

V-H Backpack Program Food List

Breakfast

Granola Bars

Pop Tarts

Small Boxes of Cereal

Protein Bars

Fruit (plastic individual cups)

Instant Oatmeal (cups/packages)

Juice boxes/pouches

Hot chocolate pouches

Snacks

Applesauce

Trail Mix

Graham Crackers

Nuts/Snack Crackers

Microwave Popcorn

Beef Jerky/Sticks

Fruit Snacks

Pudding/Jello (individual cups)

ANY easy to make and serve, kid-friendly food will be much appreciated.

Thank you for your support!!!!

Lunch/Supper

Spaghetti O's

Cup Ramen/Yakisoba Noodles

Soup-Ready Made (carton, can, cup)

Hamburger Helper/Tuna Helper

Chunky Soup

Canned Pasta (Chef Boyardee)

Knorr Pasta or Rice Sides

Canned Meat (chicken/tuna)

Mac N Cheese (boxes/individual)

Stew (canned or cup)

Canned Vegetables (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