

# SEPTEMBER SELECTIONS

## BONUS

Salmon

## FRUITS

Canned apple sauce, pears, raisins, frozen blueberries, fresh pears & peaches

## JUICES

Apple, orange, cherry-apple & tomato

## VEGGIES

Canned tomato sauce, diced tomato, fresh iceberg lettuce, acorn squash, corn on the cob, grape tomatoes & red potatoes

## BEANS

Canned black and refried beans, dry pinto & great northern beans

## EGGS

Fresh eggs & egg mix

## MEATS & FISH

Frozen ground beef, beef roast, bison stew meat, canned beef and can chicken

## PEANUT PRODUCT

Peanuts, peanut butter & fruit & nut mix



## FATS

Vegetable oil, buttery spread & butter

## MILK

Evaporated skim milk, dry milk & 1% milk

## CHEESE

Block and sliced

## RICE/CRACKERS/PASTAS

Egg noodles, rotini, rice, macaroni, crackers & whole wheat tortillas

## CEREAL/HOT CEREAL

Oatmeal, farina, oat & shredded wheat cereal

## FLOURS

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

## SOUP

Vegetable soup & chunky beef stew



## **Disclaimer\***

**All items subject to change due to availability.**