


CREDITABLE FOODS / RECOMMENDED

MEAT AND MEAT ALTERNATES			
<p>BEEF, FRESH, FROZEN, OR CANNED (USDA-donated or market style) Beef with natural juices: canned Brisket: corned or fresh Ground beef Organ meats: heart, kidney, liver, tongue, tripe Roasts: chuck, round, rump Steaks: flank, round Stew meat</p>	<p>SEAFOOD, FRESH OR FROZEN Clams or oysters: shucked* Crab meat* Fish fillets Fish portions: frozen Fish steaks: frozen, fried, battered Fish sticks: frozen, fried, breaded, Scallops: frozen* Shrimp: fresh or frozen *High cost items</p>	<p>CHEESE <i>Natural or process cheese and cheese substitutes such as:</i> American, Cheddar, Colby, Monterey Jack, Mozzarella, or Muenster</p> <p><i>Process cheese food, cheese food substitutes, cottage and ricotta cheese are creditable, but twice as much is required to meet the component. One ounce of cheese food is equal to ½ ounce meat alternate.</i></p>	<p>NUTS AND SEEDS Almonds Brazil nuts Cashew nuts Filberts (hazelnuts) Macadamia Peanuts Pecans Pinon (pine nuts) Pistachios Pumpkin seeds Sesame seeds Soy nuts Squash seeds Sunflower seeds Walnuts</p>
<p>CHICKEN, FRESH, FROZEN OR CANNED (USDA-donated or market style) Chicken: boned, canned Chicken parts: breasts, breasts and back, drumsticks, giblets, liver, thighs, thighs with backs Frying chicken Whole chicken</p>	<p>SEAFOOD, CANNED Clams: minced Mackerel Salmon: pink Sardines Shrimp Tuna: water pack or oil, chunk, flake, grated, solid</p>		
<p>LAMB, FRESH OR FROZEN Chops: shoulder Roasts: leg, shoulder Stew meat</p>	<p>TURKEY, FRESH, FROZEN OR CANNED (USDA-donated or market style) Ground turkey Turkey, boned, canned Turkey ham Turkey parts: breasts, drumsticks, halves, leg quarters, liver, thighs Turkey rolls or roasts: frozen Turkey, whole</p>	<p>EGGS Dried egg mix, USDA donated Dried whole eggs Fresh shell eggs Frozen whole eggs</p>	<p>NUT AND SEED BUTTERS Almond butter Cashew butter Peanut butter Sesame butter Sunflower seed butter</p>
<p>OSTRICH USDA Inspected</p>	<p>DELI MEATS OR LUNCHEON MEATS <i>Any deli or luncheon meats which are labeled "extra lean", "fat free", or "97-99% fat free", including but not limited to:</i> Turkey Breast Roast Beef Roast Chicken Corned Beef Brisket Ham Turkey Ham (no added ingredients)</p>		
<p>PORK, FRESH, FROZEN, OR CANNED (USDA-donated or market style) Chops: loin Ground pork Liver Pork with natural juices: canned Roasts: Boston butt, leg, loin, shoulder Spare ribs Stew meat</p>		<p>BEANS, DRY, CANNED Black beans Black-eyed peas Garbanzo Great Northern Kidney (red) Lima Mung Navy (pea) Pinto Soybeans</p>	<p>YOGURT Lowfat or nonfat</p> <p>Yogurt, flavored with fruit, fruit juice, nuts, granola</p> <p>Yogurt, plain</p>
<p>PORK, MILD CURED Ham Shoulder: Boston butt, picnic</p>	<p>VEAL, FRESH OR FROZEN Cutlets: leg Ground veal Liver Roasts: chuck or leg Stew meat</p>	<p>PEAS AND LENTILS, DRY Dry peas: split or whole Lentils</p>	



