



FOOD CHART

Child and Adult Care Food Program

www.4-C.org foodprog@4-C.org
1.800.292.2429 or 608.271.5242

MEATS & MEAT ALTERNATES

May substitute the entire grain component at breakfast a maximum of three times per week. Meat and poultry must be processed in a facility inspected by USDA or State.

POULTRY

- 01 Chicken breast
- 02 Chicken franks *
- 03 Chicken, ground
- 04 Chicken legs/thighs
- 05 Chicken livers*
- 06 Chicken processed/lunch meat
- 07 Chicken nuggets/sticks
- 08 Chicken sausage *
- 10 Chicken, whole
- 11 Chicken wings
- 12 Duck/Goose
- 13 Rock Cornish hen
- 14 Turkey breast
- 15 Turkey franks *
- 16 Turkey, ground
- 17 Turkey ham
- 18 Turkey processed/lunch meat
- 20 Turkey sausage *
- 21 Turkey, whole

FISH/SEAFOOD

- 23 Crab *
- 24 Fish, fresh or frozen
- 25 Fish, pickled or dried
- 27 Salmon *
- 28 Sardines*
- 30 Shrimp *
- 31 Tuna

BEEF

- 32 Beef, corned
- 33 Beef dried
- 34 Beef franks *
- 35 Beef, ground
- 37 Beef liver*

- 38 Beef roast
- 40 Beef, processed/lunch meat
- 41 Beef ribs
- 42 Beef sausage *
- 43 Beef steak
- 44 Beef stew meat
- 45 Veal

PORK

- 46 Canadian bacon
- 47 Ham
- 48 Pork chops
- 50 Pork franks *
- 51 Pork, ground
- 52 Pork processed/lunch meat
- 53 Pork ribs
- 54 Pork roast
- 55 Pork sausage *
- 56 Pork steak

LAMB

- 57 Lamb

GAME

- 58 Venison
- 60 Rabbit

EGG

- 62 Egg

DRY BEANS/DRY PEAS

- 63 Black beans
- 64 Blackeyed peas
- 65 Butter beans
- 66 Chili beans
- 67 Edamame/Soybeans
- 68 Fava beans
- 70 Garbanzo beans/Chickpeas
- 71 Kidney/red beans
- 72 Lentils
- 73 Lima beans
- 74 Mung beans
- 75 Navy/baked/northern beans
- 76 Pigeon peas
- 77 Pinto Beans
- 78 Split peas

TOFU

Commercially prepared only

- 61 Tofu*

CHEESE

- 80 American cheese*
- 81 Brick cheese
- 82 Cheddar cheese
- 83 Cheese spread*

- 84 Colby cheese
- 85 Colby-Jack cheese
- 86 Cottage cheese
- 87 Edam cheese
- 88 Farmer cheese
- 100 Feta cheese
- 101 Gouda cheese
- 102 Havarti cheese
- 103 Monterey Jack cheese
- 104 Mozzarella cheese
- 105 Muenster cheese
- 106 Provolone cheese
- 107 Ricotta cheese
- 108 String Cheese
- 110 Swiss cheese

YOGURT

Must contain no more than 23 grams of total sugars per 6 ounces.

- 111 Yogurt
- 112 Soy Yogurt

NUT BUTTERS *

- 113 Peanut (or other nut) butter *

NUTS/SEEDS (Snack Only) *

At lunch and dinner, nuts/seeds meet only ½ of M/MA requirement. Serve a second M/MA and record that food on the menu form.

- 114 Almonds *
- 115 Brazil nuts *
- 116 Cashews *
- 117 Hazelnuts/Filberts *
- 118 Mixed nuts *
- 120 Peanuts *
- 121 Pecans *
- 122 Pumpkin/Squash seeds *
- 123 Sesame seeds *
- 124 Sunflower seeds *
- 125 Walnuts *

GRAINS

BREADS & CRACKERS (any meal or snack)

Must be whole grain-rich, enriched, or fortified. At least one grain per day must be whole grain-rich.

- 01 Bagels
- 02 Biscuits

- 03 Bread sticks
- 04 Bread stuffing/dressing
- 05 Breeding on corn dogs*
- 06 Buns/Rolls
- 08 Cinnamon bread
- 10 Cornbread
- 11 Crackers, enriched
- 12 Crackers, whole-grain
- 13 Crepes
- 14 Croissants
- 17 Dumplings
- 18 Eggroll/Wonton wrappers
- 20 English Muffin bread
- 21 English muffins
- 22 Flat Bread
- 24 French/Italian/Vienna bread
- 25 French toast
- 26 Graham/Animal Cracker
- 27 Hawaiian bread
- 30 Matzo
- 32 Muffins
- 33 Oatmeal bread
- 34 Pancakes
- 35 Pastry crust/Puff pastry (main dish only)
- 36 Pita/Syrian bread
- 37 Pizza crust
- 40 Potato bread
- 41 Pretzels
- 42 Pumpernickel bread
- 43 Quick bread
- 44 Raisin bread
- 45 Rice cakes
- 46 Rye bread
- 47 Rye crisp wafers
- 48 Scones (savory)
- 50 Sourdough bread
- 51 Taco/Tostada shells
- 52 Tamales (corn masa)
- 54 Tortilla chips
- 55 Tortillas, corn
- 56 Tortillas, flour
- 57 Tortillas, whole wheat
- 58 Waffles
- 60 White/Wheat bread (enriched)
- 61 Whole grain chips
- 62 Whole Wheat bread
- 63 Zwieback

PASTA/RICE (any meal or snack)

- 64 Pasta (enriched)
- 65 Pasta (whole grain)
- 66 Rice (Brown-whole grain)
- 67 Rice (White-enriched)
- 68 Rice (Wild)

GRAINS (Whole)

- 70 Amaranth
- 71 Barley
- 72 Buckwheat
- 73 Bulgur (wheat)
- 74 Couscous (wheat)
- 75 Farina (wheat)
- 76 Farro
- 77 Grits (not a whole grain)
- 78 Millet
- 80 Oats/Oatmeal
- 81 Polenta (not a whole grain)
- 82 Quinoa

CEREALS

Be enriched, fortified, or whole-grain & contain no more than 6 grams of total sugar per dry ounce.

