

Date:

MARCH 2023

CEREAL SELECT 2 UNITS	
CORNFLAKES 18oz	
OAT CIRCLES (TOASTY O'S) 14oz	
RICE CRISP 12oz	
WHEAT BRAN FLAKES 16oz	
ROLLED OATS 18oz	
SHREDDED WHEAT 16.4oz	
CORN SQUARES 12oz	
FARINA 18oz	

MEAT SELECT 1 GROUP	
1 CHOICE CHILI, BEEF OR STEW and 1 CHOICE OF CHICKEN OR TUNA	
OR	
3 CHOICES OF CHICKEN OR TUNA	
BEEF CHILI w/beans 15oz (bag)	
CANNED BEEF 24oz	
BEEF STEW 24oz (bag)	
CANNED CHICKEN 12.5oz	
CANNED SALMON 14.75oz	
CANNED TUNA 12oz	

MILK SELECT 1 CHOICE	
2 boxes UHT MILK (32oz)	
1 DRY MILK (12.8 oz.)	
1 UHT MILK + 1 DRY MILK	

CHEESE: LIMITED 1	
2 LB CHEESE	

PASTA OR RICE SELECT 2	
MACARONI ELBOW (1lb)	
SPAGHETTI (1lb)	
LONG GRAIN RICE (2lbs)	
BROWN RICE (1lb)	
WHOLE GRAIN ROTINI (1lb)	

BONUS ITEMS	
TOCABE MEAL	

FRUIT & JUICE SELECT 1 GROUP	
1 JUICE + 3 UNITS FRUIT OR 2 JUICE + 2 UNITS FRUITS OR 1 JUICE + 2 FRUIT + 1 BOX RAISINS OR 2 JUICE + 1 FRUIT + 1 BOX RAISINS	
APPLE JUICE 64oz	
CRANBERRY APPLE JUICE 64oz	
GRAPE JUICE 64oz	
ORANGE JUICE 33.8oz (2 for 1)	
TOMATO JUICE 64oz	
APPLESAUCE 15oz	
MIXED FRUIT 15oz	
SLICED PEACHES 15oz	
RAISINS 1 box 15oz (Only 1 box!!)	
PURPLE PLUMS 15oz	
APRICOT HALVES 15oz	
PEARS 15oz	

PROTEIN SELECT 3 UNITS	
BLACK BEANS CAN 15oz.	
PINTO BEANS CAN 15oz.	
RED KIDNEY BEANS CAN 15oz.	
VEGETARIAN BEANS CAN 15oz.	
PEANUT BUTTER 16 oz. (LIMIT ONE)	
PINTO BEANS DRY	
GREAT NORTHERN DRY	
LIGHT RED KIDNEY DRY	

SOUPS & VEGETABLES	
8 vegetables/soup OR 6 vegetables/soup + 1 dehydrated potato	
GREEN BEANS 15oz	
CARROTS 15oz	
WHOLE KERNAL CORN 15oz	
PEAS 15oz	
SLICED POTATOES 15oz	
SPAGHETTI SAUCE 15oz	
SWEET POTATOES W/SYRUP 15oz	
DICED TOMATOES 15oz	
HOMINY 15oz (can)	
VEGETABLE SOUP 10.5oz	
DEH. POTATOES (1=2CHOICES) (LIMIT 1)	
SPINACH 15oz	

FILLED BY: