

**Milk: 1% Gallon OR 1% half Gallon    Frozen meats: 5lb Chicken Drumsticks  
4lb Pork Loin Roast**

**Bonus Items:    2 lbs block American 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  
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  
Crisp Rice  
Lucky Charms

**Misc**

Orange Juice  
Saltines  
Snack Crackers  
Peanut butter - Creamy  
Grape Jelly  
Granola bars  
Trail Mix

**Household Items:**

Laundry soap

**OR**

Dish soap

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