



NAME: \_\_\_\_\_ I.D. # \_\_\_\_\_

DAY: \_\_\_\_\_

**Circle One: SACK LUNCH - or - SACK DINNER – or – SACK BREAKFAST**

(Sack Dinner includes 2 sandwiches or a Sandwich and Yogurt. \*Yogurt may be substituted for Sandwich or 3 sides for Lunch)

**Sack Breakfast – Yogurt, [Circle Choice] Plain Bagel, Beverage [Circle Choice] and Fruit [Circle Choice]**

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

1. **Sandwiches:**

<u>BREAD</u>	<u>MEAT</u>	<u>CHEESE</u>	<u>CONDIMENTS</u>	
White	Ham	American	Mayo	Lettuce
Rye	Roast Beef	Swiss	Mustard	Tomato
Wheat	Turkey	Cheddar	Ketchup	Onion
Kaiser Roll	- or - Peanut Butter & Jelly Sandwich			
Tortilla Wrap	Dijon Mustard			

2. **YOGURT:** Lite Strawberry    Low Fat Blueberry    Low Fat Strawberry/Banana

B. PLEASE ONLY CHOOSE **ONE SIDE** FROM EACH SELECTION BELOW:

<u>FRESH FRUIT</u>	<u>FRESH VEGGIES</u>	<u>CHIPS</u>	<u>COOKIES</u>	<u>BEVERAGE</u>
Banana	Carrot Sticks	BBQ	Lorna Dunes	Pepsi Cola
Apple	Celery Sticks	Pretzels	Oreo Cookies	Diet Pepsi
Orange	Side Tossed Salad	Regular	Fig Newtons	Root Beer
Fruit Cup W/ Spoon	*Ranch *French *Italian		Chocolate Chip	Mountain Dew
				Sierra Mist
				2% Milk
				Skim Milk
				Chocolate Milk
				20oz Bottled Water
				10oz Orange Juice
				10oz Apple Juice