Report to Feeding America:
Evaluation of the Nutritional Quality of BackPack Program Menus

By Lisa Harnack, DrPH, RD
Mary Hearst, PhD
Megan Harrison
Nutrition Coordinating Center
Division of Epidemiology and Community Health
School of Public Health
University of Minnesota

March 5, 2012
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Abstract
March 28, 2012

Purpose
To evaluate the nutritional quality of food provided through the BackPack program in nine food banks across the country; this analysis will provide baseline data and identify areas of strength as well as opportunities to improve the nutritional content of food provided through the BP program.

Methods
Feeding America worked with the University of Minnesota’s School of Public Health to complete a small survey and analysis with nine (9) food banks. Participating food banks were asked to provide all the menu items in a typical backpack along with a full description of the food item (e.g. brand name, package size, and number of packages provided per pack, etc.). This menu information was analyzed by the University Staff using Nutrition Data System for Research (NDRS), a dietary analysis software application that allows for calculating the nutrient composition of food items and menus. Based on the nutrient and food group estimates generated by the software, the nutritional adequacy of the BackPack menus were evaluated using the USDA Health Eating Index 2005 scoring system (HEI-2005). The HEI-2005 scoring system is based on twelve dietary components that reflect key aspects of diet quality including fruits, vegetables, grains, milk/dairy, meat/protein, oils, saturated fat, sodium and calories from solid fats and added sugars. Using this index a diet/menu is scored. Total possible points range from 0-100. The higher the score the greater the consistency of the diet/menu with the Dietary Guidelines for Americans.

Findings
The total scores at the food banks participating in the survey ranged from 55 to 78, with scores across the food banks averaging 67.4. The average score across the food banks is well above that of American school-age children (mean score of 55) and the American food supply as a whole (score of less than 60). Keeping in mind that an optimal total score is 100, each food bank participating in the BackPack program evaluation appears to have room for improving the nutritional quality of their BackPack menus.

Overall the study found that most food banks scored highly in the following areas: Total Fruits and Whole Fruits, Total Grains and Whole Grains, Meat/Protein, Oils, Saturated Fat. In considering the types of menu modifications needed, it appears that most food banks likely need to lower the sodium content of their menus and increase offering of milk/dairy and dark green and orange vegetables and legumes. Increasing fruit, vegetable, and meat/protein offerings are likely needed menu modifications at some of the food banks as well.

Conclusions
Our food banks performed well! While none achieved a perfect score of 100 (highest score was 78), consideration must be given to consumer acceptance and availability of foods in the marketplace in planning BackPack menus. It’s important to note that most packaged foods contain high amounts of sodium which poses a challenge to planning menus that meet sodium standards. There is also limited availability of palatable and affordable packaged food products containing dark green and orange vegetables and legumes.
Study Purpose and Design

The BackPack program aims to ensure that children have nutritious food to eat when school is not in session. To that end, children are sent home with food to eat on weekend days and other days during the academic year when school is closed. The purpose of this small survey and analysis was to evaluate the nutritional quality of food packs provided through the BackPack program based on the USDA Dietary Guidelines for Americans.

To evaluate the nutritional quality of foods sent home, 9 food banks participating in the BackPack program were asked to complete a questionnaire that required they provide information about foods provided in a recent or upcoming 2 day weekend BackPack menu. On the questionnaire the food banks were asked to list all the menu items with a full description of the food item including brand name for packaged food products; package size; and number of packages provided per pack.

The menu information provided by each food bank was analyzed using Nutrition Data System for Research (NDSR), a dietary analysis software application that allows for calculating the nutrient composition of food items and menus. Food group serving estimates (e.g. servings of fruits, vegetables, etc.) are also generated by the software.

