingredients</p> <p>A. First ingredient (excluding water): Whole-wheat flour</p> <p>B. Second grain ingredient: Unbleached unbromated enriched wheat flour</p> <p>C. Third grain ingredient: Fava bean flour (noncreditable grain) Modified food starch is a grain derivative and is ignored. ¹</p>
<p>Part 2: CACFP crediting criteria for groups A-E</p> <p>Creditable: <i>The first ingredient must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable) ² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 100px;"><input type="checkbox"/> Yes (need PFS) ³ <input type="checkbox"/> No (not creditable)</p>
<p>Part 3: CACFP WGR criteria (“rule of three”) for groups A-E</p> <p>WGR: <i>The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input type="checkbox"/> Yes (WGR) ² <input checked="" type="checkbox"/> No: Does product contain more than one whole grain or a flour blend?</p> <p style="padding-left: 100px;"><input type="checkbox"/> Yes (need PFS) ⁴ <input checked="" type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” on page 8.</p> <p>² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-D) for the appropriate grain group in the USDA’s grain servings chart, or the minimum creditable grains. For more information, see the CSDE’s handouts, <i>Grain Servings for the CACFP</i> and <i>Calculation Methods for Grain Servings in the CACFP</i>.</p> <p>³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial foods containing multiple whole grains” on page 13 and “Documentation for commercial foods with flour blend of whole and enriched grains” on page 13.</p>

Whole Grain-rich Criteria for the CACFP

Product 4: Oat bread (commercial grain product)

Ingredients: Water, **unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]**, water, **WHOLE WHEAT FLOUR, WHOLE OATS**, sugar, *wheat gluten*, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, datem and/or sodium stearoyl lactylate, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk.



Part 1: Grain ingredients

- A. **First ingredient (excluding water):** Unbleached enriched flour
- B. **Second grain ingredient:** Whole-wheat flour
- C. **Third grain ingredient:** Whole oats

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (see Part 1A)?

- Yes (creditable) ² No: Does product contain more than one creditable grain?
 Yes (need PFS) ³ No (not creditable)

Part 3: CACFP WGR criteria (“rule of three”) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?
 Yes No
2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?
 Yes No Not applicable (no second grain ingredient or can be ignored) ¹
3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?
 Yes No Not applicable (no third grain ingredient or can be ignored) ¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
 Yes (WGR) ² No: Does product contain more than one whole grain or a flour blend?
 Yes (need PFS) ⁴ No (not WGR)

¹ See “[Noncreditable grains](#)” on page 8.

² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA’s grain servings chart, or the minimum creditable grains. For more information, see the CSDE’s handouts, [Grain Servings for the CACFP](#) and [Calculation Methods for Grain Servings in the CACFP](#).

³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ See “[Documentation for commercial foods containing multiple whole grains](#)” on page 13 and “[Documentation for commercial foods with flour blend of whole and enriched grains](#)” on page 13.

Whole Grain-rich Criteria for the CACFP

Product 5: Blueberry muffin (commercial grain product)

Ingredients: **WHOLE-WHEAT FLOUR**, sugar, eggs, water, blueberries, **enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)**, invert sugar, soybean oil, **contains 2% or less of:** palm oil, canola oil, propylene glycol mono- and diesters of fats and fatty acids, **oat fiber**, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), mono- and diglycerides, *modified food starch*, potassium sorbate (preservative), sodium alginate, salt, soy lecithin, natural and artificial flavor, sodium stearoyl lactylate, *wheat starch*, blackberry juice concentrate, blueberry juice concentrate, malic acid, enzymes.

