

**Milk: 1% Gallon OR 1% half Gallon Canned meats: Tuna or Salmon or chicken
Or Beef Stew**

Bonus Items: Frozen Blueberries String Cheese

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:

Spaghetti w/ tomato sauce

Ravioli

Chicken Salad Snack Kit

Vegetables:

Carrots

Creamed corn

Regular corn

Green beans

Mixed Vegetables

Peas

Sliced Potatoes

Boxed Pasta/Noodles/Rice:

Hamburger Helper

Tuna Helper

2lbs Green Split Peas

Taco Mac

Mac & cheese

Elbow Macaroni

Egg noodles

Spaghetti noodles

Spaghetti Sauce

Instant Potatoes

Misc:

Quick-Cook Rolled Oats

Instant Oatmeal

Pancake mix & Syrup

All Purpose Baking Mix

Blueberry Muffin Mix

Jello - strawberry or raspberry

Fruits:

Pears

Peaches

Mixed fruit

Applesauce

Canned pumpkin

Soup:

Vegetable

Tomato

Cream of Chicken

Cream of Mushroom

Chicken Noodle

Chunky Beef Soup

Chili No Beans

Beans:

Pork 'n Beans

Pinto Beans

Chickpeas

Chili Beans

Kidney Beans

Black Beans

Refried Beans

Misc:

15 oz box Raisins

16 oz dried Fig Pieces

16 oz Walnuts

Tomato products:

Diced tomatoes

Tomato Sauce

Cereal:

Cheerios

Honey Nut Cheerios

Bite-Size Shredded Wheat

Crisp Rice

Lucky Charms

Misc

Orange Juice

Saltines

Snack Crackers

Peanut butter - Creamy

Grape Jelly

Granola bars

Trail Mix

Household Items:

Facial Tissue

Or

Men's Deodorant

Or

Women's deodorant

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