

**MEAT/MEAT****ALTERNATIVES****BEANS/LEGUMES/TOFU**

- 01 Beans, assorted dry
- 26 Beans, baked
- 15 Beans, refried
- 02 Bean Soup
- 08 Edamame
- 03 Garbanzo/Chick Peas
- 11 Hummus (HM or CN)
- 04 Lentils

**BEEF**

- 05 Beef (various cuts)
- 06 Beef Franks (all meat)<sup>1</sup>
- 07 Beef, ground
- 10 Beef, sliced
- 12 Corn Dog (HM or CN)<sup>1</sup>
- 13 Corned Beef
- 14 CN Pepperoni & Cheese

**CHEESE**

- 17 Cheese Food/Spread (2xs)<sup>1</sup>
- 18 Cottage Cheese (2xs)
- 20 Natural Cheese
- 21 Processed Cheese
- 22 Ricotta Cheese<sup>1</sup> (2xs)

**CHICKEN**

- 23 Chicken (whole or pieces)
- 24 Chicken, breaded (HM or CN)
- 28 Chicken, canned
- 25 Chicken Franks (all meat)<sup>1</sup>
- 27 Chicken, ground
- 30 Chicken, sliced

**EGG**

- 31 Egg, whole

**NUTS (50% serving at lunch)**

- 33 Nuts<sup>1</sup> (assorted)

**NUT BUTTERS**

- 34 Peanut/Other Nut Butter<sup>1</sup>
- 35 Peanut/Nut Butter + Additional protein

**PEAS**

- 36 Dried Peas (whole, split)
- 37 Split Pea Soup

**PORK**

- 38 Pork (various cuts)
- 41 Ham
- 42 Pork, ground
- 43 Pork, pulled
- 44 Sausage, fresh pork<sup>4</sup>
- 47 Sausage, fresh Italian<sup>4</sup>

**SEAFOOD**

- 45 Fish (store bought)
- 46 Fish, breaded- not from minced fish (CN or HM)

**SEAFOOD**

- 50 Salmon
- 53 Shrimp<sup>1</sup>
- 54 Tuna
- 66 Other Seafood (specify)

**SEEDS (50% serving at lunch)**

- 55 Seeds (pumpkin, squash, sunflower)

**TURKEY**

- 56 Turkey (whole or pieces)
- 57 Turkey Frank (all meat)<sup>1</sup>
- 58 Turkey, ground
- 60 Turkey Ham
- 61 Turkey, sliced

**YOGURT, commercial only**

- (no more than 23 grams of sugar per 6 oz.)

**YOGURT**

- 62 Yogurt
- 63 Yogurt, soy<sup>1</sup>

**TOFU, commercial only**

- (5 gm protein per 2.2 oz.)

**TOFU**

- 64 Tofu<sup>1</sup>

**OTHER Meat/Alternative**

- 65 Other (specify)

**GRAINS**

- 01 Bagel
- 07 Barley, whole
- 02 Biscuits
- 03 Breading
- 04 Bread Sticks
- 36 Rolls/Buns
- 05 Chow Mein Noodles
- 06 Cornbread
- 08 Croutons
- 11 Dumplings
- 12 Egg Roll/Wanton Wrappers
- 13 English Muffins
- 15 Flat Bread

**16 French Bread**

- 17 French Toast
- 66 Grits
- 21 Italian Bread
- 24 Millet
- 25 Muffins
- 26 Oatmeal Bread
- 47 Pancakes/waffles
- 27 Pie Crust, meat pies
- 28 Pita Bread
- 30 Pizza Crust
- 34 Quick Bread
- 35 Quinoa
- 37 Rusk
- 38 Rye Bread
- 41 Sourdough Bread
- 43 Stuffing/Dressing
- 44 Whole Wheat Bread
- 45 White Bread

**CEREAL**

- cold – see list
- hot – see list

**CRACKERS**

- \*Crackers – see list

**PASTA**

- 48 Pasta /Noodles
- 50 Couscous

**PRETZELS (soft & hard)**

- 56 Pretzels

**RICE**

- 60 Brown Rice
- 61 Rice Cakes
- 62 Wild Rice
- 63 White Rice

**TORTILLAS**

- 64 Taco Shell
- 65 Tortilla
- 67 Tortilla Chips, whole grain

**OTHER GRAINS**

- 66 Other Grain (specify)

**FRUIT**

- 01 Apple
- 02 Applesauce
- 03 Apricots
- 04 Bananas
- 05 Blackberries
- 06 Blueberries

**08 Cantaloupes**

- 10 Cherries
- 16 Clementines
- 11 Cranberry sauce, whole
- 17 Cranberries, dried/craisins<sup>2</sup>
- 14 Fruit Cocktail
- 15 Fruit, mixed
- 20 Grapefruit
- 21 Grapes
- 23 Honey Dew
- 24 Kiwifruit
- 26 Mangos
- 27 Nectarines
- 28 Oranges
- 30 Papayas
- 32 Peaches
- 33 Pears
- 34 Pineapples
- 35 Plums
- 12 Pomegranates
- 36 Prunes
- 37 Raisins<sup>2</sup>
- 38 Raspberries
- 40 Rhubarb
- 41 Star Fruit
- 42 Strawberries
- 43 Tangerines
- 45 Watermelon
- 46 Other Fruit (specify)

