Name of Athlete_________________ Sports Team ____________________ Pick Up Time ____________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches-$3.50 (Coaches $4.08), Salad-$4.50 (Coaches $4.86)

**The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink**

<table>
<thead>
<tr>
<th>Recommended Inside:</th>
<th>☐ Ham ☐ Romaine Lettuce ☐ Tomato</th>
<th>Other Inside Options:</th>
<th>☐ Swiss Cheese ☐ American Cheese ☐ Onion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recommended Outside:</td>
<td>☐ Whole Wheat Tortilla Wrap</td>
<td>Other Outside Options:</td>
<td>☐ Whole Grain Rich Bread ☐ Whole Grain Rich Sub Roll</td>
</tr>
<tr>
<td>Condiments:</td>
<td>☐ Mayonnaise ☐ Mustard ☐ None</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drink (Select One):</td>
<td>☐ Bottle Water ☐ Assorted Low Calorie Gatorade</td>
<td>☐ Byrne Dairy L/F Chocolate Milk</td>
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</tr>
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Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

**The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink**

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<tr>
<th>Recommended Inside:</th>
<th>☐ Turkey ☐ Romaine Lettuce ☐ Tomato</th>
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Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

**The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink**

| Recommended Inside: | ☐ Peanut Butter ☐ Jelly | | |
|---------------------|-------------------------| | |
| Recommended Outside:| ☐ Whole Grain Rich Bread | | |
| Snack Chips:        | ☐ Popcorn ☐ Baked Chip ☐ Goldfish ☐ Graham Snacks | | |
| Drink (Select One): | ☐ Bottle Water ☐ Assorted Low Calorie Gatorade | ☐ Byrne Dairy L/F Chocolate Milk |

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

**The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink**

| Recommended Toppings: | ☐ Chopped Chicken ☐ Cheese Cubes ☐ Tomato ☐ Carrots ☐ Onions | | |
| Dressings:           | ☐ Ranch ☐ Italian ☐ Raspberry Vinaigrette | | |
| Snack Chips:         | ☐ Popcorn ☐ Baked Chip ☐ Goldfish ☐ Graham Snacks | | |
| Drink (Select One):  | ☐ Bottle Water ☐ Assorted Low Calorie Gatorade | ☐ Byrne Dairy L/F Chocolate Milk |

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

**Fees and Distribution of Meals (Please Select Payment Method)**

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Name of Athlete_________________ Sports Team ____________________ Pick Up Time ____________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches-$3.50 (Coaches $4.08), Salad-$4.50 (Coaches $4.86)

**The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink**
- Recommended Inside: Ham ☐ Romaine Lettuce ☐ Tomato ☐
- Recommended Outside: Whole Wheat Tortilla Wrap ☐
- Condiments: Mayonnaise ☐ Mustard ☐ None ☐
- Drink (Select One): Bottle Water ☐ Assorted Low Calorie Gatorade ☐

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

**The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink**
- Recommended Inside: Turkey ☐ Romaine Lettuce ☐ Tomato ☐
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- Drink (Select One): Bottle Water ☐ Assorted Low Calorie Gatorade ☐

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**The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink**
- Recommended Inside: Peanut Butter ☐ Jelly ☐
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Recommended Inside:  □ Ham □ Romaine Lettuce □ Tomato
Recommended Outside: □ Whole Wheat Tortilla Wrap
Condiments: □ Mayonnaise □ Mustard □ None
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Other Outside Options: □ Whole Grain Rich Bread □ Whole Grain Rich Sub Roll
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks

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Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Other Outside Options: □ Whole Grain Rich Bread □ Whole Wheat Tortilla Wrap
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Peanut Butter □ Jelly
Recommended Outside: □ Whole Grain Rich Bread
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Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

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The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Toppings: □ Chopped Chicken □ Cheese Cubes □ Tomato □ Carrots □ Onions
Dressings: □ Ranch □ Italian □ Raspberry Vinaigrette
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
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The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Ham □ Romaine Lettuce □ Tomato
Recommended Outside: □ Whole Wheat Tortilla Wrap
Condiments: □ Mayonnaise □ Mustard □ None
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Other Outside Options: □ Whole Grain Rich Bread □ Whole Grain Rich Sub Roll
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks

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The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

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Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Other Outside Options: □ Whole Grain Rich Bread □ Whole Wheat Tortilla Wrap
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks

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The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Peanut Butter □ Jelly
Recommended Outside: □ Whole Grain Rich Bread
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Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

