

Meat/Alt		
<b>Tofu</b>		40 <b>Chicken Lunchmeat * HF HS (I)</b>
34	<b>Tofu - firm</b>	41 <b>Chicken Meat Sauce * (I)</b>
<b>Beef</b>		42 <b>Chicken Nuggets CN HF HS (I)</b>
177	<b>Beef Franks &amp; Alt for child under 4 (List Alt in Menu Comment) *+ HF HS (I)</b>	125 <b>Chicken Nuggets and Meat Alternate HF HS (I)</b>
10	<b>Beef Ground HF (I)</b>	47 <b>Chicken Thighs (Boneless) (I)</b>
178	<b>Beef Kielbasa &amp; Alt for children under 4 (List Alt in Menu Comment) *+ HF HS</b>	188 <b>Chicken Wings Deboned * (I)</b>
13	<b>Beef Liver (I)</b>	43 <b>Roasted Chicken (I)</b>
14	<b>Beef Lunchmeat / Bologna * HF HS (I)</b>	267 <b>Sausage Patty-Chicken CN *</b>
1	<b>Beef Meat Sauce * (I)</b>	184 <b>Sausage-Chicken &amp; Alt for child under 4 (List Alt in Menu Comment) *+ (I)</b>
15	<b>Beef Meatballs HF (I)</b>	44 <b>Stew Meat - Chicken (I)</b>
18	<b>Beef Ribs Deboned HF (I)</b>	<b>Duck / Goat / Goose</b>
20	<b>Beef Roast (I)</b>	50 <b>Duck (I)</b>
21	<b>Beef Steak (I)</b>	52 <b>Goose * (I)</b>
2	<b>Beef Stroganoff (I)</b>	<b>Game</b>
3	<b>Braunschwieger * HF HS</b>	51 <b>Goat * (I)</b>
4	<b>Brisket HF</b>	<b>Lamb</b>
5	<b>Chuck Roast</b>	53 <b>Lamb Chops Deboned (I)</b>
181	<b>Corn Dog &amp; Alt for child under 4 (List Alt in Menu Comment) *+ HF HS</b>	57 <b>Lamb Roast (I)</b>
6	<b>Corned Beef HF HS (I)</b>	58 <b>Lamb Stew (I)</b>
17	<b>Pot Roast (I)</b>	56 <b>Lamb, Meat Sauce * (I)</b>
22	<b>Salisbury Steak (I)</b>	<b>Pork</b>
23	<b>Sausage Patty-Beef CN * HF HS (I)</b>	60 <b>Canadian Bacon HF HS (I)</b>
24	<b>Stew Meat - Beef (I)</b>	65 <b>Ham HS (I)</b>
26	<b>Swedish Meatballs (I)</b>	70 <b>Pork Bologna * HF HS (I)</b>
28	<b>Veal (I)</b>	61 <b>Pork Chops / Cutlet HF (I)</b>
63	<b>Vienna Sausage &amp; Alt for child under 4 (List Alt in Menu Comment) *+ HF HS (I)</b>	62 <b>Pork Franks &amp; alt for child under 4 (List Alt in Menu Comment) *+ HF HS (I)</b>
<b>Chicken</b>		64 <b>Pork Ground (I)</b>
31	<b>Chicken Breasts (I)</b>	67 <b>Pork Kielbasa &amp; Alt for child under 4 (List Alt in Menu Comment) *+ HF HS (I)</b>
32	<b>Chicken Croquettes (I)</b>	72 <b>Pork Meat Sauce * (I)</b>
48	<b>Chicken Drumstick Deboned *</b>	71 <b>Pork Meatballs (I)</b>
33	<b>Chicken Franks &amp; Alt for child under 4 (List Alt in Menu Comment) *+ HF HS (I)</b>	73 <b>Pork Pepperoni CN * HF HS (I)</b>
35	<b>Chicken Ground (I)</b>	74 <b>Pork Roast (I)</b>
37	<b>Chicken Legs Deboned (I)</b>	77 <b>Pork Shoulder (I)</b>
38	<b>Chicken Liver (I)</b>	75 <b>Sausage Patty - Pork CN * HF HS (I)</b>
		115 <b>Sausage, Italian / Polish &amp; Alt for child under 4 (List Alt in Menu Comment) *+ HF HS (I)</b>

