



### FRUIT

*Fruta*



**Apples**  
each, *Manzanas*  
singular  
**\$0.50**

QTY



**Apples**  
3lb bag, *Manzanas en Bolsas*  
**\$3.50**

QTY



**Bananas**  
each, *Gineos*  
singular  
**\$0.25**

QTY



**Pears**  
each, *Peras*  
singular  
**\$0.75**

QTY



**Kiwi**  
each, singular  
**\$1.00**

QTY



**Pineapple**  
each, *Piña*  
singular  
**\$4.00**

QTY



**Tomatoes**  
each, *Tomates*  
singular  
**\$1.00**

QTY



**Grape Tomatoes**  
pint, *Tomates, Uva*  
**\$2.50**

QTY



**Lemons**  
each, *Limónes*  
singular  
**\$0.50**

QTY



**Limes**  
each, *Limas*  
singular  
**\$0.50**

QTY



**Grapefruit**  
each, *Pomelo*  
singular  
**\$1.00**

QTY



**Grapes, Red/Green**  
*bags, Uvas rojas/verdes en bolsas*  
**\$5.00**

QTY



**Cantaloupe**  
each, *Cantalupo*  
singular  
**\$3.00**

QTY



**Navel Oranges**  
*Naranja*  
singular  
**\$0.75**

QTY



**Mango**  
each, singular  
**\$2.00**

QTY



**Strawberries**  
1lb container, *Fresas*  
**\$3.50**

QTY

### Seasonal Items



**Asparagus**  
*per bunch, el espárrago, por racimo*  
**\$4.50**

QTY



**Dragon Fruit**  
each, singular  
**\$5.00**

QTY



**Papaya**  
each, singular  
**\$5.00**

QTY



















Check out the monthly recipe on page 4!

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<p><b>VEGGIES</b> <i>Verduras</i></p> <p>➔</p>	 <p><b>Avocados</b> <i>each, Aguacate, singular</i> <b>\$1.00</b></p> <p>QTY</p>	 <p><b>Beets</b> <i>each, Remolachas, singular</i> <b>\$1.00</b></p> <p>QTY</p>	 <p><b>Broccoli</b> <i>each, Brócoli, singular</i> <b>\$1.50</b></p> <p>QTY</p>	 <p><b>Seeded Cucumbers</b> <i>each, Pepino con Semillas, singular</i> <b>\$0.75</b></p> <p>QTY</p>	 <p><b>Carrots</b> <i>1lb. bag, Zanahorias</i> <b>\$1.00</b></p> <p>QTY</p>	
	 <p><b>Baby Carrots</b> <i>1 lb. bag Zanahorias Bebe</i> <b>\$1.50</b></p> <p>QTY</p>	 <p><b>Celery</b> <i>each, Apio, singular</i> <b>\$2.50</b></p> <p>QTY</p>	 <p><b>Green Cabbage</b> <i>each Repollo Verde, singular</i> <b>\$2.00</b></p> <p>QTY</p>	 <p><b>Garlic</b> <i>each, Ajo, singular</i> <b>\$0.50</b></p> <p>QTY</p>	 <p><b>Ginger</b> <i>each, Jengibre, singular</i> <b>\$1.00</b></p> <p>QTY</p>	 <p><b>Spinach</b> <i>10 oz bag Espinaca</i> <b>\$2.50</b></p> <p>QTY</p>
	 <p><b>Red Onion</b> <i>each Cebollas Rojas, singular</i> <b>\$0.75</b></p> <p>QTY</p>	 <p><b>Yellow Onions</b> <i>2 lb bag Cebollas Amarillas</i> <b>\$1.25</b></p> <p>QTY</p>	 <p><b>White Potatoes</b> <i>5 lb bag Papas Blancas en Bolsas</i> <b>\$3.00</b></p> <p>QTY</p>	 <p><b>Russet Potato</b> <i>each Papas Russet, singular</i> <b>\$0.50</b></p> <p>QTY</p>	 <p><b>Sweet Potato</b> <i>each Batatas, singular</i> <b>\$0.75</b></p> <p>QTY</p>	 <p><b>Lettuce</b> <i>Lechuga</i> <b>\$3.50</b></p> <p>QTY</p>
	 <p><b>Mushrooms</b> <i>6 oz &amp; 8 oz pkg Hongos</i> <b>\$2.00/\$2.50</b></p> <p>QTY</p>	 <p><b>Jalapeños</b> <i>each, singular</i> <b>\$0.50</b></p> <p>QTY</p>	 <p><b>Green Bell Peppers</b> <i>each, Pimientos Verdes, singular</i> <b>\$1.00</b></p> <p>QTY</p>	 <p><b>Rainbow Peppers</b> <i>each, Pimientos Varios, singular</i> <b>\$1.50</b></p> <p>QTY</p>		

