

**Child and Adult Care Food Program (CACFP) Menu Form: Breakfast, Lunch, and Snack for Ages 1-2**

Site: Burlington Ave Week of: 12/30-1/2

This form includes the new CACFP meal pattern requirements of the *USDA final rule*, effective October 1, 2017, through September 30, 2019. See menu planning notes on page 2.

Breakfast <sup>1</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk				Milk	Milk
<b>Vegetables, fruits, or portions of both</b> (¼ cup) <sup>2, 3, 4</sup>				Peaches	Orange juice
<b>Grains</b> <sup>5, 6, 7, 8, 9</sup> <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal <sup>10, 12</sup> (¼ cup)			<b>CLOSED – New Years Day</b>	French Toast sticks (WGR)	Oatmeal w. spple & cinnamon (WGR)
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					
Lunch <sup>1</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk				Milk	Milk
<b>Meat/Meat Alternates</b> <sup>14</sup> Meat, poultry, or fish (1 ounce) or tofu, soy product, or alternate protein products (APP) <sup>15</sup> (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas <sup>16</sup> (¼ cup) or peanut butter (2 tablespoons) or nuts and seeds (½ ounce = 50%) <sup>17</sup> or yogurt or soy yogurt <sup>18</sup> (½ cup)			<b>CLOSED – New Years Day</b>	Meatballs & gravy	Breaded fish square
<b>Grains</b> <sup>5, 6, 7, 8</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal <sup>10, 12</sup> (¼ cup)				Brown rice (WGR)	Corn bread
<b>Vegetables</b> (½ cup) <sup>2, 3</sup>				Green beans	Peas & carrots
<b>Fruits</b> (½ cup) <sup>3, 4, 19</sup>				Paricots	Pears
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					Scalloped potatoes
Snack (AM or PM) <sup>1, 20</sup> Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
• <b>Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk				Milk	Milk
• <b>Meat/Meat Alternates</b> <sup>14</sup> Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP <sup>15</sup> (½ ounce) or cheese (½ ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas <sup>16</sup> (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) <sup>17</sup> or yogurt or soy yogurt <sup>18</sup> (¼ cup)			<b>CLOSED – New Years Day</b>	Cheese slice	
• <b>Vegetables</b> (½ cup) <sup>2, 3</sup>					
• <b>Fruits</b> (½ cup) <sup>3, 4</sup>					Mixed fruit
• <b>Grains</b> <sup>5, 6, 7, 8</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal <sup>10, 12</sup> (¼ cup)				Ritz crackers (enriched)	
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					

**Child and Adult Care Food Program (CACFP) Menu Form: Breakfast, Lunch, and Snack for Ages 1-2**

 Site: Burlington Ave Week of: 1/6 – 1/10/20

 This form includes the new CACFP meal pattern requirements of the *USDA final rule*, effective October 1, 2017, through September 30, 2019. See menu planning notes on page 2.

<b>Breakfast <sup>1</sup></b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk	Milk	Milk	Milk	Milk	Milk
<b>Vegetables, fruits, or portions of both</b> (¼ cup) <sup>2, 3, 4</sup>	Orange slices	Applesauce	Orange slices	Banana	Orange slices or applesauce
<b>Grains</b> <sup>5, 6, 7, 8, 9</sup> <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal <sup>10, 12</sup> (¼ cup)	Life cereal (WGR)	Pancake (WGR)	Cheerios (WGR)	Rice Chex Cereal (enriched)	Waffles (enriched)
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					
<b>Lunch <sup>1</sup></b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk	Milk	Milk	Milk	Milk	Milk
<b>Meat/Meat Alternates</b> <sup>14</sup> Meat, poultry, or fish (1 ounce) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>15</sup> (1 ounce) <b>or</b> cheese (1 ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas <sup>16</sup> (¼ cup) <b>or</b> peanut butter (2 tablespoons) <b>or</b> nuts and seeds (½ ounce = 50%) <sup>17</sup> <b>or</b> yogurt or soy yogurt <sup>18</sup> (½ cup)	Macaroni & Cheese	Breaded chicken	Cheese ravioli & sauce	Breaded fish square	Meatballs & pasta
<b>Grains</b> <sup>5, 6, 7, 8</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal <sup>10, 12</sup> (¼ cup)	Pasta (WGR)	Brown Rice (WGR)	Bread & butter (enriched)	Brown Rice (WGR)	Pasta (WGR)
<b>Vegetables</b> (½ cup) <sup>2, 3</sup>	Broccoli	Corn	Green beans	salad	Salad or green beans
<b>Fruits</b> (½ cup) <sup>3, 4, 19</sup>	Pears	Peaches	Mixed fruit	Pineapple	Apricots
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					
<b>Snack (AM or PM) <sup>1, 20</sup> Select 2 of 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1. Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk		Milk	Milk	Milk	
<b>2. Meat/Meat Alternates</b> <sup>14</sup> Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>15</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (½ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas <sup>16</sup> (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>17</sup> <b>or</b> yogurt or soy yogurt <sup>18</sup> (¼ cup)	Yogurt				
<b>3. Vegetables</b> (½ cup) <sup>2, 3</sup>					
<b>4. Fruits</b> (½ cup) <sup>3, 4</sup>	Strawberries	Apple slices		Applesauce	Apple juice
<b>5. grains</b>			Graham crackers (WGR)		Wheat thins (WGR)

