

CHILDREN'S FOOD CHART

VEGETABLES

Fresh, Frozen, Canned, Dried

VEGETABLES	
150	Artichokes
151	Asparagus
152	Avocado / Guacamole
153	Bamboo Shoots
154	Beets
156	Broccoli
157	Brussels Sprouts
158	Carrots
160	Cauliflower
161	Celery
162	Corn
163	Cucumbers
255	Edamame
164	Eggplant
165	Grape Leaves
201	Green Beans
166	Kohlrabi
167	Mixed Vegetables
168	Mushrooms
170	Okra (fresh)
171	Olives *
172	Onions
173	Parsnip
235	Peas, Green/Snow/Snap
174	Peppers, Red/Green/Yellow
175	Pickles
36	Plantain
176	Pumpkin
177	Rutabagas
182	Sprouts (any kind)
183	Squash
217	Sweet Potato/Yams
184	Turnips
185	Water Chestnuts
186	Wax / Yellow Beans
240	Zucchini

DRIED BEANS LEGUMES PEAS	
187	Baked Beans
188	Black Beans
253	Black-Eyed Peas
254	Crowder Peas
250	Garbanzo Beans/Chickpeas
200	Great Northern Beans
252	Hummus

DRIED BEANS LEGUMES PEAS CONT.	
202	Lentils
203	Lima / Butter Beans
204	Navy Beans
205	Pinto Beans
206	Pork and Beans
207	Red / Kidney Beans
208	Refried Beans

GREENS / LEAFY VEGETABLES	
155	Bok Choy
237	Cabbage
238	Cole Slaw
241	Greens (Turnip, Collard, etc.)
251	Kale
236	Lettuce
180	Sauerkraut
181	Spinach
256	Swiss Chard

JUICES	
52	Carrot Juice *
65	Tomato / Vegetable Juice *

POTATOES	
210	Baked Potato
211	French Fries
213	Hash Browns
214	Mashed Potatoes
215	Potato Salad
216	Potato Skins
225	Potatoes
218	Tater Tots

TOMATOES	
178	Salsa
220	Tomatillos
221	Tomato Sauce
222	Tomatoes

SOUPS	
223	Bean Soup
224	Beef & Vegetable Soup HM
226	Chicken Vegetable Soup HM
228	Minestrone Soup
230	Potato Soup
231	Split Pea Soup
232	Tomato Soup
233	Turkey Vegetable Soup HM
234	Vegetable Soup

FRUITS

Fresh, Frozen, Canned, Dried, 100% Juice

FRUITS	
01	Apples
02	Applesauce
03	Apricots
04	Bananas
05	Blackberries
06	Blueberries
07	Boysenberries
08	Cantaloupe
10	Cherries
11	Clementines
12	Cranberries / Sauce
13	Dates
14	Figs
15	Fruit Cocktail
16	Fruit Salad
17	Grapefruit
18	Grapes
20	Guava
21	Honeydew Melon
22	Jello with Fruit
23	Kiwi
24	Lemons
25	Limes
26	Mandarin Oranges
27	Mangos
28	Mixed Fruit
30	Nectarines
31	Oranges
32	Papaya
33	Peaches
34	Pears
35	Pineapple
37	Plums
38	Pomegranate
40	Prunes
41	Raisins / Dried Fruit
42	Raspberries
43	Rhubarb
44	Star Fruit
45	Strawberries
46	Tangerines
47	Ugli Fruit
48	Watermelon

JUICES	
Limit to no more than once per day	
50	Apple Cider (Pasteurized Only) *
51	Apple Juice *
53	Cherry Juice *
54	Cherry Juice / Blend *
55	Cranberry Juice Medley *
56	Grape Juice *
57	Grapefruit Juice *
58	Juice, Other 100% *
60	Orange Juice *
61	Pear Juice / Blends *
62	Pineapple Juice *
63	Popsicles, 100% Juice *
64	Prune Juice *

MILK	
1	Fluid Milk *
2	Special Provision Milk * (Medical Form Required)

LEGEND	
*	Not reimbursable for infants (under 1 year)
CN	Pre-Packaged Foods Must Have a CN Label
HM	Homemade
SN	Snack Only
XTRA	Larger Portion Required/ Extra Protein Added

INFANT FOOD CHART

INFANT MEAT/MEAT ALTERNATES	
114	Cheese
210	Cooked Dry Beans / Peas
83	Cottage Cheese
102	Egg
212	Infant Beef
213	Infant Chicken
221	Infant Ham
215	Infant Lamb
216	Infant Turkey
217	Infant Veal
113	Yogurt

IRON FORTIFIED INFANT CEREAL	
201	Infant Barley Cereal
202	Infant Mixed Cereal
203	Infant Oatmeal Cereal
204	Infant Rice Cereal
257	Infant Wheat Cereal

VEGETABLES / FRUITS

Make vegetable and fruit selections from the children's food chart.

Juice is not creditable for infants.

BREAST MILK / INFANT FORMULA	
12	Breast Milk/ Parent Provided Formula
11	Iron Fortified Infant Formula
13	Special Formula (Medical Form Required)



This institution is an equal opportunity provider and employer.

