

## What Your Child Will Receive Each Month

- 3 gallons whole milk or soy milk, 32 oz. whole milk yogurt, and 1 lb. cheese  
or 3 gallons whole milk or soy milk and 4 lb. tofu  
or other combinations of milk, cheese, yogurt, and tofu are available
- 36 oz. breakfast cereal
- 2 lb. whole grains - choice of 100% whole wheat bread, pasta or tortillas; brown rice; corn tortillas; oats or oatmeal; or bulgur (cracked wheat)
- 128 oz. fruit juice
- 1 dozen eggs
- 1 lb. dry beans or four 16 oz. cans of beans
- \$26 for fruits and vegetables



Choose 2

