

Training Sponsor

Meat/Alt	Lamb
Beef	118 Broiled Lamb Chops
6 Beef Franks * HF	40 Lamb Chops
7 Beef Ground	42 Lamb Roast
148 Beef Jerky * SN HS	41 Lamb, Cutlet
8 Beef Liver (ACI)	Pork
10 Beef Lunchmeat *	43 Canadian Bacon
11 Beef Meatballs	48 Ham
13 Beef Ribs	44 Pork Chops
20 Beef Tripe	45 Pork Cutlet
1 Braunschwieger * HF	46 Pork Franks * HF
2 Brisket	47 Pork Ground
3 Chuck Roast	50 Pork Kielbasa * HF
5 Corn Dog * HF	51 Pork Liver (ACI)
4 Corned Beef HF	52 Pork Lunchmeat *
12 Pot Roast	53 Pork Meatballs
14 Roast Beef	55 Pork Roast
15 Round Steak	57 Pork Shoulder
16 Salisbury Steak	56 Sausage - Pork * HF
17 Sausage - Beef * HF	58 Spare Ribs
18 Stew Meat - Beef	Seafood
21 Veal	60 Catfish *
22 Vienna Sausage * HF	61 Clams *
Meat & Meat Alternate	62 Cod *
146 Beef Jerky * HS	63 Crab *
Chicken	64 Fish Fillets
23 Chicken Breasts	65 Fish Sticks CN * HF
24 Chicken Croquettes	66 Haddock *
25 Chicken Franks * HF	67 Lobster *
26 Chicken Gizzards	68 Pollock *
27 Chicken Ground	70 Salmon *
28 Chicken Legs	37 Sardines *
30 Chicken Liver (ACI)	71 Scallops *
31 Chicken Lunchmeat *	72 Scrod *
33 Chicken Thighs	73 Shrimp *
34 Chicken Wings *	74 Swordfish *
218 Jerk Chicken	75 Tuna
35 Whole Chicken	Turkey

Legend:	CN	Must Have CN label	HF	High Fat
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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		

Training Sponsor

Meat/Alt	
Turkey	
217	Turkey Bacon * LD
76	Turkey Breast (I)
77	Turkey Franks * HF (I)
78	Turkey Gizzards (I)
80	Turkey Ground (I)
81	Turkey Ham * (I)
82	Turkey Kielbasa * HF (I)
83	Turkey Leg (I)
84	Turkey Lunchmeat *
85	Turkey Meatballs (I)
86	Turkey Nuggets * (I)
87	Whole Turkey (I)
Beans / Legumes / Peas	
88	Baked Beans
100	Black Beans (I)
101	Blackeyed Peas (I)
103	Dried Green / Yellow Peas (I)
102	Garbanzo Beans / Chick Peas (I)
104	Great Northern Beans (I)
54	Hummus (I)
105	Lentils (I)
106	Lima Beans (CI)
107	Mung Beans (I)
108	Navy Beans (I)
115	Other Beans (I)
110	Pinto Beans (I)
111	Red / Kidney Beans (I)
112	Refried Beans (I)
113	Soybeans (I)
114	Split Peas (I)
Cheeses	
116	American Cheese HF
147	Blue Cheese
117	Cheddar Cheese HF
120	Colby Cheese HF
121	Cottage Cheese
122	Lowfat Cheese
123	Monterey Jack Cheese
124	Mozzarella Cheese
125	Pimento Cheese HF
126	Provolone Cheese
127	Ricotta Cheese
128	String Cheese SN
130	Swiss Cheese HF
Eggs	
131	Egg * (I)
Peanut Butter	
133	Peanut Butter & Cheese Stick * HF (I)
132	Peanut Butter - Snack * SN HF (I)
Yogurt	
134	Yogurt *
135	Yogurt & Meat Alternate *
Nuts or Seeds	
137	Cashews * SN HF
138	Peanuts * SN
140	Pecans * SN HF
141	Pumpkin Seeds * SN HF
142	Sesame Seeds * SN HF
143	Soy Seeds * SN
220	Sun Butter
144	Sunflower Seeds * HF
145	Walnuts * SN HF
Brd/Alt	
Whole Grains	
128	Amaranth WG *
4	Bagel - (Whole Grain) WG
106	Brown Rice WG *
73	Cornmeal (Whole or Enriched) WG *
78	Oats WG *
212	Popcorn WG * SN
55	Spelt WG *
Tortillas	
71	Whole Barley WG *
70	Whole Grain Animal Crackers WG SN

