

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.

(✓)	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 ⅔ #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	