



Revised
Jan 14
2017

Today's Date

Office Use

- Select 4**
- Milk
 - Butter
 - Eggs, 1 dozen
 - Sliced wheat bread
 - Crackers
 - Cornbread mix

- Canned Fruit: Select 3**
- Pineapple
 - Mixed fruit
 - Pears
 - Peaches
 - Mandarin oranges

- Vegetables, Select up to 5**
- Canned**
- Baked beans
 - Beets
 - Black eye peas
 - Corn
 - Green beans
 - Lima beans
 - Pinto beans
 - Spinach & other greens
 - Tomatoes, whole
- Fresh & Frozen**
- Carrots, fresh
 - Peas, frozen
 - Potatoes, fresh

- Lunches & light meals:**
- **Cold lunch, Select 3**
 - Peanut butter
 - Grape jelly
 - Strawberry jelly
 - Tuna fish
 - **Hot lunch, Select 3**
 - Sloppy Joe meal kit with buns
 - Chili kit with red & black beans
 - Black bean soup recipe kit (cans)
 - 15 bean soup mix recipe kit (dry)
 - Macaroni & cheese
 - **Hot lunch, Select 3**
 - Soup – Clam chowder
 - Soup – Beef
 - Soup – Chicken
 - Soup – Vegetable
 - Soup – Tomato
 - Chicken broth
 - Beef broth

- When available:**
- Select 2**
- Shampoo
 - Toothpaste
 - Tooth brush
 - Soap

- Breakfast:**
- Select 3**
- Old fashioned oatmeal
 - Oatmeal & raisins
 - Cereal
 - Pancake mix
 - Pancake syrup

- DASH Meals**
- Delicious, Affordable, Simple, Healthy
Easy to fix complete main dishes with recipe, ingredients and cooking directions.
- DASH Main Meals, Select up to 4**
- DASH Meal kit # 1
 - DASH Meal kit # 2
 - DASH Meal kit # 3
 - DASH Meal kit # 4
 - DASH Meal kit # 5
 - DASH Meal kit # 6
 - DASH Meal kit # 7
 - DASH Meal kit # 8

- More Hot Meals, Select 1**
- Spaghetti sauce & spaghetti noodles
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- DASH Sides Vegetable Side Dishes**
- Recipe kits with cooking directions
- Select 1**
- Seasoned potato casserole
 - Green bean casserole

Number of adults

Number of children

Provide ages of all children and teens:

_____ Adults

_____ Children

Age of Children _____

Name _____ Phone (_____) _____

Address _____ City _____ VA Zip _____