

Canned Vegetables and Fruits

Potatoes
Corn
Green beans
Peas
Carrots
Mixed vegetables
Yams/sweet potatoes
Cranberry sauce
Citrus (pineapple, mandarin oranges)
Fruit cocktail
Peaches
Pears
Applesauce

Starches, Tomatoes, Sauces

Mashed potatoes
Macaroni and cheese
Egg Noodles
Spaghetti
Pasta
Rice
Tomatoes (diced, whole, crushed)
Tomato sauce, pizza sauce
Spaghetti sauce

Protein, Spreads, Soups

Peanut butter
Spreads – Jelly, Marshmallow Fluff
Baked beans
Canned Garbanzo beans (chickpeas)
Great northern beans
White beans
Black beans
Pinto beans
Kidney beans
Canned chicken
Salmon
Tuna fish
Cream of mushroom soup
Tomato soup
Chicken noodle/chicken rice soups
Cream of chicken soup, chicken broth
Vegetable soups, miscellaneous soups

Snacks, Pasta Meals

Jello mixes
Dessert mixes (brownies, cake, etc.)
Packaged cookies
Pudding cups
Popcorn
Snack crackers
Crackers (Saltines, Ritz, etc.)
Beef stew, chili, etc.
Raviolis, Spaghettios, etc.

Breakfast Foods, Hot Drinks

Cereal
PopTarts
Oatmeal
Muffins
Pancake mix
Syrup
Powdered Milk
Granola bars, breakfast bars
Hot cocoa
Tea
Coffee