

# 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.

(✓)	Items	Amount
<b>Meat</b>		
	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
<b>Fruit</b>		
	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)
<b>Vegetables</b>		
	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
<b>Grain</b>		
	Hamburger Buns	50 buns (7 pkg – 8 per pkg)
	Tortilla, WW	50 ea (1.5 oz ea)
	Bread	30 loaves – 20 oz ea
<b>Dairy</b>		
	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)
<b>Condiments / Spices</b>		
	Jelly	
	Ketchup	
	Mayonnaise	
	Mustard	
	Pepper	
	Ranch Dressing	
	Salt	
	Vegetable Oil or Pan Release	