**JUICE- 100% juice**

- (1 year and older)
- 50 Apple Cider, pasteurized
- 51 Apple Juice
- 54 Cherry Juice Blends
- 55 Fruit Punch Juice
- 56 Grape Juice
- 58 Grapefruit Juice
- 60 Juicesicles
- 61 Mixed Berry Juice
- 62 Mixed Vegetable juice
- 63 Orange Juice
- 65 Peach Juice Blends
- 67 Pineapple Juice
- 70 Prune Juice
- 72 Tomato Juice
- 73 Tropical Blend Juice
- 71 Mixed Fruit Juice
- 74 Other Juice (specify)

**MILK (fluid milk only)**

- 4 Flavored Skim Milk (6 years and older only)
- 7 Milk, 1% or skim (age 1 whole milk only)
- 8 Milk Equivalent-see list (parent request required)
- 9 Special Provision– requires special diet statement

**VEGETABLES**

- 150 Alfalfa Sprouts
- 151 Asparagus
- 152 Avocado
- 153 Baked Beans
- 154 Bean Sprouts
- 155 Beets
- 156 Broccoli
- 158 Brussel Sprouts
- 160 Cabbage
- 161 Carrots
- 162 Cauliflower
- 163 Celery
- 164 Corn
- 165 Cucumbers
- 166 Dried Beans
- 167 Dried Peas
- 157 Edamame
- 168 Eggplant
- 170 French Fries
- 211 Green Beans
- 171 Greens/Lettuce<sup>3</sup>
- 172 Jicama
- 173 Kohlrabi
- 174 Lentils
- 212 Lima Beans
- 175 Mixed Vegetables
- 176 Mushrooms<sup>4</sup>
- 177 Okra
- 178 Onions<sup>4</sup>
- 180 Parsnips
- 181 Peas
- 182 Peppers
- 183 Pickles<sup>4</sup>
- 184 Potatoes
- 185 Sweet Potatoes/Yams
- 187 Radishes

- 188 Refried Beans
- 200 Rutabagas
- 201 Sauerkraut
- 202 Spinach
- 203 Squash/Zucchini
- 204 Tomatoes
- 205 Tomato Paste
- 206 Tomato Sauce
- 217 Tomato Soup<sup>4</sup>
- 207 Tossed Salad
- 208 Turnips
- 210 Yellow Beans
- 218 Other (specify)

**INFANT FOODS****INFANT CEREAL**

- (iron fortified)
- 201 Barley
- 203 Mixed
- 204 Oatmeal
- 205 Rice (brown/white)
- 202 Wheat
- 206 Other (specify)

**INFANT FORMULA**

- 11 Provider Supplied Formula (iron fortified)
- 12 Low Iron Formula/Other (Special Diet Statement)
- 13 Parent Provided Formula (iron fortified)/Breast Milk

**INFANT MEATS**

- 211 Infant Beef
- 212 Infant Chicken
- 213 Infant Ham
- 215 Infant Turkey
- 216 Other (specify)

CN = Child Nutrition Label

HM = Homemade

<sup>1</sup> not allowed for infants

<sup>2</sup> ¼ cup of dried fruit counts as ½ cup of fruit

<sup>3</sup> 1 cup leafy greens counts as ½ cup vegetables

<sup>4</sup> Check minimum serving size requirements



**Breakfast Cereal**

(whole grain-rich or enriched)

*Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.*

**Cold Cereals**

- 101 Bran Cereal
- 102 Bran Flakes
- 103 Cheerios
- 104 Corn Cereal
- 105 Corn Flakes
- 106 Graham Cereal
- 107 Granola
- 108 Grape-Nuts
- 110 Kix
- 111 Mixed Grain Cereal
- 112 Mixed Grain Flakes
- 113 Oat Cereal
- 114 Oat Flakes
- 115 Puffed Rice
- 116 Puffed Wheat
- 123 Rice Cereal
- 117 Rice Krispies
- 118 Shredded Wheat
- 120 Wheat Cereal
- 121 Wheat Flakes
- 122 Other (specify)

**Hot Cereal**

- 231 Bulgur
- 232 Cream of Rice
- 233 Cream of Wheat
- 234 Malt-O-Meal
- 235 Oatmeal
- 238 Other (specify)

**Crackers**

(whole grain-rich or enriched)

- 265 Animal Crackers\*
- 245 Cheese Crackers
- 246 Club Crackers
- 247 Graham Crackers\*
- 248 Hi Ho/Ritz Crackers
- 250 Melba Toast
- 251 Oat Crackers
- 252 Oyster Crackers
- 261 Rice Crackers
- 253 Rye Crackers
- 254 Saltine Crackers
- 255 Sesame Crackers
- 256 Vegetable Crackers
- 257 Wheat Crackers
- 260 Other (specify)

\* These products are high in sugar and their use should be limited.

**Things to Remember****Milk**

- 1 year olds: unflavored whole milk
- 2-5 year olds: unflavored low-fat (1%) or fat-free milk (skim)
- 6 years+: unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free milk (skim)

**Fruits and Vegetables**

- Juice is limited to 1x/day

**Meat /Meat Alternatives**

- May be served in place of the grain component at breakfast no more than 3 times per week.  
Meal alternatives include: yogurt, egg, cheese or cottage cheese, peanut butter, cooked dry beans or peas, or tofu.  
Be sure to follow correct equivalents for meat alternatives.

**Grains**

- At least one serving of grains per day must be whole grain-rich.
- Grain-based desserts no longer count towards the grain component.

**Added Sugar**

- Yogurt must contain no more than 23 gm of sugar per 6 oz.
- Breakfast cereals must contain no more than 6 gm of sugar per dry oz.



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