



**Arizona Department of Education  
Health and Nutrition Services**

**Non-Creditable Foods in the CACFP**

Creditable foods are foods that can be served to meet Child and Adult Care Food Program (CACFP) meal pattern requirements for participants ages one and over. Non-creditable foods are foods that do not contribute to the CACFP meal pattern requirements. The following is a list of common, non-creditable foods. Please note, there may be other non-creditable foods that are not listed here. For additional information, please view the [Creditable Foods Guide](#), contact your assigned program specialist, or visit <https://www.azed.gov/hns/cacfp/cacfptraining>.

<b>Component</b>	<b>Non-Creditable Foods</b>	<b>Non-Creditable Foods</b> <i>unless supported by a CN Label or Product Formulation Statement</i>
<p align="center"><b><u>Meat/Meat Alternates</u></b></p> <p align="center">Creditable: Most meat, poultry, fish, cheese, yogurt, dry beans and peas, whole eggs, alternate protein products, soy yogurt, tofu, peanut butter or other nut or seed butters, and nuts and seeds.</p> <p><sup>1</sup> Common fillers are defined as byproducts, cereals, binders or extenders. Common binders and extenders are soy flour, starchy vegetable flour, calcium reduced dried skim milk, modified food and vegetable starch, soy protein concentrate, cereal, isolated soy protein, dried milk, carrageenan, and hydrolyzed milk protein.</p>	<ul style="list-style-type: none"> <li>• Bacon and Imitation Bacon Products</li> <li>• Canned, pressed luncheon meats</li> <li>• Cheese products</li> <li>• Chestnuts</li> <li>• Cream cheese</li> <li>• Egg substitutes</li> <li>• Frozen egg whites</li> <li>• Frozen egg yolks</li> <li>• Game meats, home-slaughtered meat, and non-commercially caught fish</li> <li>• Homemade cheeses or yogurts</li> <li>• Imitation seafood</li> <li>• Liquid egg substitutes</li> <li>• Macaroni and cheese, packaged box mix</li> <li>• Neufchatel cheese</li> <li>• Nut spreads</li> <li>• Powdered cheese</li> <li>• Processed cheese foods</li> <li>• Processed meats with binders or extenders<sup>1</sup></li> <li>• Raw fish/seafood (e.g. ceviche, sushi)</li> <li>• <u>Yogurt</u> with more than 23 grams of sugar per 6 ounces</li> <li>• Yogurt products, frozen yogurt, liquid yogurt, bars, yogurt covered fruits/nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Store-Bought Convenience Foods that have a grain and meat/meat alternate (e.g. Beef-a-Roni, macaroni and cheese, pizzas, chicken nuggets, fish sticks, pot pies, corn dogs, raviolis)</li> <li>• Beef Jerky</li> <li>• Store-Bought Cheese Sauce</li> <li>• Dried Meat, Poultry, Seafood</li> <li>• Hot Dogs <i>must be CN-Labeled and/or free of byproducts, cereals, or extenders</i><sup>1</sup></li> <li>• Luncheon Meats <i>must be CN-Labeled and/or free of byproducts, cereals, or extenders</i><sup>1</sup></li> <li>• Salami <i>must be CN-Labeled and/or free of byproducts, cereals, or extenders</i><sup>1</sup></li> <li>• Store-Bought Meat Sauce</li> <li>• Store-Bought Hummus</li> <li>• Pepperoni</li> <li>• Sausage <i>unless labeled 'Fresh Pork Sausage' or 'Fresh Italian Sausage'</i></li> <li>• Turkey Bacon</li> </ul>
<p align="center"><b><u>Grains</u></b></p> <p align="center">Creditable: Grains must be made with enriched or whole grain meal/flour or bran/germ to be creditable. At least <u>one</u> serving of grains per day must be <a href="#">whole grain-rich</a>.</p>	<ul style="list-style-type: none"> <li>• Bean Noodles (Cellophane Noodles)</li> <li>• <a href="#">Breakfast cereals</a> with more than 6 grams of sugar per dry ounce</li> <li>• Chips – Potato, Fruit, or Vegetable (corn chips/tortilla chips are okay if made with enriched flour or whole corn)</li> <li>• <a href="#">Grain-Based Desserts</a> (e.g. cereal bars, cakes, cookies, donuts, granola bars...)</li> <li>• Marshmallow Cereal Treats</li> <li>• Potatoes (vegetable, not grain)</li> </ul>	<ul style="list-style-type: none"> <li>• Breeding/Batter on store-bought convenience foods like fish sticks, chicken nuggets, corn dogs, etc.</li> <li>• Store-bought stuffed pastas (e.g. tortellini, ravioli)</li> <li>• Noodles in Canned Soup</li> </ul>
<p align="center"><b><u>Vegetables</u></b></p> <p align="center">Creditable: Fresh, frozen, or canned vegetables and full-strength vegetable juice may contribute</p>	<ul style="list-style-type: none"> <li>• Condiments (BBQ sauce, ketchup, chili sauce, mustard, mayo, etc.)</li> <li>• Corn Chips (may credit as a grain)</li> <li>• Herbs and seasonings</li> <li>• Home-Canned Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Store-Bought Salsa with Non-Vegetable Ingredients</li> <li>• Store-Bought Onion Rings</li> <li>• Store-Bought Guacamole</li> <li>• Store-Bought Hummus</li> </ul>

