

My Food Program offers an extensive food database which includes only foods that are creditable on the CACFP.

Fruit

- Apple Juice, 100% (in cups)
- Apples, canned, sliced (in cups)
- Apples, dried (in cups)
- Apples, fresh, raw (in cups)
- Applesauce (in cups)
- Apricots, canned (in cups)
- Apricots, dried (in cups)
- Apricots, fresh (in cups)
- Bananas, fresh, sliced (in cups)
- Berry Medley, frozen, thawed (in cups)
- Blackberries/Boysenberries, fresh (in cups)
- Blueberries, fresh, frozen or canned (in cups)
- Cantaloupe, fresh (in cups)
- Cherries, fresh, canned or frozen (in cups)
- Clementines, fresh (in cups)
- Cranberries, dehydrated (in cups)
- Cranberry Juice, 100% (in cups)
- Fruit Punch, 100% Juice (in cups)
- Fruit cocktail, canned (in cups)
- Fruit, Mixed, fresh (in cups)
- Grape Juice, 100% (in cups)
- Grapefruit Juice, 100% (in cups)
- Grapefruit, fresh (in cups)
- Grapes, fresh (in cups)
- Honeydew Melon, fresh (in cups)
- Juicy Juice, 100% juice, berry flavor (in cups)
- Kiwi, fresh (in cups)
- Mango, dried (in cups)
- Mango, fresh, canned or frozen (in cups)
- Nectarines, fresh (in cups)
- Orange Juice, 100% (in cups)
- Oranges, fresh (in cups)
- Oranges, mandarin, canned (in cups)
- Peaches, canned (in cups)
- Peaches, fresh (in cups)
- Pears, fresh or canned (in cups)
- Pineapple Juice, 100% (in cups)
- Pineapple, fresh or canned (in cups)
- Plums, fresh or canned (in cups)
- Prunes, dried (in cups)
- Raisins, dried (in cups)
- Raspberries, fresh or frozen (in cups)
- Strawberries, fresh or frozen (in cups)
- Tangerines, fresh (in cups)
- Tropical Fruit, canned (in cups)
- Watermelon, fresh (in cups)
- White Grape Juice 100% (in cups)

Infant Foods

- Apple & Sweet Potato infant food
- Apple Strawberry Banana infant food
- Apple, Peach & Squash infant food
- Apples & Cherries infant food
- Apples & Corn infant food
- Applesauce infant food
- Apricot with Mixed Fruit infant food
- Banana & Orange infant food
- Banana Mixed Berry infant food
- Banana infant food
- Banana, Apples & Pears infant food
- Banana, Carrot & Mango infant food
- Banana, Plum, Grape infant food
- Carrot, Pear & Blackberry infant food
- Mango Apple infant food
- Pear & Pineapple infant food
- Pear Blueberry infant food
- Pear infant food
- Prunes & Apples infant food
- Pumpkin Banana infant food
- Squash, Apples & Corn infant food
- Sweet Potato, Apple & Pumpkin infant food

Fluid Milk

- Whole milk 12-23 months, 1% milk 2 yr+, unflavored
- Whole milk 12-23 months, skim milk 2yr+, unflavored
- Breast Milk/Iron-Fortified Formula

