

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 *
- 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 *
- 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



child care
RESOURCE CENTER

440-242-0413

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INFANT FOOD CHART

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

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 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

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