



FOOD CHOICE LIST

Milk Group

2% Milk
Cottage cheese
Cream cheese
Hard cheese (cheddar, Swiss)
Nonfat dry milk
Ice cream
Ice milk
Yogurt
Buttermilk

Bread & Cereal Group

Bread
Rice
Macaroni
Cold cereal
Oatmeal
Bulgar
Pancakes
Muffin
Bagel
Cookies
Cupcake
Doughnut
Hominy grits
Croissant
Egg noodles
Dinner roll

Meat Group

Hamburger patty
Eggs
Chicken drumstick
Chicken breast
Ham
Bacon
Sausage
Hot dog
Tuna fish
Salmon
Roast beef
Salami
Sirloin steak
Sardines
Cod
Corned beef
Flounder
Pork chops
Spareribs
Liver
Shrimp
Veal

Vegetable & Fruit Group

Apple
Lettuce salad
Baked potato
Tomato juice*
Green beans
Cucumbers
Broccoli*
Banana
Pear
Grape juice*
Orange juice*
Cooked carrots*
Applesauce
Cranberries*
Raisins
Pickles
Peas
Canned peaches
Strawberries*
Beets
Brussels sprouts
Cauliflower
Corn
Spinach
Squash
Sweet potatoes
Grapefruit*

*This item contains vitamin C.