

BACKPACK FOOD LIST

Canned Veggies	Spaghetti Noodles
Beans	Canned Spaghetti
Peas	Spaghetti-o's, ravioli
Corn	Canned pasta
Mixed Veg.	Canned Soup (pop top lids)
Tuna Helper	Hormel Complete Dinners
Hamburger Helper	Baking Mix (Bisquick)
Chicken Helper	Noodle Mix/Packs
Potato Flakes	Fruit cups
Small Boxes of Rice	Jello cups
Tuna- can or packets	Single Serve Juice
Canned Chicken	Chewy Granola Bars
Canned fruit	Microwave Oatmeal
Peaches	Peanut Butter Crackers
Pears	Crackers and Cheese packs
Mixed Fruit	Fruit Snacks
Cereal (prefer non- sugared)	Peanut Butter- Jars
Cheerios	Jelly- Jars
Raisin Bran	Single serve Cheez-its
Chex	Single serve Goldfish
Rice Krispies	Crackers
Boxed Mac and Cheese	Pretzels
Individual Mac and Cheese	Poptarts
Spaghetti Sauce	Mini Muffins