# Shopping List – Week #3

## Produce
- **Bananas** (1 breakfast, 1 snack)
- **Oranges** (1 lunch)
- **Onion** (1/2 c. chopped, ½ onion)
- **Shredded lettuce** (1 lunch)

## Grocery Items
- **Assorted Cereals** (2 breakfasts)
- **Honey Nut Cheerios** (1 cup)
- **Old Fashioned Oatmeal** (4½ c)
- **Jell-O** (3 large boxes of assorted flavors)
- **Unflavored gelatin** (3 envelopes)
- **Instant mashed potato** (1 lunch)
- **Macaroni & Cheese** (1 box)
- **Elbow macaroni** (2 cups)
- **Tortillas** (1 breakfast, 1 lunch)
- **Vanilla wafers** (1 snack)

## Condiments
- **Peanut Butter** (1 breakfast/1 snack)
- **Syrup** (1 breakfast)
- **Ketchup** (1/2 c)
- **Salsa** (1 lunch)
- **Sour cream** (1 lunch)

## Cans & Jars
- **Mixed Fruit** (1 breakfast/1 lunch)
- **Peaches** (1 lunch)
- **Applesauce** (1 breakfast/1 lunch)
- **Pineapple chunks** (1 snack/1 lunch)
- **Peas** (1 lunch)
- **Corn** (1 lunch)
- **Carrots** (1 lunch)
- **Cheese dip** (1 snack)

## Refrigerated Items
- **Milk** (Served several times)
- **Cinnamon rolls** (1 breakfast)
- **Eggs** (9)
- **Butter** (1 T, 3 T, ½ cup)
- **Cheese** (1 snack/1 lunch)
- **Shredded Cheese** (12 ounces, 1 lunch)
- **String Cheese** (1 snack)

## Baking Items
- **Splenda** (½ cup)
- **Brown sugar Splenda** (½ cup)
- **Granulated sugar** (1-½ cups, 3 tablespoons)
- **Brown sugar** (4 tablespoons)
- **Gold Medal Flour** (2-½ cup)
- **Baking Soda** (1 teaspoon)
- **Cornstarch** (1 tablespoon)
- **Shortening** (¼ cup)
- **Olive oil** (3 tablespoons)
- **Lime juice** (2 tablespoons)
- **Maple flavoring** (1 tablespoon)
- **Raisins** (1 cup)

## Spices & Seasonings
- **Salt** (1-½ teaspoons)
- **Pepper** (1/8 teaspoon)
- **Ground sage** (½ teaspoon)
- **Ground mustard** (2 teaspoons)
- **Ground cumin** (½ teaspoon)
- **Garlic powder** (¾ teaspoon)
- **Onion powder** (½ teaspoon)
- **Chili powder** (1 teaspoon)
- **Kosher salt** (1 teaspoon)
- **Cream of tartar** (2 teaspoons)
- **Vanilla** (1-½ teaspoons)
- **Cinnamon** (½ teaspoon, 1 tablespoon)
- **Cinnamon & Sugar** (½ cup sugar + 1 t cinnamon)

## Meat Department
- **Ground beef** (1-½ pounds)
- **Pre-cooked Ham** (1 lunch)
- **Chicken Breasts** (1 lunch)
- **Beef franks** (1 lunch, 1 optional lunch)

## Frozen Foods
- **Orange Juice** (1 breakfast)
- **Apple Juice** (1 breakfast, 3 snacks, 4 cups)
- **Tator tots** (1 lunch)
- **Potato wedges** (1 snack)

## Bakery
- **Bread** (1 snack)
- **Thick sliced bread** (1 breakfast)
- **Raisin Bread** (1 snack)