

## Meats

- 2 lb ground beef \$4.99/lb=\$10
- 1 lb boneless chicken thighs \$6.20
- 1 lb boneless chicken breast \$6
- 1 lb ground turkey \$3.99
- 18 ct egg Kroger brand \$5.19

## Grains & Dry Goods

- 1 box cereal (giant or family size, max cost \$5)
- 1 (8oz) oatmeal Kroger brand \$2.00
- 2 pk English Muffin Kroger brand \$1.69 x 2
- 1 lb spaghetti pasta Kroger brand \$1.25
- 2 brown gravy pkg \$0.50 x 2=\$1
- Panko bread crumbs \$2.49
- Chicken bouillon Knorr \$3.69
- Curry powder \$3.99
- Rice 32 oz \$1.89
- Corn Starch \$1.99
- Taco Seasoning Pkg \$0.59
- Tortilla (flour or corn) \$2.99 or less
- Spanish Rice Knorr Rice Sides \$1.33
- Ramen noodles 6 pack \$2.00
- 2 Loaf bread \$1.99 x 2=3.98

## Dairy

- 1 pk American Cheese Roundy brand (or block of cheese of choice for \$2.79 or less)
- 1 lb margarine varied brands \$1.49
- 1 Gallon Milk \$3.19
- 4 Yogurt Chobani 4 for \$5
- Mexican Cheese Blend shredded cheese 8 oz \$2.49

## Fruits and Vegetables

- 8 bananas \$0.27 x 8 = \$2.16
- Romaine Lettuce head \$2.49
- 1 cucumber \$0.69
- 2 Roma tomato \$1.00
- 1 green bell pepper \$0.69
- 1 pkg button mushroom \$2.39
- 5 lb bag russet potato \$3.99
- Frozen green beans \$1.25

- Lentils La Preferida \$2.19
- Carrots 2 lb \$1.99
- Onion 3 lb \$3.49
- 1 garlic bulb \$0.50
- Apples \$3.99

#### Canned Goods

- 2 15 oz cans diced tomato \$2
- Soy Sauce Kikkoman \$1.49
- Peanut butter \$2.19
- Jelly \$1.99
- Spaghetti sauce \$1.69

\$119.50 total

SNAP budget \$120.17

There will be 2 eggs left over to double up in the ramen noodles, or hard boil to have for snacks.

Bag of apples needs at least 10 apples in it to have enough for menu

Ideas for peanut butter sandwich replacement due to allergy, dislike, ect: cheese sandwich:

replace peanut butter with block of cheese of equivalent cost; egg salad, or tuna salad: replace

peanut butter with 1 dz additional eggs and small mayo jar, or 3 tuna cans and small mayo jar.