

Helping Hands, Inc.				Daily Cycle Menus (American)				Age 1-2	Age 3-5	Age 6-12
	Ages 1-2	Ages 3-5	Ages 6-12	1	2	3	4	5	6	7
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Apple slices	Orange sections	Banana slices	Orange slices	Fruit Cocktail	Peaches	Strawberries
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	French Toast	Hot Oatmeal	Cold Rice Cereal**	Sweet Roll	Cinnamon Toast	Hot wheat cereal	Pancakes
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Pears	Tomato juice	Milk	Cucumber coins	Cherry tomatoes		Pineapple chunks
Bread OR alternate	½ slice	½ slice	1 slice	Bread sticks	Saltine crackers	Graham crackers	Wheat bread	Wheat crackers	Saltine crackers	Cookies*(allowed)
Meat OR alternate	½ oz.	½ oz.	1 oz.						Cheese slice	
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4Tbsp	Hot dog	Cheese slice	Chicken † Cottage cheese (†Chicken & Rice soup)	Bologna & cheese	Chicken patties	Tuna fish w/cheese slice	Ground beef †
Fruit (2 or more) OR Veg. (2 or more) OR com	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Cantaloupe Carrots & celery	Apple slices Carrot sticks	Grapes Steamed carrots	Orange Green beans	Applesauce Broccoli	Orange segments Carrots & celery	† Chili Baked apple Corn
Bread OR alternate	½ slice	½ slice	1 slice	Bun	Bread (sandwich)	Rice †	Bread (sandwich)	Bun	Bread (sandwich)	Cornbread
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Celery sticks	Orange juice	Milk		Pineapple chunks	Milk	Orange Juice
Bread OR alternate	½ slice	½ slice	1 slice	Cheese cubes & Peanut butter	Bagel	Strawberries	Saltine crackers	Saltine crackers	Graham crackers	Donuts
Meat OR alternate	½ oz.	½ oz.	1 oz.				Cheese sticks			
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4Tbsp	Grilled ham & cheese	Ham chunks & melted cheese † (†Macaroni & cheese*)	Ground beef † grated cheese† (†Tacos)	Meatloaf	Grilled cheese Cottage cheese	Baked chicken	Tuna casserole with cheese
Fruit (2 or more) OR Veg. (2 or more) OR com	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Pear halves Broccoli	Orange segments Cauliflower	Watermelon Tomato/lettuce	Green salad Corn	Banana Carrot sticks	Baked apple Green beans	Apple Green salad
Bread OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	Macaroni †	Taco shells** †	Roll	Bread (sandwich)	Rice	Roll
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Milk	Banana	Chocolate Milk	Milk	Chocolate Milk
Bread OR alternate	½ slice	½ slice	1 slice	Cookies (allowed)	Donut	Cornbread	Cold oat cereal**	Banana bread	Celery & raisins† (†Ants-on-a-log)	Cinnamon toast
Meat OR alternate	½ oz.	½ oz.	1 oz.						Peanut butter †	

