



Micah's Backpack Food List

Campbell's Chicken Noodle Soup	14.75 oz. can or 7.5 oz. microwaveable cup
Beanee Weenies	7.75 oz. Can
Tuna	5.0 oz. Can
Pasta in a Can	14.75 oz. or smaller Chef Boyardee Ravioli, Spaghettios etc.
Macaroni 'n Cheese	2.05 oz. cups (usually, in packs of 4 or 6)
Can of Vegetables	8 oz. or smaller
Dry cereal	1 oz. individual boxes or cups
Instant Oatmeal envelope	Box contains individual packages
100% fruit juice boxes	8 oz individual boxes Usually, in package of 8
Shelf Stable Milk	8 oz. boxes 2% milk, chocolate milk, vanilla milk (Parmalat, Horizon, TruMoo)
Saltine Crackers	Regular size box, we will divide the 4 sleeves of crackers into 4 backpacks
Welch's 100% Fruit Snacks	
Granola Bars	
Fruit Cups (no applesauce)	
Peanut Butter	10.75 oz. jar
Individual bags of Pretzels	
Individual bags of crackers,	Like Cheez-it, Teddy-Grahams, Goldfish. (Not cookies.)
Microwave Popcorn	Family-size envelopes for "Family night" on the Weekend
Toothbrushes	

The Micah's Backpack Bin Is In The Dining Hall