



“Most Wanted” Kid-Friendly Food List

Your donations of food items will be added to weekend food packs to be distributed to food-insecure students throughout the Lake Washington School District.

Please donate any of the following items:

Chili/Ravioli/SpaghettiOs
(7+ grams of protein and 7.5-15 oz size cans or microwaveable bowls)
Hormel Compleats
Tasty Bite Protein Bowls/Entrees
Chicken/Tuna in Lightweight Pouches or Lunch/Snack To-Go Kits
Kid Approved Soups (cans or microwavable bowls, 15oz or smaller)
Mac and Cheese
Fruit Cups/Cans/Pouches (no foil lids, 15oz or smaller)
Microwave Popcorn
Fruit Leathers/Snack-Size Dried Fruit
Individually Packaged Trail Mix/Nuts (1-3oz packets)
Individually Packaged Jerky/Meat Sticks
Granola Bars/Protein Bars (no soft cereal bars)
To-Go Peanut Butter Pouches (no jars or foil lids)

Notes:

- We ask for specific packaging and sizes to ensure packs are an appropriate size and weight for student backpacks.
- Please make sure expiration dates are at least 3 months out from the date of donation.
- Please no spicy foods/options.
- Vegetarian options appreciated.