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The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Toppings: □ Chopped Chicken □ Cheese Cubes □ Tomato □ Carrots □ Onions
Dressings: □ Ranch □ Italian □ Raspberry Vinaigrette
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**Marathon Athletic Department, Brown BAG Nutrition Program**

**Sandwiches** - $3.50 (Coaches $4.08), Salad - $4.50 (Coaches $4.86)

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<td>Recommended Outside:</td>
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**The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink**

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**The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink**

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**The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink**

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<td>Recommended Toppings:</td>
<td>Chopped Chicken Cheese Cubes Tomato Carrots Onions</td>
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<tr>
<td>Dressings:</td>
<td>Ranch Italian Raspberry Vinaigrette</td>
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Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

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Marathon Athletic Department, Brown BAG Nutrition Program
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The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink
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The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink
Recommended Inside: ☐ Turkey ☐ Romaine Lettuce ☐ Tomato Other Inside Options: ☐ Swiss Cheese ☐ American Cheese ☐ Onion
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The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink
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Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink
Recommended Toppings: ☐ Chopped Chicken ☐ Cheese Cubes ☐ Tomato ☐ Carrots ☐ Onions
Dressings: ☐ Ranch ☐ Italian ☐ Raspberry Vinaigrette
Snack Chips: ☐ Popcorn ☐ Baked Chip ☐ Goldfish ☐ Graham Snacks
Drink (Select One): ☐ Bottle Water ☐ Assorted Low Calorie Gatorade ☐ Byrne Dairy L/F Chocolate Milk

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**The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink**
- Recommended Inside: [ ] Turkey [ ] Romaine Lettuce [ ] Tomato
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Name of Athlete__________________ Sports Team __________________ Pick Up Time ____________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches $3.50 (Coaches $4.08), Salad $4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: ☐ Ham ☐ Romaine Lettuce ☐ Tomato ☐ Other Inside Options: ☐ Swiss Cheese ☐ American Cheese ☐ Onion
Recommended Outside: ☐ Whole Wheat Tortilla Wrap ☐ Other Outside Options: ☐ Whole Grain Rich Bread ☐ Whole Grain Rich Sub Roll
Condiments: ☐ Mayonnaise ☐ Mustard ☐ None ☐ Snack Chips: ☐ Popcorn ☐ Baked Chip ☐ Goldfish ☐ Graham Snacks
Drink (Select One): ☐ Bottle Water ☐ Assorted Low Calorie Gatorade ☐ Byrne Dairy L/F Chocolate Milk

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: ☐ Turkey ☐ Romaine Lettuce ☐ Tomato ☐ Other Inside Options: ☐ Swiss Cheese ☐ American Cheese ☐ Onion
Recommended Outside: ☐ Whole Grain Rich Sub Roll ☐ Other Outside Options: ☐ Whole Grain Rich Bread ☐ Whole Wheat Tortilla Wrap
Condiments: ☐ Mayonnaise ☐ Mustard ☐ None ☐ Snack Chips: ☐ Popcorn ☐ Baked Chip ☐ Goldfish ☐ Graham Snacks
Drink (Select One): ☐ Bottle Water ☐ Assorted Low Calorie Gatorade ☐ Byrne Dairy L/F Chocolate Milk

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: ☐ Peanut Butter ☐ Jelly
Recommended Outside: ☐ Whole Grain Rich Bread
0 i kijj Snack Chips: ☐ Popcorn ☐ Baked Chip ☐ Goldfish ☐ Graham Snacks
Drink (Select One): ☐ Bottle Water ☐ Assorted Low Calorie Gatorade ☐ Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Toppings: ☐ Chopped Chicken ☐ Cheese Cubes ☐ Tomato ☐ Carrots ☐ Onions
Dressings: ☐ Ranch ☐ Italian ☐ Raspberry Vinaigrette
Snack Chips: ☐ Popcorn ☐ Baked Chip ☐ Goldfish ☐ Graham Snacks
Drink (Select One): ☐ Bottle Water ☐ Assorted Low Calorie Gatorade ☐ Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

Fees and Distribution of Meals (Please Select Payment Method)
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Name of Athlete_________________ Sports Team ____________________ Pick Up Time ____________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches-$3.50 (Coaches $4.08), Salad-$4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Ham □ Romaine Lettuce □ Tomato
Recommended Outside: □ Whole Wheat Tortilla Wrap
Condiments: □ Mayonnaise □ Mustard □ None
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Other Outside Options: □ Whole Grain Rich Bread □ Whole Grain Rich Sub Roll
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Turkey □ Romaine Lettuce □ Tomato
Recommended Outside: □ Whole Grain Rich Sub Roll
Condiments: □ Mayonnaise □ Mustard □ None
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Other Outside Options: □ Whole Grain Rich Bread □ Whole Wheat Tortilla Wrap
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Peanut Butter □ Jelly
Recommended Outside: □ Whole Grain Rich Bread
0kjij Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Toppings: □ Chopped Chicken □ Cheese Cubes □ Tomato □ Carrots □ Onions
Dressings: □ Ranch □ Italian □ Raspberry Vinaigrette
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

