

FAMILY SIZE OF SEVEN

CEREAL (DRY/HOT)	14 CHOICES
JUICE (1 JUICE CAN BE SUBSTITUTED FOR 5 FRUIT)	14 CHOICES
PASTA/GRAINS: 1 CRACKER = 1 CHOICE 1 TORTILLA = 1 CHOICE 1 RICE = 1 POUND 1 EGG NOODLE = 1 POUND 1 SPAGHETTI = 1 POUND 1 ELBOW MACARONI = 1 POUND 1 WHOLE GRAIN ROTINI = 1 POUND 3 MAC & CHEESE = 1 POUND (LIMITED TO 21)	TOTAL OF 35 POUNDS
FLOUR/WHOLE WHEAT FLOUR/ CORNMEAL/BLUE CORNMEAL/BAKERY MIX	14 CHOICES
UHT 1% MILK/EVAPORATED MILK/NFD DRY MILK EACH CAN/BOX OF MILK = 1 UNIT DRY MILK = 4 UNITS	56 UNITS
SOUP	21 CHOICES
BEANS: 1 BAG OF DRY BEANS = 1 POUND 1 CAN OF BEANS = 1 POUND	TOTAL OF 28 POUNDS
PEANUT BUTTER/PEANUTS/TRAIL MIX	7 CHOICES
FRUITS & VEGETABLES FRESH OR CANNED EACH CAN = 1 POUND	TOTAL OF 161 POUNDS 35-70 POUNDS CAN BE FRUIT 91-126 POUNDS CAN BE VEGETABLES
FRESH EGGS POWDERED EGGS (2=1 CHOICE)	7 CHOICES
VEGETABLE OIL = 1 CHOICE 1 BUTTER = 1 CHOICE 3 BUTTERY SPREAD = 1 CHOICE	4 CHOICES
CHEESE	4 CHOICES
MEATS: 2 FROZEN GROUND BEEF = 1 CHOICE 1 WHOLE CHICKEN = 1 CHOICE 1 CHICKEN BREAST = 1 CHOICE 2 PORK CHOPS = 1 CHOICE 1 BEEF ROAST = 1 CHOICE 2 BISON = 1 CHOICE 1 CANNED BEEF = 1 CHOICE 2 CANNED CHICKEN = 1 CHOICE 2 TUNA = 1 CHOICE	TOTAL OF 21 CHOICES

***BONUS ITEMS ARE AVAILABLE BASED ON YOUR FAMILY SIZE.**