



Core Foods

Economical | Nutritious | Meets Your Needs

Regularly Available

Peanut Butter

Fresh or Frozen Protein

Canned Protein

Beans

Canned Fruit

Canned Vegetables

1% Shelf Stable Milk

100% Juice

Corn Flakes

Oatmeal

Granola Bars

Pancake Mix

Pancake Syrup

Vegetable Oil

Jelly

Pasta

Rice

Pasta Sauce

Beef Stew

Instant Mashed Potatoes

Macaroni and Cheese

Corn Muffin Mix

Seasonal Items

*Cranberry sauce, stuffing mix,
sweet potatoes, turkey gravy*

