

Backpack Buddies Food List

- Canned or pouch tuna
- Canned or pouch chicken
- Peanut butter
- Meal helpers (like Hamburger/Chicken/Tuna helpers)
- Fruit cups – applesauce, tropical fruit, pears, peaches, etc.
- Instant Oatmeal – individual portions
- Macaroni & Cheese
- Small boxes of cereal
- Easy to prepare food items – instant mashed potatoes, dried soups, beans, rice or pasta meals, etc.
- Granola/fruit/cereal bars
- Dried fruit – raisins, cranberries, cherries, tropical fruit, etc.
- Small bread mixes – cornbread, muffin, biscuit, etc.
- Healthy snack crackers
- Small pop top cans of vegetables