

Children's Food Chart

Meat & Meat Alternates ~ May be served in place of entire grains component at breakfast a maximum of three times per week

| BEEF | | CHICKEN | | PORK | |
|---------------|---------------------------|--------------------------|--|-------------------------|-----------------------------|
| 135 | Beef Bologna (100% Beef)* | 23 | Chicken Breasts | 44 | Canadian Bacon |
| 01 | Beef Franks *HF | 24 | Chicken Franks *HF | 45 | Ham |
| 02 | Beef Ground HF | 25 | Chicken Ground | 47 | Pork Chops |
| 120 | Beef Jerky | 26 | Chicken Legs | 48 | Pork Ground |
| 03 | Beef Liver HF/ACI | 27 | Chicken Liver ACI | 46 | Pork Kielbasa *HF |
| 04 | Beef Lunchmeat | 28 | Chicken Lunchmeat HF | 50 | Pork Lunchmeat |
| 05 | Beef Meatballs | 30 | Chicken Nuggets HF | 51 | Pork Meatballs |
| 06 | Beef Ribs * | 142 | Chicken Sausage I | 52 | Pork Roast |
| 08 | Beef Stix * | 32 | Chicken Stix * | 54 | Sausage—Pork *HF |
| 10 | Braunschwieger * | 33 | Chicken Thighs | 56 | Spare Ribs |
| 11 | Brisket | 121 | Chicken Wings | 53 | Stew Meat—Pork |
| 12 | Chuck Roast | 31 | Stew Meat—Chicken | BEANS or LEGUMES | |
| 14 | Corn Dog *HF | 34 | Whole Chicken | 67 | Baked Beans |
| 13 | Corned Beef | SEAFOOD | | 68 | Bean Soup I |
| 15 | Meat Spread *HF | 35 | Catfish | 136 | Black Beans I |
| 16 | Pot Roast | 36 | Clams | 124 | Chili Beans I |
| 17 | Roast Beef | 123 | Cod | 70 | Garbanzo Beans/Chick Peas I |
| 18 | Round Steak | 37 | Crab | 71 | Great Northern Beans I |
| 20 | Sausage—Beef *HF | 38 | Fish Fillets | 137 | Hummus I |
| 07 | Stew Meat—Beef | 40 | Fish Sticks HF | 72 | Lima Beans CI |
| 21 | Veal | 143 | Halibut | 73 | Navy Beans I |
| 22 | Vienna Sausage *HF | 41 | Salmon | 78 | Other Dried Beans I |
| TURKEY | | 122 | Scallops | 74 | Pinto Beans I |
| 57 | Turkey Breast I | 42 | Shrimp | 75 | Pork N Beans I |
| 58 | Turkey Franks *HF/I | 144 | Tilapia | 76 | Red Beans/Kidney Beans I |
| 60 | Turkey Ground I | 43 | Tuna | 77 | Refried Beans I |
| 61 | Turkey Ham I | LAMB | | PEAS | |
| 62 | Turkey Lunchmeat HF/I | 66 | Lamb I | 103 | Black-eyed Peas I |
| 63 | Turkey Meatballs I | ALTERNATE PROTEIN | | 104 | Dried Green/Yellow Peas I |
| 64 | Turkey Roast I | 145 | Firm Tofu I * | 105 | Lentils I |
| 141 | Turkey Sausage AC | YOGURT | | 106 | Split Pea Soup I |
| 65 | Whole Turkey I | 110 | Yogurt (no more than 23 grams sugar per 6 oz.) | | |

