



Metropolitan United Methodist Church  
2021-22 Weekend Backpack Food Program  
**FOOD LIST**



**Breakfast**

- ☆ Pop Tarts ☆ Cereal bars
- ☆ Individual cereal cups/boxes
- ☆ Individual oatmeal packets/cups

**Lunch Items**

*\*\*Microwavable meals that do not need refrigeration\*\**

- ☆ Mac & Cheese boxes/cups
- ☆ Tuna/Chicken snack kits
- ☆ Small packs or cans or tuna
- ☆ Chicken cans/packets
- ☆ Chef Boyardee individual bowls/cans (small)
- ☆ Ramen noodles ☆ Rice boxes/packets
- ☆ Canned soups (small w/pop tops)



**Snacks**

- ☆ Nutri Grain bars ☆ Granola bars ☆ Fruit snacks
- ☆ Applesauce cups ☆ Fruit cups ☆ Pudding cups
- ☆ Individually wrapped cookies ☆ Potato chip cups (small)
- ☆ Snack crackers (w/peanut butter or cheese)
- ☆ Cheese snack crackers (**NO PEANUT BUTTER PLEASE**)

**Beverages**

- ☆ Juice boxes/pouches ☆ Bottles of water (small, 8 ounce)

**IMPORTANT NOTE:**

Only non-perishable foods are allowed. Please do not purchase milk or string cheese due to refrigeration and shelf stability.

**Drop off Tuesday-Friday, 9:30 a.m. - 3:00 p.m.**

Metropolitan United Methodist Church  
3385 Metropolitan Church Road  
Indian Head, Maryland 20640  
Office: 301-375-9088

Reverend Darryl K. Mason, Sr., Pastor  
Sheila Myers, Weekend Backpack Program Coordinator (301-326-0369)

