

SEPTEMBER SELECTIONS



BONUS

FROZEN catfish

FRUITS

FRESH plums & red grapes **DRY** raisins **CANNED** peaches & mixed fruit

JUICES

Apple, cran-apple, orange & tomato

VEGGIES

FRESH broccoli, spinach, zucchini & russet potatoes **FROZEN** peas **DRY** potato flakes **CANNED** tomato sauce & green beans

BEANS

CANNED refried beans, red kidney beans, **DRY** pinto & great northern beans

EGGS

Fresh eggs & egg mix

MEATS & FISH

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

PEANUT PRODUCT

fruit & nut mix



FATS

Vegetable oil, olive oil, margarine & real butter

MILK

Evaporated skim milk, dry milk & 1% milk

CHEESE

Block

RICE/CRACKERS/PASTAS

Rotini, mac n cheese, rice, crackers & whole wheat tortillas

CEREAL/HOT CEREAL

Oatmeal, farina, Shredded wheat & oat cereal

FLOURS

All-purpose flour, yellow cornmeal, blue cornmeal, whole wheat flour & bakery mix

SOUP

tomato soup & cream of mushroom

Disclaimer*

All items subject to change due to availability