Grains ~ At least one serving of grains per day must be whole grain-rich

| BREADS | | PASTA | |
|-----------------|-------------------------------|----------------------------|------------------------------|
| 02 | Bagel I | 06 | Chow Mein Noodles |
| 04 | Biscuits I | 122 | Couscous (Whole Grain) |
| 05 | Bread Sticks I | 48 | Egg Noodles I |
| 10 | Corn Dog Wrap * | 50 | Lasagna Noodles I |
| 08 | Cornbread | 51 | Macaroni Noodles I |
| 113 | Crepes | 52 | Macaroni & Cheese, Boxed I |
| 11 | Croissants | 124 | Macaroni Salad |
| 114 | Crouton, 1/2 to 1 Slice Bread | 188 | Multi Grain Noodles |
| 12 | Dumplings | 53 | Noodles I |
| 13 | Egg Rolls * | 57 | Pasta - Other I |
| 14 | English Muffin | 123 | Quinoa |
| 15 | Filo Pastry | 55 | Raviolis, Frozen or HM I |
| 16 | Flat Bread | 54 | Spaghetti Noodles I |
| 17 | French Bread | 118 | Tortellini I |
| 18 | French Toast | 56 | Vermicelli Noodles I |
| 20 | Hamburger Buns | 200 | Whole Wheat Noodles |
| 21 | Hawaiian Bread | PUDDINGS | |
| 22 | Hot Dog Buns | 60 | Bread Pudding |
| 24 | Italian Bread | 61 | Rice Pudding |
| 116 | Lefse (1st Potato) | RICE | |
| 25 | Lumpia | 62 | Brown Rice *I |
| 117 | Multi Grain Bread | 63 | Fried Rice *I |
| 26 | Oatmeal Bread | 65 | Rice A Roni *I |
| 27 | Pita Bread | 66 | Rice Cakes *BR/SN/I |
| 28 | Popovers | 64 | Rice Pilaf *I |
| 30 | Potato Bread | 67 | Spanish Rice * |
| 31 | Pumpernickel Bread | 68 | White Rice *I |
| 32 | Rolls | 70 | Wild Rice *I |
| 33 | Rye Bread | SOUPS OR NOODLES | |
| 34 | Sourdough Bread | 71 | Beef Noodle Soup—Canned * |
| 35 | Spoon Bread | 72 | Chicken Noodle Soup—Canned * |
| 36 | Wheat Bread | 74 | Ramen Noodle Soup—Packaged * |
| 37 | White Bread | 73 | Turkey Noodle Soup—Canned * |
| 120 | Whole Grain Bread | TORTILLAS | |
| 38 | Wonton Wrappers | 76 | Corn Tortillas * |
| CRUST | | 77 | Flour Tortillas *I |
| 41 | Pizza Crust | 205 | Multi Grain Chips * |
| PANCAKES | | 201 | Multi Grain Tortilla * |
| 47 | Pancakes/Waffles | 286 | Pita Chips, Baked * |
| PRETZELS | | 78 | Taco Shell * |
| 58 | Pretzels | 80 | Tortilla Chips * |
| STUFFING | | 203 | Tortilla Chips, Baked * |
| 75 | Stuffing/Dressing | 81 | Whole Grain Chips * |
| | | 202 | Whole Grain Tortilla * |
| | | VEG OR FRUIT BREADS | |
| | | 82 | Apple Bread * |
| | | 83 | Banana Bread * |
| | | 84 | Carrot Bread * |
| | | 85 | Date Nut Bread * |
| | | 86 | Muffins * |
| | | 87 | Pumpkin Bread * |
| | | 88 | Raisin Bread * |
| | | 100 | Zucchini Bread *I |



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| LEGEND |
|--|
| * Not Reimbursable for Infants under 1 year |
| BR/SN Breakfast/Snack Only |
| HF High Fat (Best Practice-Serve no more than 1X/Week) |
| HM Homemade |
| SN Snack Only |
| ACI Vitamins A, C and Iron |

