

## Reimbursable Foods in the Food Program

Key: BR=Breakfast SN=Snack

**Category**  
**Meat / Alt**  
**Beef**

**Food Item**

Beef Barbecue  
Beef Franks  
Beef Ground  
Beef Jerky  
Beef Liver  
Beef Lunchmeat  
Beef Meatballs  
Beef Ribs

**Food Item**

Beef Stix  
Beef Tips  
Braunschwieger  
Brisket  
Chuck Roast  
Corn Dog  
Corned Beef  
Meat Spread

**Food Item**

Pot Roast  
Roast Beef  
Round Steak  
Sausage - Beef  
Stew Meat - Beef  
Veal  
Vienna Sausage

**Chicken**

Chicken Breasts  
Chicken Franks  
Chicken Gizzards  
Chicken Ground

Chicken Legs  
Chicken Liver  
Chicken Lunchmeat  
Chicken Nuggets / Stix

Chicken Thighs  
Stew Meat - Chicken  
Whole Chicken

**Seafood**

Catfish  
Clams  
Crab

Fish Fillets  
Fish Sticks  
Salmon

Shrimp  
Tuna

**Pork**

Bratwurst  
Canadian Bacon  
Ham  
Pepperoni

Pork Chops  
Pork Ground  
Pork Lunchmeat  
Pork Meatballs

Pork Roast  
Sausage - Pork  
Spare Ribs  
Stew Meat - Pork

**Turkey**

Turkey Breast  
Turkey Franks  
Turkey Ground

Turkey Ham  
Turkey Lunchmeat  
Turkey Meatballs

Turkey Roast  
Whole Turkey

**Lamb**

Lamb

**Cheeses**

American Cheese  
Cheddar Cheese  
Cheese and Macaron (homemade)  
(homemade)  
Cheese Spread / Food

Colby Cheese  
Cottage Cheese  
Fried Cheese Sticks  
Lowfat Cheese  
Mozzarella Cheese

Pimento Cheese  
Ricotta Cheese  
String Cheese  
Swiss Cheese

**Beans**

Baked Beans  
Bean Soup  
Garbanzo Beans  
Chick Peas

Great Northern Beans  
Lima Beans  
Navy Beans  
Pinto Beans

Pork & Beans  
Red / Kidney Beans  
Refried Beans

**Peas**

Black-eyed Peas  
Dried Green / Yellow Peas

Lentils

Split Pea Soup

**Eggs**

Egg, cooked

**Peanut Butter**

Peanut Butter (snack only)

Peanut Butter & Meat / Alternate

**Yogurt**

Yogurt

**Seeds**

Pumpkin Seeds (snack only)

Sesame Seeds (snack only)

Sunflower Seeds (snack only)

**Nuts**

Almonds (snack only)  
Cashews (snack only)

Peanuts (snack only)  
Pecans (snack only)

Walnuts (snack only)

## Reimbursable Foods in the Food Program

### **Bread/Alt (Breakfast / Snack only)**

#### **Hot Cereal**

Barley (BR/SN Only)	Grits (BR/SN Only)	Ralston (BR/SN Only)
Bulgar (BR/SN Only)	Malt-o-Meal (BR/SN Only)	Wheat (BR/SN Only)
Cream of Rice (BR/SN Only)	Millet (BR/SN Only)	
Cream of Wheat (BR/SN Only)	Oatmeal (BR/SN Only)	

#### **Breads**

Bagel	French Toast	Rolls
Bagel Chips	Fritters, Apple/Banana (BR/SN Only)	Rye Bread
Biscuits	Fritters, Corn (BR/SN Only)	Seven Grain Bread
Bread Sticks	Hamburger Buns	Sourdough Bread
Chow Mein Noodles	Hot Dog Buns	Spoonbread
Corn Dog Wrap	Hush Puppies	Wheat Bread
Cornbread	Italian Bread	White Bread
Croissants	Lumpia	Whole Wheat Bread
Dumplings	Monkey Bread	Egg Rolls
Egg Rolls	Oatmeal Bread	Wheat Bread
English Muffins	Pita Bread	White Bread
Filo Pastry	Potato Bread	Whole Wheat Bread
Flat Bread	Pumpernickel Bread	Wonton Wrappers
French Bread		

#### **Cold Cereal**

Cereal 6 grams of Sugar or Less (21.2 grams of sugar / 100 grams)		
100% Bran (BR/SN Only)	Aldi Bran Flakes	Aldi Corn Flakes
Aldi Corn Squares	Aldi Crisp Rice	Aldi Crispy Oats (WG)
Aldi Frosted Shredded Wheat Bite Size (WG)	Aldi Honey Crunch 'n Oats (plain & w/ Almonds)	
Aldi Honey Nut Crispy Oats (WG)	Aldi MultiGrain Crispy Oats (WG)	Aldi Rice Squares
Aldi Simply Nature	Aldi Coco & Chia Granola	Aldi Simply Nature
Aldi Pumpkin & Flax	Aldi Simply Nature Shredded Wheat Original	
Aldi Strawberry Frosted Shredded Wheat Bite Size		Aldi Toasted Oats
Alpha-Bits	Cereal Snack Mix (homemade)	Cheerios (plain or multi-grain)
Complete Bran Flakes (wheat)	Corn Chex	Corn Flakes
Dora the Explorer	Frosted Shredded Mini Wheat (WG)	General Mills Fiber One
Grape Nuts	Grape Nut Flakes	
Honey Bunches of Oats (almond, honey, w/ vanilla bunches) (WG)		Kix (plain, honey, berry berry)
Life (plain)	Mini Spooners (frosted, blueberry, strawberry cream)	
Quaker Oatmeal Squares	Rice Chex	Rice Krispies (original)
WIC Cereal		

