

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	