

**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/tomato sauce

Vegetables:

Creamed corn
Regular corn
Green beans
Mixed vegetables
Peas
Sliced Potatoes
Bag Dried Lentils

Boxed Pasta/Noodles/Rice:

Tuna Helper
Hamburger Helper
Taco Mac
Mac & cheese
Elbow macaroni
Egg noodles
Spaghetti noodles
Spaghetti Sauce
Instant Potatoes
Long grain brown rice

Misc:

Pancake mix & Syrup
Brownie mix
Blueberry muffin mix
Bisquick baking mix

Fruits:

Pears
Pineapple
Mandarin oranges
Peaches
Mixed fruit
Applesauce
Canned pumpkin

Soup:

Vegetable
Tomato
Cream of Mushroom
Cream of Chicken
Chicken Noodle
Chunky Beef

Canned Beans:

Pork'n' beans
Pinto beans
Kidney beans
Chick peas
Chili 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
Tomato sauce

Cereal:

Cheerios
Honey Nut Cheerios
Multi Grain Cheerios
Lucky Charms
Fruit & Frosted O's
Wheat puffs
Honey Graham Crunch

Cocoa Rageous
Berry Crisp Crunch
Cinni Minni Crunch

Misc:

Peanut butter - Creamy
Grape jelly
Saltines
Snack Crackers

Household Items:

Shampoo
Conditioner
Toothbrush w/floss