



Backpack Food Ideas

Items to include in your backpack food program

100% Juicy Juice boxes

Shelf stable milk

Single serving size boxed cereal

Whole grain cereals

Whole grain granola bars or cereal bars

Complete pancake mix

Oatmeal cereal packets

Jell-O cups or mixes

Pudding cups or mixes

Sunflower seeds

Raisins

Peanut Butter

Jelly

Whole grain crackers

Popcorn

Light syrup canned fruit

No- or low-salt canned vegetables

Ramen noodles (suggest mixing with vegetables)

Macaroni and cheese

Canned tuna

Canned chicken

Beans and franks

Soups and stews

Canned chili/ravioli/spaghetti & meatballs

Hamburger Helper

Instant brown rice

Whole wheat pasta/macaroni

Whole grain spaghetti noodles

Spaghetti sauce