

Week 2 Cold Cycle Menu Shopping List

The list is based on 50 servings/day. Should your participation warrant serving changes, double for 100 servings or divide in half and add to original amount for 75 servings. Please remember to round up decimals to be sure you have enough servings and in the event a meat yield is less than anticipated.

Item	Amount
Meat	
Beans, red kidney, canned	1 ⅓ - #10 can
Chicken, cooked, diced	6 lb
Ham, cooked, water added, sliced	1 lb 14 oz
Tuna, canned in water, chunk style, drained	2 - 66.5 oz cans
Fruit	
Applesauce, unsweetened	1 gallon + 1 cup
Bananas, fresh, AP	2 lb 8 oz
Blueberries, fresh or frozen	2 lb 4 oz
Honeydew Melon, whole	10 lb 4 oz
Kiwi, whole	50 each
Oranges, whole, sliced	25 whole
Pineapple Juice, 100%	¾ cup
Pineapple, tidbits, canned	1 - #10 can
Strawberries, fresh, AP	2 lb
Vegetables	
Broccoli, fresh, RTE	3 lb 8 oz
Carrots, fresh, AP	7 lb 13 oz
Carrots, fresh, shredded, AP	1 lb 8 oz
Celery, fresh, AP	2 lb 7 oz
Corn, frozen kernels	2 lb 8 oz
Lettuce, romaine, chopped, AP	9 lb
Peppers, green or red bell, AP	3 lb 7 oz
Salsa, canned	1 cup
Tomato paste	2 cups
Tomato, fresh, chopped, AP	7 lb 5 oz
Grains/Bread	
Bread, whole wheat, 1 oz eq grains per slice	100 slices
Crackers, whole wheat	2 lb 8 oz or approx. 350 each
Tortilla Chips, whole grain-rich	3 lb 2 oz
Tortilla, whole wheat, 8", 2 oz eq grains each	50 each

Item	Amount
Dairy	
Cheese Stick	3 lb 2 oz or 50 - 1 oz sticks
Cheese, American, slices	1 lb 9 oz or 50 - ½ oz slices
Cheese, cheddar, shredded	3 lb 10 oz
Cottage Cheese, low-fat	12 ½ cups
Egg, whole, fresh, raw, large	5 each
Milk	252 - ½ pints or 15 gallons + 3 qts
Condiments / Spices / Other	
Baking Powder	2 oz
Baking Soda	½ oz
Chili Powder	1 ¾ cups
Cinnamon, ground	1 ½ Tbsp
Cumin, ground	1 ⅓ cups
Flour, whole wheat	1 lb 2 oz
Mayonnaise, low-fat	2 lb 11 oz or 1 qt 1 ½ cups
Mustard, dry, ground	1 ½ tsp
Oats, rolled, dry	1 lb 2 ½ oz
Oil, soybean, salad or cooking	6 oz or ¾ cup
Onion Powder	¼ cup 3 Tbsp
Onion, dehydrated flakes	1.3 oz
Paprika	¼ cup 3 Tbsp
Pepper, black, ground	2 ½ tsp
Pickle Relish, sweet, undrained	8 ¾ oz or 1 cup
Ranch Dressing, chipotle flavored	1 cup
Salsa, canned	1 cup
Salt	2 tsp
Sugar, brown, packed	⅛ cup 2 tsp
Sugar, granulated	10 ½ oz or 1 ½ cups