<b>Legend:</b>	CN	Must Have CN label	HF	High Fat
	DBL	Double Portion Required	HM	Homemade
	*	Disallowed for Infants 6-11 months	HS	High Salt
	~	Disallowed for Non-Infants	A	Vitamin A
	BR	Breakfast Only	C	Vitamin C
	BR/SN	Breakfast or Snack Only	I	Iron
	SN	Snack Only	+	Allow But Warn
	WG	Whole Grain-Rich		

Meat/Alt		
Pork		7 <b>Talapia (I)</b>
78 <b>Spare Ribs Deboned HF (I)</b>		106 <b>Tuna (I)</b>
80 <b>Stew Meat - Pork (I)</b>		<b>Beans / Legumes / Peas</b>
Turkey		127 <b>Baked Beans</b>
266 <b>Sausage Patty- Turkey *</b>		128 <b>Bean Soup (I)</b>
185 <b>Sausage-Turkey Italian &amp; Alt for child under 4 (List Alt in Menu Comment) *+ (I)</b>		263 <b>Black Beans (I)</b>
123 <b>Stew Meat - Turkey (I)</b>		130 <b>Blackeyed Peas (I)</b>
144 <b>Turkey Bacon CN * HF HS (I)</b>		131 <b>Dried Green / Yellow Peas (I)</b>
107 <b>Turkey Breast (I)</b>		132 <b>Garbanzo Beans / Chick Peas (I)</b>
108 <b>Turkey Franks &amp; alt for child under 4 (List Alt in Menu Comment) *+ (I)</b>		133 <b>Great Northern Beans (I)</b>
111 <b>Turkey Ground (I)</b>		143 <b>Homemade Split Pea Soup- Split Peas, Carrots, Celery HM (I)</b>
112 <b>Turkey Ham (I)</b>		182 <b>Hummus (I)</b>
176 <b>Turkey Kielbasa &amp; Alt for child under 4 (List Alt in Menu Comment) *+ HF HS</b>		183 <b>Legume Pasta 100% &amp; Additional Meat Alt. (List Alt in Menu Comment) *</b>
114 <b>Turkey Leg Deboned (I)</b>		134 <b>Lentils/Soup (I)</b>
116 <b>Turkey Lunchmeat * (I)</b>		135 <b>Lima Beans (CI)</b>
118 <b>Turkey Meat Sauce * (I)</b>		270 <b>Mixed Bean Salad - Kidney, Green, Wax, and Garbanzo Beans (I)</b>
117 <b>Turkey Meatballs (I)</b>		136 <b>Mung Beans (I)</b>
124 <b>Turkey Wing Deboned * (I)</b>		137 <b>Navy Beans (I)</b>
121 <b>Whole Turkey (I)</b>		217 <b>Pigeon Peas</b>
Seafood		138 <b>Pinto Beans (I)</b>
81 <b>Catfish *</b>		140 <b>Pork N Beans * (I)</b>
82 <b>Clams * (CI)</b>		141 <b>Red / Kidney Beans (I)</b>
83 <b>Cod *</b>		142 <b>Refried Beans (I)</b>
84 <b>Crab * (I)</b>		27 <b>Roman Beans (I)</b>
85 <b>Fish Fillets</b>		145 <b>Soybeans (I)</b>
86 <b>Fish Sticks CN * HF HS</b>		186 <b>Tempeh *</b>
126 <b>Fish Sticks and Meat Alternate * HF HS</b>		16 <b>White Beans (I)</b>
87 <b>Haddock</b>		<b>Cheeses</b>
88 <b>Lobster (I)</b>		146 <b>American Cheese HF HS</b>
101 <b>Pollock</b>		147 <b>Cheddar Cheese HF</b>
102 <b>Salmon *</b>		158 <b>Cheese and Macaroni HM * HF HS</b>
103 <b>Scallops (I)</b>		150 <b>Colby Cheese HF</b>
104 <b>Scrod *</b>		151 <b>Cottage Cheese</b>
105 <b>Shrimp * (I)</b>		218 <b>Gouda Cheese</b>
8 <b>Swai (I)</b>		265 <b>Havarti Cheese * HF HS</b>
		264 <b>Italian Blend Cheese * HF HS</b>

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	DBL	Double Portion Required	HM	Homemade
	*	Disallowed for Infants 6-11 months	HS	High Salt
	~	Disallowed for Non-Infants	A	Vitamin A
	BR	Breakfast Only	C	Vitamin C
	BR/SN	Breakfast or Snack Only	I	Iron
	SN	Snack Only	+	Allow But Warn
	WG	Whole Grain-Rich		

