



Cent\$ible Nutrition Program

3 Week Menu - Week 3 - Spring



Remember: Always check your pantry and refrigerator before shopping!

This grocery list is for recipes and does not include the exact quantities of milk, yogurt, fruits, and vegetables for sides and snacks. You will decide on the quantities based on your family size and needs.

Staples	Canned & Packaged Goods	Grains	Fruits & Vegetables
<ul style="list-style-type: none"> Enriched flour Whole-wheat flour Baking soda White sugar Nonfat dry milk Canola oil Salt Black pepper Cinnamon Honey Garlic powder Cornstarch Dried basil Dried parsley Onion powder Vanilla extract Chili powder Paprika Cumin Dried oregano Dried Rosemary Dried thyme 	<ul style="list-style-type: none"> Red wine vinegar Dijon mustard Minced garlic Ground ginger Low-sodium soy sauce Fat-free Italian dressing Parmesan cheese 2-15oz cans tomato sauce 1-6oz can tomato paste 1-15oz can chopped tomatoes 1 jar salsa 1 package of pinto beans 1 jar green chili 1-15oz can black beans 1-15oz can kidney beans 1 small can black olives 2-5oz cans water-packed tuna Mayonnaise White Vinegar 	<ul style="list-style-type: none"> Whole-grain bread Whole-grain cereal Brown rice Whole-grain pasta (spaghetti & other) Old-fashioned oats Breadcrumbs Whole-wheat tortillas Corn tortillas 	<ul style="list-style-type: none"> Fruit for breakfast/snacks Veggies for snacks, salads, & sandwich Lettuce 2 medium apple Blueberries 4 large red potatoes 3 bell peppers (2 green & 1 red) 4 onions (1 red & 3 white) 2 green onion bunches Orange Fresh parsley Cabbage 4 mushrooms Spinach leaves 3 medium carrots Cilantro Jalapeño
Dairy*	Meats & Poultry*	Frozen Foods*	Non-Food Items
<ul style="list-style-type: none"> Low-fat milk Cheese slices Low-fat cheddar cheese Fat-free sour cream Low-fat mozzarella cheese Plain low-fat yogurt 	<ul style="list-style-type: none"> Dozen eggs Lunch meat 1 pound sirloin steak 3 pounds chicken breasts 6 pounds lean ground beef 	<ul style="list-style-type: none"> 1 package frozen broccoli 1 package frozen carrots 	<ul style="list-style-type: none"> Aluminum foil

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