


WEEK ONE MENU FOR AGES 1.5 – 5 YEARS

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast 	F/V = Orange Wedges G/B = French Toast Sticks M/MA = N/A M/D = Milk Other = Maple Syrup	F/V = Diced Green and Red Grapes G/B = Waffles M/MA = N/A M/D = Milk Other = N/A	F/V = Apple Wedges G/B = Toast M/MA = N/A M/D = Milk Other = Jam	F/V = Orange Slices G/B = Granola and Raisin Yogurt Parfait M/MA = N/A M/D = Yogurt Other = Water	F/V = Applesauce G/B = High Fiber Cold Cereal M/MA = N/A M/D = Milk Other = N/A
Lunch	M/MA = Sautéed Chick Peas w/ Garlic and Sea Salt F/V1 = Cinnamon Carrots F/V2 = Cooked Peas G/B = Macaroni & Cheese w Peas M/D = Milk Other = N/A	M/MA = Baked Beans F/V1 = Lettuce with Diced Tomato Salad F/V2 = Potato Wedges G/B = Grilled Cheese Sandwich M/D = Milk Other = Salad Dressing	M/MA = Breaded Chicken Nuggets F/V1 = Corn F/V2 = Diced Green and Red Grapes G/B = Breaded Chicken Nuggets M/D = Milk Other = N/A	M/MA = Hummus and Raw Carrots F/V1 = Fresh Tomato in Panini and Raw Carrots F/V2 = Apple Slices G/B = Tomato and Mozzarella Panini M/D = Milk Other = N/A	M/MA = Spanish Rice with Beans F/V1 = Steamed Broccoli in Pasta F/V2 = Fruit Salad G/B = Macaroni with Alfredo and Broccoli M/D = Milk Other = N/A

Snack	M/MA = Yogurt with Honey	M/MA = N/A	M/MA = Cheese Cubes	M/MA = N/A	M/MA = N/A
	F/V1 = N/A	F/V1 = 100% Grape Juice	F/V1 = N/A	F/V1 = Frozen Berry Smoothie with Yogurt	F/V1 = N/A
	F/V2 = N/A	F/V2 = N/A	F/V2 = N/A	F/V2 = N/A	F/V2 = N/A
	G/B = Goldfish	G/B = Animal Crackers	G/B = Graham Crackers	G/B = Pretzels	G/B = Granola Bar
	M/D = N/A	M/D = N/A	M/D = Cheese Cubes	M/D = N/A	M/D = Lowfat Chocolate Milk
	Other = Water	Other = N/A	Other = Water	Other = Water	Other = N/A

F/V = Fruit Vegetable Requirement; M/MA = Meat/Meat Alternative Requirement;

G/B = Grain/Bread Requirement; M/D = Milk/Dairy Requirement

Staff Cooking Instructions for Week One:


- French Toast Sticks – Bake in toaster oven as per instruction on the box
- Garlic Chick Peas – Toss/stir canned chick peas in garlic powder with a dash of sea salt; serve at room temp
- Cinnamon Carrots – Cook down baby carrots for 25 – 30 mins via boiling; Once as soft as a strawberry add cinnamon and sugar to taste; serve warm
- Macaroni and Cheese with Peas – Cook macaroni as per instructions on box; once cooked add milk and several cheese slices to desired taste; once thoroughly mixed add canned cooked peas; serve warm; never use mozzarella cheese for the mac and cheese because it poses a choking hazard.
- Yogurt with Honey – Serve in disposable Dixie cups or similar; mix plain yogurt and real honey together to taste; serve cold
- Diced Green and Red Grapes – Always dice grapes into quadrants for ages 1.5 – 5 years
- Waffles – Toast and/or bake in toaster oven as per instructions on the box
- Lettuce and Tomato Salad – Chop lettuce and add diced baby tomatoes; Tomatoes must be diced into half for ages 1.5 – 5; Mix in salad dressing to taste; serve cold
- Potato Wedges – Bake as per instructions on the box or bag

