



Cold and Hot Cereals
 Allowed in 12 oz. to 36 oz. Size Only
 No Substitutions!



12 oz. Frozen Any Brand
12 oz. Frozen and 46-48 oz. Bottled Juices for Women Only
64 oz. Bottled Juices for Children Only
 (size as specified on food instrument)

12 oz. 100% Old Orchard Frozen



Apple, Apple Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Passion Mango, Apple Raspberry, Apple Strawberry Banana, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Cranberry, Cranberry Pomegranate, Cranberry Raspberry, Grape, White Grape, Orange, Pineapple, Pineapple Orange and Pineapple Orange Banana

12 oz. 100% Dole Frozen



Orange Peach Mango, Orange Strawberry Banana, Pineapple, Pineapple Orange, Pineapple Orange Banana and Pineapple Orange Strawberry

Welch's Bright Yellow Top Signifies 100% Juice
11.5 oz. 100% Welch's Frozen



Grape, White Grape, White Grape Cranberry, White Grape Peach, White Grape Pear and White Grape Raspberry

64 oz. 100% Juice Bottles - Unsweetened
Vitamin C Juice Requirements

Non 100% Citrus Juices -
 Minimum of 120% Vitamin C Fortified

100% Citrus Juices -
 Minimum of 100% Vitamin C Fortified

Tomato and Vegetable Allowed in 46-48 oz. & 64 oz.

Juicy Juice All Flavors

  

Diane's Garden Vegetable Tipton Grove Apple and Grape

Best Choice
 Apple, Blends (Berry, Cherry, Grape and Punch), Grape, Pineapple, Pink Grapefruit, Tomato, Vegetable, White Grape and White Grapefruit

Great Value
 Apple, Cranberry, Cranberry Grape, Cranberry Raspberry, Grape, White Grape, White Grape Peach, Tomato and Vegetable

Langers
 Apple, Apple Berry Cherry, Apple Cranberry, Apple Grape, Apple Kiwi Strawberry, Apple Orange Pineapple, Apple Peach Mango, Cranberry Berry Plus, Cranberry Grape Plus, Cranberry Plus, Cranberry Pomegranate Blueberry Plus, Cranberry Raspberry Plus, Disney (Apple Cran Grape, Berry, Grape, Punch), Grape, Grape Plus, Harvest Apple Plus, Orange, Pineapple, Pineapple Orange, Red Grape, Ruby Red Grapefruit, Tomato, Vegetable, Low Sodium Vegetable and White Grape

Market Pantry
 Apple, Grape, White Grape, Tomato and Vegetable

Old Orchard
 Acai Pomegranate, Apple, Apple Cranberry, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate, Grape, Kiwi Strawberry, Orange, Peach Mango, Red Raspberry, White Grape and Wild Cherry

Parade
 Apple, Grape, Orange, Orange Mango, Orange Pineapple, Pineapple, Pink Grapefruit, Tomato and Vegetable

Shur Fine
 Apple, Cranberry, Cranberry Apple, Cranberry Raspberry, Grape, Juice A Lot (Berry, Cherry, Grape and Punch) White Grape, Orange, Pineapple, Pink Grapefruit, White Grapefruit, Tomato and Vegetable

Whole Grain Options



16 oz. Loaves Only

Best Choice - 100% Whole Wheat (UPC 0-70038-31150-8)

Bimbo - 100% Whole Wheat (UPC 0-74323-09230-1)

Mrs. Baird's - 100% Whole Wheat (UPC 0-70870-00061-5)

Mrs. Baird's - Sugar Free Whole Grain Wheat (UPC 0-70870-00067-7)

Nature's Own - 100% Whole Grain Sugar Free (UPC 0-72250-01767-1)

Nature's Own - 100% Whole Wheat w/Real Honey (UPC 0-72250-04319-9)

Ozark Hearth - 100% Whole Wheat (UPC 0-75551-41191-9)

Roman Meal - Sunrain 100% Whole Wheat (UPC 0-77633-70030-0)

Sara Lee - Classic 100% Whole Wheat (UPC 0-72945-61103-0)

Sara Lee - Soft & Smooth 100% Whole Wheat w/Real Honey (UPC 0-72945-61175-7)

Additional Whole Grain Options
 (must have whole grain as primary ingredient by weight)

 **Oatmeal - Any Brand**
 16 oz. or Less
 No Individual Packets

 **Brown Rice - Any Brand**
 16 oz. or Less

 **Bulgur - Any Brand**
 16 oz. or Less

 **Whole Wheat Tortillas - Any Brand**
 16 oz. or Less

 **Soft Corn Tortillas - Any Brand**
 16 oz. or Less

 **Tofu - Any Brand (16 oz. or Less)**
 (any firmness level)

Prepared only with calcium salts
 (e.g. Calcium Sulfate, Calcium Citrate, Calcium Chloride or Tricalcium Phosphate)

Not Allowed:
 Organic or added fats, oils, sodium or sugar

Tofu

