

Meat & Meat Alternates

BEEF

- Beef Franks
- Beef Ground
- Beef Jerky*
- Beef Kidneys
- Beef Liver
- Beef Lunchmeat/Processed*
- Beef Meatballs (HM or CN)
- Beef Ribs
- Beef Steak
- Beef Stix*
- Beef Tripe
- Braunschweiger*
- Brisket
- Chuck Roast
- Corn Dog* (CN)
- Corned Beef
- Meat Spread
- Pot Roast
- Roast Beef
- Round Steak
- Salisbury Steak
- Sausage*
- Stew Meat
- Tongue
- Veal
- Vienna Sausage*

CHICKEN

- Chicken Breaded (CN)
- Chicken Breasts
- Chicken Croquettes (HM)
- Chicken Franks*
- Chicken Gizzards
- Chicken Ground
- Chicken Legs
- Chicken Lunchmeat*
- Chicken Nuggets (CN)
- Chicken Stix (CN)
- Chicken Thighs
- Chicken Wings
- Stew Meat – Chicken
- Whole Chicken

PORK

- Canadian Bacon
- Ham
- Pork Chops/Cutlets

- Pork Franks*
- Pork Ground
- Pork Kielbasa
- Pork Lunchmeat*
- Pork Meatballs (HM or CN)
- Pork Roast
- Sausage*
- Spam
- Spare Ribs
- Stew Meat – Pork

SEAFOOD

- Fish Sticks (CN)
- Haddock
- Halibut
- Lobster
- Pollock
- Salmon*
- Scallops
- Scrod
- Shrimp*
- Swordfish
- Tuna

TURKEY

- Turkey Bacon
- Turkey Breast
- Turkey Franks*
- Turkey Gizzards
- Turkey Ground
- Turkey Ham
- Turkey Kielbasa*
- Turkey Leg
- Turkey Lunchmeat*
- Turkey Meatballs (HM or CN)
- Turkey Nuggets (CN)
- Turkey Roast
- Whole Turkey

OTHER MEATS

- Duck
- Goat
- Goose
- Lamb

CHEESE

- American Cheese
- Cheddar Cheese
- Cheese/Processed (DBL)
- Colby Cheese
- Colby-Jack Cheese Processed*

- Cottage Cheese (DBL)
- Farmer Cheese
- Fried Cheese Sticks*
- Lowfat Cheese
- Monterey Jack Cheese
- Mozzarella Cheese
- Pimiento Cheese
- Provolone Cheese
- Ricotta Cheese
- String Cheese
- Swiss Cheese

DRIED BEANS, LEGUMES, PEAS

- Baked Beans
- Bean Curd
- Bean Soup
- Black Beans
- Blackeyed Peas
- Chili Beans
- Dried Green/Yellow Peas
- Dry Wax Gourd
- Fava Beans
- Garbanzo Beans/Chick Peas
- Great Northern Beans
- Lentils
- Lima/Butter Beans
- Mung Beans
- Navy Beans
- Pinto Beans
- Pork ‘N’ Beans
- Red Kidney Beans
- Refried Beans Soy Butter
- Soybeans
- Split Pea Soup

EGG

- Egg (whole)*
- Egg Beaters*
- Quiche*

PEANUT BUTTER

- Peanut Butter* (SN)
- Peanut Butter & Cheese*
- Peanut Butter & Dry Beans*
- Peanut Butter & Egg*
- Peanut Butter & Meat Alter.*

SEEDS/NUITS

**All items SN or ½ meat alternative for meal **5 Years and Up Only

- Almonds*
- Cashews*
- Nuts (Assorted)*
- Peanuts*
- Pecans*
- Pumpkin Seeds*
- Sesame Seeds*
- Sunflower Seeds*
- Walnuts*
- YOGURT**
- Yogurt*
- Yogurt & Meat Altern.*

MILK

**Pasteurized Fluid Milk ONLY, no powdered mixes/non-fat dry milk.
 Buttermilk
 Eggnog (commercial)
 Flavored Milk (choc/strawb)
 High Protein Milk
 Lactose-Reduced/Free Milk
 Low-fat Milk
 Skim Milk
 Whole Milk
 Special Provision (Dr’s Statement required)

LEGEND
BR Breakfast Only
BR/SN Break. or Snack Only
CN Pre-packaged foods must Have CN label
DBL Double Portion required
HM Homemade
SN Snack Only
*Not reimburse. for under 1

<i>Alliance for Children</i>
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INFANT FOODS

EGGS/MEATS

- Infant Beef
- Infant Chicken
- Infant Egg Yolks
- Infant Ham
- Infant Lamb
- Infant Turkey
- Infant Veal

FORMULA

- Breast Milk or Iron Fortified Infant Formula
- Non-Iron Fortified Infant Formula (Dr.’s Statement Required)
- Parent Provided Iron Fortified Formula (Parent waiver Required)

***NO combination meals
 **Juice is only allowed at snack for infants 8 to 12 mo.

CEREAL

- (Iron Fortified Infant Cereal)
- Infant Barley
- Infant Bulgar
- Infant High-Protein
- Infant Mixed
- Infant Oatmeal
- Infant Rice

INFANT BREAD/CRACKER

- (Snacks only...8-12 mo.)
- Bagel
- Biscuits
- English Muffin
- Flat Bread
- Flour Tortilla
- Pilot Bread
- Wheat Bread
- White Bread
- Baby Biscuit
- Melba Toast
- Saltine Cracker
- Snack Cracker
- Wheat Cracker
- Zwieback

