

No Milk **CANNED MEAT: TUNA or CHICKEN or SALMON or BEEF STEW**

Bonus Items: 2lbs Natural Almonds 3lbs of Oranges 5lbs of potatoes

*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

Pasta w/meat sauce
Spaghetti/ pasta sauce

Vegetables:

Carrots
Creamed corn
Regular corn
Green beans
Potatoes
Mixed Vegetables
Peas

Boxed Pasta/Noodles/Rice:

Hamburger Helper
Tuna Helper
Taco Mac
Mac & cheese
Elbow Macaroni
Egg noodles
Whole Grain Spaghetti Noodles
Spaghetti Noodles
Spaghetti Sauce
Instant Rice
Instant Potatoes
Long Grain White Rice

Misc:

Quick Cook Oats
Instant Oatmeal

Pancake mix
Syrup
White Cake Mix
Chocolate Cake Mix
All Purpose Baking Mix
Pudding - Vanilla or Chocolate

Fruits:

Pineapple
Pears
Mandarin Oranges
Peaches
Mixed fruit
Jar of Applesauce

Soup:

Vegetable
Tomato
Cream of Chicken
Cream of Mushroom
Chicken Noodle
Buffalo Chicken Chili w/Beans

Beans:

Pork 'n Beans
Pinto Beans
Chickpeas
Kidney Beans
Black Beans
Baked Beans
Refried Beans

Misc:

15 oz box Raisins
2 lbs Pistachios
Tomato products:
Diced Tomatoes
Tomato Sauce
Diced Tomatoes/Chilies

Cereal:

Cheerios
Honey Nut Cheerios
Maple Cheerios
Corn Flakes
Crisp Rice

Crispy Hexagons
Shredded Wheat
Wheat Bran

Misc

Orange Juice
Saltines
Peanut butter - Creamy
Grape Jelly
Granola Bars
Trail Mix

Toiletries:

Toilet Paper

OR

Paper Towel