

CHILDREN'S FOOD CHART

MEAT & MEAT ALTERNATES

BEEF

- 148 BEEF BOLOGNA * HF, HS
- 06 BEEF FRANKS * HF, HS
- 07 BEEF GROUND
- 08 BEEF LIVER *
- 11 BEEF MEATBALLS HM, HF
- 150 BEEF VARIOUS CUTS
- 17 SAUSAGE - BEEF * HF, HS
- 18 STEW MEAT - BEEF

CHICKEN

- 164 CHICKEN BOLOGNA * HF, HS
- 143 CHICKEN CORN DOGS * Approved Only HF, HS
- 25 CHICKEN FRANKS * HF
- 27 CHICKEN GROUND
- 30 CHICKEN LIVER *
- 32 CHICKEN NUGGETS * Approved Only HF, HS
- 151 CHICKEN VARIOUS PARTS

LAMB

- 152 LAMB

PORK

- 43 CANADIAN BACON * HS
- 48 HAM HS
- 44 PORK CHOPS
- 47 PORK GROUND
- 53 PORK MEATBALLS HM, HF
- 153 PORK VARIOUS CUTS
- 56 SAUSAGE - PORK * HF, HS
- 58 SPARE RIBS *

SEAFOOD

- 170 FISH
- 65 FISH STICKS * Approved Only HF, HS
- 155 SHRIMP / SHELLFISH *
- 75 TUNA

TURKEY

- 171 TURKEY BOLOGNA * HF, HS
- 77 TURKEY FRANKS * HF, HS
- 80 TURKEY GROUND
- 81 TURKEY HAM HS
- 82 TURKEY KIELBASA * HF
- 85 TURKEY MEATBALLS HM
- 156 TURKEY VARIOUS PARTS

BEANS OR LEGUMES

- 157 BEANS OR PEAS * - Dried & Cooked
- 264 EDAMAME *
- 112 REFRIED BEANS
- 113 TOFU / SOY * Approved Only

CHEESES

- 116 AMERICAN CHEESE HF, HS
- 158 CHEESE, HARD / NATURAL
- 121 COTTAGE CHEESE HS
- 127 RICOTTA CHEESE
- 128 STRING CHEESE

EGGS

- 131 EGG *

PEANUT BUTTER

- 132 PEANUT BUTTER * SN
- 163 PEANUT BUTTER & BEANS *
- 161 PEANUT BUTTER & CHEESE * HF
- 162 PEANUT BUTTER & COTTAGE CHEESE *
- 160 PEANUT BUTTER & EGG *
- 133 PEANUT BUTTER & MEAT / ALT * HF
- 147 PEANUT BUTTER & YOGURT *

YOGURT

- 134 YOGURT - Dairy or Soy *

NUTS OR SEEDS

- 165 NUTS * SN
- 167 NUTS & MEAT / ALTERNATE *
- 166 SEED * SN
- 168 SEEDS & MEAT / ALTERNATE *

BREAD & BREAD ALTERNATES

** FIRST INGREDIENT MUST BE WHOLE GRAIN OR ENRICHED FLOUR **

BREADS

- 01 APPLE BREAD *
- 03 APRICOT BREAD *
- 04 BAGEL *
- 05 BANANA BREAD *
- 07 BISCUITS *
- 08 BREAD STICKS *
- 11 CARROT BREAD *
- 28 CHOW MEIN NOODLES * HF
- 16 CORN DOG WRAP *
- 14 CORNBREAD *
- 18 CROISSANTS * HF
- 20 DATE NUT BREAD *
- 21 DUMPLINGS *
- 23 ENGLISH MUFFIN *
- 162 ENRICHED BREAD *
- 24 FLAT BREAD *
- 26 FRENCH TOAST *
- 30 HAMBURGER BUNS *
- 32 HOT DOG BUNS *
- 38 PITA BREAD *
- 63 PIZZA CRUST *
- 43 PUMPKIN BREAD *
- 163 QUICK BREAD *
- 44 RAISIN BREAD *
- 45 ROLLS *
- 164 WHOLE WHEAT / GRAIN BREAD * **WG**
- 54 ZUCCHINI BREAD *

