

St. Clare Social Concerns Ministry

High School Weekend Meal Bags

(must be shelf stable, single servings, ready-to-eat)

- **Snacks:**

- Trail mix or nuts
- Cookies/chips/chewy granola bars
- Cheese or peanut butter crackers
- Popcorn, microwave
- Rice Krispy Treats
- Fruit snacks

- **Breakfast:**

- Fruit cups, squeezes, or 15oz canned
- High Protein Bars ($\geq 10g$)
- Instant oatmeal, microwave
- PopTarts
- BelVita breakfast biscuits
- High Protein Drinks ($\geq 20g$)

- **Lunch/Dinner:**

- Chili, chunky soup, or stew canned
- Beef Ravioli, canned
- Macaroni and cheese, microwave
- Cup-a-Noodle or ramen
- Canned chicken or tuna
- Crackers, Ritz, graham, or saltine
- Peanut butter (16 oz)

Help us feed disadvantaged teens in our area.

Thank you!

