This will help you know which foods are creditable. If you are unsure about a particular food not on this list, choose a different food or call our office.

Use the following list to help fill out your menu. For each meal’s requirements:

* Look under the appropriate heading (ex. Meat or Meat Alternate)
* Choose an item from the list (ex. Turkey Breast)
* Write it on your menu (exp. On line 1 of Lunch)
* If using paper menus, please do not write the number listed for each item on the menu. List the actual food.
* The number in front of the food item corresponds with KidKare, it may be useful to just type in the number instead of choosing from the list online.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **MEAT or MEAT ALTERNATE** | | | | | | | |
| **BEEF** | |  | **CHICKEN** | |  | **PORK** | |
| 1 | Beef Franks \*HF(I) |  | 20 | Chicken (I) |  | 40 | Canadian Bacon (I) |
| 2 | Beef Ground HF(I) |  | 21 | Chicken Franks \*HF(I) |  | 41 | Ham (I) |
| 3 | Beef Liver HF(ACI) |  | 22 | Chicken Gizzard (I) |  | 43 | Pork Chops/Cutlet HF(I) |
| 4 | Beef Lunchmeat/Processed \*HF(I) |  | 23 | Chicken Liver (ACI) |  | 42 | Pork Kielbasa HF(I) |
| 5 | Beef Ribs HF(I) |  | 24 | Chicken Lunchmeat/Processed \*HF(I) |  | 44 | Pork Lunchmeat/Processed \*HF(I) |
| 14 | Beef Steak (I) |  | 25 | Chicken Nuggets HF(I) |  | 45 | Pork Roast (I) |
| 6 | Beef Stix \*HF(I) |  | 26 | Chicken Stix \*HF(I) |  | 46 | Sausage – Pork \*HF(I) |
| 7 | Braunshwieger \*HF |  |  |  |  | 48 | Spare Ribs HF(I) |
| 8 | Brisket HF |  | **SEAFOOD** | |  |  |  |
| 11 | Corn Dog \*HF |  | 27 | Catfish |  | **TURKEY** | |
| 10 | Corned Beef HF(I) |  | 28 | Clams (CI) |  | 55 | Turkey (I) |
| 56 | Pepperoni \*(I)CN |  | 30 | Crab \*(I) |  | 142 | Turkey Bacon (I)CN |
| 12 | Roast Beef (I) |  | 31 | Fish Fillets |  | 50 | Turkey Breast (I) |
| 13 | Sausage – Beef \*HF(I) |  | 32 | Fish Sticks \*HF |  | 51 | Turkey Franks \*HF(I) |
| 37 | Smokie Links \* |  | 33 | Other Fish |  | 52 | Turkey Ground (I) |
| 15 | Stew Meat – Beef (I) |  | 34 | Salmon \* |  | 53 | Turkey Ham (I) |
| 16 | Tongue (I) |  | 35 | Shrimp \* |  | 54 | Turkey Lunchmeat/Processed \*HF(I) |
| 17 | Vienna Sausage HF(I) |  | 36 | Tuna (I) |  |  |  |
|  |  |  |  |  |  | **YOGURT** | |
| **OTHER MEATS** | |  | **EGG** | |  | 130 | Yogurt (including soy based) |
| 57 | Lamb (I) |  | 110 | Egg |  | Must meet USDA requirements with less than 23 | |
| 58 | Veal (I) |  |  |  |  | grams of sugar per 6 oz. | |
|  |  |  |  |  |  |  | |
| **DRIED BEANS, LEGUMES or PEAS** | |  | **CHEESE** | |  | **PEANUT BUTTER** | |
| 62 | Baked Beans |  | 81 | American Cheese HF |  | 120 | Peanut Butter \*(I) |
| 63 | Bean Soup (I) |  | 82 | Cheddar Cheese HF |  |  |  |
| 64 | Black Beans (I) |  | 83 | Cheese Food/Slices/Spread \*HF |  | **NUTS or SEEDS** | |
| 65 | Blackeyed Peas (I) |  | 84 | Colby-Jack Cheese |  | 140 | Nuts (Assorted) \*SN |
| 66 | Chili Beans (I) |  | 85 | Cottage Cheese |  | 141 | Seeds \*SN |
| 67 | Garbanzo Beans/Chick Peas (I) |  | 86 | Farmer Cheese |  |  |  |
