### 3 Week Menu - Week 2 - Fall 2016

**Remember: Always check your pantry and refrigerator before shopping!**

This grocery list is for recipes and does not include the milk, yogurt, fruits, and vegetables for sides and snacks.

#### Staples
- Whole Wheat Flour & Enriched Flour
- Brown rice
- Salt
- Black Pepper
- Baking Powder
- Baking soda
- Sugar
- Nonfat Dry Milk Powder
- Canola Oil
- Vanilla
- Apple Cider Vinegar
- Garlic and Onion Powder
- Brown Sugar
- Cinnamon
- Cornstarch
- Nutmeg
- Chili powder
- Soy sauce

#### Canned & Packaged Goods
- 1 can water chestnuts
- Lemon rind
- 2 boxes chicken broth
- 1 small can crushed pineapple
- 1 6 oz can tomato paste
- 2 15 oz cans tomato sauce
- 1 8 oz can tomato sauce
- 1 16 oz can refried beans
- 1 15 oz can chopped tomatoes
- Cayenne pepper
- Mustard
- 1 jar salsa

#### Grains
- Whole grain cereal
- Whole grain bread
- Wheat bran 6 cups old-fashioned rolled oats
- 2 boxes whole grain noodles
- Oatmeal
- 4 whole grain bagels or English muffins
- Corn flakes cereal
- 1 package whole grain crackers

#### Fruits & Vegetables
- 4 medium onions
- 1 small broccoli head
- 1 cup lemon juice
- 1 16 oz can mushrooms or 1/2 cup sliced fresh mushrooms
- 2-3 cloves garlic
- 2 whole carrots
- 1 small bag raisins
- 3 medium russet potatoes
- 4 medium sweet potatoes
- Parsley
- 2 cups dried navy beans
- 1 package celery
- 1 cup Assorted fresh fruit for fruit parfait
- Thyme
- 4 medium baking apples
- Small package raisins

#### Dairy*
- Non-fat or low-fat milk
- 32 oz tub Plain low-fat yogurt
- Low-fat vanilla yogurt
- 1 small bag mozzarella cheese
- Small package of cheddar cheese

#### Meats & Poultry*
- One package tofu
- 1 pound boneless lean beef or ground meat
- 6 pounds lean ground meat
- 1 package eggs
- 1 meaty ham bone or 1/2 pound chopped ham
- 3.5 pounds raw chicken

#### Frozen Foods*
- 1 16 oz package frozen peas

#### Non-Food Items
- Non-stick spray

*These foods should be purchased last so that their safety and quality can be protected.

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This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer.