



Mid Michigan Child Care Food Program

P.O. Box 610 ♦ Freeland, MI 48623 ♦ 989-695-2683

1-800-PIC-FOOD (742-3663) ♦ Fax: 989-695-5488

What Foods Can I Serve?

Use the following list to help you 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. Peanut Butter)
- ♦ Write it on your menu (Ex. 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 Minute Menu, it may be useful to just type in the number instead of choosing from the list online.

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.

Meat or Meat Alternate

Beef

- 1 Beef Franks * HF (I)
- 2 Beef Ground HF (I)
- 3 Beef Liver HF (ACI)
- 4 Beef Lunchmeat / Processed * HF (I)
- 5 Beef Ribs HF (I)
- 14 Beef Steak (I)
- 6 Beef Stix * HF (I)
- 7 Braunschwieger * HF
- 8 Brisket HF
- 11 Corn Dog * HF
- 10 Corned Beef HF (I)
- 56 Pepperoni * (I)
- 12 Roast Beef (I)
- 13 Sausage - Beef * HF (I)
- 37 Smokie Links *
- 15 Stew Meat - Beef (I)
- 16 Tongue (I)
- 17 Vienna Sausage HF (I)

Chicken

- 20 Chicken (I)
- 21 Chicken Franks * HF (I)
- 22 Chicken Gizzards (I)
- 23 Chicken Liver (ACI)
- 24 Chicken Lunchmeat / Processed * HF (I)
- 25 Chicken Nuggets HF (I)
- 26 Chicken Stix * HF (I)

Seafood

- 27 Catfish
- 28 Clams (CI)
- 30 Crab * (I)
- 31 Fish Fillets
- 32 Fish Sticks * HF
- 33 Other Fish
- 34 Salmon *
- 35 Shrimp * (I)
- 36 Tuna (I)

Pork

- 40 Canadian Bacon (I)
- 41 Ham (I)
- 43 Pork Chops / Cutlet HF (I)
- 42 Pork Kielbasa HF (I)
- 44 Pork Lunchmeat / Processed * HF (I)
- 45 Pork Roast (I)
- 46 Sausage - Pork * HF (I)
- 47 Spam * HF (I)
- 48 Spare Ribs HF (I)

Turkey

- 55 Turkey (I)
- 142 Turkey Bacon (I)
- 50 Turkey Breast (I)
- 51 Turkey Franks * HF (I)
- 52 Turkey Ground (I)

Legend: * Not Reimbursable for Infants Under 1 Yr
BR/SN Breakfast or Snack Only
DBL Double Portion Required
HS High Salt

A Vitamin A
C Vitamin C
HF High Fat
I Iron

BR Breakfast Only
CN Must have a CN label
HM Homemade
SN Snack Only

Turkey (Con't)

- 53 Turkey Ham (I)
- 54 Turkey Lunchmeat / Processed * HF (I)

Other Meats

- 57 Lamb (I)
- 58 Veal (I)

Dried Beans Legumes or Peas

- 62 Baked Beans
- 63 Bean Soup (I)
- 64 Black Beans (I)
- 65 Blackeyed Peas (I)
- 66 Chili Beans (I)
- 67 Garbanzo Beans / Chick Peas (I)
- 68 Great Northern Beans (I)
- 70 Lentils (I)
- 71 Lima Beans (CI)
- 72 Mung Beans (I)
- 73 Navy Beans (I)
- 74 Other Beans (I)
- 75 Pinto Beans (I)
- 76 Pork N Beans (I)
- 77 Red / Kidney Beans (I)
- 78 Refried Beans (I)
- 80 Soybeans (I)

Breads

- 1 Bagel (I)
- 2 Biscuits (I)
- 4 Bran Muffin (I)
- 3 Bread Sticks (Soft Only)
- 38 Buns / Rolls
- 5 Chow Mein Noodles * HF
- 7 Corn Dog Wrap *
- 6 Cornbread or Corn Muffin * (I)
- 8 Croissants HF (I)
- 10 Dumplings *
- 11 Egg Roll / Wonton Wraps *
- 12 English Muffin (I)
- 13 Flat Bread
- 14 French Bread, Whole or Enriched
- 15 French Toast * (I)
- 16 Fry Bread HF
- 147 Garlic Bread/Toast *
- 17 Hamburger Buns (I)
- 18 Hawaiian Bread
- 20 Hot Dog Buns
- 21 Hush Puppies * HF

Cheese

- 81 American Cheese HF
- 82 Cheddar Cheese HF
- 83 Cheese Food / Slices / Spread * HF
- 84 Colby-Jack Cheese
- 85 Cottage Cheese
- 86 Farmer Cheese
- 87 Fried Cheese Sticks * HF
- 88 Mozzarella Cheese
- 104 Other Cheese
- 100 Pimento Cheese * HF
- 101 Ricotta Cheese
- 102 String Cheese
- 103 Swiss Cheese

