

FIRST & LAST NAME: _____

Wk of 10/03/22

Lentils. Make more, spend less. Includes information & recipes. No Bonus Items

Canned Meat (choose one): Tuna OR Chicken OR Salmon OR Pork

★ **Please Note a Temporary Change:** due to low inventory, limited supplies, and product availability we ask that you **select any of the items listed below** that you need, **choosing no more than 1 of any single item.**

Items will be available while they last; orders not picked up by Friday will be returned to inventory.

Please circle your choices (no more than one of any single item) below, selecting whatever you need this week.

Heat-n-Serve Meals:

Vegetable Beef Stew

Chili, No Beans

Chunky Beef Vegetable Soup

Chunky Chicken Noodle Soup

Macaroni in tomato & meat sauce

Beef Ravioli

Spaghettios/Spaghetti Rings

Vegetables:

Carrots

Cream Style Corn (8.25oz)

Whole Kernel Corn

Green Beans

Potatoes

Spinach

Mixed Vegetables

Peas

One-Dish Pasta Meals:

Hamburger Helper - Stroganoff

Tuna Helper

Taco Mac

Mac & Cheese

Black Beans & Rice

Boxed Pasta/Noodles/Rice:

Pasta Sauce

Egg Noodles

Instant Mashed Potatoes

Long Grain White Rice

Baking:

Instant Oatmeal (variety pack)

Instant Dry Milk

Pancake Mix

Syrup

Corn Muffin Mix

Mixed Berry Muffin Mix

Brownie Mix

Chocolate Frosting

Buttercream Frosting

Orange Jello

Cherry Jello

Vegetable Oil

Spices: ~Black Pepper

~Oregano ~Basil

Fruits:

Pineapple

Mandarin Oranges

Mixed Fruit

Applesauce (unsweetened)

Soup:

Vegetable

Tomato

Chicken Noodle

Cream of Broccoli and Cheese

Cream of Chicken

Cream of Mushroom

Tomatoes:

Tomato Sauce (8oz)

Diced Tomatoes

Beans:

Pork & Beans

Black Beans

Pinto Beans

Chili Beans

Kidney Beans

Refried Beans

Baked Beans

Vegetarian Beans (in tomato sauce)

Pinto Beans (1 lb, dry)

Cereal:

Cheerios

**Misc Items and Toiletries on the
back side. → → →**

Misc:

- Saltines **OR** Snack Crackers
- Petite Kosher Dill Pickles
- Creamy Peanut Butter
- Granola Bars
- Fruit Snacks
- Raisins (6ct snack packs)
- Pitted Whole Dates (1lb pkg)
- Fig Pieces (1lb pkg)

Available Toiletries:

- Baby Wipes
 - Bar Soap
 - Dental Floss
 - Hand Sanitizer
 - Incontinence - Men or Women
 - Paper Towels
 - Toilet Paper
 - Toothbrush (1 - 2 - 3 - 4)
-

Diapers (up to 2 pkgs)

- | <u>specify size</u> | <u>how many</u> |
|---------------------|-----------------|
| ● Newborn | _____ |
| ● Size 1 | _____ |
| ● Size 2 | _____ |
| ● Size 3 | _____ |
| ● Size 4 | _____ |
| ● Size 5 | _____ |
| ● Size 6 | _____ |
| ● Size 7 | _____ |

Pull-Ups / Youth Day/Night

- 2T/3T Pull-Ups
- Yth S/M Day/Night Underwear
- Yth L/XL Day/Night Underwear
- Yth L/XL Nighttime Underwear