Meat/Meat Alternate

- Beans, Great Northern (in cups)
- Beans, baked (in cups)
- Beans, black (in cups)
- Beans, black-eyed (or peas) (in cups)
- Beans, garbanzo or chickpeas (in cups)
- Beans, kidney (in cups)
- Beans, navy or pea (in cups)
- Beans, pink (in cups)
- Beans, pinto (in cups)
- Beans, red (in cups)
- Beans, refried (in cups)
- Beef, cooked (in oz)
- Beef, ground, cooked (in oz)
- Beef, stew meat, cooked (in oz)
- Cheese, american, cheddar, mozzarella, or swiss (in oz)
- Cheese, parmesan or romano (in oz)
- Chicken Nuggets, Tenders or Strips, CN (in oz)
- Chicken Pattie, CN (in oz)
- Chicken, canned (in oz)
- Chicken, cooked (in oz)
- Chicken, ground, cooked (in oz)
- Corndog, CN (in oz)
- Cottage Cheese (in oz)
- Eggs (each)
- Fish Sticks, CN (in oz)
- Fish, cooked (in oz)
- Frankfurters (hot dogs), without byproducts, cereals, or extenders (in oz)
- Ham (in oz)
- Peanut Butter (in Tbsp)
- Pork Chops, cooked (in oz)
- Pork, cooked (in oz)
- Sausage, beef, cooked (in oz)
- Sausage, chicken, cooked (in oz)
- Sausage, pork, cooked (in oz)
- Sausage, turkey, cooked (in oz)
- Shrimp, baked (in oz)
- String Cheese, 1 oz. stick (each)
- Tofu, 5g per 1/4 cup (in oz)
- Tuna, canned (in oz)
- Turkey, cooked (in oz)
- Turkey, deli, without binder, fillers, extenders (in oz)
- Yogurt, Activia, any flavor (in cups)
- Yogurt, Aldi brand, Fit and Active, vanilla or plain (in cups)
- Yogurt, Aldi brand, Simply Nature, vanilla or plain (in cups)
- Yogurt, Annie's Organic, any flavor (in cups)
- Yogurt, Chobani, blended, any flavor (in cups)
- Yogurt, Chobani, fruit on the bottom, any flavor (in cups)
- Yogurt, Dannon, Danimals, any flavor but NOT smoothie (in cups)
- Yogurt, Dannon, Light and Fit Greek, any flavor (in cups)
- Yogurt, Dannon, Light and Fit Nonfat, any flavor (in cups)
- Yogurt, Dannon, Oikos Greek Nonfat, any flavor (in cups)
- Yogurt, Dannon, whole milk, any flavor (in cups)
- Yogurt, Fage, plain flavor (in cups)
- Yogurt, Fage, split cup, any flavor EXCEPT honey (in cups)
- Yogurt, Great Value brand, Greek, plain or vanilla (in cups)
- Yogurt, Great Value brand, LIGHT vanilla or plain (in cups)

Meat/Meat Alternate

- Yogurt, Greek Gods brand, plain flavor only (in cups)
- Yogurt, Kemps, light, all flavors (in 6oz containers)
- Yogurt, Land O' Lakes, plain (in cups)
- Yogurt, Market Pantry brand, NONFAT vanilla or plain only (in cups)
- Yogurt, Old Home brand, Plain or LIGHT vanilla only (in cups)
- Yogurt, Siggis Brand, any flavor (in cups)
- Yogurt, Stonyfield Organic 100% grassfed, any flavor (in cups)
- Yogurt, Stonyfield, Organic Greek, any flavor (in cups)
- Yogurt, Stonyfield, organic lowfat smooth and creamy, any flavor (in cups)

- Yogurt, Stonyfield, organic whole milk smooth and creamy, any flavor (in cups)
- Yogurt, Upstate Farms, any flavor (in cups)
- Yogurt, Yoplait Greek, any flavor (in cups)
- Yogurt, Yoplait Kids or Yoplait Trix, any flavor (in cups)
- Yogurt, Yoplait Light, any flavor (in cups)
- Yogurt, Yoplait Originals, any flavor (in cups)
- Yogurt, Yoplait Simply GoGurt, 2.25 oz pouch (each)
- Yogurt, Yoplait, Greek 100 Protein, any flavor (in cups)
- Yogurt, Yoplait, Thick and Creamy LIGHT, any flavor (in cups)

Infant Foods

- Infant Beef Food
- Infant Chicken Food
- Infant Turkey Food

Grains

WGR indicates a whole grain-rich food

- Animal Crackers, WGR (in oz)
- Animal Crackers, enriched (in oz)
- Bagels, WGR (in oz)
- Bagels, enriched (in oz)
- Banana Bread, WGR (in oz)
- Banana Bread, enriched (in oz)
- Barley, pearl, cooked (in cups)
- Biscuits, WGR (in oz)
- Biscuits, enriched (in oz)
- Bread Sticks, soft, WGR (in oz)
- Bread Sticks, soft, enriched (in oz)
- Bread, WGR (in slices)
- Bread, enriched (in slices)
- Breeding, WGR (in oz)
- Breeding, enriched (in oz)
- Buns, hamburger or hot dog, WGR (in oz)
- Buns, hamburger or hot dog, enriched (in oz)
- Cereal, Berry Berry Kix, WGR (in cups)
- Cereal, Brown Sugar Oatmeal Squares, WGR (in cups)
- Cereal, Cheerios, plain, WGR (in cups)
- Cereal, Cinnamon Oatmeal Squares, WGR (in cups)
- Cereal, Corn Chex, WGR (in cups)

