

SOUPS AND SEASONINGS

- **Canned Soup**
- **Broth**
- **Salt/Pepper/Spice/Cinnamon/Sugar**

	Quantity	Unit Cost	Total Cost
<i>MEAT GROUP (2-3 servings daily)</i>			
• Bacon			
• Sausage			
• Eggs			
• Peanut Butter			
• Ground Beef			
• Hot Dogs			
• Chicken			
• Turkey			
• Ham			
• Fish			
• Pork			
• Nuts			
• Peas			
• Dried Beans			
<i>MILK GROUP (2-3 servings daily)</i>			
• Milk			
• Cheese			
• Ice Cream			
• Yogurt			
<i>FATS, CONDOMENTS (use in moderation)</i>			
• Butter			
• Margarine			
• Mayonnaise			
• Mustard			
• Ketchup			
• Spaghetti/Pizza Sauce			
• Oil			
• Pam (Spray)			
• Syrup			

BEVERAGES & DESSERTS

- **Orange Juice**

 - **Apple Juice**

 - **Tomato Juice**

 - **V-8 Juice**

 - **Kool Aid Mix**

 - **Box Drinks**

 - **Gatorade Mix**

 - **Cookies**

 - **Cake Mix**

 - **Chips**

 - **Pretzels**

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