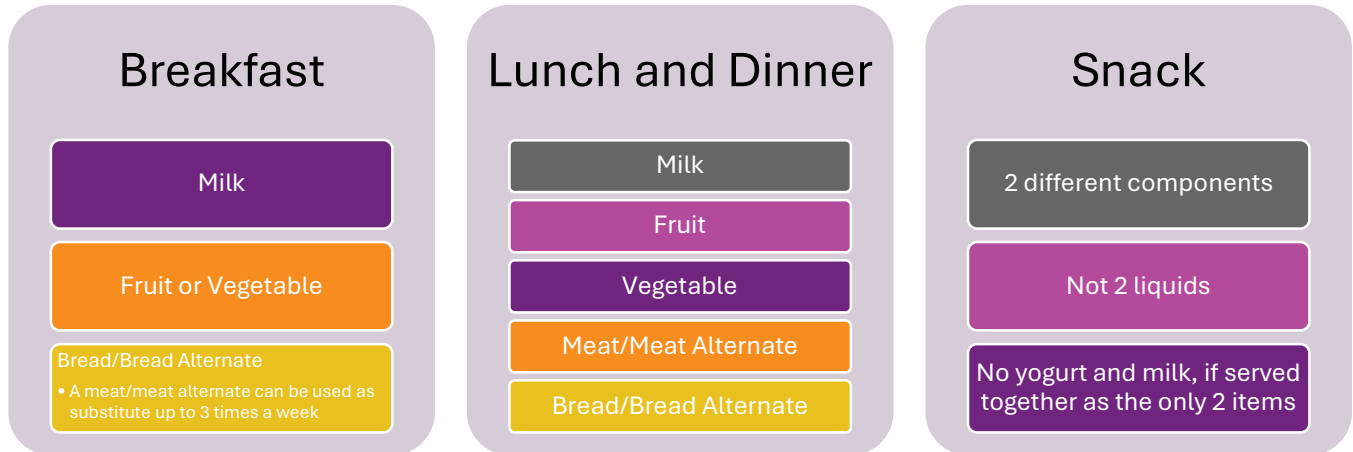




Approved Items



Milks - Only liquid milk.

Babies under 1 year of age: Require iron fortified infant formula or breastmilk at every meal and snack.

Children 1 year old: Require WHOLE milk at every main meal (breakfast, lunch and dinner).

Children 2 years+: Require 1% LOW-FAT or FAT-FREE milk at every main meal.



Fruits - Any fresh, frozen or canned fruit that is not used as a garnish, decoration or seasoning, is reimbursable.

100% juice, no added water or added sugar. No more than once a day.



Vegetables - Almost all fresh, frozen or canned vegetables that are not used as a garnish, decoration or seasoning, are reimbursable. Onions and garlic are not reimbursable.



Meat/Meat Alternates - Beef, pork, poultry, seafood, eggs, nuts, seeds, beans, legumes, and pasteurized store bought cheese and yogurt. Hot-dogs, sausages and lunch meat can be used if they are 100% meat. If you buy processed, commercially prepared meat, poultry, or fish products, they must have a CN label. *Frozen yogurt, drinkable yogurt, sour cream, cream cheese, and cheese products (such as American singles) are not reimbursable.*



Bread/Bread Alternates - Bread, pasta, rice, grains, cereals, and tortillas. Remember they must be **ENRICHED, WHOLE GRAIN-RICH, OR WHOLE GRAIN.**

A whole grain or whole grain-rich item must be served at least once a day. Desserts are not reimbursable.

- Retain labels for products, such as: fish sticks, breads, cereals, rice, pasta, yogurt, etc. (cut outs or pictures are acceptable).

Tips to Save Money

- Look through your refrigerator, freezer and pantry, and make a list of all the items you have
- Look for coupons, most stores have apps that allow you to clip coupons online
- Make a menu based on what you have, seasonal products, and which foods are on sale
- Don't go shopping when you are hungry, you are likely to buy more items than needed
- Purchase bulk items that you will use, and that will last while being stored
- Remember to store items in tightly sealed containers, and label with date and name of food

Sample Weekly Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Fruit/Vegetable Bread/Bread Alt. • *Meat/Meat Alt.	Milk Apples Oatmeal •	Milk Tomatoes Eggs*	Milk Avocado Corn Tortilla •		
AM Snack	2 Different componets	Peanut butter Ritz crackers	Strawberries Ritz crackers	Milk Whole wheat crackers •		
Lunch/Dinner	Milk Fruit Vegetable Meat/Meat Alt. Bread/Bread Alt.	Milk Banana Broccoli Chicken White Rice	Milk Watermelon Avocado Black Beans Corn Tortilla •	Milk Apples Green salad Turkey Quinoa •		
PM Snack	2 Different componets	Strawberries Yogurt	Mozzarella Flour Tortilla	Apples Peanut butter		

* A Meat/Meat Alt. can be used to replace a bread/bread alt. at breakfast, no more than 3 times a week.

• You must serve a whole grain or whole grain-rich item at least once a day.

Sample Shopping List

Milks	Fruits	Vegetables
☐ Iron Fortified Infant Formula ☐ Whole milk ☐ 1% / low-fat milk ☐ Fat-free milk	☐ Apples ☐ Bananas ☐ Watermelon ☐ Oranges ☐ Pears ☐ Cantaloupe ☐ ☐	☐ Potatoes ☐ Carrots ☐ Spinach ☐ Tomatoes ☐ Broccoli ☐ Lentils ☐ ☐

Meat/Meat Alternates	Bread/Bread Alternates
☐ Chicken ☐ Black Beans ☐ Beef ☐ Turkey ☐ Cheddar cheese ☐ Mozzarella cheese ☐ Plain yogurt ☐ Eggs ☐ ☐	☐ Brown rice ☐ Enriched white rice ☐ 100% Whole wheat bread ☐ Enriched white bread ☐ Plain or Multi-grain Cheerios ☐ Corn Flakes ☐ Corn tortillas (these are whole grain items) ☐ Enriched flour tortillas ☐ ☐