



# FRIDAY FARE

## Backpack Project

*because kids get hungry on the weekend*

### MENU LIST

#### WEEK 1: SATURDAY MEAL

- 1 Campbell's condensed soup (26 oz) - tomato, cream of chicken, or chicken noodle
- 1 jar peanut butter (28 oz)
- 1 box crackers
- 1 box fruit snacks - fortified with vitamin C & real fruit juice

#### WEEK 1: SUNDAY MEAL

- 1 box Betty Crocker complete Meal - chicken variety
- 1 can vegetables (28 oz) or 2 cans (15 oz) - peas, corn, green beans, etc.      1 can fruit (29 oz) - fruit cocktail, peaches, pears, or applesauce.

#### WEEK 2: SATURDAY MEAL

- 1 - 40 oz can Chef Boyardee or Spaghetti O's
- 1 - 29 oz can fruit
- 1 - 14.4 oz box graham crackers

#### WEEK 2: SUNDAY MEAL

- 1 - box Tuna Helper (doesn't include canned tuna)
- 1 - 12 oz can tuna
- 1 - 28 oz can vegetables (or 2 - 15 oz cans)
- 1 - 13.7 oz box Cheez-its

#### WEEK 3: SATURDAY MEAL

- 2 - boxes macaroni & cheese (add milk & margarine)
- 1 - 29 oz can fruit
- 1 - box Quaker Oat chewy bars (8 per box)

#### WEEK 3: SUNDAY MEAL

- 1 - box Chicken Helper (doesn't include canned chicken)
- 1 - 12 oz can chicken
- 1 - 28 oz can vegetables (or 2 - 15 oz cans)
- 4 - Quaker Oat chewy bars (left from Saturday)

#### WEEK 4: SATURDAY MEAL

- 1 - 12 oz can tuna or chicken
- 1 - box crackers
- 1 - 29 oz can fruit

#### WEEK 4: SUNDAY MEAL

- 1 - box Betty Crocker Complete Meal beef variety
- 1 - 28 oz can vegetables (or 2 - 15 oz cans)
- 4 - snack pudding cups
- 4 - Quaker Oat chewy bars (left from Saturday)