

LMC Food Pantry Availabilities - 07/17 - 07/19/2017

Name _____

Date _____

Student ID _____

Limit is 5 items per day

Canned Vegetables

- Beans, Cannellini
- Beans, Green
- Beans, Kidney
- Beans, Pinto
- Beans
- Olives
- Pickled Beets
- Sliced Mushrooms
- Spinach
- Sweet Peas
- Sweet Corn
- Tomato (Crushed/Diced/Sauce/Stewed/Paste)

Canned Meats

- Canned Chicken
- Cheese Burger Macaroni
- Pork and Beans
- Ravioli
- Sardines
- Tuna
- Chili with Beans

Grains

- Cereal, Raisin Bran
- Instant Oatmeal, Peaches and Cream

Soup (No Meat)

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

Soup (Meat)

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

Drinks

- Organic Mother's Milk Lactation Tea
- Swiss Miss Marshmallow Cocoa Mix

Fruit

- Apple Sauce
- Canned Mixed Fruits

Sweets / Snacks/Baked Goods

- Clif Bars, Blueberry
- Clif Bars, Berry Pomegranate Chia
- Clif Bars, Carrot Cake
- Clif Bars, Nut & Seeds
- Clif Bars, Peanut Butter
- Frosting
- Fruit Jello Mix
- Jiff Cornbread Mix

Spreads/Sauces

- Pasta Sauce

Toiletries

- Tooth Paste
- Soap
- Shampoo
- Conditioner
- Pads

Student Signature _____