

Disaster Meal Plan Week One

- Breakfast:** Cereal and Milk (powdered), Grapes
Lunch: Veggie Wrap & Chips
Dinner: Chicken Casserole & Canned Veggie of Choice
Snack: Popcorn
- Breakfast:** Oatmeal
Lunch: Tuna Fish Sandwich w/lettuce, Chips, Fruit of Choice
Dinner: Chicken Quesadilla, Chips and Salsa
Snack: Cinnamon Apples
- Breakfast:** Eggs on English Muffin, Fruit
Lunch: PB & Honey Sandwich
Dinner : Chili & Crackers
Snack: Cantaloupe
- Breakfast:** Cereal and Powdered Milk
Lunch: Cantaloupe (left over from previous day), hardboiled egg, 1/2 English Muffin with PB
Dinner: Loaded Potatoes: Add Chili and Cheese* optional
Snack: Loaded Banana
- Breakfast:** Scrambled Eggs, Fruit
Lunch: Cold Bean Salad ([Find the recipe here](#)), Pita Chips
Dinner: Breakfast For Dinner: Pancakes, Eggs, Fruit of Choice
Snack: S'mores ([find the recipe to make your own healthy marshmallows here](#))
- Breakfast:** Grits & Eggs
Lunch: Sandwich with smoked meats & tomato, fruit of choice
Dinner: BBQ Chicken Sandwich and French Fries
Snack: Popcorn
- Breakfast:** Fruit Salad and Hard Boiled Egg
Lunch: Cold Bean Salad ([Find the recipe here](#))
Dinner: Hashbrown Casserole & Canned Vegetable of Choice
Snack: S'mores ([find the recipe to make your own healthy marshmallows here](#))

Disaster Meal Plan Week Two

- Breakfast:** Fruit Salad and Granola
Lunch: Hummus Dip, Pita Chips, Sliced Tomatoes
Dinner : Tuna Patties, Fries, Canned Veggie

Snack: Granola Bar

2. **Breakfast:** Potato Patties, Fruit
Lunch: S.O.S
Dinner: Nachos & Salsa
Snack: S'mores ([find the recipe to make your own healthy marshmallows here](#))
3. **Breakfast:** Pancakes and Country ham
Lunch: Tuna Sandwich, Chips and Carrots
Dinner: Chicken Pilau & Canned Veggie of Choice
Snack: Fruit of Choice
4. **Breakfast:** Grits & Eggs
Lunch: Canned Soup & Crackers
Dinner: Spaghetti and Canned Veggie of Choice
Snack: Carrot Sticks
5. **Breakfast:** Cereal & Powdered Milk
Lunch: Fruit Salad, Tuna & Crackers
Dinner: Chicken and Gravy Over Rice & Canned Veggie of Choice
Snack: Granola bar
6. **Breakfast:** Oatmeal & Fruit of Choice
Lunch: S.O.S
Dinner: Bean Burritos, Chips & Salsa
Snack: Cinnamon Apples
7. **Breakfast:** French Toast
Lunch: Peanut Butter and Jelly
Dinner: Squash Soup & Crackers
Snack: Popcorn