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| Beverages (regular and sugar free welcomed)* Apple Juice
* Orange Juice
* Milk (the kind that doesn’t need to be refrigerated)

Canned Goods (easy open tops/low sodium and vegetarian items welcomed)* Fruit
* Bumble Bee With Crackers Tuna SaladSoups
* Chili Beans
* Ravioli
* Tuna

Microwaveable Items* Cup of Noodles
* Cup of Rice
* Cup of Oatmeal

Image result for microwavable foodhttp://t0.gstatic.com/images?q=tbn%3AANd9GcR18tfu1z_RLoaGHDmhKDI_Yjb_EdentML6y3LtmGZSxu6ZS2IWUGf737BMzA&usqp=CAcUncle Ben's Ready Rice Ultimate Variety Bundle, 11 Popular Flavors, Microwave ReadyTo Serve in 90 Seconds, 8.8 ounce |
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