

Kids in the Kitchen, Simple Favorites Shopping List:

Grains

- 3 Pasta, Penne, Whole Wheat, 16 Ounce (oz)
- 1 English Muffin, Whole wheat, 6 Count
- 2 Tortillas 8-inch, Whole Wheat, 10 Count
- 1 Oats (Old Fashioned), 42 Ounce (oz)
- 2 Cornflakes Cereal, 18 Ounce (oz)

Protein

- 3 Poultry/Chicken, Breast, 1.9 Pound(s)
- 1 Eggs, 1 Dozen
- 2 Pinto Beans, Dried, 16 Ounces (oz)

Dairy

- 1 Mozzarella Cheese, Part-Skim, Shredded, Low Moisture, 16 Ounce (oz)
- 2 Milk, Skim, 1 Quart
- 1 Cheese, Parmesan, Grated, 8 Ounce (oz)
- 1 Cream Cheese, Reduced Fat, 8 Ounce (oz)
- 2 Cheddar Cheese (Shredded), Reduced Fat , 8 Ounce (oz)
- 1 Yogurt (Plain), Non-Fat, 32 Ounce (oz)
- Other
- 1 Italian Dressing , Light, 16 Ounce (oz)
- 1 Broth (Chicken), Lower Sodium, 32 Ounce (oz)
- 1 Orange Juice, 0.5 Gallon
- 1 Salsa, Low Sodium, 16 Ounce (oz)
- 2 Enchilada Sauce, Mild, 10 Ounce (oz)

Vegetables

- 1 Tomato (Roma), Whole, 2 Count
- 2 Bell Pepper, Red, 1 Count
- 2 Onion (Red), Whole, 1 Count
- 1 Olives, Black, Canned, 6 Ounce (oz)
- 1 Tomato Sauce, 8 Ounce (oz)
- 2 Broccoli, Fresh, 1 Count
- 1 Celery, 1 Bunch
- 1 Lettuce, Romaine, 1 Count
- 1 Cilantro, 1 Bunch
- 1 Spinach, Whole, 16 Ounce (oz)
- 1 Corn, Low Sodium, 15 Ounce (oz)
- 1 Green Chilies, Diced, Mild, Canned, 4 Ounce (oz)
- 1 Potatoes, Russet, 5 Pound(s)

Fruits

- 1 Mandarin Oranges, 100% Juice, 16 Ounce (oz)
- 1Strawberries, Whole, 1 Pound(s)
- 1 Blueberries, Frozen, 48 Ounce (oz)
- 1 Pineapple (Crushed), In Own Juice, 20 Ounce (oz)
- 1 Banana, Whole, 1 Count
- 1 Berries, Mixed, Frozen, 12 Ounce (oz)
- 1 Apples (gala), Whole, 3 Pound(s)

