

## Shopping List – Week #6

### Produce

- \_\_\_\_\_ Apples (1 breakfast, 1 snack)
- \_\_\_\_\_ Zucchini (2 cups shredded)
- \_\_\_\_\_ Mixed berries (1 snack, 1 lunch)
- \_\_\_\_\_ Celery ( ½ stalk)
- \_\_\_\_\_ Onion ( ¾ cup, chopped)

### Grocery Items

- \_\_\_\_\_ Assorted Cereals (2 breakfasts)
- \_\_\_\_\_ Trix cereal (3 cups)
- \_\_\_\_\_ Cheerios (3 cups)
- \_\_\_\_\_ Granola bars (1 snack)
- \_\_\_\_\_ Cheese crackers (1 snack)
- \_\_\_\_\_ Fish crackers (1 snack)
- \_\_\_\_\_ Mini marshmallows (4 cups)

### Condiments

- \_\_\_\_\_ Yellow mustard (squirt)
- \_\_\_\_\_ Ketchup (1 cup)
- \_\_\_\_\_ Worstershire sauce (3 tablespoons)
- \_\_\_\_\_ Miracle Whip (½ cup)
- \_\_\_\_\_ Peanut Butter (2 snacks + 1 cup)
- \_\_\_\_\_ Jelly (1 snack)

### Cans & Jars

- \_\_\_\_\_ Peaches (1 lunch)
- \_\_\_\_\_ Pears (1 lunch)
- \_\_\_\_\_ Mixed Fruit (1 breakfast, 1 lunch)
- \_\_\_\_\_ Applesauce (1 lunch)
- \_\_\_\_\_ Green Beans (1 lunch)
- \_\_\_\_\_ Corn (1 lunch)
- \_\_\_\_\_ Carrots (1 lunch)
- \_\_\_\_\_ Peas (1 lunch)
- \_\_\_\_\_ Tomato soup (1 recipe)
- \_\_\_\_\_ Chicken boullian (1 recipe)
- \_\_\_\_\_ Pimientos (1 recipe)
- \_\_\_\_\_ Mushroom buttons (1 recipe)

### Refrigerated Items

- \_\_\_\_\_ Milk (Served several times)
- \_\_\_\_\_ Butter (4 sticks)

### Refrigerated Items (cont'd)

- \_\_\_\_\_ Cheese, shredded (1 cup)
- \_\_\_\_\_ Parmesan Cheese (¼ cup)
- \_\_\_\_\_ Eggs (17)
- \_\_\_\_\_ Yogurt (1 snack)
- \_\_\_\_\_ Crescent rolls (1 roll)
- \_\_\_\_\_ Tortillas (1 snack)

### Baking Items

- \_\_\_\_\_ Flour (7 cups)
- \_\_\_\_\_ Sugar (3-½ cups, 4 T)
- \_\_\_\_\_ Brown sugar (2-½ cups)
- \_\_\_\_\_ Baking soda (1 teaspoon)
- \_\_\_\_\_ Baking powder (2 teaspoons)
- \_\_\_\_\_ Vegetable oil (1 cup)
- \_\_\_\_\_ White vinegar (2 tablespoons)
- \_\_\_\_\_ Yellow food color
- \_\_\_\_\_ Vanilla (2 teaspoons)
- \_\_\_\_\_ Walnuts (1 cup, chopped)(optional)

### Spices & Seasonings

- \_\_\_\_\_ Salt (4 ½ teaspoons)
- \_\_\_\_\_ Pepper (1 teaspoon)
- \_\_\_\_\_ Cayenne pepper (dash)
- \_\_\_\_\_ Basil (¼ teaspoon)
- \_\_\_\_\_ Cinnamon (3 – 4 tablespoons)

### Meat Department

- \_\_\_\_\_ Chicken breasts (4 cups cubed)
- \_\_\_\_\_ Sausage links or ham (12 ounces, diced)
- \_\_\_\_\_ Ground beef (3 pounds)

### Frozen Foods

- \_\_\_\_\_ Orange Juice (2 breakfasts)
- \_\_\_\_\_ Apple Juice (1 breakfasts, 3 snacks)
- \_\_\_\_\_ Hashbrowns (2 cups)
- \_\_\_\_\_ Tator tots (1 lunch)
- \_\_\_\_\_ Corn dogs (1 lunch)
- \_\_\_\_\_ Popcorn Shrimp (1 lunch)
- \_\_\_\_\_ Patty shells (1 lunch)

### Bakery

- \_\_\_\_\_ Bread (1 lunch, 1 snack)
- \_\_\_\_\_ Whole wheat break (1 breakfast)
- \_\_\_\_\_ Hamburger buns (1 lunch)