



Ditch the desserts!



Grain-based desserts are sources of added sugar and saturated fats that our kids just don't need. So, ditch the desserts on your menus and remember that the following items **cannot be credited** towards a CACFP reimbursable meal:

Bars

cereal bars, breakfast bars & granola bars (plain or with nuts, raisins, and/or chocolate pieces)



Pastries

sweet rolls, toaster pastries, sweet scones & donuts (all types, plain, unfrosted, frosted, or glazed)



Cookies

wafer, sandwich & bar (plain or with nuts, raisins, chocolate pieces, and/or fruit purees)



Pie Crusts*

dessert pies, cobblers & turnovers



Cakes

coffee cake, cake & brownies (all types, plain, unfrosted, frosted)



Puddings*

rice pudding & bread pudding



* **Pie Crust & Bread Pudding** with savory and/or meat/meat alternative fillings are not considered grain-based desserts

Remember: This is not an all-inclusive list the items that may be considered grain-based desserts in the CACFP. Sponsors must consider the common perception of an item to determine whether or not it would be considered a dessert. So, how can you know if your item is creditable or not? Does it:



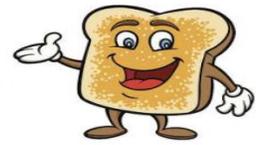
Walk like a dessert?

Talk like a dessert?

Then it is generally considered to be a dessert and will not be creditable in CACFP meals



So, what can I serve? Go For Grains!



Grain-based desserts may be out, but there are plenty of other healthy grain options that are allowable in CACFP meals. Check out these healthier grain options and remember to make sure that at least one grain item per day is whole grain rich!

Savory Crackers



Pasta/Noodles



Sweet Crackers

Graham crackers & animal crackers
(all shapes)



Cereal

cereal grains or ready-to-eat

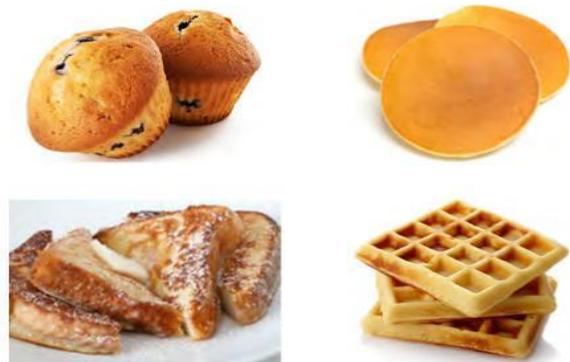


Pretzels



Breakfast Breads

muffins, pancakes, waffles, French toast, croissants



Rice



Bread

bread, bagel, roll, pita, tortilla, taco shell, pizza crust, cornbread, quick bread

