

# 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
- 20 BEEF TRIPE \*
- 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 )
- 112 REFRIED BEANS

### CHEESES

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

### EGGS

- 131 EGG \*
- 172 EGG CUSTARD OR FLAN \* HM, SN

### 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 \*

### NUTS OR SEEDS

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

## BREAD & BREAD ALTERNATES

\*\* FIRST INGREDIENT MUST BE ENRICHED OR WHOLE GRAIN 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 \*
- 144 EGG ROLL WRAPS \*
- 23 ENGLISH MUFFIN \*
- 162 ENRICHED BREAD \*
- 24 FLAT BREAD \*
- 26 FRENCH TOAST \*
- 02 FRITTERS \* HM
- 30 HAMBURGER BUNS \*
- 32 HOT DOG BUNS \*
- 33 HUSH PUPPIES \* HF
- 38 PITA BREAD \*
- 63 PIZZA CRUST \*
- 40 POPOVERS \*
- 43 PUMPKIN BREAD \*
- 163 QUICK BREAD \*
- 44 RAISIN BREAD \*
- 45 ROLLS \*
- 164 WHOLE WHEAT BREAD \*
- 53 WONTON WRAPPERS \*
- 54 ZUCCHINI BREAD \*

### CEREAL / COOKIES / CRACKERS

(SEE LIST FOR #)

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

### CRUSTS

- 130 POT PIE / QUICHE CRUST \*

### PASTRY / MUFFINS

#### SNACK ONLY

- 64 CINNAMON ROLLS \*
- 65 COFFEE CAKE \*
- 66 DONUTS \*
- 67 MUFFINS \*
- 70 SWEET ROLLS \*

### GRAINS

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

### PANCAKES

- 81 PANCAKES \*
- 82 WAFFLES \*

### PASTA

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

### PRETZELS

(SEE LIST FOR #)

### RICE

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

### STUFFING

- 113 STUFFING / DRESSING \* HM

### TORTILLAS

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

### 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



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# CHILDREN'S FOOD CHART

## VEGETABLES

### FRESH, FROZEN, CANNED, DRIED

- 152 ARTICHOKE
- 153 ASPARAGUS
- 154 AVOCADO HF
- 155 BAKED BEANS
- 157 BEETS
- 158 BLACK BEANS
- 160 BLACKKEYED 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 HF
- 180 GARBANZO BEANS / CHICK PEAS
- 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, NOT CRANRAISINS
- 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
- 51 APPLE COMBINATIONS
  - 50 APPLE JUICE
  - 53 CARROT JUICE \*
  - 55 CRANBERRY/ COMBINATION JUICE
  - 56 FRUIT PUNCH
  - 57 GRAPE JUICE
  - 58 GRAPEFRUIT JUICE
  - 60 JUICY JUICE
  - 63 ORANGE COMBINATION JUICE
  - 62 ORANGE JUICE
  - 65 PINEAPPLE COMBINATIONS
  - 64 PINEAPPLE JUICE
  - 67 PRUNE JUICE
  - 71 TOMATO JUICE \*
  - 72 TROPICAL FRUIT JUICE
  - 73 V - 8 JUICE \*

## MILK

### MILK

- 4 FLUID MILK \*

### LEGEND

- \* NOT REIMBURSABLE FOR INFANTS UNDER 1 YEAR
- S N** SNACK ONLY
- H F** HIGH FAT ( SERVE NO MORE THAN 3X's / WEEK)
- H M** HOME MADE
- H S** HIGH SALT

## INFANT FOOD CHART

### INFANT MEATS

- 211 INFANT BEEF
- 212 INFANT CHICKEN
- 210 INFANT EGG YOLK
- 213 INFANT HAM
- 214 INFANT LAMB
- 215 INFANT TURKEY
- 216 INFANT VEAL

### INFANT CEREALS

- 201 INFANT BARLEY CEREAL
- 202 INFANT HIGH PROTEIN CEREAL
- 203 INFANT MIXED CEREAL
- 204 INFANT OATMEAL CEREAL
- 205 INFANT RICE CEREAL
- 208 INFANT WHOLE WHEAT CEREAL

### INFANT FORMULA

- 11 BREAST MILK
- 13 PARENT SUPPLIED FORMULA
- 12 PROVIDER SUPPLIED FORMULA

### INFANT BREAD / CRACKERS

- INFANTS 8 - 12 MONTHS
- 206 BREAD 1/2 SLICE MINIMUM
- 207 CRACKERS 2 MINIMUM

### VEGETABLES FRUITS

MAKE SELECTION FROM THE REGULAR FOOD CHART

ALTHOUGH JUICE IS ALLOWED AT SNACK FOR 8-12 MONTHS OLD, IT IS NOT RECOMMENDED.

