What Your Child Will Receive Each Month

4 gallons whole milk
  or 3 gallons whole milk, 32 oz. whole milk yogurt, and 1 lb. cheese
  or 3 gallons + 1 quart whole milk and 1 lb. cheese
36 oz. breakfast cereal
2 lb. whole grains - choice of 100% whole wheat bread, pasta or tortillas; brown rice; corn tortillas; oats or oatmeal; or bulgur (cracked wheat)
128 oz. fruit juice
1 dozen eggs
1 lb. dry beans or four 16 oz. cans of beans
$25 for fruits and vegetables