

# JANUARY SELECTIONS

## FRUITS

Applesauce, pears, prunes and fresh oranges and apples

## JUICES

Cran-apple, grape, cherry-apple and tomato

## VEGGIES

Green beans, carrots, spinach, instant mashed potatoes, spaghetti sauce, fresh Brussel sprouts, carrots, celery, butternut squash and red potatoes

## BEANS

Canned black & pinto, dry pinto and great northern beans

## EGGS

Powdered egg mix

## MEATS & FISH

Frozen chicken breast and whole chicken, hamburger, roast, canned tuna and beef

## PEANUT PRODUCT

Peanuts, peanut butter and fruit & nut mix

## FATS

Vegetable Oil, real butter & buttery spread

## MILK

Evaporated skim milk, dry milk & 1% milk

HAPPY

NEW

YEAR!

## HOT CEREAL

Oatmeal & Farina

## CHEESE

Block and sliced



## RICE & PASTAS

Macaroni, rice, mac & cheese, spaghetti, egg noodles & whole grain rotini

## FLOURS

Cornmeal, wheat flour, blue cornmeal & all purpose white flour

## CEREAL

Rice crispies, oat cereal & corn flakes cereal

## BAKERY MIX

Low-fat bakery mix

## SOUP

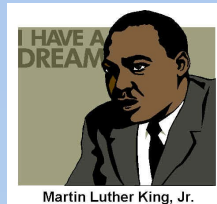
Beef stew and tomato soup

## CRACKERS/TORTILLAS

Unsalted crackers and whole wheat tortillas

## BONUS ITEM

Frozen Ham  
Cranberry sauce



Martin Luther King, Jr.