Eggs

- 110 Egg * (I)

Peanut Butter

- 120 Peanut Butter * (I)

Yogurt

- 130 Yogurt *

Nuts or Seeds

- 140 Nuts (Assorted) * SN
- 141 Seeds * SN

Breads or Grains

- 22 Italian Bread
- 23 Oatmeal Bread (I)
- 24 Pilot Bread
- 25 Pita Bread (I)
- 26 Potato Bread
- 27 Pumpnickel Bread
- 28 Rolls (I)
- 30 Rye Bread
- 31 Scones *
- 32 Sourdough Bread
- 33 Spoonbread *
- 34 Stuffing / Dressing
- 35 Wheat Bread (I)
- 36 White Bread (I)

Cereals

- 37 Cereal Snack Mix * BR/SN (I)
- 40 Cold Cereal (I)
- 41 Hot Cereal

Dessert Items

- 51 Brownies (no frosting) SN

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Dessert Items (Con't)

- 53 Cake (no frosting) SN
- 52 Cinnamon or Sweet Rolls BR/SN
- 50 Cookies SN
- 54 Donuts (no frosting) BR/SN
- 55 Gingerbread SN
- 56 Granola / Cereal Bar BR/SN (I)
- 57 Popovers / Toaster Pastries BR/SN

Crackers

- 210 Animal Crackers - Plain
- 211 Cheese Crackers
- 212 Club Crackers
- 60 Graham Crackers * (I)
- 213 Graham Crackers - no honey
- 214 Hi Ho / Ritz Crackers
- 61 Melba Toast
- 64 Other Crackers
- 215 Oyster Crackers
- 216 Rye Crisps
- 62 Saltine Crackers
- 63 Snack Crackers
- 220 Soda Crackers
- 221 Teething Biscuit
- 65 Wheat Crackers (I)
- 66 Zwieback (I)

Crusts

- 70 Pie Crust * HF
- 71 Pizza Crust * (I)
- 72 Puff Pastry Shells * HF

Grains

- 80 Barley
- 81 Bulgur
- 113 Cheese Puffs LD/SN
- 112 Chip, Corn/Wheat
- 82 Couscous
- 83 Farina (I)
- 84 Grits (Enriched Flour)
- 85 Lefsa
- 86 Millet
- 87 Oats (AI)
- 114 Sun Chips LD/SN

Pancakes

- 88 Pancakes / Waffles (I)

Pasta or Noodles

- 100 Egg Noodles * (I)
- 101 Lasagna Noodles (I)
- 102 Macaroni Noodles (I)
- 103 Other Noodles (I)
- 107 Pasta Noodles, Various (I)
- 108 Pierogies Bread
- 104 Ramen Noodles (I)
- 105 Ravioli (I)
- 106 Soup Noodles (packaged) (I)

Pretzels

- 110 Pretzel - Hard * (I)
- 111 Pretzel - Soft (I)

Puddings

- 120 Bread Pudding SN
- 121 Rice Pudding SN

Rice

- 130 Brown Rice (I)
- 131 Fried Rice * HF (I)
- 132 Rice Cakes (I)
- 133 Spanish Rice
- 134 White Rice (I)
- 135 Wild Rice (I)

Tortillas

- 140 Corn / Flour Tortilla
- 141 Taco Chips *
- 142 Taco Shell *

Vegetable or Fruit Bread

- 143 Fruit Muffin / Bread *
- 146 Other Muffins * (I)
- 145 Other Quick Bread *
- 144 Vegetable Muffin / Bread *

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Fruit / Vegetable / Juice

Fruits

- 1 Apples (C)
- 2 Applesauce (C)
- 3 Apricots (A)
- 4 Bananas (C)
- 5 Blackberries (C)
- 6 Blueberries (C)
- 7 Boysenberries
- 8 Cantaloupe (AC)
- 43 Cherries (A)
- 10 Cranberries / Sauce
- 11 Dates
- 12 Figs
- 13 Grapefruit (C)
- 14 Grapes
- 15 Guava (C)
- 16 Honeydew Melon (AC)
- 17 Jello with Fruit
- 18 Kiwi (C)
- 20 Mandarin Oranges (AC)
- 21 Mangoes (AC)
- 22 Mixed Fruit
- 23 Nectarines (AC)
- 24 Oranges (C)
- 25 Papaya (AC)
- 26 Peaches (AC)
- 27 Pears (C)
- 28 Persimmons
- 30 Pineapple (C)
- 31 Plums (AC)
- 32 Prunes (AI)
- 33 Raisins * (I)
- 34 Raspberries (C)
- 35 Rhubarb
- 36 Star Fruit
- 37 Strawberries (C)
- 38 Tangerines (C)
- 40 Ugli Fruit
- 42 Waldorf Salad
- 41 Watermelon (AC)

