

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	Broccoli
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

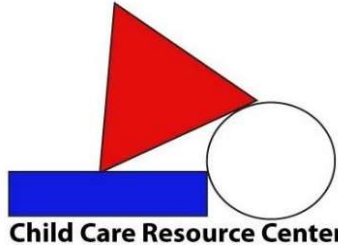
GREENS / LEAFY VEGETABLES (Cont.)	
206	Cabbage
207	Collard Greens
208	Jicama
210	Kale
211	Lettuce
212	Lettuce and Tomato
213	Mustard Greens
177	Spinach
214	Tossed Salad
215	Turnip Greens
PEAS	
235	Blackeyed Peas
216	Dried Peas
217	Garbanzo Beans / Chick Peas
218	Green Peas
220	Peas and Carrots
18	Pigeon 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



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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 *

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.

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	Braunschwieger *
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
150	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