



# RAIDER CENTRAL BASIC NEEDS

First & Last Name :

Student ID #:

Date:

Check	Canned Items	Limit
	Green Beans	4/week
	Corn	4/week
	Pinto Beans	4/week
	Chicken Breast (Chunk)	4/week
	Tuna (In Water)	4/week
	Spam (Incl. Pork)	4/week
	Vienna Sausages (Incl. Pork)	4/week

Check	Pouch Item	Limit
	Madras Lentils (Vegetarian)	2/week
	Seaweed Snack	2/week
	Apple Sauce	2/week
	Beef Jerky	2/week
	Quaker Oatmeal	3/week
	Uncrustables (PB&J Sandwich)	2/week
	Cereal Cup	2/week
	GoGurt (Yogurt in a Pouch)	2/week

Check	Frozen Items	Limit
	<b>*CIRCLE ONE*</b> Hot Pockets (Pepperoni, incl. Pork) or Chimichanga (Steak & Cheese)	3/week
	ETC (Egg, Turkey, & Cheese Sandwich)	2/week

Check	Monthly Items	Limit
	Peanut Butter (16 oz)	2/month
	Smucker's Strawberry Jelly	1/month
	Hellmann's Mayo	1/month
	Prego Marinara Sauce (45 oz)	1/month
	Pancake Mix	1/month
	Flour Tortillas (20 pack)	1/month
	Lawry's Seasoning Salt (16 oz)	1/month
	Vegetable Oil (16 oz)	1/month
	Pancake Syrup	1/month
	Sweet Baby Ray's BBQ Sauce	1/month

Special Items (Specify desired items)

*\*Choose up to 5 items a day (Cannot repeat item on same day)*  
*\*One visit per day*

Check	Noodles/Grains	Limit
	<b>*CIRCLE ONE*</b> Pho (Beef Flavored) or Cup o' Noodles (Chicken)	3/week
	Kraft Mac & Cheese (Box)	2/week
	Uncooked Spaghetti	2/week
	Kraft Mac & Cheese (Cup)	3/week
	White Rice (Bowl)	2/week

Check	Liquids	Limit
	Almond Milk	1/week
	Horizon Low-fat Milk	3/week

Check	Meat Items	Limit
	Ground Beef	1/week
	Turkey Breast Slices	1/week

Check	Snacks	Limit
	Fruit cup (Peaches)	2/week
	Bag of Nuts	2/week
	Trail mix w/ M&M's	2/week
	Nutella w/Breadsticks	2/week
	Soft & Chewy Granola Bar	2/week
	Protein Bar	2/week
	String Cheese	3/week
	<b>*CIRCLE ONE*</b> Fresh Fruit: Apple or Mandarins	3/week

Check	Menstrual Products	Limit
	Tampons	6/daily
	Pads	6/daily

Hygiene (Specify desired items; 1/month)

Number of children in need of diapers	Size(s)

Revised: 4/23/2025