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc.				Daily Cycle Menus (American)				Age 1-2	Age 3-5	Age 6-12	
	Ages 1-2	Ages 3-5	Ages 6-12	8	9	10	11	12	13	14	
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Peach slices	Pear halves	Applesauce	Strawberries	Banana	Apple juice	Grapefruit half	
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Biscuits	Muffin	Toast	Pancakes	English muffin	Hot Oatmeal	Cold Oat cereal**	
A.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Grapes	Donut	Bagel	Apple juice	Milk	Pear halves	Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Saltine crackers	Yogurt	Meat & cheese	Graham crackers	Strawberries	Graham crackers	Banana	
Meat OR alternate	½ oz.	½ oz.	1 oz.								
LUNCH (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2Tbsp.	1½ oz. one 3Tbsp.	2 oz. one 4Tbsp.	Cheese slices	Cheese sticks	Beef strips (Lu-pulu)	Cheese slice	Hot dog	Tuna chunks & melted cheese† († Macaroni & cheese*)	Ham & cheese	
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Apple	Applesauce	Orange slices	Grapes	Apple	Orange	Apple slices	
Bread OR alternate	½ slice	½ slice	1 slice	Carrots & celery	Celery sticks	Steamed broccoli	Carrot chips	Potato salad	Peas	Fried potatoes	
				Bread (sandwich)	Bread (sandwich)	Roll	Bread (sandwich)	Bun	Macaroni†	Bread (sandwich)	
P.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Banana	Orange segments	Orange juice	Grapes		
Bread OR alternate	½ slice	½ slice	1 slice	Farm Cookies	Animal crackers	Muffin	Saltine crackers	Banana bread	Bread (sandwich)	Saltine crackers	
Meat OR alternate	½ oz.	½ oz.	1 oz.						Peanut butter	Cheese slices	
DINNER (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2Tbsp.	1½ oz. one 3Tbsp.	2 oz. one 4Tbsp.	Beef stew & cottage cheese	Beef sauce † w/Parmesan cheese† (†Spaghetti w/ Meat sauce*)	Hamburger patty & cheese slice	Beef chunks † († Chow Mein*)	Chicken	Baked fish	Ground beef grated cheese† (†Meat & cheese pizza*)	
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Pear halves	Melon slices	Pear halves	Pineapple rings	Peas	Orange slices	Peach slices	
Bread OR alternate	½ slice	½ slice	1 slice	Tomato slices	Green salad	Carrot sticks	Pea pods/ sprouts †	Mashed Potatoes	Fried potatoes	Green Salad	
				Cornbread	Spaghetti noodle†	Bun	Rice †	Bread sticks	Roll	Pizza crust*†	
EVE. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Pineapple rings	Milk	Celery & raisins	Apple juice	Milk	Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Corn Flakes**	Saltine crackers	Bread (sandwich)	(ants-on-a-log)	Bread (sandwich)	Cinnamon toast	Muffin	
Meat OR alternate	½ oz.	½ oz.	1 oz.			Cheese slice	Peanut butter	Peanut butter			

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc.				Daily Cycle Menus (American)				Age 1-2	Age 3-5	Age 6-12
	Ages 1-2	Ages 3-5	Ages 6-12	15	16	17	18	19	20	21
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Orange juice	Applesauce	Peach slices	Pear halves	Banana slices	Onion/pepper/peas	Apple
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cream of Wheat	Toast	Waffles	Pancakes	Cold wheat cereal**	Toast / Apple (Omelette)	Rice pudding Toast
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Orange juice	Grape juice	Peaches		Milk	Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Donut	Bread sticks	Toast	Bread (sandwich)	Graham cracker	Rice pudding	Orange juice
Meat OR alternate	½ oz.	½ oz.	1 oz.				Cheese slice			Cinnamon toast
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese	1 oz.	1½ oz.	2 oz.	Chicken chunks †	Melted cheese †	Beef chunks †	Hamburger sauce†	Tuna salad	Grilled cheese	Chicken salad
Eggs OR Peanut butter OR Dried beans & peas	one 2 Tbsp.	one 3Tbsp.	one 4Tbsp.	& cheese sticks († Chicken & vegetable soup)	sliced ham † († English muffin pizza)	cottage cheese († Beef & veget. soup)	w/Parmesan cheese† († Spaghetti with meat sauce)	cheese slices	cottage cheese	cheese cubes
Fruit (2 or more) OR Veg(2 or more) ORcomb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Apple Potato/peas/carrot†	Tomato slice Lettuce	Banana slices Potato/peas/carrot†	Orange Celery sticks	Grapes Carrot slices	Sliced peaches Cauliflower	Banana Carrot sticks
Bread OR alternate	½ slice	½ slice	1 slice	Soda crackers	English muffin †	Bread sticks	Spaghetti noodles**†	Bread (sandwich)	Bread(sandwich)	Bread(sandwich)
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup		Milk	Apple	Milk	Milk	Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Soda crackers	Banana bread	Soda crackers	Applesauce	Bread (sandwich)	Muffin	Grapes
Meat OR alternate	½ oz.	½ oz.	1 oz.	Cheese slice				Peanut butter		Toast
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp.	1½ oz. one 3Tbsp.	2 oz. one 4Tbsp.	Roast beef	Chicken	Broiled fish	Cottage cheese	Grated cheese †	Hamburger patty	Roast Turkey
Fruit (2 or more) OR Veg(2 or more) ORcomb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Green beans Mashed potatoes	Pear halves Potatoes	Melon slices Peas & Carrots	Lentil soup Pineapple rings Tossed salad	(† Vegetable & cheese pizza*) Orange & salad Onion, peppers, mushrooms, pineapple†	Apple Carrot sticks	Watermelon Green beans
Bread OR alternate	½ slice	½ slice	1 slice	Roll	Roll	Rice	Bread sticks	Pizza crust** †	Bun	Dressing
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Chocolate Milk	Apple	Watermelon	Orange juice	
Bread OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	Toasted Oat cereal**	Toast	Cheese cubes	Saltine crackers		Bread(sandwich)
Meat OR alternate	½ oz.	½ oz.	1 oz.	Peanut butter				Scrambled egg		Cheese slice

