



FOOD CHART

Child and Adult Care Food Program

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MEATS & MEAT ALTERNATES

May substitute the entire grain component at breakfast a maximum of 3 times per week.
Meat and poultry must be processed in a facility inspected by USDA or State.

POULTRY

- Chicken breast
- Chicken franks
- Chicken, ground
- Chicken legs/thighs
- Chicken processed/lunch meat
- Chicken nuggets/tenders
- Chicken sausage
- Chicken, whole
- Chicken wings
- Duck/Goose
- Turkey breast
- Turkey franks
- Turkey, ground
- Turkey ham
- Turkey processed/lunch meat
- Turkey sausage
- Turkey, whole

FISH/SEAFOOD

- Crab
- Fish, fresh or frozen
- Salmon
- Sardines
- Shrimp
- Surimi Seafood
- Tuna

BEEF

- Beef, corned
- Beef franks
- Beef, ground
- Beef roast
- Beef, processed/lunch meat
- Beef ribs
- Beef sausage
- Beef steak
- Beef stew meat
- Veal

PORK

- Canadian bacon
- Ham
- Pork chops
- Pork franks
- Pork, ground
- Pork processed/lunch meat
- Pork ribs
- Pork roast
- Pork sausage
- Pork steak

LAMB

- Lamb

GAME

- Venison
- Rabbit

DRIED MEAT, POULTRY, SEAFOOD

- Dried or semi-dried meat
- Dried or semi-dried poultry
- Dried or semi-dried seafood

EGG

- Egg

DRY BEANS/DRY PEAS

- Black beans
- Blackeyed peas
- Butter beans
- Chili beans
- Edamame/Soybeans
- Fava beans
- Garbanzo beans/Chickpeas
- Kidney/red beans
- Legume Flour, 100%
- Lentils
- Lima beans
- Mung beans
- Navy/baked/Northern beans
- Pigeon peas
- Pinto Beans
- Split peas

TOFU/TEMPEH

(Commercially prepared only)

- Tofu*
- Tempeh*

CHEESE

- Cheese, sliced/cubed
- Cheese spread*
- Cottage cheese/Ricotta
- String cheese

YOGURT

Must contain no more than 23 grams of total

sugars per 6 ounces.

- Yogurt
- Soy Yogurt*

NUT BUTTERS

- Peanut or other nut/seed 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.

- Almonds*
- Brazil nuts*
- Cashews*
- Hazelnuts/Filberts*
- Mixed nuts*
- Peanuts*
- Pecans*
- Pistachios*
- Pumpkin/Squash seeds*
- Sesame seeds*
- Walnuts*

GRAINS

All grains must be enriched/fortified. At least one grain per day must be whole grain-rich.

BREADS & CRACKERS

- Bagels
- Biscuits
- Bread
- Bread sticks
- Bread stuffing/dressing
- Breading on corn dogs
- Buns/Rolls
- Corn masa
- Cornbread
- Crackers
- Crepes
- Croissants
- Dumplings
- Eggroll/Wonton wrappers
- English muffins
- Flat/Pita/Syrian bread
- French Toast
- Graham/Animal Crackers
- Grits/Polenta*
- Muffins
- Pancakes
- Pastry crust (savory dish)
- Pizza crust
- Pretzels

- Quick bread
- Rice cakes
- Scones (savory)
- Taco/Tostado shells
- Tortillas
- Waffles

OTHER

- Chips, whole grain
- Popcorn

PASTA/RICE

- Pasta
- Brown Rice
- Rice

GRAINS (whole)

- Amaranth
- Barley
- Buckwheat
- Bulgur (wheat)
- Couscous (wheat)
- Farina (wheat)*
- Farro
- Hominy
- Millet
- Oats/Oatmeal*
- Quinoa

CEREALS

Must contain no more than 6 grams of total sugar per dry ounce.

- Ready-to-eat cereals
- Cooked cereals*

FRUITS

- Apple/Applesauce
- Apricots
- Bananas
- Blackberries
- Blueberries
- Boysenberries
- Cactus fruit
- Cantaloupe
- Cherries
- Clementines/Tangerines
- Coconut
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Guava
- Honeydew melon

- Kiwi
- Lycheefruit
- Mandarin Oranges
- Mangos
- Mixed fruits
- Muskmelon
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranates
- Prunes
- Pumpkin
- Raisins/Currants
- Raspberries
- Rhubarb
- Star fruit
- Strawberries
- Ugli Fruit
- Watermelon

JUICES

100% juice - can only be served once a day.

- Fruit Juice*
- Vegetable Juice*

VEGETABLES

- Alfalfa sprouts
- Artichokes
- Asparagus
- Avocados
- Bean sprouts
- Beets
- Black beans
- Blackeyed Peas
- Bok choy
- Broccoli
- Brussels sprouts
- Butter beans
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chili beans
- Chili peppers
- Chinese cabbage
- Chayote
- Corn

- Cucumbers
- Edamame/Soybeans
- Eggplant
- Fava beans
- Garbanzo beans/Chickpeas
- Green beans
- Greens, leafy
- Greens, salad
- Hominy
- Jícama
- Kale
- Kidney/red beans
- Kohlrabi
- Leeks
- Legume Flour, 100%
- Lentils
- Lima beans
- Mixed vegetables
- Mung beans
- Mushrooms
- Nopales (Cactus)
- Mustard Greens
- Navy/Baked/Northern Beans
- Okra
- Parsnips
- Peas
- Peppers
- Pigeon peas
- Pinto beans
- Plantain
- Potatoes
- Pumpkin
- Radishes
- Rutabagas
- Seaweed
- Snow peas
- Spinach
- Split peas
- Squash
- Sweet potatoes/Yams
- Tomatoes, fresh
- Tomatoes, salsa /sauce/soup
- Turnips
- Vegetable Flour, 100%
- Watercress
- Wax/Yellow beans

MILK

- Milk
- Other

INFANTS

Below are foods that can only be claimed for infants.

Anything listed on the rest of the chart can also be claimed for infants, unless it is marked with an asterisk *.

INFANT CEREAL

IFIC (iron fortified infant cereal)

INFANT MEATS

- Infant beef
- Infant chicken
- Infant ham
- Infant lamb
- Infant turkey
- Infant veal

BREAST MILK/FORMULA

- Breastmilk
- Iron Fortified Infant Formula

PLEASE NOTE: Store bought combination food products (such as chicken nuggets & tenders, frozen pizza, corn dogs, fish sticks, dried meat, etc.) require a CN label or PFS in order to claim.