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 considered a dessert? 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.
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

Adapted from the Colorado Department of Public Health & Environment - March 2018