

INTERCHURCH FOOD PANTRY OF JOHNSON COUNTY – SAMPLE MENU

Meat Choices:

1-3 people - select 1 meat

1 Wish Item _____

4-6 people -select 2 meats

7+ people -select 3 meats

MEATS:

Whiting Fillets	Costco Casseroles		Chicken Drumsticks		Ground Beef		Ground Chicken
Beef Patties	Chicken Thighs	Ground Turkey	Chicken Leg Quarters	Sea Bass	Bacon	Pork Ribs	Asian Chicken Wraps

BONUS (Select as many as you'd like):

		Eggbeater Egg Whites		Chocolate Chex Mix		Coconut Water		Smoothie	
Milk	Eggs	Kombucha	Deli	Creamer		Juice		Reese P.B. Cups	
Bread		Dessert					Hand Sanitizer		Nix shampoo for lice

in household _____

Name: _____

1-3 in household: select up to 12 items

4-6 in household: select up to 15 items

_____

7+ in household: select up to 18 items

(1 can or box =1 item)

Soups:

Pasta:

Cream of Chicken	Chicken Noodle	Vegetable		Rice Noodles	Rotini	Spaghetti	Dry Macaroni
Tomato	Cream Mushroom			Egg Noodles	Mac & Cheese	Canned Pasta	Ramen

CANNED Fruit:

Dry Goods:

Pears	Pumpkin	Peaches	Lentils	Great Northern Beans	Split Green Peas	Cranberries
			Raisins	Pumpkin Seeds		Pistachios

CANNED Vegetables:

Canned Meat: (1 each max)

Vegetarian Beans	Black Beans	Green Beans	Baked Beans	Pork	Chicken
Peas	Corn	Diced Tomatoes	Potatoes	Carrots	Beef Stew

Pantry Staples:

Coffee	Lasagna Helper	Stroganoff Helper	Ranch Chicken Seasoning	Nacho Cheese	Tabasco	Maraschino Cherries	Chili Sauce	
Espresso Chocolate Morsels		Cookie Mix	Baking Mix	Rice & Beans	Mashed Potatoes		Evaporated Milk	Dry Milk
Sauerkraut		P.B.		Jelly	Crackers		Cereal or Oatmeal	

BONUS ITEM: (CIRCLE AS MANY AS YOU WOULD LIKE)

Misc Chips	Pretzels		NutriPlenty	
Grapefruit Juice	Cherry Lime Lift Energy Drink		Kiwi Strawberry Propel	Misc. Pop

Prayer Request: