

### **About Weekend Power Packs:**

Each Power Pack includes food for 2 breakfasts, 2 lunches, 2 milks, and 4 snacks chosen from the following lists:

#### **Breakfast: (2)**

Instant Oatmeal (packet or bowl)  
Individual Cold Cereal  
Instant Cream of Wheat (packet)  
Breakfast Drink in Individual Bottles (non-refrigerated)  
Protein/Granola bar

#### **Lunch (2) All Single Serving packages:**

Beanie Weenies  
Cup a Soup  
Beef Stew  
Chunky Soup  
Ramen  
Canned Chili  
Canned Pasta  
Mac & Cheese T  
Tuna & Crackers Pack  
Uncrustables Frozen Peanut Butter & Jelly  
Chicken & Crackers Pack  
Meals in trays (shelf stable) – (Hormel Compleats or similar)

#### **Milks (2) All shelf stable - not refrigerated:**

Milk Plain  
Chocolate Milk  
Strawberry Milk

#### **Snacks (4) Packaged choices:**

Granola Bars  
Fruit Cups  
Jell-o Cups  
Pudding Cups  
Individual Bag of Chips  
Individual Bag of Goldfish  
Individual Bag of Cookies/Graham Crackers/Snack Crackers  
Individual Nut Packs  
Apple Sauce Cups  
Cracker Sandwich Pack  
Individual Peanut Butter Packs  
Raisins or other dried fruit