

Emergency One Week Meal Planner (This week is planned for approximately 2000 calories a day)

	Breakfast	Lunch	Dinner	Snack
Sunday	Hot/Dry Cereal Canned Peaches Canned Milk Fruit Juice	Tomato Soup (made with milk)/Crackers Applesauce/cookies Beverage*	Canned Chili/Crackers Green Beans/oil & vinegar Canned Mandarin Oranges Beverage*	Graham Crackers Peanut Butter
Monday	Cereal (hot/cold) Asst' canned fruit Fruit Juice Canned Milk	Peanut Butter and Jelly on Crackers Fruit Cocktail/Cookies Beverage*	Southwestern Bean Salad** Tortilla chips or Tortillas Canned Peaches Beverage*	Sardines with Catsup or Mustard Crackers
Tuesday	Hot / Dry Cereal Canned Apricots Fruit Juice Canned Milk	Any Flavor Ramen Noodles Canned Pineapple Cookies Beverage*	Tuna / Chicken Salad (Mayo & Relish) on Melba Toast Fruit Cocktail Beverage*	Trail Mix - raisins, M & M's, pretzels and peanuts
Wednesday	Hot cereal Canned Apples Fruit Juice Canned Milk	Peanut Butter and Jelly on Crackers Canned Pears / Cookies Beverage*	Spam /Crackers Canned Sweet Potatoes A'sst Canned Vegetables Beverage*	Pudding
Thursday	Hot / Dry Cereal Raisins Canned Milk Fruit Juice	Vegetable Soup / Crackers Canned Peaches / Cookies Beverage*	Canned Ravioli Canned Peas Apple Sauce /Graham Crackers Beverage*	Pretzels Tomato Juice
Friday	Hot/Dry Cereal Canned Peaches Fruit Juice Canned Milk	Any Flavor Ramen Noodles Canned Mandarin Oranges Cookies Beverage*	Pork and Beans/Vienne Sausage Canned Pineapple Canned Carrots/oil & vinegar Beverage*	Trail Mix - raisins, M & M's pretzels and peanuts
Saturday	Hot Cereal Fruit Cocktail Fruit Juice Milk	Beef Stew/Crackers Apple Sauce/Graham Crackers Beverage*	Canned Chili Crackers Canned Peaches Beverage*	Pudding

*Juice, Water, Coffee, Tea, Canned Milk or Reconstituted Non-fat Dry Milk, Hot Chocolate (mix made with non fat dry milk)

**1 can black beans mixed with 1 can of corn and 1 cup salsa or 1 can chopped tomatoes with chilies.



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