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 (¾ 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)