

**Recipe Name:** \_\_\_\_\_

**Crediting for Ages:** \_\_\_\_\_ **Breakfast** **Lunch/Supper** **Snack**  
(circle one)

Ingredients	Directions

**Individual Serving Size:** \_\_\_\_\_

**Each Serving Credits as:** \_\_\_\_\_

Component	Ingredient	Amount	MP Requirement <i>Per Age Group</i>	Servings <i>Per Component</i>
Vegetable				
Fruit				
Meat/Meat Alternate				
Grain				
Milk				

# Crediting Recipes in the CACFP

## Tools needed:

- This Worksheet
- Recipe (use the *Southwest Chicken Quesadilla* recipe for example)
- CACFP Meal Pattern Reference Guide
- Using Ounce Equivalents for Grains Worksheet
- USDA Crediting Handbook/ USDA Food Buying Guide

## Recipe *Southwest Chicken Quesadillas*



### Ingredients

1/2 lb. (about 1 1/2 cups) shredded cooked chicken  
 1/2 cup salsa  
 1/3 cup green onions, sliced  
 8 ct. whole-wheat tortillas (6 inches)  
 1/4 cup butter, melted  
 1 cup shredded cheddar cheese  
 1 cup shredded Monterey Jack cheese

### Directions

Combine chicken, salsa and onions in a bowl. Mix both cheeses together in a separate bowl. Brush one side of each tortilla with butter and place butter-side down on a lightly greased baking sheet. Spoon 1/4 cup of chicken mixture on half of each tortilla and sprinkle 1/4 cup of cheese blend on top. Fold plain side of tortilla over mix. Repeat for remaining seven tortillas and bake at 375° F for 9-11 minutes or until golden brown.



Lunch/Supper Crediting:  
 16 servings ages 1-2  
 10 servings ages 3-5  
 8 servings ages 6-18

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- #1 List CACFP components in the recipe.** Some ingredients may need to be combined. In the example recipe, the cheese and chicken combine for the meat/meat alternate.
- #2 Use the CACFP Meal Pattern Cards.** Determine the number of servings required for each age group in each component.
- #3 Do the math.** Divide amount of component by amount required in the Meal Pattern. Use the Ounce Equivalents worksheet to calculate grain component serving sizes. Use the Crediting Handbook or the Food Buying Guide to verify how much of an ingredient is needed to yield the required crediting amount.
- #4 Determine the number of servings.** This is identified by the most limiting component, which is the ingredient that yields the fewest number of servings. In the example recipe, if it were being served to 3-5 year olds, the amount of grains would allow for 16 servings, but the meat/meat alternate component only allows for 10 servings. Therefore, the recipe yields 10 servings for ages 3-5.

Component	Ingredient	Amount	MP Requirement Per Age Group	Servings Per Component
Vegetable	salsa & green onions	(not enough to apply)	Ages 1-2 = 1/8 cup Ages 3-5 = 1/4 cup Ages 6-18 = 1/2 cup	
Fruit	none			(most limiting component)
Meat/Meat Alternate	combined cheese, shredded chicken	2 cups/8 oz 1/2 lb/8 oz	Ages 1-2 = 1 oz Ages 3-5 = 1.5 oz Ages 6-18 = 2 oz	16 servings 10 servings 8 servings
Grain	tortillas	8 count	Ages 1-2 = 1/2 oz eq Ages 3-5 = 1/2 oz eq Ages 6-18 = 1 oz eq	16 servings 16 servings 8 servings

## BREAKFAST

Serve Milk, Vegetable or Fruit, Grain\*

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetable, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grain*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

\* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.  
oz eq = ounce equivalents

## LUNCH / SUPPER

Serve All Five Components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

\* A serving of milk is not required at supper meals for adults.  
oz eq = ounce equivalents

## SNACK

Select Two of the Five Components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

oz eq = ounce equivalents

Refer to USDA FNS Exhibit A for further guidance on grain serving sizes.



Fluid Milk



Vegetable



Fruit



Meat/Meat Alternate



Grain