

CACFP Food

Bread

Bagel
Barley
Biscuits
Bread pudding (snack only)
Bread sticks
Bread stuffing/dressing
Bread, Banana
Bread, Boston Brown
Bread, Carrot
Bread, Cinnamon
Bread, Flat
Bread, French/Italian/Vienna
Bread, Fry
Bread, Garlic
Bread, Hawaiian
Bread, Oatmeal
Bread, Pita/Syrian
Bread, Potato
Bread, Pumpnickel
Bread, Pumpkin
Bread, Raisin
Bread, Roman meal
Bread, Rye
Bread, Seven Grain
Bread, Sourdough
Bread, Wheat
Bread, White
Bread, Whole Grain
Bread, Whole wheat
Bread, Zucchini
Breeding on corn dog
Brownies, Plain (snack only)
Buckwheat
Bulgur (wheat)
Buns, Hamburger
Buns, Hoagie
Buns, Hot dog
Cake (snack only)
Cereal Bar (breakfast/snack only)

Bread

Cereal snack mix
Cereal, All-Bran
Cereal, Apple Cinnamon Cheerios
Cereal, Apple Jacks
Cereal, Basic 4
Cereal, Berry Berry Kix
Cereal, Berry Burst Cheerios
Cereal, Boo Berry
Cereal, Cheerios
Cereal, Cinnamon Grahams
Cereal, Cinnamon Toast Crunch
Cereal, Cocoa Puffs
Cereal, Cookie Crisp
Cereal, Corn Chex
Cereal, Country Corn Flakes
Cereal, Cream of Wheat
Cereal, Dinosaur Eggs
Cereal, Fiber One
Cereal, Franken Berry
Cereal, French Toast Crunch
Cereal, Frosted Cheerios
Cereal, Frosted Chex
Cereal, Frosted Mini-Wheats
Cereal, Fruit Loops
Cereal, Golden Grahams
Cereal, Grape Nuts
Cereal, Honey Nut Cheerios
Cereal, Honey Nut Chex
Cereal, Honey Nut Clusters
Cereal, Kaboom
Cereal, Kelloggs Smacks
Cereal, Kix
Cereal, Life
Cereal, Lucky Charms
Cereal, Multi-Bran Chex
Cereal, Multi-Grain Cheerios
Cereal, Oatmeal Crisp Raisin
Cereal, PB Toast Crunch
Cereal, Product 19

Bread

Cereal, Raisin Bran
Cereal, Raisin Bran Crunch
Cereal, Raisin Nut Bran
Cereal, Reses Puffs
Cereal, Rice Chex
Cereal, Shrek
Cereal, Team Cheerios
Cereal, Total
Cereal, Total Brown Sugar & Oats
Cereal, Total Corn Flakes
Cereal, Total Raisin Bran
Cereal, Trix
Cereal, Wheat Chex
Cereal, Wheaties
Cereal, Wheaties Energy Crunch
Cereal, Wheaties Raisin Bran
Chips, Corn
Chips, Nacho
Chips, Wheat
Chocolate Chip Cookies (snack only)
Cinnamon Roll (breakfast/snack only)
Cobbler, Blueberry (snack only)
Cobbler, Cherry (snack only)
Cobbler, Peach (snack only)
Coffee cake (breakfast/snack only)
Cookies (snack only)
Cornbread
Couscous (wheat)
Crackers, Animal (snack only)
Crackers, Cheese
Crackers, Enriched
Crackers, Graham (snack only)
Crackers, Ritz
Crackers, Veggie
Crackers, Whole-grain
Crepes
Croissants
Croutons
Crumpets

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

Revised February 2009

Bread

Cupcakes (snack only)
 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

Bread

Quaker Oatmeal Breakfast Squares
 (breakfast/snack
 Rice cakes
 Rice pudding (snack only)
 Rice, Enriched (white)
 Rice, White (Enriched)
 Rice, Whole-grain (brown)
 Rice, Wild
 Rolls
 Rye crisp wafers
 Scones
 Sopapillas
 Spaghetti
 Spoonbread
 Sugar Cookies (snack only)
 Taco/Tostada shells
 Tamales (corn masa)
 Toaster pastry (breakfast/snack only)
 Tortilla chips
 Tortillas, Corn
 Tortillas, Flour
 Turnovers (snack only)
 Vanilla Wafers (snack only)
 Waffles

Dairy

Milk, Acidified

 Milk, Buttermilk

 Milk, Flavored

 Milk, Goats

 Milk, Lactose-reduced

 Milk, Lowfat 2%

 Milk, Skim/Nonfat

 Milk, Soy (with Drs note only)

 Milk, Special Diet milk substitute

 Milk, Whole

Fruit/Veg

Alfalfa sprouts
 Apples
 Applesauce
 Apricots
 Artichokes
 Asparagus
 Avocados

Fruit/Veg

Bamboo shoots
 Bananas
 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

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

Revised February 2009

Fruit/Veg

Cucumbers
 Currants
 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

Fruit/Veg

Lettuce salad
 Lychee fruit
 Mandarin oranges
 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
 Salsa
 Snow peas
 Spaghetti Sauce
 Spinach
 Squash, Acorn
 Squash, Buttercup
 Squash, Butternut

Fruit/Veg

Squash, Hubbard
 Squash, Spaghetti
 Squash, Summer
 Squash, Winter
 Squash, Zucchini
 Star Fruit
 Strawberries
 Sweet potatoes/Yams
 Tangerines/Tangelos
 Tomatoes, fresh
 Tomatoes, sauce/soup/stew
 Turnips
 Ugli fruit
 Watercress
 Watermelon

Infant

Infant Bread, Biter Biscuit
 Infant Bread, Fruit Puffs
 Infant Bread, Vegetable Puffs
 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 Formula
 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, Garbanzo/Chick peas
 Beans, Kidney

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

Revised February 2009

Meat

Beans, Lima
 Beans, Mung
 Beans, Navy/Great Northern
 Beans, Pinto/Pink
 Beans, Red
 Beans, Soy
 Beans, Split peas
 Beef, Brat
 Beef, Burger
 Beef, Cheeseburger
 Beef, Corndog
 Beef, Corned
 Beef, Franks
 Beef, Ground
 Beef, Hot Dog
 Beef, Liver/other organs
 Beef, Meatballs
 Beef, Meatloaf
 Beef, Mett
 Beef, Pepperoni
 Beef, Processed/lunchmeat
 Beef, Ribs
 Beef, Roast
 Beef, Sausage
 Beef, Shredded
 Beef, Steak
 Beef, Stew meat
 Canadian bacon
 Cheese spread/food
 Cheese, American
 Cheese, Brick
 Cheese, Cheddar
 Cheese, Colby
 Cheese, Colby-Jack
 Cheese, Cottage
 Cheese, Edam
 Cheese, Farmer
 Cheese, Feta
 Cheese, Gouda
 Cheese, Havarti
 Cheese, Monterey Jack
 Cheese, Mozzarella

Meat

Cheese, Muenster
 Cheese, Pimento
 Cheese, Provolone
 Cheese, Ricotta
 Cheese, String
 Cheese, Swiss
 Chicken, Breast
 Chicken, Corndog
 Chicken, Frank
 Chicken, Ground
 Chicken, Hot Dog
 Chicken, Legs/thighs/wings
 Chicken, Liver/other organs
 Chicken, Nuggets/sticks
 Chicken, Processed/lunchmeat
 Chicken, Sausage
 Chicken, Whole
 Clams
 Crab
 Egg
 Fish, fresh/frozen
 Fish, pickled/dried
 HM-Beef Stew
 HM-Canadian Bacon Pizza
 HM-Cheese Pizza
 HM-Chicken & Noodles
 HM-Chicken Salad
 HM-Ground Beef Pizza
 HM-Macaroni & Cheese
 HM-Pepperoni Pizza
 HM-Sausage Pizza
 Lamb
 Lentils
 Nuts, Almonds (snack only)
 Nuts, Brazil nuts (snack only)
 Nuts, Cashews (snack only)
 Nuts, Hazelnuts/Filberts (snack only)
 Nuts, Mixed nuts (snack only)
 Nuts, Peanuts (snack only)
 Nuts, Pecans (snack only)
 Nuts, Sesame seeds (snack only)
 Nuts, Sunflower seeds (snack only)

Meat

Nuts, Walnuts (snack only)
 Oysters
 Peanut Butter (snack only)
 Peanut Butter/Beef
 Peanut Butter/Cheese
 Peanut Butter/Chicken
 Peanut Butter/Cottage Cheese
 Peanut Butter/Egg
 Peanut Butter/Pork
 Peanut Butter/Yogurt
 Pizza, Tonys
 Polish sausage
 Pork, Brat
 Pork, Chops
 Pork, Franks
 Pork, Ground
 Pork, Ham
 Pork, Mett
 Pork, Pepperoni
 Pork, Processed/lunchmeat
 Pork, Ribs
 Pork, Roast
 Pork, Sausage
 Pork, Shredded
 Pork, Steak
 Pork, Stew meat
 Potted Meat
 Quiche
 Rock Cornish hen
 Salmon
 Sardines
 Shrimp
 Soy Burgers
 Tuna
 Turkey, Bacon
 Turkey, Breast
 Turkey, Burgers
 Turkey, Cheeseburger
 Turkey, Corndog
 Turkey, Franks
 Turkey, Ground
 Turkey, Hot Dog

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

Revised February 2009

Meat

Turkey, Meatballs

Turkey, Meatloaf

Turkey, Pepperoni

Turkey, Processed/lunchmeat

Turkey, Sausage

Turkey, Whole

Veal

Vienna sausage

Yogurt

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

Revised February 2009