

Complete List of Items Needed for Micah's Backpack Program

(Please note size/quantity needed since young children carry the backpacks home)

ITEM	SIZE/QUANTITY
Cereal	Individual serving sized in boxes or "cups" with limited sugar.
Microwavable Breakfast	
Breakfast Bars	
Shelf Stable Milk	8 oz boxes
Juice	6-pack cans of 100% natural juice (10oz each) Natural juice boxes (10 boxes per pack 6.75 oz each)
Fruit Cup (Mandarin Orange, Peaches, Pears, Mixed Fruit)	Individual serving size
Applesauce	Individual serving size
Peanut Butter	Individual serving size
Box of Saltines	8 packages per box
Ritz Crackers	8 packages per box, "short sleeves"
Peanut Butter Crackers	6 crackers per package
Cheese on Cheese Crackers	6 crackers per package
Mac & Cheese	Singles (2 oz) - "Easy Mac"
Spaghettios with Meatballs	15 oz can
Cheese or Meat Ravioli	15 oz can or 7.5 oz microwavable
Spaghetti Rings & Meatballs	7.5 oz microwavable
Rice with Chicken & Vegetables	7.5 oz microwavable
Chicken Noodle Soup	10.75 oz can
Chicken & Rice Soup	10.75 oz can
Vegetable Beef Soup	10.75 oz can
Beef Stew	15 oz can
Microwavable Meals	Hormel, Barilla, etc.
Canned Vegetables	8.5 oz can or microwavable serving of: Corn, Green Beans, Carrots, Mixed Vegetables, Peas
Pepperidge Farm Goldfish	Original flavor - 1.5 oz bags/cartons
Pretzels	Box of individual serving size bags
Raisins	1.5 oz boxes