

Lunch for the Break Food Box Shopping List

Updated March 2018!
See highlighted rows for NEW items

Types of Food	Amount	Size (guidelines only!)	Cost Estimate (from safeway.com)
Packaged/Canned Food:			
Oatmeal or cereal (kids love Chex, Rice Krispies and Corn Pops!)	1	18 oz. canister or box	\$4.39
Progresso or Chunky canned soup (chicken noodle is popular with kids!)	2	18.5-19 oz. cans	\$5.20
Canned tuna/salmon/chicken	2	7-12 oz. can	\$7.00
Dry black or pinto beans	1	16 oz. bag	\$2.19
Peanut butter	1	16 oz. jar	\$3.50
Jam/Jelly	1	12-18 oz jar	\$3.50
Box of pasta	1	16 oz. box	\$2.00
Pasta sauce	1	24 oz. jar or can	\$2.50
White rice	1	16-32oz. bag	\$2.99
Pasta/Grains:			
Box macaroni and cheese	4	5.5-6 oz. boxes	\$4.00
Corn tortillas	1	8-24 tortillas	\$3.00
Snacks:			
Crackers	1	16 oz. box	\$5.50
Canned fruit (not applesauce)	2 cans	15 oz. cans or larger	\$4.00
Granola bars	Box of 6	6 bars	\$3.00
Juice or milk boxes	Box of 6-10	6-10 boxes	\$3.00
		Total price range:	Approx. \$50-55 per box