\*\*Cereal

Tuna fish

\*\*Peanut butter

Macaroni and cheese mix

Canned corn

Canned peaches

Canned green beans

Canned sweet peas

Canned black-eyed peas

Canned potatoes

Canned carrots

Canned mixed vegetables

Canned applesauce

Spaghetti noodles

Spaghetti sauce

Canned baked beans

Instant potatoes

Refried beans

One pound beans

One pound rice

Instant rice

Chili

\*\*Canned soups (any)

Cannes spinach

Spaghetti-O’s

Tea

Coffee

Sugar

Flour

ANYTHING

MICROWAVABLE