**Meat/Alt**

**Cheeses**

- 153 **Lowfat Cheese**
- 155 **Monterey Jack Cheese**
- 156 **Mozzarella Cheese**
- 157 **Provolone Cheese**
- 160 **Ricotta Cheese**
- 161 **String Cheese**
- 162 **Swiss Cheese HF**

**Eggs**

- 163 **Egg (I)**

**Peanut Butter**

- 165 **Peanut Butter & Alt for child under 4 (List Alt in Menu Comment) \*+ HF (I)**

**Yogurt**

- 167 **Yogurt for children 1 year and older \***

**Nuts or Seeds**

- 172 **Almonds & Alt for children under 4 (List Alt in Menu Comment) \*+ SN**
- 173 **Cashews & Alt for children under 4 (List ALT in Menu Comment) \*+ SN HF**
- 174 **Peanuts & Alt for child under 4 (List Alt in Menu Comment) \*+ SN HF (I)**
- 175 **Pecans & alt for child under 4 (List Alt in Menu Comment) \*+ SN HF**
- 168 **Pumpkin Seeds & alt for child under 4 (List Alt in Menu Comment) \*+ SN (I)**
- 171 **Sesame Seed & alt for child under 4 (List Alt in Menu Comment) \*+ SN**
- 170 **Sunflower Seeds & alt for child under 4 (List Alt in Menu Comment) \*+ SN**
- 180 **Walnuts & alt for child under 4 (List Alt in Menu Comment) \*+ SN HF**

**Brd/Alt**

**Sweet Crackers**

- 61 **Animal Crackers \* SN**
- 146 **Graham Crackers \* SN**
- 145 **Graham Crackers-Honey \* SN (I)**

**Breads**

- 1 **Apple Bread \***
- 3 **Apricot Bread \***

- 4 **Bagel \* (I)**
- 5 **Bagel Chips \* (I)**
- 162 **Bagel-WG/WW WG \***
- 6 **Banana Bread \***
- 8 **Biscuits \* (I)**
- 10 **Bread Sticks \* (I)**
- 11 **Carrot Bread \***
- 12 **Chow Mein Noodles \* HF**
- 13 **Cornbread \***
- 165 **Crescent Roll \***
- 16 **Croissants \* HF**
- 17 **Croutons \***
- 18 **Date Nut Bread \***
- 20 **Dumplings \***
- 21 **Egg Rolls \***
- 22 **English Muffin \* (I)**
- 158 **English Muffin-WG/WW WG \***
- 23 **Filo Pastry \***
- 24 **Flat Bread \***
- 25 **French Bread \***
- 26 **French Toast \* (I)**
- 28 **Granola \* (I)**
- 30 **Hamburger Buns \* (I)**
- 31 **Hawaiian Bread \***
- 32 **Hot Dog Buns \***
- 33 **Hush Puppies \* HF**
- 34 **Italian Bread \***
- 35 **Lumpia \***
- 37 **Multi-grain Bread WG \***
- 38 **Oatmeal Bread \* (I)**
- 41 **Pilot Bread \***
- 42 **Pita Bread \* (I)**
- 43 **Pita Crisps \* (I)**
- 44 **Popovers \***
- 45 **Potato Bread \***
- 46 **Pumpernickel Bread \***
- 47 **Pumpkin Bread \***
- 48 **Raisin Bread \***

<b>Legend:</b>	CN	Must Have CN label	HF	High Fat
	DBL	Double Portion Required	HM	Homemade
	*	Disallowed for Infants 6-11 months	HS	High Salt
	~	Disallowed for Non-Infants	A	Vitamin A
	BR	Breakfast Only	C	Vitamin C
	BR/SN	Breakfast or Snack Only	I	Iron
	SN	Snack Only	+	Allow But Warn
	WG	Whole Grain-Rich		