**Child and Adult Care Food Program (CACFP) Menu Form: Breakfast, Lunch, and Snack for Ages 1-2**

Site: Burlington Ave Week of: 1/13 - 1/17

This form includes the new CACFP meal pattern requirements of the *USDA final rule*, effective October 1, 2017, through September 30, 2019. See menu planning notes on page 2.

Breakfast <sup>1</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk	Milk	Milk	Milk	Milk	Milk
<b>Vegetables, fruits, or portions of both</b> (¼ cup) <sup>2, 3, 4</sup>	Orange slices	applesauce	Orange juice	Orange juice	Applesauce
<b>Grains</b> <sup>5, 6, 7, 8, 9</sup> <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat eat (RTE) breakfast cereal <sup>10, 12</sup> (¼ cup)	Life Cereal (WGR)	Oatmeal with cinnamon (WGR)	French toast sticks (WGR)	Cheerios (WGR)	Pancakes (WGR)
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					
Lunch <sup>1</sup>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk	Milk	Milk	Milk	Milk	Milk
<b>Meat/Meat Alternates</b> <sup>14</sup> Meat, poultry, or fish (1 ounce) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>15</sup> (1 ounce) <b>or</b> cheese (1 ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas <sup>16</sup> (¼ cup) <b>or</b> peanut butter (2 tablespoons) <b>or</b> nuts and seeds (½ ounce = 50%) <sup>17</sup> <b>or</b> yogurt or soy yogurt <sup>18</sup> (½ cup)	Chicken Alfredo over pasta	Breaded fish square	Cheese Lasagna	Cut up hot dogs Baked beans	Meatballs & gravy
<b>Grains</b> <sup>5, 6, 7, 8</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal <sup>10, 12</sup> (¼ cup)	Egg noodles (Enriched)	Wheat bread & butter	Corn bread (enriched)	Bread & Butter (enriched)	Brown rice (WGR)
<b>Vegetables</b> (½ cup) <sup>2, 3</sup>	Broccoli	Corn	Green beans	Carrots	Green beans
<b>Fruits</b> (½ cup) <sup>3, 4, 19</sup>	Peaches	Apricots	Pineapple	Pears	Peaches
Other foods ( <i>Do not credit</i> ) <sup>13</sup>		Scalloped potatoes			
Snack (AM or PM) <sup>1, 20</sup> Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1.Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk			Milk		Milk
<b>2.Meat/Meat Alternates</b> <sup>14</sup> Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>15</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (½ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas <sup>16</sup> (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>17</sup> <b>or</b> yogurt or soy yogurt <sup>18</sup> (¼ cup)	Yogurt			yogurt	
<b>3. Vegetables</b> (½ cup) <sup>2, 3</sup>					
<b>4.Fruits</b> (½ cup) <sup>3, 4</sup>	Pineapple	Apple slices	Fruit	Strawberries	
<b>5. Grains</b> <sup>5, 6, 7, 8</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal <sup>10, 12</sup> (¼ cup)		Wheat thins (WGR)			Animal crackers
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					

**Child and Adult Care Food Program (CACFP) Menu Form: Breakfast, Lunch, and Snack for Ages 1-2**

Site: Burlington Ave Week of: 1/21-1/28

This form includes the new CACFP meal pattern requirements of the *USDA final rule*, effective October 1, 2017, through September 30, 2019. See menu planning notes on page 2.