- 83 Ready-to-eat cereals
- 84 Cooked cereals *

FRUITS

2 fruits cannot be served at lunch or dinner

- 01 Apple/Applesauce
- 02 Apricots
- 03 Bananas
- 04 Blackberries
- 05 Blueberries
- 06 Boysenberries
- 07 Cactus fruit
- 08 Cantaloupe
- 09 Cherries
- 10 Clementines/Tangerines
- 11 Cranberries
- 12 Dates
- 13 Figs
- 14 Grapefruit
- 15 Grapes
- 16 Guava
- 17 Honeydew melon
- 18 Kiwi
- 19 Lycheefruit
- 20 Mandarin oranges

- 21 Mangos
- 23 Mixed fruits
- 24 Muskmelon
- 25 Nectarines
- 26 Oranges
- 27 Papaya
- 28 Peaches
- 30 Pears
- 31 Pineapple
- 32 Plums
- 33 Pomegranates
- 34 Prunes
- 35 Pumpkin
- 36 Raisins/Currants
- 37 Raspberries
- 38 Rhubarb
- 40 Star fruit
- 41 Strawberries
- 43 Ugli Fruit
- 44 Watermelon
- 45 Chayote

JUICES

100% Juice – Vegetable or fruit juices can only be served at one meal or snack per day.

- 50 Apple Juice*
- 51 Cherry Juice*
- 53 Grape Juice*
- 54 Grapefruit Juice*
- 55 Mandarin/tangerine Juice*
- 56 Orange Juice*
- 57 Pear Juice*
- 58 Pineapple Juice*
- 60 Prune Juice*
- 62 Tomato Juice *
- 63 Vegetable Juice/Blend *
- 64 Fruit Juice/Blend*

VEGETABLES

Fruit & vegetable or two different vegetables must be served for lunch & dinner.

- 151 Alfalfa sprouts *
- 152 Artichokes
- 153 Asparagus
- 154 Avocados
- 156 Bean sprouts*
- 157 Beets
- 160 Black beans
- 161 Blackeyed Peas
- 162 Bok choy

- 163 Broccoli
- 164 Broccoflower
- 165 Brussels sprouts
- 166 Butter beans
- 170 Cabbage
- 171 Carrots
- 172 Cauliflower
- 173 Celery
- 174 Chard/Swiss Chard
- 175 Chili beans
- 176 Chili peppers
- 177 Chinese cabbage
- 178 Collard Greens
- 180 Corn
- 181 Cucumbers
- 183 Edamame/Soybeans
- 184 Eggplant
- 185 Endive/Escarole
- 186 Fava beans
- 187 Garbanzo beans/Chickpeas
- 200 Green beans
- 204 Jicama
- 205 Kale
- 206 Kidney/red beans
- 207 Kohlrabi
- 208 Leeks
- 210 Lentils
- 211 Lettuce salad
- 212 Lima beans
- 213 Mixed vegetables
- 215 Mung beans
- 216 Mushrooms
- 217 Mustard Greens
- 218 Navy/Baked/Northern Beans
- 220 Okra
- 223 Parsnips
- 224 Peas
- 225 Peppers
- 226 Pigeon peas
- 227 Pinto beans
- 228 Plantain
- 230 Potatoes
- 231 Pumpkin
- 232 Radishes
- 234 Rutabagas
- 235 Snow peas
- 238 Spinach
- 240 Split peas
- 241 Squash
- 243 Sweet potatoes/Yams

- 244 Tomatoes, fresh
- 245 Tomatoes, salsa /sauce/soup
- 247 Turnips
- 248 Turnip greens
- 250 Watercress
- 251 Wax/yellow beans
- 252 Zucchini
- 253 Seaweed
- 254 Napoles (cactus)

MILK

Must be fluid, not from dry.

- 1 Skim/Nonfat milk to children 2+ years, whole milk to 1 year olds
- 2 1% Lowfat milk to children 2+ years, whole milk to 1 year olds
- 3 Other

* = NOT REIMBURSEABLE FOR INFANTS
INFANT CEREAL (IRON FORTIFIED – IFIC)
Must be plain, not mixed with fruit.

- 201 Barley IFIC
- 203 Mixed-grain IFIC
- 204 Oat IFIC
- 205 Rice IFIC
- 206 Wheat IFIC

INFANT MEATS

May not count meats that are part of mixed baby food products.

- 211 Infant beef
- 212 Infant chicken
- 213 Infant ham
- 214 Infant lamb
- 215 Infant turkey
- 216 Infant veal

INFANT MILK & FORMULA

- 11 Breastmilk or Iron Fortified Infant Formula
- 12 Milk or Formula (requiring Doctors statement)
- 13 Formula from parents

SELECT OTHER FOODS FOR INFANTS FROM REGULAR FOOD CHART LISTS. NO JAR COMBINATION FOODS.