Plastic produce bags

5 bananas

1 package Lawry’s Spices and Seasonings Enchilada Sauce (or related) (c26)

Large elbow macaroni (16 oz.) (c25)

6-oz can tomato paste (c25)

1 can whole kernel corn (c23)

16 oz. shredded sharp cheddar cheese

16-oz. Mexican blend shredded cheese

Sweet, salted butter

Romaine lettuce (or red leaf lettuce or green leaf lettuce) for Bowie

1 heads of lettuce and 1 celery (for Tilden Park)

2 carrots

1 cucumber

Italian parsley (if looks good)

1 Fuji apple

1 Napa Cabbage

2 broccoli (Thomas)

1 yellow onion

1 green pepper

1 red pepper

3 servings zucchini or yellow squash

7 servings of fruit

5 servings fruit (Thomas)

1 cube firm tofu

(1 can anchovies (Thomas’ Birthday) (

2 2-liters soda (Thomas’ Birthday)

Cheese sticks

1 lb. ground pork (or plant-based ground meat)

Mountain High Yogurt (blueberry, strawberry, cherry, peach, peach mango)

1 gallon of nonfat milk

Ice Cream (Thomas’ Birthday)

Shampoo (Head and Shoulders Classic Clean, 2 in 1), if on sale

**Costco**

Boneless, skinless chicken thighs (Thomas)