

Senior Emergency Meal Pack Menu Items

(This is for a three (3) meal pack or if you want to only have 2 meals – select two (2) from each group)

Protein: (Choose 3)

Tuna (water packed)
Canned Chicken
Chili
Beef Stew
Vienna Sausages

Vegetables: (Canned; Choose 3)

Carrots
Spinach
V-8 Juice
Mixed Vegetables/Green Beans
Sweet Potatoes
Greens
Green Peas/Corn/Peas & Carrots
Tomato Soup

Fruits: (Canned; Choose 3)

Apricots
Mangos
Peaches
Mandarin Oranges
Applesauce
Pears
Fruit Cocktail
Pineapples
100% Juices
Raisins

Bread Individual Packages: (3 items; can be the same)

Crackers (alone or with peanut butter or cheese)
Breadsticks
Melba Toast
Cereals (Example: Oatmeal Packets)
Graham Crackers (Choose whole grain if possible)

Milk Individual Packaged/Canned: (3 items/can be the same)

Non Fat Dry Milk individual packages
Evaporated Milk with Vitamin A&D added (8oz)
Supplemental Drinks (Example: Ensure)
Carnation Instant Drink/Powder Individual Packages

Other:

Hand Soap
Toilet Paper