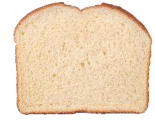


<p>Part 1: Grain ingredients</p> <p>A. First ingredient (excluding water): Whole-wheat flour</p> <p>B. Second grain ingredient: Enriched flour</p> <p>C. Third grain ingredient: None. Oat fiber is a noncreditable grain, listed after “contains 2% or less of” and is ignored.¹</p>
<p>Part 2: CACFP crediting criteria for groups A-E</p> <p>Creditable: <i>The first ingredient must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable)² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS)³ <input type="checkbox"/> No (not creditable)</p>
<p>Part 3: CACFP WGR criteria (“rule of three”) for groups A-E</p> <p>WGR: <i>The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored)¹</p> <p>3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no third grain ingredient or can be ignored)¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input checked="" type="checkbox"/> Yes (WGR)² <input type="checkbox"/> No: Does product contain more than one whole grain or a flour blend?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS)⁴ <input type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” on page 8.</p> <p>² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-D) for the appropriate grain group in the USDA’s grain servings chart, or the minimum creditable grains. For more information, see the CSDE’s handouts, Grain Servings for the CACFP and Calculation Methods for Grain Servings in the CACFP.</p> <p>³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial foods containing multiple whole grains” on page 13 and “Documentation for commercial foods with flour blend of whole and enriched grains” on page 13.</p>

Whole Grain-rich Criteria for the CACFP

Product 6: Italian bread (commercial grain product)

Ingredients: ***Semolina flour***, enriched durum wheat flour (durum wheat flour, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), **WHOLE-WHEAT FLOUR**, water, contains 2 percent or less of: sesame seeds, salt, malt syrup, *cultured wheat starch*, distilled vinegar, yeast, citric acid, ***malted barley flour***.



<p>Part 1: Grain ingredients</p> <p>A. First ingredient (excluding water): Semolina flour (noncreditable grain)</p> <p>B. Second grain ingredient: Enriched durum wheat flour</p> <p>C. Third grain ingredient: Whole-wheat flour</p>
<p>Part 2: CACFP crediting criteria for groups A-E</p> <p>Creditable: <i>The first ingredient must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input type="checkbox"/> Yes (creditable)² <input checked="" type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 150px;"><input checked="" type="checkbox"/> Yes (need PFS)³ <input type="checkbox"/> No (not creditable)</p>
<p>Part 3: CACFP WGR criteria (“rule of three”) for groups A-E</p> <p>WGR: <i>The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored)¹</p> <p>3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no third grain ingredient or can be ignored)¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input type="checkbox"/> Yes (WGR)² <input checked="" type="checkbox"/> No: Does product contain more than one whole grain or a flour blend?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS)⁴ <input checked="" type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” on page 8.</p> <p>² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-D) for the appropriate grain group in the USDA’s grain servings chart, or the minimum creditable grains. For more information, see the CSDE’s handouts, Grain Servings for the CACFP and Calculation Methods for Grain Servings in the CACFP.</p> <p>³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial foods containing multiple whole grains” on page 13 and “Documentation for commercial foods with flour blend of whole and enriched grains” on page 13.</p>

Whole Grain-rich Criteria for the CACFP

Product 7: Wheat roll (commercial grain product)

Ingredients: Water, flour blend [WHOLE-WHEAT FLOUR, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], water, brown sugar, corn oil, dough conditioner (soybean oil, vegetable glycerides, *soy flakes*), yeast, salt, *wheat gluten*, enzyme.

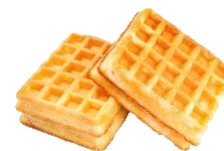


<p>Part 1: Grain ingredients</p> <p>A. First ingredient (excluding water): Flour blend (whole-wheat flour and enriched flour)</p> <p>B. Second grain ingredient: None. The soy flakes (noncreditable grain) are in the dough conditioner and are ignored. ¹</p> <p>C. Third grain ingredient: None. Wheat gluten is a grain derivative and is ignored. ¹</p>
<p>Part 2: CACFP crediting criteria for groups A-E</p> <p>Creditable: <i>The first ingredient must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable) ² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 100px;"><input type="checkbox"/> Yes (need PFS) ³ <input type="checkbox"/> No (not creditable)</p>
<p>Part 3: CACFP WGR criteria (“rule of three”) for groups A-E</p> <p>WGR: <i>The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input type="checkbox"/> Yes (WGR) ² <input checked="" type="checkbox"/> No: Does product contain more than one whole grain or a flour blend?</p> <p style="padding-left: 100px;"><input checked="" type="checkbox"/> Yes (need PFS) ⁴ <input type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” on page 8.</p> <p>² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-D) for the appropriate grain group in the USDA’s grain servings chart, or the minimum creditable grains. For more information, see the CSDE’s handouts, <i>Grain Servings for the CACFP</i> and <i>Calculation Methods for Grain Servings in the CACFP</i>.</p> <p>³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial foods containing multiple whole grains” on page 13 and “Documentation for commercial foods with flour blend of whole and enriched grains” on page 13.</p>

Whole Grain-rich Criteria for the CACFP

Product 8: Waffles made with whole wheat (commercial grain product)

Ingredients: Water, **enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), WHOLE-WHEAT FLOUR**, vegetable oil (soybean, palm, and/or canola oil), egg whites, **wheat bran**, sugar, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, malt flavoring, whey, soy lecithin.



