

SEPTEMBER SELECTIONS

FRUITS

Applesauce, fruit cocktail, raisins, fresh green grapes, apples and peaches



FATS

Vegetable oil, buttery spread & real butter

MILK

Evaporated skim milk, dry milk and 1% milk

JUICES

Apple, cran-apple, grape & tomato

CHEESE

Sliced and Block

VEGETABLES

Frozen carrots, green beans, dehy potatoes, spaghetti sauce, acorn squash, green peppers, russet potatoes, yellow onions and tomatoes



PASTAS/GRAINS

Egg noodles, mac-n-cheese, rice, crackers & whole wheat tortillas

FLOURS

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

CANNED & DRY BEANS

Canned black & pinto, dry pinto & great northern

CEREAL

Farina, oatmeal and oat cereal (cheerios)

EGGS

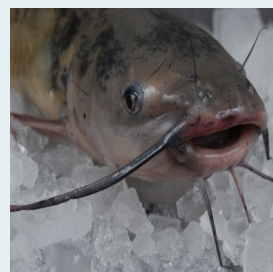
Fresh eggs and egg mix

SOUPS

Tomato and vegetable

MEATS & FISH

Frozen chicken breast & roast and canned tuna beef &



BONUS ITEM:

Catfish