

# CHILDREN'S FOOD CHART

## VEGETABLES

Fresh, Frozen or Canned

### 100% VEGETABLE JUICE

- 52 Carrot Juice \*
- 63 Tomato / Vegetable Juice \*

### VEGETABLES

- 03 Acorn Squash
- 150 Artichokes
- 151 Asparagus
- 152 Avocado HF
- 153 Bamboo Shoots
- 154 Beets
- 58 Bitter Melon
- 156 Broccoflower
- 155 Broccoli
- 264 Brussels Sprouts
- 04 Butternut Squash
- 01 California Blend
- 157 Carrots
- 158 Cauliflower
- 160 Celery
- 278 Chayote
- 161 Corn
- 162 Cucumbers
- 163 Eggplant
- 08 Hominy
- 06 Hubbard Squash
- 54 Kohlrabi \*
- 265 Mixed Peppers
- 164 Mixed Vegetables
- 165 Mushrooms
- 175 Nopales (cactus)
- 166 Okra (fresh)
- 168 Onions
- 240 Parsnips
- 171 Peppers:Red/Green/Yellow
- 280 Plantain
- 173 Pumpkin
- 57 Radish - Fresh
- 66 Romanesco Broccoli
- 234 Rutabagas
- 55 Snow Peas/Snap Peas
- 178 Sprouts (any kind)
- 180 Squash
- 07 Succotash
- 02 Summer Squash
- 56 Turnips
- 05 Zucchini

### BEANS

- 181 Baked Beans
- 182 Black Beans
- 183 Great Northern Beans
- 184 Green Beans
- 185 Lentils
- 186 Lima Beans/Butterbeans
- 187 Mung Beans

### BEANS (Cont.)

- 188 Navy Beans
- 200 Other Beans
- 201 Pinto Beans
- 202 Red / Kidney Beans
- 203 Refried Beans
- 204 Soybeans/Edamame
- 53 Split Peas
- 205 Wax Yellow Beans

### GREENS / LEAFY VEGETABLES

- 277 Beet Greens (ACI)
- 281 Bok Choy, Fresh
- 206 Cabbage
- 276 Coleslaw \*
- 207 Collard Greens
- 208 Jicama
- 210 Kale
- 211 Lettuce
- 212 Lettuce and Tomato
- 213 Mustard Greens
- 176 Sauerkraut
- 177 Spinach (ACI)
- 64 Swiss Chard
- 214 Tossed Salad
- 215 Turnip Greens

### PEAS

- 235 Blackeyed Peas/Crowder Peas
- 216 Dried Peas
- 217 Garbanzo Beans/Chick Peas
- 218 Green Peas
- 220 Peas and Carrots (ACI)
- 18 Pigeon Peas

### POTATOES

- 238 Au Gratin/Scallop Potatoes
- 221 Baked Potato
- 222 French Fries HF
- 223 Fried Potatoes HF
- 224 Hash Browns/Tater Tots HF
- 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
- 65 Tomatillo
- 233 Tomato Sauce

### SOUPS

- 250 Bean Soup - HM
- 251 Beef & Vegetable Soup

### SOUPS (Cont.)

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

## FRUITS

Fresh, Frozen, Canned, Dried

- 01 Apples
- 02 Applesauce
- 03 Apricots
- 04 Bananas
- 05 Blackberries
- 06 Blueberries
- 07 Boysenberries
- 08 Cantaloupe
- 67 Coconut
- 66 Clementines
- 10 Cranberries / Sauce
- 11 Dates
- 53 Dried Fruit (No Raisins) \*
- 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
- 66 Pitaya (Dragon Fruit)
- 280 Plantains
- 31 Plums
- 08 Pomegranates \*
- 32 Prunes
- 34 Raspberries
- 35 Rhubarb
- 36 Star fruit
- 37 Strawberries

### FRUITS (Cont.)

- 38 Tangerines
  - 40 Ugli Fruit
  - 42 Waldorf Salad
  - 41 Watermelon
- ### 100% FRUIT JUICES
- 50 Apple Cider (pasteurized) \*
  - 51 Apple 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 \*
  - 62 Prune Juice \*
  - 64 Tropical Blend Juice \*

### MILK

- 5 1% over 2 yrs/Whole under 2 yrs \*
- 1 Buttermilk \*
- 2 Eggnog (Commercial) \*
- 4 High Protein Milk \*
- 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 \*
- 200 WATER-NOT REIMBURSABLE\* SN