CREDITABLE FOODS / RECOMMENDED

BREAD/BREAD ALTERNATES		
<p>BREADS</p> <ul style="list-style-type: none"> Bagels Biscuits Boston brown bread Bread crumbs, dry Bread stuffing Bread sticks Corn bread Dumplings English muffins French or Italian bread Fruit or vegetable breads Hamburger or hot dog buns Muffins: fruit, plain, bran Pita bread Pumpnickel bread Raisin bread Rolls: brown-n-serve, clover leaf, dinner, Kaiser, Parkerhouse, rectangular, round Rye bread Sopapillas Sourdough bread Tortillas: corn, flour White bread Whole wheat bread 	<p>BREAKFAST ITEMS</p> <ul style="list-style-type: none"> Cereal, cold, hot, cooked French toast Grits Pancakes Waffles 	<p>MISCELLANEOUS BREAD ITEMS</p> <ul style="list-style-type: none"> Meat pie crust Pizza crust made from whole grain or enriched flour Soft "Dutch Style" pretzel Taco or tostada shells, tortilla rounds
<p>BREADS</p> <ul style="list-style-type: none"> French or Italian bread Fruit or vegetable breads Hamburger or hot dog buns Muffins: fruit, plain, bran Pita bread Pumpnickel bread Raisin bread Rolls: brown-n-serve, clover leaf, dinner, Kaiser, Parkerhouse, rectangular, round Rye bread Sopapillas Sourdough bread Tortillas: corn, flour White bread Whole wheat bread 	<p>CRACKERS</p> <ul style="list-style-type: none"> Cheese-Its Escort Graham crackers Hi-Ho, Sunshine Matzo Melba Toast Oyster crackers Rice cakes Ritz Ry-Krisp (triple cracker) Rye wafers Saltines: 2" square Soda crackers Townhouse Triscuits Uneda Waverly wafers Wheat thins Zwieback <p><input type="checkbox"/> See Cracker Handout</p>	<p>PASTA AND RICE (Enriched or whole grain)</p> <ul style="list-style-type: none"> Macaroni Noodles: regular, spinach, egg, spaghetti Rice: all varieties
<p>BREADS</p> <ul style="list-style-type: none"> French or Italian bread Fruit or vegetable breads Hamburger or hot dog buns Muffins: fruit, plain, bran Pita bread Pumpnickel bread Raisin bread Rolls: brown-n-serve, clover leaf, dinner, Kaiser, Parkerhouse, rectangular, round Rye bread Sopapillas Sourdough bread Tortillas: corn, flour White bread Whole wheat bread 	<p>CRACKERS</p> <ul style="list-style-type: none"> Cheese-Its Escort Graham crackers Hi-Ho, Sunshine Matzo Melba Toast Oyster crackers Rice cakes Ritz Ry-Krisp (triple cracker) Rye wafers Saltines: 2" square Soda crackers Townhouse Triscuits Uneda Waverly wafers Wheat thins Zwieback <p><input type="checkbox"/> See Cracker Handout</p>	<p>PASTA AND RICE (Enriched or whole grain)</p> <ul style="list-style-type: none"> Macaroni Noodles: regular, spinach, egg, spaghetti Rice: all varieties
<p>BREADS</p> <ul style="list-style-type: none"> French or Italian bread Fruit or vegetable breads Hamburger or hot dog buns Muffins: fruit, plain, bran Pita bread Pumpnickel bread Raisin bread Rolls: brown-n-serve, clover leaf, dinner, Kaiser, Parkerhouse, rectangular, round Rye bread Sopapillas Sourdough bread Tortillas: corn, flour White bread Whole wheat bread 	<p>CRACKERS</p> <ul style="list-style-type: none"> Cheese-Its Escort Graham crackers Hi-Ho, Sunshine Matzo Melba Toast Oyster crackers Rice cakes Ritz Ry-Krisp (triple cracker) Rye wafers Saltines: 2" square Soda crackers Townhouse Triscuits Uneda Waverly wafers Wheat thins Zwieback <p><input type="checkbox"/> See Cracker Handout</p>	<p>PASTA AND RICE (Enriched or whole grain)</p> <ul style="list-style-type: none"> Macaroni Noodles: regular, spinach, egg, spaghetti Rice: all varieties
<p>BREADS</p> <ul style="list-style-type: none"> French or Italian bread Fruit or vegetable breads Hamburger or hot dog buns Muffins: fruit, plain, bran Pita bread Pumpnickel bread Raisin bread Rolls: brown-n-serve, clover leaf, dinner, Kaiser, Parkerhouse, rectangular, round Rye bread Sopapillas Sourdough bread Tortillas: corn, flour White bread Whole wheat bread 	<p>CRACKERS</p> <ul style="list-style-type: none"> Cheese-Its Escort Graham crackers Hi-Ho, Sunshine Matzo Melba Toast Oyster crackers Rice cakes Ritz Ry-Krisp (triple cracker) Rye wafers Saltines: 2" square Soda crackers Townhouse Triscuits Uneda Waverly wafers Wheat thins Zwieback <p><input type="checkbox"/> See Cracker Handout</p>	<p>SNACK ITEMS*</p> <ul style="list-style-type: none"> Graham crackers Hard pretzels <div style="text-align: center; margin: 10px 0;">  </div> <p>* Snack only</p>



