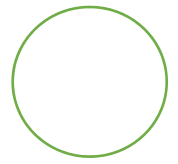




fauquierfish.org

Food Pantry  
Menu Selections



Revised  
Sept 30  
2017

Today's Date

Office Use

Breakfast:  
Select 3

Old fashioned oatmeal  Add Raisins

Cereal

Pancake mix

Pancake syrup

Lunches & light meals:

- Cold lunch, **Select 3**
  - Peanut butter
  - Grape jelly
  - Strawberry jelly
  - Tuna fish
  
- Light Meal Kits, **Select 2**
  - Lunch Meal Kit # 1
  - Lunch Meal Kit # 2
  - Lunch Meal Kit # 3
  
- Hot lunch, **Select 3**
  - Soup – Clam chowder
  - Soup – Beef
  - Soup – Chicken
  - Soup – Vegetable
  - Soup – Tomato
  - Chicken broth
  - Beef broth

**Select 4**

- Milk
- Butter
- Eggs, 1 dozen
- Sliced wheat bread
- Crackers
- Cornbread mix
- Macaroni & Cheese

**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

Canned Fruit: **Select 3**

- Pineapple
- Mixed fruit
- Pears
- Peaches
- Mandarin oranges

When available:  
**Select 2**

- Shampoo
- Toothpaste
- Tooth brush
- Soap

Vegetables, **Select up to 5**

- Baked beans
- Beets
- Black eye peas
- Corn
- Green beans
- Lima beans
- Pinto beans
- Spinach & other greens
- Tomatoes, whole
- Broccoli
- Carrots, fresh
- Potatoes, fresh

} C  
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s

} Fresh  
&  
Frozen

When available:

- Dog food
- Cat food

DASH Side Dishes, **Select 1**  
Vegetable Side Dishes, recipe kits with cooking directions

- Side Dish Casserole # 1
- Side Dish Casserole # 2
- Side Dish Casserole # 3

Number of adults

Number of children

Provide ages of all children and teens:

\_\_\_\_\_ Adults

\_\_\_\_\_ Children

Age of Children \_\_\_\_\_

Name \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ VA Zip \_\_\_\_\_