

No Milk this week

**Canned meat: Tuna or Chicken or 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:

Spaghetti w/ tomato sauce

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

Mac & cheese

Elbow Macaroni

Egg noodles

Spaghetti noodles

Spaghetti Sauce

Long Grain White Rice

Stuffing Mix

Misc:

Instant Oatmeal

Pancake mix

Syrup

All Purpose Baking Mix

White Frosting

Jello - strawberry or raspberry

Fruits:

Pineapple

Pears

Peaches

Mixed fruit

Applesauce

Soup:

Vegetable

Tomato

Cream of Chicken

Chicken Noodle

Chunky Beef

Chili No Beans

Beans:

Pork 'n Beans

Pinto Beans

Chickpeas

Chili Beans

Black Beans

Baked Beans

Misc:

15 oz box Raisins

Tomato products:

Diced tomatoes

Cereal:

Cheerios

Honey Nut Cheerios

Corn Flakes

Crisp Rice

Crispy Hexagons

Shredded Wheat

Misc

Orange Juice

Saltines

Peanut butter - Creamy

Grape Jelly

Trail Mix

Cranberry Sauce

Toiletry Items:

Toothbrush/toothpaste

Or

Shampoo/Conditioner