Part 1: Grain ingredients

- A. **First ingredient (excluding water):** Enriched flour
- B. **Second grain ingredient:** Whole-wheat flour
- C. **Third grain ingredient:** Wheat bran

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (see Part 1A)?

- Yes (creditable)²
 No: Does product contain more than one creditable grain?

 Yes (need PFS)³
 No (not creditable)

Part 3: CACFP WGR criteria (“rule of three”) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?
 Yes No
2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?
 Yes
 No
 Not applicable (no second grain ingredient or can be ignored)¹
3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?
 Yes
 No
 Not applicable (no third grain ingredient or can be ignored)¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
 Yes (WGR)²
 No: Does product contain more than one whole grain or a flour blend?

 Yes (need PFS)⁴
 No (not WGR)

¹ See “[Noncreditable grains](#)” on page 8.

² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-D) for the appropriate grain group in the USDA’s grain servings chart, or the minimum creditable grains. For more information, see the CSDE’s handouts, [Grain Servings for the CACFP](#) and [Calculation Methods for Grain Servings in the CACFP](#).

³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ See “[Documentation for commercial foods containing multiple whole grains](#)” on page 13 and “[Documentation for commercial foods with flour blend of whole and enriched grains](#)” on page 13.

Whole Grain-rich Criteria for the CACFP

Product 9: French toast (commercial grain product)

Ingredients: Bread (**WHOLE-WHEAT FLOUR**, water, **enriched wheat flour [flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]**), sugar, *wheat gluten*, yeast, salt, soybean oil, mono and diglycerides, calcium propionate (preservative), DATEM, calcium sulfate, citric acid, soy lecithin, grain vinegar, potassium iodate), water, batter (**WHOLE-WHEAT FLOUR**, sugar, **enriched bleached wheat flour [enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]**), dextrose, eggs, **yellow corn flour**, corn syrup solids, natural flavor, *modified corn starch*, salt, leavening (sodium aluminum phosphate, sodium bicarbonate), nonfat milk, spice, artificial flavor, modified cellulose gum, spice extractive).



Part 1: Grain ingredients

- A. **First ingredient (excluding water):** Whole-wheat flour in the bread
- B. **Second grain ingredient:** Enriched wheat flour in the bread
- C. **Third grain ingredient:** Whole-wheat flour in the batter
(Wheat gluten is a grain derivative and is ignored. ¹)

Part 2: CACFP crediting criteria for groups A-E

Creditable: *The first ingredient must be a creditable grain (whole, enriched, bran, or germ).*

Is the first ingredient (excluding water) a creditable grain (see Part 1A)?

- Yes (creditable) ² No: Does product contain more than one creditable grain?
 Yes (need PFS) ³ No (not creditable)

Part 3: CACFP WGR criteria (“rule of three”) for groups A-E

WGR: *The first ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.*

1. Is the first ingredient (excluding water) a whole grain (see Part 1A above)?
 Yes No
2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?
 Yes No Not applicable (no second grain ingredient or can be ignored) ¹
3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?
 Yes No Not applicable (no third grain ingredient or can be ignored) ¹
4. Is the answer “Yes” for question 1 **and** either “Yes” or “Not applicable” for questions 2 and 3?
 Yes (WGR) ² No: Does product contain more than one whole grain or a flour blend?
 Yes (need PFS) ⁴ No (not WGR)

¹ See “[Noncreditable grains](#)” on page 8.

² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA’s grain servings chart, or the minimum creditable grains. For more information, see the CSDE’s handouts, [Grain Servings for the CACFP](#) and [Calculation Methods for Grain Servings in the CACFP](#).