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**GROCERY**  
Tienda de comestibles





➔

				
<b>Whole Wheat Pasta</b> 1 lb pkg Pasta de Trigo Integral	<b>Brown Rice</b> 1 lb bag Arroz Integral Bolsa	<b>Beans</b> 15 oz Frijoles Enlatados	<b>Black Beans</b> 15 oz Frijoles Negros Enlatados	<b>Beans (Dried)</b> 1 lb bag Frijoles (secos)
<b>\$1.00</b>	<b>\$1.00</b>	<b>\$1.00</b>	<b>\$1.00</b>	<b>\$1.50</b>
QTY	QTY	QTY	QTY	QTY

**GROCERY**  
Tienda de comestibles

➔

				
<b>Lentils (Dried)</b> 1 lb bag Lentejas (secas)	<b>Tuna</b> 5 oz, Pescado Enlatado, Atún	<b>Peanut Butter</b> 16 oz Mantequilla de Maní	<b>Whole Wheat Bread</b> 16 oz, Pan de Trigo	<b>Eggs</b> 1 dozen Huevos
<b>\$1.50</b>	<b>\$1.00</b>	<b>\$2.25</b>	<b>\$3.50</b>	<b>\$2.00</b>
QTY	QTY	QTY	QTY	QTY

<p><b>INFANT</b> Niña</p> <p style="font-size: 2em;">➔</p>				<p><b>JUICES</b> Jugos</p> <p style="font-size: 2em;">➔</p>	
	<b>Gerber Baby Foods</b> Assorted 4oz Alimentos Para Bebés Clasificado	<b>Enfamil Powdered Formula</b> 12.5 oz Fórmula en Polvo	<b>Gerber Cereal</b> 8 oz, Rice or Oatmeal Arroz o Avena		<b>Orange Juice</b> 64oz., De Jugo de Naranja en Botella
	<b>\$2.00</b>	<b>\$22.00</b>	<b>\$3.50</b>		<b>\$5.00</b>
	QTY	QTY	QTY		QTY

		<p><b>DAIRY</b> Lácteos</p> <p style="font-size: 2em;">➔</p>				
<b>Apple Juice</b> 64 oz De Jugo de Manzana	<b>Apple Cider</b> 64 oz Sidra de Manzana		<b>Whole Milk</b> 1/2 gal, Leche Entera	<b>1% Milk</b> 1/2 gal Leche 1%	<b>Cheddar Cheese</b> 8 oz Queso	<b>Mozzarella Cheese</b> 8 oz Queso
<b>\$4.00</b>	<b>\$4.00</b>		<b>\$2.75</b>	<b>\$2.75</b>	<b>\$3.00</b>	<b>\$3.00</b>
QTY	QTY		QTY	QTY	QTY	QTY

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**CEREAL**  
CEREALES



**Corn Flakes**

18 oz box, Caja de 18 oz

**\$3.00**

QTY



**Cheerios**

18 oz box, Avena Tostada

**\$3.00**

QTY



**Rice Krispies**

12 oz box Arroz Crujiente

**\$3.00**

QTY



**Recipe of the Month**  
**Tropical Fruit Platter**  
Serves 8 ▪ Serving:  $\frac{3}{4}$  cup



**You Will Need:**

- Measuring spoons
- Sharp knife
- Cutting board
- Small bowl
- Cooking brush
- Stovetop or grill

**Ingredients**

- 1 teaspoon Fresh Lime Zest grated, about 1 lime
- $\frac{1}{2}$  teaspoon Salt
- 1 Mango peeled and cut into thick slices
- $\frac{1}{2}$  Pineapple medium, cut into rounds
- $\frac{1}{2}$  Papaya medium, seeded and cut into thick wedges
- 2 tablespoons Lime Juice; about 1 lime
- Optional -  $\frac{1}{2}$  teaspoon Ground Chili Powder or  $\frac{1}{2}$  teaspoon Ground Chipotle Powder

**Directions**

1. In a small bowl, stir together the lime zest, salt, and chili powder. Set aside.
2. Brush fruit with lime juice.
3. Heat grill to 400°F or prepare hot coals. Arrange fruit evenly on grill rack and cook about 3-4 minutes per side.
4. Transfer fruit to a large platter. Sprinkle with lime zest, chili powder, and salt mixture. Serve warm.

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