| 68 | Great Northern Beans (I) |  | 87 | Fried Cheese Sticks \*HF |  |  |  |
| 70 | Lentils (I) |  | 88 | Mozzarella Cheese |  |  |  |
| 71 | Lima Beans (I) |  | 104 | Other Cheese |  |  |  |
| 72 | Mung Beans (I) |  | 100 | Pimento Cheese \*HF |  |  |  |
| 73 | Navy Beans (I) |  | 101 | Ricotta Cheese |  |  |  |
| 74 | Other Beans (I) |  | 102 | Sting Cheese |  |  |  |
| 75 | Pinto Beans (I) |  | 103 | Swiss Cheese |  |  |  |
| 76 | Pork N Beans (I) |  |  |  |  |  |  |
| 77 | Red/Kidney Beans (I) |  |  |  |  |  |  |
| 78 | Refried Beans (I) |  |  |  |  |  |  |
| 80 | Soybeans (I) |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **BREADS or GRAINS** | | | | | | | |
| **BREADS** | |  | 21 | Hush Puppies \*HF |  | 213 | Graham Crackers – No Honey |
| 1 | Bagel (I) |  | 22 | Italian Bread |  | 214 | Hi Ho/Ritz Crackers |
| 2 | Biscuits (I) |  | 23 | Oatmeal Bread (I) |  | 61 | Melba Toast |
| 4 | Bran Muffin (I) |  | 24 | Pilot Bread |  | 64 | Other Crackers |
| 3 | Bread Sticks (Soft Only) |  | 25 | Pita Bread (I) |  | 215 | Oyster Crackers |
| 38 | Buns/Rolls |  | 26 | Potato Bread |  | 216 | Rye Crisps |
| 5 | Chow Mein Noodles \*HF |  | 27 | Pumpernickel Bread |  | 62 | Saltine Crackers |
| 7 | Corn Dog Wrap \* |  | 28 | Rolls (I) |  | 63 | Snack Crackers |
| 6 | Cornbread or Corn Muffin \*(I) |  | 30 | Rye Bread |  | 220 | Soda Crackers |
| 8 | Croissants HF(I) |  | 31 | Scones \* |  | 221 | Teething Biscuit |
| 10 | Dumplings \* |  | 32 | Sourdough Bread |  | 65 | Wheat Crackers (I) |
| 11 | Egg Roll/Wonton Wraps \* |  | 33 | Spoonbread \* |  | 66 | Zwieback (I) |
| 12 | English Muffin (I) |  | 34 | Stuffing/Dressing |  |  |  |
| 13 | Flat Bread |  | 36 | Wheat Bread (I) |  | **CEREALS** | |
| 14 | French Bread, Whole or Enriched |  | 36 | White Bread (I) |  | 37 | Cereal Snack Mix \*BR/SN(I) |
| 15 | French Toast \* |  |  |  |  | 40 | Cold Cereal (I) |
| 16 | Fry Bread HF |  | **CRACKERS** | |  | 41 | Hot Cereal |
| 147 | Garlic Bread/Toast \* |  | 210 | Animal Crackers – Plain |  | Hot & Cold Cereals must meet USDA requirements with less than 6 grams of sugar per dry ounce. | |
| 17 | Hamburger Buns (I) |  | 211 | Cheese Crackers |  |
| 18 | Hawaiian Bread |  | 212 | Club Crackers |  |  |  |
| 20 | Hot Dog Buns |  | 60 | Graham Crackers \*(I) |  |  |  |
|  |  |  |  |  |  |  |  |
| **CRUSTS** | |  | **PANCAKES** | |  | **RICE** | |
| 71 | Pizza Crust \*(I) |  | 88 | Pancakes/Waffles (I) |  | 130 | Brown Rice (I) |
| 72 | Puff Pastry Shells \*HF |  |  |  |  | 131 | Fried Rice \*HF(I) |
|  |  |  | **PASTA or NOODLES** | |  | 132 | Rice Cakes (I) |
| **GRAINS** | |  | 100 | Egg Noodles \*(I) |  | 133 | Spanish Rice |
| 80 | Barley |  | 101 | Lasagna Noodles (I) |  | 134 | White Rice (I) |
| 81 | Bulgur |  | 102 | Macaroni Noodles (I) |  | 135 | Wild Rice (I) |
| 113 | Cheese Puffs LD/SN |  | 103 | Other Noodles (I) |  |  |  |
| 112 | Chip, Corn/Wheat |  | 107 | Pasta Noodles, Various (I) |  | **TORTILLAS** | |
