



# CACFP Food Chart

Bread	Bread	Bread
Bagel	Cereal, All-Bran	Cereal, Raisin Nut Bran
Barley	Cereal, Apple Cinnamon Cheerios	Cereal, Resses Puffs
Biscuits	Cereal, Apple Jacks	Cereal, Rice Chex
Bread pudding (snack only)	Cereal, Basic 4	Cereal, Shrek
Bread sticks	Cereal, Berry Berry Kix	Cereal, Team Cheerios
Bread stuffing/dressing	Cereal, Berry Burst Cheerios	Cereal, Total
Bread, Banana	Cereal, Boo Berry	Cereal, Total Brown Sugar & Oat
Bread, Boston Brown	Cereal, Cheerios	Cereal, Total Corn Flakes
Bread, Carrot	Cereal, Cinnamon Grahams	Cereal, Total Raisin Bran
Bread, Cinnamon	Cereal, Cinnamon Toast Crunch	Cereal, Trix
Bread, Flat	Cereal, Cocoa Puffs	Cereal, Wheat Chex
Bread, French/Italian/Vienna	Cereal, Cookie Crisp	Cereal, Wheaties
Bread, Fry	Cereal, Corn Chex	Cereal, Wheaties Energy Crunch
Bread, Garlic	Cereal, Country Corn Flakes	Cereal, Wheaties Raisin Bran
Bread, Hawaiian	Cereal, Cream of Wheat	Chips, Corn
Bread, Oatmeal	Cereal, Dinosaur Eggs	Chips, Nacho
Bread, Pita/Syrian	Cereal, Fiber One	Chips, Wheat
Bread, Potato	Cereal, Franken Berry	Cinnamon Roll (breakfast/snack only)
Bread, Pumpernickel	Cereal, French Toast Crunch	Cobbler, Blueberry (snack only)
Bread, Pumpkin	Cereal, Frosted Cheerios	Cobbler, Cherry (snack only)
Bread, Raisin	Cereal, Frosted Chex	Cobbler, Peach (snack only)
Bread, Roman meal	Cereal, Frosted Mini-Wheats	Coffee cake (breakfast/snack only)
Bread, Rye	Cereal, Fruit Loops	Cookies, chocolate chip (snack only)**
Bread, Seven Grain	Cereal, Golden Grahams	Cookies, oatmeal (snack only)**
Bread, Sourdough	Cereal, Grape Nuts	Cookies, sugar cookies (snack only)
Bread, Wheat	Cereal, Honey Nut Cheerios	Cookies, vanilla wafers (snack only)
Bread, White	Cereal, Honey Nut Chex	Cornbread
Bread, Whole Grain	Cereal, Honey Nut Clusters	Couscous (wheat)
Bread, Whole wheat	Cereal, Kaboom	Crackers, Animal (snack only)
Bread, Zucchini	Cereal, Kelloggs Smacks	Crackers, Cheese
Breading on corndog	Cereal, Kix	Crackers, Enriched
Brownies, Plain (snack only)	Cereal, Life	Crackers, Graham (snack only)
Buckwheat	Cereal, Lucky Charms	Crackers, Ritz
Bulgur (wheat)	Cereal, Multi-Bran Chex	Crackers, Veggie
Buns, Hamburger	Cereal, Multi-Grain Cheerios	Crackers, Whole-grain
Buns, Hoagie	Cereal, Oatmeal Crisp Raisin	Crepes
Buns, Hot dog	Cereal, PB Toast Crunch	Croissants
Cake (snack only)	Cereal, Product 19	Croutons
Cereal Bar (breakfast/snack only)	Cereal, Raisin Bran	Crumpets
Cereal snack mix	Cereal, Raisin Bran Crunch	Cupcakes (snack only)

\*You must submit a written request prior to claiming any item not listed on this list for 4C approval

\*\*You must list the type of cookie on your paper menus.

**Bread**

Doughnuts (breakfast/snack only)  
 Dumplings  
 Eggroll/Wonton wrapper  
 Farina (wheat)  
 Filo pastry  
 French toast  
 Granola (Loose)  
 Granola Bar (breakfast/snack only)  
 Grits (corn)  
 HM-Lasagna  
 HM-Macaroni & Cheese  
 HM-Pizza Crust  
 HM-Pot Pie Crust  
 HM-Ravioli  
 Hush puppies  
 Lefsa  
 Matzo  
 Melba toast  
 Millet  
 Muffin, Corn  
 Muffin, English  
 Muffins  
 Noodles, Chow Mein  
 Noodles, Enriched  
 Noodles, Whole-grain  
 Oatmeal  
 Oats  
 Pancakes  
 Pasta, Enriched  
 Pasta, Whole-grain  
 Pastry crust/Puff pastry  
 Pizza crust  
 Pizza Rolls  
 Pizza, Tonys  
 Polenta (corn)  
 Popovers (breakfast/snack only)  
 PopTarts (breakfast/snack only)  
 Pretzel, Sticks  
 Pretzels, Hard  
 Pretzels, Soft  
 Quaker Oatmeal Breakfast Squares  
 (breakfast/snack)  
 Rice cakes  
 Rice pudding (snack only)

