# Kansas SFSP Menus

## Week 4 – 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.

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| **(🗸)** | **Items** | **Amount** |
| Meat |
|  | Turkey Breast, thin sliced | 50 oz |
|  | Peanut Butter | 3.5 lb (or 2 jars – 28 oz ea)  |
|  | Chicken, sliced, deli | 7 5 oz |
|  | Ham, fully cooked, sliced | 6 lb 4 oz |
|  | Roast Beef | 7 lb, pre-cooked, pre-sliced  |
| **Fruit** |
|  | Any fresh fruit | Selection of apples and clementines for 50 total |
|  | Strawberries, frozen | 5 ½ lb, unsweetened, sliced |
|  | Bananas | 7 lb |
|  | Applesauce, unsweetened | 1 jar – 48 oz  |
|  | Pears | 2 #10 cans (or 7 cans – 15 oz ea) |
|  | Peaches, sliced | 2 #10 cans (or 14 cans – 15 oz ea) |
|  | Pineapple Chunks | 2 #10 cans and 2 #303 cans (or 15 cans – 20 oz ea) |
| **Vegetables** |
|  | Peppers, tri-color | 3.5 lb total (red, yellow, green) |
|  | Carrots, baby | 3 lb |
|  | Celery | 2 lb 11 oz |
|  | Tator Tots | 4 bags – 2 lb ea |
|  | Green Beans | 1 #10 can and 1 can – 15 oz ea (or 10 cans – 15 oz ea) |
|  | Cauliflower, fresh | 2 lb  |
|  | Broccoli, fresh | 1 lb florets, trimmed, ready to use |
|  | Salad Mix | 3 lb 13 oz (or 5 bags – 12 oz ea) double if serving optional day |
| **Grain** |
|  | Hamburger Buns | 50 buns (7 pkg – 8 per pkg) |
|  | Tortilla, WW | 50 ea (1.5 oz ea) |
|  | Bread | 30 loaves – 20 oz ea |
| **Dairy** |
|  | Cheese, American slices | 50 oz, 1 oz ea |
|  | Cheese, shredded cheddar | 1 lb 9 oz |
|  | Cheese Sticks | 50 ea, 1 oz ea  |
|  | Milk | 250 – ½ pints (or 15 gallon and 10 cups) |
| **Condiments / Spices** |
|  | Jelly |  |
|  | Ketchup |  |
|  | Mayonnaise |  |
|  | Mustard |  |
|  | Pepper |  |
|  | Ranch Dressing |  |
|  | Salt |  |
|  | Vegetable Oil or Pan Release |  |