#### **Crackers –Whole Grain or Enriched**

Animal Crackers	Graham Crackers	Saloon Pilot
Arrowroot Cookes	Hi Ho / Ritz Crackers	Soda Crackers
Cheese Crackers	Melba Toast	Teddy Grahams
Club Crackers	Oyster / Saltine Crackers	

#### **Pamcales**

Pancakes / Waffles

#### **Pasta**

Egg Noodle	Macaroni Noodles	Spaghetti Noodles
Lasagna Noodles	Noodles	Vermicelli Noodles
Macaroni & Cheese - Boxed	Raviolis, Frozen or Homemade	

#### **Pretzels**

Pretzel - Hard Pretzel – Soft

#### **Puddings**

Bread Pudding (SN Only)	Rice Pudding (SN Only)
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#### **Rice**

Brown Rice	Rice Cake	White Rice
Fried Rice	Rice Pilaf	Wild Rice
Rice A Roni	Spanish Rice	

#### **Soups or Noodles**

Beef Noodle Soup - Canned	Ramen Noodle	Turkey Noodle Soup - Canned
Chicken Noodle Soup – Canned		

#### **Tortillas**

Corn Tortillas	Taco Shell	Whole Grain Chips
Flour Tortillas		

## Reimbursable Foods in the Food Program

### ***Veg or Fruit Breads***

Apple Bread	Date Nut Bread	Raisin Bread
Banana Bread	Muffins	Zucchini Bread
Carrot Bread	Pumpkin Bread	

### ***Fruits***

Apples	Fruit Pie (Homemade ONLY)	Pineapple
Applesauce	Fruit Salad	Plums
Apricots	Grapefruit	Popsicles (100% Juice ONLY)
Bananas	Grapes	Prunes
Blackberries	Honeydew Melon	Raisins & Fruit / Veg Alternative
Blueberries	Jello with Fruit	Raspberries
Boysenberries	Kiwi	Star fruit
Cantaloupe	Mangos	Strawberries
Cherries	Nectarines	Tangerines
Cranberries	Oranges	Ugli Fruit
Dates	Papaya	Watermelon
Figs	Peaches	
Fruit Cocktail	Pears	

### ***Juices***

Apple Cider	Grapefruit Juice	Pineapple-Orange Juice
Apple Juice	Hawaiian Sunrise Juice	Pineapple-Orange-Banana Juice
Apple-Cranberry	Juice Mandarin / Tangerine Juice	Pineapple-Passion-Banana Juice
Apple-Grape Juice	Mixed Juice	Prune Juice
Apple-Pear Juice	Orange Juice Punch	Juicy Juice
Apple-Raspberry Juice	Orange-Banana Juice	Raspberry/Country/Passion Juice
Berry Juicy Juice	Orange-Pineapple Juice	Tomato Juice
Caribbean Juice Splash	Peach/Orchard Peach Juice	Tropical Fruit Juice
Carrot Juice	Pear-Apple Juice	Tropical Juice Squeeze
Cherry/Mountain Cherry	Juice Pear-Grape Juice	Tropical Juicy Juice
Grape Juice	Pineapple Juice	

### ***Vegetables***

Acorn Squash	French Fries	Pork N Beans
Alfalfa Sprouts	Garbanzo Beans / Chick Peas	Potatoes - Au gratin-Scalloped
Asparagus	Great Northern Beans	Pumpkin
Avocado	Green Beans	Red / Kidney Beans
Baked Beans	Greens	Refried Beans
Baked Potato	Hash Browns	Salsa
Bean Sprouts	Lentils	Sauerkraut
Beets	Lettuce and Tomato	Spaghetti Sauce
Black-eyed Peas	Lima Beans	Spinach
Broccoflower	Mashed Potatoes	Sweet Potato / Yams
Broccoli	Mixed Vegetables	Tater Tots
Brussels Sprouts	Mushrooms	Tomato Paste
Butternut Squash	Navy Beans	Tomato Sauce
Cabbage, Red / White	New / Red / Whit Potatoes	Tomatoes, Fresh
Carrots	Okra	Tomatoes, Stewed
Cauliflower	Onions	Tossed Salad
Celery	Parsnip	Turnips
Cole Slaw	Peas	Wax / Yellow Beans
Corn	Peppers, Green	White Squash
Cucumbers	Peppers, Red	Yellow Squash
Dried Green / Yellow Peas	Pickles	Zucchini Squash
Eggplant	Pinto Beans	

### ***Soups - vegetable***

Bean Soup	Minestrone Turkey	Vegetable Soup
Chicken Vegetable Soup	Potato Soup	
Clam Chowder	Tomato Soup	

### ***Milk***

Lowfat Milk - 1% or Skim age 2 & up / Whole Milk under age 2	Non-Dairy Soy
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### ***Infant Eggs / Meats***

Infant Beef	Infant Egg	Infant Turkey
Infant Chicken	Infant Ham	Infant Veal
Infant Dried Beans / Peas	Infant Lamb	Unprocessed Cheese
Infant Yogurt	Infant Fish	Infant Cottage Cheese

### ***Infant Cereals***

Infant Barley Cereal	Infant Mixed Cereal	Infant Rice Cereal
Infant High-Protein Cereal	Infant Oatmeal Cereal	

### ***Infant Formula / Breast Milk***

Breast Milk / Iron Fortified Infant Formula	Non-Iron Fortified Infant Formula (Doctor's Statement required)
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