

LMC Food Pantry Availabilities - 04/17 - 04/21/17

Name _____

Date _____

Student ID _____

Limit is 5 items per day

Canned Vegetables

- Beans, Black Eye Peas (Bagged)
- Beans, Cannellini
- Beans, Great Northern
- Beans, Green
- Beans, White
- Mustard Greens
- Spinach
- Sweet Corn
- Tomato Sauce/Paste
- Tomatoes (Diced/Peeled/Whole)

Canned Meats

- Canned Chicken
- Chicken Chili with White Beans
- Tuna & Canned Fish

Grains

- Chicken Stuffing
- Cereal
- Macaroni & Cheese
- Oatmeal
- Rotini Pasta
- Spaghetti

Soup (Meat)

- Chicken Noodle Soup
- Chicken Tortilla Dry Soup Mix
- Chicken with Rice Dry Soup Mix
- Cream of Chicken Dry Soup Mix

Soup (No Meat)

- Vegetarian Vegetable Soup
- Cream of Mushroom Soup (Low Sodium)

Spreads/Sauces

- Cranberry Sauce
- Eggplant Garlic Spread
- Pasta Sauce
- Peanut Butter
- Turkey Gravy

Sweets / Snacks/Baked Goods

- Cliff Bars
- Corn Muffin Mix

Drinks

Fruit

- Mandarins in Juice

Student Signature _____