**Bread**

Rice, Enriched (white)  
 Rice, White (Enriched)  
 Rice, Whole-grain (brown)  
 Rice, Wild  
 Rolls  
 Rye crisp wafers  
 Scones  
 Sopapillas  
 Spaghetti  
 Spoonbread  
 Taco/Tostada shells  
 Tamales (corn masa)  
 Toaster pastry (breakfast/snack only)  
 Tortilla chips  
 Tortillas, Corn  
 Tortillas, Flour  
 Turnovers (snack only)  
 Waffles

**Dairy**

Milk, Acidified,(substitute request)  
 Milk, Buttermilk,(substitute request)  
 Milk, Flavored 1%  
 Milk, Flavored Whole  
 Milk, Goats,(substitute request)  
 Milk, Lactose-reduced,(substitute request)  
 Milk, Lowfat 2%,(with Drs note only)  
 Milk, Skim (nonfat)  
 Milk, Soy,(substitute request)  
 Milk, Special Diet,(substitute request)  
 Milk, Whole  
 Milk, 1% (lowfat)  
 Whole(one yr), 1% (two yr and up)  
 Whole(one yr),skim(two yr and up)

**Fruit/Veg**

Alfalfa sprouts  
 Apples  
 Applesauce  
 Apricots  
 Artichokes  
 Asparagus  
 Avocados  
 Bamboo shoots  
 Bananas

**Fruit/Veg**

Bean sprouts  
 Beans, Baked  
 Beans, Black  
 Beans, Blackeyed Peas  
 Beans, Butter  
 Beans, Chili  
 Beans, Fava  
 Beans, Garbanzo/Chick Peas  
 Beans, Green  
 Beans, Kidney  
 Beans, Lima  
 Beans, Mung  
 Beans, Navy/Great Northern  
 Beans, Pinto/Pink  
 Beans, Pork n Beans  
 Beans, Red  
 Beans, Soy  
 Beans, Split Peas  
 Beans, Wax/Yellow  
 Beets  
 Bell Peppers, Green/Red/Yellow  
 Blackberries  
 Blueberries  
 Bok choy  
 Boysenberries  
 Brocco-flower  
 Broccoli  
 Brussels sprouts  
 Cabbage  
 Cantaloupe  
 Carrots  
 Cauliflower  
 Celery  
 Chard/Swiss chard  
 Cherries  
 Chili peppers  
 Chinese cabbage  
 Cole Slaw  
 Corn  
 Cranberries (Craisins)  
 Cranberry Sauce (whole)  
 Cucumbers  
 Currants

\*You must submit a written request prior to claiming any item not listed on this list for 4C approval

\*\*You must list the type of cookie on your paper menus.

**Fruit/Veg**

Daikon  
 Dates  
 Eggplant  
 Endive/Escarole  
 Figs  
 French Fries  
 Fruit Cocktail  
 Garden cress  
 Grapefruit  
 Grapes  
 Green Beans  
 Greens, Beet  
 Greens, Collard  
 Greens, Mustard  
 Greens, Turnip  
 Guava  
 HM-Vegetable Soup  
 Honeydew melon  
 Jerusalem artichokes  
 Jicama  
 Juice Bar (100% Juice)  
 Juice, Apple  
 Juice, Cherry  
 Juice, Cranberry Juice Blends  
 Juice, Grape  
 Juice, Grapefruit  
 Juice, Mandarin/Tangerine  
 Juice, Orange  
 Juice, Pear  
 Juice, Pineapple  
 Juice, Prune  
 Juice, Raspberry/Strawberry  
 Juice, Tomato  
 Juice, V8 fruit  
 Juice, V8 low sodium  
 Kale  
 Kiwi fruit  
 Kohlrabi  
 Leeks  
 Lentils  
 Lettuce salad  
 Lychee fruit  
 Mandarin oranges

**Fruit/Veg**

Mangoes  
 Melons  
 Mixed fruit  
 Mixed raw vegetables  
 Mixed vegetables(cooked)  
 Muskmelon  
 Nectarines  
 Okra  
 Oranges  
 Papaya  
 Parsnips  
 Peaches  
 Pears  
 Peas  
 Pickles  
 Pineapple  
 Pizza Sauce  
 Plantain  
 Plums  
 Pomelo  
 Potatoes, Hashed Brown  
 Potatoes, Mashed  
 Potatoes, Tater Tots  
 Potatoes, White or Red  
 Prunes  
 Pumpkin  
 Radishes  
 Raisins  
 Raspberries  
 Rhubarb  
 Rutabagas  
 Salad, Tossed ( with tomatoes)  
 Salsa  
 Sauerkraut  
 Snow peas  
 Spaghetti Sauce  
 Spinach  
 Squash, Acorn  
 Squash, Buttercup  
 Squash, Butternut  
 Squash, Hubbard  
 Squash, Spaghetti  
 Squash, Summer

**Fruit/Veg**

Squash, Winter  
 Squash, Zucchini  
 Star Fruit  
 Strawberries  
 Sweet potatoes/Yams  
 Tangerines/Tangelos  
 Tomatoes, sauce/soup/stew  
 Tomatoes,fresh(not serve w/sala  
 Turnips  
 Ugli fruit  
 Watercress  
 Watermelon

