

# MESA-OUTREACH's



**canned meats: tuna, chicken, spam, chili, ravioli, etc.**

**instant or scalloped potatoes and macaroni & cheese**

**spaghetti, rice and dried beans 1# or 2# bags preferred**

**canned spaghetti sauce and tomato sauce or paste**

**all types of soups: creams, broths and chunky**

**boxed cereals and oatmeal, breakfast or snack bars**

**peanut butter and grape or strawberry jelly**

**canned fruits and applesauce**

**canned vegetables and canned beans all varieties**