

CHILDREN'S FOOD CHART

VEGETABLES

Fresh, Frozen, Canned, Dried

- 150 Acorn Squash ACI
- 151 Alfalfa Sprouts
- 152 Artichokes
- 153 Asparagus C
- 154 Avocado HF
- 155 Bamboo Shoots
- 156 Bean Sprouts C
- 157 Beets
- 158 Bok Choy AC
- 161 Broccoli AC
- 162 Brussels Sprouts C
- 163 Butternut Squash AC
- 164 Carrots A
- 165 Cauliflower C
- 166 Celery
- 167 Cole Slaw
- 168 Corn
- 170 Cucumbers
- 171 Eggplant
- 173 Hummus I
- 176 Leeks
- 177 Lentils I
- 178 Lettuce and Tomato
- 180 Mixed Vegetables
- 181 Mushrooms
- 183 Okra C
- 184 Olives
- 185 Onions C
- 172 Peppers C
- 187 Pickles
- 188 Pumpkin AC
- 200 Radishes C
- 201 Raw Veggie Plate
- 203 Rutabagas C
- 204 Salsa HM
- 205 Sauerkraut
- 207 Spaghetti Squash AC
- 208 Water Chestnuts
- 211 Yellow Squash C
- 212 Zucchini Squash CI

BEANS

- 214 Baked Beans I
- 215 Black Beans I
- 216 Chili Beans I
- 217 Fava Beans I
- 218 Garbanzo Beans / Chick Peas I
- 220 Great Northern Beans I
- 221 Green Beans
- 222 Lima Beans CI
- 224 Navy Beans I
- 225 Pinto Beans I
- 227 Red / Kidney Beans I
- 228 Refried Beans I
- 230 Soybeans I

BEANS (Cont.)

- 231 Wax / Yellow Beans CI
- 233 Cabbage, Red / White C
- 234 Collard Greens AC
- 236 Kale AC
- 237 Lettuce
- 241 Parsnip C
- 244 Salad
- 242 Spinach ACI
- 243 Swiss Chard ACI
- 245 Turnip Greens AC

PEAS

- 247 Blackeyed Peas I
- 252 Peas C

POTATOES

- 254 French Fries HF/C
- 255 Hash Browns HF/C
- 256 Mashed Potatoes C
- 257 Potato Skins C
- 258 Potatoes C
- 260 Scalloped Potatoes C
- 261 Sweet Potato/Yams AC
- 262 Tater Tots HF/C

TOMATOES

- 267 Fresh Tomatoes AC
- 268 Stewed Tomatoes AC
- 264 Tomato Paste AC
- 266 Tomato Sauce AC

SOUPS

- 271 Bean Soup I
- 274 Minestrone Soup
- 275 Potato Soup C
- 276 Split Pea Soup I
- 277 Tomato Soup AC
- 280 Vegetable Soup A

FRUITS

Fresh, Frozen, Canned, Dried

- 01 Apples C
- 02 Applesauce C
- 03 Apricots A
- 04 Bananas C
- 05 Blackberries C
- 06 Blueberries C
- 10 Cantaloupe AC
- 11 Cherries A
- 12 Cranberries
- 16 Fruit Cocktail AC
- 20 Fruit Salad AC
- 21 Grapefruit C
- 22 Grapes
- 24 Honeydew Melon AC
- 26 Kiwi C
- 27 Mandarin Oranges AC
- 28 Mangos AC
- 31 Nectarines AC
- 32 Oranges C
- 33 Papaya AC
- 34 Peaches AC
- 35 Pears C
- 37 Pineapple C
- 40 Plums AC
- 41 Prunes AI
- 42 Raisins I
- 43 Raspberries C
- 44 Rhubarb
- 46 Strawberries C
- 47 Tangerines C
- 51 Watermelon AC

JUICES

- 52 Apple Cider C
- 53 Apple Juice C
- 60 Berry Juicy Juice
- 63 Cherry Juice A
- 64 Cranberry / Combinations Juice
- 66 Grape Juice C
- 67 Grapefruit Juice C
- 72 Orange Juice C
- 74 Orange-Pineapple Juice C
- 75 Peach Juice C
- 76 Pear Juice C
- 80 Pineapple Juice C
- 83 Prune Juice AI
- 84 Punch Juicy Juice
- 101 Tropical Juicy Juice

MILK

- 8 Milk *A

88 Tomato Juice / V8 *AC



FIRST STEP TO NUTRITION

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LEGEND

*	Not Reimbursable for Infants Under 1 Year
BR	Breakfast Only
BR/SN	Breakfast or Snack Only
CN	Pre-packaged Foods Must Have a CN Label
DBL	Double Portion Required
HF	High Fat (Serve no more than 3X's/Week)
HM	Homemade
SN	Snack Only
WG	Whole Grain
HS	High Salt
ACI	Vitamins A, C and Iron

INFANT FOOD CHART

MEAT & EGGS

- 210 Infant Beef
- 211 Infant Chicken
- 212 Infant Egg Yolk
- 213 Infant Ham
- 214 Infant Lamb
- 215 Infant Turkey
- 216 Infant Veal

INFANT CEREAL/CRACKER

- 201 Infant Barley
- 204 Infant Mixed
- 205 Infant Oatmeal
- 206 Infant Rice
- 207 Teething Biscuit (snack only)
- 208 Zwieback (snack only)
- 55 Ready To Eat Cereal (snack only)

FORMULA

- 11 Breast Milk
- 13 Iron Fortified Formula

VEGETABLES / FRUITS

Make selections from the regular food chart.