Fees and Distribution of Meals (Please Select Payment Method)

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Name of Athlete_________________  Sports Team ____________________  Pick Up Time __________

**Marathon Athletic Department, Brown BAG Nutrition Program**
**Sandwiches** $3.50 (Coaches $4.08), Salad $4.50 (Coaches $4.86)

**The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Inside:** □ Ham  □ Romaine Lettuce  □ Tomato  □ Swiss Cheese  □ American Cheese  □ Onion
- **Recommended Outside:** □ Whole Wheat Tortilla Wrap  □ Whole Grain Rich Bread  □ Whole Grain Rich Sub Roll
- **Condiments:** □ Mayonnaise  □ Mustard  □ None  □ Popcorn  □ Baked Chip  □ Goldfish  □ Graham Snacks
- **Drink (Select One):** □ Bottle Water  □ Assorted Low Calorie Gatorade  □ Byrne Dairy L/F Chocolate Milk

**Testimonial:** Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

**The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Inside:** □ Turkey  □ Romaine Lettuce  □ Tomato  □ Swiss Cheese  □ American Cheese  □ Onion
- **Recommended Outside:** □ Whole Grain Rich Sub Roll  □ Whole Wheat Tortilla Wrap
- **Condiments:** □ Mayonnaise  □ Mustard  □ None  □ Snack Chips: □ Popcorn  □ Baked Chip  □ Goldfish  □ Graham Snacks
- **Drink (Select One):** □ Bottle Water  □ Assorted Low Calorie Gatorade  □ Byrne Dairy L/F Chocolate Milk

**Testimonial:** An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

**The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Inside:** □ Peanut Butter  □ Jelly
- **Recommended Outside:** □ Whole Grain Rich Bread
- **Snack Chips:** □ Popcorn  □ Baked Chip  □ Goldfish  □ Graham Snacks
- **Drink (Select One):** □ Bottle Water  □ Assorted Low Calorie Gatorade  □ Byrne Dairy L/F Chocolate Milk

**Testimonial:** In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

**The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Toppings:** □ Chopped Chicken  □ Cheese Cubes  □ Tomato  □ Carrots  □ Onions
- **Dressings:** □ Ranch  □ Italian  □ Raspberry Vinaigrette
- **Snack Chips:** □ Popcorn  □ Baked Chip  □ Goldfish  □ Graham Snacks
- **Drink (Select One):** □ Bottle Water  □ Assorted Low Calorie Gatorade  □ Byrne Dairy L/F Chocolate Milk

**Testimonial:** The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

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Name of Athlete__________________ Sports Team ___________________ Pick Up Time ___________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches $3.50 (Coaches $4.08), Salad $4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Ham □ Romaine Lettuce □ Tomato
Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Wheat Tortilla Wrap
Other Outside Options: □ Whole Grain Rich Bread □ Whole Grain Rich Sub Roll
Condiments: □ Mayonnaise □ Mustard □ None
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Turkey □ Romaine Lettuce □ Tomato
Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Grain Rich Sub Roll
Other Outside Options: □ Whole Grain Rich Bread □ Whole Wheat Tortilla Wrap
Condiments: □ Mayonnaise □ Mustard □ None
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Peanut Butter □ Jelly
Recommended Outside: □ Whole Grain Rich Bread
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Toppings: □ Chopped Chicken □ Cheese Cubes □ Tomato □ Carrots □ Onions
Dressings: □ Ranch □ Italian □ Raspberry Vinaigrette
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

Fees and Distribution of Meals (Please Select Payment Method)

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Name of Athlete___________________  Sports Team ______________________  Pick Up Time ________

### Marathon Athletic Department, Brown BAG Nutrition Program

**Sandwiches**: $3.50 (Coaches $4.08), Salad - $4.50 (Coaches $4.86)

#### The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink
- **Recommended Inside**: Ham, Romaine Lettuce, Tomato
- **Recommended Outside**: Whole Wheat Tortilla Wrap
- **Condiments**: Mayonnaise, Mustard, None
- **Drink (Select One)**: Bottle Water, Assorted Low Calorie Gatorade, Byrne Dairy L/F Chocolate Milk