- Grilled Cheese – utilize the panini press for grilled cheese sandwiches and not the frying pan; use cheese slices and pre-toasted bread. Can utilize oven for
- Granola & Raisin Yogurt Parfait – Mix Plain Yogurt, Honey, Granola and Raisins
- Tomato and Mozzarella Panini – Utilizing mozzarella cheese, tomato slices and lightly pre-toasted bread use the panini press to grill the sandwiches; serve warm
- Frozen Berry Smoothie – Add Yogurt, grape juice and frozen berries to blender; serve chilled
- Macaroni with Alfredo and Broccoli - Cook macaroni as per instructions on box; once cooked add alfredo to desired taste; once thoroughly mixed add steamed broccoli; serve warm; never use mozzarella cheese for macaroni noodles.
- Lowfat Chocolate Milk – Take plain lowfat milk and chocolate syrup and mix/shake as per instructions on the syrup bottle; serve cold
- Fruit Salad – Dice up remaining fruit; serve chilled (use leftover frozen fruit only when necessary)

Week One Grocery List for All Ages (Take Stock of Inventory Prior to Shopping. Only repurchase duplicate items when necessary.):

- Oranges or Clementines, Red and Green Grapes, Fuji Apples, Bags of Raw Baby Carrots, Lettuce, Baby Tomatoes, Regular Tomatoes
- Canned Peas, Canned Corn, Canned Chick Peas, Canned Spanish Rice, Canned Baked Beans
- Bags of Frozen Berries, Bags of Frozen Broccoli, Frozen French Toast Sticks, Frozen Waffles, Frozen Potato Wedges, Frozen Chicken Nuggets, Frozen Peas
- Macaroni Noodles, High Fiber Cereal ((Kix, Life Cereal or Plain Chex), Bagged Nut-Free Granola
- Tubs of Plain Yogurt, Gallons of 1% Milk, Gallons of Whole Milk, Mozzarella Cheese Slices (for panini), American Cheese Slices (for mac and cheese and for grilled cheese) and Bags of Cheese Cubes
- Loaves of 12 – 15 Grain Bread
- Hummus
- Jugs of Applesauce
- Salad Dressing (Ranch or Italian)
- Garlic Seasoning, Cinnamon, Sea Salt, Sugar
- Maple Syrup, All Natural Jam, Alfredo Sauce, Chocolate Syrup, All Natural Honey
- Goldfish, Animal Crackers, Graham Crackers, Pretzels and Nature Valley Granola Bars
- 100% Grape Juice

WEEK TWO MENU FOR AGES 1.5 – 5 YEARS

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast 	F/V = Blueberries G/B = Maple Cinnamon Oatmeal with Raisins M/MA = N/A M/D = Milk Other = Maple Syrup	F/V = Strawberries G/B = Pancakes M/MA = N/A M/D = Milk Other = Maple Syrup	F/V = Banana Slices G/B = Plain Bagel with Cream Cheese M/MA = N/A M/D = Milk Other = Cream Cheese	F/V = Apple Wedges G/B = Banana Muffin (½) M/MA = N/A M/D = Milk Other = Water	F/V = Fruit Salad with Berries G/B = Toast with Jam M/MA = N/A M/D = Milk Other = Jam
Lunch	M/MA = Black Beans in Pita Wrap F/V1 = Cooked Spinach in Pita F/V2 = Roasted Bell Pepper in Pita G/B = Pita Wrap with Cooked Spinach, Cooked Bell Pepper, Black Beans, Rice & Shredded Cheese	M/MA = Sunflower Butter in Sandwich F/V1 = Peas and Carrots F/V2 = Apple Slices G/B = Sunflower Butter and Jam Sandwich M/D = Milk Other = N/A	M/MA = Pizza Cheese F/V1 = Oven Fries F/V2 = Spinach on Cheese Pizza G/B = Pizza Crust on Spinach and Cheese Pizza M/D = Milk Other = N/A	M/MA = Hummus F/V1 = Bell Pepper Sticks with Hummus F/V2 = Raw Baby Carrots with Hummus G/B = Spiral Pasta with Garlic, Butter and Parmesan M/D = Milk	M/MA = Turkey F/V1 = Corn F/V2 = Banana Slices with raisins G/B = Toasted Turkey Melt with Cheese M/D = Milk Other = N/A

	M/D = Milk			Other = N/A	
Snack	M/MA = N/A F/V1 = N/A F/V2 = 100% Orange Juice G/B = Wheat Crackers M/D = N/A Other = N/A	M/MA = N/A F/V1 = Blueberries F/V2 = N/A G/B = Snap Pea Crisps (Made from Rice Flour and Pea Protein) M/D = N/A Other = Water	M/MA = Yogurt in Smoothie F/V1 = Frozen Berry Smoothie with Yogurt F/V2 = N/A G/B = Oatmeal Cookies M/D = N/A Other = Water	M/MA = N/A F/V1 = Banana Chips F/V2 = N/A G/B = Cinnamon Rice Cakes M/D = N/A Other = Water	M/MA = Sunflower Butter Dip with Raisins F/V1 = Apple Wedges with Dip F/V2 = N/A G/B = N/A M/D = N/A Other = Water

