

Meal Ideas (options)	Breakfast Items	Canned Vegetables	Meats
pasta and sauce (spaghetti)	cereals	corn	canned chicken breast
rice and chicken broth	oatmeal	collards	tuna
rice a roni	poptarts	beans	beef stew
hamburger helpers	granola	black beans	spam
rice and beef stew	grits	green beans	vienna sausage
ramen	pancakes/syrup	pork beans	salmon in can
Mac n cheese	breakfast bars	any type of canned vegetable	Beanee Weenee
Chicken Salad	Mini cereal		canned meat
Pancakes	shelf-stable milk		chili
Tuna noodle casserole			
Soup			
Prepackaged tacos & canned chicken			
Compleats meals (spaghetti/chicken and mashed potatoes/etc.			
Microwavable meals			

Crackers	Pastas	Fruit	Other Items	Snack items
packaged crackers	spaghetti noodle	apple sauce	canned spaghetti	variety pack crackers
triscuit	mac and cheese	fruit cocktail	canned ravioli	fruit snacks
ritz	ramen in a cup	orange slices in can	soups	pudding
golden crackers	ramen packaged	peaches	granola bars	rice krispies treats
variety pack	instant mashed potatoes	any pre-packaged fruits	kind bars	chips
gold fish	rice a roni		peanut butter	pickles
	Hamburger helpers		jelly	cereal bars
	pasta		broth (chicken/beef)	Chips
			corn bread mix	
			condiments	
			spices	
			water	
			powdered milk/milk packs	
			cooking oils	
			sauce	
			shelf-stable milk	
			Bread	