\*Here is a list of things that might help when it comes time to fill out your Meal Productions\*

**Fruits/Vegetables**

* Mixed Veggies- Must be specified as 3 mix or 7 mix & whether fresh or frozen
* Salad mix- Must say Fresh
* Lettuce- Need to know how many pounds, not how many heads
* Beans- Must always list what kind of bean and if they are canned or dry
* Juice- Must state 100%. If concentrated, specify ratio 3-1, 5-1, etc…
* Mashed Potatoes- Must specify fresh, or dehydrated
* All Fruits & Vegetables- Must specify what kind of fruit/veggie & state fresh, frozen, or canned
* Tater Tots/French Fries/Hashbrowns - Must always be specified as frozen or fresh

**Grains \*(IF HAMBURGER HELPER IS USED PLEASE LIST THE TYPE OF PASTA AND STATE “DRY”)\***

* Pancakes- Must say dry mix or frozen
* Waffles- Must say dry mix or frozen
* Breakfast Bar- Must give the name brand of breakfast bar
* Cereal Bar- Must give the name brand of Cereal bar
* Pop-Tarts- Must always specify frosted or unfrosted
* Doughnuts- Must always specify frosted or unfrosted
* Sweet Rolls- Must specify frosted or unfrosted
* Grits/Oatmeal/Rice- Must specify dry or prepared
* Pasta- Must state what kind (Spaghetti, Shells, Macaroni, etc…) & “dry”
* Granola Bar- Must specify plain or with pieces,(raisins, chips, etc…) and what brand
* Cookies- Must specify what kind (Plain, Oatmeal, Sugar, Chocolate chip, Nuts, etc…)
* Sandwich Cookies- ***NOT CREDIBLE***
* Rice Crispy Cereal & Treats- ***NOT CREDIBLE***
* Crackers- Must specify what kind (saltines, Ritz, animal, graham, etc….)
* **\*\*Friendly Reminder\*\***: State frowns on serving sweet grain more than 2 times a week at snack

**Meat/Meat Alternative**

* Precooked Ham is ***NOT*** credible ***\*UNLESS\****  label states “ Cooked Water Added” or “ Packed in natural Juices”, or it is CN Labeled, or you have a Product Formulation Statement.
* Pre-cooked turkey is ***NOT***  credible ***\*UNLESS\**** it has a CN Label,or a Product Formulation Statement. If raw, please state what part or whole and boneless or w/bone.
* Pre-Cooked Ground Beef or Beef Crumbles label must state 100% Beef to be credible or have a CN Label, or a Product Formulation Statement.
* All meats- Must specify if it is ground, boneless, skinless and if it was raw or Pre-Cooked
* Hot dogs must be 100% Beef or cannot contain byproducts, cereals, or extenders.

**CN # Items**

* Chef BoyArdee Ravioli #10 can must have a grain added to the meal
* Ravioli- Must have a CN Label, unless it is Chef BoyArdee #10 can. Please list how many cans were used
* When listing your CN Labeled Foods, be sure to put the CN # in the “Food Items Used” column and the # of pieces used in the “Quantity Used” column. Also we must have a copy of the CN Labels or Product Formulation Statements in our office.