- Cereal, Crispix (in cups)
- Cereal, Frosted Mini-Wheats, WGR (in cups)
- Cereal, Gluten-Free Rice Krispies (in cups)
- Cereal, Honey Bunches of Oats Almond Crunch, WGR (in cups)
- Cereal, Honey Bunches of Oats Almonds (in cups)
- Cereal, Honey Bunches of Oats Cinnamon (in cups)
- Cereal, Honey Bunches of Oats Honey (in cups)
- Cereal, Honey Bunches of Oats Honey Crunch, WGR (in cups)
- Cereal, Honey Bunches of Oats Vanilla (in cups)
- Cereal, Honey Kix, WGR (in cups)
- Cereal, Kix, WGR (in cups)
- Cereal, Life, original, WGR (in cups)
- Cereal, Multigrain Cheerios, WGR (in cups)
- Cereal, Post Great Grains, banana nut, WGR (in cups)
- Cereal, Rice Chex, WGR (in cups)
- Cereal, Rice Krispies (in cups)
- Cereal, Special K, original (in cups)
- Cereal, Sunbelt Bakery Simple Granola, WGR (in cups)
- Cereal, Total, WGR (in cups)
- Cereal, Vanilla Chex, WGR (in cups)
- Cereal, Wheat Chex, WGR (in cups)
- Cereal, Wheaties, WGR (in cups)
- Cereal, corn flakes (in cups)

Grains

WGR indicates a whole grain-rich food

- Chex Mix, enriched (in oz)
- Corn Chips, WGR (in oz)
- Corn Grits, enriched, cooked (in cups)
- Cornbread, WGR (in oz)
- Cornbread, enriched (in oz)
- Crackers, Cheez-It (each)
- Crackers, Club, enriched (in oz)
- Crackers, Goldfish Grahams, WGR (in oz)
- Crackers, Goldfish, WGR (in oz)
- Crackers, Goldfish, enriched (in oz)
- Crackers, Ritz, enriched (each)
- Crackers, Teddy Grahams, WGR (each)
- Crackers, Toasty, peanut-butter filled, enriched (each)
- Crackers, Triscuit, WGR (each)
- Crackers, Wheat Thins, WGR (each)
- Crackers, oyster, enriched (in oz)
- Crackers, saltines, enriched (in oz)
- Crackers, savory, WGR (in oz)
- Crackers, savory, enriched (in oz)
- Crescent Rolls, enriched (in oz)
- Croissant, enriched (in oz)
- English Muffins, WGR (in oz)
- English Muffins, enriched (in oz)
- Farina, Cream of Wheat, WGR (in cups cooked)
- Farina, enriched (Cream of Wheat/Malt-O-Meal) (in cups)
- French Toast Sticks, enriched, 0.8 oz. (each)
- French Toast, WGR (in oz)
- French Toast, enriched (in oz)
- Graham Crackers, WGR (in oz)
- Graham Crackers, enriched (in oz)
- Granola, WGR (in oz)
- Muffins, WGR (in oz)
- Muffins, enriched (in oz)
- Oatmeal, cooked, WGR (in cups)
- Pancakes, WGR (in oz)
- Pancakes, enriched (in oz)
- Pasta, cooked, WGR (in cups)
- Pasta, enriched, cooked (in cups)
- Pasta, macaroni, cooked, WGR (in cups)
- Pasta, macaroni, cooked, enriched (in cups)
- Pasta, spaghetti, cooked, WGR (in cups)
- Pasta, spaghetti, cooked, enriched (in cups)
- Pita Bread, WGR (in oz)
- Pita Bread, enriched (in oz)
- Pizza Crust, WGR (in oz)
- Pizza Crust, enriched (in oz)
- Popcorn, popped WGR (in cups)
- Pretzels, hard, WGR (in oz)
- Pretzels, hard, enriched (in oz)
- Pretzels, soft, enriched (in oz)
- Rice Cakes, enriched (in oz)
- Rice, brown, cooked, WGR (in cups)
- Rice, white, enriched, cooked (in cups)
- Rolls, WGR (in oz)
- Rolls, enriched (in oz)
- Taco Shells WGR (in oz)
- Taco Shells, enriched (in oz)
- Toast, WGR (in oz)
- Toast, enriched (in oz)
- Tortilla Chips, WGR (in oz)
- Tortilla Chips, enriched (in oz)
- Tortillas, WGR (in oz)
- Tortillas, enriched (in oz)
- Waffles, WGR (in oz)
- Waffles, enriched (in oz)
- Wild Rice, cooked, WGR (in cups)
- Zucchini Bread, enriched (in oz)