**Testimonial**: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

#### The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink
- **Recommended Inside**: Turkey, Romaine Lettuce, Tomato
- **Recommended Outside**: Whole Grain Rich Sub Roll
- **Condiments**: Mayonnaise, Mustard, None
- **Drink (Select One)**: Bottle Water, Assorted Low Calorie Gatorade, Byrne Dairy L/F Chocolate Milk

**Testimonial**: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

#### The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink
- **Recommended Inside**: Peanut Butter, Jelly
- **Recommended Outside**: Whole Grain Rich Bread
- **Drink (Select One)**: Bottle Water, Assorted Low Calorie Gatorade, Byrne Dairy L/F Chocolate Milk

**Testimonial**: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

#### The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink
- **Recommended Toppings**: Chopped Chicken, Cheese Cubes, Tomato, Carrots, Onions
- **Dressings**: Ranch, Italian, Raspberry Vinaigrette
- **Snack Chips**: Popcorn, Baked Chip, Goldfish, Graham Snacks
- **Drink (Select One)**: Bottle Water, Assorted Low Calorie Gatorade, Byrne Dairy L/F Chocolate Milk

**Testimonial**: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

### Fees and Distribution of Meals (Please Select Payment Method)

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Name of Athlete_____________________ Sports Team _____________________ Pick Up Time ____________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches-$3.50 (Coaches $4.08), Salad-$4.50 (Coaches $4.86)

**The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Inside:**
  - ☐ Ham
  - ☐ Romaine Lettuce
  - ☐ Tomato
  - ☐ Other Inside Options: ☐ Swiss Cheese ☐ American Cheese ☐ Onion
- **Recommended Outside:**
  - ☐ Whole Wheat Tortilla Wrap
  - ☐ Other Outside Options: ☐ Whole Grain Rich Bread ☐ Whole Grain Rich Sub Roll
- **Condiments:**
  - ☐ Mayonnaise
  - ☐ Mustard
  - ☐ None
  - ☐ Other Inside Options: ☐ Swiss Cheese ☐ American Cheese ☐ Onion
- **Drink (Select One):**
  - ☐ Bottle Water
  - ☐ Assorted Low Calorie Gatorade
  - ☐ Byrne Dairy L/F Chocolate Milk

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

**The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Inside:**
  - ☐ Turkey
  - ☐ Romaine Lettuce
  - ☐ Tomato
  - ☐ Other Inside Options: ☐ Swiss Cheese ☐ American Cheese ☐ Onion
- **Recommended Outside:**
  - ☐ Whole Grain Rich Sub Roll
  - ☐ Other Outside Options: ☐ Whole Grain Rich Bread ☐ Whole Wheat Tortilla Wrap
- **Condiments:**
  - ☐ Mayonnaise
  - ☐ Mustard
  - ☐ None
  - ☐ Other Inside Options: ☐ Swiss Cheese ☐ American Cheese ☐ Onion
- **Drink (Select One):**
  - ☐ Bottle Water
  - ☐ Assorted Low Calorie Gatorade
  - ☐ Byrne Dairy L/F Chocolate Milk

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

**The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Inside:**
  - ☐ Peanut Butter
  - ☐ Jelly
- **Recommended Outside:**
  - ☐ Whole Grain Rich Bread
- **Other Inside Options:**
  - ☐ Popcorn ☐ Baked Chip ☐ Goldfish ☐ Graham Snacks
- **Drink (Select One):**
  - ☐ Bottle Water
  - ☐ Assorted Low Calorie Gatorade
  - ☐ Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

**The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Toppings:**
  - ☐ Chopped Chicken ☐ Cheese Cubes ☐ Tomato ☐ Carrots ☐ Onions
- **Dressings:**
  - ☐ Ranch ☐ Italian ☐ Raspberry Vinaigrette
- **Snack Chips:**
  - ☐ Popcorn ☐ Baked Chip ☐ Goldfish ☐ Graham Snacks
- **Drink (Select One):**
  - ☐ Bottle Water
  - ☐ Assorted Low Calorie Gatorade
  - ☐ Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

**Fees and Distribution of Meals (Please Select Payment Method)**

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Marathon Athletic Department, Brown Bag Nutrition Program
Sandwiches $3.50 (Coaches $4.08), Salad $4.50 (Coaches $4.86)

**The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Inside:**
  - Ham [ ]
  - Romaine Lettuce [ ]
  - Tomato [ ]

- **Recommended Outside:**
  - Whole Wheat Tortilla Wrap [ ]

