

United Tribes
3301 Thrasher Road
White Cloud, KS 66094 (785) 595-3291

HOUSEHOLD SIZE 2

NAME _____

MONTH _____

PICK UP DATE _____

BEANS- CHOOSE UP TO 8 UNITS

____ Refried Beans ____ Black Beans ____ Dry Great Northern Beans 1 Lb
____ Vegetarian Beans ____ Pinto Beans (can)
____ Kidney Beans ____ Dry Pinto Beans 1 Lb

Cheese-Choose 1

____ Sliced Cheese ____ Block Cheese

Eggs-Choose 4

____ Eggs ____ Powder Eggs (1 unit =2 packages)

Oil-Choose 1

____ Real Butter ____ Vegetable Oil ____ Olive Oil ____ Buttery Spread

Cereal-Choose 4

____ Corn Flakes ____ Rice Crispy ____ Shredded Wheat ____ Farina
____ Bran Flakes ____ Oat Circles ____ Corn Squares ____ Oatmeal

Flour-Choose 4

____ All Purpose Flour ____ Blue Cornmeal ____ Bakery Mix
____ Cornmeal ____ Whole Wheat Flour

Pasta-Choose 10

____ Crackers ____ Spaghetti ____ Tortilla ____ Mac & Cheese(Max 2)
____ Egg Noodles ____ Elbow Macaroni ____ Whole Grain Rotini ____ Rice

Meats-Choose 12

____ Can Beef ____ Bison Stew Meat ____ Bison(2=1) ____ Sliced Turkey
____ Ground Beef(2=1) ____ Can Tuna (2=1) ____ Pork Chops (2=1) ____ Boneless Chicken Breast
____ Roast ____ Whole Chicken ____ Can Chicken (2=1)

Milk-Choose 16

____ Box Milk ____ Evaporated Milk ____ Instant Milk (1 unit=4)

Nuts-Choose 2

____ Fruit & Nut Mix ____ Roasted Nuts ____ Peanut Butter

Soups-Choose 6

____ Vegetable Soup ____ Beef Stew ____ Cream of Chicken
____ Tomato Soup ____ Cream Of Mushroom

Specials-Can choose 2 of each

____ Cranberry Sauce ____ Pumpkin ____ Sweet Potato ____ Wild Rice ____ Catfish ____ Salmon
____ Walley

Fruits-Choose up to 40 units Max of 4 JuicesCanned

Item	Units
___ Apricots	1
___ Mixed Fruit	1
___ Sliced Peaches	1
___ Pears(Can) 1	
___ Dried Plums	1
___ Raisins	1
___ Apple Juice	5
___ Cherry Apple Juice	5
___ Grape Juice	5
___ Orange Juice	5
___ Tomato Juice	5
___ Cranberry Juice	5
___ Applesauce	1

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Item	Units
___ Frozen Blueberries	1
___ Frozen Strawberries	1
___ Pears	3
___ Oranges	3
___ Mixed Fruit	5
___ Grapefruit 1	
___ Granny Apples(Green)	3
___ Red Apples 3	
___ Lemons	1

Vegetables-Choose 40 unitsCanned

Item	Units
___ Green Beans	1
___ Carrots	1
___ Corn	1
___ Cream Corn	1
___ Peas	1
___ Mixed Veggies	1
___ Spinach	1
___ Tomatoes, Diced	1
___ Potato, Sliced	1
___ Tomato Sauce	1
___ Spaghetti Sauce	1
___ Dry Potatoes	1
___ Hominy	1
___ Frozen Peas	1
___ Frozen Carrots	1
___ Frozen Stir Fry	1

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Item	Units
___ Green Peppers	1
___ Carrots	1
___ Cucumber	1
___ Cauliflower	1
___ Zucchini	1
___ Celery	1
___ Cabbage	1
___ Radish	1
___ Yellow Onion	1
___ Grape Tomato	1
___ Russet Potato	5
___ Head of Lettuce	1
___ Tomatoes	1
___ Broccoli	1
___ Sweet Potato	1
___ Red Onion	1
___ Red Potatoes	3