

FIRST & LAST NAME: _____

Wk of 3/21/22

Meal Starter Kits: Salmon Fish Cakes OR Crispy Chicken Fritters

Frozen Meat Selection: 1lb Hamburger OR Fish Nuggets (fishsticks)

***Temporarily we will be limiting our pantry foods to 1 per single item.
Please circle your choices below. Thank you in advance for understanding.***

Ready Made Meals:

Beef Stew
Meat Ravioli in Tomato Sauce
Pasta Rings in Tomato Sauce

Vegetables:

Carrots
Whole Kernel Corn
Green Beans
Potatoes
Mixed Vegetables
Peas

One-Dish Pasta Meals:

Chicken Helper (Alfred)
Hamburger Helper
Tuna Helper
Taco Mac
Pasta & Tomato Sauce
Mac & Cheese

Boxed Pasta/Noodles/Rice:

Assorted Boxed Pasta
Egg Noodles
Instant Potatoes
Long Grain White Rice
Flavored Rice Side Dish
Spaghetti Sauce
Stuffing Mix

Baking:

Instant Oatmeal
Instant Dry Milk
Pancake Mix
Syrup
Baking Mix
Blueberry Muffin Mix
Raisins (15oz box)
Pudding - Vanilla or Chocolate
Palm Oil

Fruits:

Pineapple Chunks
Pears
Mandarin Oranges
Mixed fruit
Applesauce
(sweetened or unsweetened)

Soup:

Vegetable
Tomato
Chicken Noodle
Cream of Chicken
Chunky Chicken Noodle
Chunky Vegetable Beef
Chili with Beans

Beans:

Pork & Beans
Pinto Beans
Chili Beans
Kidney Beans
Chickpeas
Black Beans
Refried Beans
Vegetarian Beans (in Tomato Sauce)
Lentils (dry)

Canned Tomatoes:

Diced Tomatoes
Whole Tomatoes
Tomato Sauce

Cereal:

Wheat Bran
Assorted Cheerios Flavors

Misc:

Fruit & Nut Mix
Celestial (Black) Tea
Peanut Butter - Creamy or Crunchy
Grapefruit Juice (64 oz)
Raisins (6ct Snack Packs)
Fruit Snacks
Tuna Salad Snack Kit
Birthday Bag - child or adult

Toiletries List on the back—>

Toiletries:

Total number of items: whatever you need this week. However, LIMIT 1 of a single item:

Baby Wipes

Bar Soap

Dental Floss

Deodorant

Diapers (Newborn - size 6)

Hand Sanitizer

Kleenex

Laundry Soap

Tampons

Toothbrush (Adults or Kids)