

menu

6 Day Family of 4

stjohnfood.org

only
\$20.00

Breakfast

2 Boxes General Mills Cereal	\$0.33
Jimmy Dean 12 oz. Pork Sausage	\$0.16
Oatmeal 14 oz.....	\$0.61
Dried cranberries, raisins or plums 16 oz.	\$0.00
10 Jimmy Dean 3.5 oz. Pancake Sausage Bites.....	\$0.53
4 Jewel bakery XL muffins; 10 lb. fresh apples.....	\$0.00
Whole Milk 1 Gallon	\$1.59

Lunch

Peanut Butter 18 oz.; Granola Bars	\$0.00
Jewel loaf of bread; Frito Lay Chips	\$0.00
3 boxes Macaroni & Cheese 7.25 oz.....	\$0.86
3 Cheese Ravioli (mini) 15 oz.....	\$0.84
Cottage Cheese, Family Size Yogurt, Fresh carrots	\$0.00
2 Premium Chunk Grilled Chicken 12.5 oz.	\$2.78
Orange Juice 64 oz.	\$2.27
6 Yellow Diced Peaches 4 pack	\$1.26

Dinner

Fresh Potatoes, Salad, Tomatoes, Cucumbers, Plums.....	\$0.00
Salad Dressing; Potato Flakes.....	\$0.00
2 Cheesy Tuna Skillet Meals 5.3 oz.	\$0.14
2 Tuna Chunk Light 5 oz.	\$1.12
Vegetable Oil 16 oz.	\$0.79
Lasagna Pasta 17.6 oz.....	\$0.19
Shredded Cheese	\$0.00
Pork Sausage Roll 1 lb.....	\$0.19
Del Monte Leaf Spinach 13.5 oz.	\$0.20
Pork Loin 4 lb., Whole Over Stuffer Chicken.....	\$0.00
Semolina Noodles 1 lb.....	\$0.41
Butter	\$1.21
Hamburger Helper Skillet Meal.....	\$0.18
Fresh Thyme Ground Hamburger 1 lb.	\$0.00
Sliced Carrots 14.5 oz.	\$0.26
Unsweetened Applesauce 15 oz.....	\$0.56
Ground Venison Chub 1 lb.	\$0.20
Brown Rice and White Rice 1 lb. each.....	\$0.00
Green Beans, Chick Peas, Pinto Beans, Split Peas, Rolls ..	\$0.00
2 Mandarin Oranges in Light Syrup 11 oz.....	\$0.87
Sliced Pineapple 20 oz.	\$0.69

Personal Health & Hygiene

Toothpaste 6 oz.....	\$0.08
Nighttime Cold & Flu Severe	\$0.21



How is this possible?

- Our volunteers rescue free food from local Jewel and Fresh Thyme stores 3 days a week.
- As an Illinois Emergency Food Pantry (EFP) we receive FREE government commodities every month.
- As a partner agency of Northern Illinois Food Bank (NIFB), we purchase food at significantly discounted prices as well as order free food as available.