

# 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 &



# Happy New Year!



## 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

