








Breakfast

Instant Oatmeal	Bagel Thins	Pancake Shake N' Pour	Egg Beaters
			
Pre-Cooked Bacon	Pre-Cooked Sausage	Instant Grits	
			

LUNCH

Starkist Lunch Kit	Bagels & Pnut Butter	Chicken Wraps	Tuna Wraps
			


Condiments for Wraps

Arby's	McDonalds	Pizza Hut	Taco Bell
			

DINNER

Butter & Herb	Chicken	Alfredo	Stroganoff	Creamy Chicken
 <p>Knorr Pasta Sides Butter & Herb Fettuccini in a Delicate Butter Flavored & Herb Sauce with other Natural Flavor</p> <p>COOKS IN 7 MINUTES</p>	 <p>Knorr Pasta Sides Chicken Flavor Fettuccini in a Savory Chicken Flavored Sauce with other Natural Flavor</p> <p>COOKS IN 7 MINUTES</p>	 <p>Knorr Pasta Sides Alfredo Fettuccini in a Creamy Parmesan & Romano Cheese Flavored Sauce with other Natural Flavor</p> <p>COOKS IN 7 MINUTES</p>	 <p>Knorr Pasta Sides Stroganoff Fettuccini in a Sour Cream Flavored & Mushroom Flavored Sauce with other Natural Flavor</p> <p>COOKS IN 8 MINUTES</p>	 <p>Knorr Pasta Sides Creamy Chicken Flavor Fettuccini in a Creamy Chicken Flavored Sauce with other Natural Flavor</p> <p>COOKS IN 8 MINUTES</p>
Baby Back BBQ	Cheddar Broccoli	Teriyaki Noodles	Steak Fajitas	Red Beans & Rice
 <p>Knorr New! Rice Sides Marie Perle's Baby Back BBQ Rice & Pasta Blend in a Sweet, Tangy BBQ Sauce</p> <p>COOKS IN 7 MINUTES</p>	 <p>Knorr Rice Sides Chicken Flavor Rice & Pasta Blend with Broccoli in a Chicken Flavored Sauce with other Natural Flavor</p> <p>COOKS IN 7 MINUTES</p>	 <p>Knorr Asian Sides Teriyaki Noodles Lo Mein Noodles in a Sweet Teriyaki Sauce</p> <p>COOKS IN 7 MINUTES</p>	 <p>Knorr Rice Sides Menu Flavors Steak Fajitas Flavor Rice & Pasta with Steak Flavor, Bell Peppers & Fajita Seasoning with other Natural Flavor</p> <p>COOKS IN 7 MINUTES</p>	 <p>Knorr Cajun Sides Red Beans & Rice Rice & Pasta Blend with Red Beans, Bell Peppers & Cajun Spices</p> <p>COOKS IN 7 MINUTES</p>

Add these to make it a meal.

Kielbasa Sausage	Tyson Chicken	Vienna Sausage	Spam	Pigs Feet
				

Maybe not the last one.





Sides

Stove Top	Loaded Mashed Potatoes	Roasted Garlic Mashed Potatoes	Kings Hawaiian Sweet Rolls 4 ct.
			

Drinks

Water	Hot Coco Mix	Drink Flavorings	Coffee	Sleepytime Tea
				
Tazo Awake Breakfast Tea	Crystal Light Singles	Gatroade Singles		
				

Fruit (some pack better than others) Awesome with any meal of the day.

Cuties	Apples	Bananas	Berries
			






SNACKS

Beef Jerky	Trail Mix	Granola Bars	Sunflower Seeds
			

Desserts

No Bake Strawberry Cheesecake	Oreo No Bake	No Bake Lemon Meringue Pie	Oreo's Double Stuffed
			

Other Items you may need or want...

Milk	Salt & Pepper	Towelette's	Butter	Napkins
				
Quart Freezer Bags	Gallon			
