

GRAB & GO MEAL
Name: _____

Date of meal

Grade:

CIRCLE ONE

Soft Pretzel

(Marinara, salsa
Honey mustard
Bbq)

Sub Sandwich

Wrap (plain,
Tomato basil or
Cheese jalapeno)

Chef salad

CHECK CHOICES

Turkey _____
Ham _____
Italian _____
Bacon _____
Cheese _____
Lettuce _____
Tomato _____
Onion _____
Gr pepper _____
Carrots _____
Cauliflower _____
Broccoli _____
Cucumbers _____

MUST CHOOSE
FRUIT

Orange _____
Mandarin orange _____
Apple _____
Applesauce _____
Tropical fruit _____
Peaches _____
Pears _____
Fruit cocktail _____
Pineapple _____

MUST CHOOSE
VEGGIE

Carrots _____
Celery _____
Cauliflower _____
Broccoli _____
Cucumbers _____
Tomatoes _____
Gr pepper _____
Lettuce _____

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