

FOOD FACT SHEET

NMCAA HEAD START–GSRP–EARLY HEAD START

List of foods we will not serve

Animal Crackers

- Apple Bosco Sticks
- Brownies
- Candy
- Cakes, pies, desserts
- Cereals not on our approved cereal list
- Cereal bars
- Chips, bugles, baked Cheetos
- No chips of any kind except tortilla chips
- Chocolate/butterscotch pieces
- Chocolate milk, hot chocolate/cocoa
- No Chocolate of any kind
- Cookies, including vanilla wafers
- Go-gurt
- Doughnuts, doughnut holes
- Fruit roll-ups (gummi bears, etc.)
- Fudge bars (fudgesicles, etc.)
- Flavored ice pops
- Frudels (apples or other)
- Honey
- Ice-cream/frozen yogurt
- Jell-O, including sugar free
- Jelly
- Juices that are not 100% fruit
- Kool aide
- Manwich
- Marshmallows
- Mac & cheese from box
- Nuts
- Raw Peas
- Potatoes fried in oil (baked are ok)
- Pretzels that are hard
- Pop Tarts
- Pudding
- Rice Krispies Treats
- Syrup – real and sugar-free
- Vegetable chips and/or straws
- Cini-Minis
- Granola, Granola Bars, Oatmeal Rounds, Breakfast Rounds, etc.

MUST BE SERVED IN SMALL PIECES

- Grapes must be cut in half
- Carrots must be cut into thin pieces

CHEESE

Only serve REAL Cheeses (cheddar, colby, mozzarella, swiss, etc.)
 Processed cheese products like Velveeta or American are not allowed.

MEATS

No high fat, highly processed meats such as lunch meat/bologna, hot dogs, corn dogs, pepperoni, etc.
 No bacon of any kind.

No meat sticks of any kind

Choose from these items up to 6 times a month

- Turkey Sausage
- Ham
- Commercial breaded items (chicken nuggets, fish sticks, etc.)
- Low fat deli meats (turkey, chicken, ham)
- BREADING ON PROTEINS DOES NOT COUNT AS A GRAIN COMPONENT.**
- Homemade breaded items are unlimited

EITHER SWEET POTOTO OR TATOR TOTS CAN BE SERVED ONCE A MONTH

**100% Juice allowed once a week at snack
 EARLY HEAD START WILL NOT SERVE JUICE**

MILK

Serve only unflavored white fat-free (skim) or low-fat (1/2% or 1%) milk. This includes lactose free milk such as Lactaid, which is 100% cow's milk, beginning on 2nd birthday.

Fluid milk substitutes like soy, rice, cashew, almond 'milks' require special consideration to conform to USDA requirements. Reach out to Sandy.

1 Year Olds

Serve only unflavored whole white milk beginning on 1st birthday through 23 months

Allowed but NOT creditable

- Cream cheese/Neufchatel cheese
- Simply Fruit or comparable 'natural' brands (No sugar free)
- Pickles