

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

## HOUSEHOLD SIZE 1

NAME \_\_\_\_\_

MONTH \_\_\_\_\_

PICK UP DATE \_\_\_\_\_

### **BEANS-** CHOOSE UP TO 4 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 (every other month)

\_\_\_\_ Sliced Cheese      \_\_\_\_ Block Cheese

### **Eggs** Choose 2

\_\_\_\_ Eggs      \_\_\_\_ Powder Eggs (1 unit =2 packages)

### **Oil** Choose 1

\_\_\_\_ Real Butter      \_\_\_\_ Vegetable Oil      \_\_\_\_ Olive Oil      \_\_\_\_ Buttery Spread

### **Cereal** Choose 2

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

### **Flour** Choose 2

\_\_\_\_ All Purpose Flour      \_\_\_\_ Blue Cornmeal      \_\_\_\_ Bakery Mix  
\_\_\_\_ Cornmeal      \_\_\_\_ Whole Wheat Flour

### **Pasta** Choose 5

\_\_\_\_ Crackers      \_\_\_\_ Spaghetti      \_\_\_\_ Tortilla      \_\_\_\_ Mac & Cheese(Max 1)  
\_\_\_\_ Egg Noodles      \_\_\_\_ Elbow Macaroni      \_\_\_\_ Whole Grain Rotini      \_\_\_\_ Rice

### **Meats** Choose 6

\_\_\_\_ 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 8

\_\_\_\_ Box Milk      \_\_\_\_ Evaporated Milk      \_\_\_\_ Instant Milk (1 unit=4)

### **Nuts** Choose 1

\_\_\_\_ Fruit & Nut Mix      \_\_\_\_ Roasted Nuts      \_\_\_\_ Peanut Butter

### **Soups** Choose 3

\_\_\_\_ Vegetable Soup      \_\_\_\_ Beef Stew      \_\_\_\_ Cream of Chicken  
\_\_\_\_ Tomato Soup      \_\_\_\_ Cream Of Mushroom

### **Specials** Can choose 1 of each

\_\_\_\_ Cranberry Sauce      \_\_\_\_ Pumpkin      \_\_\_\_ Sweet Potato      \_\_\_\_ Wild Rice      \_\_\_\_ Catfish      \_\_\_\_ Salmon  
\_\_\_\_ Walley

**Fruits-Choose up to 20 units Max of 2 Juices**Canned

| 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     |

Fresh

| 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 20 units**Canned

| 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     |

Fresh

| 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     |