Brd/Alt	
<b>Breads</b>	
50	Rolls * (I)
40	Rolls, Parkerhouse *
52	Rolls, Snow Flake *
51	Rye Bread *
53	Sourdough Bread *
225	Spinach Wrap *
54	Spoonbread *
226	Sundried Tomato Wrap *
55	Wheat Bread * (I)
56	White Bread * (I)
224	White Wrap *
123	Whole Grain Bread WG *
153	Whole Wheat Bread WG *
227	Whole Wheat Wrap WG *
57	Wonton Wrappers *
58	Zucchini Bread * (I)
<b>Cereals</b>	
184	All Bran Wheat Flakes WG * BR/SN Cheerios-Multigrain WG * BR/SN
134	Cheerios-Original WG * BR/SN (I) Cheerios-Veggie Blends-Apple Strawberry WG * BR/SN Cheerios-Veggie Blends-Blueberry Banana WG * BR/SN Chex-Blueberry * BR/SN Chex-Cinnamon * BR/SN
137	Chex-Corn WG * BR/SN (I) Chex-Rice * BR/SN Chex-Vanilla * BR/SN Chex-Wheat WG * BR/SN
136	Corn Flakes * BR/SN
154	Cream of Rice * BR/SN
155	Cream of Wheat * BR/SN (I)
186	Crispix * BR/SN
185	Fiber One WG * BR/SN
135	Kix WG * BR/SN (I)
158	Life * BR/SN
140	Mini-wheat WG * BR/SN
160	Oat Clusters/Squares * BR/SN
156	Oatmeal WG * BR/SN (AI)
138	Rice Krispies * BR/SN (I) Special K-Banana WG * BR/SN
187	Special K-Original * BR/SN Special K-Protein Original WG * BR/SN
167	Total WG * BR/SN
168	Wheaties WG * BR/SN
<b>Crackers</b>	
	Cheez Its- Extra Toasty *
	Cheez Its- Grooves *
	Cheez Its- White Cheddar *
151	Cheez-Its-Original *
166	Club Crackers *
	Flatbread Crackers *
144	Goldfish-Cheddar *
	Goldfish-Colors *
	Goldfish-Parmesan *
	Goldfish-Pizza *
	Goldfish-Pretzels *
161	Matzo Crackers *
8	Oyster Crackers *
	Rice Cakes-Apple Cinnamon WG *
	Rice Cakes-Lightly Salted WG *
117	Rice Cakes-Plain WG * (I) Rice Cakes-White Cheddar WG
150	Ritz Crackers *
143	Saltine Crackers *
148	Soda Crackers *
152	Triscuits WG *
147	Wheat Thins WG *
<b>Crusts</b>	
154	Pie Crust - Savory *
67	Pizza Crust * (I)
<b>Muffins</b>	
74	Apple Muffins * BR/SN
75	Banana Muffins * BR/SN

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	~	Disallowed for Non-Infants	A	Vitamin A
	BR	Breakfast Only	C	Vitamin C
	BR/SN	Breakfast or Snack Only	I	Iron
	SN	Snack Only	+	Allow But Warn
	WG	Whole Grain-Rich		

Brd/Alt		
<b>Muffins</b>		107 Ravioli / Tortellini * (I)
76	Blueberry Muffins * BR/SN	220 Rigatoni *
77	Bran Muffins * BR/SN (I)	188 Rotini *
78	Corn Muffins *	228 Shells *
80	Cranberry Muffins * BR/SN	106 Spaghetti Noodles * (I)
	Oatmeal Muffins * BR/SN	108 Vermicelli Noodles * (I)
183	Pumpkin Muffins HM *	212 Ziti *
	Zucchini Muffins * BR/SN	<b>Grains</b>
<b>Pancakes</b>		155 Amaranth WG *
222	Crepes *	81 Barley WG *
88	Pancakes * (I)	82 Bulgur WG *
223	Waffles *	83 Farina * (I)
<b>Pretzels</b>		84 Grits (Enriched Flour) *
	Pretzel Thins *	85 Millet WG *
110	Pretzel Twists *	86 Oats WG * (AI)
	Pretzel-Mini Twists *	157 Polenta *
	Pretzel-Nuggets *	133 Quinoa WG *
	Pretzel-Rods *	87 Wheat *
	Pretzel-Soft *	<b>Rice</b>
	Pretzel-Sticks *	164 Black Rice WG *
	Pretzels-Sprouted WG *	113 Brown Rice WG * (I)
<b>Pasta</b>		114 Fried Rice * HF (I)
211	Angel Hair *	115 Pilaf Rice * (I)
216	Cavatappi *	116 Rice A Roni * (I)
132	Couscous *	118 Rice with beans *
100	Egg Noodles * (I)	120 White Rice * (I)
102	Elbow Macaroni Noodles * (I)	121 Wild Rice * (I)
217	Farfalle (Bow Tie Pasta) *	55 Yellow Rice *
213	Fettucini *	<b>Soups or Noodles</b>
221	Fideo *	125 Ramen Noodles, Packaged * HF HS )
218	Gnocchi *	
101	Lasagna Noodles * (I)	<b>Stuffing</b>
214	Linguini *	126 Stuffing / Dressing *
103	Macaroni & Cheese, boxed * (I)	<b>Tortillas</b>
	Mini-Wheels *	127 Corn Tortillas *
215	Orzo *	128 Flour Tortillas * (I)
208	Penne *	230 Sun Chips WG *
		131 Taco / Tortilla Chips *

