

FIRST & LAST NAME: _____

NO MILK

Canned Meat: TUNA or CHICKEN or SALMON or BEEF STEW

Bonus Item: BUTTER

Meal Kit: HAMBURGER RICE CASSEROLE

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

Vegetables:

Carrots

Creamed corn

Regular corn

Green beans

Mixed Vegetables

Peas

Boxed Pasta/Noodles/Rice:

Hamburger Helper

Tuna Helper

Taco Mac

Mac & cheese

Elbow Macaroni

Spaghetti Noodles

Spaghetti Sauce

Instant Potatoes

Long Grain White Rice

Misc:

Quick Cook Oats

Instant Oatmeal

Instant Dry Milk

Pancake mix

Syrup

White Frosting

Chocolate Frosting

Brownie Mix

Corn Muffin Mix

Apple Cinnamon Muffin Mix

Blueberry Muffin Mix

Pudding: Chocolate or Vanilla

Fruits:

Pineapple

Pears

Mandarin Oranges

Peaches

Mixed fruit

Applesauce

Soup:

Chunky Vegetable

Tomato

Cream of Chicken (canned)

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

Raisins

Fig Pieces

Tomato products

Diced Tomatoes

Tomato Sauce

Cereal:

Cheerios

Corn Biscuits

Corn Flakes

Crisp Rice

Crispy Hexagons

Shredded Wheat

Wheat Bran

Misc

Orange Juice

Saltines

Snack Crackers

Peanut butter - Creamy

Strawberry Preserves

Palm Oil

Fruit Snacks

Granola Bars

Trail Mix

Toiletries:

Disinfectant Cleaner

or

Bar Soap