CHILDREN'S FOOD CHART

MEAT & MEAT ALTERNATES

BEEF

- 81 Beef
- 05 Beef Lunchmeat
- 13 Meat Sauce CN/HM
- 15 Sausage - Beef CN *
- 17 Vienna Sausage *

CHEESES

- 114 Cheese
- 85 Cheese Sticks
- 80 Cheddar Cheese
- 82 Colby-Jack Cheese
- 83 Cottage Cheese XTRA
- 84 Feta Cheese
- 86 Mozzarella Cheese
- 87 Muenster Cheese
- 101 Swiss Cheese
- 88 Pimento Cheese XTRA
- 100 Ricotta Cheese XTRA

CHICKEN

- 18 Chicken
- 22 Chicken Lunchmeat
- 23 Chicken Nuggets

DRIED BEANS LEGUMES PEAS

- 62 Baked Beans
- 63 Bean / Split Pea Soup
- 64 Black Beans
- 65 Black-Eyed Peas
- 67 Crowder Peas
- 68 Garbanzo Beans/Chickpeas
- 70 Great Northern Beans
- 258 Hummus
- 71 Lentils
- 72 Lima / Butter Beans
- 73 Navy Beans
- 74 Pinto Beans
- 75 Pork and Beans
- 76 Red / Kidney Beans
- 77 Refried Beans

HOT DOGS / CORN DOGS

- 104 Corn Dog *
- 103 Hotdogs/Franks *

NUTS OR SEEDS

- 115 Nuts (Assorted) *
- 106 Other Nut Butters *
- 107 Peanut Butter *
- 108 Peanut Butter & Meat *
- 110 Pumpkin Seeds *
- 117 Seed Butter *
- 111 Sunflower Seeds *

OTHER MEATS

- 60 Lamb
- 61 Veal

OTHER MEAT ALTERNATES

- 102 Egg
- 112 Soy Yogurt *
- 211 Tofu *
- 113 Yogurt

PORK

- 105 Bologna (No fillers)
- 40 Canadian Bacon
- 41 Ham
- 42 Kielbasa / Bratwurst CN *
- 43 Pepperoni CN *
- 46 Pork
- 50 Sausage - Fresh Pork *
- 52 Spare Ribs

SEAFOOD

- 24 Calamari
- 25 Catfish
- 26 Clams *
- 27 Crab *
- 28 Crawfish *
- 30 Fish Fillets
- 31 Fish Sticks *
- 33 Perch
- 34 Salmon
- 35 Sardines *
- 36 Scallops
- 37 Shrimp *
- 38 Tuna

TURKEY

- 53 Turkey
- 54 Turkey Bacon CN
- 57 Turkey Ham
- 58 Turkey Lunchmeat

Grains & Breads

BREADS

- 01 Bagel
- 02 Bagel Chips *
- 04 Biscuits
- 05 Bread
- 07 Bread Sticks *
- 06 Breeding CN/HM *
- 113 Buns
- 10 Chips, Corn/Wheat *
- 12 Cornbread or Corn Muffin
- 14 Croissants
- 15 Dumplings *
- 17 English Muffin
- 20 Flat Bread
- 21 French Toast *
- 24 Hush Puppies *
- 25 Matzo Bread *
- 110 Muffin / Bread, Fruit
- 111 Muffin / Bread, Vegetable
- 26 Muffins
- 28 Pita Bread
- 30 Popovers
- 31 Rolls
- 117 Scones (Savory)
- 33 Spoonbread *
- 103 Stuffing / Dressing *
- 112 Toast

CEREALS

- 34 Cereal Snack Mix
- 35 Cold Cereal
- 18 Farina *
- 22 Grits *
- 36 Hot Cereal *
- 27 Oatmeal *

Whole Grain or Enriched; Serve at least one whole grain-rich grain per day

CRACKERS

- 37 Animal Crackers
- 23 Crackers
- 38 Goldfish Crackers
- 40 Graham Crackers
- 41 Hi Ho / Ritz Crackers
- 42 Matzo Crackers
- 43 Melba Toast
- 44 Saltine Crackers
- 45 Snack Crackers
- 46 Teething Biscuit
- 47 Wheat Crackers
- 48 Zwieback

CRUSTS

- 66 Hot Pocket/Pizza Roll Crust *
- 67 Pizza Crust *
- 68 Pot Pie/Quiche Crust *
- 70 Puff Pastry Shells *

GRAINS

- 03 Barley *
- 08 Bulgur *
- 13 Couscous *
- 116 Quinoa *

PANCAKES OR WAFFLES

- 71 Pancakes / Waffles *

PASTA OR NOODLES

- 11 Chow Mein Noodles *
- 72 Egg Noodles *
- 16 Egg Roll / Wonton Wraps *
- 73 Lasagna Noodles *
- 74 Macaroni Noodles *
- 81 Other Pasta *
- 75 Ramen Noodles *
- 76 Ravioli *
- 77 Soup Noodles (Packaged) *
- 78 Spaghetti Noodles *
- 80 Tortellini *

PRETZELS

- 82 Pretzel, Hard *
- 83 Pretzel, Soft

PUDDINGS

- 205 Bread Pudding (Savory) SN*
- 206 Rice Pudding (Savory) SN*

RICE

- 86 Brown Rice *
- 87 Fried Rice *
- 118 Rice Cakes (Savory) *
- 100 Spanish Rice *
- 101 White Rice *
- 102 Wild Rice *

TORTILLAS

- 104 Corn Tortillas
- 105 Flour Tortillas
- 108 Taco Shell *
- 107 Tortilla Chips *

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