<p>toward the vegetable requirement. Pasteurized, 100% fruit or vegetable juice may only be served once per day.</p>	<ul style="list-style-type: none"> <li>• Leeks</li> <li>• Pickle relish</li> <li>• Potato chips</li> <li>• Raw Sprouts</li> <li>• Snack type items (e.g. soy nuts, corn nuts)</li> <li>• Vegetables in quick breads or muffins (e.g. zucchini bread)</li> <li>• Vegetable Straws, Crisps, or Chips</li> </ul>	<ul style="list-style-type: none"> <li>• Store-Bought Meat Sauce</li> <li>• Pizza sauce/toppings on store-bought pizza</li> </ul>
<p style="text-align: center;"><b>Fruits</b></p> <p>Creditable: Fruits may be fresh, frozen, canned, dried, or 100% pasteurized fruit juice. Pasteurized, 100% fruit or vegetable juice may only be served once per day.</p>	<ul style="list-style-type: none"> <li>• Apple butter</li> <li>• Banana Chips</li> <li>• Condiments (e.g. barbeque sauce, ketchup, jam, jelly, honey, syrup, etc.)</li> <li>• Home-Canned Fruit</li> <li>• Frozen Fruit-Flavored Bars</li> <li>• Fruit fillings (fruit-filled bar cookies, toaster pastries, pie, etc.)</li> <li>• Fruit in commercial yogurt products</li> <li>• Fruit in ice cream</li> <li>• Fruit beverages (e.g. ades/juice drinks)</li> <li>• Fruit in quick breads or muffins (e.g. banana bread)</li> <li>• Fruit bars, roll-ups, jerky, or flavored fruit candy</li> <li>• Flavoring enhancing citrus (e.g. lemons and limes)</li> <li>• Jell-O, Gelatin</li> <li>• Juice Cocktails, less than 100% juice</li> <li>• Lemonade</li> <li>• Pudding with Fruit</li> <li>• Popsicles and other frozen fruit-flavored bars or sherbets</li> <li>• Sports Drinks</li> </ul>	<ul style="list-style-type: none"> <li>• Store-Bought Frozen 100% Fruit Juice Bars</li> </ul>
<p style="text-align: center;"><b>Fluid Milk</b></p> <p>Creditable: Milk must be pasteurized and served in the fluid form. Children 12-23 months must be served unflavored whole milk. Children and adults over the age of two must be served low-fat or fat-free milk.</p> <p>Breastmilk and lactose-free/reduced milk and select soymilks that are the nutritional equivalent to cow's milk are allowable milk substitutes.</p> <p>Resource: <a href="#">Serving Milk in the CACFP</a></p>	<ul style="list-style-type: none"> <li>• Nut Milks (e.g. Almond Milk, Cashew Milk, Coconut Milk, Hazelnut Milk)</li> <li>• Butter/Margarine</li> <li>• Certified Raw Milk</li> <li>• Cheese</li> <li>• Cream/Half and Half</li> <li>• Cream Sauces/Soups</li> <li>• Custard</li> <li>• Eggnog</li> <li>• Evaporated Milk</li> <li>• Ice Cream/Sherbet</li> <li>• Imitation Milk</li> <li>• Oat Milk</li> <li>• Pudding and Pudding Pops</li> <li>• Reconstituted Dry Milk</li> <li>• Rice Milk</li> <li>• Sour Cream</li> <li>• Sweetened Condensed Milk</li> <li>• Yogurt <i>Adults Only: Allowable as a milk substitute once per day.</i></li> </ul>	