- **Condiments:**
  - Mayonnaise [ ]
  - Mustard [ ]
  - None [ ]

- **Drink (Select One):**
  - Bottle Water [ ]
  - Assorted Low Calorie Gatorade [ ]
  - Byrne Dairy L/F Chocolate Milk [ ]

**Testimonial:**
Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

**The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Inside:**
  - Turkey [ ]
  - Romaine Lettuce [ ]
  - Tomato [ ]

- **Recommended Outside:**
  - Whole Grain Rich Sub Roll [ ]

- **Condiments:**
  - Mayonnaise [ ]
  - Mustard [ ]
  - None [ ]

- **Drink (Select One):**
  - Bottle Water [ ]
  - Assorted Low Calorie Gatorade [ ]
  - Byrne Dairy L/F Chocolate Milk [ ]

**Testimonial:**
An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

**The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommeded Inside:**
  - Peanut Butter [ ]
  - Jelly [ ]

- **Recommended Outside:**
  - Whole Grain Rich Bread [ ]

- **Snack Chips:**
  - Popcorn [ ]
  - Baked Chip [ ]
  - Goldfish [ ]
  - Graham Snacks [ ]

- **Drink (Select One):**
  - Bottle Water [ ]
  - Assorted Low Calorie Gatorade [ ]
  - Byrne Dairy L/F Chocolate Milk [ ]

**Testimonial:**
In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

**The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Toppings:**
  - Chopped Chicken [ ]
  - Cheese Cubes [ ]
  - Tomato [ ]
  - Carrots [ ]
  - Onions [ ]

- **Dressings:**
  - Ranch [ ]
  - Italian [ ]
  - Raspberry Vinaigrette [ ]

- **Snack Chips:**
  - Popcorn [ ]
  - Baked Chip [ ]
  - Goldfish [ ]
  - Graham Snacks [ ]

- **Drink (Select One):**
  - Bottle Water [ ]
  - Assorted Low Calorie Gatorade [ ]
  - Byrne Dairy L/F Chocolate Milk [ ]

**Testimonial:**
The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

**Fees and Distribution of Meals (Please Select Payment Method)**

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Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches $3.50 (Coaches $4.08), Salad $4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside:  □ Ham □ Romaine Lettuce □ Tomato
Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Wheat Tortilla Wrap
Other Outside Options: □ Whole Grain Rich Bread □ Whole Grain Rich Sub Roll
Condiments: □ Mayonnaise □ Mustard □ None
Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Drink (Select One):  □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Turkey □ Romaine Lettuce □ Tomato
Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Grain Rich Sub Roll
Other Outside Options: □ Whole Grain Rich Bread □ Whole Wheat Tortilla Wrap
Condiments: □ Mayonnaise □ Mustard □ None
Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Peanut Butter □ Jelly
Recommended Outside: □ Whole Grain Rich Bread
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Toppings: □ Chopped Chicken □ Cheese Cubes □ Tomato □ Carrots □ Onions
Dressings: □ Ranch □ Italian □ Raspberry Vinaigrette
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

Fees and Distribution of Meals (Please Select Payment Method)

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Name of Athlete_________________ Sports Team _____________________ Pick Up Time ____________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches-$3.50 (Coaches $4.08), Salad-$4.50 (Coaches $4.86)

### The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

- **Recommended Inside:**
  - Ham
  - Romaine Lettuce
  - Tomato
- **Recommended Outside:**
  - Whole Wheat Tortilla Wrap
- **Condiments:**
  - Mayonnaise
  - Mustard
  - None
- **Drink (Select One):**
  - Bottle Water
  - Assorted Low Calorie Gatorade

**Testimonial:** Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

### The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

- **Recommended Inside:**
  - Turkey
  - Romaine Lettuce
  - Tomato
- **Recommended Outside:**
  - Whole Grain Rich Sub Roll
- **Condiments:**
  - Mayonnaise
  - Mustard
  - None
- **Drink (Select One):**
  - Bottle Water
  - Assorted Low Calorie Gatorade

**Testimonial:** An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

### The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

- **Recommended Inside:**
  - Peanut Butter
  - Jelly
- **Recommended Outside:**
  - Whole Grain Rich Bread
- **Snack Chips:**
  - Popcorn
  - Baked Chip
  - Goldfish
  - Graham Snacks
- **Drink (Select One):**
  - Bottle Water
  - Assorted Low Calorie Gatorade

**Testimonial:** In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

### The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

- **Recommended Toppings:**
  - Chopped Chicken
  - Cheese Cubes
  - Tomato
  - Carrots
  - Onions
- **Dressings:**
  - Ranch
  - Italian
  - Raspberry Vinaigrette
- **Snack Chips:**
  - Popcorn
  - Baked Chip
  - Goldfish
  - Graham Snacks
- **Drink (Select One):**
  - Bottle Water
  - Assorted Low Calorie Gatorade

**Testimonial:** The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

### Fees and Distribution of Meals (Please Select Payment Method)

- [ ] The Exact Fee of $3.50 or $4.00 is enclosed in a sealed envelope
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Bag lunches must be picked up at the end of the day or they will be thrown out. No Refunds.

