



Ramily Market Always in Stock items

Grains

Whole wheat sandwich bread
Whole grain muffin/Pancake mix
Macaroni and Cheese
Quinoa
Pasta (including Gluten free options)
Multigrain cracker (Gluten free)
Oatmeal
Cold Cereal (Life cereal, Cherrios, Rice Chex)

Fruit and Vegetables

Fruit cups (Peaches, Pears; packed in juice, no syrup)
Canned Vegetables (Corn, Diced tomatoes, Green Beans; Current seasonal veg: Yams)
Spaghetti Sauce
Frozen Vegetables (Broccoli, Mixed)
Frozen Fruit (Mixed Berries, Tropical fruit)
Lara Bars (Dried Fruit and nut bars)
Reduced sugar jam

Proteins

Canned Beans (Chickpeas, Pinto Beans, White beans)
Canned Tuna
Canned Chicken
Canned Chili (Vegetarian)
Almonds
Peanut Butter
Sun butter

