

FIRST & LAST NAME: _____

Milk: 2% GALLON

Frozen Meat: Garlic Chicken Sausage or Turkey Bologna

FRESH PRODUCE

Weekly Menu Tip: Make your own raisin bran by combining Wheat Bran cereal and Raisins

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 Noodles

Spaghetti Sauce

Instant Potatoes

Long Grain White Rice

Misc:

Quick Cook Oats

Instant Oatmeal: Maple &
Brown Sugar

Instant Dry Milk

Pancake mix

Syrup

White Cake Mix

White Frosting

Chocolate Frosting

Corn Muffin Mix

Apple Cinnamon Muffin Mix

Blueberry Muffin Mix

Jello: Cherry or Orange

Fruits:

Pears

Mandarin Oranges

Peaches

Mixed fruit

Applesauce

Soup:

Chunky Vegetable

Tomato

Cream of Mushroom

Chicken Noodle

Chunky Chicken Noodle

Chunky Beef

Beans:

Pork 'n Beans

Pinto Beans

Chickpeas

Chili Beans

Kidney Beans

Black Beans

Refried Beans

Misc:

1 lb Shelled Walnuts

Raisins

Fig Pieces

Yellow Split Peas(dry)

Tomato products

Diced Tomatoes

Tomato Sauce

Cereal:

Cheerios

Honey Nut Cheerios

Corn Biscuits

Corn Flakes

Crisp Rice

Crispy Hexagons

Wheat Bran

Misc

Saltines

Peanut butter - Creamy

Palm Oil

Fruit Snacks

Granola Bars

Toiletries:

Shampoo

Or

Toothpaste