FRESH MILK

Allowed

Fresh whole, 2%, 1%, or fat free (nonfat) milk, must buy the type listed on the check.

SOY MILK

Allowed

Brands and forms listed below are authorized only if soy beverage is listed on checks.

Pacific Natural Foods Ultra Soy; Plain or vanilla flavored. Quart size only; Shelf-stable (UHT)

8th Continent: Plain or vanilla flavored. Quart or Half-Gallon sizes only; Shelf-stable (UHT) or refrigerated

REFRIED BEANS

Allowed

16 oz. Only.

Only brands and forms listed below are authorized.

Bearitos, fat free	**Bush's, fat free**
Casa Fiesta, No Fat	**Fred Meyer, fat free**
Goya, fat free	**La Preferida, fat free**
Ortega, fat free	

WHOLE GRAINS

Also Allowed:

24 oz. Country Oven 100% Whole White Wheat Bread

18 oz. Country Oven 100% Whole Wheat Dinner Rolls

16 oz. Kroger/Fred Meyer 100% Whole Wheat Tortilla

JUICE

Allowed

16 oz frozen concentrates (for children only)

Brands and flavor varieties authorized for 11.5-12 oz containers are also authorized for 16 oz.

46-48 oz shelf stable or refrigerated (for women only)

Brands and flavor varieties authorized for 64 oz containers are also authorized for 46-48 oz.

Kroger/Fred Meyer apple juice also approved for 46-48 oz and 64 oz containers.

INFANT MEATS

Allowed

Gerber and Beech Nut varieties of infant meat as a single major ingredient, with added broth or gravy. Texture may range from pureed through diced. No organic.

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