

MEAL EXCHANGE

LUNCH

Pick 1

- Sandwich
- Soup
- Entrée Salad

Pick 1

- Bag of Chips
- Side Salad
- Whole Fruit
 - Apple, Banana, Orange, etc.
- Granola Bar
- Pop Tart
- Candy Bar
- Cottage Cheese
- Muffin
- Chex Mix

Pick 1

- Bottle Water
- Bottle Soda
- Bottle Gatorade
- Can Bubbly
- Bottle Milk
- Small Coffee

MEAL EXCHANGE

BREAKFAST

Pick 1

- Breakfast Sandwich
- Cereal
- Mini Pancake
- Mini Waffle

Pick 1

- Whole Fruit
 - Apple, Banana, Orange, etc.
- Granola Bar
- Cottage cheese
- Muffin
- Pop Tart

Pick 1

- Bottle Water
- Bottle Soda
- Bottle Gatorade
- Can Bubbly
- Bottle Milk
- Small Coffee
- Small Hot Cocoa