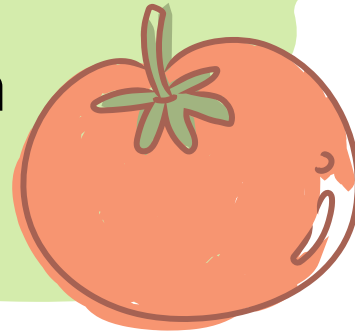


BETTER 4 YOU MEALS

7 Day Breakfast & Lunch Meal Starter Kit 1



Grains

Wheat Flour Tortillas, 12 count	24 oz eq grains
Whole Grain Breakfast Cereal, 3 bowls	3 oz bonus grains!
Enriched Bow Tie Pasta, 1 lb bag	Bonus grains!

Contribution

Proteins

Shredded Cheese, 8 oz	8 oz meat alternates
Lentils, 1 lb bag	13 oz meat alternates

Vegetables

Lentils (same 1 lb bag)	2.5 cups vegetables
Sweet Potatoes, 1.5 lb bag	2 cups vegetables
Carrots, 1 lb bag	2 cups vegetables
Tomato Sauce, 8 oz can	1 cup vegetable
Onion, whole	1 cup vegetable

Fruit

Fresh Seasonal Fruits, 13 count	6.5 cups fruit
100% Fruit Juice, 8 count (4 oz)	4 cups fruit

Milk

1% White Milk Gallon	16 cups milk
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Meal Kit meets the K-12 breakfast & lunch meal patterns under SBP, NSLP, SSO, and SFSP with a meal pattern waiver for milk variety, fruit, & veg subgroups. Items are subject to change.