

Food Suggestions

Breakfast

Bread (bagels, English muffins, pita, raisin, whole grain)
Breakfast bars
Breakfast drink, instant
Candy (caramels, Jolly Rancher, M&M, Skittles, Snickers)
Cereal, cold (granola)
Cereal, instant hot (oat bran, oatmeal, wheat)
Cream cheese
Eggs (fresh, hard-boiled, powdered)
Gorp
Granola bars
Grits, instant
Hash browns, instant
Jelly
Meat, fresh (bacon, hamburger, hot dogs, sausage)
Meats, canned (chicken, corned beef, ham, Spam, turkey, Vienna sausage)
Pancake mix
Peanut butter
Toaster pastries

Lunch

Bread (bagels, English muffins, pita, raisin, whole grain)
Candy (caramels, Jolly Rancher, M&M, Skittles, Snickers)
Cheese (cheddar, Monterey jack, squeeze)
Crackers (graham, melba, pilot, saltines, sea biscuits, water)
Eggs, hard boiled
Fish, canned (clams, fish steaks, salmon, sardines, shrimp, tuna)
Fruit, dried (apples, bananas, dates, figs, pineapples, raisins)
Fruit, fresh (apples, oranges)
Fruitcake
Gorp
Granola bars
Jelly
Meat, dried (hard salami, jerky, pepperoni, summer sausage)
Meats, canned (chicken, corned beef, ham, Spam, turkey, Vienna sausage)
Noodle dinners, instant
Nuts
Peanut butter
Snack foods (brownies, rice cakes)
Soup, instant (beef noodle, chicken noodle, chicken rice, onion)

Supper

Beans, canned (baked, lima, red)
Franks and beans
Fruit, fresh (apples, oranges)
Grains (couscous, instant rice)

Gravies, instant (chicken, mushroom, onion)
Lentils
Macaroni and cheese
Meat, fresh (bacon, hamburger, hot dogs, sausage)
Meats, canned (chicken, corned beef, ham, Spam, turkey, Vienna sausage)
Noodle dinners, instant
Noodles (egg, ramen)
Pasta (elbow, salads, spaghetti)
Pilafs (lentil, wheat, rice)
Potatoes, instant (au gratin, mashed, scalloped)
Rice dinners, instant
Sauces, instant (cheese, spaghetti, stroganoff)
Soup, condensed (beef stew, cream of celery, tomato, vegetable)
Soup, instant (beef noodle, chicken noodle, chicken rice, onion)
Spaghetti, canned
Specialty dehydrated meals
Stuffing mixes
Vegetables, canned (carrots, corn, peas, potatoes, tomato)
Vegetables, fresh (green peppers, onion)

Beverages

Apple cider mix
Bouillon
Cocoa/hot chocolate
Coffee, instant
Drinks, powdered (Gatorade, Kool-Aid, Tang)
Milk (canned, powdered)
Tea (bag, powdered, powdered fruit)
Water

Dessert

Cake, yellow mix
Cheesecake, instant
Cookies (fig newtons, oreos, vanilla wafers)
Fruit, canned (crushed pineapple, fruit cocktail)
Jell-O
Popcorn kernels
Puddings and custards, instant

Spices and Condiments

Catsup
Cayenne pepper
Chili powder
Cinnamon
Cumin powder
Curry powder
Garlic powder
Honey
Italian seasoning

Margarine, squeeze
Mustard
Nutmeg
Oil (canola or olive)
Onion powder
Paprika
Pepper, black
Salt
Sugar, brown
Tabasco
Worcestershire sauce