Helping Hands, Inc.				Daily Cycle Menus (Latino)				Age 1-2	Age 3-5	Age 6-12
	Ages 1-2	Ages 3-5	Ages 6-12	22	23	24	25	26	27	28
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Bananas	Grapes	Banana	Strawberries	Applesauce	Peach slices	Pineapple chunks
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cold rice cereal**	Corn cakes	Corn bread	Tortilla**	Toast	Oatmeal	Toast
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Orange juice		Milk	Grapes	Milk	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	Toast	Bread sticks	Graham cracker	Bread slice	Cornmeal cereal	Muffin
Meat OR alternate	½ oz.	½ oz.	1 oz.	Peanut butter		Yogurt				
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2Tbsp.	1½ oz. one 3Tbsp.	2 oz. one 4Tbsp.	Ground beef (taquitos)	Tuna salad	Chicken chunks† cheese cubes († Chicken Soup)	Fried pork	Broiled chicken	Hot Dog	Fried Liver (with onions)
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Grapes Green salad	Orange slices Lettuce & Tomato	Apple Carrot sticks	Orange Carrots/Celery	Fried plantain Steamed Broccoli	Banana Carrots & Tomato	Apple slices Carrot salad
Bread OR alternate	½ slice	½ slice	1 slice	Rice & tortilla**	Bread (sandwich)	Bread slice	Rice	Rice	Bun	Rice
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Carrot sticks	Sweet bread	Soda crackers	Cinnamon toast	Corn tortillas**		(with Jelly)
Meat OR alternate	½ oz.	½ oz.	1 oz.			Peanut butter			Cheese slices	Bread (sandwich)
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2Tbsp.	1½ oz. one 3Tbsp.	2 oz. one 4Tbsp.	Fried egg	Chicken chunks† Cheese slice (†Chicken & vegetable soup)	Broiled fish	Fried chicken	Broiled steak	Chicken chunks† († Chicken enchiladas)	Roast pork
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Refried beans Orange slices Tomato chunks	Sliced apples Potato/peas/carrot†	Orange slices Baked potato	(†Potato taquitos with cabbage) Banana Potato, cabbage †	Refried beans Orange	Refried bean Melon balls Tomato slices	Apple slices Steamed peas
Bread OR alternate	½ slice	½ slice	1 slice	Tortillas**	Bread sticks	Rice & tomatoes	Tortilla** †	Rice	Rice	Rice
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Pineapple juice	Grapes		Grape juice	Apple juice	Cold Oat Cereal**	Chocolate milk
Meat OR alternate	½ oz.	½ oz.	1 oz.	Toast		Soft pretzel**	Bread (sandwich) Cheese slices	Pumpkin Cookie	Graham cracker	