³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.

⁴ See “[Documentation for commercial foods containing multiple whole grains](#)” on page 13 and “[Documentation for commercial foods with flour blend of whole and enriched grains](#)” on page 13.

Whole Grain-rich Criteria for the CACFP

Product 10: Breaded chicken nuggets (commercial combination food)

Ingredients: Boneless, skinless chicken breast with rib meat, water, **WHOLE WHEAT FLOUR**, contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breading set in vegetable oil.



<p>Part 1: Grain ingredients</p> <p>A. First grain ingredient: Whole-wheat flour</p> <p>B. Second grain ingredient: None</p> <p>C. Third grain ingredient: None</p>
<p>Part 2: CACFP crediting criteria for combination foods (not separate grain portion) ³</p> <p>Creditable: <i>The first grain ingredient must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first grain ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable) ² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS) ³ <input type="checkbox"/> No (not creditable)</p>
<p>Part 3: CACFP WGR criteria (“rule of three”) for combination foods (not separate grain portion) ³</p> <p>WGR: <i>The first grain ingredient must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first grain ingredient (excluding water) a whole grain (see Part 1A above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) a creditable grain (see Part 1B above)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) a creditable grain (see Part 1C above)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input checked="" type="checkbox"/> Yes (WGR) ² <input type="checkbox"/> No: Does product contain more than one whole grain or a flour blend?</p> <p style="padding-left: 150px;"><input type="checkbox"/> Yes (need PFS) ⁴ <input type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” on page 8.</p> <p>² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-D) for the appropriate grain group in the USDA’s grain servings chart, or the minimum creditable grains. For more information, see the CSDE’s handouts, Grain Servings for the CACFP and Calculation Methods for Grain Servings in the CACFP.</p> <p>³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial foods containing multiple whole grains” on page 13 and “Documentation for commercial foods with flour blend of whole and enriched grains” on page 13.</p>

Whole Grain-rich Criteria for the CACFP

Product 11: Cheese ravioli (commercial combination food)

Ingredients: Filling: Fat-free ricotta cheese (whey, skim milk [made from nonfat dry milk powder], vinegar, xanthan gum, carrageenan), water, egg, low moisture part skim mozzarella cheese (cultured part skim milk, salt, enzymes), whey protein isolate, sodium caseinate, romano cheese made from cow’s milk (cultured milk, salt, enzymes), bleached wheat flour, garlic salt (salt, dehydrated garlic), salt, corn starch-modified, sugar, dehydrated garlic. **Pasta: WHOLE-WHEAT FLOUR, enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, egg.**



Part 1: Grain ingredients
<p>A. First ingredient (excluding water) in the grain portion: Whole-wheat flour</p> <p>B. Second grain ingredient in the grain portion: Enriched durum wheat flour</p> <p>C. Third grain ingredient in the grain portion: None</p>
Part 2: CACFP crediting criteria for combination foods (separate grain portion) ³
<p>Creditable: <i>The first ingredient in the grain portion must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first grain ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable) ² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 100px;"><input type="checkbox"/> Yes (need PFS) ³ <input type="checkbox"/> No (not creditable)</p>
Part 3: CACFP WGR criteria (“rule of three”) for combination foods (separate grain portion) ³
<p>WGR: <i>The first ingredient in the grain portion must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first grain ingredient (excluding water) in the grain portion a whole grain (see Part 1A above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) in the grain portion a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) in the grain portion a creditable grain (see Part 1C above)?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input checked="" type="checkbox"/> Yes (WGR) ² <input type="checkbox"/> No: Does grain portion contain more than one whole grain or a flour blend?</p> <p style="padding-left: 100px;"><input type="checkbox"/> Yes (need PFS) ⁴ <input checked="" type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” on page 8.</p> <p>² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-D) for the appropriate grain group in the USDA’s grain servings chart, or the minimum creditable grains. For more information, see the CSDE’s handouts, Grain Servings for the CACFP and Calculation Methods for Grain Servings in the CACFP.</p> <p>³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial foods containing multiple whole grains” on page 13 and “Documentation for commercial foods with flour blend of whole and enriched grains” on page 13.</p>

Whole Grain-rich Criteria for the CACFP

Product 12: Breaded chicken patty (commercial combination food)

Ingredients: Chicken, water, salt and natural flavor. Breaded with: **Wheat flour**, water, *wheat starch*, **WHITE WHOLE-WHEAT FLOUR**, salt, **yellow corn flour**, *corn starch*, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breading set in vegetable oil.



