

**Milk: Gallon OR 1% half Gallon**

**Canned Meat: Chicken or Tuna or Salmon  
Or Beef Stew**

**Bonus Item: Eggs, Frozen Blueberries Fresh apples**

*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

Canned pasta/meat sauce

Chicken Salad Snack Kit

**Vegetables:**

Carrots

Creamed corn

Regular corn

Green beans

Mixed Vegetables

Peas

Whole Potatoes

2lbs Green Split Peas

**Boxed Pasta/Noodles/Rice:**

Hamburger Helper

Tuna Helper

Ramen

Taco Mac

Mac & cheese

Elbow Macaroni

Egg noodles

Spaghetti noodles

Spaghetti Sauce

Long Grain White Rice

**Misc:**

Quick-Cook Rolled Oats

Instant Oatmeal

Pancake mix & Syrup

Brownie Mix

White cake or Chocolate cake  
and white or chocolate frosting

Blueberry Muffin Mix

Jello - strawberry or raspberry

**Fruits:**

Pineapple

Pears

Mandarin Oranges

Peaches

Mixed fruit

Applesauce

**Soup:**

Tomato

Cream of Mushroom

Chicken Noodle

Chunky Chicken Noodle

Chunky Beef Soup

Chili No Beans

**Beans:**

Pork 'n Beans

Pinto Beans

Chickpeas

Chili Beans

Kidney Beans

Black Beans

Baked Beans

Refried Beans

**Misc:**

15 oz box Raisins

16 oz dried Fig Pieces

16 Oz Walnuts

**Tomato products:**

Diced tomatoes

**Cereal:**

Cheerios

Honey Nut Cheerios

Crisp Rice

**Misc**

Orange Juice

Saltines

Snack Crackers

Peanut butter - Creamy or  
Crunchy

Strawberry Preserves

Grape Jelly

Granola bars

Trail Mix

**Household Items**

Shampoo/conditioner

**OR**

Bar Soap

**Milk: Gallon OR 1% half Gallon**

**Canned Meat: Chicken or Tuna or Salmon  
Or Beef Stew**

**Bonus Item: Eggs, Frozen Blueberries Fresh apples**

*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.*