



Whole-Wheat Bread

❖ **16 oz Packages of the following brands only:**

- Best Choice 100% Whole-Wheat
- Best Yet 100% Whole-Wheat
- Bunny 100% Whole-Wheat
- Lewis Healthy Life 100% Whole-Wheat
- Mrs. Baird's 100% Whole-Wheat
- Mrs. Baird's Sugar-Free Whole-Grain Wheat
- Nature's Own Lite Sugar-Free 100% Whole-Grain
- Nature's Own 100% Whole-Wheat w/Real Honey
- Ozark Heath 100% Whole-Wheat
- Pepperidge Farm Cinnamon Raisin Swirl 100% Whole-Wheat
- Pepperidge Farm Very Thin Sliced 100% Whole-Wheat
- Sara Lee 100% Whole-Wheat
- Wonder 100% Whole-Wheat



Whole-Wheat Pasta

❖ **2 - 8 oz or 16 oz only**

- Allegra spaghetti
- Barilla angel hair, elbow, linguine, medium shells, penne, rotini, spaghetti, and thin spaghetti
- Best Choice rotini and spaghetti
- Food Club penne rigate and spaghetti
- Gia Russa angle hair, lasagna, linguine, medium shells, penne rigate, roman rigatoni, rotini, spaghetti and thin spaghetti
- Great Value elbows, linguine, penne, rotini, spaghetti and thin spaghetti
- Hodgson Mill angel hair, elbows, lasagna, spaghetti, spinach spaghetti, spirals, and thin spaghetti
- Racconto capellini, elbows, fartfalle, linguine, penne rigate, rigatoni, rotini, and spaghetti
- Ronzoni Healthy Harvest linguine, penne rigate, rotini, spaghetti and thin spaghetti



Whole-Wheat Tortillas

❖ **16 oz Packages of the following brands only:**

- Best Choice 100% Whole-Wheat
- Don Pancho Whole-Wheat Taco Size
- Food Club Whole-Wheat Fajita Size
- Great Value Whole-Wheat Taco Size
- Guerrero Whole-Wheat Taco Size
- La Banderita Whole-Wheat Fajita Size
- Mama Lupe's 100% Whole-Wheat Taco Size
- Market Pantry Whole-Wheat
- Mi Casa 100% Whole-Wheat
- Mission Whole-Wheat Fajita Size
- Mission Whole-Wheat Taco Size
- Native Tortilla 100% Whole-Wheat
- Ortega Whole-Wheat
- Santa Fe Tortilla Company Whole-Wheat
- Tio Santi 100% Whole-Wheat Taco Size



Other Whole-Grain Options

❖ **Must have whole grain as primary ingredient**

- Oatmeal - Any brand, 16 oz only, no individual packets
- Brown Rice - Any brand, 14-16 oz only
- Bulgur-Any brands, 16 oz only
- Soft Corn Tortillas - Any brand, 16 oz only

NOT INCLUDED: Organic



Fruits - Fresh, Frozen and Canned

- ❖ **Any variety, whole, or cut** (without added sugar, artificial sweeteners, fats, oils or salts)
- ❖ **Bagged or pre-packaged fruits** (without added dips)
- ❖ **Organic Fruits**



Vegetables - Fresh, Frozen, and Canned

- ❖ **Any variety, whole, or cut** (without added sugar, artificial sweeteners, fats, oils or salts)
- ❖ **Bagged or pre-packaged fruits** (without added dips or dressings)
- ❖ **All Potatoes and Yams**
- ❖ **Organic Vegetables**

NOT INCLUDED: Salad Bar, Fruit Baskets, Party Trays, Breaded Vegetables, Fenugreek, Caraway, Creamed or Sauced Vegetables, Fruit-Nut Mixtures, Vegetables-Grain Mixtures (e.g., Pasta, Rice), Edible Blossoms and Flowers (e.g. Squash Blossoms, Ornamental and Decorative Fruits and Vegetable (e.g., Chili Peppers on a string, Garlic on a string, Painted Pumpkins)

Milk

❖ **Least-Cost Brand**
White Milk - Gallon, Half-Gallon, and Quart Sizes of Low-Fat (1% or ½%) or Fat Free (Skim)



SUBSTITUTES:

- Lactose-Free Milk - Fat-Free or Low-Fat, Half-Gallon Only
- Buttermilk-Quart Size Only
- Dry Milk - Fat-Free
- 25.6 oz = 2 Gallons
- Evaporated Milk - Fat-Free or Low-Fat (12 oz cans; 5 = 1 Gallon)
- UHT White Cow's Milk-any brand quart size only



Real Cheese

❖ **Least-Cost Brand (8, 16, 32 oz only)**
Pasteurized Processed American slices, block or shredded only of cheddar, colby, colby jack, Monterey jack, mozzarella, muenster and Swiss
NOT INCLUDED: Individually wrapped slices, deli, string or processed cheese food



Eggs

❖ **Least-Cost Brand**
Dozen Medium or Large Grade A or AA White or Brown
NOT INCLUDED: Low-cholesterol eggs

Each child can choose one of the following:

Peanut Butter

❖ **Any Brand (16-18 oz jar only)**
NOT INCLUDED: Omega-3, Organic, added chocolate, honey, jelly or marshmallow



OR



Dried Beans or Peas

❖ **Unflavored - Any Brand (1lb)**
NOT INCLUDED: Organic or soup mixes

OR



Canned Beans

❖ **Any Brand (15-16 oz only) 4 cans=1lb of dry beans**

INCLUDED: kidney beans, pinto beans, black beans, lima beans, fat-free refried beans or black-eyed peas

