

# NOVEMBER SELECTIONS

## FRUITS

Fruit cocktail, pears, raisins and fresh apples, cranberries and green grapes

## JUICES

Cran-apple, grape, orange & Tomato

## VEGETABLES

Canned green beans, carrots, & mixed vegetables, and fresh brussel sprouts, celery, onions, spinach & russet potatoes

## CANNED & DRY BEANS

Canned pinto & veggie beans, dry pinto & great northern beans

## EGGS

Fresh eggs and egg mix

## MEATS & FISH

Canned chicken and tuna, frozen whole chicken & hamburger

## PEANUT PRODUCT

Fruit & nut mix, peanuts & peanut butter



## FATS

Butter, vegetable oil & buttery spread

## MILK

Evaporated skim milk, dry milk and 1% milk

## CHEESE

Sliced and Block

## RICE & PASTAS

Crackers, frozen whole wheat tortillas, Rice, egg noodles, & spaghetti

## FLOURS

All purpose white, cornmeal, blue cornmeal, whole wheat flour & low-fat bakery mix

## CEREALS

Shredded wheat, oatmeal & farina

## SOUPS

Chunky stew & cream of mushroom

## BONUS

Frozen ham and cranberry sauce

