

# CHILDREN'S FOOD CHART

## MEAT & MEAT ALTERNATES

### BEEF TOFU

01 Tofu \*

### BEEF

02 Beef Ground I  
03 Beef Liver ACI  
04 Beef Lunchmeat I  
05 Beef Ribs I  
08 Brisket  
11 Corned Beef I  
15 Roast Beef I  
16 Round Steak I  
17 Sausage - Beef \*I  
18 Stew Meat - Beef I  
20 Veal I

### CHICKEN

32 Chicken (All Types) I  
32 Chicken Dark Meat I  
24 Chicken Gizzards / Livers ACI  
25 Chicken Ground I  
28 Chicken Lunchmeat I  
30 Chicken Nuggets I  
116 Chicken Patty (breaded)  
115 Chicken Salad \*  
26 Chicken Stew  
26 Chicken Stir-Fry  
22 Chicken White Meat I  
33 Whole Chicken I

### SEAFOOD

37 Fish (All Types)  
37 Fish Fillets \*  
38 Fish Sticks \*  
41 Sardines  
34 Shellfish (shrimp/crab)  
43 Tuna I

### PORK

46 Barbecue Pork  
44 Canadian Bacon I  
45 Ham I  
47 Pork Chops / Cutlet I  
48 Pork Ground I  
50 Pork Lunchmeat I  
51 Pork Roast I  
52 Sausage - Pork \*I  
53 Spam I  
54 Spare Ribs I

### TURKEY

61 Turkey (All Types)  
62 Turkey Bacon  
55 Turkey Breast I  
57 Turkey Ground I  
58 Turkey Ham I  
60 Turkey Lunchmeat I  
61 Whole Turkey I

### BEANS OR LEGUMES

64 Baked Beans  
65 Bean Soup I  
70 Black Beans I  
66 Garbanzo Beans / Chick Peas I  
67 Great Northern Beans I  
82 Hummus SN  
68 Lima Beans CI  
71 Navy Beans I  
72 Pinto Beans I  
73 Pork N Beans I  
74 Red / Kidney Beans I  
75 Refried Beans I  
111 Veggie Burger \*

### CHEESES

76 American Cheese  
77 Cheddar Cheese  
78 Cheese Spread / Food \*  
80 Colby Cheese  
81 Cottage Cheese  
83 Lowfat Cheese  
84 Mozzarella Cheese  
85 Pimento Cheese  
86 Ricotta Cheese  
87 String Cheese  
88 Swiss Cheese

### EGGS

104 Egg \*I

### PEAS

100 Blackeyed Peas I  
101 Dried Peas I  
102 Lentils I  
103 Split Pea Soup I

### PEANUT BUTTER

105 Peanut Butter \*I  
112 Soynut Butter \*

### YOGURT

106 Yogurt \*

### SEEDS

107 Pumpkin Seeds \*  
108 Sunflower Seeds \*

## BREAD & BREAD ALTERNATES Enriched or Whole Grain Flour

### BREADS

01 Bagel I  
46 Bagel (whole grain) \*  
02 Biscuits I  
03 Bread Sticks (Hard or Soft)  
16 Buns (hamburger/hot dog) White \*  
17 Buns / Whole Grain (hamburger/hot dog) WG \*  
04 Chow Mein Noodles  
05 Cornbread  
07 Croissants I  
28 Dinner Roll (Whole Wheat) WG  
08 Dinner Rolls  
10 Dumplings  
11 Egg Roll Wraps  
12 English Muffin I  
56 English Muffin (whole grain) WG \*  
13 Flat Bread  
14 French Bread  
15 French Toast I  
104 French Toast (whole grain) WG \*  
16 Hamburger Buns I  
18 Hush Puppies  
20 Italian Bread  
43 Pie Crust (with meat or vegetables) \*  
22 Pita Bread I  
105 Pita Bread (whole grain) WG \*  
23 Popovers  
24 Pumpnickel Bread  
06 Roll (whole wheat) WG \*  
27 Rye Bread  
26 Sourdough Bread  
30 Wheat Bread I  
30 Wheat Bread WG \*I  
31 White Bread I  
30 Whole Grain Bread WG \*I  
83 Whole Grain Tortilla

### CEREALS

32 Cold Cereal \*I  
107 Cold Cereal (Whole Grain) WG \*  
33 Hot Cereal \*  
106 Hot Cereal (Whole Grain) WG \*  
36 Graham Crackers (plain) \*  
103 Graham Crackers-Original

### CRACKERS

36 Graham Crackers (plain) \*  
103 Graham Crackers-Original

### CRACKERS (Cont.)

37 Melba Toast  
38 Saltine Crackers  
40 Savory Snack Crackers \*  
40 Snack Crackers  
41 Wheat Crackers WG  
42 Zwieback I

### CRUSTS

44 Pizza Crust I

### GRAINS

53 Barley WG  
54 Bulgur WG  
55 Farina I  
56 Grits  
57 Oats WG I  
58 Quinoa WG \*

### PANCAKES

60 Pancakes  
72 Waffles \*  
25 Whole Grain Waffles/Pancakes WG \*

### PASTA

61 Egg Noodles I  
62 Lasagna Noodles I  
64 Macaroni & Cheese, boxed I  
63 Macaroni Noodles I  
65 Noodles / Pasta I  
108 Noodles/Pasta (Whole Wheat/Grain) WG \*  
66 Raviolis, Canned I  
67 Spaghetti Noodles I  
68 Spaghetti O's

### PRETZELS

70 Pretzels SN  
70 Pretzels (hard or soft) SN

### PUDDINGS

71 Bread Pudding, savory (with cheese or vegetables) SN  
72 Rice Pudding SN

### RICE

73 Brown Rice WG I  
43 Rice and Beans  
74 Rice Cakes I  
74 Rice Cakes (plain or savory) \*I  
75 White Rice I  
206 Wild Rice WG \*  
207 Yellow Rice

### NOODLES

76 Ramen Noodles, Packaged I

### STUFFING

77 Stuffing/Dressing HM  
78 Corn Tortillas

### TORTILLAS

78 Corn Tortillas  
80 Flour Tortillas I  
82 Taco Shell  
81 Tortilla Chips  
81 Tortilla Chips (unflavored) \*  
85 Tortilla Chips (Wheat) WG

### VEG OR FRUIT BREADS

85 Banana Bread  
208 Fruit/Veg Bread (Banana, Carrot, etc) Whole Grain WG \*BR/SN  
207 Muffin (Whole Grain) WG \*BR/SN  
88 Muffins  
101 Raisin Bread