

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) |

| | |
|-----------|--|
| MILK (01) | 1 Year Old: Unflavored Whole Milk |
| | 2-5 Years Old: Unflavored Low-Fat (1%) or Unflavored Fat-Free (Skim) Milk |
| | 6 Years and Older: Unflavored Low-Fat (1%), Unflavored Fat-Free (Skim) Milk |
| | Flavored Fat-Free (Skim) Milk, Flavored Low-Fat (1%) Milk |