

# Summer Lunch Donation Guide

## Sample menu for one week:

**(Bread and fresh fruit/vegetables may be added as available)**

200 boxes of cereal  
200 large shelf stable milks  
200 jars of peanut butter  
200 jars of strawberry jelly  
600 cups or cans or apple sauce  
800 fruit snack or pudding cups  
800 juice boxes  
1,000 granola bars



## Going shopping? Here's what we can use:

- Peanut butter
- Jelly
- Granola bars
- Apple sauce
- Fruit cups
- Kid-friendly cereal (no high fiber stuff here!)
- Canned tuna or chicken
- Kid-friendly canned soup
- Instant oatmeal
- Individual boxes of raisins
- Fruit snacks
- Pudding cups
- Crackers and chips
- Box macaroni and cheese
- Kid-friendly snacks
- Cup of noodles or Top Ramen
- Spaghetti O's type canned pasta – any variety



**Want to make a cash donation instead? \$20 pays for ONE Summer Lunch Bag, and we give out 200 each week! Go to [issaquahfoodbank.org](http://issaquahfoodbank.org) to donate and specify "Summer Lunch Program" in the note area.**

**Questions? Contact Rebecca at [rebecca@issaquahfoodbank.org](mailto:rebecca@issaquahfoodbank.org) or 425-392-4123 x11**