**Sponsored & Operated by the Marathon Cafeteria Staff**
ALL FORMS ARE DUE TO THE CAFETERIA BY 12:00 PM. NO EXCEPTIONS

Name of Athlete____________________ Sports Team ____________________ Pick Up Time _____________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches $3.50 (Coaches $4.08), Salad $4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Ham □ Romaine Lettuce □ Tomato
□ Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Wheat Tortilla Wrap
□ Other Outside Options: □ Whole Grain Rich Bread □ Whole Grain Rich Sub Roll
Condiments: □ Mayonnaise □ Mustard □ None □ Other inside Options
□ Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Turkey □ Romaine Lettuce □ Tomato
□ Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Grain Rich Sub Roll
□ Other Outside Options: □ Whole Grain Rich Bread □ Whole Wheat Tortilla Wrap
Condiments: □ Mayonnaise □ Mustard □ None □ Other inside Options
□ Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Peanut Butter □ Jelly
Recommended Outside: □ Whole Grain Rich Bread
Recommended Outside: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Toppings: □ Chopped Chicken □ Cheese Cubes □ Tomato □ Carrots □ Onions
Dressings: □ Ranch □ Italian □ Raspberry Vinaigrette
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

Fees and Distribution of Meals (Please Select Payment Method)

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Name of Athlete____________________ Sports Team ___________________ Pick Up Time __________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches-$3.50 (Coaches $4.08), Salad-$4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

- Recommended Inside: Ham ☐, Romaine Lettuce ☐, Tomato ☐
- Recommended Outside: Whole Wheat Tortilla Wrap ☐
- Condiments: Mayonnaise ☐, Mustard ☐, None ☐
- Drink (Select One): Bottle Water ☐, Assorted Low Calorie Gatorade ☐, Byrne Dairy L/F Chocolate Milk

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayonnaise to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

- Recommended Inside: Turkey ☐, Romaine Lettuce ☐, Tomato ☐
- Recommended Outside: Whole Grain Rich Sub Roll ☐
- Condiments: Mayonnaise ☐, Mustard ☐, None ☐
- Drink (Select One): Bottle Water ☐, Assorted Low Calorie Gatorade ☐, Byrne Dairy L/F Chocolate Milk

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

- Recommended Inside: Peanut Butter ☐, Jelly ☐
- Recommended Outside: Whole Grain Rich Bread ☐
- Snack Chips: Popcorn ☐, Baked Chip ☐, Goldfish ☐, Graham Snacks ☐
- Drink (Select One): Bottle Water ☐, Assorted Low Calorie Gatorade ☐, Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

- Recommended Toppings: Chopped Chicken ☐, Cheese Cubes ☐, Tomato ☐, Carrots ☐, Onions ☐
- Dressings: Ranch ☐, Italian ☐, Raspberry Vinaigrette ☐
- Snack Chips: Popcorn ☐, Baked Chip ☐, Goldfish ☐, Graham Snacks ☐
- Drink (Select One): Bottle Water ☐, Assorted Low Calorie Gatorade ☐, Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

Fees and Distribution of Meals (Please Select Payment Method)

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Name of Athlete_________________ Sports Team ___________________ Pick Up Time ____________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches: $3.50 (Coaches $4.08), Salad: $4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Ham □ Romaine Lettuce □ Tomato Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Wheat Tortilla Wrap Other Outside Options: □ Whole Grain Rich Bread □ Whole Grain Rich Sub Roll
Condiments: □ Mayonnaise □ Mustard □ None Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Turkey □ Romaine Lettuce □ Tomato Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Grain Rich Sub Roll Other Outside Options: □ Whole Grain Rich Bread □ Whole Wheat Tortilla Wrap
Condiments: □ Mayonnaise □ Mustard □ None Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Peanut Butter □ Jelly
Recommended Outside: □ Whole Grain Rich Bread
0i kjj Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Toppings: □ Chopped Chicken □ Cheese Cubes □ Tomato □ Carrots □ Onions
Dressings: □ Ranch □ Italian □ Raspberry Vinaigrette
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

