

JANUARY SELECTIONS



BONUS

FROZEN salmon **CANNED** sweet potato

FRUITS

FRESH green apples, & tangerines **DRY** prunes **FROZEN** blueberries **CANNED** apricots & mixed fruit

JUICES

Grape, cherry-apple, orange & tomato

VEGGIES

FRESH turnips, sweet potato, soup mix & russet potatoes **CANNED** diced tomato, spinach & mixed vegetables

BEANS

CANNED refried beans, black beans, **DRY** pinto & great northern beans

EGGS

Fresh eggs & egg mix

MEATS & FISH

FROZEN pork chops, chicken breast & ground beef **CANNED** beef & chicken

PEANUT PRODUCT

Peanuts, peanut butter & fruit &



FATS

Olive oil, butter spread, vegetable oil & real butter

MILK

Evaporated skim milk, dry milk & 1% milk

CHEESE

Block and sliced

RICE/CRACKERS/PASTAS

Macaroni, rice, mac & cheese, crackers & whole wheat tortillas

CEREAL/HOT CEREAL

Oatmeal, farina & bran cereal

FLOURS

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

SOUP

Beef stew & vegetable soup

Disclaimer*

All items subject to change due to availability

