

*Free Food Sunday - February 5, 2012!*

**Suggested items to fill your brown bag...**

(Choose one option for each section, mix and match, no perishable items please!)

Breakfast #1

- Oatmeal
- Raisins/dried cranberries
- Brown Sugar
- Nuts (almonds, walnuts)
- Tea, coffee, or juice

Breakfast #2

- Pancake Mix (Just add water variety)
- Syrup
- Canned mandarin oranges/Fruit cups/applesauce
- Tea, coffee, or juice

Lunch #1

- Bread
- Canned Tuna
- Mayonnaise
- Relish

Lunch #2

- Bread
- Peanut Butter
- Jelly

Dinner #1

- Pasta
- Spaghetti Sauce
- Canned diced tomatoes
- Canned vegetable

Dinner #2

- Tortillas
- Rice
- 2-3 Cans of beans (black, pinto, red, or refried)
- Canned corn
- Canned Diced Tomatoes
- Salsa

Snacks #1

- Crackers
- Cookies

Snacks #2

- Chips
- Granola Bars