Fees and Distribution of Meals (Please Select Payment Method)

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Name of Athlete ____________________ Sports Team ____________________ Pick Up Time ____________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches $3.50 (Coaches $4.08), Salad $4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Ham □ Romaine Lettuce □ Tomato □ Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Wheat Tortilla Wrap □ Other Outside Options: □ Whole Grain Rich Bread □ Whole Grain Rich Sub Roll
Condiments: □ Mayonnaise □ Mustard □ None □ Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Turkey □ Romaine Lettuce □ Tomato □ Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Grain Rich Sub Roll □ Other Outside Options: □ Whole Grain Rich Bread □ Whole Wheat Tortilla Wrap
Condiments: □ Mayonnaise □ Mustard □ None □ Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Peanut Butter □ Jelly
Recommended Outside: □ Whole Grain Rich Bread
0i kjj Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Toppings: □ Chopped Chicken □ Cheese Cubes □ Tomato □ Carrots □ Onions
Dressings: □ Ranch □ Italian □ Raspberry Vinaigrette
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

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All forms are due to the cafeteria by 12:00 PM. No exceptions.

Name of Athlete________________ Sports Team ________________________ Pick Up Time __________

Marathon Athletic Department, Brown Bag Nutrition Program
Sandwiches $3.50 (Coaches $4.08), Salad $4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink
Recommended Inside: □ Ham □ Romaine Lettuce □ Tomato
Recommended Outside: □ Whole Wheat Tortilla Wrap
Condiments: □ Mayonnaise □ Mustard □ None
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayonnaise to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink
Recommended Inside: □ Turkey □ Romaine Lettuce □ Tomato
Recommended Outside: □ Whole Grain Rich Sub Roll
Condiments: □ Mayonnaise □ Mustard □ None
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink
Recommended Inside: □ Peanut Butter □ Jelly
Recommended Outside: □ Whole Grain Rich Bread
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink
Recommended Toppings: □ Chopped Chicken □ Cheese Cubes □ Tomato □ Carrots □ Onions
Dressings: □ Ranch □ Italian □ Raspberry Vinaigrette
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

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Sponsored & Operated by the Marathon Cafeteria Staff
Name of Athlete____________________  Sports Team ____________________  Pick Up Time ____________

Marathon Athletic Department, Brown BAG Nutrition Program  
Sandwiches-$3.50 (Coaches $4.08), Salad-$4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Ham □ Romaine Lettuce □ Tomato          Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Wheat Tortilla Wrap
Condiments: □ Mayonnaise □ Mustard □ None         Other Outside Options: □ Whole Grain Rich Bread □ Whole Grain Rich Sub Roll
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Turkey □ Romaine Lettuce □ Tomato          Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Grain Rich Sub Roll
Condiments: □ Mayonnaise □ Mustard □ None         Other Outside Options: □ Whole Grain Rich Bread □ Whole Wheat Tortilla Wrap
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Peanut Butter □ Jelly
Recommended Outside: □ Whole Grain Rich Bread
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Toppings: □ Chopped Chicken □ Cheese Cubes □ Tomato □ Carrots □ Onions
Dressings: □ Ranch □ Italian □ Raspberry Vinaigrette
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

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Name of Athlete_________________ Sports Team ____________________ Pick Up Time _____________

### Marathon Athletic Department, Brown BAG Nutrition Program

Sandwiches $3.50 (Coaches $4.08), Salad $4.50 (Coaches $4.86)

#### The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

<table>
<thead>
<tr>
<th>Recommended Inside:</th>
<th>☐ Ham ☐ Romaine Lettuce ☐ Tomato</th>
<th>☐ Other Inside Options:</th>
<th>☐ Swiss Cheese ☐ American Cheese ☐ Onion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recommended Outside:</td>
<td>☐ Whole Wheat Tortilla Wrap</td>
<td>☐ Other Outside Options:</td>
<td>☐ Whole Grain Rich Bread ☐ Whole Grain Rich Sub Roll</td>
</tr>
<tr>
<td>Condiments:</td>
<td>☐ Mayonnaise ☐ Mustard ☐ None</td>
<td>☐ Snack Chips:</td>
<td>☐ Popcorn ☐ Baked Chip ☐ Goldfish ☐ Graham Snacks</td>
</tr>
<tr>
<td>Drink (Select One):</td>
<td>☐ Bottle Water ☐ Assorted Low Calorie Gatorade ☐ Byrne Dairy L/F Chocolate Milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