**Infant**

Infant Bread, Biter Biscuit  
 Infant Bread, Zweiback Toast  
 Infant Breast Milk  
 Infant IFIC, Barley  
 Infant IFIC, High-protein  
 Infant IFIC, Mixed  
 Infant IFIC, Oat  
 Infant IFIC, Rice  
 Infant IFIC, Wheat  
 Infant Iron Fortified Infant Formul  
 Infant Juice (100% Juice)  
 Infant Meat Alternate, Egg yolk  
 Infant Meat, Beef  
 Infant Meat, Chicken  
 Infant Meat, Ham  
 Infant Meat, Lamb  
 Infant Meat, Turkey  
 Infant Meat, Veal

**Meat**

Beans, Black  
 Beans, Blackeyed peas  
 Beans, Butter  
 Beans, Chili  
 Beans, Fava  
 Beans, Garbanzo/Chick peas  
 Beans, Kidney  
 Beans, Lima  
 Beans, Mung  
 Beans, Navy/Great Northern  
 Beans, Pinto/Pink  
 Beans, Red

\*You must submit a written request prior to claiming any item not listed on this list for 4C approval

\*\*You must list the type of cookie on your paper menus.

Meat	Meat	Meat
Beans, Soy	Chicken, Breast	Peanut Butter/Chicken
Beans, Split peas	Chicken, Corndog	Peanut Butter/Cottage Cheese
Beef, Brat	Chicken, Frank	Peanut Butter/Egg
Beef, Burger	Chicken, Ground	Peanut Butter/Pork
Beef, Cheeseburger	Chicken, Hot Dog	Peanut Butter/Yogurt
Beef, Corndog	Chicken, Legs/thighs/wings	Pizza, Tonys
Beef, Corned	Chicken, Liver/other organs	Polish sausage
Beef, Franks	Chicken, Nuggets/sticks	Pork, Brat
Beef, Ground	Chicken, Processed/lunchmeat	Pork, Chops
Beef, Hot Dog	Chicken, Sausage	Pork, Franks
Beef, Liver/other organs	Chicken, Whole	Pork, Ground
Beef, Meatballs	Clams	Pork, Ham
Beef, Meatloaf	Crab	Pork, Mett
Beef, Mett	Egg	Pork, Pepperoni
Beef, Pepperoni	Fish, fresh/frozen	Pork, Processed/lunchmeat
Beef, Processed/lunchmeat	Fish, pickled/dried	Pork, Ribs
Beef, Ribs	HM-Beef Stew	Pork, Roast
Beef, Roast	HM-Canadian Bacon Pizza	Pork, Sausage
Beef, Sausage	HM-Cheese Pizza	Pork, Shredded
Beef, Shredded	HM-Chicken & Noodles	Pork, Steak
Beef, Steak	HM-Chicken Salad	Pork, Stew meat
Beef, Stew meat	HM-Ground Beef Pizza	Potted Meat
Canadian bacon	HM-Macaroni & Cheese	Quiche
Cheese spread/food	HM-Pepperoni Pizza	Rock Cornish hen
Cheese, American	HM-Sausage Pizza	Salmon
Cheese, Brick	Lamb	Sardines
Cheese, Cheddar	Lentils	Shrimp
Cheese, Colby	Mussels	Soy Burgers
Cheese, Colby-Jack	Nuts, Almonds (snack only)	Tuna
Cheese, Cottage	Nuts, Brazil nuts (snack only)	Turkey, Bacon
Cheese, Edam	Nuts, Cashews (snack only)	Turkey, Breast
Cheese, Farmer	Nuts, Hazelnuts/Filberts (snack only)	Turkey, Burgers
Cheese, Feta	Nuts, Mixed nuts (snack only)	Turkey, Cheeseburger
Cheese, Gouda	Nuts, Peanuts (snack only)	Turkey, Corndog
Cheese, Havarti	Nuts, Pecans (snack only)	Turkey, Franks
Cheese, Monterey Jack	Nuts, Sesame seeds (snack only)	Turkey, Ground
Cheese, Mozzarella	Nuts, Soy, Edamame (snack only)	Turkey, Hot Dog
Cheese, Muenster	Nuts, Sunflower seeds (snack only)	Turkey, Meatballs
Cheese, Pimento	Nuts, Walnuts (snack only)	Turkey, Meatloaf
Cheese, Provolone	Oysters	Turkey, Pepperoni
Cheese, Ricotta	Peanut Butter (snack only)	Turkey, Processed/lunchmeat
Cheese, String	Peanut Butter/Beef	Turkey, Sausage
Cheese, Swiss	Peanut Butter/Cheese	Turkey, Whole

\*You must submit a written request prior to claiming any item not listed on this list for 4C approval

\*\*You must list the type of cookie on your paper menus.

**Meat**

Veal

Vienna sausage

Yogurt

---

\*You must submit a written request prior to claiming any item not listed on this list for 4C approval

\*\*You must list the type of cookie on your paper menus.

Revised 1/30/2012

Page 5 of 5