

Angel Food Menus – Week 1 Of June Shopping List

By www.HillbillyHousewife.com

These menus are based on the food provided by Angel Food Ministries in their monthly boxes. For more information on ordering these food boxes visit <http://www.angelfoodministries.com/>

[Fresh Produce] Fruits and Vegetables

onions – 2 cups + 1
tomatoes – 2
garlic cloves – 2
parsley – 1/4 cup
basil – 1 tablespoon
oregano – 1 teaspoon
potatoes – 2
zucchini – 3
red bell pepper – 1

[General Grocery] Cooking and Baking

brown sugar – 2 tablespoons
pepper – 1 1/8 teaspoons
southwestern seasoning – 1 1/2 teaspoons
salt – 2 teaspoons
chicken fajita seasoning – 1 teaspoon
flour – 1/2 cup
olive or vegetable oil – 2 teaspoons

[General Grocery] Condiments and Sauces

mustard – 2 tablespoons + 1/2 teaspoon
Worcestershire sauce – 2 tablespoons
BBQ sauce – 1 cup

[General Grocery] Dry Foods & Mixes

macaroni & cheese – 7 1/4 ounces
corn bread & muffin mix – 8 1/2 ounces
Original Bisquick® - 1 cup
lasagna noodles – 12

[General Grocery] Canned and Bottled

pork and beans – 32 ounces
tuna fish – 12 ounces
sloppy joe sauce – 15 1/2 ounces
chicken broth – 3/4 cup
pesto – 1/4 cup

[Dairy]

cheddar cheese – 3 cups
butter or margarine – 3/4 cup
eggs- 3
milk – 5 1/4 cups
Swiss cheese – 1 cup
mozzarella cheese – 1 cup
Parmesan cheese – 1 cup
small curd cottage cheese – 2 cups
cheese-filled ravioli noodles – 9 ounces

[Meat and Poultry]

hot dogs – 12 ounces
chicken – 4 leg quarters + 15 ounces
boneless skinless chicken breast halves
lean ground beef – 1 pound
Oscar Meyer smoked ham – 8 slices

[Frozen]

green peas – 1 cup