

**No Milk CANNED MEAT: TUNA OR CHICKEN OR SALMON OR BEEF STEW**

**Bonus Items: NATURAL ALMONDS FARM TO FAMILY BOX**

(The box is about 20 pounds, it has a mixture of meat, produce, dairy and it comes with a gallon of milk)

*Please circle your choices below. If you'd like two of something, write the number 2 beside it.*

*Please choose no more than 2 of a single item. Total number of items: whatever you need this week.*

**Canned Pasta**

Pasta w/meat sauce

Spaghetti/ pasta sauce

**Vegetables:**

Carrots

Creamed corn

Regular corn

Green beans

Potatoes

Mixed Vegetables

Peas

**Boxed Pasta/Noodles/Rice:**

Hamburger Helper

Tuna Helper

Taco Mac

Mac & cheese

Elbow Macaroni

Egg noodles

Spaghetti Noodles

Spaghetti Sauce

Instant Rice

Instant Potatoes

Long Grain White Rice

Canned Mushrooms

Chicken Stuffing Mix

**Misc:**

Quick Cook Oats

Instant Oatmeal Variety Pack

Pancake mix

Syrup

White Cake Mix

Chocolate Cake Mix

White Frosting

Chocolate Frosting

Corn Muffin Mix

Apple Cinnamon Muffin Mix

Blueberry Muffin Mix

All Purpose Baking Mix

Pudding - Vanilla or Chocolate

**Fruits:**

Pineapple

Pears

Mandarin Oranges

Peaches

Mixed fruit

Jar of Applesauce

**Soup:**

Chunky Vegetable

Tomato

Cream of Chicken

Cream of Mushroom

Chicken Noodle

Chunky Beef

**Beans:**

Pork 'n Beans

Pinto Beans

Chickpeas

Chili Beans

Kidney Beans

Black Beans

Baked Beans

Refried Beans

**Misc:**

15 oz box Raisins

2 lbs Pistachios

**Tomato products:**

Diced Tomatoes

Tomato Sauce

**Cereal:**

Cheerios

Honey Nut Cheerios

Corn Flakes

Crisp Rice

Crispy Hexagons

Shredded Wheat

Wheat Bran

**Misc**

Saltines

Snack Crackers

Peanut butter - Creamy

Grape Jelly

Strawberry Preserves

Granola Bars

Trail Mix

**Toiletries:**

Facial Tissue

Or

Deodorant- Men's **or** Women's