

BackPack Food Program Weekend Menus



Our food packs contain breakfast, lunch and a snack for each day that school is not in session. Here are some of the menus we have to choose from.

MENU 2A (Two Day Weekend)

Day 1 Menu

Breakfast

1 Bowl of cereal. Add your own milk.

1 Fruit Cup

Morning Snack

1 Bag of Peanuts

Lunch

1 Maruchan Instant Lunch. Follow the directions on the cup and ask an adult to help you.

1 Pudding Cup

1 Juice Drink

Day 2 Menu

Breakfast

1 Bowl of cereal. Add your own milk.

1 Fruit Cup

Morning Snack

1 Package Cheese Crackers

Lunch

1 Tuna Salad Kit

1 Apple Sauce Cup

1 Pudding Cup (*in winter, this pudding is replaced by hot chocolate packet*)

MENU 2B (Two Day Weekend)

Day 1 Menu

Breakfast

1 Instant Oatmeal. Add hot water to oatmeal in bowl, stir.

Ask an adult to help you with the water.

1 Fruit cup

Morning Snack

1 Package of Whole Grain Cheez-Its

Lunch

1 Easy Mac. Add water to macaroni in a bowl. Follow the directions on the packet. Ask an adult to help you.

1 Pudding Cup

1 Juice Drink

Day 2 Menu

Breakfast

1 Bowl of cereal. Add your own milk.

1 Fruit Cup

Morning Snack

1 Package Peanut Butter Crackers

Lunch

1 Chef Boyardee Pasta Bowl. Follow the directions on the cup and ask an adult for help.

1 Apple Sauce Cup

1 Pudding Cup (*in winter, this pudding is replaced by hot chocolate packet*)

MENU 2C (Two Day Weekend)

Day 1 Menu

Breakfast

1 Instant Oatmeal. Add hot water to oatmeal in bowl, stir.

Ask an adult to help you with the water.

1 Fruit cup

Morning Snack

1 Bag of Whole Grain Goldfish Crackers

Lunch

1 Can Beane Weenees. Follow directions on can and ask an adult to help you.

1 Pudding Cup (*in winter, this pudding is replaced by hot chocolate packet*)

1 Juice Drink

Day 2 Menu

Breakfast

1 Bowl of cereal. Add your own milk.

1 Fruit Cup

Morning Snack

1 Package of Raisins

1 Apple Sauce Cup

Lunch

1 Maruchan Instant Lunch. Follow the directions on the cup and ask an adult to help you.

1 Pudding Cup

MENU 2D (Two Day Weekend)

Day 1 Menu

Breakfast

1 Instant Oatmeal. Add hot water to oatmeal in bowl, stir.

Ask an adult to help you with the water.

1 Fruit cup

Morning Snack

1 Granola Bar

Lunch

1 Easy Mac. Add water to macaroni in a bowl. Follow the directions on the packet. Ask an adult to help you.

1 Pudding Cup

1 Juice Drink

Day 2 Menu

Breakfast

1 Bowl of cereal. Add your own milk.

1 Fruit Cup

Morning Snack

1 Package of Teddy Grahams

1 Apple Sauce Cup

Lunch

1 Chef Boyardee Chicken & Veggies Rice Cup. Follow the directions on the cup and ask an adult for help.

1 Pudding Cup (*in winter, this pudding is replaced by hot chocolate packet*)

BackPack Food Program Weekend Menus



MENU 3A (Three Day Weekend)

Day 1 Menu

Breakfast

1 Instant Oatmeal. Add hot water to oatmeal in bowl, stir.
Ask an adult to help you with the water.

1 Fruit cup

Morning Snack

1 Granola Bar

Lunch

1 Can Beane Weenees. Follow directions on can and ask an adult to help you.

1 Pudding Cup

1 Juice Drink

Day 2 Menu

Breakfast

1 Bowl of cereal. Add your own milk.

1 Fruit Cup

Morning Snack

1 Package of Teddy Grahams

Lunch

1 Maruchan Instant Lunch. Follow the directions on the cup and ask an adult to help you.

1 Apple Sauce Cup

1 Pudding Cup (*in winter, this pudding is replaced by hot chocolate packet*)

Day 3 Menu

Breakfast

1 Bowl of cereal. Add your own milk.

1 Apple Sauce Cup

Morning Snack

1 Package Peanut Butter Crackers

Lunch

1 Tuna Salad Kit

1 Pudding Cup (*in winter, this pudding is replaced by hot chocolate packet*)

1 Juice Drink

MENU 3B (Three Day Weekend)

Day 1 Menu

Breakfast

1 Bowl of cereal. Add your own milk.

1 Fruit cup

Morning Snack

1 Package Cheese Crackers

Lunch

1 Chef Boyardee Pasta Bowl. Follow directions on can and ask an adult to help you.

1 Pudding Cup

1 Juice Drink

Day 2 Menu

Breakfast

1 Instant Oatmeal. Add hot water to oatmeal in bowl, stir.
Ask an adult to help you with the water.

1 Fruit Cup

Morning Snack

1 Package Goldfish Grahams

Lunch

1 Maruchan Instant Lunch. Follow the directions on the cup and ask an adult to help.

1 Apple Sauce Cup

1 Pudding Cup (*in winter, this pudding is replaced by hot chocolate packet*)

Day 3 Menu

Breakfast

1 Bowl of cereal. Add your own milk.

1 Apple Sauce Cup

Morning Snack

1 Package Peanuts

1 Juice Drink

Lunch

1 Packet Easy Mac. Follow the directions on the packet and ask an adult to help you.

1 Pudding Cup (*in winter, this pudding is replaced by hot chocolate packet*)

Notes:

For longer breaks such as MEA Weekend or Thanksgiving, we send home a combination of menus over a couple of days. During Winter Break we also add nutritious perishables such as; carrots, yogurt and fruit.

Our menus were planned and prepared by a registered dietitian and with the help of a nutrition team. We regularly review our menus to increase the nutritional value with new products. There are four constraints we have to work within for our program: 1) non-perishable, 2) single-serving (for weight purposes), 3) child-friendly and easy to prepare, and 4) cost. We do not include cookies, candies, or chips; although we do include popcorn once a month as a snack.

Our goal this year is to find a replacement for the Maruchan Instant Lunch cup due to its higher than ideal sodium and fat content. We welcome suggestions. Please send to nswanson@backpackfoodprogram.org