

Sample Emergency Menu (Featuring shelf stable items)

	Breakfast	Lunch	Dinner	Snack
Day 1	Corned Beef Hash Cereal Orange Juice Powdered Milk Water	Chili with Beans Saltines Corn Mandarin Oranges Powdered Milk Water	Tuna Salad Sandwich Potato Chips Lorna Doone Applesauce Powdered Milk Water	Cheese & Peanut Butter Crackers Apple Juice
Day 2	Corned Beef Hash Cereal Orange Juice Powdered Milk Water	Sloppy Joe Entree Hamburger Bun Pretzels Beets Pear Halves Powdered Milk Water	Chicken & Dumplings Green Beans Peaches Tapioca Pudding Powdered Milk Water	Cheese & Peanut Butter Crackers Apple Juice
Day 3	Corned Beef Hash Cereal Orange Juice Powdered Milk Water	Beef Taco Filling Taco Shells Three Bean Salad Applesauce Oatmeal Cookie Powdered Milk Water	Minestrone Soup Peanut Butter & Jelly Sandwich Saltines Pineapple Chunks Powdered Milk Water	Cheese & Peanut Butter Crackers Apple Juice
Day 4	Corned Beef Hash Cereal Orange Juice Powdered Milk Water	Beef Stew Green Beans Graham Cracker Wheat Bread Fruit Cocktail Powdered Milk Water	Beef Ravioli Mixed Vegetables Wheat Bread Peaches Lemon Pudding Powdered Milk Water	Cheese & Peanut Butter Crackers Apple Juice
Day 5	Corned Beef Hash Cereal Orange Juice Powdered Milk Water	Tomato Soup Tuna Salad Sandwich Saltines Oatmeal Creme Cookie Powdered Milk Water	Steak Chili Saltines Green Beans Fruit Cocktail Wheat Bread Powdered Milk Water	Cheese & Peanut Butter Crackers Apple Juice
Day 6	Corned Beef Hash Cereal Orange Juice Powdered Milk Water	Chicken & Dumplings Sliced Carrots Wheat Bread Chocolate Fudge Pudding Powdered Milk Water	Chili with Beans Corn Wheat Bread Mandarin Oranges Lemon Pudding Powdered Milk Water	Cheese & Peanut Butter Crackers Apple Juice
Day 7	Corned Beef Hash Cereal Orange Juice Powdered Milk Water	Minestrone Soup Chicken Salad Sandwich Saltines Fruit Cocktail Powdered Milk Water	Beef Taco Filling Taco Shells Beets Pear Halves Graham Cracker Powdered Milk Spring Water	Cheese & Peanut Butter Crackers Apple Juice