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	BR	Breakfast Only	C	Vitamin C
	BR/SN	Breakfast or Snack Only	I	Iron
	SN	Snack Only	+	Allow But Warn
	WG	Whole Grain-Rich		

**Brd/Alt**

**Tortillas**

130 **Taco Shell \***

**Veg/Frt/Juice**

**Beans / Legumes / Peas**

271 **Pigeon Peas**

**Fruits**

- 1 **Apples (C)**
- 2 **Applesauce (C)**
- 3 **Apricots (A)**
- 4 **Bananas**
- 5 **Blackberries & Alt for child under 4 (List Alt in Menu Comment) \*+ (C)**
- 6 **Blueberries (C)**
- 7 **Boysenberries**
- 8 **Cantaloupe (AC)**
- 10 **Cherries & Alt for child under 4 (List Alt in Menu Comment) + (A)**
- 86 **Clementines**
- 12 **Dates & Alt for child under 4 (List Alt in Menu Comment) \*+**
- 272 **Dragon Fruit (AC)**
- 13 **Figs & Alt for child under 4 (List Alt in Menu Comment) \*+**
- 17 **Grapefruit (C)**
- 85 **Grapes & Alt for child under 4 (List Alt in Menu Comment) \*+**
- 20 **Guava (C)**
- 21 **Honeydew Melon (AC)**
- 22 **Kiwi (C)**
- 23 **Mandarin Oranges (AC)**
- 24 **Mangos (AC)**
- 83 **Mixed Fruit Cup -Cantaloupe, Honeydew, Strawberries HM (AC)**
- 285 **Mixed Fruit Cup- Kiwi, Strawberries, Cantaloupe HM**
- 273 **Mixed Fruit Cup- Peaches, Pears, Pineapple HM**
- 285 **Mixed Fruit Cup-Cantaloupe, Strawberries , Blueberries HM**
- 25 **Nectarines (AC)**

- 26 **Oranges (C)**
- 27 **Papaya (AC)**
- 28 **Peaches (AC)**
- 30 **Pears (C)**
- 31 **Pineapple (C)**
- 32 **Plantain (AC)**
- 33 **Plums (AC)**
- 87 **Prunes, Stewed (AI)**
- 36 **Raisins & Alt for child under 4 (List Alt in Menu Comment) \*+ LD**
- 37 **Raspberries & Alt for child under 4 (List Alt in Menu Comment) + (C)**
- 38 **Rhubarb**
- 40 **Star fruit**
- 41 **Strawberries (C)**
- 42 **Tangerines (C)**
- 43 **Ugli Fruit**
- 44 **Watermelon (AC)**

**Juices**

- 51 **Apple Cider \* BR/SN (C)**
- 52 **Apple Juice \* BR/SN (C)**
- 88 **Apple Juicy Juice \* BR/SN (C)**
- 50 **Apple-Cherry Juice \* BR/SN (C)**
- 53 **Apple-Grape Juice \* BR/SN (C)**
- 100 **Berry Juicy Juice \* BR/SN (C)**
- 54 **Carribbean (100% Juice) Splash \* BR/SN**
- 55 **Carrot Juice \* BR/SN (A)**
- 56 **Cherry Juice \* BR/SN (A)**
- 101 **Cherry Juicy Juice \* BR/SN (C)**
- 271 **Coconut Water 100% \* BR/SN**
- 57 **Cranberry / Combinations Juice \* BR/SN**
- 58 **Cranberry Cape Cod Juice \* BR/SN**
- 61 **Fruit Punch - Mott's \* BR/SN**
- 62 **Fruit Punch - Nothin' But Juice \* BR/SN**
- 63 **Fruit Punch - Speas Farm \* BR/SN**
- 102 **Fruit Punch Juicy Juice \* BR/SN (C)**
- 64 **Grape Juice \* BR/SN (C)**
- 103 **Grape Juicy Juice \* BR/SN (C)**
- 65 **Grapefruit Juice \* BR/SN (C)**

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	BR	Breakfast Only	C	Vitamin C
	BR/SN	Breakfast or Snack Only	I	Iron
	SN	Snack Only	+	Allow But Warn
	WG	Whole Grain-Rich		

