

JUNE SELECTIONS

VEGGIES

Hominy, peas, tomato sauce, instant mashed potatoes, spaghetti sauce, fresh mixed vegetables (carrots, broccoli, cauliflower), red onions, asparagus and red potatoes

FRUITS

Fruit cocktail, pears, raisins, prunes, frozen blueberries and fresh nectarines & avocados

JUICES

Apple, cran-apple, grape & tomato

BEANS

Canned black beans, red kidney, dry pinto and great northern beans

EGGS

Powdered egg mix

MEATS & FISH

Frozen chicken breast & whole chicken, pork chops, 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



HOT CEREAL

Oatmeal & Farina

CHEESE

Block and sliced

RICE & PASTAS

Rice, spaghetti, macaroni, rotini, mac & cheese & egg noodles

FLOURS

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

CEREAL

Shredded wheat, rice crispies, oat and corn flakes

BAKERY MIX

Low-fat bakery mix

SOUP

Cream of chicken and vegetable

CRACKERS/TORTILLAS

Unsalted crackers and frozen whole wheat tortillas

BONUS ITEM

Dried cranberries, frozen salmon & catfish

