

# CHILD FOOD PACKAGE



## Milk



Gallons or half gallons



Half gallon  
(64 oz) or  
96 oz

Half gallon -  
refrigerated  
Quart -  
shelf stable

12 oz can  
1% lowfat or  
fat free



1 quart or  
half gallon



9.6 oz (3 quarts)  
25.6 oz (8 quarts)  
64 oz (20 quarts)

- 3 gallons, skim fat free, or 1% milk
- 1-year-olds get whole milk

## Milk Options



- 1 lb (8 oz or 16 oz) cheese
- 1 quart (32 oz) yogurt (nonfat or lowfat)
- 12-16 oz package tofu

If you do not choose one of these, you will receive more milk.

## Eggs



- 1 dozen

## Whole Grains



- Two 1 lb (16 oz) packages

## Cereal



- 36 oz total

## Peanut Butter or Beans



- 16-18 oz container of peanut butter **or**
- 1 lb dry beans **or**
- Four 15-16 oz cans of beans

## Juice



- Two 64 oz containers
- Frozen juice is an option upon request

## Fruits & Vegetables



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