Children's Food Chart

VEGETABLES ~ Fresh, Frozen, Canned, Dried

| | | | |
|-----|-------------------------------|-----|------------------------------|
| 150 | Acorn Squash ACI | 253 | Peppers, Yellow C |
| 151 | Alfalfa Sprouts | 201 | Pickles C |
| 240 | Artichokes | 202 | Pinto Beans I |
| 152 | Asparagus C | 255 | Pizza Sauce AC |
| 203 | Augratin/Scalloped Potatoes C | 210 | Pork and Beans I |
| 153 | Avocado HF C | 207 | Potato Salad C |
| 154 | Baked Beans I | 211 | Pumpkin AC |
| 204 | Baked Potato C | 244 | Radishes C |
| 155 | Bean Sprouts C | 212 | Red/Kidney Beans I |
| 156 | Beets C | 214 | Refried Beans I |
| 157 | Blackeyed Peas I | 245 | Salsa C |
| 160 | Broccoli/flower C | 215 | Sauerkraut C |
| 158 | Broccoli AC | 256 | Snow Peas C |
| 161 | Brussels Sprouts C | 216 | Spaghetti Sauce C |
| 162 | Butternut Squash AC | 217 | Spinach ACI |
| 163 | Cabbage, Red/White C | 223 | Stewed Tomatoes AC |
| 164 | Carrots A | 257 | Sugar Snap Peas C |
| 165 | Cauliflower C | 258 | Sweet Potato Fries (baked) C |
| 166 | Celery C | 208 | Sweet Potato/Yams AC |
| 241 | Cole Slaw C | 218 | Tater Tots HF/C |
| 248 | Collard Greens AC | 262 | Tomatoes—Canned AC |
| 167 | Corn C | 220 | Tomatoes—Fresh AC |
| 168 | Cucumbers C | 221 | Tomato Paste AC |
| 170 | Dried Green/Yellow Peas I | 222 | Tomato Sauce AC |
| 171 | Eggplant | 224 | Tossed Salad |
| 172 | French Fries (baked) C | 225 | Turnips AC |
| 173 | Garbanzo Beans/Chick Peas I | 260 | Water Chestnuts |
| 174 | Great Northern Beans I | 226 | Wax/Yellow Beans CI |
| 175 | Green Beans C | 227 | White Squash C |
| 177 | Greens AC | 228 | Yellow Squash C |
| 178 | Hash Browns HF/C | 230 | Zucchini Squash CI |
| 246 | Instant Potatoes C | | |
| 261 | Jicama | 231 | Bean Soup I |
| 250 | Kale AC | 232 | Chicken Vegetable Soup AI |
| 180 | Lentils I | 233 | Chunky Vegetable Soup |
| 181 | Lettuce and Tomato | 247 | Clam Chowder |
| 182 | Lima Beans CI | 234 | Potato Soup C |
| 205 | Mashed Potatoes C | 235 | Split Pea Soup I |
| 183 | Mixed Vegetables | 236 | Tomato Soup AC |
| 184 | Mushrooms | 237 | Turkey Vegetable Soup I |
| 185 | Navy Beans I | 238 | Vegetable Soup A |
| 206 | New/Red/White Potatoes C | | |
| 186 | Okra C | | |
| 242 | Olives | | |
| 251 | Onion Rings (baked) C | | |
| 187 | Onions C | | |
| 188 | Parsnip C | | |
| 200 | Peas C | | |
| 243 | Peas and Carrots ACI | | |
| 176 | Peppers, Green C | | |
| 254 | Peppers, Orange C | | |
| 213 | Peppers, Red AC | | |
| 252 | Peppers, Sweet C | | |

SOUPS

MILK

Fluid Milk ONLY, no powdered mixes or non-fat dry milk.

| | |
|---|---|
| 5 | 1% (over age 2) *A |
| 5 | Whole Unflavored (ages 1-2) *A |
| 3 | Flavored Milk 1% or skim *A (over age 6) |
| 2 | Milkshake, low fat *A |
| 6 | Skim (over age 2) |
| 6 | Whole Unflavored (ages 1-2) *A |
| 9 | Special Provision Milk (Doctor's Statement Required) * |

