

CHILDREN'S FOOD CHART

MEAT & MEAT ALTERNATES

BEEF

- 01 Beef Bologna CN
- 03 Beef Ground
(less than 30% fat)
- 155 Beef Jerky CN
- 04 Beef Liver
- 05 Beef Lunchmeat CN
- 06 Beef Meatballs CN
- 08 Beef Ribs
- 07 Beef Steak
- 11 Beef Stix CN
- 13 Brisket
- 14 Chuck Roast
- 15 Corned Beef
- 17 Country Fried Steak CN
- 18 Pot Roast
- 20 Roast Beef
- 21 Round Steak
- 55 Salisbury Steak CN
- 22 Sausage - Beef CN
- 10 Stew Meat - Beef
- 156 Summer Sausage CN
- 23 Veal

CHICKEN

- 25 Chicken Breasts
- 28 Chicken Ground
- 157 Chicken Jerky CN
- 30 Chicken Legs
- 31 Chicken Liver
- 32 Chicken Lunchmeat CN
- 33 Chicken Nuggets CN
- 158 Chicken Sausage CN
- 35 Chicken Stix CN
- 36 Chicken Thighs
- 160 Chicken Wings
- 34 Stew Meat - Chicken
- 37 Whole Chicken

SEAFOOD

- 38 Catfish
- 40 Clams
- 132 Cod
- 41 Crab
- 42 Fish Fillets
- 43 Fish Sticks
- 133 Haddock
- 44 Salmon
- 134 Scallops
- 45 Shrimp
- 161 Surimi CN
- 135 Swordfish
- 46 Tuna

PORK

- 47 Canadian Bacon
- 48 Ham
- 50 Pork Bologna CN
- 51 Pork Chops
- 52 Pork Ground
(less than 30% fat)
- 140 Pork Kielbasa CN
- 162 Pork Loin
- 53 Pork Lunchmeat CN
- 54 Pork Meatballs CN
- 56 Pork Roast
- 57 Sausage - Pork
- 124 Spam CN
- 58 Spare Ribs
- 60 Stew Meat - Pork

TURKEY

- 61 Turkey Bologna CN
- 62 Turkey Breast
- 163 Turkey Burger
- 64 Turkey Ground
- 65 Turkey Ham
- 164 Turkey Jerky CN
- 136 Turkey Kielbasa CN
- 137 Turkey Leg
- 66 Turkey Lunchmeat CN
- 67 Turkey Meatballs CN
- 138 Turkey Nuggets CN
- 68 Turkey Roast
- 165 Turkey Sausage CN
- 70 Whole Turkey

OTHER MEATS

- 141 Duck
- 142 Goat
- 71 Lamb

BEANS & LEGUMES

- 72 Baked Beans
- 73 Bean Soup
- 153 Black Beans
- 146 Chili Beans
- 74 Garbanzo Beans
/ Chick Peas
- 75 Great Northern Beans
- 76 Lima Beans
- 147 Mung Beans
- 77 Navy Beans
- 166 Pasta from 100% Legume
Flour & Meat Alternate
- 78 Pinto Beans
- 81 Red / Kidney Beans
- 82 Refried Beans
- 148 Soybeans / Edamame

PEAS

- 106 Blackeyed Peas
- 107 Dried Green
/ Yellow / Split Peas
- 108 Lentils
- 110 Pea Soup

CHEESE

- 83 American Cheese
- 84 Cheddar Cheese
- 85 Cheese Spread / Food
- 86 Colby Cheese
- 87 Cottage Cheese
- 167 Feta Cheese
- 88 Fried Cheese Sticks CN
- 100 Lowfat Cheese
- 144 Monterey Jack Cheese
- 101 Mozzarella Cheese
- 102 Pimento Cheese CN
- 145 Provolone Cheese
- 103 Ricotta Cheese
- 104 String Cheese
- 105 Swiss Cheese

EGGS

- 111 Egg
- 150 Quiche

YOGURT

- 168 Soy Yogurt
- 114 Yogurt

SOY

- 127 Soy Butter SN
- 126 Soy Butter & Meat
Alternate
- 170 Tempeh
- 154 Tofu

SEEDS - Programs with Age 3+ Only

- 115 Pumpkin Seeds SN
- 117 Sesame Seeds SN
- 116 Sunflower Seeds SN

NUTS - Programs with Age 3+ Only

- 118 Almonds SN
- 120 Cashews SN
- 151 Nuts (Assorted) SN
- 121 Peanuts SN
- 122 Pecans SN
- 123 Walnuts SN

NUT BUTTER

- 130 Seed/Nut Butter SN
- 128 Seed/Nut Butter
& Meat Alternate
- 112 Peanut Butter & Meat
Alternate
- 113 Peanut Butter SN