CEREAL / CRACKERS

(SEE LIST FOR #)

- CEREAL, COLD
- CEREAL, HOT *
- CRACKERS SN

CRUSTS

- 130 POT PIE / QUICHE CRUST *

MUFFINS

SNACK ONLY

- 67 MUFFINS *

GRAINS

- 118 AMARANTH * **WG**
- 71 BARLEY * **WG**
- 72 BULGUR * **WG**
- 73 CORNMEAL *
- 74 COUSCOUS *
- 126 KAMUT * **WG**
- 77 MILLET * **WG**
- 78 OATS * **WG**
- 68 QUINOA * **WG**

PANCAKES

- 81 PANCAKES *
- 82 WAFFLES *

PASTA

- 166 ENRICHED PASTA *
- 165 WHOLE GRAIN PASTA * **WG**

RICE

- 106 BROWN RICE * **WG**
- 111 WHITE RICE Enriched *
- 112 WILD RICE * **WG**

STUFFING

- 113 STUFFING / DRESSING * HM

TORTILLAS

- 117 CORN TORTILLA CHIPS * SN
- 114 CORN TORTILLAS *
- 115 FLOUR TORTILLAS *
- 116 TACO SHELL *
- 167 WHOLE WHEAT TORTILLA * **WG**

LEGEND

- * NOT REIMBURSABLE FOR INFANTS UNDER 1 YEAR
- SN** SNACK ONLY
- HF** HIGH FAT (SERVE NO MORE THAN 3X's / WEEK)
- HM** HOME MADE
- HS** HIGH SALT
- WG** WHOLE GRAIN / Whole Grain-Rich



Child Development Associates, Inc.

180 Otay Lakes Rd. Suite 300

Bonita, CA. 91902

Office: (619) 427 - 4922

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CHILDREN'S FOOD CHART

VEGETABLES

FRESH, FROZEN, CANNED, DRIED

- 152 ARTICOKES
- 153 ASPARAGUS
- 154 AVOCADO HF
- 155 BAKED BEANS
- 157 BEETS
- 158 BLACK BEANS
- 160 BLACKEYED PEAS
- 262 BOK CHOY
- 162 BROCCOFLOWER
- 161 BROCCOLI
- 163 BRUSSELS SPROUTS
- 165 CABBAGE, RED / WHITE
- 168 CAESAR SALAD *
- 166 CARROTS
- 167 CAULIFLOWER
- 170 CELERY STICKS *
- 263 CHAYOTE
- 171 COLE SLAW *
- 173 CORN
- 174 CUCUMBERS
- 175 DRIED GREEN / YELLOW PEAS
- 264 EDAMAME
- 176 EGGPLANT
- 178 FRENCH FRIES - Baked HF
- 180 GARBANZO BEANS / CHICKPEAS
- 181 GREAT NORTHERN BEANS
- 186 GREEK SALAD *
- 182 GREEN BEANS
- 261 GREEN SALAD *
- 185 GREENS
- 260 JICAMA
- 200 KALE
- 201 LENTILS
- 257 LETTUCE AND TOMATO
- 203 LIMA BEANS
- 204 MIXED VEGETABLES
- 205 MUNG BEANS
- 206 MUSHROOMS
- 207 NAVY BEANS
- 265 NOPALES (CACTUS)
- 208 OKRA - FRESH
- 212 PARSNIP
- 213 PEAS
- 184 PEPPERS - GREEN / RED
- 215 PINTO BEANS
- 268 PIZZA SAUCE & VEGETABLES *
- 225 PORK AND BEANS
- 220 POTATOES
- 226 PUMPKIN

VEGETABLE CONT.

