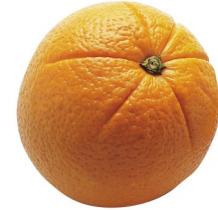


Good, Better, Best Foods

This guide can help you choose healthy foods that are reimbursable under the Child and Adult Care Food Program (CACFP). Creditable foods have been broken into three categories:

- **Good:** less healthy choice, but creditable under CACFP
- **Better:** better choice, serve sometimes
- **Best:** healthiest choice, serve often



Breakfast

Component	Good	Better	Best
Milk	Whole Milk	Whole (12-23 mo.) 2% (2 yrs and up)	Whole (12-23 mo.) 1%, skim (2 yrs and up)
Vegetable or Fruit or Juice	Fried potatoes, fruit canned in syrup	100% juice, fruit canned in juice or water, dried fruit	Fresh or frozen fruits or vegetables
Grains/ Breads	Biscuit Cereal (7+ grams sugar per serving) Cereal bar Croissant Donut French toast sticks Sweet bread/roll Toaster pastry	Bagel Cereal (4-6g of sugar per serving) Cornbread English muffin French toast Granola bar Grits Muffin Pancake, waffle Toast	Barley Cereal (0-3g of sugar per serving) Oatmeal Whole wheat bagel, English muffin, French toast, pancakes, toast and waffles
Other	Bacon, sausage	Canadian bacon, turkey bacon, turkey sausage	Eggs, low-fat cottage cheese, low-fat yogurt

Lunch

Component	Good	Better	Best
Milk	Whole Milk	Whole (12-23 mo.) 2% (2 yrs and up)	Whole (12-23 mo.) 1%, skim (2 yrs and up)
Vegetable or Fruit or Juice	Canned vegetables with added fat Fried vegetables Fruit canned in syrup	Canned vegetables without added fat Fruit in juice/water Vegetables with sauce 100% juice	Fresh or frozen fruits or vegetables
Grains/ Breads	Biscuit	Bread, buns, rolls Pasta Rice Tortillas	Whole wheat breads Whole wheat pasta Brown or wild rice Whole grain tortillas
Meat or Meat Alternative	Bologna Chicken nuggets Chicken patties Fish sticks Ground beef or chuck Ham Hot dog or corn dog Pepperoni Salami	Cheese Deli ham Ground sirloin Lean ground beef Roast beef	Beans Cheese (reduced fat) Chicken or turkey (baked, ground or deli) Eggs Fish (baked) and tuna Lentils Nuts and peanut butter Yogurt

Snack

Component	Good	Better	Best
Milk	Whole Milk	Whole (12-23 mo.) 2% (2 yrs and up)	Whole (12-23 mo.) 1%, skim (2 yrs and up)
Vegetable or Fruit or Juice	Fruit canned in syrup, Fruit served in dessert (pudding, gelatin)	100% juice, fruit canned in juice or water, dried fruit	Fresh or frozen fruits or vegetables
Grains/ Breads	Bread pudding, brownies, cakes, corn chips, cookies, donuts, fig bars, pastry, pies	Animal crackers, cheese crackers, graham crackers, granola bars, pretzels, saltines	Low sugar cereal Whole wheat breads Whole grain crackers
Meat or Meat Alternative		Cheese, deli ham, roast beef	Bean dip, reduced fat cheese, eggs, nuts, peanut butter, yogurt