**GOT YOUR BACK SAN DIEGO FOOD ITEMS**

**BREAKFAST ITEMS:**

* Cereal: 8 ounce single servings or 11 ounce box
* Instant Oatmeal: 3 ounce single servings, cup or packets
* Shelf-stable Milk: powder or liquid

**LUNCH ITEMS:**

* Canned Soup or Chili: 15 to 20 ounce size
* Canned Spaghetti-O's: 15 to 20 ounce size
* Canned Tuna or Chicken: 5 to 10 ounce size
* Macaroni & Cheese: single servings or 6 ounce box
* Peanut Butter & Jelly: 12 to 18 ounce size

**DINNER ITEMS:**

* Canned Meats: franks, Vienna sausage, chicken, tuna, spam, et., 5 to 20 ounce size
* Rice-A-Roni: 6 to 12 ounce size
* Canned Beans of all kinds 14 to 15 ounce size
* Macaroni and Cheese boxes 7 to 8 ounce size
* Pasta with Sauce: 16 to 20 ounce size
* Canned Vegetables: 15 to 20 ounce size

**SNACK ITEMS:**

* Healthy choice snack bars, Fruit cups, Pretzels, raisins, fruit roll-ups, etc.

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**DINNER ITEMS:**

* Canned Meats: franks, Vienna sausage, chicken, tuna, spam, et., 5 to 20 ounce size
* Rice-A-Roni: 6 to 12 ounce size
* Canned Beans
* Bagged Beans or Rice: 16 - 20 ounce size
* Pasta with Sauce: 16 to 20 ounce size
* Canned Vegetables: 15 to 20 ounce size

**SNACK ITEMS:**

* Healthy choice snack bars, Fruit cups, Pretzels, raisins, fruit roll-ups, etc.