<p>Part 1: Grain ingredients</p> <p>A. First ingredient (excluding water) in the grain portion: Wheat flour (noncreditable grain)</p> <p>B. Second grain ingredient in the grain portion: White whole-wheat flour (Wheat starch is a grain derivative and is ignored. ¹)</p> <p>C. Third grain ingredient in the grain portion: Yellow corn flour (noncreditable grain)</p>
<p>Part 2: CACFP crediting criteria for combination foods (separate grain portion) ³</p> <p>Creditable: <i>The first ingredient in the grain portion must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first grain ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input type="checkbox"/> Yes (creditable) ² <input checked="" type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p><input type="checkbox"/> Yes (need PFS) ³ <input checked="" type="checkbox"/> No (not creditable)</p>
<p>Part 3: CACFP WGR criteria (“rule of three”) for combination foods (separate grain portion) ³</p> <p>WGR: <i>The first ingredient in the grain portion must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first grain ingredient (excluding water) in the grain portion a whole grain (see Part 1A above)?</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) in the grain portion a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) in the grain portion a creditable grain (see Part 1C above)?</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input type="checkbox"/> Yes (WGR) ² <input checked="" type="checkbox"/> No: Does grain portion contain more than one whole grain or a flour blend?</p> <p><input type="checkbox"/> Yes (need PFS) ⁴ <input checked="" type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” on page 8.</p> <p>² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-D) for the appropriate grain group in the USDA’s grain servings chart, or the minimum creditable grains. For more information, see the CSDE’s handouts, Grain Servings for the CACFP and Calculation Methods for Grain Servings in the CACFP.</p> <p>³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial foods containing multiple whole grains” on page 13 and “Documentation for commercial foods with flour blend of whole and enriched grains” on page 13.</p>

Whole Grain-rich Criteria for the CACFP

Product 13: Chicken vegetable egg roll (commercial combination food)

Ingredients: Filling: Cabbage, ground chicken, carrots, textured soy protein, celery, water, onion, contains 2% or less of: dried whole egg, sugar, soy sauce, modified food starch, dehydrated onions, sea salt, garlic, spice; Wrapper: **WHITE WHOLE-WHEAT FLOUR**, water, enriched flour (wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]), enriched durum flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of: *wheat gluten*, soybean oil, dried whole egg, salt, rice extract, *cornstarch*; water.



Part 1: Grain ingredients
<p>A. First ingredient (excluding water) in the grain portion: White whole-wheat flour</p> <p>B. Second grain ingredient in the grain portion: Enriched flour</p> <p>C. Third grain ingredient in the grain portion: Enriched durum flour</p>
Part 2: CACFP crediting criteria for combination foods (separate grain portion) ³
<p>Creditable: <i>The first ingredient in the grain portion must be a creditable grain (whole, enriched, bran, or germ).</i></p> <p>Is the first grain ingredient (excluding water) a creditable grain (see Part 1A)?</p> <p><input checked="" type="checkbox"/> Yes (creditable) ² <input type="checkbox"/> No: Does product contain more than one creditable grain?</p> <p style="padding-left: 100px;"><input type="checkbox"/> Yes (need PFS) ³ <input type="checkbox"/> No (not creditable)</p>
Part 3: CACFP WGR criteria (“rule of three”) for combination foods (separate grain portion) ³
<p>WGR: <i>The first ingredient in the grain portion must be a whole grain and the next two grain ingredients (if any) must be creditable.</i></p> <p>1. Is the first grain ingredient (excluding water) in the grain portion a whole grain (see Part 1A above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Is the second grain ingredient (if any) in the grain portion a creditable grain (see Part 1B above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no second grain ingredient or can be ignored) ¹</p> <p>3. Is the third grain ingredient (if any) in the grain portion a creditable grain (see Part 1C above)?</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not applicable (no third grain ingredient or can be ignored) ¹</p> <p>4. Is the answer “Yes” for question 1 and either “Yes” or “Not applicable” for questions 2 and 3?</p> <p><input checked="" type="checkbox"/> Yes (WGR) ² <input type="checkbox"/> No: Does grain portion contain more than one whole grain or a flour blend?</p> <p style="padding-left: 100px;"><input type="checkbox"/> Yes (need PFS) ⁴ <input type="checkbox"/> No (not WGR)</p>
<p>¹ See “Noncreditable grains” on page 8.</p> <p>² Through September 30, 2021, the serving must provide the required weight (groups A-E) or volume (groups H-D) for the appropriate grain group in the USDA’s grain servings chart, or the minimum creditable grains. For more information, see the CSDE’s handouts, Grain Servings for the CACFP and Calculation Methods for Grain Servings in the CACFP.</p> <p>³ PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.</p> <p>⁴ See “Documentation for commercial foods containing multiple whole grains” on page 13 and “Documentation for commercial foods with flour blend of whole and enriched grains” on page 13.</p>

