

NOVEMBER SELECTIONS



FRUITS

Canned peaches, fruit cocktail, blueberries, prunes, raisins, fresh apples & oranges and red grapes

JUICES

Cherry-apple, grape, tomato and apple

VEGETABLES

Hominy, pumpkin, diced tomatoes, instant mashed potatoes, frozen peas, fresh baby carrots, celery, brussel sprouts, sweet potatoes and russet potatoes

CANNED & DRY BEANS

Canned refried and vegetarian, dry pinto and great northern beans

EGGS

Fresh eggs & egg mix

MEATS & FISH

Frozen chicken breasts, frozen ground beef, canned beef & chicken



FATS

Vegetable oil, buttery spread & real butter

MILK

Evaporated skim milk, dry milk and 1% milk

CHEESE

Sliced and Block

GRAINS & PASTAS

Macaroni, rice, egg noodles, crackers and frozen whole wheat tortillas

FLOURS

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

CEREAL

Oat cereal, farina and oatmeal

SOUPS

Cream of mushroom and beef stew