FRUITS

**Fresh, Frozen, Canned or Dried

Apple
Applesauce
Apricot
Bananas
Bean soup
Beet Greens
Blackberries
Blackeyed Peas
Blueberries
Boysenberries
Breadfruit
Cabbage-Red/White/Napa
Cactus Fruit
Cantaloupe
Cherries
Cranberries
Cranberry Sauce
Dates
Figs
French Fries
Fruit Cocktail
Fruit Plate
Fruit Salad
Grapefruit
Grapes
Green/Tossed Salad
Guava
Hash Browns
Honeydew Melon
Kale
Kiwi
Kumquat
Lettuce
Mandarin Oranges
Mangoes
Marion Berries
Nectarines
Oranges
Papaya
Peaches
Pears
Persimmons
Pineapple
Plantain
Plums
Prunes
Raisins
Raspberries
Rhubarb
Star Fruit

Strawberries
Tangerines
Ugli Fruit
Watermelon
JUICE (100% Fruit Juice Only)
**8 months or older
**Fresh, Frozen, Canned or Dried
Apple Cider/Juice
Apple-Cherry Juice
Apple-Cranberry Juice
Apple –Grape Juice
Apple-Pear Juice
Apple-Raspberry Juice
Berry Juicy Juice
Carrot Juice*
Cherry Juice
Cranberry/Combo Juice
Grape Juice
Grapefruit Juice
Hawaiian Sunrise Juice
Mandarin/Tangerine Juice
Mixed Juice
Orange Juice
Orange-Banana Juice
Orange-Pineapple Juice
Peach Juice
Pear Juice
Pear-Grape Juice
Pineapple Juice
Pineapple Passion Fruit Juice
Popsicles (100% Juice) (SN)
Prune Juice
Punch Juicy Juice
Raspberry Juice
Strawberry Juice
Tangerine Juice
Tomato/V-8 Juice
Tropical Fruit Juice
White Grape Juice

VEGETABLES

**Fresh, Frozen, Canned or Dried
Acorn Squash
Alfalfa Sprouts
Artichokes
Asparagus
Avocado
Baked Beans
Bamboo Shoots
Bean Sprouts
Beets
Black Beans
Bok Choy

Broccoflower
Broccoli
Brussels Sprouts
Butternut Squash
Carrots
Cauliflower
Celery
Chili Beans
Cole Slaw
Corn
Cucumbers
Egg Plant
Garbanzo Beans/Chick Peas
Great Northern Beans
Green Beans
Green Peppers
Hummus
Jicama
Kohlrabi
Leeks
Lentils
Lettuce & Tomato
Lima Beans
Minestrone Soup
Mixed Vegetables
Mung Beans
Mushrooms
Okra
Olives
Onions
Navy Beans
Peas-Green/Snap/Snow
Peas & Carrots
Pickles
Pinto Beans
Pork 'N' Beans
Potatoes/Potatoes Skins
Potato Soup
Pumpkin
Radishes
Raw Veggie Plate
Red/Kidney Beans
Red Peppers
Refried Beans
Rutabagas
Salsa (HM)
Sauerkraut
Soy Beans
Spaghetti Sauce (HM)
Spaghetti Squash
Spinach
Split Pea Soup

Squash-White/Yellow
Sweet Potato/Yam
Swiss Chard
Taro Root
Tator Tots
Tomatillos
Tomatoes
Tomato-Sauce/Stewed
Tomato Soup
Vegetable Soup
Water Chestnuts
Watercress
Wax/Yellow Beans
Yucca
Zucchini
BREADS
Bagel
Banana Bread
Biscuits
Bran Muffin
Bread Sticks
Brown Rice
Chow Mein Noodles
Cookies** (SN)
Corn Dog Wrap
Corn Tortillas***
Cornbread/Corn Muffin
Crackers
Crackers**-Saltine/Ritz...
Crackers**-Graham
Crepes
Croissants
Dumplings
Egg Noodles
English Muffins
Filo Pastry
Flat Bread
Flour Tortillas***
French Bread
French Toast
Fried Rice
Fritters-Apple/Banana/Corn (BR/SN)
Fry Bread
Hamburger Buns
Hawaiian Bread
Hot Dog Buns
Hush Puppies
Italian Bread
Lasagna Noodles
Macaroni Noodles
Muffins
Multi-grain Bread

Noodles
Oatmeal Bread
Pancake/Waffles
Pie Crust (Meat Pie Only)
Pierogies
Pilaf Rice
Pita Bread
Pizza Crust
Popovers
Potato Bread
Pretzel-Hard/Soft
Puff Pastry Shells
Pumpnickel Bread
Pumpkin Bread
Raisin Bread
Ramen Noodles
Ravioli
Rice-White/Wheat/Wild
Rolls
Rye Bread
Scones
Sourdough Bread
Spaghetti Noodles
Spanish Rice
Stuffing/Dressing (HM)
Taco Chips***
Taco Shell***
Tortellini
Vermicelli Rice Noodle
Wheat Bread
White Bread
Rice A Roni
Won Ton Wrapper/Egg Roll
Zucchini Bread
Dessert Items-Serve no more than two dessert items per week.
Brownies (HM/SN)
Cake (No Frosting) (SN)
Cake Donuts (No Frosting)
Cinnamon or Sweet Rolls
Coffee Cake
Gingerbread
Granola, Cereal Bars*
Toaster Pastries*
Poptarts
Raised Donuts
Rice Krispie Treats (HM/SN)

**must be whole grain, enriched or fortified
***must be whole corn or whole-grain/enriched flour