

SEPTEMBER SELECTIONS

FRUITS

Canned apricots & pears, raisins, fresh red grapes & nectarines and frozen strawberries



JUICES

Apple, cran-apple, orange & tomato



VEGETABLES

Canned carrots, mixed vegetables & tomato sauce and fresh corn on cob, romaine lettuce, red bell peppers, potatoes, yellow squash & frozen vegetable soup mix

CANNED & DRY BEANS

Canned refried & kidney, dry pinto & great northern



EGGS

Fresh eggs and egg mix

MEATS & FISH

Frozen chicken breast, bison stew meat & hamburger and canned beef & tuna

FATS

Vegetable oil & real butter

MILK

Evaporated skim milk, dry milk and 1% milk

CHEESE

Sliced and Block

PASTAS/GRAINS

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

FLOURS

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

CEREAL

Farina, oatmeal and cornflakes

SOUPS

Beef stew & cream of mushroom

