

Shelf- Stable Menu Ideas

SFAs who need to provide shelf-stable meals for food safety concerns or lack of available product may consider these options:

Fruit	Vegetable	Meat/Meat Alternate	Grain	Milk
<p>Fruit cup</p> <p>100% fruit juice</p> <p>Applesauce cups</p> <p>Dried fruit</p> <ul style="list-style-type: none"> · Raisins · Craisins · Apple slices or rings · Apricot halves · Banana slices · Coconut shreds or flakes · Dates · Figs · Peach halves · Pear halves · Plums (prunes) · Strawberries 	<p>Dehydrated beans</p> <p>Olive cups</p> <p>Salsa cups</p> <p>Condensed canned soup (<i>i.e. bean, minestrone, tomato, tomato with other basic components such as rice, vegetable (all vegetable), and vegetable with other basic components such as meat or poultry</i>)</p> <p>Marinara cups</p> <p>100% vegetable juice</p>	<p>Shelf-stable hummus</p> <p>Nuts</p> <p>Seeds (<i>i.e. sunflower seeds</i>)</p> <p>Nut/seed butter</p> <p>Cheese cup with CN label or PFS</p> <p>Dehydrated beans</p> <p>Dehydrated meat/jerky, beef stick with CN label or PFS</p> <p>Fish pouch pack</p>	<p>Whole grain or savory crackers</p> <p>Cereal bowl or bar</p> <p>Whole corn or enriched tortilla chips</p> <p>Croutons</p> <p>Popcorn</p> <p>Rice cakes</p> <p>Tortilla shell</p>	<p>Shelf-stable milk</p>