



Day of Week _____

NAME: _____ H # _____

Meal Exchange Options

A. Please **circle** items from the Sandwich Selections:

I. Sandwiches:

BREAD

MEAT

CHEESE

CONDIMENTS

White

Ham

American

Mayo

Lettuce

7 Grain

Roast Beef

Swiss

Mustard

Tomato

Wheat

Turkey

Cheddar

Ketchup

Onion

Kaiser Roll

- or - Peanut Butter & Jelly Sandwich

Tortilla Wrap

Dijon Mustard

B. PLEASE CHOOSE **ONE** FROM EACH CATEGORY BELOW:

Healthy

Sides

Beverage

Fruit Cup

Lay's Chips

Carrot Sticks

Pretzels

Aquafina Water or Flavor
(Specify)

Tossed Salad

Oreo Cookies

Pepsi Product
(Specify)

- Ranch
- French
- Italian

Kashi Bar