# CEREAL, COOKIE & CRACKER LIST

## BREAD & BREAD ALTERNATES

### CEREAL

**NOT REIMBURSABLE FOR INFANTS UNDER 1 YEAR, BREAKFAST OR SNACK ONLY**

226 ALPEN NATURAL CEREAL  
 228 ALPHA BITS  
 121 ARROWHEAD MILLS PUFFED CORN  
 122 ARROWHEAD MILLS PUFFED RICE  
 123 ARROWHEAD MILLS PUFFED WHEAT  
 133 BACK TO NATURE CLASSIC GRANOLA (PLAIN ONLY)  
 125 BARBARA'S SHREDDED SPOONFULS  
 170 BRAN FLAKES  
 230 CHEERIOS (REGULAR & MULTIGRAIN ONLY)  
 235 CORN CHEX  
 240 CORN FLAKES  
 248 COUNTRY CORN FLAKES  
 280 CREAM OF RICE  
 281 CREAM OF WHEAT  
 242 CRISPIX  
 220 CRISPY RICE  
 221 CRISPY WHEAT & RICE FLAKES  
 222 DORA THE EXPLORER CEREAL  
 223 DOUBLE CHEX  
 224 EZEKIEL CEREAL  
 225 FARINA  
 171 FIBER ONE  
 227 FORTIFIED OAT FLAKES  
 231 GRAPE NUTS  
 232 GRAPE - NUTS FLAKES  
 76 GRITS (Whole or Enriched)  
 234 HEARTLAND  
 237 HONEY BUNCHES OF OATS , REGULAR  
 238 JUST RIGHT  
 241 KASHI  
 233 KASHI HONEY SUNSHINE  
 243 KIX , REGULAR & HONEY  
 245 LIFE CINNAMON FLAVOR  
 244 LIFE , PLAIN  
 282 MALT - O - MEAL (HOT ONLY)  
 131 NATURE VALLEY GRANOLA (CINNAMON & RAISIN)  
 132 NATURE VALLEY GRANOLA (TOASTED OAT MIXTURE)  
 250 NUTRI - GRAIN, WHOLE WHEAT  
 252 OATIOS  
 284 OATMEAL (UNSWEETENED ONLY)  
 251 OATY BITES

### CEREAL

**NOT REIMBURSABLE FOR INFANTS UNDER 1 YEAR, BREAKFAST OR SNACK ONLY**

253 PRODUCT 19  
 256 PUFFINS , HONEY RICE  
 257 PURELY O'S  
 262 RALSTON WHOLE WHEAT OR SUN FLAKES  
 263 RICE CHEX  
 264 RICE KRISPIES  
 265 ROMAN MEAL CEREALS , HOT ONLY  
 266 SHREDDED OATS  
 267 SHREDDED WHEAT  
 268 SPECIAL K  
 134 SUN COUNTRY GRANOLA  
 272 TOASTIES  
 273 TOASTY O'S  
 274 TOTAL  
 120 TRADER JOE JOE'S O'S  
 275 UNCLE SAM  
 276 WHEAT CHEX  
 285 WHEATENA  
 278 WHEATIES

### CRACKERS

**WHOLE GRAIN OR ENRICHED, SNACK ONLY**

146 CHEESE CRACKERS  
 147 CLUB CRACKERS  
 148 FISH CRACKERS  
 150 HI HO / RITZ CRACKERS  
 151 MATZO CRACKERS  
 152 MELBA TOAST  
 153 OYSTER CRACKERS  
 168 PRETZELS  
 154 RYE CRACKERS  
 155 SALTINE CRACKERS  
 156 TRISCUITS  
 157 WHEAT CRACKERS  
 158 WHEAT THINS / WHEATABLES  
 160 WHOLE GRAIN CRACKERS ( LIKE AK - MAK )  
 161 ZWIEBACK TOAST

### COOKIES

**NOT REIMBURSABLE FOR INFANTS UNDER 1 YEAR, SERVE NO MORE THAN TWICE PER WEEK. WHOLE GRAIN OR ENRICHED ONLY, SNACK ONLY**

135 ANIMAL COOKIES / CRACKERS  
 136 CHOCOLATE CHIP COOKIES  
 137 CHOCOLATE COOKIES  
 138 GINGER SNAPS  
 140 GRAHAM CRACKERS / TEDDY GRAHAMS  
 141 GRANOLA BARS  
 142 OATMEAL COOKIES  
 143 PEANUT BUTTER COOKIES  
 254 SUGAR COOKIES  
 145 VANILLA WAFERS



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