Based on the nutrient and food group estimates generated by the software, the nutritional adequacy of the BackPack menus were evaluated using the United States Department of Agriculture (USDA) Health Eating Index 2005 scoring system (HEI-2005) [1, 2]. The HEI-2005 is a tool developed to evaluate how closely one’s diet or a menu is consistent with the 2005 Dietary Guidelines for Americans. Using this index a diet/menu is scored. Total possible points range from 0-100. The higher the score the greater the consistency of the diet/menu with the Dietary Guidelines for Americans. Hence, a score of 100 reflects perfect compliance/consistency with the Dietary Guidelines for Americans whereas a score of 0 indicates lack of compliance/consistency with any components of the Guidelines.

The HEI-2005 scoring system is based on twelve dietary components that reflect key aspects of diet quality including fruits, vegetables, grains, milk/dairy, meat/protein, oils, saturated fat, sodium and calories from solid fats and added sugars (see Table 1 for complete listing). Sub-scores are available for each of these components, thus allowing for evaluation of diets/menus with regard to specific dietary recommendations as well as overall compliance (total score). The USDA has not updated the Healthy Eating Index to reflect the new Dietary Guidelines for Americans issued in 2010. As a result, the HEI-2005 is used in this evaluation. The 2005 and 2010 Dietary Guidelines for Americans are very similar in their recommendations, thus use of the HEI-2005 was deemed a reasonable option.
Findings

Overall Nutritional Quality: Total HEI-2005 Scores

The total HEI-2005 scores at the food banks participating in the survey ranged from 55 to 78 (see Figure 1); with scores across the food banks averaging 67.4 (see Table 2). The average score across the food banks is well above that of American school-age children (mean score of 55) [3] and the American food supply as a whole (score of less than 60) [4]. But, keeping in mind that an optimal total score is 100, each food bank participating in the BackPack program evaluation appears to have room for improving the nutritional quality of their BackPack menus with some having greater need for improvement than others.

Quality with Regard to Specific Dietary Recommendations: Component Scores

The scores for the individual components of the HEI-2005 index (see Table 2) may be used to identify specific areas where improvement is needed. The individual component scores may also be used to identify menu strengths. Results for each component of the index are presented as follows:

Total Fruits and Whole Fruits
The Dietary Guidelines for Americans recommends consumption of adequate quantities of fruit, especially whole fruits (as opposed to fruit juices). Most the food banks (8 of 9) scored highly or moderately highly with regard to the amount of fruit provided in their BackPack program menus. Likewise, most (7 of 9) scored highly or moderately highly with respect to whole fruits. This indicates that whole fruit is being provided as opposed to relying heavily on fruit juices. A few centers scored poorly on total fruit and/or whole fruit indicating room for improvement at some food banks when it comes to including fruit in BackPack program menus.

Total Vegetables and Dark Green and Orange Vegetables and Legumes
With regard to vegetables, the Dietary Guidelines for Americans recommends that Americans consume adequate quantities of vegetables, especially dark green and orange vegetables and legumes. Most of the food banks (6 of 9) scored highly with regard to the amount of vegetables (any type) provided in BackPack program menus. In contrast, none of the food banks scored well on offering dark green and orange vegetables and legumes. Rather, most food banks (6 of 9) received a low score (score of 0 or 1 out of possible 5) for this component of the Dietary Guidelines. This finding suggests menus at most food banks may need revamping to boost the offering of dark green and orange vegetables and legumes.

Total Grains and Whole Grains
The Dietary Guidelines for Americans recommends that Americans consume a specific quantity of grains, with at least ⅔ of the grains being whole grain. Most the food banks (8 of 9) scored highly with regard to the amount of grains provided in their BackPack program menus. In addition, most of the food banks (7 of 9) scored highly with regard to whole grains, suggesting
that most are meeting or close to meeting the target of making sure that at least ½ of the grains provided are whole grain.

**Meat/Protein**
The Dietary Guidelines for Americans recommends that Americans consume a specific quantity of meat/protein. A majority (6 of the 9 food banks) scored highly in this regard. Only three of the 9 food banks received a score of 5 or lower (out of a total of 10 possible points).

