Plastic produce bags

10 oz. spinach

1 yellow onion

1 sweet yellow onion

2 russet potatoes

3 yellow squash (or zucchini if no yellow squash)

2 servings of zucchini or yellow squash

4 large tomatoes

7 servings of fruit

Organic Navel Oranges (4 lbs./$5.49)

1 bag bagels

4 oz. canned salmon

4.5 oz. can sliced mushrooms

3 cans cream of mushroom (Healthy Request)

12 oz. extra-wide egg noodles

Calrose, medium-grain rice

Calrose brown rice

1 package Lawry’s Spices & Seasonings Enchilada Sauce (or other brand)

Clabber Girl Double Acting Baking Powder

1 bag low-sodium potato chips

Small bags of chips

10 corn tortillas (at least 10)

16 oz. shredded Mexican cheese blend (or 8 oz. cheddar and 8 oz. Monterey Jack)

2 packages sliced cheese

Cheese sticks

About 3 lbs. Angus Beef Chuck Roast ($4.99/lb.)

2 gallons nonfat milk

Ice cream (cookie dough, rocky road, triple chocolate, or tin roof sundae)

**Ranch 99**

Vegetarian Stir-Fry Sauce

Jars of bamboo