

## FOOD IDEAS

Breakfast -

- ☐ instant oatmeal
- ☐ fruit
- ☐ instant juice (tang, etc)
- ☐ hot chocolate
- ☐ pop tarts, donuts, honey buns

Lunch -

- [illegible]

Dinner -

- ☐ beef & noodle mixes
- ☐ chicken & noodle mixes
- ☐ mac & cheese
- ☐ instant soups
- ☐ beef stew - can
- ☐ ravioli - can
- ☐ spaghetti - can
- ☐ can fruit
- ☐ instant pudding
- ☐ hot chocolate
- ☐ koolaid