**Milk/Dairy**
With respect to milk/dairy, less than one-half of the food banks (3 of 9) scored highly on adequacy of milk/dairy in their menus. Five food banks scored poorly (score of 5 or less out of 10 possible points) on this dietary component. These findings suggest many food banks may need to boost offering of milk/dairy.

**Oils**
Oils (fats that are low in saturated and trans fatty acids) are recognized in the Dietary Guidelines for Americans as an important component of the diet because oils supply energy, essential fatty acids, and serve as a carrier for the absorption of fat-soluble vitamins (vitamins A,D,E, K and carotenoids). Most of the food banks (7 of 9) scored very highly on oils with just two food banks receiving less than an optimal score (score of 4 or 5 out of 10 possible points).

**Saturated Fat**
It is recommended in the Dietary Guidelines for Americans that no more than 10% of total calories be derived from saturated fat. All of the food banks received a score of 7 or higher out of 10 possible points, with five food banks scoring very highly (score of 9 or 10).

**Sodium**
It is recommended in the Dietary Guidelines for Americans that sodium intake be limited. Results indicate that none of the food bank scored highly on this dietary component with all of the food banks receiving a score of 7 or less out of 10 possible points. Five food banks receive a score of 0 or 1. It appears that reducing sodium content is a needed menu modification for most BackPack program food banks.

**Calories from Solid Fats, Alcohol, and Added Sugars (SoFAAS)**
The Dietary Guidelines for Americans recommends that Americans limit consumption of calories from solid fats, alcohol, and added sugars (SoFAAS). A modest majority of food banks (5 of 9) scored highly (score of ≥ 17 out of 20) on this dietary component. The remaining 4 food banks scored moderately high (score of 10-15 out of 20 possible points).

**Identifying Promising Practices to Improve Nutritional Quality**
The menus provided by each of the 9 participating food banks are included as an appendix (see Appendix 1). From these menus promising practices may be gleaned for each dietary component. Promising practices are as follows:
**Total Fruits and Whole Fruits**
Those food banks that achieved perfect scores for both the total amount of fruits offered and whole fruits (Location B, Location G, Location H, and Location I) tended to include several fruit items on their menu. Also, the amounts provided were generally larger than food banks that achieved a lower score (e.g. can of fruit provided as opposed to a single serve cup).

Menu items used or suggested:
- canned peaches
- canned fruit cocktail
- 100% fruit juice
- fresh apples
- fresh oranges

**Total Vegetables and Dark Green and Orange Vegetables and Legumes**
Three food banks achieved perfect scores with regard to the amount of vegetables (any type) provided. These food banks (Location C, Location G, and Location H) appeared to have achieved this by providing canned vegetables (e.g. canned green beans) and/or including vegetable-rich mixed dishes (e.g. Chef Boyardee rice with chicken and vegetable mini bites) and soups (e.g. tomato soup) None of the food banks served adequate quantities of dark green and orange vegetables and legumes. Three food banks achieved a score of 2 out of 5 possible points (Location C, Location D, and Location E). At these food banks carrots (either canned or fresh baby carrots) were included on the menu.

Dark green and orange vegetables and legume menu items used or suggested:
- Carrots, canned or fresh baby carrots
- Fresh broccoli
- Baked beans
- Refried beans

**Total Grains and Whole Grains**
Most of the food banks scored highly with regard to both the total amount of grains provided and provision of whole grains. A variety of grains were provided including pasta dishes and noodle soups; crackers; ready to eat breakfast cereals; and oatmeal. Whole grain sources included ready to eat breakfast cereals (e.g. Toasty O’s whole grain oat cereal), oatmeal, whole wheat pasta, whole wheat bread, and even whole grain containing mixed dishes (e.g. Chef Boyardee Whole Grain Beefaroni).

