

CFM CCFP Shopping List

Fruit/Vegetables
Apple Cider
Apple Fritters
Apple Fritters (Must have at least 1/8 cup of apples per serving)
Baked Beans
Bananas
Bean Sprouts
Cranberry Juice or Juice Blend (Must be 100%)
Dried Fruit (i.e. raisins, apricots, prunes, cranberries, etc.)
Cranberry Sauce/Relish(Only if it contains whole or crushed berries)
Frozen Fruit Juice Bars (Must contain at least 50% full strength juice)
Fruit Cobblers/Crisps (Must contain at least 1/8 cup of fruit per serving)
Fruit Juices or concentrates (100%)
Fruit Pies (Must contain at least 1/8 cup of fruit per serving)
Juice Bars
Fruit Snacks (i.e. bars, roll-ups, leathers, wrinkles, gummy styles). Must contain at least 1/8 cup of fruit or vegetable per serving
Juice Blends - all fruit or all vegetable
Kiwi Fruit
Olives (1/8 cup per serving). High salt content should be noted.
Pickles (1/8 cup per serving). High salt content should be noted).

Pizza Sauce (Must contain at least 1/8 cup per serving)
Plantains (whole); NOT Plantain Chips
Potatoes
Salsa, homemade or commercial (Must contain at least 1/8 cup of vegetables per serving)
Soups (i.e. Split Pea, Tomato, Vegetable)
Soup, Canned Condensed (i.e. Split Pea, Tomato, Vegetable)
Spaghetti Sauce (Tomato Sauce)
Sprouts (i.e., alfalfa, bean)
Vegetable Juice Blends (i.e. V-8 Juice)
Vegetables, chopped
Yucca (Cassava)
Meat/Meat Alt
Bacon, Turkey
Beans, dried or canned
All Meat Bologna
Canadian Bacon
Canned Beef Stew,(CN Label Required)
Canned Beef-a-Roni (CN Label Required)
Canned Chili Macaroni (CN Label Required)
Canned or Frozen Meat Stews (CN Label Required)
Pizza (CN Label Required)
Pot Pies (CN Label Required)
Canned Ravioli (CN Label Required)
Canned, Pressed Lunch Meat (i.e. Spam)
Cheese Foods, Spreads
Cheese, natural, processed or Cheese Substitute

Cottage Cheese or Ricotta
Chicken Nuggets (CN Label Required)
Corn Dogs (CN Label Required)
Eggs
Eggs, whole
Fish Sticks (CN Label Required)
Frankfurters/Hot Dogs (Must be ALL Meat)
Hummus
Kidney
Liver
Liverwurst/Luncheon Meat (All Meat)
Nuts
Peanut Butter
Peanut Butter, reduced fat
Peas, Lentils, dried
Pimento Cheese
Pot Pies, homemade
Pizza, homemade
Polish Sausage
Pot Pies, commercial (CN Label Required)
Quiche
Sausage
Soups(bean, lentil)
Soups, homemade with meat or meat alternate
Soy Butter
Spare Ribs (Contain small amount of meat and are high in fat. Only the lean meat portion is creditable)
All Meat Vienna Sausage (High in fat and salt)
Yogurt, commercial-plain, unflavored, flavored, sweetened, etc)
Yogurt in tube

Milk
Milk, fluid (unflavored, flavored)
UHT Milk
Whole Milk
Chocolate Milk or Cocoa Milk (cold or hot)
Cultured Milk
Fat Free, Non-fat, Skim Milk
Lactose-reduced Milk
Lactose-free Milk
Low-fat (1%) Milk
8th Continent Soy Milk, Plain or Vanilla
Pacific Ultra Soy Plain or Vanilla
Sunrich Naturals All Natural Soy Milk Plain or Vanilla
Grain/Bread (Must Have Whole Grain or Enriched Flour as FIRST Ingredient)
Bagel
Bagel Chips
Banana Bread
Barley
Biscuits
Boston Brown Bread
Bread Pudding, homemade (Must contain a minimum of $\frac{1}{2}$ slice of bread per serving)
Bread Sticks
Bread Stuffing
Brownies (No more than twice per week at Snack ONLY)
Buns, hot dog/hamburger
Cakes (No more than twice per week at Snack ONLY)
Carrot Bread
Chips, corn/cornmeal
Chow Mein Noodles
Coffee Cake, Cinnamon/Danish

Rolls. (No more than twice per week at Snack ONLY)
Cookies (No more than twice per week at Snack ONLY)
Cornbread
*Corndogs, batter
Couscous (Pasta product)
Crackers
Crepes
Croissants (High fat content should be noted)
Croutons
Cupcakes (No more than twice per week at Snack ONLY)
Danish Pastries, Doughnuts (No more than twice per week at Snack ONLY)
Dumplings
Egg Roll or Won Ton Wrap
English Muffins
Fig Bar
French Bread
French Toast
Gingerbread
Grain and Cereal Bars (No more than twice per week at Snack ONLY)
Granola Bars, plain or with fruits/nuts (No more than twice per week at Snack ONLY)
Grits
Hushpuppies
Ice Cream Sandwich Wafers
Italian Bread
Muffins
Noodles
Pasta
Pie crust (Creditable at Snack ONLY)
Pineapple upside down cake (No more than twice per week at Snack ONLY)
Pita Bread, Chips

Pizza Crust
Pop Tarts (No more than twice per week at Snack ONLY)
Pound Cake (No more than twice per week at Snack ONLY)
Pretzels, hard or soft
Pumpernickel Bread
Pumpkin Bread
Raisin Bread
Pasta
Rice, white or brown
Rice Cakes
Rice Treats
Rolls, Buns
Rye Wafers
Snack Crackers
Sopapillas (Doughnuts) (No more than twice per week at Snack ONLY)
Spoon Bread
Squash or Zucchini Bread
Stuffing, bread, dry
*Sweet Rolls / Buns (No more than twice per week at Snack ONLY)
Taco or Tortilla Chips/Shells
Turnover Crust
Vanilla Wafers (No more than twice per week at Snack ONLY)
Waffles