

HH# 1

AUGUST

NAME: _____

SELECT 4 UNITS _____ REFRIED BEANS
 _____ VEGETARIAN BEANS
 _____ KIDNEY BEANS
 _____ BLACK BEANS
 _____ CAN PINTO BEANS
 _____ DRY PINTO BEANS
 _____ GREAT NORTH BEANS

SELECT 1 UNIT _____ SLICED CHEESE E.O.M.
 _____ BLOCK CHEESE E.O.M.

SELECT 1 DOZEN _____ CARTON EGGS

SELECT 1 UNIT _____ BUTTER
 _____ VEGETABLE OIL

SELECT 4 UNITS _____ APRICOTS
 _____ MIXED FRUIT
 _____ CANNED PEACHES

BLUEBERRIES ARE WORTH 3 UNITS
 _____ CANNED PEARS
 _____ PRUNES
 _____ RAISINS
 _____ FROZEN BLUEBERRIES
 _____ APPLESAUCE CUPS

SELECT 2 JUICES _____ APPLE JUICE
 _____ CHERRY APPLE JUICE
 _____ GRAPE JUICE
 _____ ORANGE JUICE
 _____ TOMATO JUICE
 _____ CRANBERRY APPLE JUICE

SELECT 6 LBS. _____ ORANGES 3LB.
 _____ GRAPEFRUIT 1LB.
 _____ AVOCADOS 1LB.
 _____ APPLES 3LB.
 _____ CHERRIES 2LB.
 _____ FRESH PLUMS 1LB.
 _____ LEMONS 1LB.

SELECT 6 UNITS _____ GREEN BEANS
 _____ CREAM CORN
 _____ CANNED PEAS
 _____ SPINACH
 _____ TOMATOES DICED
 _____ SLICED POTATOES
 _____ TOMATO SAUCE
 _____ SPAGHETTI SAUCE
 _____ DEHYDRATED POTATOES

SELECT 7 LBS _____ BABY CARROTS 1LB.
 _____ GREEN PEPPERS 1LB.
 _____ CELERY 1LB.
 _____ CABBAGE 1LB.
 _____ RUSSET POTATOES 5LB.
 _____ TOMATOES 1LB.
 _____ BROCCOLI 1LB.
 _____ YELLOW ONIONS 1LB.
 _____ FRESH CORN 1LB.
 _____ RED ONIONS 1LB.
 _____ RED POTATOES 3LB.

SELECT 2 UNITS _____ RICE CEREAL
 _____ CEREAL
 _____ BRAN FLAKES CEREAL
 _____ CORN FLAKES CEREAL
 _____ OAT CIRCLES CEREAL
 _____ SHREDDED WHEAT CEREAL
 _____ CORN SQUARES CEREAL
 _____ FARINA
 _____ ROLLED OATS

SELECT 2 UNITS _____ A.P.FLOUR
 _____ YELLOW CORNMEAL
 _____ BLUE CORNMEAL
 _____ WHOLE WHEAT FLOUR
 _____ BAKERY MIX

SELECT 5 UNITS _____ CRACKERS
 _____ EGG NOODLES
 _____ SPAGHETTI
 _____ ELBOW MACARONI
 _____ WHOLE GRAIN ROTINI
 _____ MAC N CHEESE (3 TO 1) 1 MAX
 _____ RICE

SELECT 3 UNITS _____ CANNED BEEF
 _____ FROZEN HAMBURGER (2 TO 1)
 _____ FROZEN ROASTBEEF (1 MAX)
 _____ TUNA (2 TO 1)
 _____ FROZEN PORKCHOPS (1 MAX)
 PORKCHOPS ARE 2 TO 1 _____ FROZEN BISON (1 MAX) (2 TO 1)
 _____ CANNED CHICKEN (2TO1)
 _____ FROZEN BRST.CHICKEN (1 MAX)

SELECT 1 UNIT _____ UHT MILK (8 TO 1)
 _____ EVAPORATED MILK (8 TO 1)
 _____ POWDERED DRY MILK (2 TO 1)

SELECT 1 UNIT _____ FRUIT AND NUT MIX
 _____ ROASTED PEANUTS
 _____ PEANUT BUTTER

SELECT 3 UNITS _____ VEGETABLE SOUP
 _____ TOMATO SOUP
 _____ BEEF STEW
 _____ CREAM OF MUSHROOM SOUP
 _____ CREAM OF CHICKEN SOUP

SELECT 1 UNIT _____ DRIED CHERRIES

SELECT 1 UNIT _____ FROZEN CATFISH

SELECT 1 UNIT _____ FROZEN SALMON FILLETS

SELECT 1 UNIT _____ FROZEN PULLED PORK

SELECT 1 UNIT _____ FROZEN PORK PATTIES

SELECT 1 UNIT _____ FROZEN STRAWBERRIES

E.O.M. =EVERY OTHER MONTH
 1 BAG OF FROZEN BLUEBERRIES IS WORTH 3 UNITS

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