Whole Grain menu items used or suggested:
- Whole wheat pasta
- Whole grain bread
- Oatmeal
- Whole gain-rich ready-to-eat breakfast cereals
**Meat/Protein**
The three food banks that received a perfect score for meat/protein (Location A, Location D, and Location E) appeared to meet this guideline by including on their menu peanut butter plus at least one meat (e.g. tuna, chicken breast chunks) or meat based mixed dish (e.g. beef ravioli).

Meat/protein menu items used or suggested:
- Peanut or sunflower seed butter
- Tuna
- Chicken breast chunks

**Milk/Dairy**
Only three food banks achieved a perfect or near perfect score for milk/dairy (Location B, Location C, and Location G). All three of these food banks included milk on their menus. Food banks that scored poorly (score of 1 or 2 out of 10 possible points) relied on other sources of dairy exclusively (e.g. macaroni and cheese, pudding cups, lasagna).

Milk/dairy menu items used or suggested:
- Shelf stable milk, skim or 1%
- Pudding cup, reduced fat or fat free

**Oils**
Nearly all of the food banks scored highly on oils. Sources of oils on the menus included peanut butter, mixed dishes, and grains.

**Saturated Fat**
All of the food banks received a favorable score on the saturated fat content of their menus. Because it can be difficult to meet both meat/protein and saturated fat guidelines, it is informative to take note of the Location D food bank where perfect scores were achieved for both of these dietary components. It appears this food bank was able to meet both guidelines by including protein sources that are low or moderate in saturated fat (chicken breast chunks and peanut butter).

**Sodium**
Sodium was a universal problem, with none of the food bank menus approaching the recommended level for this dietary component. Mixed dishes and soups appear to be the biggest contributors to the high sodium content of the menus.

**Calories from Solid Fats, Alcohol, and Added Sugars (SoFAAS)**
Most food banks received a high to moderately high score with respect to this dietary component. The two food banks that received a notably lower score in comparison to the other food banks (Location E and Location F) appeared to score less well because a few food items high in added sugars were included on the menu (e.g. squeeze strawberry spread and 7 layer bars at the Location E food bank and jelly, pancake syrup, and Pop Tarts at the Location F food bank).
Discussion and Recommendations

Although none of the food banks achieved a score close to 100 (highest score was 78), scores tended to be notably higher than that of American school-age children (mean score of 55) [3] and the American food supply as a whole (score of less than 60) [4]. Consequently, although findings suggest that menu modifications are needed at most BackPack program food banks in order to optimize the nutritional quality of foods provided, consideration must be given to consumer acceptance and availability of foods in the marketplace. As discussed in detail later, most packaged foods contain high amounts of sodium which poses a challenge to planning menus that meet sodium standards. There is also limited availability of palatable and affordable packaged food products containing dark green and orange vegetables and legumes.

In considering the types of menu modifications needed, it appears that most food banks likely need to lower the sodium content of their menus and increase offering of milk/dairy and dark green and orange vegetables and legumes. Increasing fruit, vegetable, and meat/protein offerings are likely needed menu modifications at some of the food banks.

It is important to recognize that most food banks are providing menus consistent with a number of the Dietary Guidelines for Americans including providing adequate quantities of fruits, vegetables, grains (including whole grains), and oils. When making menu modifications to address nutritional deficits it will be important to make sure these positive nutritional aspects of the menu are preserved.

Menus that scored highly on a specific Dietary Guideline component may serve as useful models for food banks that need to address nutritional shortcomings. However, because none of the food banks approached meeting all of the recommendations, ideal sample menus cannot be drawn from this survey. In addition, because none of the food banks scored highly with regard to sodium and dark green and leafy vegetables and legumes, model menus do not exist for these dietary components.

It may be useful for Feeding America to develop sample menus that may be used as templates or models by food banks in menu planning. Factors such as cost, taste acceptable, and shelf-stability will need to be considered in developing these sample menus. Involving food banks in the process of developing the menus may be helpful in ensuring templates are not only nutritionally adequate, but also feasible for distribution and acceptable to program participants.