| 82 | Couscous |  | 108 | Pierogies |  | 140 | Corn/Flour Tortilla |
| 83 | Farina (I) |  | 104 | Ramen Noodles (I) |  | 141 | Taco Chips \* |
| 84 | Grits (Enriched Flour) |  | 105 | Ravioli (I) |  | 142 | Taco Shell \* |
| 85 | Lefsa |  | 106 | Soup Noodles (packaged) (I) |  |  |  |
| 86 | Millet |  |  |  |  | **VEGETABLE or FRUIT BREAD** | |
| 87 | Oats (AI) |  | **PRETZELS** | |  | 143 | Fruit Muffin/Bread \* |
| 114 | Sun Chips LD/SN |  | 110 | Pretzels – Hard \*(I) |  | 146 | Other Muffins \*(I) |
|  |  |  | 111 | Pretzels – Soft (I) |  | 145 | Other Quick Bread \* |
|  |  |  |  |  |  | 144 | Vegetable Muffin/Bread \* |
|  |  |  |  |  |  |  |  |
| **FRUIT/JUICE/VEGETABLE** | | | | | | | |
| **FRUITS** | |  | 22 | Mixed Fruit |  | **JUICES (Must be 100% fruit/vegetable juice)** | |
| 1 | Apples (C) |  | 23 | Nectarines (AC) |  | 50 | Apple Cider \*(C) |
| 2 | Applesauce (C) |  | 24 | Oranges (C) |  | 51 | Apple Juice \*(C) |
| 3 | Apricots (C) |  | 25 | Papaya (AC) |  | 52 | Carrot Juice \*(A) |
| 4 | Bananas (C) |  | 26 | Peaches (AC) |  | 53 | Cherry Juice \*(A) |
| 5 | Blackberries (C) |  | 27 | Pears (C) |  | 54 | Grape Juice (C) |
| 6 | Blueberries (C) |  | 28 | Persimmons |  | 55 | Grapefruit Juice \*(C) |
| 7 | Boysenberries |  | 30 | Pineapple (C) |  | 56 | Juicy Juice \* |
| 8 | Cantaloupe (AC) |  | 31 | Plums (AC) |  | 57 | Mixed/Blended Juice \* |
| 43 | Cherries (A) |  | 32 | Prunes (AI) |  | 58 | Orange Juice \*(C) |
| 10 | Cranberries/Cranberry Sauce |  | 33 | Raisins \*(I) |  | 60 | Pear Juice/Blends \*(C) |
| 11 | Dates |  | 34 | Raspberries (C) |  | 61 | Pineapple Juice \*(C) |
| 12 | Figs |  | 35 | Rhubarb |  | 62 | Prune Juice \*(AI) |
| 13 | Grapefruit (C) |  | 36 | Star Fruit |  | 63 | Tomato/Vegetable Juice \*(AC) |
| 14 | Grapes |  | 37 | Strawberries (C) |  | 64 | Tropical Blend/Juice \* |
| 15 | Guava (C) |  | 38 | Tangerines (C) |  |  |  |
| 16 | Honeydew Melon (AC) |  | 40 | Ugli Fruit |  |  |  |
| 17 | Jello with Fruit |  | 42 | Waldorf Salad |  |  |  |
| 18 | Kiwi (C) |  | 41 | Watermelon (AC) |  |  |  |
| 20 | Mandarin Oranges (AC) |  |  |  |  |  |  |
| 21 | Mangoes (AC) |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **VEGETABLES** | |  | **BEANS** | |  | **PEAS** | |
| 150 | Artichokes |  | 181 | Baked Beans (I) |  | 235 | Blackeyed Peas (I) |
| 151 | Asparagus |  | 182 | Black Beans (I) |  | 216 | Dried Peas (I) |
| 152 | Avocado HF |  | 183 | Great Northern Beans (I) |  | 217 | Garbanzo Beans/Chick Peas (I) |
| 153 | Bamboo Shoots |  | 184 | Green/Yellow Beans (I) |  | 218 | Green Peas (CI) |
| 154 | Beets |  | 185 | Lentils (I) |  | 220 | Peas and Carrots (ACI) |
| 156 | Broccoflower |  | 186 | Lima Beans (CI) |  |  |  |
| 155 | Broccoli (AC) |  | 187 | Mung Beans (I) |  | **POTATOES** | |
| 157 | Carrots (A) |  | 188 | Navy Beans (I) |  | 221 | Baked Potato |
| 158 | Cauliflower (C) |  | 200 | Other Beans (I) |  | 222 | French Fries HF(C) |
| 160 | Celery |  | 201 | Pinto Beans (I) |  | 223 | Fried Potatoes HF(C) |
