

90 Day Food Supply Menu Ideas

Breakfast Menus



Oatmeal

Oatmeal
Flavored Oatmeal Packets
Raisins
Brown Sugar
Cinnamon
Freeze Dried Fruit
Evaporated or Condensed Milk



Pancakes

Pancake Mix
Butter (Canned)
Maple Syrup
Jam/Jelly



Scrambled Eggs

Eggs (Dehydrated, Freeze-Dried or Preserved)
Bread or Crackers
Green or Red Peppers (Freeze-Dried)
Cheese (Powdered or Canned)



Toast and Jam

Melba Toast
Jam
Hot Chocolate
Dried Fruit



Cold Cereal

Cold Cereal
Dehydrated Milk
Freeze Dried Fruit



Cracked Wheat Cereal

Whole Grain Wheat
Wheat Grinder
Freeze Dried Fruit
Honey
Evaporated or Condensed Milk



Pop Tarts / Granola Bars

Pop Tarts
Granola Bars
Freeze Dried Fruit



Cream of Wheat Cereal

Cream of Wheat
Freeze Dried Fruit
Honey
Evaporated or Condensed Milk

Lunch Menus



Tuna on Wasa Crackers

Canned Tuna
Mayonnaise
Sweet Relish
Curry Powder
Wasa Crackers



Canned Ravioli or Spaghetti

Canned Ravioli or Spaghetti
Parmesan Cheese
Bread or Crackers



Cup Noodles

Cup Noodles
Boiling Water



PB&J on Wasa Crackers

Wasa Crackers
Peanut Butter
Jam/Jelly
Freeze Dried Fruit



Chicken Salad

Canned Chicken
Mayonnaise
Raisins
Walnuts
Curry Powder



Soup

Canned Soup
Crackers
Bread
(Add rice or serve over rice to make it more filling)



Chili Mac & Cheese

Box of Macaroni & Cheese
Can of Chili (With Beans or Without Beans)
Canned Corn or Peas



Sloppy Joes

Can of Heat and Serve
Sloppy Joe Mix

Dinner Menus



Spaghetti

Spaghetti Noodles
Prepared Spaghetti Sauce
Parmesan Cheese
Dry Bread Sticks or Biscotti



Corned Beef & Cabbage

Can or Corned Beef
Can of Sauerkraut
Thousand Islands Dressing
Rice
(Serve Over Rice)



Chili over Rice

Can of Chili
Rice
Corn
Cornbread Mix



Burritos

Homemade Tortillas
Canned Beef or Chicken
Rice
Can of Black or Refried Beans
Bottled Salsa



Fried Ham & Potatoes

Canned Ham or Spam
Canned Potatoes
Canned or Bottled Onions
Bottled Red Pepper (Optional)



Chicken Teriyaki

Can of La Choy Bi-Pack
Chicken Teriyaki (Includes
Chicken, Sauce and
Vegetables).
Rice



Packaged Complete Meals

Packaged Complete Meals
Add water mix and bake
See Also: Betty Crocker
Complete Meals



Hawaiian Haystacks

Rice
Cream of Chicken Soup
Canned Chicken
Pineapple Chunks
Mandarin Oranges
Cashews
Soy Sauce

Dessert/Snacks Menus



S'mores

Graham Crackers
Marshmallow Cream
Hot Fudge Ice Cream Topping
or Nutella
(No Cooking Needed)



Pudding

Pudding Cups



Brownies

Brownie Mix



Rice Krispies Treats

Prepackaged Rice Krispies
Treats



Popcorn

Popcorn Kernels
Butter Flavoring
Powdered Cheese Flavoring



Cookies

Prepackaged, or Homemade
or No-Bake Cookies



Fruit Cobbler

White Cake Mix
1 can of Sprite or 7-up
2 cans Fruit Pie Filling
(In a dutch oven add pie
filling. Mix cake mix and
can of soda and add on top
of pie filling. Cover and
bake with 20 coals on top
and 10 on bottom until
golden brown.)



Muffins

Your favorite Muffin Mix

Canned Vegetables

- Artichoke Hearts
- Asparagus Spears
- Beans (Black, Black Eyed, Chick Peas, Fava, Garbanzo, Great Northern, Kidney, Lentils, Lima, Pinto, Red, Soya, 3-Bean Salad)
- Beets
- Carrots
- Chilies
- Corn (Also Creamed Corn)
- Green Beans
- Greens (Collard, Mustard, Turnip)
- Hearts of Palm
- Hominy
- Mixed Vegetables
- Mushrooms
- Olives (Black, Green, Kalamata, Pitted, Sliced, Tapenade)
- Peppers
- Pickles
- Potatoes (Whole, Sliced, Diced)
- Spinach
- Squash
- Sweet Potatoes
- Tomatoes (Whole, Peeled, Diced, Puree, Sun-Dried, Bruschetta)
- Yams
- Zucchini

Canned Fruit

- Apple Sauce
- Apples
- Cherries
- Cranberry Sauce
- Fruit Cocktail
- Grapefruit
- Mandarin Oranges
- Mixed Fruit
- Peaches
- Pears
- Pie Filling (Berry, Cherry, Peach, Apple, Pumpkin)
- Pineapples

Bread & Baking

- Bisquick
- Bread Mix
- Cornbread Mix
- Pizza Crust Mix
- Taco Shells
- Tostada Shells

Desserts & Snacks

- Cake Mix
- Cake Frosting
- Fruit Snacks
- Nuts

Meats

- Beef Jerky
- Canned Beef Chunks
- Canned Chicken Chunks
- Canned Salmon
- Dried Sausage
- Freeze Dried Beef/Chicken
- Sardines
- TVP
- Vienna Sausage

Meals

- Beef Stew
- Canned Chicken & Dumplings
- Corned Beef Hash
- Hamburger Helper
- Ramen Noodles
- Soup Mixes

Sides

- Au Gratin Potatoes
- Mashed Potatoes
- Scalloped Potatoes
- Stuffing