

| Day | Meals | Produce | Middle | Middle | Bulk |
|-----------|-------|------------------|--------------------|-----------------|-------------------|
| Friday | | Apples | Chips | Kidney Beans | Choc. Pieces |
| | | Bananas | Cookies | Chili | Bulk Candy |
| Saturday | | Blueberries | Crackers | Rice-Yellow | Pumpkin Seeds |
| | | Coconut | AppleSauce | Rice-Mexican | Cashew |
| Sunday | | Grapes | Pineapple | Mac n Cheese | Peanuts |
| | | Kiwi | Ketchup | Rice Milk | Sunflower Seeds |
| Monday | | Oranges | BBQ sauce | Cake Mixes | Lentils |
| | | Pears | Corn | Choc. Chips | Rice |
| Tuesday | | Plums | Tortillas-Small | Oil | Quinoa |
| | | Strawberries | Tortillas-Corn | Spray Oil | Peanut Butter |
| Wednesday | | Watermelon | Tortillas-Flour | Cereal | Honey |
| | | | Hard Shell Taco | Oatmeal-Kent | Dairy/Deli |
| Thursday | | Avacado | Tostadas | Oatmeal-Carol | Deli Meat |
| | | Broccoli | Cream of Chicken | | Pepperoni |
| | | Cabbage-Green | Chicken Broth | Breads | Bacon |
| | | Cabbage-Purple | Boullion-Beef | Bread | Ground Beef |
| | | Carrots | Boullion-Chicken | Pita | Pizza Dough |
| | | Cauliflower | Onion Soup Mix | English Muffins | Pork Chops |
| | | Cucumber | Jalepenos | Hamburger Buns | Roast |
| | | Green Pepper | Chow Mein Noodles | Hot Dog Buns | Stew meat |
| | | Jalepeno Pepper | Soy Sauce | | Stir-Fry Meat |
| | | Potatoes | Stir-Fry Noodles | Home | Butter |
| | | Radishes | Noodles | Napkins | Cheese |
| | | Spinach | Pizza Sauce | Bags | Eggs |
| | | Stir-Fry Peppers | Seasoning-Taco | Foil | Ice Cream |
| | | Tomatos | Seasoning-Fajita | Spoons | Milk - Skim |
| | | | Seasoning-Mesquite | Plastic Wrap | Milk - Whole |
| | | | White Beans | | Yogurt |