1 large romaine lettuce (or 2 small heads of lettuce, red leaf and green leaf okay)

1 large box of baby tomatoes or 2 small boxes

1 cucumbers

1 Italian parsley

Strawberries

1 red pepper

4 carrots

1 onion

Iceberg lettuce

3/4 lb. broccoli

1 9 oz. package spinach

1 cauliflower

1 serving zucchini or yellow squash

7 servings of fruit (white and yellow peaches on sale)

2 sleeves of bagels

1 loaf of sliced bread

3 cans cream of mushroom soup

1 can cream of chicken

4.5 oz. can sliced mushrooms (pieces and stems okay)

6 cans whole kernel corn

12 oz. canned tuna (light tuna okay)

1 package corkscrew pasta

12 oz. extra-wide egg noodles

12 oz. can evaporated milk

Low-sodium potato chips (regular potato chips okay)

2 8 oz. packages sharp cheddar cheese

2 packages sliced cheese

1 package sliced sandwich meat (Black Forest ham, honey ham, hickory turkey, etc.)

Whole boneless pork loin roast ($1.99/lb.)

Certified Angus Beef Boneless Chuck Roast ($3.99/lb.)

1 package chicken drumsticks

Milk (3 gallons)

Eggs

Lysol

Kotex Security Lightdays (Daily Liners, Extra-Coverage)