# Kansas SFSP Menus

## Week 3 – 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.

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| **(🗸)** | **Items** | **Amount** |
| Meat | | |
|  | Chicken, sliced, deli | 75 oz |
|  | Hamburger (80/20) | 6.5 lb |
|  | Peanut Butter | 3.5 lb |
|  | Pizza | 50 ea – 2 oz eq M/MA and 1 oz G/B |
| **Fruit** | | |
|  | Apples, fresh | 1.75 lb |
|  | Applesauce | 2 #10 can and 1 #303 can (or 4 jars – 48 oz ea) |
|  | Bananas, fresh | 4.5 lb |
|  | Cantaloupe | 17 |
|  | Grapes, fresh | 1.75 lb |
|  | Mandarin Oranges | 8 #303 cans, in 100% juice or light syrup |
|  | Peaches | 1 #10 can and 1 can – 15 oz ea (or 7 cans – 15 oz ea) |
|  | Pears, sliced | 2 #10 cans (or 14 cans – 15 oz each) |
| **Vegetables** | | |
|  | Beans, Baked | 8 cans – 28 oz ea |
|  | Carrots | 3 lb 4 oz (Garden Salad and Baby Carrots) |
|  | Corn, frozen, whole kernel | 4 ½ lb (Mexi-Corn) |
|  | Cucumbers | 3 oz (Garden Salad) |
|  | Green Beans | 1 #10 can and 1 – 15 oz can (or 10 cans – 15 oz ea) |
|  | Romaine | 6 lb 6 oz (Garden Salad and Taco Salad) |
|  | Spinach | 1 lb 10 oz (Garden Salad) |
|  | Tomato, fresh | 3 lb 10 oz (Garden Salad and Taco Salad) |
|  | French Fries, frozen | 7 lb |
|  | Celery | 2.7 lb |
|  | Salad Mix | 2 lb (optional) |
| **Grain** | | |
|  | Tortilla Chips, baked | 50 oz (4 pkg – 13 oz ea) |
|  | Tortilla, whole wheat | 100 – 8” (1.5 oz ea) (Chicken Wrap & Cheese Quesadilla) |
|  | Bread, whole wheat | 5 loaves – 20 oz ea |
| **Dairy** | | |
|  | Cheese, cheddar, shredded | 9 lb 6 oz (Quesadillas, Taco Salad and Chicken & Cheese Wrap) |
|  | Milk | 250 – ½ pints (or 15 gallon and 10 cups) |
| **Condiments / Spices** | | |
|  | Ketchup |  |
|  | Pepper |  |
|  | Ranch Dressing |  |
|  | Salt |  |
|  | Salsa |  |
|  | Taco Seasoning Mix |  |
|  | Jelly |  |