

Wellston Center - Food Pantry Menu Family of 4

Name _____

Walk/Drive

2 Canned Chicken
(pollo enlatado)

2 Canned Tuna
(atun enlatado)

2 Canned Ravioli
(raviolos)

2 Pasta Sauce
(salsa para pasta)

4 Mac & Cheese
(macarrones con queso)

1 Spaghetti
(espaguetis)

1 Peanut Butter
(mantequilla de maní)

1 Jelly (gelatina)

Canned Fruit [Choose Two]

2 Applesauce (coba)

2 Pineapple (piña)

2 Oranges (naranja)

2 Peaches (duraznos)

8 Rolls Toilet Paper
(papel higiénico)

1 Canola Oil
(aceite de canola)

Bread Bag (Bolsa de Pan)

**contains cereal, bread, bagels, etc.*

Canned Vegetables [Choose Two]

2 Beans (frijoles)

2 Corn (maíz)

2 Green Beans (judías verdes)

2 Rice

2 Dry Beans

2 Chicken
(pollo)

4 Tilapia Filets
(tilapia)

1 Tamales

2 Half-Gallon 2% Milk
(leche)

1 Dozen Eggs
(huevos)

2 Canned Soup (sopa)

2 Canned Chili

1 Laundry Detergent
(detergente de lavandería)

***Please see the Produce Counter for Hygienic Items, overstock food, and Produce**

Senior Box Program 60+

Certified, picking up today

Want to enroll

Depending on Supply

[Please indicate size]

Adult Diapers

(pañales para adultos)

Child Diapers

(pañales para niños)

Feminine Products

(productos femeninos)

Pads/Tampons

Volunteer Initial: _____