

# LMC Food Pantry Availabilities - 06/19 - 06/22/2017

Name \_\_\_\_\_

Date \_\_\_\_\_

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

**Limit is 5 items per day**

## Canned Vegetables

- Beans, Black
- Beans, Cannellini
- Beans, Green
- Beans, Kidney
- Beans, Pinto
- Beans
- Mixed Vegetables
- Olives
- Spinach
- Sweet Peas
- Sweet Corn
- Tomato (Crushed/Diced/Sauce/Stewed/Paste)

## Canned Meats

- Canned Chicken
- Cheese Burger Macaroni
- Macaroni and Cheese
- Pork and Beans
- Ravioli
- Sardines
- Spaghetti and Meatballs
- Tuna

## Soup (No Meat)

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

## Drinks

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

## Grains

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

## Fruit

- Apple Sauce
- Canned Mixed Fruits
- Pineapple Slices

## Spreads/Sauces

- Chicken Stuffing Mix (1 remaining)
- Cranberry Sauce
- Pasta Sauce

## Soup (Meat)

- Chicken Broth
- Chicken Noodle Soup
- Chicken Tortilla Dry Soup Mix
- Chicken with Rice Dry Soup Mix
- Cream of Chicken Dry Soup Mix
- Ramen, Beef
- Ramen, Chicken
- Ramen, Shrimp

## 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

Student Signature \_\_\_\_\_