Beef or chicken soup

Boxed dinners (Hamburger Helper)

Canned chicken or tuna

Canned chili

Canned meats (tuna, chicken, spam)

Canned soup

Canned vegetables

Cereal boxes

Crackers (Saltines, Ritz)

Ensure

Fruit cups or canned fruit

Granola bars

Jelly

Mac & cheese (boxed)

Microwave popcorn

No/low sugar foods

Oatmeal

Pasta

Pasta/spaghetti sauce

Peanut butter

Pinto beans

Pop Tarts

Ramen noodles

Salt & pepper picnic shakers

Snack-sized chips & cookies

Tuna