

# LMC Food Pantry Availabilities - February 6th - 10th

Student ID \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_

## Canned Meats

- Chili
- Enchilada Sauce
- Menudo
- Beef/Beefaroni Pasta/Ravioli
- Salmon
- Spagetti and Meatballs
- Tuna
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## Canned Vegetables

- Beans, Adzuki
- Beans, Black
- Beans, Butter
- Beans, Canellini
- Beans, Garbanzo
- Beans, Green
- Beans, Kidney
- Beans, Piquito
- Beans, Pinto
- Beans, White
- Carrots
- Diced Tomatoes
- Green Chiles
- Mixed Vegetables
- Olives
- Sweet Corn
- Sweet Peas
- Tomatoes

## Canned/Cupped Fruit

- Apricots
- Cranberries
- Mixed
- Oranges
- Peaches
- Pears
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## Soup (Meat)

- Campbell's Chicken Noodles (Stars and O's)
- Campbell's Minestrone
- Campbell's Vegetable Beef
- Chicken and Rice (Campbell's and Progresso)
- Chicken and Vegetables with Rosemary
- Chicken Broth
- Chicken Pot Pie
- Cream of Chicken
- Cream of Mushroom
- Creamy Roasted Chicken with Herb Dumplings
- Noodle Soup with Vegetables
- Progresso Beef Barley
- Progresso Chicken Corn Chowder
- Progresso New England Clam Chowder
- Pumpkin Soup
- Santa Fe Style Chicken

## Soup (No Meat)

- Black Bean Soup
- Cream of Mushroom/Mushroom Soup
- French Onion Soup
- Lentil Vegetable Soup
- Marinara Sauce
- Minestrone
- Tomato Paste
- Tomato Sauce
- Tomato Soup
- Tomatoes Stewed
- Vegetable Soup

## Carbs

- Cup Noodles
- Elbow Pasta
- Farfall Enriched Macaroni Bowtie Pasta
- Hamburger Helper
- Macaroni and Cheese
- Noodle Pasta (Instant Noodles with Chajang Sauce)
- Organic Brown Rice Pasta Fusilli
- Penne Pasta
- Small Elbow Pasta
- Spagetti
- Stuffing (Chicken/Turkey)
- Whole Grain Brown Rice

## Spreads

- Peanut Butter
- Eggplant Garlic Spread
- Fruit Preserves, Black Cherry
- Fruit Preserves, Mixed
- Fruit Preserves, Black Currant
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## Sweets / Snacks

- Box Cereal
- Box Cereal (Mini, 1 serving)
- Cake Mix
- Cliff Bars
- Corn Muffin Mix
- Cranberry sauce
- Evaporated Milk
- Gravy
- Instant Oeatmeal
- Microwave Popcorn
- Pancake Mix
- Scone Mix
- Snacking Nuts