**Veg/Frt/Juice**

**Juices**

- 84 **Hawaiian Sunrise (100% juice) \* BR/SN**
- 67 **Juicy Juice \* BR/SN**
- 70 **Just Juicy Juice \* BR/SN**
- 73 **Mixed Fruit Juice \* BR/SN (C)**
- 66 **Nothin' But Juice \* BR/SN**
- 72 **Orange Grape Juice Medley \* BR/SN (C)**
- 71 **Orange Juice \* BR/SN (C)**
- 74 **Pineapple Juice \* BR/SN (C)**
- 34 **Popsicles (100% Juice ONLY) \* BR/SN**
- 75 **Prune Juice \* BR/SN (AI)**
- 76 **Raspberry Juice \* BR/SN (C)**
- 77 **Simply The Juice \* BR/SN**
- 78 **Tangerine Juice \* BR/SN (C)**
- 80 **Tomato Juice / V8 \* BR/SN (AC)**
- 81 **Tropical Fruit (100% juice) \* BR/SN**

**Vegetables**

- 150 **Acorn Squash (ACI)**
- 151 **Alfalfa Sprouts**
- 152 **Artichokes**
- 153 **Asparagus (C)**
- 154 **Avocado (C)**
- 155 **Baked Beans (I)**
- 218 **Baked Potato**
- 156 **Bean Sprouts (C)**
- 157 **Beets**
- 263 **Black Beans (I)**
- 158 **Blackeyed Peas (I)**
  - 5 **Bok Choy (AC)**
- 161 **Broccoflower**
- 160 **Broccoli (AC)**
- 162 **Brussels Sprouts (C)**
- 163 **Butternut Squash (AC)**
- 164 **Cabbage, Red / White (C)**
- 167 **Caesar Salad-Romaine Lettuce \***
- 262 **Carrot Sticks \* (A)**
- 165 **Carrots (A)**

- 166 **Cauliflower (C)**
- 168 **Celery Sticks \***
- 170 **Cole Slaw**
- 171 **Collard Greens (AC)**
- 172 **Corn**
- 173 **Corn Chowder**
- 174 **Cucumbers**
- 278 **Daikon Radish**
- 175 **Dried Green / Yellow Peas (I)**
- 270 **Edamame**
- 176 **Eggplant**
- 177 **English Peas (I)**
  - Escarole
- 178 **French Fries (Baked) HF HS (C)**
- 236 **Fresh Tomatoes (AC)**
- 180 **Garbanzo Beans / Chick Peas (I)**
- 264 **Garden Salad-Lettuce, Cucumbers, Carrots \***
- 181 **Great Northern Beans (I)**
- 185 **Greek Salad**
- 182 **Green Beans**
- 214 **Green Peas (CI)**
  - 1 **Green Plantain (AC)**
- 184 **Greens (AC)**
- 186 **Hash Browns HF (C)**
- 158 **Hummus**
  - 2 **jicama**
- 188 **Kale (AC)**
- 276 **Kohlrabi \***
- 212 **Legume Pasta 100%**
- 200 **Lentils (I)**
- 201 **Lettuce -Iceberg \***
- 287 **Lettuce-Green & Red Leaf \***
- 285 **Lettuce-Romaine \***
- 286 **Lettuce-Spring Mix \***
- 202 **Lima Beans (CI)**
- 280 **Luffa (AC)**
- 266 **Malanga (C)**
- 220 **Mashed Potatoes (C)**

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	BR	Breakfast Only	C	Vitamin C
	BR/SN	Breakfast or Snack Only	I	Iron
	SN	Snack Only	+	Allow But Warn
	WG	Whole Grain-Rich		