| 161 | Corn |  | 202 | Red/Kidney Beans (I) |  | 224 | Hash Browns HF(C) |
| 162 | Cucumbers |  | 203 | Refried Beans (I) |  | 225 | Mashed Potatoes (C) |
| 163 | Eggplant |  | 204 | Soybeans (I) |  | 226 | Other Potato |
| 164 | Mixed Vegetables |  | 205 | Wax/Yellow Beans (CI) |  | 227 | Potato Salad (C) |
| 165 | Mushrooms |  |  |  |  | 228 | Potato Skins (C) |
| 240 | Okra (C) |  | **GREEN/LEAFY VEGETABLES** | |  | 230 | Sweet Potato/Yams (AC) |
| 166 | Okra (fresh) (C) |  | 206 | Cabbage (C) |  | 234 | Tater Tots HF(C) |
| 167 | Olives |  | 207 | Collard Greens (AC) |  |  |  |
| 168 | Onions (C) |  | 213 | Greens, Mustard (AC) |  | **TOMATOES** | |
| 170 | Parsnip (C) |  | 215 | Greens, Turnip (AC) |  | 231 | Stewed Tomatoes (AC) |
| 171 | Peppers, Red/Green/Yellow (C) |  | 208 | Jicama |  | 233 | Tomato Sauce (AC) |
| 172 | Pickles |  | 210 | Kale (AC) |  | 232 | Tomatoes, Other (AC) |
| 173 | Pumpkin (AC) |  | 211 | Lettuce |  |  |  |
| 175 | Rutabagas (C) |  | 212 | Lettuce and Tomato |  | **SOUPS** | |
| 174 | Salsa |  | 214 | Tossed Salad |  | 250 | Bean Soup (I) |
| 176 | Sauerkraut |  |  |  |  | 253 | Chili |
| 177 | Spinach (ACI) |  |  |  |  | 254 | Chunky Vegetable Soup |
| 178 | Sprouts (any kind) |  |  |  |  | 255 | Clam Chowder |
| 180 | Squash (C) |  |  |  |  | 257 | Minestrone Soup |
|  |  |  |  |  |  | 258 | Potato Soup (C) |
|  |  |  |  |  |  | 260 | Split Pea Soup (I) |
|  |  |  |  |  |  | 261 | Tomato Soup (AC) |
|  |  |  |  |  |  | 263 | Vegetable Soup (A) |
|  |  |  |  |  |  |  |  |
| **MILK** | | | | | | | |
| 1 | Buttermilk \*(A) |  | 7 | Fluid Milk \*(A) |  | 9 | Special Provision/Soy Milk |
| 2 | Eggnog (Commercial) \* |  | 8 | Milkshakes HM\*(A) |  |  | *(Special Accommodations required)* |
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| **INFANTS ONLY** | | | | | | | |
| **INFANT MEATS** | |  | **INFANT CEREAL** | |  | **INFANT FORMULA** | |
| 217 | Cooked Dry Beans/Peas (I) |  | 201 | Infant Barley Cereal |  | 11 | Breast Milk/Iron-Fort. Infant Formula (A) |
| 211 | Infant Beef (I) |  | 202 | Infant High-Protein Cereal (I) |  | 13 | Parent Supplied Formula |
| 212 | Infant Chicken (I) |  | 203 | Infant Mixed Cereal (I) |  | 12 | Special Formula |
| 210 | Infant Egg |  | 204 | Infant Oatmeal Cereal (AI) |  |  | *(Special Accommodations required)* |
| 213 | Infant Ham (I) |  | 205 | Infant Rice Cereal (I) |  |  |  |
| 214 | Infant Lamb (I) |  |  |  |  |  |  |
| 215 | Infant Turkey (I) |  |  |  |  |  |  |
| 216 | Infant Veal (I) |  |  |  |  |  |  |
| 218 | Unprocessed Cheese |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
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| **LEGEND:** | | | | | | | |
| \* Not reimbursable for infants under 1 year | | | |  | DBL Double Portion Required | | |
| A Vitamin A | | | |  | HF High Fat | | |
| BR Breakfast Only | | | |  | HM Homemade | | |
| BR/SN Breakfast or Snack Only | | | |  | HS High Salt | | |
| C Vitamin C | | | |  | I Iron | | |
| CN CN label required | | | |  | SN Snack | | |