

Shopping List – Week #1

Produce

- _____ Grapes (1 breakfast/1 snack)
- _____ Bananas (3 for banana bread)
- _____ Strawberries (1 snack)
- _____ Apples (1 snack)
- _____ Lettuce (for sandwiches)

Grocery Items

- _____ Assorted Cereals (Served 2 breakfast/1 snack)
- _____ Graham Crackers (1 snack/6 for a recipe)
- _____ Club Crackers (1 snack)
- _____ Chicken in a Biscuit Crackers (1 snack)
- _____ Rice Cakes (1 snack)
- _____ Pizza Sauce (Pizza for one lunch)
- _____ Egg Noodles (One dish)
- _____ Instant Vanilla Pudding (2- 3.4 oz boxes)

Condiments

- _____ Syrup (1 breakfast)
- _____ Jam (1 snack)

Cans & Jars

- _____ Pears (1 lunch)
- _____ Mixed Fruit (2 lunches)
- _____ Peaches (1 lunch)
- _____ Pineapple (1 lunch)
- _____ Corn (1 lunch)
- _____ Green Beans (1 lunch)
- _____ Cream of Mushroom Soup (One recipe)

Refrigerated Items

- _____ Milk (Served several times)
- _____ Eggs (5)
- _____ Strawberry yogurt (1 snack)
- _____ Sliced Cheese (1 snack/sandwiches)
- _____ Shredded pizza cheese (1 lunch)
- _____ Pillsbury dinner rolls (1 lunch)
- _____ Pillsbury pizza crust (1 lunch)
- _____ Pillsbury cornbread (1 lunch)
- _____ Butter (various items)

Baking Items

- _____ Flour (6 cups)
- _____ White Sugar (1 ½ c + 3 T)
- _____ Brown Sugar (¾ c.)
- _____ Baking Powder (1 T)
- _____ Baking Soda (2 ½ t)
- _____ Vegetable Oil (2 T)
- _____ Shortening (½ c)
- _____ Vanilla(3 t)
- _____ Chocolate Chips (11 ½ oz pkg. needed)
- _____ Mini Chocolate Chips (½ c)

Spices & Seasonings

- _____ Salt (¾ t)

Meat Department

- _____ Deli Ham (1 lunch)
- _____ Deli Turkey (1 lunch)
- _____ Ground Beef (1 recipe)
- _____ Ham Steak (1 lunch)

Frozen Foods

- _____ Chicken Nuggets (1 lunch)
- _____ French Fries (1 lunch)
- _____ Squash (1 lunch)
- _____ Strawberries (1 breakfast)
- _____ Apple Juice (2 breakfast/3 snacks)
- _____ Orange Juice (1 breakfast/1 snack)

Bakery

- _____ English Muffins (1 breakfast)
- _____ Bread (1 snack/1 lunch)