

# JANUARY SELECTIONS

## FRUITS

Applesauce, fruit cocktail, prunes and fresh lemons and red apples

## JUICES

Apple, grape, cherry-apple and tomato

## VEGGIES

Kernel corn, diced tomatoes, spinach, instant mashed potatoes, fresh broccoli, cucumbers, celery, romaine lettuce and russet potatoes

## BEANS

Canned vegetarian & red kidney beans, dry pinto and great northern beans

## EGGS

Fresh eggs

## MEATS & FISH

Frozen pork chops, ground beef, canned chicken 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



## CHEESE

Block

## GRAINS & PASTA

Macaroni, rice, egg noodles, crackers, whole wheat tortillas & whole grain rotini

## FLOURS

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

## CEREAL

Rice crispies, bran flakes, farina & oatmeal

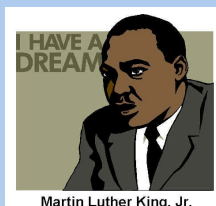


## SOUP

Vegetable and tomato soup

## BONUS ITEM

Frozen orange juice cups, frozen salmon and pork patties



Martin Luther King, Jr.

