

Spirit Lake Food Distribution Program



Juices

- Apple Juice
- Cherry Apple Juice
- Grape juice
- Orange Juice
- Tomato Juice
- Cran-Apple Juice



Fresh Vegetables

- Broccoli
- Yellow & Red Onions
- Russet Potatoes #3
- Red Potatoes #3
- Red potatoes #5
- Cabbage
- Celery
- Mixed Vegetables
- Baby Carrots
- Cauliflower
- Romaine Lettuce
- Radishes
- Tomatoes



Seasonal Vegetables

- Corn
- Asparagus
- Cherry Tomatoes
- Grape Tomatoes
- Cucumbers
- Green Pepper
- Brussel Sprouts
- Winter Squash
- Summer Squash
- Sweet Potatoes



Fresh Eggs



Fruits

- Apples #5
- Grapefruit #5
- Oranges #5
- Pears #5
- Mixed Fruit #5
- Lemons
- Blueberries #3 (Frozen)



Seasonal Fruits

- Avocado
- Peaches
- Cherries
- Seedless Grapes
- Honey Dew Melon
- Kiwi
- Neotaries
- Plums
- Clementines
- Cranberries



Canned Fruit

- Applesauce Cups
- Apricots
- Mixed Fruit
- Peaches
- Pears
- Plums - Dried
- Raisins



Canned Vegetables

- Green Beans
- Carrots
- Corn
- Peas
- Pumpkin
- Mixed Vegetables
- Spinach
- Tomatoes - Diced
- Potatoes Sliced
- Tomato Sauce
- Spaghetti Sauce
- Potatoes Dry
- Hominy



Butter / Oil Products

- Butter
- Vegetable Oil
- Butter Spread



Cheese

- Sliced Cheese
- Block Cheese



Meat/Fish

- Canned Beef
- Frozen Ground Beef
- Beef Roast
- Tuna
- Whole Chicken
- Chicken Breast
- Chicken - Canned
- Pork Chops
- Bison



Soups

- Vegetable Soup
- Tomato
- Chunky Beef Stew
- Cream of Chicken
- Cream of Mushroom



Beans

- Refried Beans
- Vegetarian Beans
- Kidney Beans
- Great Northern Beans #2
- Pinto Beans #2
- Black Beans
- Pinto Beans Canned



Peanut Products

- Fruit & Nut Mix
- Peanuts
- Peanut Butter



Hot Cereals

- Rolled Oats
- Farina



Cereal

- Cornflakes Cereal
- Rice Crispy Cereal
- Oat Cereal

- Shredded Wheat Cereal
- Corn Squares Cereal
- Wheat Bran Cereal



Pasta

- Egg Noodles
- Rice
- Spaghetti
- Whole Wheat Rotini
- Macaroni
- Mac & Cheese
- Crackers
- Whole Wheat Tortillas



Flour/ Cornmeal

- Flour
- Whole Wheat Flour
- Corn Meal
- Blue Corn Meal
- Bakery Mix



Milk

- UHT 1% Milk
- Instant Milk
- Evaporated Milk

** Bonus Items **

- Salmon (Frozen)
- Wild Rice
- Ham (Frozen)
- Catfish
- Cranberry Sauce
- Strawberries (Frozen)
- Pulled Pork (Frozen)

