

Creditable Foods

Meat / Alt	Pork
Tofu	Canadian Bacon
Tofu	Ham
Beef	Pork Chops / Cutlet
Beef Ground	Pork Ground
Beef Liver	Pork Ribs
Beef Meatballs	Pork Roast
Beef Ribs	Stew Meat – Pork
Beef Steak	*Seafood (Must be USDA inspected and approved)
Brisket	Alligator
Corned Beef	Crab
Cubed Beef	Crawfish
Gravy Steak	Fish Fillets
Roast Beef	Fish Sticks / Nuggets
Stew Meat	Frog Legs
Veal	Oysters
Chicken	Shrimp
Air Fried Chicken	Scallops
Baked Chicken	Tuna
BBQ Chicken	Turtle
Chicken Gizzards/ Livers	Whole Fish
Chicken Nuggets	Turkey
Chicken Salad	Sliced Turkey
Grilled Chicken	Turkey Cubes
Pan Fried / Sautéed Chicken	Turkey Cutlets
Stewed Chicken	Turkey Drumsticks
	Turkey Ground
	Turkey Necks

Creditable Foods

Revised
05/18

Turkey Wing

Turkey Thighs

Smoked Turkey

Other Meats

Bison/Buffalo

Bologna

Corn Dog

Duck

Goat

Goose

Lamb

Rabbit

Sausages

Sliced Turkey/Ham

Venison

Vienna Sausage

Wieners (All Meat)

Cheeses

Baked Cheese Sticks (or Airfry)

Cheese/Cheese Spread

Cottage Cheese

Pimento Cheese

Ricotta Cheese

String Cheese

Dried Beans Legumes or Peas

Baked Beans

Bean Soup

Black Beans

Blackeyed Peas

Chili Beans

Crowder Peas / Field Peas

Dried Mix Beans

Fava Beans

Garbanzo Beans / Chick Peas

Lentils

Lima/ Butter Beans

Pinto Beans

Pork N Beans

Red / Kidney Beans

Refried Beans

Split Pea Soup

White Beans

Eggs

Egg (Whole)

Nut Butters

Almond Butter

Cashew Butter

Hazelnut Butter

Peanut Butter

Sunflower Seed Butter

Walnut Butter

Yogurt

Chobani Greek Yogurt (Banana)

Chobani Greek Yogurt (Black Cherry)

Chobani Greek Yogurt (Blackberry)

Chobani Greek Yogurt (Blueberry)

Chobani Greek Yogurt (Coconut)

Chobani Greek Yogurt (Mixed Berry)

<p>Chobani Greek Yogurt (Peach)</p> <p>Chobani Greek Yogurt (Pineapple)</p> <p>Chobani Greek Yogurt (Plain)</p> <p>Chobani Greek Yogurt (Raspberry)</p> <p>Chobani Greek Yogurt (Strawberry)</p> <p>Chobani Greek Yogurt (Vanilla)</p> <p>Danimals Nonfat Yogurt</p> <p>Dannon Plain Nonfat Yogurt</p> <p>Dannon Plain Lowfat Yogurt</p> <p>Dannon Oikos Traditional Yogurt (All Natural Plain)</p> <p>Dannon Plain Whole Milk Yogurt</p> <p>Oikos Greek Yogurt (Banana Cream)</p> <p>Oikos Greek Yogurt (Blackberry)</p> <p>Oikos Greek Yogurt (Blueberry)</p> <p>Oikos Greek Yogurt (Peach)</p> <p>Oikos Greek Yogurt (Plain)</p> <p>Oikos Greek Yogurt (Strawberry Banana)</p> <p>Oikos Greek Yogurt (Strawberry)</p> <p>Oikos Greek Yogurt (Vanilla)</p> <p>Oikos Greek Yogurt Nonfat (Vanilla)</p> <p>Stonyfield Farms Fruit on the Bottom (Blueberry)</p> <p>Stonyfield Farms Fruit on the Bottom (Strawberry)</p> <p>Stonyfield Farms Organic Greek (Blueberry)</p> <p>Stonyfield Farms Organic Greek (Cherry)</p> <p>Stonyfield Farms Organic Greek (Peach)</p>	<p>Stonyfield Farms Organic Greek (Plain)</p> <p>Stonyfield Farms Organic Greek (Strawberry)</p> <p>Stonyfield Farms Organic Greek (Vanilla)</p> <p>Stonyfields Farms Smooth & Creamy Lowfat (Vanilla)</p> <p>Stonyfields Farms Smooth & Creamy Whole Milk (Vanilla)</p> <p>Stonyfields Farms Smooth & Creamy Lowfat (Peach)</p> <p>Stonyfields Farms Smooth & Creamy (Plain)</p> <p>Stonyfields Farms Smooth & Creamy (Raspberry)</p>
	<hr/> <p>Bread/ Alt</p> <hr/>
	<p>Breads</p> <p>Hush Puppies (Air Fried / Baked)</p> <p>Bagels</p> <p>Biscuits</p> <p>Bread Sticks</p> <p>Buns</p> <p>Cinnamon Raisin Bread</p> <p>Cornbread or Corn Muffin</p> <p>Croissants</p> <p>Dumplings</p> <p>English Muffin</p> <p>French Bread</p> <p>French Toast</p> <p>Fruit Bread</p> <p>Muffins</p> <p>Pancakes / Waffles</p>

