

Happy Kid Meals Shopping List

30 Total Items

Protein

- 1 Store Brand Eggs, 1 Dozen
- 1 Canned Black Beans, Reduced Sodium, 15 Ounce (oz)

Vegetables

- 2 Zucchini, Whole, 1 Count
- 1 Tomato (Roma), Whole, 2 Count
- 3 Spinach, Whole, 16 Ounce (oz)
- 1 Store Brand Canned Corn, Low Sodium, 15 Ounce (oz)
- 1 Carrot Bag
- 1 Cabbage (Red), Whole, 1 Count
- 1 Red Pepper, 1 Count
- 1 Celery, 1 Bunch

Grains

- 1 Whole Wheat Tortillas, 10 Count
- 1 Oats (Old Fashioned), 42 Ounce (oz)
- 1 English Muffin, Whole wheat, 6 Count

Other

- 1 Honey, 16 Ounce (oz)
- 1 Dressing, Light Ranch, 16 Ounce (oz)
- 2 Peanut Butter, Creamy, 16 Ounce (oz)

Fruits

- 1 Raisins, 16 Ounce (oz)
- 2 Banana, Whole, 1 Count
- 1 Strawberries, Whole, 1 Pound(s)
- 1 Pineapple (Crushed), In Own Juice, 20 Ounce (oz)
- 1 Cranberries, Dried, 5 Ounce (oz)
- 1 Blueberries, Frozen, 48 Ounce (oz)

Dairy

- 1 Milk, Skim, 1 Quart
- 1 Cream Cheese, Reduced Fat, 8 Ounce (oz)
- 1 Store Brand Shredded Cheddar Cheese, Reduced Fat , 8 Ounce (oz)

