

# Menu Pantry Items



Pure Maple Syrup  
Balsamic Vinegar  
Red wine vinegar  
Lemon Juice  
Barbeque Sauce  
Low Sodium Soy Sauce  
Hot Sauce  
Light Mayonnaise  
Parmesan Cheese  
Low-fat salad dressing of  
your choice  
Low-fat Italian dressing  
Low-fat Ranch dressing  
Skim milk  
Low Fat Parmesan Cheese  
Honey  
Whole Wheat Flour  
Skim Milk  
Eggs  
Brown Sugar  
Brown Rice  
Low Sodium 97% Fat Free  
Chicken Broth  
Whole Wheat Bread  
A1  
Favorite Salad Toppings  
(cucumbers, onions,  
tomatoes, fresh fruit, etc)

Extra Virgin Olive Oil  
Fresh Garlic  
Chili Powder  
Oregano  
Curry  
Basil  
Salt  
Pepper  
Dijon Mustard  
Cumin  
Basil  
Oregano  
Dill  
Parsley  
Paprika  
Thyme  
Rosemary  
Cloves  
Cinnamon  
Cilantro  
Cheyenne  
Ginger  
All Spice  
Onion Powder  
Garlic Powder  
Olive Oil  
Bread Crumbs