F/V = Fruit Vegetable Requirement; M/MA = Meat/Meat Alternative Requirement;

G/B = Grain/Bread Requirement; M/D = Milk/Dairy Requirement

Staff Cooking Instructions for Week Two:


- Homemade Maple Cinnamon Oatmeal – Prepare Oatmeal on stove top as per instructions. Add Maple Syrup and Cinnamon to taste.
- Pancakes – defrost per instructions on box or bag.
- Homemade Banana Muffin Recipe (makes 24) – 6 Cups Flour, 1 teaspoon salt, 6 teaspoons of baking powder, 2 Cups Sugar, 3 Teaspoons of Cinnamon, sift and stir dry ingredients and then add; 1.33 Cups of Oil, 4 Eggs, 1.33 Cups of Milk, 3 Mashed Bananas (IF NECESSARY add extra milk teaspoon by teaspoon until batter is the consistency of very dense mashed potatoes), Bake at 350 degrees for 30 – 35 mins
- Bean and Veggie Pita Wrap – Sautee diced pepper with spinach and black beans; add spinach slowly over time in order to cook down the entire container; add oil, garlic and salt to taste; Once ready to serve stuff pita with the warm mix and add shredded cheese.
- Homemade Spinach and Cheese Pizza – make sure to put the spinach underneath the cheese otherwise it will become crispy on top of the pizza instead of soft.

- Toasted Turkey Melt with Cheese – Use panini press, oven and/or toaster for this meal
- Frozen Berry Smoothie – Add Yogurt, grape juice and frozen berries to blender; serve chilled
- Fruit Salad – Dice up remaining fruit; serve chilled (use leftover frozen fruit only when necessary)

Week Two Grocery List for All Ages (Take Stock of Inventory Prior to Shopping. Only repurchase duplicate items when necessary.):

- Fresh Blueberries, Fresh Strawberries, Fuji Apples, at least 15 Bananas, Bell Pepper, Large Container of Spinach, Raw Baby Carrots
- Bags of Frozen Berries, Frozen Oven Fries, Frozen Peas and Carrots, Frozen Pancakes
- Maple Syrup, Jam, Sunflower Butter, Parmesan Cheese
- Large Container of Plain Oatmeal, Dried Banana Chips, Snap Pea Crisps, Plain Wheat Thins, Oatmeal Cookies, Cinnamon Rice Cakes (or similar), 12-15 Grain Bread, Bags of Mini Bagels, Raisins (not the individual mini boxes of raisins), Spiral Pasta, Pizza Crusts, Pita Pockets
- Milk, Plain Yogurt, Hummus, Cream Cheese, Large Bag of Shredded Cheese, 2-4 lbs of sliced Turkey Deli Meat, Dozen Eggs, Butter
- Cans of Corn, Cans of Black Beans
- 100% Orange Juice, 100 Grape Juice (you only need a little splash of grape juice this week for the smoothie)
- Garlic Seasoning, Cinnamon, Sea Salt, Sugar, Flour, Baking Powder
- Vegetable Oil

WEEK THREE MENU FOR AGES 1.5 – 5 YEARS

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast 	F/V = Applesauce G/B = Waffles M/MA = N/A M/D = Milk Other = Maple Syrup	F/V = Diced Banana G/B = Raisin Toast M/MA = N/A M/D = Milk Other = N/A	F/V = Apple Wedges G/B = Cinnamon & Butter Baked English Muffins M/MA = N/A M/D = Milk Other = N/A	F/V = Diced Green and Red Grapes G/B = High Fiber Breakfast Cereal with Milk M/MA = N/A M/D = Yogurt Other = Milk	F/V = Baked Cinnamon Apple Wedges G/B = Granola and Diced Apple Yogurt Parfait with Honey with Dry Cereal on the side M/MA = N/A M/D = Milk
Lunch	M/MA = Cheese in Mac F/V1 = Steamed Broccoli with Garlic F/V2 = Diced Green and Red Grapes G/B = Macaroni and Cheese with Peas M/D = Milk Other = N/A	M/MA = Sautéed Chick Peas with Onion, Rice and Curry F/V1 = Peas and Carrots F/V2 = Boiled Sweet Potato Wheels with Cinnamon G/B = Rice inside of Meal M/D = Milk Other = Salad Dressing	M/MA = Breaded Fish Sticks F/V1 = Cinnamon Carrots F/V2 = Banana with raisins G/B = Bread on Fish Sticks M/D = Milk Other = Ketchup	M/MA = Sunflower Butter F/V1 = Spinach Salad with Diced Tomato & Dressing F/V2 = Apple Slices with Sunflower Butter G/B = English Muffin Pizza M/D = Milk Other = N/A	M/MA = Black Beans & Cheese inside Quesadilla F/V1 = Corn inside Quesadilla F/V2 = Fruit Salad G/B = Quesadilla Pita with Black Beans, Corn and Cheddar M/D = Milk Other = N/A

Snack	M/MA = N/A	M/MA = Cheese Stick	M/MA = N/A	M/MA = N/A	M/MA = N/A
	F/V1 = 100 % Grape Juice	F/V1 = Orange Wedges	F/V1 = Dried Cranberries	F/V1 = N/A	F/V1 = Orange Slices
	F/V2 = N/A	F/V2 = N/A	F/V2 = N/A	F/V2 = N/A	F/V2 = N/A
	G/B = Pretzels	G/B = N/A	G/B = 1/2 Slice of Raisin Bread	G/B = Animal Crackers	G/B = Goldfish
	M/D = N/A	M/D = Cheese Stick	M/D = N/A	M/D = Lowfat Homemade Chocolate Milk	M/D = N/A
	Other = N/A	Other = Water	Other = Water	Other = N/A	Other = Water

F/V = Fruit Vegetable Requirement; M/MA = Meat/Meat Alternative Requirement;

G/B = Grain/Bread Requirement; M/D = Milk/Dairy Requirement

Staff Cooking Instructions for Week Three:

- Cinnamon and Butter Baked English Muffins – Spread butter atop English muffin; sprinkle Cinnamon and Sugar atop the butter; place muffins in oven until golden and toasty; serve warm
- Baked Cinnamon Apple Wedges – Slice Granny Smith Apples into wedges; place on oiled cookie sheet; sprinkle with cinnamon and sugar; bake until golden brown and tender; serve warm.
- Granola, Apple and Honey Yogurt Parfait – Mix Plain Yogurt, Honey, Granola and Diced Apples serve with a serving of dry cereal on the side
- Macaroni and Cheese with Peas – Cook macaroni as per instructions on box; once cooked add milk and several cheese slices to desired taste; once thoroughly mixed add canned cooked peas; serve warm; never use mozzarella cheese for the mac and cheese because it poses a choking hazard.
- Sautéed Chick Peas with Rice, Onion and Curry – Sautee together cooked rice with chick peas, diced onions, curry seasoning, salt and oil: serve warm

- Boiled Sweet Potato Wheels with Cinnamon – Boil Several Large Un-Skinned Sweet Potatoes for 30 – 40 minutes until soft throughout (as soft as a ripe strawberry); Cut each large sweet potato (with skin) into 6-8 circular wheels; sprinkle one side of the “wheel” with cinnamon; serve warm
- Cinnamon Carrots – Cook down baby carrots for 25 – 30 mins via boiling; Once as soft as a strawberry add cinnamon and sugar to taste; serve warm
- Spinach Salad with Tomato – Chop spinach and add diced baby tomatoes; Tomatoes must be diced into quadrants for ages 1.5 – 5; Mix in salad dressing to taste; serve cold
- English Muffin Pizza – Add Pizza Sauce and Shredded Cheese to English muffins lined up on a cookie tray; utilizing toaster oven and oven, bake the English muffins until the ready; serve warm
- Black Bean and Cheese Quesadilla – Layer one side of Quesadilla with drained black beans, shredded cheese and corn; top with another layer of quesadilla bread and bake for 10 – 15 mins or until ready; serve warm
- Lowfat Chocolate Milk – Take plain lowfat milk and chocolate syrup and mix/shake as per instructions on the syrup bottle; serve cold
- Fruit Salad – Dice up remaining fruit; serve chilled (use leftover frozen fruit only when necessary)

Week Three Grocery List for All Ages (Take Stock of Inventory Prior to Shopping. Only repurchase duplicate items when necessary.):

