

Shopping List – Week #2

Produce

- _____ Assorted Fruit (Fruit Pizza)
- _____ Apples (1 lunch)
- _____ Oranges (1 snack)
- _____ Baby Carrots (1 snack)
- _____ Celery (1 snack)
- _____ Assorted Veggies (Veggie Pizza)

Grocery Items

- _____ Assorted Cereals (2 breakfasts)
- _____ Instant Oatmeal (1 breakfast)
- _____ Old Fashioned Oatmeal (3 c)
- _____ Corn Flakes (1/2 c crushed)
- _____ Graham Crackers (10 whole crackers)
- _____ Club Crackers (1 snack)
- _____ Fish Crackers (1 snack)
- _____ Rice Cakes (1 snack)
- _____ Egg Noodles (1 recipe)
- _____ Seasoned bread crumbs (1/2 c crushed)

Condiments

- _____ Peanut Butter (1 snack/1 lunch)
- _____ Jelly (1 lunch)
- _____ Honey (2 T)
- _____ Mayonaise (½ c + 2 T)
- _____ Ketchup (1 c)
- _____ Dijon Mustard (2 T)

Cans & Jars

- _____ Pears (1 lunch)
- _____ Mixed Fruit (1 lunch)
- _____ Peaches (1 breakfast/1 lunch)
- _____ Applesauce (1 lunch)
- _____ Peas (1 lunch)
- _____ Corn (1 lunch)
- _____ Carrots (1 lunch)
- _____ Spaghetti Sauce (1 snack)

Refrigerated Items

- _____ Milk (Served several times)
- _____ Eggs (1 lunch + 4)
- _____ Butter (1-2/3 c + 1 T)
- _____ Cream Cheese (8 oz box)
- _____ String Cheese (1 snack)
- _____ Shredded Cheese (1 cup)

Refrigerated Items (cont'd)

- _____ Parmesan Cheese (7 T)
- _____ Breadsticks (1 snack)
- _____ Crescent Rolls (2 tubes)

Baking Items

- _____ 1 jar marshmallow cream
- _____ Flour (1-¼ cups)
- _____ Granulated sugar (1-½ cups)
- _____ Brown sugar (1-½ cups)
- _____ Powdered sugar (½ cup)
- _____ 1 (18-½ ounce) yellow cake mix
- _____ Raisins (1 breakfast, 1 snack)
- _____ Butterscotch chips (11 ounces)
- _____ Bread crumbs (2 cups)
- _____ Baking soda (1 teaspoon)
- _____ Vanilla (1 teaspoon)
- _____ Vegetable oil (2 tablespoons)
- _____ White vinegar (1/3 cup)

Spices & Seasonings

- _____ Salt (1¼ teaspoons)
- _____ Pepper (1 teaspoon)
- _____ Oregano (1½ teaspoons)
- _____ Basil (½ teaspoon)
- _____ Parsley (½ teaspoon)
- _____ Paprika (¼ teaspoon)
- _____ Cinnamon (2 teaspoons)
- _____ Minced Onion (1 tablespoon)
- _____ Dry Ranch Salad Dressing (1 envelope)

Meat Department

- _____ Frozen Meatballs (1 lunch)
- _____ Cod Fillets (1 lunch)
- _____ Chicken Breasts (1 lunch)

Frozen Foods

- _____ Orange Juice (1 breakfast)
- _____ Apple Juice (1 breakfast, 3 snacks)
- _____ Hashbrowns (1 lunch)
- _____ French Fries (1 lunch)

Bakery

- _____ Bread (2 lunches)