

# **BOOK BAG BUDDIES**

## **Weekly Shopping List**

Suggested Items (small/easy to open):

**Protein:** Vienna sausages Beanie Weenies, Chef Boyardee lunch buckets, peanut butter, tuna, mac & cheese cups

**Drinks:** juice boxes, Capri Sun

**Milk:** white or chocolate milk non-refrigerated

**Fruit:** applesauce, fruit cups, raisins

**Breakfast:** single serve cereal, Pop Tarts, breakfast bars

**Snacks:** granola bars, pretzels, chips, nabs, pudding cups, trail mix,  
popcorn

**Veggies:** small pop-top cans/cups