FRUITS ~ Fresh, Frozen, Canned, Dried

| | |
|-----|-------------------------------|
| 01 | Apples C |
| 02 | Applesauce C |
| 03 | Apricots A |
| 04 | Bananas C |
| 05 | Blackberries C |
| 06 | Blueberries C |
| 07 | Boysenberries C |
| 08 | Cantaloupe AC |
| 10 | Cherries A |
| 42 | Craisins |
| 11 | Cranberries C |
| 100 | Cranberry Sauce (whole berry) |
| 12 | Dates |
| 13 | Figs |
| 14 | Fruit Cocktail AC |
| 15 | Fruit Salad AC |
| 17 | Grapefruit C |
| 18 | Grapes |
| 20 | Honeydew Melon AC |
| 21 | Jell-O with Fruit |
| 22 | Kiwi C |
| 101 | Mandarin Oranges AC |
| 23 | Mangos AC |
| 24 | Nectarines AC |
| 25 | Oranges C |
| 26 | Papaya AC |
| 27 | Peaches AC |
| 28 | Pears C |
| 30 | Pineapple C |
| 31 | Plums AC |
| 43 | Pomegranate C |
| 33 | Prunes AI |
| 34 | Raisins & Fruit/Vegetable I |
| 35 | Raspberries C |
| 102 | Rhubarb |
| 36 | Star Fruit |
| 37 | Strawberries C |
| 103 | Tangelos C |
| 38 | Tangerines C |
| 40 | Ugli Fruit |
| 41 | Watermelon AC |

JUICE ~ Fresh, Frozen, Canned

100% Fruit Juice ONLY, 1 year or older, no more than one meal per day-including snack.

| | | | |
|----|--------------------------------|----|-----------------------------------|
| 51 | Apple Cider *C | 68 | Orange Juice *C |
| 53 | Apple Juice *C | 70 | Orange-Banana Juice *C |
| 50 | Apple-Cherry Juice *C | 71 | Orange-Pineapple Juice *C |
| 52 | Apple-Cranberry Juice *C | 72 | Peach Juice *C |
| 54 | Apple-Grape Juice *C | 73 | Pear-Apple Juice *C |
| 55 | Apple-Pear Juice *C | 74 | Pear-Grape Juice *C |
| 56 | Apple-Raspberry Juice *C | 75 | Pineapple Juice *C |
| 57 | Berry Juicy Juice *C | 76 | Pineapple-Orange Juice *C |
| 44 | Blueberry Juice *C | 77 | Pineapple-Orange-Banana Juice *C |
| 58 | Caribbean Juice Splash *C | 78 | Pineapple-Passion-Banana Juice *C |
| 60 | Carrot Juice *A | 45 | Pomegranate Juice *C |
| 61 | Cherry Juice *A | 32 | Popsicles (100% Juice ONLY) *SN |
| 87 | Cranberry Combination Juice *C | 80 | Prune Juice *AI |
| 62 | Cranberry White Grape Juice *C | 81 | Punch Juicy Juice * |
| 88 | Fruit Punch * | 82 | Raspberry-Passion Juice *C |
| 63 | Grape Juice *C | 83 | Tomato Juice/V-8 *AC |
| 64 | Grapefruit Juice *C | 84 | Tropical Fruit Juice * |
| 65 | Hawaiian Sunrise Juice * | 86 | Tropical Juice Squeeze * |
| 66 | Mandarin-Tangerine Juice *AC | 85 | Tropical Juicy Juice * |
| 67 | Mixed Juice * | | |

INFANT FOOD CHART

MEAT & EGGS

| | |
|-----|----------------|
| 211 | Infant Beef |
| 212 | Infant Chicken |
| 213 | Infant Ham |
| 214 | Infant Lamb |
| 215 | Infant Turkey |
| 216 | Infant Veal |

IRON FORTIFIED INFANT CEREAL

| | |
|-----|----------------------------|
| 201 | Infant Barley Cereal |
| 202 | Infant High-Protein Cereal |
| 203 | Infant Mixed Cereal |
| 204 | Infant Oatmeal Cereal |
| 205 | Infant Rice Cereal |

BREADS/CRACKERS

Infants 6 to 12 months ONLY SN

FORMULA

| | |
|----|--|
| 13 | Breast Milk/Parent Provided Formula |
| 11 | Iron Fortified Infant Formula |
| 12 | Non-Iron Fortified Infant Formula Doctor's Statement Required |

| | |
|-----|-----------------------|
| 206 | Bread 0-1/2 slice |
| 207 | Crackers 0-2 crackers |

FOR INFANT **FRUITS AND VEGETABLES** CHOOSE FROM THE REGULAR NUMBERS ON THIS PAGE

NO JUICE FOR INFANTS

FOR INFANT **EGG, CHEESE OR YOGURT** CHOOSE FROM THE REGULAR NUMBERS ON THE NEXT PAGE

NO COMBINATION MEALS