

CHILD FOOD PACKAGE



Milk



Gallons or half gallons



Half gallon (64 oz) or 96 oz
 Half gallon (64 oz) or 96 oz – 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
- 1-2 quarts (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 eggs or
- 1 peanut butter/beans option

Tuna & Salmon



- 6 oz

Cereal



- 36 oz total

Peanut Butter or Beans



Select 1 option in store:

- 16-18 oz jar peanut butter or
- 1 lb dry beans or
- Four 15-16 oz cans beans

Whole Grains



- 24 oz

Juice



- \$3 fruits and vegetables or
- 64 oz juice:
 - One 64 oz container or
 - One 11.5-12 oz container frozen

Fruits & Vegetables



\$ _____

This institution is an equal opportunity provider.

XIRMADA CUNTADA CARUURTA



Barnaamijka Nafaqada Haweenka, Saqirada iyo Caruurta

Caanaha



Galaan ama nus galaan



Nus galaan (64 oz) ama 96 oz

Nus galaan (64 oz) ama 96 oz
- 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
- 1-2 rubuc (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 ama
- 1 doorasho: subagga lawska/digir

Tuna iyo Salmon



- 6 oz

Boorashka



- Wadarta 36 oz

Subagga Lawska ama Digirta



Labo kasoo qaado dukaanka:

- Afar qasacadood oo digir ah oo 15-16 oz ah ama
- 1 lb oo digir qallalan ah ama
- Weel 16-18 oz oo ah subagga lawska

Hadhuudhka Oo Dhan



- 24 oz

Casiir



- \$3 Miraha iyo khudaarta
- Casiir 64 oz ah:
 - Hal weel 64 oz ah ama
 - Hal weel oo barafaysan oo 11.5-12 oz ah

Miraha & Khudaarta



\$ _____

Haayadaan waxay bixisaa fursad loosimanyahay.