

NOVEMBER SELECTIONS

FRUITS

Can apricots, peaches, raisins, frozen blueberries and fresh mixed fruit and green grapes



FATS

Butter, vegetable oil

JUICES

Apple, grape, cranapple &
Tomato

MILK

Evaporated skim milk, dry milk and 1% milk

CHEESE

Sliced and Block

VEGETABLES

Canned green beans, kernel corn, tomato sauce, dehy potatoes, frozen carrots and fresh brussel sprouts, celery, onions, cabbage, carrots, corn on the cob & russet potatoes



RICE & PASTAS

Rice, egg noodles, rotini
& crackers

FLOURS

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

CANNED & DRY BEANS

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



EGGS

Fresh eggs and egg mix

CEREALS

Corn squares cereal, oatmeal & farina & oat cereal

MEATS & FISH

Can chicken and tuna, frozen chicken breast & ground beef

SOUPS

Chunky stew & cream of mushroom

PEANUT PRODUCT

Fruit & nut mix, peanuts & peanut butter



BONUS

Frozen ham and cranberry sauce