LEGEND	
*	Not Reimbursable for Infants Under 1yr
^	Reimbursable for age 3 yr older
BR	Breakfast Only
BR/SN	Breakfast or Snack Only
DBL	Double Portion Required
HM	Homemade
SN	Snack Only
WG	Whole Grain-Rich
HF	High Fat (Serve NO More than 3x/week)
HS	High Salt
CN	CN Label REQUIRED
ACI	Vitamins A, C and Iron
LD	Lunch/Dinner



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INFANT FOOD CHART	
<b>MEAT &amp; EGGS</b>	
217	Cooked Dry Beans / Peas LD
211	Infant Beef
212	Infant Chicken
213	Infant Ham
214	Infant Lamb
215	Infant Turkey
216	Infant Veal
114	Yogurt: Infants ONLY LD
<b>INFANT MILK / FORMULA</b>	
11	Breast Milk / Iron Fort.
	Infant Formula
13	Parent Supplied iron Fortified Infant Formula
12	Special Formula (Medical Form Required)
<b>INFANT CEREAL</b>	
201	Infant Barley Cereal
203	Infant Mixed Cereal
204	Infant Oatmeal Cereal
205	Infant Rice Cereal
206	Infant Wheat Cereal
<b>JUICE IS NOT creditable for Infants</b>	
<b>VEGETABLES / FRUITS</b> Make selections from the regular food chart.	

This institution is an equal opportunity provider

# CHILDREN'S FOOD CHART

## MEAT & MEAT ALTERNATES

### BEEF

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

### CHICKEN

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

### SEAFOOD

- 112 Bacalao
- 124 Calamari
- 27 Catfish
- 28 Clams \*
- 30 Crab \*
- 125 Crawfish \*
- 31 Fish Fillets
- 32 Fish Sticks - CN HF
- 33 Other Fish
- 127 Perch
- 34 Salmon
- 126 Scallops
- 35 Shrimp \*
- 142 Tilapia HF
- 36 Tuna
- 128 Walleye

### PORK

- 40 Canadian Bacon \*
- 113 Chorizo \*
- 41 Ham
- 43 Pork Chops/Cutlet HF
- 42 Pork Kielbasa/  
Bratwurst HF HS CN\*

### PORK (Cont.)

- 44 Pork Lunchmeat/  
Processed - CN \* HF
- 45 Pork Roast
- 46 Sausage - Fresh Pork \* HF
- 47 Spam \* HF
- 48 Spare Ribs HF

### TURKEY

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

### OTHER MEATS/MEAT ALTERNATES

- 144 Dried Meats/Jerky \*\* CN SN  
(ages 3 yrs older)
- 110 Egg - Whole
- 60 Goat
- 57 Lamb
- 61 Other Meat
- 115 Soy Yogurt \*
- 106 Tofu \*
- 58 Veal
- 130 Yogurt: Non Infants \*

### BEANS, LEGUMES OR PEAS

- 62 Baked Beans
- 64 Black Beans
- 65 Blackeyed Peas/Crowder  
Peas
- 66 Chili Beans
- 67 Garbanzo Beans  
/Chick Peas
- 68 Great Northern Beans
- 136 Hummus - HM
- 70 Lentils
- 71 Lima Beans/Butterbeans
- 187 Mung Beans
- 137 Navy Beans
- 74 Other Beans
- 18 Pigeon Peas
- 75 Pinto Beans
- 76 Pork N Beans
- 77 Red/Kidney Beans
- 78 Refried Beans
- 80 Soybeans
- 135 Split Peas

### CHEESES

- 81 American Cheese HF
- 82 Cheddar Cheese HF
- 83 Cheese Food/Slices/Spread DBL \* HF
- 84 Colby-Jack Cheese
- 85 Cottage Cheese
- 86 Farmer Cheese

### CHEESES (Cont.)

- 87 Fried Cheese Sticks \* HF
- 88 Mozzarella Cheese
- 133 Muenster Cheese
- 104 Other Cheese (No  
cream cheese)
- 100 Pimento Cheese - DBL \* HF
- 101 Ricotta Cheese
- 102 String Cheese
- 103 Swiss Cheese HF

### NUT BUTTERS

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

### NUTS OR SEEDS

- 140 Nuts (Assorted) \*
- 131 Pumpkin Seeds/Pepitas \*
- 141 Seeds \*
- 116 Soy Nuts \*
- 132 Sunflower Seeds \*

