

No Milk Canned Meat: Tuna Or Salmon or Chicken or Beef Stew

Bonus Items: NATURAL ALMONDS and GREEN PEPPERS

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

Spaghetti Noodles

Spaghetti Sauce

Instant Potatoes

Long Grain White Rice

All Purpose Flour

Sugar

Misc:

Quick Cook Oats

Instant Oatmeal Variety Pack

Pancake mix

Syrup

White Cake Mix

Chocolate Cake Mix

White Frosting

Chocolate Frosting

Corn Muffin Mix

Apple Cinnamon Muffin Mix

Blueberry Muffin Mix

All Purpose Baking Mix

Pudding - Vanilla

Fruits:

Pineapple

Pears

Mandarin Oranges

Peaches

Mixed fruit

Jar of Applesauce

Soup:

Chunky Vegetable

Tomato

Cream of Chicken

Cream of Mushroom

Chicken Noodle

Chunky Beef

Beans:

Pinto Beans

Chickpeas

Chili Beans

Kidney Beans

Black Beans

Baked Beans

Refried Beans

Misc:

15 oz box Raisins

2 lbs Pistachios

1 lb Shelled Walnuts

Yellow Split Peas(dry)

Tomato products:

Diced Tomatoes

Tomato Sauce

Cereal:

Cheerios

Honey Nut Cheerios

Corn Flakes

Crisp Rice

Crispy Hexagons

Shredded Wheat

Wheat Bran

Life Cereal

Misc

Orange Juice

Saltines

Snack Crackers

Peanut butter - Creamy

Grape Jelly

Strawberry Preserves

Granola Bars

Palm (vegetable) Oil

Trail Mix

Toiletries:

Diapers (please indicate size)

Or

Disinfecting Spray