

Ideas for Creditable Components

Meat/Meat Alternates	Grains	Vegetables	Fruits
Ham Turkey Roast Beef Meatballs Chicken chunks Canned Tuna Canned Salmon Hard Boiled Eggs Pork Shoulder (pulled pork) Beef Shoulder (shredded beef) Chicken Thighs Chicken Drumsticks Tilapia Cod Tofu Tempeh Peanut Butter Almond Butter Sun Butter Soy Butter Cheese slices Cottage Cheese Cheese Sticks Yogurt Beans- Black Beans White Beans Garbanzo Beans Kidney Beans Lentils Hummus Bean dip	White Rice Sliced Bread Rolls English Muffins Tortillas Pretzels (soft) Pretzels (hard) Pancakes Waffles Bagels Muffins Cereal Crackers- Saltine Fish Oyster Woven Pasta- Spaghetti Macaroni Bow Tie Rotini Lasagna Whole Grains- Oatmeal Barley Quinoa Farro Brown Rice Popcorn Grits	Corn Peas Cauliflower Broccoli Spinach Kale Red Pepper strips Pea Pods Carrots Tomatoes Celery Cucumbers Potatoes Sweet Potatoes Butternut Squash Zucchini Lima Beans Mushrooms Green beans Beets Asparagus Cabbage Hominy Collard Greens Lettuce Radish Avocado Edamame Brussel Sprouts Onions Parsnips Beans- Black Beans White Beans Garbanzo Beans Kidney Beans Lentils Hummus Bean dip	Pineapple Apples Grapes (Red or Green) Oranges Clementines Peaches Applesauce Strawberries Blueberries Blackberries Raspberries Cherries Kiwis Bananas Mango Plums Raisins Dried Apricots Dried Cranberries Prunes Figs Cantaloupe Watermelon Honey Dew Pears Cranberries (not jelly) Mandarin oranges Mixed Fruit
Reminder: Use USDA's Food Buying Guide , CN labels and/or Product Formulation Statements to ensure minimum requirements are met.	Reminder: Use USDA's Food Buying Guide or Exhibit A to ensure minimum requirements are met. WIC food list has ideas for Whole Grain Rich items.	Reminder: Use USDA's Food Buying Guide to ensure minimum requirements are met. Fresh, Frozen, Canned, Dried are all options	Reminder: Use USDA's Food Buying Guide to ensure minimum requirements are met. Fresh, Frozen, Canned, Dried are all options