Back Pack Lunch

Should be portable and easy to prepare when you have little time between classes for your lunch break!

(All individual microwavable meals are shelf stable, not frozen)

- Deli Wrap Sandwich, whole fruit
- Tuna (vac pac,) 1 pkg mayo, 8-10 crackers, V-8 Splash
- Chili, nacho chips (can be eaten cold)
- Baked Beans microwave cup – PB Bread
- Instant Oatmeal, peanut butter mixed in after heating, Apple
- Wrap made with canned chili. Can be eaten cold or microwaved
- Microwave container Minestrone Soup, Hummus wrap
- Individual cup Cottage cheese, (mix in raisins, nuts) Bagel
- Refried Bean Wrap
- ChiChi Fiesta Microwave meal
- Easy mac, tuna and whole fruit