

CACFP TIPS

FROM

 Heartland Child Nutrition, Inc.
Sponsor of the USDA Child & Adult Care Food Program



Solid Fruit at Breakfast

When both milk and juice are in cups at the same meal, it is less likely that the child will drink both liquids. For this reason, it is recommended to serve a solid fruit or vegetable, rather than a juice, at breakfast when milk is served in a cup.

If serving 100% juice, remember that juice is limited to appear in a daily menu no more than once per day.

Beyond Cereal & Toast.....

Breakfast Menu Ideas

Cereal or toast, cereal or toast, cereal or toast.....in a breakfast menu rut? One of the goals of the CACFP is to offer children a variety of foods. When planning childcare breakfasts, strive to have at least one breakfast a week containing a grain/bread other than a ready-to-eat cereal or toast.

If serving a whole grain-rich food at breakfast, consider:

- ⊗ Whole grain-rich (WGR) muffin or bagel.
- ⊗ French toast made with WGR bread.
- ⊗ WGR tortilla. Spread tortilla with a thin layer of peanut butter and roll around a banana.
- ⊗ Oatmeal or Whole Grain Cream of Wheat.
- ⊗ Homemade muffins or quick bread with whole grain flour or oats being the predominant grain by weight in the recipe.
- ⊗ WGR pancakes made from a recipe or try one of the following brands of WGR pancake mixes:
 - Aunt Jemima Whole Wheat Blend Pancake Mix
 - Hodgson Mill Whole Wheat Blueberry Pancake Mix
 - Kodiak Cakes
- ⊗ WGR waffles that are homemade or a frozen WGR toaster waffle.

If a whole grain-rich food will be served later in the day:

- ⊗ Serve a meat or meat alternate instead of a grain at breakfast (up to 3X week). The cost of an egg may be less than the cost of a serving of cereal.
- ⊗ Serve a non-whole grain food such as standard pancakes or muffins, graham or animal crackers, or bread varieties that do not come in whole grain-rich versions.

Whole Wheat Pancake Mix

2½ cups whole wheat flour
1½ cups all-purpose flour
¼ cup sugar
4 tsp. baking powder
2 tsp. baking soda
2 tsp. salt (or less)

Stir all ingredients together. Store in an airtight container.

Yield: 4 cups pancake mix.

To make pancake batter: Whisk together 1 cup mix, 1 cup milk, 1 egg, and 2 Tbsp. oil.

