To align with the Dietary Guidelines for Americans, effective October 1, 2017, grain-based desserts are no longer allowed to be served at any meal or snack for CACFP reimbursement. Grain-based desserts are sources of added sugar and saturated fats to a participant’s diet. It is important to note crackers, cookies and other grain-based desserts do not have a standard of identity, so food manufacturers often create fancy names which can mislead you into thinking the food is allowable when it is not. For example, a cookie may be called a “breakfast round.” The menu planner needs to use common perceptions of the product to determine if the product is a grain-based dessert. If a product is not labeled as a grain-based dessert, but is high in sugar, fat and sodium, the menu planner should use discretion when serving these items. If there is a food not listed on this handout, but you would consider it a sweetened grain then it will be considered not creditable.

The following food items, whether homemade or commercially prepared, are defined as grain-based desserts; these items cannot be served at any meal or snack and be claimed for reimbursement.

The grain-based desserts which are no longer creditable are:

- **Sweet Crackers**
  - graham crackers & animal crackers (all shapes)

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

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

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

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

- **Pie Crusts* **
  - dessert pies, cobblers & turnovers

- **Puddings* **
  - rice pudding & bread pudding

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

The following items are creditable options to serve for the grain requirement. This list is not all-inclusive, but provides examples of healthy alternatives to consider.

**Savory Crackers**
saltine & snack crackers

**Pasta/Noodles**

**Cereal**
cereal grains or ready-to-eat

**Breakfast Breads**
muffins, pancakes, waffles, French toast, croissants

**Rice**

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