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc.				Daily Cycle Menus (Latino)				Age 1-2	Age 3-5	Age 6-12	
	Ages 1-2	Ages 3-5	Ages 6-12	29	30	31	32	33	34	35	
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Orange juice	Banana	Pear halves	Apple slices	Grapes	Banana	Orange slices	
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ½ cup	1 slice ¾ cup	Cold oat cereal**	Hot wheat cereal	Toast	Tortilla**	Cinnamon toast	Cold rice cereal**	Corn bread	
A.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Apple juice	Grape juice	Milk Carrot sticks	Pineapple juice	Milk Graham crackers	Milk Banana slices	Milk Apple	
Bread OR alternate	½ slice	½ slice	1 slice	Toast			Soda crackers				
Meat OR alternate	½ oz.	½ oz.	1 oz.		Cheese slices						
LUNCH (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Shredded chicken	Beef stew Cheese slice	Shredded beef	Melted cheese † (†Cheese & bean burrito)	Hot Dog	Chicken soup Cheese slice	Onion Steak	
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Watermelon slice Tomatoes	Apple Green lettuce salad	Banana Potatoes	Banana Carrot sticks	Orange slices Green salad	Apple Celery sticks	Watermelon Green beans	
Bread OR alternate	½ slice	½ slice	1 slice	Corn tortilla**	Bread	Rice & tortilla**	Tortilla**	Bun	Bread sticks	Tortilla**	
P.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Orange slices	Milk Raisins	Grape juice	Pineapple slices		Milk Carrot sticks	
Bread OR alternate	½ slice	½ slice	1 slice	Soda crackers	Bread	Toast	Tortilla**	Corn bread	Bread slice		
Meat OR alternate	½ oz.	½ oz.	1 oz.					Yogurt			
DINNER (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Beef † grated cheese † († Beef tacos)	Beef sauce † parmesan cheese † († Spaghetti w/ meat sauce)	Chicken patty with chili	Beef balls in sauce † († Albondigas)	Chicken † († Fajitas)	Beef † cheese † († Beef enchiladas)	Refried beans	†Chicken taco
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Mango slices Lettuce, tomato †	Peaches & Pears Lettuce salad	Apple slices Tomato & onion	Watermelon Zucchini	Mango slices onion/pepper/tomato †	Pear halves Carrots	Orange slices Lettuce, tomato †	
Bread OR alternate	½ slice	½ slice	1 slice	Rice & tortilla** †	French bread	Bun	Rice balls	Rice & tortilla** †	Rice & tortilla** †	Rice & tortilla** †	
EVE. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup		(†Gorditas)		Milk Muffin	Grapes	(Jelly)	Chocolate Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Bread (sandwich)	Tortillas** †	Corn tortilla**			Bread(sandwich)	Graham cracker	
Meat OR alternate	½ oz.	½ oz.	1 oz.	Cheese slice	Cheese †	Grated cheese		Cheese cubes	Peanut butter		

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc.				Daily Cycle Menus (Latino)				Age 1-2	Age 3-5	Age 6-12
	Ages 1-2	Ages 3-5	Ages 6-12	36	37	38	39	40	41	42
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Banana slices	Applesauce	Pineapple slice	Orange juice	Applesauce	Grapes	Apple
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ½ cup	1 slice ¾ cup	Cold oat cereal**	Toast	Zucchini bread	Oatmeal	Pancakes	Flour & egg tortilla	Rice pudding Toast
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Tomato juice	Grape juice	Milk Peach slices	Milk Strawberries	Apple juice	Grapes	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Bagel	Tortilla** &			Banana bread	Toast	Zucchini bread
Meat OR alternate	½ oz.	½ oz.	1 oz.		Cheese slice				Yogurt	
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Chicken chunks† (†Chicken & vegetable soup)	Fried steak		Beef chunks † cottage cheese (†Beef & vegetable soup)	Shredded beef cheese † (†Cheese potatoes)	Beef tamales grated cheese †	Fried egg
Fruit (2 or more) OR Veg (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Cheese slice Apple slices Potato/peas/carrot†	Refried beans Orange slices Lettuce salad	Lentil soup Applesauce Green salad	Mango & orange Potato/peas/carrots†	Melon slices Potatoes †	Watermelon Carrot sticks	Lentils Banana slices Corn
Bread OR alternate	½ slice	½ slice	1 slice	Bread slices	Rice	Rice	Bread sticks	Rice	Rice	Rice
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk Grapes	Apple juice	Apple slices	Milk			Pineapple juice
Bread OR alternate	½ slice	½ slice	1 slice		Banana bread	Soda crackers	Graham cracker	Soda crackers	Bread(sandwich)	
Meat OR alternate	½ oz.	½ oz.	1 oz.				Cheese slices	Cheese slices	Yogurt	
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Roast beef	Shredded chicken	Fried Pork (Carnitas)	Braised chicken	Chicken † Cheese † (†Chicken enchiladas)	Beef in own juice	Beef † cheese † (†Tacos)
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Watermelon Baked potato	Applesauce Lettuce & tomato	Papaya Squash	Banana/orange slices Boiled potatoes	Mango Onion & tomato†	Apple slices Broccoli	Tomato, olives Lettuce
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Rice	Rice	Roll	Rice & tortilla**†	Rice	Tortilla** †
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Milk		Milk		Milk
Bread OR alternate	½ slice	½ slice	1 slice	Bread(sandwich)	Graham cracker	Soda crackers	Celery sticks	Banana bread	Bread sticks	Melon
Meat OR alternate	½ oz.	½ oz.	1 oz.	Peanut butter			Cheese sticks	Yogurt		

