CCRC Family Child Care CACFP Food Chart

MEAT & MEAT ALTERNATES

01 Beef Franks *
02 Beef Ground
03 Beef Liver
04 Beef Lunchmeat / Processed - CN *
05 Beef Ribs
14 Beef Steak
07 Braunschweiger *
08 Brisket
11 Corn Dog *
10 Corned Beef
37 Meatballs
38 Meatloaf
12 Roast Beef
13 Sausage - Beef *
15 Stew Meat - Beef
16 Tongue
17 Vienna Sausage

CHICKEN

20 Chicken
73 Chicken Breast
21 Chicken Franks *
22 Chicken Gizzards
23 Chicken Liver
24 Chicken Lunchmeat / Processed - CN *
25 Chicken Nuggets (COMMERCIAL) - CN
105 Chicken Nuggets - HM HM
72 Chicken Patties - CN *
56 Chicken Salad *

SEAFOOD

112 Bacalao *
27 Catfish
28 Clams
30 Crab *
31 Fish Fillets
32 Fish Sticks - CN *
33 Other Fish
34 Salmon *
35 Shrimp *
36 Tuna

PORK

40 Canadian Bacon *
113 Chorizo *
41 Ham
43 Pork Chops / Cutlet
42 Pork Kielbasa HF HS
44 Pork Lunchmeat / Processed - CN *
45 Pork Roast
46 Sausage - Pork *
47 Spam *
48 Spare Ribs

TURKEY

55 Turkey
50 Turkey Breast
51 Turkey Franks *
52 Turkey Ground
53 Turkey Ham
54 Turkey Lunchmeat / Processed - CN *

OTHER MEATS/MEAT ALTERNATES

110 Egg - Whole
60 Goat
57 Lamb
140 Nuts (Assorted) *
61 Other Meat
141 Seeds *
116 Soy Nuts *
115 Soy Yogurt *
106 Tofu *
58 Veal
130 Yogurt: Non Infants *

BEANS, LEGUMES OR PEAS

62 Baked Beans
64 Black Beans
65 Blackeyed Peas
66 Chili Beans
67 Garbanzo Beans / Chick Peas
68 Great Northern Beans
70 Lentils
71 Lima Beans
187 Mung Beans
74 Other Beans
18 Pigeon Peas
75 Pinto Beans
76 Pork N Beans
77 Red / Kidney Beans
78 Refried Beans
80 Soybeans

CHEESES

81 American Cheese
82 Cheddar Cheese
83 Cheese Food / Slices / Spread DBL *
84 Colby-Jack Cheese
85 Cottage Cheese
86 Farmer Cheese
87 Fried Cheese Sticks *
88 Mozzarella Cheese
104 Other Cheese
100 Pimento Cheese *
101 Ricotta Cheese
102 String Cheese
103 Swiss Cheese

NUT BUTTERS

122 Other Nut Butter *SN
123 Other Nut Butter & Meat/Meat Alt *
120 Peanut Butter *SN
121 Peanut Butter & Meat/Meat Alt *
117 Soy Nut Butter *SN
118 Soy Nut Butter & Meat/Meat Alt *

SOUPS

63 Bean Soup
107 Beef Chili - HM HM *
111 Chicken Chili - HM HM *
108 Turkey Chili - HM HM *

BREAD & BRD ALT

Whole Grain or Enriched

CRACKERS

211 Cheese Crackers
212 Club Crackers
214 Hi Ho / Ritz Crackers
61 Melba Toast
64 Other Crackers
215 Oyster Crackers
216 Rye Crisps
62 Saltine Crackers
63 Snack Crackers
220 Soda Crackers
221 Teething Biscuit
65 Wheat Crackers
115 Wheat Thins WG *
67 Whole Grain Crackers-WG WG
66 Zwieback
132 Rice Cakes

SWEET CRACKERS

210 Animal Crackers - Plain
60 Graham Crackers-Honey *
213 Graham Crackers-Original

BREAD & BREAD ALTERNATES

Enriched or Whole Grain Flour

BREADS

37 100% Whole Wheat Bread-WG WG
01 Bagel
02 Biscuits
04 Bran Muffins
03 Bread Sticks (Soft Only)
05 Chow Mein Noodles *
07 Corn Dog Wrap *
06 Cornbread or Corn Muffin *
08 Croissants
10 Dumplings *
11 Egg Roll / Wonton Wraps *
12 English Muffin
13 Flat Bread
14 French Bread
15 French Toast *
16 Fry Bread
17 Hamburger Buns
18 Hawaiian Bread
20 Hot Dog Buns
21 Hush Puppies *
22 Italian Bread
23 Oatmeal Bread
146 Other Muffins *
145 Other Quick Bread *
24 Pilot Bread
25 Pita Bread
26 Potato Bread
27 Pumpernickel Bread
28 Rolls
30 Rye Bread
31 Scones (savory) *
32 Sourdough Bread
33 Spoonbread *
34 Stuffing / Dressing
35 Wheat Bread
36 White Bread
58 Whole Wheat English Muffin-WG WG