Whole Grain-rich Criteria for the CACFP

Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AcceptDocCACFP.pdf>

Adding Whole Grains to Your CACFP Menu (USDA):

https://www.fns.usda.gov/sites/default/files/tn/FNS_USDA_CACFP_11_AddingWholeGrains_04-508c.pdf

Adult Center Worksheet 1: Crediting Commercial Grain in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AdultCredit1.xlsx>

Adult Center Worksheet 2: Crediting Ready-to-eat Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AdultCredit2.xlsx>

Adult Center Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AdultCredit3.xlsx>

Adult Center Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE):

<http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AdultCredit4.xlsx>

Adult Center Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP

<http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AdultCredit5.xlsx>

Approved Food Guide for Connecticut WIC (Connecticut Department of Public Health):

<https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>

CACFP Best Practices (USDA):

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_bestpractices.pdf

CACFP Training Tools (USDA):

<https://www.fns.usda.gov/cacfp-training-tools>

Calculating Sugar Limits for Breakfast Cereals in the CACFP (USDA):

https://fns-prod.azureedge.net/sites/default/files/tn/CACFP_CalcCereal.pdf

Calculation Methods for Grain Servings in CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainCalcCACFP.pdf>

Child Care Worksheet 1: Crediting Commercial Grain in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFPCredit1.xlsx>

Child Care Worksheet 2: Crediting Ready-to-eat Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFPCredit2.xlsx>

Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFPCredit3.xlsx>

Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP (CSDE):

<http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFPCredit4.xlsx>

Whole Grain-rich Criteria for the CACFP

Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP

<http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CACFPCredit5.xls>

Choose Breakfast Cereals that are Lower in Added Sugar (English) (USDA):

<https://fns-prod.azureedge.net/sites/default/files/tn/FNSCACFPcereal12.pdf>

Choose Breakfast Cereals that are Lower in Added Sugar (Spanish) (USDA):

<https://fns-prod.azureedge.net/sites/default/files/tn/cacfp-cereal-sp.pdf>

Crediting Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCerealsCACFP.pdf>

Crediting Enriched Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditEnrichedCACFP.pdf>

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs>

Crediting Whole Grains in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditWholeGrainsCACFP.pdf>

Grain Ounce Equivalents for the CACFP (effective October 1, 2021) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/OzEqCACFP.pdf>

Grain Servings for the CACFP (through September 30, 2021) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainsCACFP.pdf>

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Grains_oz_eq.pdf

Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Grains_Breads_Servings.pdf

Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Sample_oz_eq.pdf

Whole Grain-rich Criteria for the CACFP

Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA):

http://https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Samples_Grains_Breads_Servings.pdf

USDA Final Rule (81 FR 24347): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010

<https://www.fns.usda.gov/cacfp/fr-042516>

USDA Final Rule Corrections (81 FR 75671): Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010:

<https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program:

<https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

USDA Memo CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

Using Child Nutrition (CN) Labels in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CNlabelCACFP.pdf>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFSscacfp.pdf>

Whole Grain-rich Criteria for the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGRCriteriaCACFP.pdf>

Whole Grain-rich Criteria for the CACFP



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For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This handout is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGRCriteriaCACFP.pdf>.

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