	FOOD IDEAS		
Bre	akfast -	Dinr	ner -
	instant oatmeal		beef & noodle mixes
	fruit		chicken & noodle mixes
	instant juice (tang, etc)		mac & cheese
	hot chocolate		instant soups
	pop tarts, donuts, honey buns		beef stew - can
			ravioli - can
			spaghetti - can
			can fruit
ā		ō	instant pudding
			hot chocolate
<u> </u>		_	koolaid
_			Roolala
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Lun	ich -	_	
	beef jerky or beef sticks sandwiches		
	cracker - peanut butter / cheese		
	apple / orange	_	
	candy bar / snack bars		
	trial mix / raisins / yogurt raisins / nuts, etc		
	chex mix / corn chips		