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| **Table 1** |
| **Food Category** | Food | Standard | **Amt. Bought x Unit price = price** |
| Whole grain breads, rice, pasta, and pastries (including whole grain flour |  |  |  |
| Whole grain cereals (including hot cereal mixes) |  |  |  |
| Popcorn and other whole grain snacks |  |  |  |
| Non-whole grain breads, cereals, rice, pasta, pies, pastries, snacks and flours |  |  |  |
| All potato products |  |  |  |
| Dark-green vegetables |  |  |  |
| Orange Vegetables |  |  |  |
| Canned and dry beans, lentils, and peas (legumes)  |  |  |  |
| Other vegetables |  |  |  |
| Whole Fruits |  |  |  |
| Fruit Juices |  |  |  |
| Whole milk, yogurt, and cream |  |  |  |
| Lower fat and skim milk, and lowfat yogurt |  |  |  |
| All Cheese (including cheese soup and sauce)  |  |  |  |
| Milk drinks and milk desserts |  |  |  |
| Beef, pork, veal, lamb and game |  |  |  |
| Chicken, turkey and game birds |  |  |  |
| Fish and fish products |  |  |  |
| Bacon, sausages, and luncheon meats (including spreads) Nuts, nut butters and seeds |  |  |  |
| Eggs and egg mixtures |  |  |  |
| Table fats, oils, and salad dressings |  |  |  |
| Gravies, sauces, condiments, and spices |  |  |  |
| Coffee and Tea |  |  |  |
| Soft drinks, sodas, fruit drinks, and ades (including rice beverages) |  |  |  |
| Sugar, sweets and candies |  |  |  |
| Soups (ready-to-serve and condensed) |  |  |  |
| Soups (dry) |  |  |  |
| Frozen or refrigerated entrees (including pizza, fish sticks, frozen meals) |  |  |  |
| Actual Total Cost Per Week: |  |  |  |