**Veg/Frt/Juice**

**Vegetables**

- 268 Mixed Bean Salad -Kidney, Green, Wax, and Garbanzo Beans HM (I)
- 204 Mixed Vegetables- Carrots and Peas
- 273 Mixed Vegetables-Broccoli, Cauliflower, Carrots
- 277 Mixed Vegetables-Carrots, Peas, Corn and Green beans
- 274 Mixed Vegetables-Summer Squash and Zucchini
- 205 Mung Beans (I)
- 206 Mushrooms
- 207 Mustard Greens (AC)
- 281 Nai Bai
- 208 Navy Beans (I)
- 210 Okra (C)
- 213 Parsnip (C)
- 203 Peas and Carrots (ACI)
- 183 Peppers, Green- Side (C)
  - 8 Peppers, Orange-side (AC)
- 228 Peppers, Red-Side (AC)
  - 6 Peppers, Yellow-Side (AC)
- 148 pink beans
- 216 Pinto Beans (I)
- 225 Pork and Beans (I)
- 223 Potato Skins (C)
- 217 Potatoes, Au gratin/Scalloped (C)
- 221 Potatoes, Red/White (C)
- 226 Pumpkin (AC)
- 288 Radicchio \*
- 227 Red / Kidney Beans (I)
- 230 Refried Beans (I)
  - 7 Salsa \*
- 231 Sauerkraut
- 261 Sliced peppers- side (C)
- 267 Snap Peas / Pea Pods (I)
  - 4 Spaghetti Squash (AC)
- 233 Spinach (ACI)
- 234 Stew Vegetables
- 241 Stewed Tomatoes (AC)

- 224 Sweet Potatoes (AC)
- 275 Tarot Root \*
- 235 Tator Tots / Shapes HF (C)
- 240 Tomato Sauce (AC)
- 242 Tossed Salad-Lettuce, Cucumbers, Tomatoes \*
- 243 Turnips (AC)
- 244 Wax / Yellow Beans (CI)
- 245 White Squash (C)
- 147 Yame
  - Yams
- 146 Yautia (AC)
  - 3 Yellow Plantains (AC)
- 246 Yellow Squash/Summer Squash (C)
- 265 Yucca (AC)
- 247 Zucchini Squash (CI)

**Soups**

- 248 Homemade Bean Soup- Navy Beans, Carrots, Celery HM (I)
- 272 Homemade Beef Vegetable Soup-Potatoes, Carrots, Turnips, Parsnips HM
- 283 Homemade Broccoli Soup- Broccoli and Carrots HM
- 250 Homemade Chicken Vegetable Soup -Carrots, Celery, HM (AI)
- 284 Homemade Kale Soup- Kale, Carrots, Celery HM
- 252 Homemade Lentil Soup- Lentils, Carrots, Celery and Tomatoes HM (I)
- 253 Homemade Minestrone Soup-Carrots, Celery, Green Beans, Tomatoes HM
- 254 Homemade Potato Soup-Potatoes, Carrots and Celery HM (C)
- 282 Homemade Sancocho- Potato, Sweet Potato, Plantain, Squash, Corn HM (AC)
- 255 Homemade Split Pea Soup- Split Peas, Carrots, Celery HM (I)
- 256 Homemade Tomato Soup- Crushed or Fresh Tomatoes HM (AC)
- 257 Homemade Turkey Vegetable Soup-Carrots and Celery HM (I)
- 258 Homemade Vegetable Soup-Carrots, Celery, Green Beans, Corn, Tomatoes HM (A)

**Milk**

**Milk**

<b>Legend:</b>	CN	Must Have CN label	HF	High Fat
	DBL	Double Portion Required	HM	Homemade
	*	Disallowed for Infants 6-11 months	HS	High Salt
	~	Disallowed for Non-Infants	A	Vitamin A
	BR	Breakfast Only	C	Vitamin C
	BR/SN	Breakfast or Snack Only	I	Iron
	SN	Snack Only	+	Allow But Warn
	WG	Whole Grain-Rich		



**Milk**

**Milk**

- 1 1%(over 2)/Whole(under 2) \* (A)
- 2 Skim(over 2)/Whole(under 2) \* (A)
- 3 Special Provision(with Diet Statement) \*

**Infant Only**

**Infant Cereals**

- 201 Infant Barley Cereal ~
- 202 Infant High-Protein Cereal ~ (I)
- 203 Infant Mixed Cereal ~ (I)
- 204 Infant Oatmeal Cereal ~ (AI)
- 205 Infant Rice Cereal ~ (I)
- 38 Whole Grain Iron Fortified Infant Cereal WG ~

**Infant Eggs / Meats**

- 211 Infant Beef ~ LD (I)
- 212 Infant Chicken ~ LD (I)
- 187 Infant Egg ~ LD
- 213 Infant Ham ~ LD (I)
- 214 Infant Lamb ~ LD (I)
- 215 Infant Turkey ~ LD (I)
- 216 Infant Veal ~ LD (I)
- 36 Yogurt - Infants ~ LD

