

SAMPLE UTILITY CONTINGENCY MENU

Attempt to follow this basic menu pattern. Make changes as appropriate based on the emergency at hand. This basic pattern can be repeated if needed to meet longer-term needs, up to two weeks. Contact your regional dietitian if additional menus are needed.

DAY 1

No refrigeration, steam, or cooking gas needed

Assumptions:

- Potable water is available for food preparation

BREAKFAST		LUNCH		DINNER	
Fresh Fruit or Juice	1 @ OR 1/2 cup	Cheese	3 oz	Ham	3 oz
Dry Cereal	1 1/2 cups	Bread	4 slices	Bread	4 slices
Bread	2 slices	Condiments	2 @	Condiments	2 @
Peanut Butter	4 tbsp.	Chips	1 @	Chips	1 @
Jelly	1/2 oz OR 1 @	Fruit	1 @ OR 1/2 cup	Fruit	1 @ OR 1/2 cup
**Milk	8 oz	Sandwich Cookies	3 @	Cookies	3 @
		Beverage	8 oz	Beverage	8 oz

** Assumes that milk in coolers would be served at the meal following loss of electricity if coolers are kept closed and milk temperatures stay below 40° F.

- If milk is above 40° F, replace milk and sugar with fruit drink and one more jelly. Replace dry cereal with two more slices of bread and 2 tbsp. more of peanut butter.
- Morning beverage may be substituted for milk if on hand.

DAY 2

No refrigeration needed

Assumptions:

- Potable water is available for food preparation
- Steam and cooking gas are available

BREAKFAST		LUNCH		DINNER	
Fresh Fruit or Juice	1 @ OR ½ cup	Pasta	1 ½ c	Peanut Butter	4 tbsp.
Hot Cereal	1 ½ cup	Meatless Sauce	½ c	Bread	4 slices
Bread	2 slices	Bread	2 slices	Jelly	1 oz OR 2 @
Peanut Butter	4 tbsp.	Fruit	1 @ OR ½ cup	Chips	1 @
Jelly	½ oz OR 1 @	Cookies	3 @	Fruit	1 @ OR ½ cup
		Beverage	8 oz	Cookies	3 @
				Beverage	8 oz

DAY 3

No refrigeration needed

Assumptions:

- Potable water is available for food preparation
- Steam and cooking gas are available

BREAKFAST		LUNCH		DINNER	
Fresh Fruit or Juice	1 @ OR ½ cup	Beans (Pinto, Northern, etc.)	1 c	Plain Canned Tuna or Chicken	3 oz
Hot Cereal	1 ½ cup	Rice	1 c	Bread	4 slices
Bread	2 slices	Vegetable	½ c	Mayo and Mustard Packet	1 @ each
Jelly	½ oz OR 1 @	Bread	4 slices	Vegetable	½ c
		Fruit	1 @ OR ½ cup	Fruit	1 @ OR ½ cup
		Cookies	3 @	Cookies	3 @
		Beverage	8 oz	Beverage	8 oz