- 227 RED / KIDNEY BEANS
- 230 REFRIED BEANS
- 231 SALSA HM
- 232 SAUERKRAUT HS
- 267 SNOW PEAS
- 233 SPINACH
- 246 SQUASH
- 241 STEWED TOMATOES HS
- 224 SWEET POTATO / YAMS
- 235 TATER TOTS HF
- 237 TOMATO PASTE
- 236 TOMATOES - FRESH
- 238 TOMATOES - PUREE/SAUCE
- 243 TURNIPS
- 245 WATER CHESNUTS
- 244 WAX / YELLOW BEANS
- 242 YUCCA
- 240 ZUCCHINI

SOUPS

- 247 BEAN SOUP
- 258 CLAM CHOWDER
- 248 CORN CHOWDER
- 250 LENTIL SOUP
- 251 MINISTRONE SOUP
- 253 POTATO SOUP
- 254 SPLIT PEA SOUP
- 255 TOMATO SOUP
- 256 VEGETABLE SOUP

FRUITS

FRESH, FROZEN, CANNED, DRIED

- 01 APPLES
- 03 APPLESAUCE
- 04 APRICOTS
- 05 BANANAS
- 06 BLACKBERRIES
- 07 BLUEBERRIES
- 10 BOYSENBERRIES
- 11 CANTALOUPE
- 12 CHERRIES
- 14 CRANBERRIES - Fresh Only
- 15 DATES
- 16 FIGS
- 17 FRUIT COCKTAIL
- 18 FRUIT SALAD
- 20 GRAPEFRUIT
- 21 GRAPES *
- 22 GUAVA
- 23 HONEYDEW MELON
- 24 KIWI
- 25 MANDARIN ORANGES
- 26 MANGO
- 27 NECTARINES
- 28 ORANGES
- 30 PAPAYA
- 31 PEACHES
- 32 PEARS
- 47 PERSIMMONS
- 33 PINEAPPLE
- 35 PLUMS
- 48 PLUOTS
- 34 POMEGRANATE
- 36 PRUNES
- 38 RAISINS & FRUIT / VEG *
- 40 RASPBERRIES
- 41 RHUBARB
- 42 STAR FRUIT
- 43 STRAWBERRIES *
- 44 TANGERINES
- 45 UGLI FRUIT/ TANGELO
- 46 WATERMELON

JUICE (100% FRUIT JUICE ONLY)

BREAKFAST OR SNACK ONLY; NOT REIMBURSABLE FOR INFANTS UNDER 1 YEAR

- 51 APPLE COMBINATIONS *
- 50 APPLE JUICE *
- 53 CARROT JUICE *
- 55 CRANBERRY/ COMBINATION JUICE *
- 57 GRAPE JUICE *
- 58 GRAPEFRUIT JUICE *
- 60 JUICY JUICE *
- 63 ORANGE COMBINATION JUICE *
- 62 ORANGE JUICE *
- 65 PINEAPPLE COMBINATIONS *
- 64 PINEAPPLE JUICE *
- 66 POPSICLES HM *
- 67 PRUNE JUICE *
- 71 TOMATO JUICE *
- 72 TROPICAL FRUIT JUICE *
- 73 V - 8 JUICE *

MILK

MILK

4 FLUID MILK *

<1 Year Old - Whole Milk ONLY>

<2 Years & Older - 1% or Fat-Free ONLY>

LEGEND

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INFANT FOOD CHART

INFANT MEATS

- 220 INFANT BEANS & PEAS
- 211 INFANT BEEF
- 218 INFANT CHEESE
- 212 INFANT CHICKEN
- 210 INFANT EGG - WHOLE
- 213 INFANT HAM
- 214 INFANT LAMB
- 215 INFANT TURKEY
- 216 INFANT VEAL
- 217 INFANT YOGURT