It’s important to note that planning menus that meet the sodium recommendation will be a challenge due to limited availability of prepackaged mixed dishes and soups with moderate sodium content. An Institute of Medicine report released in 2010 identified processed food products as a key challenge to lowering the sodium content of the American diet and urged the food industry to begin lowering the sodium content of their products gradually over a period of years to allow the American palate time to adjust [5]. A number of manufacturers have vowed to lower the sodium content of their food products gradually over time. School food services across the country will begin demanding lower sodium products to meet new nutrition
standards they will be expected to comply with over the next few years. As a result, the marketplace is beginning to change, and this change may be expedited if there is demand by consumers and other purchasing groups such as food banks. Feeding America could consider creating a list of commercial mixed dishes and soups that are more moderate in sodium content than others. This list may be helpful to menu planners and food buyers at the food banks who have limited time to review the marketplace to identify lower sodium products.

References

5. Institute of Medicine, Food and Nutrition Board: Strategies to Reduce Sodium Intake in the United States. Institute of Medicine; 2010.
Figure 1: Total HEI Score by Location (out of possible score of 100)

American Diet* Location A Location B Location C Location D Location E Location F Location G Location H Location I

Score

55 69 72 78 76 64 58 71 64 55

* Average score for school-aged children in the U.S. [3]
<table>
<thead>
<tr>
<th>Component</th>
<th>Optimum Score</th>
<th>Standard for maximum score</th>
<th>Standard for minimum score of zero</th>
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<tr>
<td>Total fruit (includes 100% fruit juice)</td>
<td>5</td>
<td>≥0.8 cup/1000 kcal of total menu</td>
<td>No fruit</td>
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<tr>
<td>Whole fruit only</td>
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<td>≥1.4 cup/1000 kcal of total menu</td>
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<td>Total vegetables, including potatoes</td>
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<tr>
<td>Dark-green and orange vegetables and legumes</td>
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<td>Total grains</td>
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<td>≥3.0 oz/1000 kcal of total menu</td>
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</tr>
<tr>
<td>Whole grains</td>
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<td>≥1.5 oz/1000 kcal of total menu</td>
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<td>Milk/dairy</td>
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<td>≥1.3 cups/1000 kcal of total menu</td>
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<tr>
<td>Meat, no legumes</td>
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<td>≥2.5 oz/1000 kcal of total menu</td>
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<tr>
<td>Oils (nonhydrogenated vegetable oils and oils in fish, nuts and seeds)</td>
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<td>≥12 grams/1000 kcal of total menu</td>
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<td>Saturated fat</td>
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<td>≤7% of total menu kcal</td>
<td>≥15% of total menu kcal</td>
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<td>Sodium</td>
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<td>≤0.7 gram/1000 kcal of total menu</td>
<td>≥2.0 grams/1000 kcal of total menu</td>
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<td>Calories from solid fat, alcohol and added sugar (SoFAAS)</td>
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<td>≥50% of total menu kcal</td>
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<td>Location A</td>
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<tr>
<td>Location B</td>
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<td>5</td>
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</tr>
<tr>
<td>Location C</td>
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<td>5</td>
<td>5</td>
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<tr>
<td>Location D</td>
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<tr>
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<td>3</td>
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<tr>
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</tr>
<tr>
<td>Location G</td>
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<tr>
<td>Location H</td>
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<td>Mean</td>
<td>3.4</td>
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* Percent of calories from solid fats, alcohol, and added sugars
Appendix I:
BackPack Program Menus at Food Banks Participating in Survey
**Location A**
Creamy peanut butter (1 18 ounce jar)
Spaghetti rings in tomato sauce (1 15 ounce can)
100% apple juice (1 6.75 fluid ounce box)
Applesauce (1 4 oz cup)
Vanilla pudding cup (2 99 g cups)
Instant oatmeal packet, various flavors (3 43 gram packets)

Chunk light tuna (1 5 oz can)
Pasta rings in tomato and cheese sauce (1 15 ounce can)
100% apple juice box (1 6.75 fluid ounce box)
Whole kernel corn (1 8.75 ounce can)
Vanilla pudding cup (2 99 gram cup)
Instant oatmeal packet (3 43 gram packets)

