

Day One

Breakfast

½ cup milk or mix ¼ cup evaporated milk with ¼ cup water from sealed containers or distilled water

1 box of cereal (single-serving)

1 Tbsp. sugar

½ cup canned peaches (drained)

Morning Snack

Vanilla wafers (5) or graham crackers (1 ½ squares)

Sourballs (10)

Lunch

Peanut butter and jelly sandwich

2 slices of bread

2 Tbsp. peanut butter

2 Tbsp. jelly

½ cup canned pears (drained)

4 oz. (1/2 cup) Kool-Aid

Afternoon Snack

Marshmallows (10)

½ cup canned applesauce

Dinner

Chicken sandwich

2 slices bread

½ can (2 oz) unsalted, canned chicken*

2 Tbsp. mayonnaise*

½ cup canned carrots (drained)

½ cup cranberry juice

Evening Snack

Jelly beans (10)

Vanilla wafers (5) or graham crackers (1 ½ squares)

**Perishable item. Throw away unused open containers if not on ice, refrigerated, or used within 4 hours.*

Day Two

Breakfast

½ cup milk or mix ¼ cup evaporated milk with ¼ cup water from sealed containers or distilled water

1 box of cereal (single-serving)

1 Tbsp. sugar

½ cup canned pears (drained)

Morning Snack

Vanilla wafers (10) or graham crackers (1 ½ squares)

Jelly beans (10)

Lunch

Turkey sandwich

2 slices bread

¼ cup (1 oz) unsalted, canned turkey*

1 Tbsp. mayonnaise

½ cup canned pineapple (drained)

4 oz. (1/2 cup) Kool-Aid

Afternoon Snack

Mints (10)

½ cup canned applesauce

Dinner

Tuna sandwich

2 slices bread

½ can (2 oz.) unsalted, canned tuna*

2 Tbsp mayonnaise*

½ cup canned peas (drained)

½ cup cranberry juice

Evening Snack

Vanilla wafers (5) of graham crackers (1 ½ squares)

Sourballs (10)

**Perishable item. Throw away unused open containers if not on ice, refrigerated or used within 4 hours.*

Day Three

Breakfast

½ cup milk or mix ¼ cup evaporated milk with ¼ cup water from sealed containers or distilled water

1 box cereal (single-serving)

1 Tbsp. sugar

½ cup canned cherries (drained)

Morning Snack

Vanilla wafers (10) or graham crackers (1 ½ squares)

Hard candies (10)

Lunch

Peanut butter and jelly/honey sandwich

2 slices bread

2 Tbsp. peanut butter

2 Tbsp. jelly or honey

½ cup canned peaches (drained)

4 oz. (1/2 cup) cranberry juice

Afternoon Snack

½ cup canned applesauce

Jelly Beans (10)

Dinner

Salmon sandwich

2 slices bread

½ cup (2 oz.) unsalted, canned salmon*

2 Tbsp. mayonnaise*

½ cup canned green beans

½ cup soda pop

Evening Snack

Vanilla wafers (5) or graham crackers (1 ½ squares)

Marshmallows (10)

**Perishable item. Throw away unused open containers if not on ice, refrigerated or used within 4 hours.*