

LMC Food Pantry Availabilities - 10/16 - 10/20/2017

Name _____

Date _____

Student ID _____

Please write the number of desired items in the box.

Total limit is 5 items per day

Canned Vegetables

- Beans, Dark Red Kidney
- Beans, Green
- Kernal Corn
- Tomatoes, Crushed, Jumbo Can
- Tomatoes, Diced
- Tomatoes, Paste, Jumbo or Mini Can
- Tomatoes, Sauce, Jumbo or Medium Can
- Tomatoes, Stewed, Jumbo Can

Canned Meats

- Beans, and Pork, Jumbo Can
- Chicken
- Sardines
- Tuna

Soup (No Meat)

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

Soup (Meat)

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

Grains

- Elbow Pasta
- Instant Oatmeal. Blueberry
- Macaroni Stars
- Oatmeal Squares Cereal
- Spaghetti Pasta

Spreads/Sauces

- Mole Sauce
- Peanut Butter
- Pesto, Tomato
- Pizza Sauce
- Pasta/Spaghetti/Tomato & Sweet Basil Sauce

Baby

- Baby Food
- Formula
- Mother's Lactation Tea
- Oatmeal Cereal

Sweets / Snacks/Baked Goods

- Clif Bars, Blueberry
- Chex Mix
- Clif Bars, Carrot Cake
- Clif Bars, Peanut Butter
- Cranberry Granola
- Ritz Cheese Bits
- Sugar

Fruit

- Apple Sauce

Drinks

None at this time

Toiletries

None at this time

Student Signature _____