



**MONTGOMERY  
COLLEGE**

**Raptor Essentials Food Pantry List**

**Protein**

- Cans of Tuna\*
- Cans of Chicken\*
- Canned Stew
- Canned Chili
- Hash
- Pork and Beans
- Soups
- Spaghetti Sauce\*
- Kidney Beans
- Peanut Butter\*

**Canned Vegetables**

- Beans
- Carrots
- Peas
- Tomatoes
- Corn
- Instant Potatoes

**Fruits**

- Canned Fruits
- Fruit Cups
- Dried Fruits
- Jelly
- Raisins
- Juice Boxes

**Starches**

- Rice\*
- Pasta\*
- Macaroni and Cheese\*
- Crackers
- Cans of Ravioli/SpaghettiO's\*
- Hamburger Helper
- Boxed Meals \*

**Breakfast**

- Boxes of Cereal\*
- Instant Oatmeal (individual packets)\*
- Cereal Bars
- Pancake Mix
- Syrup
- Pop Tarts
- Muffin Mix

**On the Go/Snacks**

- Tortilla Chips
- Salsa
- Pringles
- Cookies
- Granola Bars\*
- Microwave Popcorn
- Easy Mac\*
- Microwaveable Non-Frozen Meals\*

**Basic Necessities**

- Soap
- Toilet Paper
- Shampoo
- Conditioner
- Toothpaste
- Lotion
- Deodorant
- Feminine Hygiene
- Laundry Detergent
- Dryer Sheets

\* Indicates high demand items

**Pantry Hours**

Monday: 9:00 am - 5:00 pm  
Tuesday: 9:00 am - 5:00 pm  
Wednesday: 9:00 am - 5:00 pm  
Thursday: 9:00 am - 5:00 pm  
Friday: 9:00 am - 4:00 pm