Macaroni and Cheese with real cheddar cheese (1 7.25 box)
Condensed chicken noodle soup (1 10.5 ounce can)
100% apple juice box (1 6.76 fluid ounce box)
Peach in pear juice from concentrate (1 8.25 ounce can)
Vanilla pudding cup (2 99 gram cups)
Instant oatmeal packet (3 43 gram packets)

**Location B**
2% milk (1 8 ounce box)
100% juice (2 4.23 ounce boxes)
Toasty O’s whole grain oat cereal (1 0.69 ounce box)
Frosted Flakes (1 1.0 ounce box)
Diced fruit cup in fruit juice (1 4 ounce cup)
Fruity snacks (1 09 ounce package)
Beans & wieners in tomato sauce (1 7.5 ounce can)
Smoked beef stick (1 1.0 ounce stick)
Snack pack pudding (2 3.5 ounce packs)
Nutri Grain strawberry cereal bar (1 1.3 ounce bar)
Yoohoo chocolate drink (1 6.5 ounce box)
Salted cashews (1 20 ounce packet)
Toast & peanut butter sandwich (1 1.38 ounce packet)
Cheez it baked snack crackers (1 1.5 ounce package)
Chef Boyardee mini beef ravioli (1 15 ounce can)
Apples (2 each)
Location C
Chicken with rice soup (1 7.2 ounce can)
Beef ravioli in tomato and meat sauce (1 7.5 ounce can)
Cut green beans (1 8 ounce can)
Peach pieces, light syrup (1 4 ounce cup)
Crispix cereal (1 0.75 ounce box)
Toasted oats (1 0.75 ounce box)
Wheat cracker (2 count package)
Grape fruit strip (1 0.91 ounce package)
Tropical adventure fruit snack mix (1 1 ounce package)
1% white milk (2 8 ounce boxes)
Orange (1 each)
Sun butter (1 1.5 ounce package)
Dumplings & chicken soup (1 7.25 ounce can)
Whole grain Beefaroni (1 15 ounce can)
Sweet peas (1 8 ounce can)
Peach pieces, light syrup (1 4 ounce cup)
Rice Krispies (1 0.63 ounce box)
Honey nut toasted oats cereal (1 0.75 ounce box)
Wheat crackers (1 2 count package)
Grape fruit strips (1 0.91 ounce package)
Apricot blend fruit snacks (1 1 ounce package)
1% milk (2 8 ounce cartons)
Chili with beans (1 7.375 ounce cans)
Spaghettios (1 15 ounce can)
Sliced carrots (1 8 ounce can)
Peach pieces, light syrup (1 4 ounce cup)
Crispix cereal (1 0.75 ounce box)
Raisin bran cereal (1 1.25 ounce box)
Wheat cracker (1 2 count package)
Apple fruit strip (1 0.91 ounce package)
Apricot blend fruit snacks (1 1 ounce package)
1% low fat milk (2 8 ounces)
Low sodium chicken noodle soup (1 7.25 ounce can)
Spaghetti & meatballs (1 7.5 ounce can)
Mixed vegetables (1 8 ounce can)
Peach pieces, light syrup (1 4 ounce cup)
Apple Jacks cereal (1 07 ounce box)
Corn Flakes (1 0.75 ounce box)
Wheat crackers (1 2 count package)
Apple fruit strips (1 0.91 ounce package)
Tropical blend fruit snacks (1 1 ounce package)
1% milk (2 8 ounce cartons)
Sunflower seed butter (1 1.5 ounce package)
Apple (1 each)
**Location D**
Peach slices (1 15 ounce can)
Sliced carrots (1 14.5 ounce cans)
Beef stew (1 15 ounce can)
Instant mashed potatoes (1 8.3 ounce box)
2% milk, shelf stable (1 32 ounce box)
Special K Red Berries cereal (1 16.7 ounce box)
Pudding cups (2 3.5 ounce cups)
Macaroni and cheese (1 7.25 ounce box)
Chicken breast chunks (1 142 gram can)
100% fruit juice (2 200 ml boxes)
Beef ravioli (1 15 ounce can)
Oyster crackers (2 14 gram packages)
Creamy peanut butter (1 12 ounce jar)
Strawberry gelatin (2 3 ounce packages)
Whole wheat rotini (1 12 ounce packages)
Spaghetti sauce (1 15 ounce can)
Oatmeal (4 1 cup packages)
Chicken noodle soup (1 10.5 ounce can)

