

Cannot Order more than 10 of any one item

Bi-Weekly

Food Outreach

| PICK UP TO 2 - MEATS | |
|-------------------------------------------------------------------------------------------------|--|
| 2 Salmon Fillets (Frozen) | |
| Chicken Tenders (Frozen) | |
| Ground Beef (Frozen) | |
| Ground Turkey (Frozen) | |
| 1 Dozen Eggs (LIMIT 1) | |
| Total | |
| PICK UP TO 1 - Meal | |
| Fennel Minestrone Soup, Turkey Italian Meatballs, Apple Cranberry Walnut Cake, Mixed Vegetables | |
| Miso Glazed Salmon, Cilantro Lime Rice, Roasted Broccoli, Avocado Chocolate Pudding | |
| Total | |
| PICK UP TO 13 - ENTREES & PROTEINS | |
| Chicken Bacon Wild Rice Soup (Frozen) | |
| Veggie Lasagna (Frozen) | |
| Beef Bulgogi (Frozen) | |
| Ginger Pork & Snap Peas (Frozen) | |
| Moroccan Chicken (Frozen) | |
| Gus' Spicy Fried Chicken (Frozen) (LIMIT 1) | |
| Cheese Tortellini w/ Marinara (Frozen) | |
| Lemongrass Tilapia (Frozen) | |
| Garlic Parmesan Boneless Wings (Frozen) | |
| Dirty Rice (Vegan)(Frozen) | |
| Beef-A-Roni (Frozen) | |
| Proteins | |
| Canned Garbanzo Beans | |
| Canned Black Beans | |
| Canned Red Beans | |
| Canned Tuna | |
| Canned Sardines (LIMIT 2) | |
| Canned Chicken 5 oz (LIMIT 2) | |
| Peanut Butter (LIMIT 1) | |
| Firm Tofu (LIMIT 1) | |
| 2 (1 oz) Bags of Mild Cheddar Cubes | |
| Dry Lentils | |
| Dry Great Northern Beans | |
| Dry Black-eyed Peas | |

May

| PICK UP TO 12 - FRUITS, VEGGIES, & SIDES | |
|------------------------------------------|--|
| Roasted Garlic Broccoli (Frozen) | |
| Chili Edamame (Frozen) | |
| Tangy Brussels Sprouts (Frozen) | |
| Peas w/ Pearl Onions (Frozen) | |
| Mexican Black Beans (Frozen) | |
| Elote Corn Casserole (Frozen) | |
| Green Beans w/Almonds (Frozen) | |
| Roasted Butternut Squash (Frozen) | |
| Mashed Potatoes & Cabbage (Frozen) | |
| Smokey Sweet Potatoes (Frozen) | |
| Moroccan Couscous (Frozen) | |
| Mixed Fruit (Frozen) | |
| Fresh Fruits and Vegetables | |
| 2 Fresh Sweet Potatoes | |
| 1 Fresh Onion | |
| 2 Fresh Potatoes | |
| 1 Head of Fresh Garlic | |
| 1 Fresh Tomato | |
| 1 lb Fresh Carrots | |
| 1 Fresh Lime | |
| 2 Fresh Apples | |
| 2 Fresh Pears | |
| 2 Fresh Oranges | |
| 1 Fresh Orange Pepper | |
| 1 Fresh Head of Cabbage (Limit 1) | |
| 1 Fresh bundle of Green Onions | |
| Canned Fruits and Vegetables | |
| Canned Whole Peeled Tomatoes | |
| Canned Diced Tomatoes | |
| Canned Corn | |
| Canned Creamed Corn | |
| Canned Green Beans | |
| Canned Peas | |
| Canned Mixed Vegetables | |
| Canned Spinach | |
| Allen's Mixed Greens (LIMIT 1) | |
| Jar Applesauce (LIMIT 1) | |

Cannot Order more than 10 of any one item

Bi-Weekly

| | |
|-----------------|--|
| Dry Black Beans | |
| Dry Pinto Beans | |
| Total | |

High Sugar Content - Not recommended for diabetics

Food Outreach

| PICK UP TO 6 - GROCERY STAPLES | |
|----------------------------------------------------|--|
| <i>Grains - Great Source of Fiber & Energy</i> | |
| Half Loaf Whole Wheat Bread (Frozen)(LIMIT 1) | |
| 2 Whole Grain Cornbread 2 oz (Frozen) | |
| Long Grain Brown Rice | |
| Jasmine Rice | |
| Egg Noodles (LIMIT 2) | |
| Elbow Macaroni | |
| Spaghetti Noodles | |
| Quick Oats (LIMIT 1) | |
| Corn Tortillas | |
| Ziti | |
| Penne Rigate | |
| Unpopped Popcorn Kernels (LIMIT 1) | |
| <i>Soups, Sauces, & Mixes</i> | |
| Pancake Mix (LIMIT 1) | |
| Nonfat instant milk (6 packets) (LIMIT 2) | |
| Chocolate Pudding | |
| Banana Cream Pudding | |
| Boxed Mac & Cheese (LIMIT 2) | |
| Chicken Bouillon (2 packets) | |
| Beef Bouillon (2 packets) | |
| Canned Soup - Cream of Chicken | |
| Canned Soup - Cream of Mushroom | |
| Canned Soup - Tomato | |
| Canned Soup - Chicken Noodle | |
| Jar Pasta Sauce (LIMIT 1) | |
| Garlic Powder (LIMIT 1) | |
| <i>Healthy Fats</i> | |
| 1 pkg. Almonds (LIMIT 1) | |
| Total | |

| PICK UP TO 1 - JUICE | |
|---------------------------------|--|
| V8 Vegetable Juice (low sodium) | |
| Orange Juice (Frozen) | |
| Apple Juice | |
| Crystal Light Lemonade | |

| | |
|----------------------------------|--|
| Canned Fruit Cocktail (LIMIT 1) | |
| Canned Chunk Pineapple (LIMIT 1) | |
| Total | |

May

Client Name: _____

Client #: _____

5/10/2025

Scanner: _____

If you are not the client listed,
but are their proxy, please sign
your name on the line below:

PLEASE PUT MENU IN TRAY

Cannot Order more than 10 of any one item

Bi-Weekly

| | |
|-----------------------------------------|--|
| Crystal Light Fruit Punch | |
| Instant Breakfast Chocolate (6 packets) | |
| Total | |