

**Milk: 1% Gallon OR half Gallon Canned Meat: Chicken Tuna Salmon
Beef Stew**

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:

Ravioli
Spaghetti w/meat sauce

Vegetables:

Creamed corn
Regular corn
Green beans
Mixed vegetables
Peas
Bag Dried Yellow Split Peas

Boxed Pasta/Noodles/Rice:

Tuna Helper
Hamburger Helper
Flavored Rice side
Taco Mac
Mac & cheese
Assorted Pasta
Spaghetti noodles
Egg noodles
Long grain rice-White OR Brown

Misc:

Instant Oatmeal
Pancake mix
Granola bars - Variety pack
White and White OR Choc frosting
Jello - orange

Fruits:

Pears
Pineapple
Peaches
Mixed fruit
Canned pumpkin

Soup:

Vegetable
Tomato
Cream of Chicken
Chunky Soup

Beans:

Pork'n' beans
Kidney beans
Chick peas
Chili beans
Black beans
Baked Beans

Misc:

1 lb dried Plums
15 oz box Raisins
16 oz dried Fig Pieces
2 lbs dried Cherries
30 oz Dried Cranberries
1 lb Shelled Walnuts

Tomato products:

Diced tomatoes

Cereal:

Cheerios
Honey Nut Cheerios
Multi Grain Cheerios
Assorted Captain Crunch

Misc:

Peanut butter - Creamy
Grape jelly
Saltines
Snack Crackers

Household:

Tampons
Pads
Baby wipes
Men's deodorant