

Emergency Foods

Day 1

Breakfast

Cheerios
Canned Pears
Milk
Water

AM Snack

Wheat Thins
String Cheese
Grape Juice
Water

Lunch

Chicken in a Can
Bread in Freezer
Canned Pineapple
Frozen Peas
Mayo and Pickle Relish in Refrigerator
Milk
Water

PM Snack

Bread in Freezer
Mozzarella Cheese Stick
Water

Day 2

Breakfast

Chex Cereal
Mandarin Oranges
Milk
Water

AM Snack

Graham Crackers
Apple Juice
Water

Lunch

Tuna in a Pouch
Bread in Freezer
Canned Peaches
Canned Green Beans
Mayo and Pickle Relish in Refrigerator
Milk
Water

PM Snack

Animal Crackers
Milk
Water