



### 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*  
**\$3.00**

QTY

### Seasonal Items



**Zucchini/ Summer Squash**  
*calabaza singular*  
**\$1.00**

QTY



**Green Beans**  
*Judías verdes, quart*  
**\$2.50**

QTY



Check out the monthly recipe on page 4!

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### VEGGIES

Verduras



#### Avocados

each,  
Aguacate,  
singular

**\$1.00**

QTY



#### Beets

each,  
Remolachas,  
singular

**\$1.00**

QTY



#### Broccoli

each, Brócoli,  
singular

**\$1.50**

QTY



#### Seeded Cucumbers

each, Pepino  
con Semillas,  
singular

**\$.75**

QTY



#### Carrots

1lb. bag,  
Zanahorias

**\$1.00**

QTY



#### Baby Carrots

1 lb. bag  
Zanahorias  
Bebe

**\$1.50**

QTY



#### Celery

each, Apio,  
singular

**\$2.50**

QTY



#### Green Cabbage

each  
Repollo Verde,  
singular

**\$2.00**

QTY



#### Garlic

each, Ajo,  
singular

**\$.50**

QTY



#### Ginger

each, Jengibre,  
singular

**\$1.00**

QTY



#### Spinach

10 oz bag  
Espinaca

**\$2.50**

QTY



#### Red Onion

each  
Cebollas Rojas,  
singular

**\$.75**

QTY



#### Yellow Onions

2 lb bag  
Cebollas  
Amarillas

**\$1.25**

QTY



#### White Potatoes

5 lb bag  
Papas Blancas  
en Bolsas

**\$3.00**

QTY



#### Russet Potato

each  
Papas Russet,  
singular

**\$.50**

QTY



#### Sweet Potato

each  
Batatas,  
singular

**\$.75**

QTY



#### Lettuce

Lechuga

**\$3.50**

QTY



#### Mushrooms

6 oz & 8 oz pkg  
Hongos

**\$2.00/\$2.50**

QTY



#### Jalapeños

each, singular

**\$.50**

QTY



#### Green Bell Peppers

each, Pimientos  
Verdes, singular

**\$1.00**

QTY



#### Rainbow Peppers

each, Pimientos  
Varios, singular

**\$1.50**

QTY


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GROCERY

*Tienda de comestibles*

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

	<div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; font-size: 1.2em;">GROCERY</div> <div style="margin-left: 10px;"> <p><i>Tienda de comestibles</i></p> </div>					
<b>Garbanzo Beans</b> 15.5 oz <i>Garbanzos</i>		<b>Lentils (Dried)</b> 1 lb bag <i>Lentejas (secas)</i>	<b>Tuna</b> 5 oz, <i>Pescado Enlatado, Atún</i>	<b>Peanut Butter</b> 16 oz <i>Mantequilla de Maní</i>	<b>Whole Wheat Bread</b> 16 oz, <i>Pan de Trigo</i>	<b>Eggs</b> 1 dozen <i>Huevos</i>
<b>\$1.00</b>		<b>\$1.50</b>	<b>\$1.00</b>	<b>\$2.25</b>	<b>\$3.50</b>	<b>\$2.00</b>
<input type="text" value="QTY"/>		<input type="text" value="QTY"/>	<input type="text" value="QTY"/>	<input type="text" value="QTY"/>	<input type="text" value="QTY"/>	<input type="text" value="QTY"/>

<div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; font-size: 1.2em;">INFANT</div> <div style="margin-left: 10px;"> <p><i>Niña</i></p> </div>				<div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; font-size: 1.2em;">JUICES</div> <div style="margin-left: 10px;"> <p><i>Jugos</i></p> </div>	
	<b>Gerber Baby Foods</b> Assorted 4oz <i>Alimentos Para Bebés Clasificado</i>	<b>Enfamil Powdered Formula</b> 12.5 oz <i>Fórmula en Polvo</i>	<b>Gerber Cereal</b> 8 oz, <i>Rice or Oatmeal Arroz o Avena</i>		<b>Orange Juice</b> 64oz., <i>De Jugo de Naranja en Botella</i>
	<b>\$2.00</b>	<b>\$22.00</b>	<b>\$3.50</b>		<b>\$5.00</b>
	<input type="text" value="QTY"/>	<input type="text" value="QTY"/>	<input type="text" value="QTY"/>		<input type="text" value="QTY"/>

		<div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; font-size: 1.2em;">DAIRY</div> <div style="margin-left: 10px;"> <p><i>Lácteos</i></p> </div>				
<b>Apple Juice</b> 64 oz <i>De Jugo de Manzana</i>	<b>Apple Cider</b> 64 oz <i>Sidra de Manzana</i>		<b>Whole Milk</b> 1/2 gal, <i>Leche Entera</i>	<b>1% Milk</b> 1/2 gal <i>Leche 1%</i>	<b>Cheddar Cheese</b> 8 oz <i>Queso</i>	<b>Mozzarella Cheese</b> 8 oz <i>Queso</i>
<b>\$4.00</b>	<b>\$4.00</b>		<b>\$2.75</b>	<b>\$2.75</b>	<b>\$3.00</b>	<b>\$3.00</b>
<input type="text" value="QTY"/>	<input type="text" value="QTY"/>		<input type="text" value="QTY"/>	<input type="text" value="QTY"/>	<input type="text" value="QTY"/>	<input type="text" value="QTY"/>

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**Colby  
Cheese**

8 oz  
Queso

**\$3.00**

QTY

**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**

Green Bean Sauté  
Makes: 6 servings Serving Size: ½ cup

**Ingredients**

- 1 cup onion (chopped)
- 1 cup mushrooms (slices)
- 1 teaspoon garlic (mince)
- 1 can green beans (1 lb, trimmed)

**Directions**

1. Spray skillet with non-stick cooking spray.
2. Sauté onions, mushrooms, and garlic.
3. Add green beans and heat thoroughly.



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