Creditable Foods

Pita Bread	Frosted Mini Wheats Touch of Fruit (Raspberry) WG
Rolls	Grape-Nuts Flakes WG
Savory Pie Crust (Meat pies, Pot pies)	Grape-Nuts Original WG
Sliced Bread	Great Gains Banana Nut Crunch WG
Soft Pretzels	Great Gains Cranberry Almond Crunch WG
Stuffing / Dressing	Great Gains Crunchy Pecan WG
Vegetable Bread	Honey Bunches of Oats Cinnamon Bunches
Vegetable Fritters	Honey Bunches of Oats Honey Roasted
Cold Cereal	Honey Bunched of Oats Vanilla Bunches WG
All Bran Complete Wheat Flakes Cereal WG	Honey Bunched of Oats WG Honey Crunch
Alpha Bits	Kix Berry Berry WG
Bran Flakes WG	Kix Honey WG
Cheerios Multi-Grain WG	Kix WG
Cheerios WG	Life Original WG
Corn Chex Gluten Free	Life Vanilla
Corn Flakes	Mini Wheats Chocolate Little Bites WG
Crispix	Mini Wheats Unfrosted WG
Crispy Rice	Oat Blenders with Honey
Dora the Explorer	Oat Blenders with Honey and Almonds
Fiber One Honey Clusters WG	Oatmeal Squares (Brown Sugar) WG
Fiber One Original WG	Oatmeal Squares (Cinnamon) WG
Frosted Mini Spooners Blueberry WG	Oatmeal Squares (Golden Maple)
Frosted Mini Spooners Original WG	Oatmeal Squares (Honey Nut)
Frosted Mini Spooners Strawberry Cream WG	Rice Chex (Gluten Free) WG
Frosted Mini Wheats Blueberry WG	Rice Krispies
Frosted Mini Wheats Little Bites WG	Scooters WG
Frosted Mini Wheats Original WG	
Frosted Mini Wheats Strawberry WG	