- Fuji Apples (for eating), Granny Smith Apple (for baking), Bananas, Oranges, Green and Red Grapes, Raw Baby Carrots, Large Container of Spinach, Baby Tomatoes, Large Onions, Several Large Sweet Potatoes
- Frozen Peas and Carrots, Frozen Broccoli, Frozen Waffles, Frozen Fish Sticks
- Cans of Corn, Cans of Black Beans, Cans of Chick Peas, Cans of Peas
- Applesauce, Maple Syrup, Sunflower Butter, Ketchup, Salad Dressing (Ranch or Italian)
- Loaves of Raisin Bread, Loaves of 12-15 Grain Bread, Quesadilla Bread, English Muffins, Cereal (Kix, Life Cereal and/or Plain Chex), Bagged Nut-Free Granola, Macaroni Noodles, Rice
- Dried Cranberries, Pretzels, Goldfish, Animal Crackers
- Tubs of Plain Yogurt, Gallons of 1% Milk, Gallons of Whole Milk, Cheese Sticks, Cheese Slices, Spreadable Butter, Shredded Cheddar, Shredded Mozzarella, Eggs
- Garlic Seasoning, Curry Seasoning, Cinnamon, Sea Salt, Sugar
- 100% Grape Juice

WEEK FOUR MENU FOR AGES 1.5 – 5 YEARS

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast 	F/V = Strawberries G/B = Maple Cinnamon Oatmeal with Apple Bits M/MA = N/A M/D = Milk Other = Maple Syrup	F/V = Blueberries G/B = Raisin Bagel with Cream Cheese M/MA = N/A M/D = Milk Other = N/A	F/V = Strawberries and Bananas G/B = Toast with Jam M/MA = N/A M/D = Milk Other = Jam	F/V = Frozen Berry Smoothie with Yogurt G/B = Homemade Apple Cinnamon Muffin – ½ M/MA = Milk M/D = Yogurt Other = N/A	F/V = Homemade Cinnamon Apple Mash G/B = Pancakes with Homemade Cinnamon Apple Mash M/MA = N/A M/D = Milk Other = N/A
Lunch	M/MA = Hard Boiled Eggs F/V1 = Banana Wheels F/V2 = Baby Corn Sticks G/B = Homemade Blueberry Muffin - ½ M/D = Milk Other = N/A	M/MA = Egg in Frittata F/V1 = Veggies in Frittata F/V2 = Apple Slices G/B = Baked Egg Frittata with Diced Onion, Bell Pepper and Green Beans served with Rice on the side M/D = Milk Other = N/A	M/MA = Turkey F/V1 = Corn F/V2 = Green Beans G/B = Toasted Turkey Melt on English Muffin M/D = Milk Other = N/A	M/MA = Garlic Chick Peas F/V1 = Orange Wedges F/V2 = Peas, Carrots & Corn Mix G/B = Corn Bread M/D = Milk Other = N/A	M/MA = Hummus and Egg F/V1 = Bell Pepper Sticks F/V2 = Fruit Salad with Berries G/B = Egg and Cheese Sandwich M/D = Milk Other = N/A

Snack	M/MA = N/A	M/MA = Yogurt with Honey	M/MA = Cheese Cubes	M/MA = N/A	M/MA = N/A
	F/V1 = Orange Slices	F/V1 = N/A	F/V1 = N/A	F/V1 = Raisin and Dried Cranberry Mix	F/V1 = 100% Orange Juice
	F/V2 = N/A	F/V2 = N/A	F/V2 = N/A	F/V2 = N/A	F/V2 = N/A
	G/B = Nature Valley Bar	G/B = Granola	G/B = Wheat Crackers	G/B = Graham Crackers	G/B = Oatmeal Cookies
	M/D = N/A	M/D = Yogurt	M/D = Cheese Cubes	M/D = N/A	M/D = N/A
	Other = Water	Other = Water	Other = Water	Other = Water	Other = Water

F/V = Fruit Vegetable Requirement; M/MA = Meat/Meat Alternative Requirement;

G/B = Grain/Bread Requirement; M/D = Milk/Dairy Requirement

Staff Cooking Instructions for Week Four:

