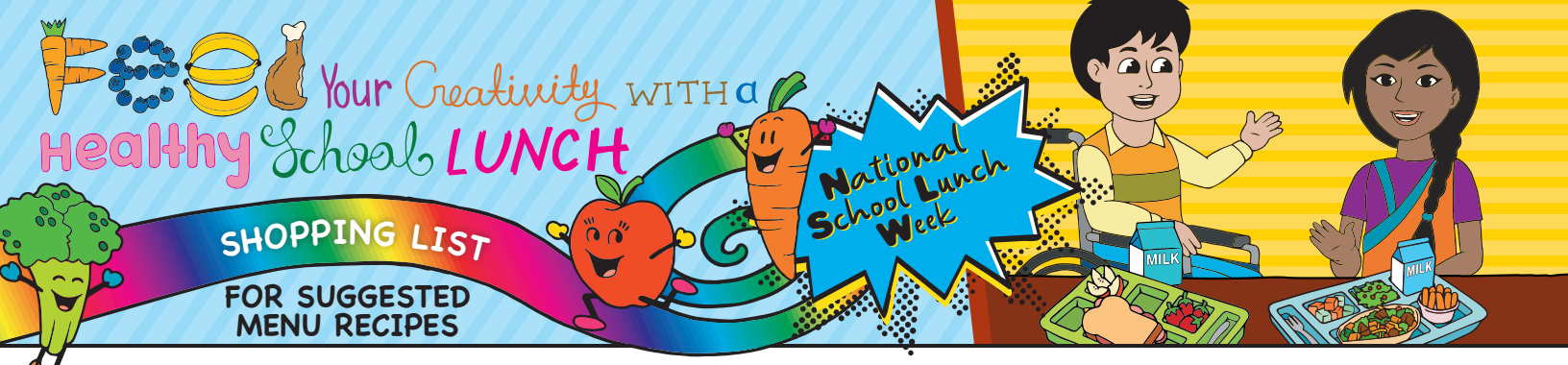

Fresh Produce and Herbs # >

Apples**@ ✩
Arugula
Banana
Basil ✩
Broccoli Florets ✩
Cantaloupe ✩
Carrots ✩
Cauliflower Florets
Celery ✩
Cherry Tomatoes
Cilantro ✩
Coleslaw Mix
Cucumber ✩
Grapes
Green Bell Peppers ✩
Green Onions
Honeydew ✩
Jalapenos
Mushrooms ✩
Onions
Oranges**@ ✩
Oregano ✩
Red Bell Peppers ✩
Romaine Lettuce ✩
Russet Potatoes
Sweet Potato ✩
Tomatoes ✩
Watermelon@ ✩

Frozen Produce

Corn **
Green Beans**
Pepper and Onion Mix**
Sweet Potato Fries**

Dairy

Buttermilk, Low-fat >
Cheddar Cheese, Reduced fat**>
Egg Whites>
Feta Cheese
Greek Yogurt, Nonfat>
Margarine
Milk, Low-fat>
Milk, Nonfat>
Mozzarella Cheese**>
Parmesan Cheese
Salad Dressing, Low-fat>
Sour Cream, Light
Yogurt, Plain, Low-fat>

Seasonings

Basil, Dried
Black Pepper
Celery Seed
Chili Powder
Chives, Freeze Dried
Cinnamon, Ground
Crushed Red Pepper
Cumin, Ground
Dill Weed, Dried
Garlic Powder
Ginger, Ground
Italian Seasoning Mix
Mustard, Dry
Onion, Granulated
Oregano, Ground
Paprika
Parsley, Dried
Salt
Thyme, Ground

Meat/Meat Alternate >

8-cut Chicken **
Chicken Diced, Cooked**
Chicken Strips, Unbreaded, Cooked**
Deli Ham**
Ground Beef, Raw**
Ground Turkey, Raw
Meatballs, Frozen
Seasoned Taco Meat**
Walnuts

Grains

Bread Crumbs
Brown Rice**>
Corn Flakes
Rolled Oats**
White Rice>
Whole Grain Flatbread>
Whole Grain Spaghetti**
Whole Wheat Wraps >

Canned Goods

Black Beans, Low-sodium**
Chickpeas**
Diced Green Chili
Diced Pears**
Olives
Pineapple Tidbits**
Salsa, Low-sodium**
Sliced Peaches**
Tomato Paste**
Tomatoes, Diced**

Other

Active Dry Yeast
All-Purpose Flour**
Brown Gravy
Canola Oil
Chicken Base
Cider Vinegar
Dijon Mustard
Honey>
Instant Nonfat Dried Milk
Instant Potato Flakes
Lemon Juice
Olive Oil>
Red Wine Vinegar
Rice Vinegar
Sesame Oil
Soy Sauce
Sriracha
Sugar, Brown
Sugar, Granulated
Thai Chili and Garlic Sauce
Vegetable Oil**
Water
Whole-Wheat Flour**
Garlic

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
✩ Seasonally Available in October

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
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