NOT INCLUDED: Added meats, sugars, fats or oils, green beans, organic

Tuna

❖ **Any Sauce & Any Brand (2.5 - 5 oz can or pouch)**

NOT INCLUDED: Albacore, hickory smoked, organic, solid or chunk white



Sardines

❖ **Any Sauce (3.75 - 15 oz can)**
NOT INCLUDED: Organic

Salmon Pink or White

❖ **Any Sauce (2.5 - 15 oz can or pouch)**
NOT INCLUDED: Organic

Chub Mackerel

❖ **Oil or Water (15 oz can only)**
NOT INCLUDED: Organic



Choctaw Nation Summer EBT

0000 5678 0000 1234

Available Food Brochure

Each child enrolled in Choctaw Summer EBT receives the following food per benefit month:

Summer EBT Food Package	
Fish	15 oz
Yogurt	96 oz
Milk, low fat or skim	3 gal
Cheese	3 lb
Whole grain cereal	54 oz
Eggs	3 doz
Fruits and Vegetables Cash Value	\$39
Whole Grains	48 oz
Peanut Butter or Dry Beans or Canned Beans	3 lb of peanut butter or 3 lb dry beans or 12-16 oz canned beans

Call Choctaw Summer EBT for Children at (580) 916-9239 (8 a.m. to 4 p.m., Monday - Friday) to:

- ❖ Get a replacement card
- ❖ Report a shopping problem (call while in the store if possible)
- ❖ Ask additional program questions

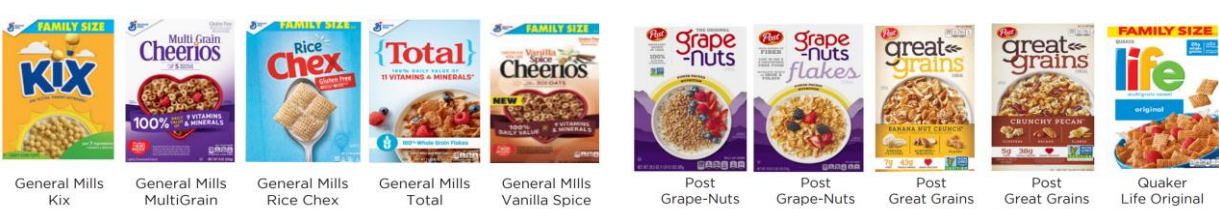


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Cold Cereals

❖ 11.8 oz - 36 oz size



Hot Cereals

❖ 9.8 oz to 36 oz size



Low-Fat and Nonfat Yogurt

❖ 32 oz (Quart)

- **Best Choice** Strawberry and Vanilla-(Low-Fat) and Plain-(Nonfat)
- **Best Yet** Plain and Vanilla-(Low-Fat and Nonfat)
- **Coburn Farms** Plain and Vanilla-(Low-Fat)
- **Dannon All Natural**-Plain (Low-Fat and Nonfat) and Vanilla-(Low-Fat)
- **Dannon Light & Fit**-Strawberry and Vanilla-(Nonfat)
- **Food Club** Plain, Strawberry and Vanilla-(Low-Fat)
- **Great Value** Peach, Strawberry, Strawberry Banana and Vanilla-(Low-Fat) and Plain and Vanilla-(Nonfat)
- **Hiland** Peach, Strawberry and Vanilla-(Low-Fat) and Plain-(Nonfat)
- **LALA** Mango, Mixed Berry, Peach, Piña Colada, Plain, Strawberry and Strawberry Banana-(Low-Fat)
- **Mountain High** Plain and Vanilla-(Low-Fat and Fat Free)
- **Yoplait** Blueberry, Harvest Peach, Strawberry, Strawberry Banana and Vanilla-(Low-Fat) and Plain-(Nonfat)

Low-Fat and Nonfat Yogurt

❖ 32 oz (Quart)

- **Yoplait Kid** Berry and Strawberry, Cotton Candy and Wild Berry, Strawberry Banana and Berry, Strawberry and Blueberry, Strawberry and Cotton Candy, Strawberry Banana and Raspberry, Strawberry Banana and Strawberry Reduced Sugar-(Low-Fat)



Low-Fat and Nonfat Yogurt

❖ 16 oz (4pk-4oz) 2 x 16 oz = 32 oz

- **Activia** Black Cherry, Blueberry, Mango, Mixed Berry, Peach, Prune, Strawberry, Strawberry Banana, and Vanilla-(Low-Fat)
- **Activia Lactose Free** Black Cherry, Peach, Strawberry, and Vanilla-(Low-Fat)
- **Activia Fruit on the Bottom** Blueberry, and Blackberry, Cherry and Vanilla, Peach and Mango, Pineapple and Coconut, and Strawberry and Raspberry-(Low-Fat)
- **Activia Light** Blueberry, Peach, Strawberry and Vanilla-(Nonfat)
- **Dannon Creamy Classic** Peach Mango, Strawberry, Strawberry Banana and Vanilla (Low-Fat)



Low-Fat and Nonfat Greek Yogurt

❖ 32 oz (Quart)

- **Best Choice Greek** Plain and Vanilla-(Nonfat)
- **Best Yet Greek** Plain and Vanilla-(Nonfat)
- **Chobani Greek** Plain-(Low-Fat) and Peach, Plain, Strawberry and Vanilla-(Nonfat)
- **Chobani Greek Zero Sugar** Strawberry and Vanilla-(Nonfat)
- **Coburn Farms Greek**-(Nonfat)
- **Dannon Light & Fit Greek** Plain and Vanilla-(Nonfat)
- **Dannon Oikos Greek** Plain and Vanilla-(Nonfat)
- **Dannon Oikos Triple Zero Greek** Strawberry and Vanilla-(Nonfat)
- **Food Club** Plain and Vanilla-(Nonfat)
- **Great Value Greek** Plain and Vanilla-(Nonfat)