- Homemade Maple Cinnamon Oatmeal – Prepare Oatmeal on stove top as per instructions. Add diced apples and allow them to simmer with the oatmeal for few mins. Add Maple Syrup and Cinnamon to taste.
- Homemade Blueberry Muffin Recipe (makes 24) – 6 Cups Flour, 1 teaspoon salt, 6 teaspoons of baking powder, 2 Cups Sugar, 3 Teaspoons of Cinnamon, sift and stir dry ingredients and then add; 1.33 Cups of Oil, 4 Eggs, 1.33 Cups of Milk, 2 cups of Frozen or Fresh Blueberries (IF NECESSARY add extra milk teaspoon by teaspoon until batter is the consistency of very dense mashed potatoes), Bake at 350 degrees for 30 – 35 mins
- Frozen Berry Smoothie – Add Yogurt, grape juice and frozen berries to blender; serve chilled
- Homemade Apple Cinnamon Muffin Recipe (makes 24) – 6 Cups Flour, 1 teaspoon salt, 6 teaspoons of baking powder, 2 Cups Sugar, 3 Teaspoons of Cinnamon, sift and stir dry ingredients and then add; 1.33 Cups of Oil, 4 Eggs, 1.33 Cups of Milk, 2 cups of Diced Granny Smith Apples (IF NECESSARY add extra milk teaspoon by teaspoon until batter is the consistency of very dense mashed potatoes), Bake at 350 degrees for 30 – 35 mins
- Homemade Cinnamon Apple Mash – Dice Granny Smith Apples; Add to pot; Add a few tablespoons of water; add cinnamon, sugar and a teaspoon of oil; boil this mixture for about 15 mins or until it is the consistency of an apple spread. Use this as a pancake topper.
- Fruit Salad – Dice up remaining fruit; serve chilled (use leftover frozen fruit only when necessary)

- Egg Frittata Recipe – In one bowl mix 2-3 dozen eggs depending on needs; add salt, garlic, and shredded cheese to the egg mix. In a separate bowl, add chopped bell pepper, diced onion and diced FRESH green beans. Add salt and garlic to the veggies. Sauté the veggie mix in oil for 5 – 10 mins until tender. Pour Egg Mix into oiled cookie sheets. Sprinkle Veggie Mix into Egg Batter. Bake Entire combo together for 30 – 40 mins at 350 degrees. It will rise significantly.
- Egg and Cheese Sandwich – Bake scrambled eggs on a large cookie sheet in the oven; cut to size and place on toast; add slice of cheese; serve a half sandwich at a time
- Toasted Turkey Melt on English Muffin – Layer English Muffin with a thin layer of shredded cheese, then a layer of turkey and then a final thin layer of shredded cheese (so that the turkey does not fall off); Bake the English Muffins in the toaster oven or oven for 8 – 12 minutes or until melted and toasty. Serve warm.
- Corn Bread – Follow instructions on Jiffy Mix Box
- Garlic Chick Peas – Toss/stir canned chick peas in garlic powder with a dash of sea salt; serve at room temp
- Granola, Honey and Yogurt Parfait – Mix Plain Yogurt, Honey and Granola
- Frozen Berry Smoothie – Add Yogurt, grape juice and frozen berries to blender; serve chilled

Week Four Grocery List for All Ages (Take Stock of Inventory Prior to Shopping. Only repurchase duplicate items when necessary.):

- Fuji Apple (for eating), Granny Smith Apples (for baking), Blueberries, Strawberries, Bananas, Oranges, Bell Pepper, Onion, Fresh Green Beans
- Frozen Peas/Carrots/Corn Mix, Frozen Berries, Frozen Pancakes, Frozen or Fresh Blueberries for Baking
- Canned Corn, Canned or Jarred Baby Corn, Canned Chick Peas, Canned Green Beans
- Tubs of Plain Yogurt, Gallons of 1% Milk, Gallons of Whole Milk, Shredded Cheese Mix, Cream Cheese, Cheese Slices, Cheddar Cheese Cubes, Lots of Eggs (4-8 Dozen)
- Loaves of 12 – 15 Grain Bread, Jiffy Corn Bread Mix, Raisin Bagels, Rice, Bagged Nut-Free Granola, Container of Plain Oats
- Flour, Sugar, Baking Powder
- Hummus, Maple Syrup, Jam, Honey
- Garlic Seasoning, Cinnamon, Sea Salt, Sugar
- Wheat Crackers, Graham Crackers, Oatmeal Cookies, Raisins, Dried Cranberries and Nature Valley Granola Bars
- 100% Orange Juice