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc.				Daily Cycle Menus (Vietnamese)				Age 1-2	Age 3-5	Age 6-12	
	Ages 1-2	Ages 3-5	Ages 6-12	43	44	45	46	47	48	49	
BREAKFAST (3 groups) NOTE: These menus are not intended to be used sequentially											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Orange juice	Apple juice	Raisins & bananas	Strawberries	Applesauce	Orange juice	Grape juice	
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cold rice cereal*	Cold oat cereal**	Steamed bun	Pancakes	Toast (& scrambled egg)	Wheat flakes cereal**	Hot wheat cereal**	
A.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk		Milk	Milk	Milk		
Bread OR alternate	½ slice	½ slice	1 slice	Saltine crackers	Toast	Grape juice	Corn Muffin	Banana	Graham crackers	Orange juice Soda crackers	
Meat OR alternate	½ oz.	½ oz.	1 oz.			Cheese slice					
LUNCH (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Ginger chicken	Fish slices (cooked in oriental sauce)	Ground Pork † (†Stuffed pepper)	Ground beef † (†Macaroni casserole with tomato sauce)	Pork † (†Stir fry pork)	Pork & taro root† soup Sweet 'n sour fish	Beef † (†Stir fry beef)	Pea pods, sproutst Mango or Apple Mustard greens Rice
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Cucumber slices Celery & cabbage	Apple slices Green salad	Green pepper † Tomatoes	Orange slices Celery† & Salad	Melon slices Pea pods, sproutst	Grapes Green salad		
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Rice	Rice	Macaroni †	Rice	Rice	Rice	
P.M. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Orange juice	Pineapple juice	Banana	Peaches	Orange juice	Milk	Milk	
Bread OR alternate	½ slice	½ slice	1 slice	Soda crackers			Graham cracker	Sweet cooked white beans	Banana	Soda crackers	
Meat OR alternate	½ oz.	½ oz.	1 oz.		Hard-boiled egg	Cheese slice				Yogurt	
DINNER (5 groups)											
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Beef † († Stir-fry beef)	Barbecued pork on a stick	Beef & tomato sauce	† Braised duck (w/chestnuts †)	Fried chicken	Shrimp † (†Stir fry shrimp)	Stewed chicken	
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Orange Carrot sticks	Cucumber Lettuce & tomato	Tangerine Fried potato/onion	Mango Cabbage, beets & carrots †	Apple Potato & Lettuce	Fruit cocktail w/ banana slices Stir-fry broccoli & carrots †	Chilled peaches Cabbage	
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Roll or rice	Rice	Oriental noodles**	Rolls	Egg Noodles**	Rice	
EVE. SNACK (2 groups)											
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Orange juice		Milk	Milk	Grape juice	
Bread OR alternate	½ slice	½ slice	1 slice	Celery sticks	Corn muffin	Toast	Soda crackers		Celery sticks		
Meat OR alternate	½ oz.	½ oz.	1 oz.	Peanut butter		Peanut butter	Yogurt	Cold oat cereal**	Peanut butter	Hard boiled egg	

