

## **MICAH'S BACKPACK FOOD ITEMS**

- Oatmeal packs
- Hot chocolate packs
- Pudding cups
- Granola bars
- YooHoo drinks or single mixes
- Pretzels, individually packaged
- Raisins
- Applesauce cups
- Jell-O cups
- Veggies: individual 8.5 oz cans of corn, green beans, peas, or carrots (can also be purchased in clear individual cups)
- Tuna, 7 oz can
- Chicken salad kits (\$1@ Dollar General)
- Tuna salad kits (\$1@ Dollar General)
- Any canned pasta in 15 oz cans
- Any pasta cups 7.5 oz microwavable
- Macaroni & cheese in any form (Kraft Easy Mac, microwavable cups, canned)
- Cup of noodles
- Ramen noodles
- Chicken noodle/pasta soup 10 ¾ can
- Tomato soup 10 ¾ can
- Vegetable soup 10 ¾ can
- Beef noodle soup 10 ¾ can
- Jiff peanut butter to-go cups
- Rice Krispie treats or similar item
- Sandwich cookies
- Sandwich crackers (peanut butter, cheese, etc.)
- Animal cracker packs
- Cheese or peanut butter and breadsticks
- Fruit snacks
- Popcorn, microwavable