### SOUPS

- 63 Bean Soup - HM
- 107 Beef Chili - HM \*
- 111 Chicken Chili - HM \*
- 138 Split Pea Soup - HM
- 108 Turkey Chili - HM \*

## BREAD & BREAD ALT.

### Enriched or Whole Grain Flour

### HOT CEREALS

- 148 Cream of Wheat Original \*
- 147 Farina Mills Creamy  
Hot Wheat Original \*
- 41 Hot Cereal \*
- 138 Malt-O-Meal Original  
Hot Wheat \*

### SWEET CRACKERS

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

### BREADS

- 37 100% Whole Wheat  
Bread-WG
- 01 Bagel
- 02 Biscuits
- 04 Bran Muffins
- 03 Bread Sticks (Soft Only)
- 05 Chow Mein Noodles \* HF
- 07 Corn Dog Wrap \*
- 06 Combread/Corn Muffin \*

### BREADS (Cont.)

- 08 Croissants HF
- 10 Dumplings \*
- 12 English Muffin
- 13 Flat Bread
- 14 French Bread
- 15 French Toast \*
- 16 Fry Bread HF
- 17 Hamburger Buns
- 18 Hawaiian Bread
- 20 Hot Dog Buns
- 21 Hush Puppies \* HF
- 22 Italian Bread
- 155 Matzo Flatbread \*
- 222 Naan Bread
- 23 Oatmeal Bread
- 146 Other Muffins \*
- 145 Other Quick Bread \*
- 24 Pilot Bread
- 25 Pita Bread
- 26 Potato Bread
- 27 Pumpnickel 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

### COLD CEREALS

#### (6 grams sugar or less)

- 150 Cheerios:General Mills WG
- 40 Cold Cereal (6 grams  
sugar or less)
- 42 Corn Chex:General Mills
- 224 Giant Eagle Corn Flakes
- 116 Granola (not bars) \*
- 152 Great Value  
Bran Flakes WG
- 225 Great Value Corn Flakes
- 226 Great Value Crisp Rice
- 227 Great Value Crunchy  
Honey Oats
- 153 Great Value Crunchy  
Oat Squares WG
- 117 Kellogg's All Bran Complete  
Wheat Flakes WG
- 118 Kellogg's Corn Flakes
- 122 Kellogg's Frosted  
Mini-Wheats (Bite Size) WG
- 123 Kellogg's Rice Krispies
- 124 Kellogg's Rice Krispies  
Gluten Free

### COLD CEREALS (Cont.)

- 125 Kellogg's Special K
- 43 Kix:General Mills
- 151 Malt-O-Meal Frosted  
Mini Spooners WG
- 44 Multi-Grain  
Cheerios:General  
Mills WG
- 126 Post Banana
- 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
- 223 Tasteos:Ralston WG
- 46 Total Whole Grain:General  
Mills WG
- 47 Wheat Chex:General  
Mills WG
- 48 Wheaties:Gen Mills WG

### CRACKERS

- 156 Bagel Chips \*
- 211 Cheese Crackers
- 212 Club Crackers
- 154 Goldfish Cheese  
Crackers
- 214 Hi Ho / Ritz  
Crackers
- 61 Melba Toast
- 64 Other Crackers
- 215 Oyster Crackers
- 132 Rice Cakes (Savory)
- 216 Rye Crisps
- 62 Saltine Crackers
- 63 Snack Crackers
- 220 Soda Crackers
- 65 Wheat Crackers
- 115 Wheat Thins WG \*
- 67 Whole Grain  
Crackers-WG
- 66 Zwieback

### CRUSTS

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

### Veg or Fruit Bread

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

### GRAINS

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

### PANCAKES

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

### PASTA OR NOODLES

- 158 Chow Mein Noodles\*
- 100 Egg Noodles \*
- 11 Egg Roll / Wonton Wraps\*
- 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
- 218 Tortellini \*
- 114 Whole Wheat Other Pasta WG
- 78 Whole Wheat Spaghetti - WG \*

### Pretzels/Popcorn

- 230 Popcorn ^ - WG \*
- 110 Pretzel, Hard \*
- 111 Pretzel, Soft \*

### Rice

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

### Tortillas

- 140 Corn/Flour Tortilla
- 38 Corn Chips (whole/enriched) \* HF HS
- 141 Taco Shell \*
- 142 Tortilla Chips (whole/enriched) \*
- 228 WG Whole Wheat Flour Tortilla-WG