

Backpacker's Pantry Shelf Life Guide

Breakfast	
Meal	Shelf Life
Peanut Butter Raisin Oatmeal	3
Granola Blueberries & Milk	3
Organic Blueberry Walnut Cereal	3
Organic Cinnamon Walnut Cereal	10
Granola Bananas & Milk	3
Rocky Mountain Scramble	3
Summit Breakfast Scramble	3

Vegetarian Entrees	
Meal	Shelf Life
Chana Masala	3
Pad Thai	3
Lasagna	10
Louisiana Red Beans and Rice	10
Spicy Thai Peanut Curry	3
Kathmandu Curry	10
Cuban Coconut Rice and Beans	3
Pasta Primavera	10
Three Cheese Mac & Cheese	10
Three Sisters Stew	10
Three Amigos Veggie Stew	10

Chicken Entrees	
Meal	Shelf Life
Sweet & Sour Chicken	10
Fettuccini Alfredo with Chicken	10
Risotto with Chicken	10
Santa Fe Rice & Beans with Chicken	10
Jamaican Jerk Chicken	10
Pad Thai with Chicken	3

Beef Entrees	
Meal	Shelf Life
Chiang Mai Curry with Beef	3
Shepherd's Stew with Beef	10
Stroganoff	10

Sides / Extras	
Meal	Shelf Life
Mashed Potatoes, Gravy, Beef	10
Cooked Chicken	10

Desserts	
Meal	Shelf Life
Dark Chocolate Cheesecake	10
Crème Brulee	10
Mango Sticky Rice	3

How to Read Abbreviation on Bags	
January	JAN
February	FEB
March	MAR
April	APR
May	MAY
June	JUN
July	JUL
August	AUG
September	SEP
October	OCT
November	NOV
December	DEC
October 1, 2020 = 01OCT20	

Important Shelf Life Facts
"Best by" dates are located on the back, top right hand corner of each package.