

STANDARD SACK LUNCHES

	Lunch 1	Lunch 2	Lunch 3	Lunch 4	Lunch 5
Protein - Very thinly sliced meat	Roast Beef - 2 oz. Cheese - 1 oz.	Sliced Turkey - 2 oz. Cheese - 1 oz.	Tuna Salad	Hard Cooked Egg - 1 Cheese - 1 oz. Peanut Butter 2 pc	Cold Oven Fried Chicken
Grain -2 servings required	Whole Wheat Bread - 2 Slices or Whole Wheat Bun	Whole Wheat Bread - 2 Slices or Whole Wheat Bun	Whole Wheat Bread - 2 Slices	4 Wheatsworth Crackers	Whole Wheat Roll
Vegetable 1	½ Cup Sliced Tomato, Lettuce	½ Cup Sliced Tomato, Lettuce	LS V8 Juice	LS V8 Juice	LS V8 Juice
Vegetable 2	Potato Salad or Salad of the Day	Potato Salad or Salad of the Day	Carrot & Celery Sticks	Carrot & Celery Sticks	Potato Salad or Salad of the Day
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk	Milk	Milk	Milk	Milk	Milk
Milk Substitute	Water If not providing milk, use 2 oz. Cheese 3 oz. Beef in Sandwich	Water If not providing milk, use 2 oz. Cheese 3 oz. Turkey in Sandwich	Water If not providing milk, add 8 oz. Yogurt	Water If not providing milk, add 1 oz. Cheese	Water if not providing milk, add 1 oz. Cheese
Condiments	X	X			

Note: You will need to place your order at least two weeks in advance of event. Meal will be delivered one day prior to the trip so that it may be assembled by center staff.