**Location E**
Kellogg's cereal variety pack (1 0.81 ounce box)
Honey grahams (1 4.8 ounce package)
Beef ravioli in meat sauce (1 15 ounce can)
Macaroni and cheese supreme dinner (1 7.25 ounce package)
Creamy peanut butter (1 16.3 ounce jar)
Squeeze strawberry spread (1 20 ounce jar)
Chili with beans (1 15 ounce can)
Whole wheat bread (1 24 ounce loaf)
1% milk (1 8 fluid ounce carton)
1% chocolate milk (1 8 fluid ounce carton)
Fruit rhapsody snack (2 8.45 ounce packages)
Baby carrots (1 16 ounce bag)
Apples (2 apples)
Kettle corn popcorn (2 1.25 ounce packages)
7 layer bars (2 1.77 ounce bars)
**Location F**
Cheesy tuna skillet dinner (1 6.5 ounce box)
Pancake mix (1 16 ounce box)
Quick oats (1 16 ounce bag)
Macaroni and cheese (2 7.25 ounce boxes)
Pears, light sauce (1 14.5 ounce can)
Spaghetti sauce (1 26.5 ounce can)
Green beans (1 15 ounce can)
Mandarin oranges, light syrup (1 11 ounce can)
Ramen noodles (4 3 ounce packages)
Cinnamon Toasters cereal (1 12 ounce box)
Tootie Fruities cereal (1 12 ounce box)
Honey Graham Squares cereal (1 12.5 ounce box)
Chicken noodle soup (1 10.7 ounce can)
Tomato soup (1 10.7 ounce can)
Peanut butter (1 18 ounce jar)
Jelly (1 20 ounce bottle)
Pancake syrup (1 24 ounce bottle)
Pudding cups (4 3.5 ounce cups)
Pop tarts (1 6.5 ounce box)
Pasta shells, white (1 16 ounce bag)
Rice, brown (1 16 ounce bag)
Canned tuna, water packed (2 5 ounce cans)
Canned chicken (2 5 ounce cans)
Juice concentrate (1 11.5 ounce can)

**Location G**
Toasted oat cereal (1 0.75 ounce box)
Raisin bran cereal (1 1.25 ounce box)
2% milk (2 8 fluid ounce cartons)
Beef stew (2 7.5 ounce cans)
Juice bowl (2 6.75 ounce bowls)
Unsweetened applesauce (1 4 ounce cup)
Mixed fruit in light syrup (1 4 ounce cup)

**Location H**
Snack bar cereal (2 1.3 ounce bars)
Lasagna (1 7.5 ounce box)
Rice with veggie mini bites (1 7.5 ounce can)
100% apple juice (2 6.75 ounce boxes)
Mandarin oranges in syrup (1 11 ounce can)
Fruit & Nut trail mix bar (1 1.24 ounce bar)
Tomato soup (1 10.7 ounce can)
Chicken noodle soup (1 10.5 ounce can)
**Location I**
Cornflakes (1 18 ounce box)
Macaroni and cheese (2 7.5 ounce boxes)
Chicken salad mix (1 3.25 ounce box)
Peaches, light syrup (1 15 ounce can)
Fruit cocktail (1 15 ounce can)
Chicken noodle soup (1 10.5 ounce can)
100% juice (2 6.5 ounce boxes)