

NO MILK

Canned Meat: TUNA or CHICKEN or SALMON or BEEF STEW

Bonus: GRAPES

ASK ABOUT FRESH PRODUCE

Bread: PITA SANDWICH THINS or PITA POCKETS or PLAIN BAGELS or SLICED BREAD or BUNS

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 Rings in Tomato Sauce

Ravioli

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

Spaghetti Sauce

Instant Potatoes

Long Grain White Rice

Misc:

Quick Cook Oats

Instant Oatmeal Variety Pack

All Purpose Flour

Pancake mix

Syrup

White Cake Mix

White Frosting

Chocolate Frosting

Corn Muffin Mix

Apple Cinnamon Muffin Mix

Blueberry Muffin Mix

Brownie Mix

All Purpose Baking Mix

Jello: Cherry or Orange

Fruits:

Pineapple

Pears

Mandarin Oranges

Peaches

Mixed fruit

Applesauce

Soup:

Chunky Vegetable

Tomato

Cream of Chicken

Cream of Mushroom

Chicken Noodle

Chunky Chicken Noodle

Chunky Beef

Beans:

Pork 'n Beans

Pinto Beans

Chickpeas

Chili Beans

Kidney Beans

Black Beans

Baked Beans

Refried Beans

Misc:

1 lb Shelled Walnuts

Yellow Split Peas(dry)

Tomato products:

Diced Tomatoes

Tomato Sauce

Cereal:

Cheerios

Honey Nut Cheerios

Corn Biscuits

Corn Flakes

Crisp Rice

Crispy Hexagons

Shredded Wheat

Wheat Bran

Misc

Orange Juice

Snack Crackers

Peanut butter - Creamy

Grape Jelly

Strawberry Preserves

Palm Oil

Fruit Snacks

Salted Pop Chips

Granola Bars

Toiletries:

Paper Towels

or

Dish Soap