

MEAT & MEAT ALTERNATES
BEEF

- 01 Beef Franks*
- 02 Beef Ground
- 03 Beef Liver
- 04 Beef Lunchmeat
- 05 Beef Meatballs
- 06 Beef Ribs
- 07 Beef Stew Meat
- 08 Beef Stix*
- 10 Braunschweiger *
- 11 Brisket
- 12 Chuck Roast
- 13 Corned Beef
- 14 Corn Dog*
- 118 Kielbasa *
- 15 Meat Spread
- 16 Pot Roast
- 17 Roast Beef
- 18 Round Steak
- 20 Beef Sausage *
- 21 Veal
- 22 Vienna Sausage

CHICKEN

- 23 Chicken Breasts
- 24 Chicken Franks *
- 25 Chicken Ground
- 26 Chicken Legs
- 27 Chicken Liver
- 28 Chicken Lunchmeat
- 30 Chicken Nuggets
- 31 Chicken Stew Meat
- 32 Chicken Stix *
- 33 Chicken Thighs
- 34 Chicken Whole

SEAFOOD

- 35 Catfish *
- 36 Clams
- 37 Crab
- 38 Fish Fillets
- 40 Fish Sticks *
- 41 Salmon
- 42 Shrimp
- 43 Tuna

PORK

- 44 Canadian Bacon
- 45 Ham
- 46 Pork Chops
- 47 Pork Ground
- 48 Pork Lunchmeat
- 50 Pork Meat Balls

TURKEY

- 51 Pork Stew Meat
- 52 Pork Sausage
- 53 Pork Sausage *
- 54 Spare Ribs
- 55 Turkey Breast
- 56 Turkey Franks
- 57 Turkey Ground
- 58 Turkey Ham
- 60 Turkey Lunchmeat
- 61 Turkey Meat Balls
- 62 Turkey Roast
- 63 Turkey Whole

LAMB

- 64 Lamb

I BEANS / LEGUMES

- 65 Baked Beans
- 66 Bean Soup
- 67 Black Beans
- 68 Garbanzo / Chick Peas
- 70 Great Northern Beans
- 71 Lima Beans
- 72 Navy Beans
- 73 Pinto Beans
- 74 Pork 'N Beans
- 75 Red /Kidney Beans
- 76 Refried Beans
- 120 Other Dried Beans

CHEESE

- 77 American Cheese
- 78 Cheddar Cheese
- 80 Cheese Spread / Food
- 81 Colby Cheese
- 82 Cottage Cheese
- 83 Fried Cheese Sticks
- 84 Lowfat Cheese
- 85 Mozzarella Cheese
- 86 Pimento Cheese
- 87 Ricotta Cheese
- 88 String Cheese
- 101 Swiss Cheese

PEAS

- 102 Black-eyed Peas
- 103 Dried Green / Yellow Peas
- 104 Lentils
- 105 Split Pea Soup

EGGS

- 106 Egg *
- PEANUT BUTTER**
- 107 Peanut Butter & Meat Alternative
- YOGURT**
- 108 Yogurt *
- SEEDS (Snack Only)**
- 110 Pumpkin Seeds *
- 111 Sunflower Seeds *
- 112 Sesame Seeds *
- NUTS**
- 113 Almonds *
- 114 Cashews *
- 115 Peanuts *
- 116 Pecans *
- 117 Walnuts*

BREAD & BREAD ALTERNATES

- 86 Angel Food Cake
- 01 Apple Fritter
- 02 Bagel
- 03 Banana Fritters
- 04 Biscuits
- 05 Bread Sticks
- 06 Chow Mein Noodles
- 07 Corn Fritters
- 08 Cornbread
- 09 Corn Wrap
- 10 Corn Dog Wrap*
- 11 Croissants
- 12 Dumplings
- 13 Egg Rolls
- 14 English Muffins
- 15 Filo
- 16 Flat Bread
- 17 French Bread
- 18 French Toast
- 87 Gingerbread
- 20 Hamburger Buns
- 21 Hawaiian Bread
- 22 Hot Dog Buns
- 23 Hush Puppies
- 24 Italian Bread
- 25 Oatmeal Bread
- 26 Pita Bread
- 27 Popovers
- 28 Potato Bread
- 88 Pound Cake
- 30 Pumpernickel
- 31 Rolls
- 32 Rye Bread
- 33 Sourdough Bread
- 34 Spoon Bread
- 35 Wheat Bread
- 36 White Bread

- 37 Won Ton Wrapper
- CEREAL Breakfast or Snack ONLY**
- * Cereal, Cold-SEE LIST FOR NUMBER
- * Cereal, Hot-SEE LIST FOR NUMBER
- COOKIES**
- *Cookies-SEE LIST FOR NUMBER
- Cookies, No More Than Twice A Week
- CRACKER**
- *Crackers-SEE LIST FOR NUMBER
- CRUSTS**
- 38 Pie Crust (Meat Pie Only)
- 40 Pizza Crust
- DONUTS Breakfast or Snack ONLY**
- 41 Cinnamon Rolls
- 42 Coffee Cake
- 43 Pop tarts
- 44 Raised Donuts
- 45 Sweet Rolls
- PANCAKE**
- 46 Pancakes / Waffles
- PASTA**
- 47 Egg Noodles
- 48 Lasagna Noodles
- 50 Macaroni Noodles
- 51 Macaroni & Cheese Boxed
- 52 Noodles
- 53 Spaghetti Noodles
- 54 Raviolis, Frozen or Homemade
- 55 Vermicelli Noodles
- 100 Pasta, Other
- PRETZEL**
- 56 Soft Pretzel (soft only)
- PUDDING (snack only)**
- 57 Bread Pudding
- 58 Rice Pudding
- RICE**
- 60 Brown Rice
- 61 Fried Rice
- 62 Pilaf Rice
- 63 Rice A Roni
- 64 Rice Cake
- 65 Spanish Rice
- 66 White Rice
- 67 Wild Rice

- Soups, Noodles (Bread Only)**
- 68 Beef Noodle canned
- 70 Chicken Noodle, canned
- 71 Turkey Noodle canned
- 72 Ramen Noodle
- STUFFING**
- 73 Stuffing / Dressing - homemade
- TORTILLA**
- 74 Corn Tortilla
- 75 Flour Tortilla
- 76 Taco Shell
- 110 Whole Grain Chips

- * **VEGETABLE / FRUIT BREADS**
- 77 Apple Bread
- 78 Banana Bread
- 80 Carrot Bread
- 81 Dante Nut Bread
- 82 Muffins
- 83 Pumpkin Bread
- 84 Raisin Bread
- 85 Zucchini Bread

* Not Recommended for Infants Under 12 Months.

VITAMIN CONTENT OF FOOD
A - VITAMIN A C - VITAMIN C
I - IRON

RIVER VALLEY FAMILY DAY CARE FOOD PROGRAM
611 7TH AVE SUITE 201
HUNTINGTON, WV 25701
523-3031 or 1-800-581-3031