

BREAD AND BREAD ALTERNATE REMINDERS

1. POTATOES ARE A VEGETABLE NOT A BREAD ALTERNATE.
2. Enriched or whole grain rice and stuffing are bread alternates.
3. Whole grain or enriched grits are creditable as a bread alternate.
4. Cereal may be served as a bread alternate for breakfast and snacks ONLY. It is not creditable as a bread alternate for lunch or supper. The first ingredient in cereals must be Whole grain.
5. Store bought Macaroni and Cheese Dinner, Ravioli, ABC's, 123's, Spagetti-o's, and similar pasta products are creditable only as a bread alternate; only the pasta is creditable. They are not creditable as a meat alternate or a vegetable. Purchased combination meat/rice products are creditable only as a bread alternate when the minimum amount of rice is served. They are not creditable for meat or vegetable.
6. Bread pudding or Rice pudding is considered a bread alternate, and may be served at breakfast and snack ONLY. The milk that is used to make the pudding IS NOT creditable. Check the portion size to be sure that each serving has the correct amount of bread or rice for the age of the child. Remember that 1-6 year olds must have 1/2 cup of rice or the equivalent of 1/2 slice of bread at snack.
7. Cookies may be served as a bread alternate at snack no more than two times each week. Cookies ARE NOT creditable at meal times (breakfast, lunch, and supper). Granola bars, graham crackers, cereal bars, (rice krispie treats) and animal crackers count as cookies.
8. Breakfast bars and toaster pastries must have whole grain, or enriched grain flour as the first ingredient and are creditable for breakfast and/or snack ONLY. Check those *Pop-Tart and Nutri-Grain* labels, the first ingredient is usually *filling*, not enriched flour. They are not creditable.
9. Ice cream cones are not creditable.
10. Pie crust is creditable as a bread alternate. Fruit pie crusts are creditable for snack only. Turnover crusts are creditable for breakfast and/or snack. Meat pie crusts are creditable at all meals and/or snacks.
11. Brownies, cupcakes, and cakes, of all types, including carrot cake or applesauce cake, ARE NOT creditable.
12. Restaurant style (RS) **tortilla** chips are creditable as a bread alternate, and must be listed on menus as **RS**.

Non –Creditable Bread and Bread Alternates (this is not a complete list, but items commonly found on new provider menus and are not reimbursable)
Brownies, cakes, cupcakes, Little Debbie snack cakes, popcorn, ice cream cones, Pop-tarts, Nutri Grain bars, corn chips, *donuts, *cookies.
***Cookies and *donuts may be served at snack only if enriched flour is the first ingredient.**