



Child & Adult Care  
Food Program

COMMUNITY BRIDGES  
PUENTES DE LA COMUNIDAD

July 2019

# Identifying Grain Ingredients

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**Whole Grain-Rich (WGR)** is the term designated by the USDA to indicate that the grain components in a product are at least 50 percent whole grain, with the remaining grains **(if any) being whole grains, enriched grains, bran, or germ**. Please use the list below as a guide for identifying grain ingredients. *Note: This list is not meant to be all inclusive. There may be other items that may qualify, or are not reimbursable that are not listed below.*

## Whole-Grain Ingredients

- Amaranth
- Amaranth flour
- Brown rice
- Brown rice flour
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Corn masa/ masa harina
- Cracked wheat
- Graham flour
- Instant oatmeal
- Millet
- Millet flour
- Oats
- Oat groats
- Old fashioned oats
- Quick cooking oats
- Quinoa
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted spelt
- Sprouted whole rye
- Sprouted whole wheat
- Steel cut oats
- Teff
- Teff flour
- Triticale
- Triticale flour
- Wheat berries
- Wheat groats
- White whole wheat flour
- Whole corn
- Whole durum flour
- Whole grain corn
- Whole grain corn flour
- Whole grain oat flour
- Whole grain spelt flour
- Whole grain wheat
- Whole grain wheat flakes
- Whole grain wheat flour
- Whole rye flour
- Whole wheat flour

## Enriched Grain Ingredients

- Enriched bromated flour
- Enriched corn flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched farina
- Enriched rice
- Enriched rice flour
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour
- Other grains with the word "enriched" in front of it.

*In addition to the ingredients listed above, if the ingredient list states or includes the nutrients used to enrich the flour, then your product has enriched grains. For example, an ingredient list might read: "Durum flour (niacin, iron, riboflavin, folic acid, thiamin)." The vitamins listed in the parenthesis indicate that the durum flour is enriched.*

## Non-Creditable Grains or Flours

*Cannot be one of the first three grain ingredients for whole grain-rich items.*

- Barley malt
- Bean flour (such as soy, chickpea, lentil, legume, etc.)
- Bromated flour
- Corn
- Corn fiber
- Degerminated corn meal
- Durum flour
- Farina
- Malted barley flour
- Nut or seed flour (any kind)
- Oat fiber
- Potato flour
- Rice flour
- Semolina
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal

## Bran or Germ Ingredients

- Corn bran
- Oat bran
- Rice bran
- Rye bran
- Wheat bran
- Wheat germ



## Program Reminders/ Updates and Announcements

- **Delay in payments:** The California Department of Education Nutrition Fiscal Services will not be processing payments for a brief period in late June and early July. Claims that may be affected are April and May claims.
- **Income eligibility applications** will be mailed out in July. Providers who claim their own children are required to renew their eligibility status every year.
- **Mandatory Annual Training:** Sign up for an in-person or online training ASAP to fulfill requirement.
- Please be informed that **CACFP will be CLOSED** on the following date in observance of the holiday:
  - **Thursday July 4, 2019** → Regular office hours will resume **Friday July 5, 2019**.
- **Program Consultant,** Maria Hernandez-Ramirez is pursuing other career opportunities and is no longer with CACFP. Affected providers will be notified of their new program consultant in the near future.

# Menu Ideas

## Breakfast

Egg	Oatmeal WG	Kix WG	Cottage Cheese	WW Bread
Tomatoes	Tomatoes	Blackberries	Grapefruit	Banana
1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk

## Lunch or Dinner

Sunbutter	Tofu	Beef	Salmon	Peas
WW Bread	Noodles	Tortilla	Brown Rice WG	Pasta
Peas	Asparagus	Cucumber	Broccoli	Artichokes
Apple	Zucchini	Mango	Sweet Potato	Pineapple
1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk

## AM or PM Snack

Mozzarella Cheese	Hummus	Pretzels	Apple	Corn on the Cob
Cheez It Crackers	Carrots	Grapes	Sunbutter	Avocado



### Sweet Potato Burrito w/ Avocado Crema-- Serves 6 (1 burrito)

#### Ingredients:

- ½ cup (4 oz.) salsa
- 2 Tbsp. cilantro, chopped
- 2 Tbsp. vegetable oil
- 1-cup black beans
- ½ small onion, diced
- 2 sweet potatoes, peeled, and diced
- 1 ½ cups pepper jack cheese shredded
- 6 (8-inch) Whole Grain Flour Tortilla
- Avocado Crema (recipe below)

#### Directions:

1. Place sweet potatoes in a pot and cover with water. Cover pot with a lid and bring to a boil. Turn heat down to low and simmer for 15 minutes. Drain water. Mash sweet potatoes with a fork or potato masher. Stir in salsa and cilantro.
2. Heat oil in a skillet pan over medium heat, add onions, and cook for 5 minutes. Add beans to the onion mixture. Cook for 2 more minutes. Turn off heat. Stir in sweet potato.
3. To make each burrito, spoon ¾ cup of the filling and ¼ cup shredded cheese on to a tortilla and roll up the tortillas. Repeat this step 5 more times to make 6 burritos.
4. Serve with avocado crema.

**Avocado Crema:** Mash 1 pitted avocado with ¼-cup sour cream and 1 Tbsp. lime juice in a bowl.

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## Training Corner

Listed below are common findings you need to avoid, as it will affect your claim reimbursement:

- Do you really need to pay attention to the little things like how you **BUBBLE?**
  - YES! Your scantron menus are ran through a scanner. If the bubbles are not dark enough, scanner will not pick up the information. Thus, your reimbursement depends partly on your skill and accuracy at bubbling. To ensure you perfect this part of claiming, please make sure you fill each bubble darkly and completely.
- **WHOLE GRAIN served at: B A L P D**
  - Towards the top part of the new scantron regular menus, you are required to fill in the bubble that corresponds to the meal you claimed as serving whole grain.
    - For example, if you documented Brown Rice (WG) at Lunch, you bubble in "L" for Lunch. If you served Wheat Thins (WG) at PM Snack, you bubble in "P" for PM Snack.
  - If the whole grain bubble does not match the meal where you documented "WG", your claim reimbursement will have an impact.
- Your **SIGNATURE** is required on all **MENUS**. Missing signature on MENUS will affect your claim reimbursement. Please review your menus before mailing them into CACFP office.

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