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc.				Daily Cycle Menus (Vietnamese)				Age 1-2	Age 3-5	Age 6-12
				50	51	52	53	54	55	56
BREAKFAST (3 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Orange juice	Strawberries	Banana	Apple	Orange	Strawberries	Prunes
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Oatmeal	Wheat flakes cereal**	Cold corn cereal**	Corn flake cereal*	Toast (scrambled egg)	Pancakes	Cold oat cereal**
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Orange juice	Grapes	Milk	Apple juice	Milk	Grape juice	Apple juice
Bread OR alternate	½ slice	½ slice	1 slice	Toast	Saltine crackers	Graham crackers	Bread(sandwich)	Blueberry muffin		Soda crackers
Meat OR alternate	½ oz.	½ oz.	1 oz.				Peanut butter		Cheese cubes	
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Fried pork †	Chicken † Cheese slice (†Chicken soup)	Pork † (†cooked with coconut water)	Chicken † (†Stir fry chicken)	Fish † Cheese slice († Fish soup)	Chicken chunks† Shrimp & bacon†† († Chicken soup)	Simmered chicken w/ginger
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Bean curd † Peaches	Apple Carrot, celery corn, peas †	Plums Steamed cabbage	Watermelon Snow peas, carrot, mushrooms †	Pear halves Tomato, pineapple†	Grapes Garden salad ††	Banana Steamed broccoli & green beans
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Noodle†/cracker	Rice	Rice	Rice	Rice †/Crackers	Rice
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Banana	Milk	Pineapple juice	Applesauce	Orange juice	Apple	Orange juice
Bread OR alternate	½ slice	½ slice	1 slice	Cheese slice	Saltine crackers	Corn muffin		Toast	Muffin	Toast w/ Cheese
Meat OR alternate	½ oz.	½ oz.	1 oz.				Cheese cubes			
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Stewed chicken†	Beef † (†Stir fry beef)	Beef † (†Beef chop suey)	Halibut, Perch Flounder † (†Sweet 'n sour fish)	Shrimp w/garlic† Chicken salad †† (†Stir fry shrimp)	Beef chunks † Cottage cheese (†Beef stew)	Pork † (†Stir fry pork)
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Dry wax gourd † Strawberries	Grapes Green pepper, carrot mushroom †	Pears Broccoli, carrots, bamboo shoots †	Cucumber slices Celery sticks	Nectarines Cabbage, onion†† Tomato†† sprout†	Orange Carrots, onion mushrooms †	Pear halves Carrots, green peas, mushroom†
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Rice	Noodles** †	Rice	Rice	Bread slice	Rice
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Celery/raisins † (†ants-on-a-log)	Apple juice	Milk	Milk	Grape juice	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Hard boiled egg	Peanut butter †	Toast	Graham crackers		Waffles w/jam	Soda crackers
Meat OR alternate	½ oz.	½ oz.	1 oz.							

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc.				Daily Cycle Menus (Vietnamese)				Age 1-2	Age 3-5	Age 6-12
	Ages 1-2	Ages 3-5	Ages 6-12	57	58	59	60	61	62	63
BREAKFAST (3 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Juice OR fruit OR veg.	¼ cup	½ cup	½ cup	Apple wedges	Banana	Orange	Banana	Orange segments	Strawberries	Prunes
Bread OR alternate OR Cereal	½ slice ¼ cup	½ slice ⅓ cup	1 slice ¾ cup	Cheese toast	Pancakes	Toast	Cold corn cereal**	Corn flakes**	Cold oat cereal**	Toast (scrambled egg)
A.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Orange juice	Apple juice	Pineapple juice	Apple juice	Milk	Milk	Orange juice
Bread OR alternate	½ slice	½ slice	1 slice	Toast		Corn muffin	Soda crackers		Banana	Saltine crackers
Meat OR alternate	½ oz.	½ oz.	1 oz.		Cheese slice			Hard boiled egg		
LUNCH (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Pork † (†Sweet & sour Pork)	Roast pork loin	Chicken nuggets Ham chunks † (†Hamfried rice)	Chicken, roasted	Pork & shrimp (in oriental sauce)	Pork † († Pork roll)	Pork, ground w/steamed egg
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Carrots, green pepper, pineapple, cucumber†	Orange segments	Corn, peas, carrots†	Lettuce/tomatoes	Apple wedges	Watermelon	Apple
Bread OR alternate	½ slice	½ slice	1 slice	Rice	Garden salad	Lettuce/tomatoes	French fries	Green beans	Cucumber/sprouts	Broccoli
					Rice	Rice †	Roll	Rice	Rolling rice cakes	Rice
P.M. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Milk	Milk	Milk	Pineapple juice	Apple juice	Grape juice	Milk
Bread OR alternate	½ slice	½ slice	1 slice	Sweet cooked red beans	Banana bread	Cinnamon toast	Corn bread	Farmer cookies	Yogurt	Banana
DINNER (5 groups)										
Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Meat/poultry/fish/cheese/ Eggs OR Peanut butter OR Dried beans & peas	1 oz. one 2 Tbsp	1½ oz. one 3 Tbsp	2 oz. one 4 Tbsp	Liver † († Stir fry liver)	Chicken † († Chicken ragu)	Beef † († Beef curry)	Beef † († Beef vegetable w/ pan fried noodles)	Beef † († Beef stew)	Chicken † († Stir fry chicken)	Beef † († Stir fry beef)
Fruit (2 or more) OR Veg. (2 or more) OR comb	¼ cup ¼ cup	½ cup ½ cup	¾ cup ¾ cup	Apple	Cantaloupe	Fruit cocktail w/ banana slices	Grapes	Honeydew melon	Peaches	Pears
Bread OR alternate	½ slice	½ slice	1 slice	Snow peas, carrots bamboo shoots†	Carrot, potatoes onion, mushroom†	Swt potato, onion†	Broccoli, carrots celery †	Carrot, onion, & potatoes †	Napa cabbage mushrooms †	Asparagus & onion †
				Rice	Egg noodles** †	Rice	Noodles** †	Egg noodles** †	Rice	Rice
EVE. SNACK (2 groups)										
Milk OR Juice OR fruit OR veg.	½ cup ¼ cup	¾ cup ½ cup	1 cup ¾ cup	Orange juice	Pineapple juice	Apple juice	Milk	Milk	Orange juice	Grape juice
Bread OR alternate	½ slice	½ slice	1 slice	Hard boiled egg	Graham crackers	Cheese cubes	Strawberries	Graham crackers	Corn muffin	Celery & Peanut butter
Meat OR alternate	½ oz.	½ oz.	1 oz.				Cottage cheese			

