



# Healthy Mission Backpack

## Menu Week 1

Peanut Butter  
Squeeze Jelly  
Whole Grain Bread  
Vegetable Soup  
Chunk Light Tuna Lunch Pouch (in water)  
Corn Flakes  
Oatmeal  
Banana  
Raisins  
Apple Sauce  
100% Juice Boxes (2)  
Pudding  
94% Fat Free Popcorn  
Nature Valley Granola Bar  
Nutri-Grain Bar  
ToastChee Crackers



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## Menu Week 2

Hummus  
Pretzels  
Turkey Chili  
Canned Chicken (in water)  
Ready Rice (Brown)  
Cheerios  
Grits  
Orange  
Canned Peaches in Light Syrup  
Apple Sauce  
100% Juice Boxes (2)  
Pudding  
94% Fat Free Popcorn  
Nature Valley Granola Bar  
Nutri-Grain Bar  
ToastChee Crackers



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## Menu Week 3

Peanut Butter  
Squeeze Jelly  
Whole Grain Bread  
Ravioli  
Canned Chicken (in water)  
Ready Rice (Brown)  
Rice Krispies  
Oatmeal  
Pear  
Canned Pineapple in Own Juice  
Apple Sauce  
100% Juice Boxes (2)  
Pudding  
94% Fat Free Popcorn  
Nature Valley Granola Bar  
Nutri-Grain Bar  
ToastChee Crackers



# Healthy Mission Backpack

## Menu Week 4

Hummus  
Pretzels  
Turkey Chili  
Chunk Light Tuna Lunch Pouch (in water)  
Mini-Wheats  
Grits  
Apple  
Canned Fruit Cocktail in Light Syrup  
Apple Sauce  
100% Juice Boxes (2)  
Pudding  
94% Fat Free Popcorn  
Nature Valley Granola Bar  
Nutri-Grain Bar  
ToastChee Crackers