Canned Meat (choose ONE): Tuna OR Chicken OR Salmon

Please Note: This is a choice-based food pantry list giving you the option to select ANY of the items listed below that you need, choosing no more than 2 of any single item (exceptions: items indicated as "limit 1 " and available toiletries also limited to 1 per item). Items will be available while they last; orders not picked up by Friday will be returned to inventory.

| Heat \& Serve Meals: | Pasta/Noodles/Rice (cont): | Dry Beans: |
| :---: | :---: | :---: |
| Beef Stew | Spaghetti Noodles (1 lb) | Great Northern Beans* (2 lbs) |
| Chunky Beef Vegetable Soup | Egg Noodles (16 oz) | Lentils* (2 lbs) |
| Beef Chili w/ Beans | Elbow Macaroni | Pinto Beans* (1 lb) |
| Chicken Chili w/ Beans | Long Grain White Rice (2 lbs) | Tomatoes: |
| Beef Ravioli | Instant Potatoes | Diced Tomatoes |
| Spaghetti-Os (limit 1) | Baking / Breakfast | Tomato Sauce (15 oz) |
| Canned Vegetables: | Instant Oatmeal (assorted) | Nuts/Dried Fruit: |
| Carrots | Pancake Mix | Raisins* (15 oz box) |
| Cream Style Corn | Syrup <br> White Frosting (limit 1) | Date Pieces* (1 lb) |
| Sweet Corn \& Peppers | White Frosting (limit 1 ) | Hazelnuts* (1 lb) |
| Whole Kernel Corn | Canned Fruit |  |
| French Style Green Beans | Pineapple | Misc: |
| Green Beans | Pears | Creamy Peanut Butter* |
| Potatoes | Peaches | Grape Jelly |
| Mixed Vegetables | Mixed Fruit | Strawberry Preserves |
| Peas | Soup: | Guacamole Mix |
| Black Eye Peas | Vegetable Soup | Available Toiletries - limit 1 per item |
| Sweet Potatoes | Tomato Soup |  |
| One-Dish Pasta Meals: | Chicken Noodle Soup (limit 1) | BABY Diapers (choose size): |
| Hamburger Helper | Cream of Mushroom Soup | Size 2 Size 3 |
| Tuna Helper |  | - Size 3 |
| Mac \& Cheese (limit 1) | Canned Beans: | - Size 4 |
| Taco Mac | Pork \& Beans | Bar Soap |
| Black Beans \& Rice | Pinto Beans | Dental Floss |
|  | Kidney Beans | Tampons (Regular, 20-ct) |
| Pasta/Noodles/Rice: | 3 Bean Blend (Pinto, Kidney, Black) | Toothbrush |
| Pasta Sauce (limit 1) | Refried Beans | Toothpaste |
|  | Chickpeas/Garbanzo Beans |  |

