

Default Food Packages Children & Women

For Staff Use Only

Exhibit 7-K

Food Category	Food Package 4 Children	Food Package 5 - Pregnant - Pregnant <i>and</i> Some BF ~~~~~ - Mostly-BF - Pregnant with Multiples	Food Package 6 - Some Breastfeeding - Non-Breastfeeding	Food Package 7 - Fully BF - Mostly-BF Multiple Infants - Pregnant <i>and</i> Fully or Mostly-BF	Food Package 7+ Fully BF Multiple Infants
Milk ¹	12 qt (3 gal.) Fat Free or 1% (2-4 yrs) Whole (1 yr old)	18 qt (4.5 gal)	12 qt (3 gal)	20 qt (5 gal)	32 qt (8 gal)
Yogurt	1 qt	1 qt	1 qt	1 qt	1 qt
Cheese	1 lb	1 lb	1 lb	1 lb	1 lb
Eggs ²	1 dozen	1 dozen	1 dozen	2 dozen	3 dozen
Juice ^{3 4}	1 (64 oz)	1 (64 oz)	1 (64 oz)	1 (64 oz)	Alternating: 1 (64 oz)- one month 2 (64 oz) – next month
Cereal	36 oz	36 oz	36 oz	36 oz	54 oz
Whole Grains	24 oz	48 oz	48 oz	48 oz	72 oz
Peanut Butter/ Beans	1 option	2 options	1 option	2 options	3 options
Tuna / Salmon	6 oz	10 oz – Pregnant or Pregnant w/ Some BF 15 oz – Mostly BF or Pregnant w/ Multiples	10 oz	20 oz	30 oz
Fruits/Vegetables	\$26	\$48 - Pregnant or Pregnant w/ Some BF \$52 - Mostly BF or Pregnant w/ Multiples	\$48	\$52	\$78

¹ 1 lb Tofu may be substituted for each 1 qt milk.

² 1 Peanut Butter/Bean option may be substituted for each 1 dozen eggs.

³ \$3 CVB may be substituted for 1 (64 oz) Juice (FP 4, 5, 6,7)

⁴ \$4.5 CVB may be substituted for Juice (FP 7+)