**Infant Sweet Crackers**

- Animal Crackers ~ SN
- Graham Crackers ~ SN

**Muffins**

- 283 Apple Muffins ~ SN
- 284 Banana Muffins ~ SN
- 285 Blueberry Muffins ~ SN
- 286 Bran Muffins ~ SN
- 287 Corn Muffins ~ SN
- Oatmeal Muffins ~ SN
- 288 Pumpkin Muffins ~ SN
- Zucchini Muffins ~ SN

**Pancakes**

- Crepes ~ SN
- Pancakes ~ SN
- Waffles ~ SN

**Infant Cereals**

- Cheerios-Multigrain WG ~ SN
- 231 Cheerios-Original WG ~ SN
- Cheerios-Veggie Blends-Apple Strawberry WG ~ SN
- Cheerios-Veggie Blends-Blueberry Banana WG ~ SN
- Chex-Blueberry ~ SN
- Chex-Cinnamon ~ SN
- 266 Chex-Corn WG ~ SN
- Chex-Rice ~ SN
- Chex-Vanilla ~ SN
- Chex-Wheat WG ~ SN
- 267 Corn Flakes ~ SN
- 268 Kix ~ SN
- 270 Rice Krispies ~ SN
- Special K-Banana WG ~ SN
- Special K-Original ~ SN
- Special K-Protein Original WG ~ BR/SN

**Infant Breads / Crackers**

- 232 Apple Bread ~ SN
- 233 Bagel ~ SN
- 234 Banana Bread ~ SN
- 235 Biscuits ~ SN
- 206 Bread - 0 to 1/2 slice ~ SN
- 236 Bread Sticks ~ SN
- 237 Carrot Bread ~ SN
- 271 Cheese Cracker/Cheese Its ~ SN
- 272 Club Crackers ~ SN
- 207 Crackers - 0 to 2 crackers ~ SN
- 238 Crescent Rolls ~ SN
- 240 Croissants ~ SN
- 241 English Muffins ~ SN
- 242 Flat Bread ~ SN
- 243 French Bread ~ SN
- 273 Goldfish ~ SN
- 244 Hamburger Buns ~ SN
- 245 Hawaiian Bread ~ SN
- 246 Italian Bread ~ SN
- 274 Matzo Crackers ~ SN

<b>Legend:</b>	CN	Must Have CN label	HF	High Fat
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	*	Disallowed for Infants 6-11 months	HS	High Salt
	~	Disallowed for Non-Infants	A	Vitamin A
	BR	Breakfast Only	C	Vitamin C
	BR/SN	Breakfast or Snack Only	I	Iron
	SN	Snack Only	+	Allow But Warn
	WG	Whole Grain-Rich		

**Infant Only**

**Infant Breads / Crackers**

- 247 Multi-Grain Bread ~ SN
- 248 Oatmeal Bread ~ SN
- 275 Oyster Crackers ~ SN
- 250 Pita Bread ~ SN
- 251 Potato Bread ~ SN
- 252 Pumpernickel Bread ~ SN
- 253 Pumpkin Bread ~ SN
- 276 Rice Cakes ~ SN
  - Rice Cakes-White Cheddar ~ SN
- 277 Ritz Crackers ~ SN
- 254 Rolls ~ SN
- 256 Rolls -Snowflake ~ SN
- 255 Rolls-Parkerhouse ~ SN
- 257 Rye Bread ~ SN
- 278 Saltine Cracakers ~ SN
- 280 Soda Crackers ~ SN
- 258 Sourdough Bread ~ SN
- 260 Spinach Wrap ~ SN
- 261 Sundried Tomato Wrap ~ SN
- 281 Triscuits ~ SN
- 282 Wheat Thins ~ SN
  - White Bread ~ SN
- 263 Whole Grain Bread ~ SN
- 262 Whole Wheat Bread ~ SN
- 264 Whole Wheat Wrap ~ SN
- 265 Zucchini Bread ~ SN

**Infant Milk / Formula**

- 11 Breast Milk / Iron Fort. Infant Formula ~ (A)
- 12 Non-Iron Fort. Infant Formula, Dr Statement Required ~
- 13 Parent Supplied Formula ~

<b>Legend:</b>	CN	Must Have CN label	HF	High Fat
	DBL	Double Portion Required	HM	Homemade
	*	Disallowed for Infants 6-11 months	HS	High Salt
	~	Disallowed for Non-Infants	A	Vitamin A
	BR	Breakfast Only	C	Vitamin C
	BR/SN	Breakfast or Snack Only	I	Iron
	SN	Snack Only	+	Allow But Warn
	WG	Whole Grain-Rich		