

### 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



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

QTY



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

QTY



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

QTY



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

QTY



**Watermelon**  
each, sandía  
singular  
**\$5.50**

QTY



**Blueberries**  
6 - 8oz container, arándanos  
**\$3.00**

QTY

### Seasonal Items



**Corn**  
maiz  
singular  
**3/\$1.00**

QTY



**Peaches**  
melocotones  
singular  
**\$0.75**

QTY



**Nectarines**  
nectarinas  
singular  
**\$0.75**

QTY



**Plums**  
ciruelas  
singular  
**\$0.75**

QTY

**NEW**

Check out the monthly recipe on page 4!

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Prices change monthly

Ask about our seasonal specials!

### 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



#### Zucchini/ Summer Squash

calabaza singular

**\$1.00**

QTY

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|                                                                 |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                |                                                                                                                                                                                                                            |                                                                                                                                                                                                                           |                                                                                                                                                                                                                 |                                                                                                                                                                                                                   |
|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>GROCERY</div> <div>Tienda de comestibles</div> <div></div> | <div></div> <div><div>Whole Wheat Pasta</div><div>1 lb pkg</div><div>Pasta de Trigo Integral</div><div>\$1.00</div><div>QTY</div></div>                | <div></div> <div><div>Brown Rice</div><div>1 lb bag</div><div>Arroz Integral Bolsa</div><div>\$1.00</div><div>QTY</div></div> | <div></div> <div><div>Beans</div><div>15 oz</div><div>Frijoles Enlatados</div><div>\$1.00</div><div>QTY</div></div>                       | <div></div> <div><div>Black Beans</div><div>15 oz</div><div>Frijoles Negros Enlatados</div><div>\$1.00</div><div>QTY</div></div>       | <div></div> <div><div>Beans (Dried)</div><div>1 lb bag</div><div>Frijoles (secos)</div><div>\$1.50</div><div>QTY</div></div> |                                                                                                                                                                                                                   |
|                                                                 | <div></div> <div><div>Garbanzo Beans</div><div>15.5 oz</div><div>Garbanzos</div><div>\$1.00</div><div>QTY</div></div>                                   | <div>GROCERY</div> <div>Tienda de comestibles</div> <div></div>                                                                                                                                                | <div></div> <div><div>Lentils (Dried)</div><div>1 lb bag</div><div>Lentejas (secas)</div><div>\$1.50</div><div>QTY</div></div>            | <div></div> <div><div>Tuna</div><div>5 oz, Pescado Enlatado, Atún</div><div>\$1.00</div><div>QTY</div></div>                             | <div></div> <div><div>Peanut Butter</div><div>16 oz</div><div>Mantequilla de Maní</div><div>\$2.25</div><div>QTY</div></div>  | <div></div> <div><div>Whole Wheat Bread</div><div>16 oz, Pan de Trigo</div><div>\$3.50</div><div>QTY</div></div>               |
| <div>INFANT</div> <div>Niña</div> <div></div>                   | <div></div> <div><div>Gerber Baby Foods</div><div>Assorted 4oz</div><div>Alimentos Para Bebés Clasificado</div><div>\$2.00</div><div>QTY</div></div> |                                                                                                                                                                                                                | <div></div> <div><div>Enfamil Powdered Formula</div><div>12.5 oz</div><div>Fórmula en Polvo</div><div>\$22.00</div><div>QTY</div></div> | <div></div> <div><div>Gerber Cereal</div><div>8 oz, Rice or Oatmeal</div><div>Arroz o Avena</div><div>\$3.50</div><div>QTY</div></div> | <div>JUICES</div> <div>Jugos</div> <div></div>                                                                                                                                                                  | <div></div> <div><div>Orange Juice</div><div>64oz., De Jugo de Naranja en Botella</div><div>\$5.00</div><div>QTY</div></div> |
|                                                                 | <div></div> <div><div>Apple Juice</div><div>64 oz</div><div>De Jugo de Manzana</div><div>\$4.00</div><div>QTY</div></div>                            | <div></div> <div><div>Grape Juice</div><div>64 oz</div><div>De Jugo de Uvas</div><div>\$4.00</div><div>QTY</div></div>      | <div></div> <div><div>Apple Cider</div><div>64 oz</div><div>Sidra de Manzana</div><div>\$4.00</div><div>QTY</div></div>                 | <div>DAIRY</div> <div>Lácteos</div> <div></div>                                                                                                                                                                           |                                                                                                                                                                                                                 | <div></div> <div><div>Whole Milk</div><div>1/2 gal, Leche Entera</div><div>\$2.75</div><div>QTY</div></div>                    |

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**Cheddar  
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



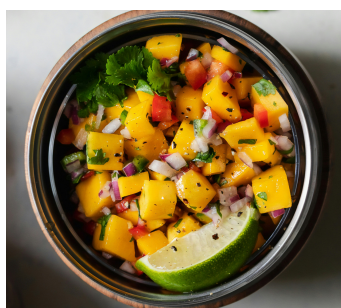
## Recipe of the Month

### Peach Salsa

Makes: 16 servings Prep Time: 15 minutes

#### Ingredients

- 1 cup chopped peaches, canned or fresh (about 1.5 to 2 medium fresh)
- 1 large tomato, chopped
- 1 bell pepper, seeded and chopped
- ½ cup chopped onion (½ medium onion)
- ½ cup chopped cilantro
- 1 Tablespoon lime juice
- ¼ teaspoon each salt and pepper



#### Directions

1. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper and gently stir to mix.
2. Cover and refrigerate until ready to serve.
3. Refrigerate leftovers within 2 hours

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