CRUSTS

70 Pie Crust (meat/meat alt pies) *
71 Pizza Crust *
72 Puff Pastry Shells *
68 Whole Wheat Pizza Crust - WG

GRAINS

80 Barley (not pearl) - WG WG
81 Bulgur-WG WG
82 Couscous
83 Farina
84 Grits (Enriched/WG Flour)
85 Lefsa
86 Millet
87 Oats-WG WG
74 Quinoa - WG WG *
73 Rye Berries - WG WG *
75 Wheat Berries - WG WG *

PANCAKES

88 Pancakes / Waffles
76 Whole Wheat Pancakes/Waffle-WG WG

PASTA OR NOODLES

100 Egg Noodles *
101 Lasagna Noodles *
102 Macaroni Noodles
112 Manicotti Shells
103 Other Noodles
107 Pasta Noodles, Various
104 Ramen Noodles
105 Ravioli
113 Rigatoni *
106 Soup Noodles (Packaged)
77 Spaghetti
114 Whole Wheat Other Pasta WG
78 Whole Wheat Spaghetti-WG WG *

PRETZELS

110 Pretzel, Hard *
111 Pretzel, Soft *

RICE

130 Brown Rice-WG WG *
131 Fried Rice *
136 Yellow Rice
133 Spanish Rice
134 White Rice
135 Wild Rice-WG WG

TORTILLAS

140 Corn / Flour Tortilla
38 Corn Chips (whole/enriched) *HF HS
142 Taco Shell *
141 Tortilla Chips (whole/enriched) *

VEG OR FRUIT BREADS

143 Fruit Muffin / Bread *
144 Vegetable Muffin / Bread *

CEREALS

117 All Bran Complete Wheat Flakes:Kellogg's WG
41 Cheerios: - General Mills WG
40 Cold Cereal (6 grams sugar or less)
42 Corn Chex:General Mills
118 Corn Flakes:Kellogg's
148 Cream of WheatOriginal*
147 Farina Mills Creamy Hot Wheat Original *
122 Frosted Mini-Wheats (Bite Size):Kellogg's WG
116 Granola (not bars) *
41 Hot Cereal *
43 Kix:General Mills
138 Malt-O-Meal Original *
44 Multi-Grain Cheerios: General Mills WG
126 Post Banana Nut Crunch WG
127 Post Bran Flakes WG
137 Post Honey Bunches of Oats Honey Roasted
128 Post Honey Bunches of Oats w Almonds
206 Quaker Life WG
208 Quaker Oatmeal Squares Brown Sugar
217 Quaker Oatmeal Squares Cinnamon
207 Quaker Oatmeal Squares Original WG
45 Rice Chex:General Mills
124 Rice Krispies Gluten Free:Kellogg's
123 Rice Krispies:Kellogg's
125 Special K: Kellogg's
46 Total Whole Grain: General Mills WG
47 Wheat Chex:General Mills WG
48 Wheaties: General Mills WG

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CCRC Family Child Care CACFP Food Chart

VEGETABLES

Fresh, Frozen, Canned, Dried

03 Acorn Squash
150 Artichokes
151 Asparagus
152 Avocado
153 Bamboo Shoots
154 Beets
281 Bok Choy, Fresh
156 Broccoflower
155 Broccoli
264 Brussels Sprouts
04 Butternut Squash
01 California Blend
157 Carrots
158 Cauliflower
160 Celery
278 Chayote
276 Coleslaw *
161 Corn
162 Cucumbers
163 Eggplant
06 Hubbard Squash
265 Mixed Peppers
164 Mixed Vegetables
165 Mushrooms
175 Nopales (cactus)
166 Okra (fresh)
168 Onions
240 Parsnips
171 Peppers, Red / Green / Yellow
173 Pumpkin
234 Rutabagas
176 Sauerkraut
178 Sprouts (any kind)
180 Squash
07 Succotash
02 Summer Squash
05 Zucchini

BEANS

181 Baked Beans
182 Black Beans
183 Great Northern Beans
184 Green Beans
185 Lentils
186 Lima Beans
187 Mung Beans
188 Navy Beans
200 Other Beans
201 Pinto Beans
202 Red / Kidney Beans
203 Refried Beans
204 Soybeans
205 Wax Yellow Beans

GREENS / LEAFY VEGETABLES

277 Beet Greens

GREENS / LEAFY VEGETABLES (Cont.)

