

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.

(✓)	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	