

CHILDREN'S FOOD CHART

MEAT & MEAT ALTERNATES

» USE INFANT FOOD CHART FOR CHILDREN UNDER 1 YEAR OLD «

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**



Child Development Associates, Inc.

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LEGEND

* USE INFANT FOOD CHART FOR CHILDREN UNDER 1 YEAR OLD

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

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 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 - UNFLAVORED

- 4 1% or Fat Free- ages 2 & up/
Whole Milk- 1 year olds

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

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/ PORK
- 214 INFANT LAMB
- 215 INFANT TURKEY
- 216 INFANT VEAL
- 217 INFANT YOGURT

INFANT FORMULA

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

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 **SN**
- 205 INFANT RICE CEREAL
- 208 INFANT WHOLE WHEAT CEREAL

INFANT BREAD / CRACKERS

- 206 BREAD, 1/2 SLICE MINIMUM
- 207 CRACKERS, 2 MINIMUM

VEGETABLES

FRUITS

MAKE SELECTION FROM THE REGULAR FOOD CHART (Check with Parents before offering new foods in case of allergic reactions)

» Breastmilk or formula **only** should be claimed until the infant is developmentally ready to accept all 3 required foods at meals & snacks.

CEREAL & CRACKER LIST BREAD / BREAD ALTERNATES

» USE INFANT FOOD CHART FOR CHILDREN UNDER 1 YEAR OLD «

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
- 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

LEGEND

- | |
|---|
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UNDER 1 YEAR OLD</p> <p>SN SNACK ONLY</p> <p>HF HIGH FAT (SERVE NO MORE THAN 3X's / WEEK)</p> <p>HM HOME MADE</p> <p>HS HIGH SALT</p> <p>WG WHOLE GRAIN / Whole Grain-Rich</p> |
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