206 Cabbage
207 Collard Greens
208 Jicama
210 Kale
211 Lettuce
212 Lettuce and Tomato
213 Mustard Greens
177 Spinach
214 Tossed Salad
215 Turnip Greens

PEAS

235 Blackeyed Peas
216 Dried Peas
217 Garbanzo Beans / Chick Peas
218 Green Peas
220 Peas and Carrots
18 Pigeon Peas

POTATOES

238 Au Gratin/Scallop Potatoes
221 Baked Potato
222 French Fries
223 Fried Potatoes
224 Hash Browns/Tater Tots
225 Mashed Potatoes
226 Other Potato
227 Potato Salad
228 Potato Skins
256 Roasted Potatoes
237 Sweet Potato Fries
230 Sweet Potato/Yams
236 Yucca Root

TOMATOES

266 Fresh Tomatoes
231 Stewed Tomatoes
233 Tomato Sauce

SOUPS

250 Bean Soup
251 Beef & Vegetable Soup
252 Chicken Vegetable Soup
254 Chunky Vegetable Soup
257 Minestrone Soup
258 Potato Soup
260 Split Pea Soup
261 Tomato Soup
268 Tomato with Rice-HM
262 Turkey Vegetable Soup
263 Vegetable Soup
253 Vegetarian Chili-HM HM

FRUITS

Fresh, Frozen, Canned, Dried

01 Apples
02 Applesauce
03 Apricots
04 Bananas
05 Blackberries
06 Blueberries
07 Boysenberries
08 Cantaloupe
10 Cranberries / Sauce
11 Dates
12 Figs
271 Fresh Cherries *
13 Grapefruit
14 Grapes
15 Guava
272 Guineos Verdes
16 Honeydew Melon
18 Kiwi
20 Mandarin Oranges
21 Mangos
270 Mixed Berries *
22 Mixed Fruit
23 Nectarines
24 Oranges
25 Papaya
26 Peaches
27 Pears
28 Persimmons
30 Pineapple
280 Plantains
31 Plums
08 Pomegranates *
32 Prunes
34 Raspberries
35 Rhubarb
36 Star fruit
37 Strawberries
38 Tangerines
40 Ugli Fruit
42 Waldorf Salad
41 Watermelon

100% JUICES

50 Apple Cider (pasteurized) *
51 Apple Juice *
52 Carrot Juice *
53 Cherry Juice *
54 Grape Juice *
55 Grapefruit Juice *
56 Juicy Juice *
57 Mixed / Blended Juice (100% Juice) *
58 Orange Juice *
60 Pear Juice / Blends 100% Juice *
61 Pineapple Juice *

JUICES (Cont.)

62 Prune Juice *
63 Tomato / Vegetable Juice *
64 Tropical Blend Juice *

LEGEND	
*	Not Reimbursable for Infants Under 1 Year
BR	Breakfast Only
BR/SN	Breakfast or Snack Only
DBL	Double Portion Required
HM	Homemade
SN	Snack Only
WG	Whole Grain-Rich
BLD	Breakfast, Lunch or Dinner Only

MILK

5 1% over 2 yrs/Whole under 2 yrs *
1 Buttermilk *
2 Eggnog (Commercial) *
4 High Protein Milk *
8 Milkshakes HM *
6 Skim over 2 yrs/Whole under 2 yrs *
9 Special Provision/Soy Milk (Dr Statement Req) *
14 UHT Shelf Stable Milk. 1% over 2yr/Whole under 2yr *
15 UHT Shelf Stable Milk. Skim over 2yr/Whole under 2yr *

Child Care Resource Center

440/960-7187
www.ccrcinc.com

INFANT FOOD CHART

MEAT & EGGS

217 Cooked Dry Beans / Peas BLD
211 Infant Beef
212 Infant Chicken
213 Infant Ham
214 Infant Lamb
215 Infant Turkey
216 Infant Veal
114 Yogurt: Infants ONLY BLD

INFANT CEREAL

201 Infant Barley Cereal
202 Infant High-Protein Cereal
203 Infant Mixed Cereal
204 Infant Oatmeal Cereal
205 Infant Rice Cereal

INFANT MILK / FORMULA

11 Breast Milk / Iron Fort. Infant Formula
13 Parent Supplied iron Fortified Infant Formula
12 Special Formula (Medical Form Required)

VEGETABLES / FRUITS
Make selections from the regular food chart.