# Kansas SFSP Menus

## Week 2 – 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. Should you need to double your list you may not need the # 303 cans but will be able to use #10 can size. 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 | | |
|  | Chicken Nuggets | 250 nuggets, precooked (5 nuggets = 2 oz eq M/MA, 1 oz eq Grains) |
|  | Ham | 7 lb |
|  | Ground Beef (80/20) | 17 lb 8 oz (Hamburgers and Taco Meat) |
|  | Hot Dogs | 50 – 2 oz ea |
| **Fruit** | | |
|  | Applesauce | 1 jar – 24 oz |
|  | Bananas | 7 lb |
|  | Strawberries, frozen | 5.5 lb (unsweetened, sliced) |
|  | Pineapple Tidbits | 2 #10 cans (or 15 cans – 20 oz ea) |
|  | Peaches, sliced | 2 #10 cans and 1 can – 15 oz ea (or 16 cans – 16 oz ea) |
|  | Pears, sliced | 1 #10 can (or 7 cans – 15 oz ea) |
| **Vegetables** | | |
|  | Carrots, baby | 5 lb |
|  | Baked Beans | 1 #10 can and 1 #303 can (or 4 cans – 28 oz ea) |
|  | Corn | 1 #10 and 2 cans – 15½ oz ea (or 7 cans – 15 oz ea) |
|  | Cucumbers | 4 lb |
|  | Green Beans | 2 #10 cans and 1 #303 can (or 10 cans – 15 oz ea) |
|  | Lettuce | 2.4 lb |
|  | Mashed Potatoes | 2 lb dehydrated flakes |
|  | Peas | 7 pkg – 12 oz ea, frozen |
|  | Tomato | 3.3 lb |
| **Grains/Bread** | | |
|  | Bread | 5 loaves – 20 oz ea |
|  | Bun, hamburger | 50 buns – 1 oz or more ea 7 pkg – 8 per pkg? |
|  | Biscuits, canned | 7 cans – 8 per can (at least 1 oz/biscuit) |
|  | Soft Shell Taco, 6” | 50 shells – 1 oz ea |
|  | Macaroni, elbow | 50 oz dry (optional mac ‘n cheese) |
| **Dairy** | | |
|  | Milk | 250 – 1/2 pints (or 15 gallon + 10 cups) |
|  | Cheese Sauce, low sodium | 7 lbs 15 oz (optional Mac ‘n Cheese) |
|  | Cheese, shredded cheddar | 1.75 lb |
| **Condiments / Spices** | | |
|  | Ketchup |  |
|  | Mayonnaise |  |
|  | Mustard |  |
|  | Pepper |  |
|  | Ranch Dressing |  |
|  | Salsa |  |
|  | Salt |  |
|  | Taco Seasoning |  |
|  | Vegetable Oil or Pan Release |  |