CREDITABLE FOODS / RECOMMENDED

FRUITS AND VEGETABLES			
<p>FRUITS</p> <ul style="list-style-type: none"> Apples Apricots Bananas Blackberries Blueberries Boysenberries Canned fruit in natural juices Cantaloupe Cherries Fruit mixed (canned) Grapes Honeydew melon Kiwi Mangos Nectarines Oranges Papaya Peaches Pears Pineapple Plantains Plums Raisins Raspberries Strawberries Tangerines Watermelon 	<p>VEGETABLES</p> <ul style="list-style-type: none"> Asparagus Avocados Broccoli Carrots Cauliflower Celery Chile: red or green Corn Cucumbers Jicama Lettuce: iceberg, leaf, romaine Mushrooms Nopales (cactus pads) Olives: green & black Onions: all varieties Peppers: green or red Potatoes Pumpkin Salsa Spinach Squash: all varieties Sweet potatoes/yams Tomato paste, puree, sauce Tomatoes Water chestnuts 	<p>The following fruits and vegetables qualify but may not be accepted by children. It is best to introduce them in a meal with other familiar foods. Encourage their use in Nutrition Education classes, perhaps the day or morning before being served.</p> <ul style="list-style-type: none"> Bean sprouts Beet greens or beets Brussel sprouts Cabbage: red, green, Chinese Collards Cranberries Currents Dates Eggplant Endive (escarole, chicory) Figs Grapefruit Kale Kohlrabi Mustard greens Okra Parsley Parsnips Prunes (pitted) Radishes Rhubarb Rutabaga Salsa Succotash Swiss chard Turnip greens or turnips Watercress 	<p>JUICES</p> <ul style="list-style-type: none"> All 100%vegetable juices Apple cider Grape Grapefruit Orange Pear/apple Pear/grape Pear Pineapple Prune Tangerine Tomato 100% Fruit Juice Bars <p>➤ See Juice Handout</p>
	<p>BEANS AND PEAS</p> <ul style="list-style-type: none"> Black-eyed peas Black Garbanzo Great Northern Green beans Green peas: split or whole Kidney (red) Lentils Lima Mung Navy Pinto Soybeans Wax 		<p>SOUPS</p> <ul style="list-style-type: none"> Chicken vegetable Clam chowder Homemade Minestrone Pea or bean Tomato rice Tomato Vegetable Vegetable beef



CREDITABLE FOODS / NOT RECOMMENDED

FRUITS AND VEGETABLES			
Fruit: Canned fruit in syrup	Vegetables: Frozen vegetables in sauces		
MEAT/MEAT ALTERNATES			
Beans, Canned: Beans with frankfurters* Beans with bacon in sauce* Refried beans *Frankfurters and bacon are considered "EXTRA" and do not count toward the meat component.	Beef Products, Canned, Frozen: Barbecue beef Beef and gravy with dumplings Beef hash or goulash Beef taco filling Beef with gravy Chili con carne, with or without beans Swiss steak with gravy DELI MEATS OR LUNCHEON MEATS: <i>Any deli or luncheon meats which are labeled "lowfat" or "lean", including but not limited to:</i> Turkey Breast Roast Beef Roast Chicken Corned Beef Brisket Ham Turkey Ham (no added ingredients)	Chicken, Canned or Frozen: Chicken a la king Chicken barbecue: minced Chicken chili, with or without beans Chicken hash Chicken with dumplings Chicken with gravy Chicken with noodles Creamed chicken	Chicken, Fresh or Frozen: Parts: gizzards, heart, wings Pre-cooked breaded chicken Pork, Fresh or Frozen: Pork heart Pork, Mild Cured: Canadian bacon
Turkey, Fresh or Frozen: Turkey: giblets Turkey parts: backs, gizzards, heart, neck, wings	Turkey Products, Canned or Frozen: Creamed turkey Turkey a la king Turkey barbecue Turkey chili, with or without beans Turkey hash Turkey salad Turkey with dumplings Turkey with gravy Turkey with noodles		Veal: Heart Cheese: Parmesan or Romano cheese
BREAD/BREAD ALTERNATES			
Breakfast Items: Coffee Cake Croissants Pop Tarts (toaster pastries) Popovers Sweet Rolls Danish Pastry	Cereals: containing 35-49% sugar per serving		Snack Items: Cookies Granola bar