Juices

- 50 Apple Cider (C)
- 51 Apple Juice (C)
- 52 Carrot Juice * (A)
- 53 Cherry Juice (A)
- 54 Grape Juice (C)
- 55 Grapefruit Juice * (C)
- 56 Juicy Juice
- 57 Mixed / Blended Juice (100% Juice)
- 58 Orange Juice * (C)

- 60 Pear Juice / Blends 100% Juice (C)
- 61 Pineapple Juice * (C)
- 62 Prune Juice (AI)
- 63 Tomato / Vegetable Juice * (AC)
- 64 Tropical Blend / Juice

Vegetables

- 150 Artichokes
- 151 Asparagus
- 152 Avocado HF
- 153 Bamboo Shoots
- 154 Beets
- 156 Broccoflower
- 155 Broccoli (AC)
- 157 Carrots (A)
- 158 Cauliflower (C)
- 160 Celery
- 161 Corn
- 162 Cucumbers
- 163 Eggplant
- 164 Mixed Vegetables
- 165 Mushrooms
- 240 Okra (C)
- 166 Okra (fresh) (C)
- 167 Olives
- 168 Onions (C)
- 170 Parsnip (C)
- 171 Peppers, Red / Green / Yellow (C)
- 172 Pickles
- 173 Pumpkin (AC)
- 175 Rutabagas (C)
- 174 Salsa
- 176 Sauerkraut
- 177 Spinach (ACI)
- 178 Sprouts (any kind)
- 180 Squash (C)

Beans

- 181 Baked Beans (I)
- 182 Black Beans (I)
- 183 Great Northern Beans (I)
- 184 Green / Yellow Beans (I)
- 185 Lentils (I)
- 186 Lima Beans (CI)
- 187 Mung Beans (I)
- 188 Navy Beans (I)
- 200 Other Beans (I)
- 201 Pinto Beans (I)
- 202 Red / Kidney Beans (I)
- 203 Refried Beans (I)
- 204 Soybeans (I)
- 205 Wax / Yellow Beans (CI)

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Greens / Leafy Vegetables

- 206 Cabbage (C)
- 207 Collard Greens (AC)
- 213 Greens, Mustard (AC)
- 215 Greens, Turnip (AC)
- 208 Jicama
- 210 Kale (AC)
- 211 Lettuce
- 212 Lettuce and Tomato
- 214 Tossed Salad

Peas

- 235 Blackeyed Peas (I)
- 216 Dried Peas (I)
- 217 Garbanzo Beans / Chick Peas (I)
- 218 Green Peas (CI)
- 220 Peas and Carrots (ACI)

Potatoes

- 221 Baked Potato
- 222 French Fries HF (C)
- 223 Fried Potatoes HF (C)
- 224 Hash Browns HF (C)

Milk

- 1 Buttermilk * (A)
- 2 Eggnog (Commercial) *
- 3 Flavored Milk (Choc/Strawberry) * (A)

- 225 Mashed Potatoes (C)
- 226 Other Potato
- 227 Potato Salad (C)
- 228 Potato Skins (C)
- 230 Sweet Potato / Yams (AC)
- 234 Tater Tots HF (C)

Tomatoes

- 231 Stewed Tomatoes (AC)
- 233 Tomato Sauce (AC)
- 232 Tomatoes, Other (AC)

Soups

- 250 Bean Soup (I)
- 253 Chili
- 254 Chunky Vegetable Soup
- 255 Clam Chowder
- 257 Minestrone Soup
- 258 Potato Soup (C)
- 260 Split Pea Soup (I)
- 261 Tomato Soup (AC)
- 263 Vegetable Soup (A)

Milk

- 7 Fluid Milk * (A)
- 8 Milkshakes HM * (A)
- 9 Special Provision / Soy Milk (Dr. Statement Req) *

Infant Only

Infant Meats

- 217 Cooked Dry Beans / Peas (I)
- 211 Infant Beef (I)
- 212 Infant Chicken (I)
- 210 Infant Egg Yolk
- 213 Infant Ham (I)
- 214 Infant Lamb (I)
- 215 Infant Turkey (I)
- 216 Infant Veal (I)
- 218 Unprocessed Cheese

Infant Formula

- 11 Breast Milk / Iron Fort. Infant Formula (A)
- 13 Parent Supplied Formula
- 12 Special Formula (Medical Form Required)

Infant Cereals

- 201 Infant Barley Cereal
- 202 Infant High-Protein Cereal (I)
- 203 Infant Mixed Cereal (I)
- 204 Infant Oatmeal Cereal (AI)
- 205 Infant Rice Cereal (I)

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