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Brd/Alt	
Whole Grains	
117	Whole Grain Chips HM WG *
124	Whole Grain Crackers WG
127	Whole Grain Noodles/Pasta WG * (I)
213	Whole Wheat Cookies WG
Breads	
3	Apricot Bread
5	Banana Bread
7	Biscuits
8	Bread Sticks *
10	Brown Bread
11	Carrot Bread
12	Cereal Bars * BR/SN
13	Chow Mein Noodles * HF
17	Corn Meal Porridge *
14	Cornbread *
68	Cornbread or Corn Muffin *
18	Croissants
20	Date Nut Bread *
21	Dumplings
22	Egg Roll Wraps *
23	English Muffin
24	Flat Bread
25	French Bread
26	French Toast *
27	Friendship Bread *
2	Fritters, Apple BR/SN
6	Fritters, Banana BR/SN
15	Fritters, Corn
28	Granola Bars * BR/SN
30	Hamburger Buns
31	Hawaiian Bread
32	Hot Dog Buns
33	Hush Puppies HF
34	Italian Bread
35	Multi-grain Bread
36	Oatmeal Bread
37	Pilot Bread
38	Pita Bread
40	Popovers
41	Potato Bread
42	Pumpernickel Bread
43	Pumpkin Bread
44	Raisin Bread
45	Rolls
46	Roti Bread
47	Rye Bread
48	Sourdough Bread
50	Spoonbread
51	Wheat Bread
214	Wheat Bread WG
52	White Bread *
1	Whole Wheat Apple Bread WG
53	Wonton Wrappers *
54	Zucchini Bread
Bread & Bread Alternates	
208	Oatmeal WG
210	Whole Grain Pita Bread WG
Cereals	
55	Cold Cereal * BR/SN
56	Hot Cereal * BR/SN
Crackers	
66	Cheese Crackers
118	Graham Crackers SN
125	Oyster Crackers
120	Pretzels *
121	Ritz Crackers
61	Saltine Crackers
122	Snack Crackers
123	Triscuits *
Crusts	
63	Pizza Crust
62	Pot Pie Crust
Pastry / Muffins	
64	Cinnamon Rolls * BR/SN

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Training Sponsor

Brd/Alt	Stuffing
Pastry / Muffins	113 Stuffing / Dressing
65 Coffee Cake * BR/SN	
126 Donuts * BR/SN	Tortillas
67 Muffins * BR/SN	114 Corn Tortillas
	115 Flour Tortillas
Grains	116 Taco Shell *
72 Bulgur *	
74 Couscous *	
75 Farina *	
76 Grits (Enriched Flour) *	
77 Millet *	
16 Pearl Barley WG * (I)	
211 Quinoa WG * LD/SN	
80 Wheat *	
Pancakes	
81 Pancakes *	
82 Waffles *	
Pasta	
83 Egg Noodles *	
84 Lasagna Noodles *	
85 Macaroni Noodles *	
86 Noodles *	
87 Ravioli *	
88 Spaghetti Noodles *	
100 Tortellini *	
101 Vermicelli Noodles *	
Pretzels	
102 Pretzel, Hard * SN	
103 Pretzel, Soft SN	
Puddings	
104 Bread Pudding * SN	
105 Rice Pudding * SN	
Rice	
107 Fried Rice * HF	
108 Rice Pilaf *	
110 Spanish Rice *	
111 White Rice *	
112 Wild Rice *	

Veg/Frt/Juice

Fruits
1 Apples (C)
3 Applesauce (C)
4 Apricots (A)
5 Bananas (C)
6 Blackberries (C)
7 Blueberries (C)
8 Blueberry Pie Filling HM * (C)
10 Boysenberries
11 Cantaloupe (AC)
12 Cherries (A)
13 Cherry Pie Filling HM * (A)
14 Cranberries
47 Cranberries (Relish / Sauce)
15 Dates
16 Figs
17 Fruit Cocktail (AC)
18 Fruit Salad (AC)
20 Grapefruit (C)
21 Grapes *
22 Guava (C)
23 Honeydew Melon (AC)
24 Kiwi (C)
2 Kiwifruit (C)
25 Mandarin Oranges (AC)
26 Mangos (AC)
48 Mixed Fruit
27 Nectarines (AC)
28 Oranges (C)
30 Papaya (AC)
31 Peaches (AC)

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	BR Breakfast Only	C Vitamin C
	BR/SN Breakfast or Snack Only	I Iron
	SN Snack Only	+ Allow But Warn
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Training Sponsor

Veg/Frt/Juice

Fruits

- 32 Pears (C)
- 33 Pineapple (C)
- 34 Plantain (AC)
- 35 Plums (AC)
- 36 Prunes (AI)
- 37 Pumpkin Pie Filling HM *
- 38 Raisins & Fruit / Veg * (I)
- 40 Raspberries (C)
- 43 Strawberries (C)
- 44 Tangerines (C)
- 46 Watermelon (AC)

Juices (100% Juice Only)

