

NATIONAL SCHOOL LUNCH WEEK 2017

ROCK

THE DAY

with a Healthy School Lunch!
SquareMeals.org/NSLW

SHOPPING LIST 
LIST
K-8



 **SHOPPING LIST** 



FRESH PRODUCE AND HERBS # >

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

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 Pita Bread
- 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

SEASONINGS

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

OTHER

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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