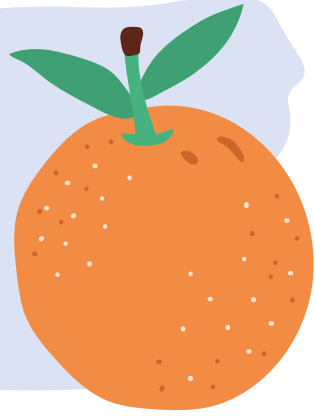


BETTER 4 YOU MEALS

# 7 Day Breakfast & Lunch Meal Starter Kit 2



## Grains

WG Dinner Rolls, 12 count	.....	24 oz eq grains
Whole Grain Granola, 3 pouches	.....	3 oz bonus grains!
Enriched Spaghetti, 1 lb bag	.....	Bonus grains!

## Proteins

Vanilla Yogurt, 32 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
Applesauce	.....	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.