

# Menu

Week of  
03/17/26 – 03/20/26

## Dry Bag:

- Canned Chicken OR Salmon, 5 oz
- Mixed Vegetables, 15 oz
- Corn Meal, 5 lb
- Kidney OR Navy Beans, 15 oz
- Vegetarian Beans, 15 oz
- Raisins, 15 oz
- Peanut Butter, 16 oz
- Chocolate OR Fruit Bar, 5 oz
- Toilet Paper

## Dairy Bag\*:

- Milk, ½ gallon
- Eggs
- Yogurt
- Cheese

## Meat/Cold Bag\*:

- Frozen Meat Item

## Produce:

- Seasonal Fruits and Vegetables

## Extras:

- Choice of: 1 Bread (white or wheat) OR 1 Tortilla (corn or flour)
- Choice of 1 Personal Hygiene Product: maxi pads or ultra-thin pads

Due to availability, menu items are subject to change.

## \*Substitutes:

- Dairy Substitutes: almond milk OR oat milk
- Meat Substitutes: tofurky, misc.



### Digital Menu & More

Refresh browser if current week's menu is not shown

Last week, the average NOLP shopper saved \$90!

Vance North  
Necessities  
of Life Program

**APLA**Health