WHAT IS A GRAIN BASED DESSERT?

The following food items are considered grain based desserts according to the USDA Child Nutrition Program. These foods are not considered a grain or any other food group at any meal or snack for child care providers who participate in the Child and Adult Care Food Program.

Grain Based Desserts - Not creditable on the Child Care Menu, 10/2017
(Adopted from: USDA, CACFP, Exhibit A – Grain Requirements for Child Nutrition Programs)

- Cookies (plain - includes vanilla wafers)
- Doughnuts (cake and yeast raised, unfrosted)
- Cereal bars, breakfast bars, granola bars (plain)
- Sweet roll (unfrosted)
- Toaster pastry (unfrosted)
- Cereal bars, breakfast bars, granola bars (with nuts, dried fruit, and/or chocolate pieces)
- Cookies (with nuts, raisins, chocolate pieces and/or fruit purees)
- Doughnuts (cake and yeast raised, frosted or glazed)
- Sweet rolls (frosted)
- Toaster pastry (frosted)
- Cake (plain, unfrosted)
- Coffee cake
- Brownies (plain)
- Cake (all varieties, frosted)

1 In NSLP and SBP (grades K-12), all grains served must meet whole grain-rich criteria. For information on flexibilities, please contact your State agency. For all other Child Nutrition Programs, grains are whole grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ. Under CACFP child and adult meal patterns, and in NSLP/SBP preschool meals, at least one grain serving per day must meet whole grain–rich criteria.

2 For NSLP and SBP (grades K-12), grain quantities are determined using ounce equivalents (oz eq). All other Child Nutrition Programs determine grain quantities using grains/bread servings. Beginning Oct. 1, 2019, grain quantities in CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

3- Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count towards the grain component in CACFP or NSLP/SBP infant and preschool meals beginning October 1, 2017, as specified in §§226.20(a)(4) and 210.10.

4- Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count towards the grain component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count towards the grain component in the CACFP and NSLP/SBP infant and preschool meals beginning October 1, 2017, as specified in §§226.20(a)(4) and 210.10.