

LMC Food Pantry Menu - 12/10 - 12/14/2018

Name _____ Date _____

Student ID _____ Time _____

Baby

- Diapers
- Baby Food: chicken, ham, turkey, beef

Dairy/Deli

- Cheese (MJ or Cheddar, LIMIT 1 PER DAY)
- Eggs
- Milk

Drinks

- Ensure

Fruit

- Apricots
- Fruit Cocktail
- Oranges
- Pears
- Pineapple
- Pumpkin

Grains

- Cereal (Ask about selection)
- Macaroni and Cheese
- Pasta (Ask about selection)
- Quinoa Rice Blend
- Rice

Non-perishable Vegetables

- Beans, Black, Canned or Bagged
- Beans, Green
- Beans, Navy
- Beans, Northern JUMBO
- Carrots JUMBO or small
- Chick Peas
- Corn
- Mixed Veggies
- Mushrooms
- Olives
- Potatoes
- Spinach
- Split Peas
- Sweet Peas
- Tomatoes, Diced, Peeled, Stewed

Non-perishable Meats

- Beef Ravioli
- Chicken
- Chicken Rice Veggie Cup, Microwavable
- Sardines
- Spaghetties
- Tuna
- Turkey Chili with Beans

Spreads/Sauces

- Cranberry Sauce
- Jams
- Peanut Butter
- Teriyaki
- Tomato Sauce

Soup (Meat)

- Chicken Noodle

Soup (No Meat)

- Cream of Mushroom
- Tomato Condensed Soup
- Vegetable Broth

Sweets / Snacks / Baked Goods

- Candy (LIMIT 3 PER DAY)
- Chips

Toiletries

- Ask about our selection, LIMIT 1 PER DAY

Associate Totals Items: _____

Associate's initials: _____

Updated Directions:
 Fill out the **WHOLE** menu.
 Please write the number of
 desired items **on the line**.
 Menu will **NOT** be accepted
 if these directions are not
 followed.

Limit is flexible for **all** items
EXCEPT those that say
 otherwise.

**Please sign below after completing the form
 and receiving your items. Thank you.**

X _____