WHOLE GRAINS

- BEST CHOICE 100% Whole Wheat
- FAMILY CHOICE 100% Whole Wheat
- OUR FAMILY 100% Whole Wheat
- PEPPERIDGE FARM 100% Whole Wheat, Very Thin, Stone Ground, Rye, Hamburger Buns, Whole Wheat
- SARA LEE CLASSIC 100% Whole Wheat
- VILLAGE HEARTH 100% Whole Wheat
- WONDER 100% Whole Wheat

HELPFUL HINT
16 OZ = 1 POUND

NOT ALLOWED
- Deli or Bakery Bread
- Frozen Bread Dough
- Organic
- Rolls, Bagels, English Muffins, Pita Bread
### Whole Grains

**Ronzoni**
- Penne
- Spaghetti
- Thin Spaghetti
- Rotini
- Linguine

**Barilla**
- Penne
- Spaghetti
- Thin Spaghetti
- Rotini
- Linguine
- Elbow
- Angel Hair
- Shells

**Hodgson Mill**
- Spaghetti
- Thin Spaghetti
- Rotini
- Linguine
- Elbow
- Angel Hair
- Spiral

### Not Allowed
- Added Sugar, Fats, Oils or Salts

### Dairy

**Dannon**
- Nonfat Plain
- Nonfat Strawberry
- Low Fat Vanilla
- Whole Milk Plain

**Yoplait**
- Low Fat Original Harvest Peach
- Low Fat Original Strawberry
- Low Fat Original Vanilla

### Not Allowed
- Individual Servings
- Fruit Mixtures

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**Whole Grains**

**Pasta - Whole Grain or Whole Wheat**

1 LB (16 Oz) Packages Only

**Yogurt**

32 Oz (2LB) Containers Only

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14