Vegetable

- Asparagus, fresh, canned or frozen (in cups)
- Avocados, fresh (in cups)
- Bamboo shoots, canned, sliced (in cups)
- Bean sprouts, fresh or canned (in cups)
- Beans, Great Northern, canned (in cups)
- Beans, baked, canned (in cups)
- Beans, black, canned (in cups)
- Beans, black-eyed (or peas)
- Beans, garbanzo or chickpeas (in cups)
- Beans, green, fresh, frozen or canned (in cups)
- Beans, kidney, canned (in cups)
- Beans, lima, canned, fresh or frozen (in cups)
- Beans, navy or pea, canned (in cups)
- Beans, pink (in cups)
- Beans, pinto, canned (in cups)
- Beans, red, canned (in cups)
- Beans, refried, canned (in cups)
- Beans, soy, fresh (edamame) (in cups)
- Beans, wax, fresh or canned (in cups)
- Beets, canned, sliced (in cups)
- Broccoli, fresh or frozen (in cups)
- Brussels Sprouts, fresh or frozen (in cups)
- Cabbage, Green or Red, fresh, shredded (in cups)
- Cabbage, Green or Red, cooked (in cups)
- Carrots (in cups)
- Cauliflower, fresh or frozen (in cups)
- Celery, fresh or canned (in cups)
- Chili Beans (in cups)
- Corn, fresh, frozen or canned (in cups)
- Cucumbers, fresh (in cups)
- French fries, baked (in cups)
- Hashbrowns, baked (in cups)
- Hummus (in cups)
- Jicama, fresh (in cups)
- Lentils, cooked (in cups)
- Lettuce, served raw (in cups)
- Marinara Sauce (in cups)
- Mushrooms, fresh, canned or frozen (in cups)
- Onions, fresh, canned, or frozen (in cups)
- Peas & Carrots, canned or frozen (in cups)
- Peas, green (in cups)
- Peppers, bell, fresh or frozen (in cups)
- Potatoes, baked (in cups)
- Potatoes, mashed (in cups)
- Salsa, canned (in cups)
- Soup, bean or pea, commercially-prepared (in cups)
- Soup, tomato, condensed, prepared with water (in cups)
- Soups, canned, all vegetable (in cups)
- Spinach, cooked (in cups)
- Spinach, fresh, served raw (in cups)
- Squash, fresh, frozen or canned (in cups)
- Sweet potatoes, canned or frozen (in cups)
- Tater Tots, baked (in cups)
- Tomato Paste, canned (in Tbsp)
- Tomato Sauce (in cups)
- Tomatoes, fresh, raw (in cups)
- Vegetables, mixed, canned (in cups)
- Vegetables, mixed, frozen (in cups)
- Vegetables, raw, assorted (in cups)
- Yams, fresh, frozen or canned, cooked (in cups)
- Zucchini, fresh or frozen (in cups)

Infant Food

- Carrot infant food
- Green beans infant food
- Pear, Zucchini & Corn infant food
- Peas Infant Food
- Potato infant food
- Pumpkin infant food
- Squash infant food
- Sweet Potatoes & Corn infant food
- Sweet potato infant food

Infant Cereal

- Infant Cereal, iron-fortified