<b>Breakfast <sup>1</sup></b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk					
<b>Vegetables, fruits, or portions of both</b> (¼ cup) <sup>2, 3, 4</sup>					
<b>Grains</b> <sup>5, 6, 7, 8, 9</sup> <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal <sup>10, 12</sup> (¼ cup)					
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					
<b>Lunch <sup>1</sup></b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk					
<b>Meat/Meat Alternates</b> <sup>14</sup> Meat, poultry, or fish (1 ounce) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>15</sup> (1 ounce) <b>or</b> cheese (1 ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas <sup>16</sup> (¼ cup) <b>or</b> peanut butter (2 tablespoons) <b>or</b> nuts and seeds (½ ounce = 50%) <sup>17</sup> <b>or</b> yogurt or soy yogurt <sup>18</sup> (½ cup)					
<b>Grains</b> <sup>5, 6, 7, 8</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal <sup>10, 12</sup> (¼ cup)					
<b>Vegetables</b> (½ cup) <sup>2, 3</sup>					
<b>Fruits</b> (½ cup) <sup>3, 4, 19</sup>					
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					
<b>Snack (AM or PM) <sup>1, 20</sup> Select 2 of 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1. Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk					
<b>2. Meat/Meat Alternates</b> <sup>14</sup> Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>15</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (½ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas <sup>16</sup> (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>17</sup> <b>or</b> yogurt or soy yogurt <sup>18</sup> (¼ cup)					
<b>3. Vegetables</b> (½ cup) <sup>2, 3</sup>					
<b>4. Fruits</b> (½ cup) <sup>3, 4</sup>					
<b>5. Grains</b> <sup>5, 6, 7, 8</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal <sup>10, 12</sup> (¼ cup)					
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					

**Child and Adult Care Food Program (CACFP) Menu Form: Breakfast, Lunch, and Snack for Ages 1-2**

Site: Burlington Ave Week of: 1/28-2/1

This form includes the new CACFP meal pattern requirements of the *USDA final rule*, effective October 1, 2017, through September 30, 2019. See menu planning notes on page 2.

<b>Breakfast <sup>1</sup></b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk					
<b>Vegetables, fruits, or portions of both</b> (¼ cup) <sup>2, 3, 4</sup>					
<b>Grains</b> <sup>5, 6, 7, 8, 9</sup> <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified ready-to-eat eat (RTE) breakfast cereal <sup>10, 12</sup> (¼ cup)					
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					
<b>Lunch <sup>1</sup></b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk					
<b>Meat/Meat Alternates</b> <sup>14</sup> Meat, poultry, or fish (1 ounce) <b>or</b> tofu, soy product, or alternate protein products (APP) <sup>15</sup> (1 ounce) <b>or</b> cheese (1 ounce) <b>or</b> cottage cheese (¼ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas <sup>16</sup> (¼ cup) <b>or</b> peanut butter (2 tablespoons) <b>or</b> nuts and seeds (½ ounce = 50%) <sup>17</sup> <b>or</b> yogurt or soy yogurt <sup>18</sup> (½ cup)					
<b>Grains</b> <sup>5, 6, 7, 8</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal <sup>10, 12</sup> (¼ cup)					
<b>Vegetables</b> (½ cup) <sup>2, 3</sup>					
<b>Fruits</b> (½ cup) <sup>3, 4, 19</sup>					
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					
<b>Snack (AM or PM) <sup>1, 20</sup> Select 2 of 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1. Milk</b> (½ cup) Age 1: unflavored whole milk Age 2: unflavored low-fat (1%) or unflavored fat-free milk					
<b>2. Meat/Meat Alternates</b> <sup>14</sup> Meat, poultry, or fish (½ ounce) <b>or</b> tofu, soy product, or APP <sup>15</sup> (½ ounce) <b>or</b> cheese (½ ounce) <b>or</b> cottage cheese (½ cup) <b>or</b> egg (½ large) <b>or</b> cooked dry beans and peas <sup>16</sup> (½ cup) <b>or</b> peanut butter (1 tablespoon) <b>or</b> nuts and seeds (½ ounce) <sup>17</sup> <b>or</b> yogurt or soy yogurt <sup>18</sup> (¼ cup)					
<b>3. Vegetables</b> (½ cup) <sup>2, 3</sup>					
<b>4. Fruits</b> (½ cup) <sup>3, 4</sup>					
<b>5. Grains</b> <sup>5, 6, 7, 8</sup> <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) <b>or</b> WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) <b>or</b> WGR, enriched, or fortified cooked breakfast cereal <sup>10</sup> , cereal grain <sup>11</sup> , or pasta (¼ cup) <b>or</b> WGR, enriched, or fortified RTE breakfast cereal <sup>10, 12</sup> (¼ cup)					
Other foods ( <i>Do not credit</i> ) <sup>13</sup>					