* Must be homemade (cannot be boxed or delivery)

** Cereal, breads, pastas & taco shells must be whole or enriched grain

Note: ALL juice must be 100% fruit, NO sugar added

Helping Hands, Inc.				Daily Infant Cycle Menu							Groups: 0-3 months 4-7 months 8-11 months		
	0 - 3 months	4 - 7 months	8 - 11 months	1	2	3	4	5	6	7			
BREAKFAST													
Infant formula (iron fortified)	4 - 6 oz.	4 - 8 oz.	6 - 8 oz. formula or whole milk	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)	Formula * (Iron fortified)		
Infant cereal (with iron)	0	0 - 3 Tbsp	2 - 4 Tbsp.	Oatmeal	Rice cereal	Barley cereal	Mixed cereal	Rice cereal	Oatmeal	Barley cereal			
Fruit and/or vegetable	0	0	1 - 4 Tbsp.	Banana	Applesauce	Apricot	Peaches	Plums	Applesauce	Banana			
A.M. SNACK													
Infant formula (iron fortified)	4 - 6 oz.	4 - 6 oz.	2 - 4 oz. formula / juice / milk	Apple juice (8 months & up) Formula (under 8 months)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Applesauce (8 months & up) Formula (under 8 months)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Apple juice (8 months & up) Formula (under 8 months)			
Bread OR crackers	0	optional	optional	Toast	Soda crackers	Graham crackers	Soda crackers	Toast	Soda crackers	Graham cracker			
LUNCH													
Infant formula (iron fortified)	4 - 6 oz.	4 - 8 oz.	6 - 8 oz. formula or whole milk	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)			
Infant cereal (with iron) and/or meat/egg/cheese	0	0 - 3 Tbsp	2 - 4 Tbsp.	Chicken	Beef	Rice Cereal	Oatmeal cereal	Turkey	Chicken	Rice cereal			
Fruit and/or vegetable	0	0 - 3 Tbsp	1 - 4 Tbsp.	Mixed vegetables	Squash	Green beans	Pears	Peas	Peaches	Applesauce			
P.M. SNACK													
Infant formula (iron fortified)	4 - 6 oz.	4 - 6 oz.	2 - 4 oz. formula / juice / milk	Formula (Iron fortified)	Formula (Iron fortified)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Apple juice (8 months & up) Formula (under 8 months)	Apple juice (8 months & up) Formula (under 8 months)	Orange juice (8 months & up) Formula (under 8 months)			
Bread or crackers	0	optional	optional	Graham crackers	Soda crackers	Toast	Graham crackers	Toast	Soda crackers	Bread stick			
DINNER													
Infant formula (iron fortified)	4 - 6 oz.	4 - 8 oz.	6 - 8 oz. formula or whole milk	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)	Formula (Iron fortified)			
Infant cereal (with iron) and/or meat	0	0 - 3 Tbsp	2 - 4 Tbsp.	Beef stew	Chicken	Liver	Turkey	Beef	Rice cereal	Chicken			
Fruit and/or vegetable	0	0 - 3 Tbsp	1 - 4 Tbsp.	Banana	Peaches	Pears	Apricots	Mixed vegetables	Peas	Green beans			
EVE. SNACK													
Infant formula (iron fortified)	4 - 6 oz.	4 - 6 oz.	2 - 4 oz. formula / juice / milk	Formula (Iron fortified)	Apple juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Orange juice (8 months & up) Formula (under 8 months)	Formula (Iron fortified)	Pear juice (8 months & up) Formula (under 8 months)	Apple juice (8 months & up) Formula (under 8 months)			
Bread or crackers	0	optional	optional	Soda cracker	Toast	Graham cracker	Soda cracker	Bread stick	Wheat crackers	White bread			

* Whole milk can be substituted for formula for babies 8-11 months.