INFANT CEREALS

- 201 INFANT BARLEY CEREAL
- 202 INFANT HIGH PROTEIN CEREAL
- 203 INFANT MIXED CEREAL
- 204 INFANT OATMEAL CEREAL
- 221 INFANT READY-TO-EAT BREAKFAST CEREAL
- 205 INFANT RICE CEREAL
- 208 INFANT WHOLE WHEAT CEREAL

INFANT FORMULA

- 11 BREASTMILK
- 13 PARENT SUPPLIED FORMULA
- 12 PROVIDER SUPPLIED FORMULA

INFANT BREAD / CRACKERS

- INFANTS 6 - 12 MONTHS
- 206 BREAD, 1/2 SLICE MINIMUM
- 207 CRACKERS, 2 MINIMUM

VEGETABLES

FRUITS

MAKE SELECTION FROM THE REGULAR FOOD CHART

CEREAL & CRACKER LIST BREAD / BREAD ALTERNATES

CEREAL

WHOLE GRAIN OR ENRICHED, BREAKFAST OR SNACK ONLY

- 228 ALPHA BITS **WG**
- 121 ARROWHEAD MILLS PUFFED CORN **WG**
- 122 ARROWHEAD MILLS PUFFED RICE **WG**
- 123 ARROWHEAD MILLS PUFFED WHEAT **WG**
- 133 BACK TO NATURE CLASSIC GRANOLA - Plain Only **WG**
- 125 BARBARA'S SHREDDED SPOONFULS **WG**
- 170 BRAN FLAKES **WG**
- 230 CHEERIOS - Original or Multigrain Only **WG**
- 235 CORN CHEX **WG**
- 240 CORN FLAKES
- 248 COUNTRY CORN FLAKES **WG**
- 280 CREAM OF RICE
- 281 CREAM OF WHEAT **WG**
- 242 CRISPIX
- 220 CRISPY RICE
- 221 CRISPY WHEAT & RICE FLAKES
- 224 EZEKIEL CEREAL **WG**
- 225 FARINA
- 171 FIBER ONE **WG**
- 231 GRAPE-NUTS **WG**
- 232 GRAPE-NUTS FLAKES **WG**
- 76 GRITS - Whole or Enriched
- 234 HEARTLAND - Original **WG**
- 237 HONEY BUNCHES OF OATS
- 241 KASHI **WG**
- 243 KIX - Regular & Honey **WG**
- 244 LIFE - Original **WG**
- 282 MALT-O-MEAL - Hot Only
- 284 OATMEAL - Unsweetened Only **WG**

CEREAL

WHOLE GRAIN OR ENRICHED, BREAKFAST OR SNACK ONLY

- 256 PUFFINS - Honey Rice **WG**
- 257 PURELY O'S **WG**
- 263 RICE CHEX **WG**
- 264 RICE KRISPIES
- 267 SHREDDED WHEAT **WG**
- 268 SPECIAL K
- 274 TOTAL **WG**
- 120 TRADER JOE'S - Joe's O's **WG**
- 275 UNCLE SAM **WG**
- 276 WHEAT CHEX **WG**
- 285 WHEATENA **WG**
- 278 WHEATIES **WG**

CRACKERS

WHOLE GRAIN OR ENRICHED, SNACK ONLY

- 135 ANIMAL CRACKERS - NO MORE THAN 2X/ WEEK
- 146 CHEESE CRACKERS
- 147 CLUB CRACKERS
- 148 FISH CRACKERS
- 140 GRAHAM CRACKERS - NO MORE THAN 2X/ WEEK
- 150 HI HO / RITZ CRACKERS
- 151 MATZO CRACKERS
- 152 MELBA TOAST
- 153 OYSTER CRACKERS
- 168 PRETZELS
- 154 RYE CRACKERS - Ryvita; Wasa; Ak-Mak, etc.
- 155 SALTINE CRACKERS
- 156 TRISCUITS **WG**
- 157 WHEAT CRACKERS
- 158 WHEAT THINS
- 160 WHOLE GRAIN CRACKERS **WG**
- 161 ZWIEBACK TOAST

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