- 51 Apple Combinations * BR/SN (C)
- 50 Apple Juice * BR/SN (C)
- 52 Caribbean Juice Splash * BR/SN
- 53 Carrot Juice * BR/SN (A)
- 54 Cherry Juice * BR/SN (A)
- 55 Cranberry / Combinations Juice * BR/SN
- 56 Fruit Punch * BR/SN
- 57 Grape Juice * BR/SN (C)
- 58 Grapefruit Juice * BR/SN (C)
- 60 Juicy Juice * BR/SN
- 61 Mixed Juice * BR/SN
- 63 Orange Combinations Juice * BR/SN (C)
- 62 Orange Juice * BR/SN (C)
- 65 Pineapple Combinations * BR/SN (C)
- 64 Pineapple Juice * BR/SN (C)
- 66 Popsicles (100% Juice ONLY) * SN
- 67 Prune Juice * BR/SN (AI)
- 68 Raspberry Juice * BR/SN (C)
- 70 Tangerine Juice * BR/SN (C)
- 71 Tomato Juice * BR/SN (AC)
- 73 V-8 Juice * BR/SN

Vegetables

- 152 Artichokes *
- 153 Asparagus (C)

- 154 Avocado HF
- 155 Baked Beans (I)
- 217 Baked Potato
- 156 Bean Sprouts * (C)
- 157 Beets
- 158 Black Beans (I)
- 160 Blackeyed Peas (I)
- 257 Bok Choy (AC)
- 162 Broccoflower
- 161 Broccoli (AC)
- 163 Brussels Sprouts (C)
- 164 Butternut Squash (AC)
- 165 Cabbage, Red / White (C)
- 168 Caesar Salad *
- 166 Carrots (A)
- 167 Cauliflower (C)
- 170 Celery Sticks *
- 171 Cole Slaw *
- 172 Collard Greens (AC)
- 173 Corn
- 174 Cucumbers
- 176 Eggplant
- 177 English Peas (I)
- 178 French Fries HF (C)
- 236 Fresh Tomatoes (AC)
- 180 Garbanzo Beans / Chick Peas (I)
- 181 Great Northern Beans (I)
- 186 Greek Salad *
- 182 Green Beans
- 183 Green Onions / Scallions (C)
- 213 Green Peas (CI)
- 185 Greens (AC)
- 206 Greens, Mustard (AC)
- 187 Hash Browns HF (C)
- 188 Instant Potatoes (C)
- 2 Kale
- 200 Kale (AC)
- 3 Kale Salad * LD/SN

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Veg/Frt/Juice	
Vegetables	1 Turnips
201 Lentils (I)	243 Turnips (AC)
202 Lettuce *	244 Wax / Yellow Beans (CI)
203 Lima Beans (CI)	245 White Squash (C)
218 Mashed Potatoes (C)	246 Yellow Squash (C)
204 Mixed Vegetables	258 Zucchini Squash (CI)
205 Mung Beans (I)	Soups
207 Navy Beans (I)	247 Bean Soup
220 New / Red / White Potatoes (C)	248 Corn Chowder
208 Okra (fresh) (C)	250 Lentil Soup
260 Olives	251 Minestrone Soup
210 Other Beans (I)	252 Other Soups HM
211 Other Vegetables	253 Potato Soup
212 Parsnip (C)	254 Split Pea Soup
184 Peppers, Green (C)	255 Tomato Soup
228 Peppers, Red (AC)	256 Vegetable Soup
261 Pickles HS	
215 Pinto Beans (I)	Milk
225 Pork and Beans (I)	Milk
221 Potato Salad (C)	1 1% or Skim/ Whole under 2 * (A)
223 Potato Skins * (C)	Infant Only
216 Potatoes, Au gratin (C)	Infant Meats
222 Potatoes, Scalloped (C)	211 Infant Beef ~ (I)
226 Pumpkin (AC)	212 Infant Chicken ~ (I)
227 Red / Kidney Beans (I)	210 Infant Egg ~
230 Refried Beans (I)	213 Infant Ham ~ (I)
231 Salsa HM	214 Infant Lamb ~ (I)
232 Sauerkraut	215 Infant Turkey ~ (I)
233 Spinach (ACI)	216 Infant Veal ~ (I)
234 Stew Vegetables	36 Infant Yogurt ~ LD
241 Stewed Tomatoes (AC)	Infant Cereals
224 Sweet Potato/Yams (AC)	201 Infant Barley Cereal ~
235 Tater Tots HF (C)	202 Infant High-Protein Cereal ~ (I)
237 Tomato Paste (AC)	203 Infant Mixed Cereal ~ (I)
240 Tomato Sauce (AC)	204 Infant Oatmeal Cereal ~ (AI)
238 Tomatoes, Puree (AC)	205 Infant Rice Cereal ~ (I)
242 Tossed Salad *	Infant Breads / Crackers
	206 Bread - 1/2 Slice Minimum ~

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Infant Only

Infant Breads / Crackers

207 Crackers - 2 min. ~

Infant Formula

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

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