

JANUARY SELECTIONS

VEGGIES

Green beans, peas, tomato sauce, instant mashed potatoes, spaghetti sauce, fresh celery, carrots, romaine lettuce, onions and russet potatoes

FRUITS

Applesauce, peaches, prunes, raisins and fresh mixed fruit (apples and oranges)

JUICES

Cran-apple, grape, cherry-apple and tomato

BEANS

Canned pinto beans, dry pinto and great northern beans

EGGS

Powdered egg mix

MEATS & FISH

Frozen pork chops, hamburger, canned tuna and chicken

CRACKERS/TORTILLAS

Unsalted crackers and whole wheat tortillas

SOUP

Beef stew

FLOURS

Cornmeal, wheat flour, blue cornmeal & all purpose white flour



BAKERY MIX

Low-fat bakery mix

CEREAL

Oat cereal



PEANUT PRODUCT

Peanuts, peanut butter and fruit & nut mix

FATS

Vegetable Oil, real butter & buttery spread

MILK

Evaporated skim milk, dry milk & 1% milk

CHEESE

Block and sliced



RICE & PASTAS

Macaroni, rice, mac & cheese, spaghetti, egg noodles & whole grain rotini

HOT CEREAL

Oatmeal & Farina

BONUS ITEMS

FROZEN SALMON AND HAM