Creditable Foods

Shredded Wheat Honey Nut WG

Special K

Total Whole Grain

Wheat Chex WG

Wheaties WG

Hot Cereal

Cream of Wheat

Grits

Malt-o-Meal

Oatmeal

Crackers

Animal Crackers

Cheese Crackers

Graham Crackers / Teddy Grahams

Melba Toast

Oyster Crackers

Peanut Butter Crackers

Ritz Crackers

Saltine Crackers

Wheat Crackers

Whole Grain Crackers

Zwieback Crackers

Crusts

Pizza Crust

Savory Pie Crusts

Pasta or Noodles

Chow Mein Noodles

Lasagna Noodles

Macaroni Noodles

Noodles / Pasta / Other

Ramen Noodles

Ravioli

Spaghetti Noodles

Other Grains

Couscous

Rice

Aromatic Rice

Boudin

Brown Rice

Quinoa

Rice A Roni

Rice Cakes

White Rice

Wild Rice

Tortillas

Taco / Tostada Shell

Tortilla

Whole Multi-Grain Chips

Vegetable/ Fruit/ Juice

Fruits

Apples

Applesauce

Apricots

Bananas

Blackberries

Blueberries

Cantaloupe

Cranberry Sauce / Cranberries

Creditable Foods

Figs	100% Mixed Fruit / Veg Juice
Fresh Cherries (not Maraschino)	100% Vegetable Juice
Fruit Cocktail / Cup	Juicy Juice
Fruit Pie Filling	*Vegetables
Grapefruit	(Must be served in correct quantities; not allowable if used as seasonings)
Grapes	Artichokes
Honeydew Melon	Asparagus
Kiwi	Avocado
Kumquat	Beets
Mandarin / Satsuma	Bell Peppers (not credible when used as a seasoning)
Mangos	Broccoli
Nectarines	Brussels Sprouts
Oranges	Cabbage
Papaya	Carrots
Peaches	Cauliflower
Pears	Celery Sticks
Persimmons	Cole Slaw
Pineapple	Collard Greens
Plums	Corn
Prunes	Cucumbers
Pumpkin	Cucumbers and Tomatoes
Raisins	Eggplant
Raspberries	Green / English Peas
Strawberries	Jicama
Tangerines	Kale
Waldorf Salad	Lettuce and Tomato
Watermelon	Mirliton
Juices	Mushrooms
100% Fruit Juice	

Creditable Foods

Revised
05/18

Mixed Vegetables
Mustard Greens
Okra
Onion Rings (Air Fried / Baked)
Peas and Carrots
Peas, Other
Raw Veggie Plate
Sauerkraut
Spinach
Squash
Sugar Snap / Snow Peas
Swiss Chard
Tossed Salad
Turnip Greens
Turnips
Vegetable Soup

Beans

Baked Beans
Bean Salad
Black Beans
Butter Beans
Chili Beans
Edamame Beans
Garbanzo Beans / Chick Peas
Green Beans
Lima Beans
Lentils
Pea Salad
Pinto Beans

Pork and Beans
Red / Kidney Beans
Refried Beans
White Beans

Potatoes

Au gratin / Scalloped Potatoes
French Fries (Air Fried / Baked)
Hash Browns
Mashed Potatoes
Potato Casserole
Potato Salad
Potato Skins
Potato Soup
Potatoes (Baked / Boiled)
Sweet Potatoes / Yams
Tater Tots (Air Fried / Baked)

Tomatoes

Fresh Tomatoes
Stewed Tomatoes
Tomato Sauce
Tomatoes Air Fried / Baked / Broiled

Milk

Fluid Milk
1 year old children: whole, unflavored milk
2 year old & older and Adults: 1% or fat free milk
Children 6 years & older and adults: flavored fat-free (skim) milk allowed

Creditable Foods

Infants Only

Infant Eggs / Meats

Infant Beef

Infant Chicken

Infant Dried Beans / Peas

Infant Fish

Infant Ham

Infant Lamb

Infant Turkey

Infant Veal

Infant Whole Egg

Infant Cereals

Infant Barley Cereal

Infant Bulgur Cereal

Infant High-Protein Cereal

Infant Mixed Cereal

Infant Oatmeal Cereal

Infant Rice Cereal

Infant Formula

Breast Milk

Iron Fortified Infant Formula

Non-Iron Fortified Infant Formula (Dr
Statement Required)

NOTE: Crackers */Vegetables*/Fruits*

***Required when infants 6-11 months of age
are developmentally ready.**

Make selections from the regular food chart.

JUICE is no longer creditable for infants.