Expressed breast milk, served in a bottle, can be used in place of the formula (ONLY for day care babies)

This menu is not intended to be used sequentially

Note: ALL juice must be 100% fruit, NO sugar added

Menu Substitutions

If you wish to substitute one meal component for another (for example, apple for watermelon) you must remember:

- 1) You can only substitute from within the same component list: protein for protein, grain for grain, fruit for fruit, etc.
- 2) You can NEVER substitute something in place of the milk component (however, you can add a flavor to the milk).
- 3) You MUST note all substitutions on the back of the claim form. Write the date, meal and the substitution
- 4) If you are substituting the entire meal it should be noted as 00 on the menu number part of the claim and then you must write the entire meal with the date and meal type (BALPDE) on the back of the claim form.

Acceptable Substitutions List

(all substitutions must meet minimum serving size requirements)

<u>Fruits</u> (fresh, canned†, dried or frozen)	<u>Vegetables</u> (fresh, canned†, dried or frozen)	<u>Breads</u> (and alternate grain products)	<u>Meats†</u> (and alternate protein products)
Apples	Alfalfa Sprouts	Bagels*	Beef
Applesauce	Asparagus	Biscuits	Black Beans, dried
Apricots	Avocado	Bread Sticks	Cheese
Bananas	Bean Sprouts	Cornbread	Chicken
Berries	Beets	Cracked Wheat Bread	Cottage Cheese
Cantaloupe	Bell Peppers	Cracked Wheat Cereal	Cornbeef
Cherries	Broccoli	Dumplings	Crab
Dates	Brussel Sprouts	Egg Roll Wrap	Eggs
Grapefruit	Cabbage	Empanadas (crust)	Fish, dried
Grapes (green or red)	Carrots	English Muffin	Fish, fresh water
Kiwi	Cauliflower	French Bread	Fish, salt water
Mango	Celery	French Toast	Garbanzo Beans, dried
Melons	Chile Peppers	Graham Crackers*	Hot Dog
Nectarines	Corn	Multi-grain Bread	Legumes
Okra	Cucumbers	Oatmeal Cereal	Lentils
Oranges	Egg Plant	Pancakes	Liverwurst
Papaya	Green Bananas	Pasta (macaroni, noodles, spaghetti)	Lobster
Peaches	Green Beans	Pita Bread	Lunch/Deli Meats
Pears	Green Peas	Pumpemickel Bread	Mutton
Pineapple	Jicama	Ramen Noodles	Nuts*
Plums	Kidney Beans	Rice	Peanut butter
Prunes	Lettuce (all kinds)	Rice Spring Roll Wrap	Peas, dried
Raisins	Lima Beans	Rolls	Pinto Beans, dried
Raspberries	Onions	Rye Bread	Polish Sausage
Strawberries	Pickles	Soda Crackers*	Pork
Tangerines	Plantain	Soft Pretzels	Red Beans, dried
Watermelon	Potatoes	Sopapillas	Sardines
	Pumpkin (<u>not</u> the pie)	Sour Dough Bread	Seafood (octopus, squid, etc.)
	Radishes	Stuffing (breaded)	Shrimp (fresh, frozen or dried)
	Spinach	Sweet Breads*	Tuna
	Squash	Tortillas, corn	Turkey
	Sweet potatoes	Tortillas, flour	Venison
	Taro Leaves	Vienna Bread	Yogurt
	Taro Root	Waffles	
	Tomatoes	White Bread	
	Watercress	Whole Wheat Bread	
	Yams		
	Yucca		
	Zucchini		

*can be used as a substitute for snacks only

†must be commercially canned, processed or slaughtered. Home canned foods, or meat obtained while hunting are not claimable

Note: Cereal, breads, pastas & taco shells must be whole or enriched grain