

FIRST & LAST NAME: \_\_\_\_\_

Wk of 4/18/22

**Bonus Item: Red Potatoes (5lbs) and Fresh Pineapple**

**Frozen Meat Selection: Fish Nuggets OR Ground Pork (1lb)** Meal Starter: Pork Meatballs recipe provided w/ ground pork selection

*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*

**Heat-n-Serve Meals:**

Beef Stew  
Vegetarian Chili w/ Beans  
Spaghetti with Meat

Baking Mix  
Fig Pieces  
Raisins (15oz box)  
Palm Oil

**Cereal:**

Cheerios  
Honey Nut Cheerios  
Multi-Grain Cheerios  
Wheat Bran

**Vegetables:**

Carrots  
Creamed Corn  
Whole Kernel Corn  
Green Beans  
Potatoes  
Mixed Vegetables  
Peas

**Fruits:**

Pears  
Peaches  
Mixed fruit  
Applesauce  
(sweetened or unsweetened)

**Misc:**

Fruit & Nut Mix  
Celestial (Black) Tea  
Raisins (6ct Snack Packs)  
Fruit Snacks  
Tuna Salad Snack Kit (2)  
Birthday Party-In-A-Bag - Child

**One-Dish Pasta Meals:**

Hamburger Helper  
Tuna Helper  
Taco Mac  
Pasta & Tomato Sauce  
Mac & Cheese

**Soup:**

Vegetable  
Tomato  
Chicken Noodle  
Cream of Chicken

**Toiletries:**

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

Baby Wipes  
Bar Soap  
Dental Floss  
Diapers (Newborn - size 6)  
Hand Sanitizer  
Hand Soap  
Stainless Steel Cleaner  
Surface Wipes w/ Bleach  
Tampons  
Toothbrush (Adults or Kids)

**Boxed Pasta/Noodles/Rice:**

Gluten-Free Penne Pasta  
Bread Crumbs  
Instant Potatoes  
Long Grain White Rice  
Spanish Rice

**Beans:**

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

**Baking:**

Instant Oatmeal  
Instant Dry Milk  
Syrup  
Spices: Tarragon ~ Allspice ~  
Red Pepper ~ Black Peppercorn

**Canned Tomatoes:**

Diced Tomatoes  
Whole Tomatoes  
Tomato Sauce