# Kansas SFSP Menus

## Week 1 – Grocery 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 case a meat shrinks more than you had planned.

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| **(🗸)** | **Items** | **Amount** |
| Meat | | |
|  | Ground Beef for Patties | 8 lb |
|  | Ground Beef (80/20) | 17 lb 8 oz (Spaghetti Meat Sauce and Super Nachos) |
|  | Hot Dogs | 50 – 2 oz ea |
|  | Turkey, thin sliced, cooked | 50 oz |
| **Fruit** | | |
|  | Apples | 5 lb 4 oz |
|  | Applesauce | 2 #10 cans and 1 can – 15.5 oz (or 4 jars – 48 oz ea) |
|  | Pears | 2 #10 cans and 2 cans – 15 oz ea (or 14 cans – 15 oz ea) |
|  | Raisins | 1 lb |
|  | Peaches, sliced | 2 #10 cans (or 14 cans – 15 oz ea) |
|  | Fruit Cocktail | 1 #10 can and 1 can – 15½ oz (or 8 cans – 16 oz ea) |
| **Vegetables** | | |
|  | Carrots, baby | 5 lb |
|  | Corn | 4 ½ lb, frozen |
|  | Cucumbers | 4 lb |
|  | French Fries, frozen | 4 lb |
|  | Potato Wedges, frozen | 8 ½ lb |
|  | Refried Beans | 1 #10 can (or 7 cans – 16 oz ea) |
|  | Romaine Lettuce | 1 lb 12 oz |
|  | Spaghetti Sauce | 1 ⅝ #10 cans (or 4 ½ cans – 26 oz ea) |
|  | Spinach | 1 lb 12 oz |
|  | Salsa | 5 jars – 24 oz ea |
| **Grains/Bread** | | |
|  | Hamburger Buns | 100 ea (Hamburger and Sub Sandwich) |
|  | Hot Dog Buns | 50 ea |
|  | Spaghetti | 4 lb 12 oz, dry |
|  | Tortilla Chips | 50 oz (or 4 bags – 13 oz ea) |
| **Dairy** | | |
|  | Milk | 250 – ½ pints (or 15 gallon and 10 cups) |
|  | Yogurt, vanilla, low-fat | 1 lb 4 oz (1 carton – 32 oz ea or 4 cartons – 6 oz ea) |
|  | American Cheese, sliced | 50 oz (or 4 pkg – 16 oz ea) |
|  | Cheese, shredded cheddar | 1 lb 9 oz |
| **Condiments / Spices** | | |
|  | Ketchup |  |
|  | Mayonnaise |  |
|  | Mustard |  |
|  | Ranch Dressing |  |
|  | Taco Seasoning |  |
|  | Pepper |  |
|  | Salt |  |
|  | Vegetable Oil or Pan Release |  |