

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



- 32 oz

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



\$

XIRMADA CUNTADA CARUURTA



Caanaha



Galaan ama nus galaan



Nus galaan
(64 oz) ama
96 oz

Nus galaan –
La qaboojiyey
lagu hayo
Rubuc –
shelf-joog

12 oz gasacdaha
1% dufan yar
leh ama
dufan la'aan
(fat free)



Rubuc ama
nus galaan



Dhalo 9.6 oz (u dhiganta 3 quarts)
25.6 oz (u uganta 8 quarts)
64 oz (u dhiganta 20 quarts)

- 3 baaldi, caano aan dufan lahayn, ama 1% caano
- 1-sano-jirada waxay qaataan caanaha guud

Xulashooyinka Caanaha



- 1 lb (8 Firiqo ama 16 Firiqo) oo ah farmaajo
- 1 quart (32 oz) caano fadhi (aan dufan lahayn ama subag yar)
- 12 ilaa 16 oz xirmo tofu

Haddi aadan mid ka dooran, waxaad heli doonataa caano dheeraad ah.

Ukunta/Nalo



- 1 darsin

Hadhuudhka Oo Dhan



- 32 oz

Boorashka



- Wadarta 36 oz/Dhammaan 36 oz

Subagga Lawska ama Digirta



- Weel 16-18 Firiqo oo ah subagga lawska ama
- 1 lb oo digiraha qallalan ah ama
- Afar qasacadood oo digiro oo 15-16 Firiqo ah

Casiir



- Laba qasac oo 64 Firiqo ah
- Casiirka barafaysan waa ikhtiyaar marka la codsado

Miraha & Khudaarta



\$