BREADS

- 02 Bagel
- 04 Biscuits
- 05 Bread Sticks
- 107 Breaded Coating CN
- 06 Chow Mein Noodles
- 08 Cornbread
- 103 Couscous
- 11 Croissants
- 12 Dumplings
- 13 Egg Rolls CN
- 14 English Muffin
- 15 Filo Pastry
- 16 Flat Bread
- 17 French Bread
- 18 French Toast
- 20 Hamburger Buns
- 21 Hawaiian Bread
- 22 Hot Dog Buns
- 23 Hush Puppies
- 24 Italian Bread
- 88 Multi-grain Bread
- 26 Oatmeal Bread
- 48 Pancakes
- 100 Pierogies CN
- 27 Pita Bread
- 30 Potato Bread
- 31 Pumpernickel Bread
- 106 Quinoa WG
- 32 Rolls
- 33 Rye Bread
- 34 Seven Grain Bread
- 35 Sourdough Bread
- 36 Spoonbread
- 74 Stuffing/Dressing CN
- 10 Waffles
- 37 Wheat Bread
- 03 Wheat Bun
- 38 White Bread
- 40 Wonton Wrappers

CRACKERS

Whole Grain or Enriched

- 255 Animal Crackers
(Unfrosted)
- 256 Arrowroot Crackers
- 257 Cheese Crackers
- 258 Club Crackers
- 270 Goldfish Crackers
- 260 Graham Crackers
- 261 Hi Ho / Ritz Crackers
- 262 Melba Toast
- 263 Oyster Crackers
- 264 Saltine Crackers
- 265 Teething Biscuit
- 271 Triscuit Crackers WG
- 266 Wheat Crackers

GRAINS

- 273 Wheat Thins
- 267 Zwieback
- 268 QCC pre-approved cracker

CRUST

- 41 Pie Crust, Savory Only
- 42 Pizza Crust

PASTA

- 50 Egg Noodles
- 51 Lasagna Noodles
- 52 Macaroni Noodles
- 53 Noodles
- 55 Raviolis CN
- 274 Soba Noodles WG
- 54 Spaghetti Noodles
- 105 Tortellini CN
- 56 Vermicelli Noodles

PRETZELS/POPCORN

- 275 Popcorn SN Programs
with Age 3+ Only
- 57 Pretzel (Hard Or Soft)

RICE

- 220 Barley (not pearled) WG
- 61 Brown Rice WG
- 62 Fried Rice
- 63 Pilaf Rice
- 231 Rainbow Rice WG
(brown/quinoa/barley)
- 64 Rice A Roni
- 65 Rice Cakes
- 66 Spanish Rice
- 67 White Rice
- 68 Wild Rice WG

SOUPS OR NOODLES

- 70 Beef Noodle
Soup - Canned CN
- 71 Chicken Noodle
Soup - Canned CN
- 73 Ramen Noodle Soup
(Packaged)
- 72 Turkey Noodle
Soup - Canned CN

TORTILLAS

- 75 Corn Tortillas
- 76 Flour Tortillas
- 77 Taco/Tostada Shell
- 87 Whole Grain Chips WG

VEG OR FRUIT BREADS

- 78 Apple Bread
- 80 Banana Bread
- 81 Carrot Bread
- 82 Date Nut Bread
- 83 Muffins
- 84 Pumpkin Bread
- 85 Raisin Bread
- 86 Zucchini Bread

WIC APPROVED COLD CEREAL

- 115 Cheerios (Original, Ancient
Grains or Multi Grain)
- 120 Chex (Corn, Rice or Wheat)
- 151 Dora the Explorer/Go
Diego Go!
- 116 Fiber One Honey Clusters
- 136 Kix (Original, Berry or Honey)
- 154 Total
- 160 Wheaties
- 113 All Bran
- 121 Corn Flakes
- 162 Crispix
- 130 Mini Wheats (Original, Little
Bites or Unfrosted)
- 148 Rice Krispies
- 151 Special K Original
- 131 Frosted Mini Spooners
(Original, Blueberry or
Strawberry Cream)
- 132 Scooters
- 134 Alpha Bits
- 111 Bran Flakes
- 134 Grape Nuts (Original or Flakes)
- 135 Great Grains Banana Nut
Crunch
- 166 Honey Bunches of Oats
(w/ Almonds, Cinnamon,
Honey Roasted, w/ Vanilla
Bunches, WG Honey Crunch
or WG Almond Crunch)
- 167 Honey Nut Shredded Wheat
- 137 Life Original
- 138 Oatmeal Squares (Brown
Sugar, Cinnamon or Golden
Maple)
- 150 Store Brand: Corn Flakes,
Crispy Rice, Frosted
Shredded Wheat, Toasted
Oats, Bran Flakes or Corn
Squares
- 161 QCC pre-approved cereal

HOT CEREAL

- 231 Buckwheat WG
- 221 Bulgur WG
- 222 Cream of Rice
- 223 Cream of Wheat
- 106 Farina
- 224 Grits / Hominy
- 225 Malt-o-Meal
- 226 Millet WG
- 227 Oatmeal / Oats WG
- 228 Ralston
- 233 Wheat Berries WG
- 230 Wheat WG

CN Child Nutrition label, Product Formulation Statement or
Standardized Recipe Required
SN Snack Only
WG Whole Grain-Rich