

**JANUARY** Beef Stew

**APRIL** Applesauce & Canned Fruit

JULY

Canned Pastas (Chef Boyardee, SpaghettiOs, Beefaroni, Ravioli, etc.)

## OCTOBER

Canned Meats (Canned Salmon, Canned Tuna, Corned Beef, SPAM, etc.)



FEBRUARY

Soul Foods (Canned Greens,Black-eyed Peas, Jiffy Cornbread Mix, etc.)

MAY

Baked Beans (Pork and Beans, Beanee Weenees, Etc.)

AUGUST Toilet Paper

## NOVEMBER

Canned Salmon, Canned Tuna, Corned Beef, SPAM, etc.) MARCH Pancake Mix & Syrup

**JUNE** Peanut Butter & Jelly

## SEPTEMBER

Instant Grits & Oatmeal

## DECEMBER

Spices (Salt, Pepper, Cinnamon, Basil, Vanilla Extract, Ect.)

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