

FIRST & LAST NAME: _____

Wk of 4/25/22

Bonus Items: Frozen Tortellini with Meat (26 oz) and Frozen Corn (2lbs)

**Meal Tip: Use
canned pears &
raisins for pear
cobbler or crisp**

Canned Meat Selection: Tuna OR Chicken OR Salmon

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

Heat-n-Serve Meals:

Beef Stew
Vegetarian Chili w/ Beans
Spaghetti with Meat

Vegetables:

Carrots
Creamed Corn
Whole Kernel Corn
Green Beans
Potatoes
Mixed Vegetables
Peas

One-Dish Pasta Meals:

Hamburger Helper
Tuna Helper
Taco Mac
Pasta & Tomato Sauce
Mac & Cheese

Boxed Pasta/Noodles/Rice:

Gluten-Free Penne Pasta
Spaghetti Noodles
Pasta Sauce - Green Pepper
& Mushroom
Bread Crumbs
Instant Potatoes
Basmati Rice
Long Grain White Rice
Spanish Rice

Baking:

Instant Oatmeal
Instant Dry Milk
Pancake Mix
Syrup
Baking Mix
Fig Pieces
Raisins (15oz box)
Spices: Tarragon ~ Allspice ~
Red Pepper ~ Black Peppercorn
Palm Oil

Fruits:

Pears
Peaches
Mixed fruit
Applesauce
(sweetened or unsweetened)

Soup:

Vegetable
Tomato
Chicken Noodle
Cream of Chicken

Beans:

Pinto Beans
Chickpeas
Black Beans
Refried Beans
Baked Beans
Vegetarian Beans (in Tomato Sauce)
Lentils (dry)

Canned Tomatoes:

Diced Tomatoes
Whole Tomatoes
Tomato Sauce

Cereal:

Cheerios
Honey Nut Cheerios
Multi-Grain Cheerios
Lucky Charms
Wheat Bran

Misc:

Grapefruit Juice
Creamy Peanut Butter
Strawberry Jelly
Fruit & Nut Mix
Raisins (6ct Snack Packs)
Fruit Snacks
Tuna Salad Snack Kit (4)

Toiletries list on the back.

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Toiletries:

Total number of items: whatever you need this week. However, LIMIT 1 of a single item:

Baby Wipes

Bar Soap

Body Wash

Conditioner

Dental Floss

Diapers (Newborn - size 5, Pull-Ups 2t/3t)

Hand Sanitizer

Kleenex

Shampoo

Sponge/Scrub

Tampons

Toilet Paper

Toothbrush (Adults or Kids)