

**BREAKFAST:**

Cereal  
Oatmeal  
Muffin Mix (requires only water)  
Breakfast Bars  
Pancake Mix (requires only water)  
Poptarts  
Shelf Stable Milk

**SNACKS:**

Granola Bars  
Apple Sauce  
Macaroni and Cheese  
Crackers/Cookies  
Peanut Butter  
Jelly  
Canned Fruit  
Popcorn  
Pudding

**DRINKS:**

Powder Mixes (Kool aid)  
Juice Boxes

**MEALS:**

Soup  
Roman Noodles  
Pasta (Dry or Canned)  
Sauces  
Packaged Potatoes  
Canned Meat  
Bread Mixes (requires water only)  
Canned Vegetables  
Beans (Dry or Canned)  
Meals in a can or container (Chili, Stew, "Dinty Moore", Hormel completes)  
Rice  
Rice or Noodle sides (Ex. Knorr sides, Rice a Roni)

**EXTRAS:**

Flour  
Sugar  
Oil  
Baking Soda/Powder  
Seasonings  
Salt/Pepper  
Mayonnaise  
BBQ Sauce

Expect  
  
Excellence

