Perishable Food Items

4 Medium Apples
18 count large eggs
1- 8oz container parmesan cheese
1/2 gallon of milk, any fat percentage and type
1- 32 oz bag frozen California style vegetables
1- 16 oz bag frozen berry medley
1- 16oz bag shredded cheddar cheese
1- 20oz bag frozen onion and pepper mix
1- 10oz bag fresh spinach
1- 8 oz container sour cream
1- 12oz package chicken apple or smoked turkey sausage
1- large lemon
1- large container plain Greek yogurt
1- 1lb bag carrots

Nonperishable Food Items

15 oz jar mayonnaise
8 oz bottle mustard
10 count package whole wheat flour tortillas
2 6oz cans tuna in water
16 oz bottle olive oil
15 oz can mixed vegetables
32 oz package brown rice
1 small bottle low-sodium soy sauce
1- 12 oz box whole grain short pasta of choice
2- 32 oz containers low-sodium chicken broth
1 small jar tomato-based pasta sauce
1 can pureed sweet potatoes
1- 42oz canister quick cooking oats
1- 12.5oz jar maple syrup
1- 16oz jar peanut butter
1- 4oz can mushroom stems and pieces
3- 15.5oz cans low-sodium black beans
1- 12oz jar salsa
1- package low-sodium taco seasoning
1- 12.5oz can white chunk chicken
1- 8.9 oz box round O’s cereal (such as Cheerios)
1- Package dry ranch dressing mix
1- salt and ground pepper set