

Backpack Program Food List School Year 2020-2021

Breakfast

Granola Bars
Jelly & Jams
Pop Tarts
Pancake Mix (just add water)
Syrup
Cold Cereal (boxes/bags)
Protein Bars
Fruit (plastic individual cups)
Instant Oatmeal (cups/packages)
Yahoo Chocolate Milk

Snacks

Applesauce
Trail Mix
Graham Crackers
Saltine Crackers
Nuts/Snack Crackers
Microwave Popcorn
Beef Jerky/Sticks
Pudding (individual cups)

Lunch/Supper

Spaghetti O's
Cup Ramen/Yakisoba Noodles
Soup-Ready Made (carton, can, cup)
Hamburger Helper
Peanut Butter (10 oz./12 oz.)
Chunky Soup
Canned Pasta (Chef Boyardee)
Knorr Pasta or Rice Sides
Canned Meat (chicken, tuna)
Mac N Cheese (boxes/individual)
Stew (canned or cup)
Spaghetti Sauce (cans only)/Noodles
Canned Vegetables - Corn/Green Beans -
prefer cans with pop tabs

Please keep in mind:

Individual packages/servings if appropriate
Small and light in weight (easy to carry)
No breakable containers
Shelf stable
Easy to prepare

Any easy to make and serve, kid-friendly food will be much appreciated.
Thank you for your support!