

ROCK

THE DAY

with a
Healthy School Lunch!
SquareMeals.org/NSLW

SHOPPING LIST

9-12



SHOPPING LIST



FRESH PRODUCE AND HERBS # >

- | | | | |
|------------------|--------------------|------------------|------------------|
| Apples | Corn | Honeydew Melons | Potatoes |
| Bananas | Cucumbers | Jalapeno Peppers | Red Bell Peppers |
| Basil | Fresno Red Peppers | Kale | Red Onions |
| Broccoli | Garlic | Lemons | Romaine Lettuce |
| Butternut Squash | Grapefruits | Limes | Spinach |
| Cantaloupe | Green Beans | Onions | Tomatoes |
| Carrots | Green Onions | Oranges @ | Watermelons |
| Celery | Green Bell Peppers | Parsley | Zucchini Squash |
| Cilantro | | | |

DAIRY

- Low-fat Milk
- Low-fat Yogurt, plain
- Nonfat Milk
- Mozzarella Cheese
- Parmesan Cheese
- Shredded Cheddar

GRAINS

- Brown Rice
- Rolled Oats
- Whole Corn Tortilla Chips
- Whole Grain Breadsticks
- Whole Grain Dough
- Whole Wheat Panko Breadcrumbs
- Whole Wheat Pasta
- Whole Wheat Rolls, 1 oz & 2 oz

PROTEIN/ PROTEIN ALTERNATE

- Chicken ** >
- Chicken Drumsticks
- Eggs >
- Ground Beef ** >
- Ground Turkey

CANNED GOODS

- Chickpeas
- Diced Tomatoes
- Kidney Beans
- Pineapple Tidbits
- Pizza Sauce
- Sliced Peaches

SEASONINGS

- Bay Leaves
- Cayenne Pepper
- Chili Powder
- Cumin
- Garlic Powder
- Onion Powder
- Oregano
- Paprika
- Parsley
- Pepper
- Poultry Seasoning
- Salt
- Thyme

OTHER

- Apple Cider Vinegar
- Brown Sugar
- Chicken Base, low sodium
- Dijon Mustard
- Honey
- Ketchup
- Lemon Juice
- Olive Oil
- Ranch Dressing
- Red Wine Vinegar
- Salsa, Low-Sodium
- Sweet Chili Sauce
- Vegetable Oil **



KEY

May be available through DoD Fresh Fruit and Vegetable Program
 > May be available from a local producer
 @ Available through DoD Farm to School
 ** Available through USDA Foods