#### The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

<table>
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<tr>
<th>Recommended Inside:</th>
<th>☐ Turkey ☐ Romaine Lettuce ☐ Tomato</th>
<th>☐ Other Inside Options:</th>
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</tr>
</thead>
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<tr>
<td>Recommended Outside:</td>
<td>☐ Whole Grain Rich Sub Roll</td>
<td>☐ Other Outside Options:</td>
<td>☐ Whole Grain Rich Bread ☐ Whole Wheat Tortilla Wrap</td>
</tr>
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<td>Condiments:</td>
<td>☐ Mayonnaise ☐ Mustard ☐ None</td>
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<tr>
<td>Drink (Select One):</td>
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<td></td>
</tr>
</tbody>
</table>

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

#### The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

<table>
<thead>
<tr>
<th>Recommended Inside:</th>
<th>☐ Peanut Butter ☐ Jelly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recommended Outside:</td>
<td>☐ Whole Grain Rich Bread</td>
</tr>
<tr>
<td>0i kijj Snack Chips:</td>
<td>☐ Popcorn ☐ Baked Chip ☐ Goldfish ☐ Graham Snacks</td>
</tr>
<tr>
<td>Drink (Select One):</td>
<td>☐ Bottle Water ☐ Assorted Low Calorie Gatorade ☐ Byrne Dairy L/F Chocolate Milk</td>
</tr>
</tbody>
</table>

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

#### The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

<table>
<thead>
<tr>
<th>Recommended Toppings:</th>
<th>☐ Chopped Chicken ☐ Cheese Cubes ☐ Tomato ☐ Carrots ☐ Onions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dressings:</td>
<td>☐ Ranch ☐ Italian ☐ Raspberry Vinaigrette</td>
</tr>
<tr>
<td>Snack Chips:</td>
<td>☐ Popcorn ☐ Baked Chip ☐ Goldfish ☐ Graham Snacks</td>
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<tr>
<td>Drink (Select One):</td>
<td>☐ Bottle Water ☐ Assorted Low Calorie Gatorade ☐ Byrne Dairy L/F Chocolate Milk</td>
</tr>
</tbody>
</table>

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

#### Fees and Distribution of Meals (Please Select Payment Method)

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Name of Athlete____________________ Sports Team _____________________ Pick Up Time __________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches-$3.50 (Coaches $4.08), Salad-$4.50 (Coaches $4.86)

**The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Inside:**
  - [ ] Ham
  - [ ] Romaine Lettuce
  - [ ] Tomato
- **Recommended Outside:**
  - [ ] Whole Wheat Tortilla Wrap
- **Condiments:**
  - [ ] Mayonnaise
  - [ ] Mustard
  - [ ] None
- **Drink (Select One):**
  - [ ] Bottle Water
  - [ ] Assorted Low Calorie Gatorade
  - [ ] Byrne Dairy L/F Chocolate Milk

**Testimonial:** Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

**The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Inside:**
  - [ ] Turkey
  - [ ] Romaine Lettuce
  - [ ] Tomato
- **Recommended Outside:**
  - [ ] Whole Grain Rich Sub Roll
- **Condiments:**
  - [ ] Mayonnaise
  - [ ] Mustard
  - [ ] None
- **Drink (Select One):**
  - [ ] Bottle Water
  - [ ] Assorted Low Calorie Gatorade
  - [ ] Byrne Dairy L/F Chocolate Milk

**Testimonial:** An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

**The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Inside:**
  - [ ] Peanut Butter
  - [ ] Jelly
- **Recommended Outside:**
  - [ ] Whole Grain Rich Bread
- **Snack Chips:**
  - [ ] Popcorn
  - [ ] Baked Chip
  - [ ] Goldfish
  - [ ] Graham Snacks
- **Drink (Select One):**
  - [ ] Bottle Water
  - [ ] Assorted Low Calorie Gatorade
  - [ ] Byrne Dairy L/F Chocolate Milk

**Testimonial:** In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

**The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink**

- **Recommended Toppings:**
  - [ ] Chopped Chicken
  - [ ] Cheese Cubes
  - [ ] Tomato
  - [ ] Carrots
  - [ ] Onions
- **Dressings:**
  - [ ] Ranch
  - [ ] Italian
  - [ ] Raspberry Vinaigrette
- **Snack Chips:**
  - [ ] Popcorn
  - [ ] Baked Chip
  - [ ] Goldfish
  - [ ] Graham Snacks
- **Drink (Select One):**
  - [ ] Bottle Water
  - [ ] Assorted Low Calorie Gatorade
  - [ ] Byrne Dairy L/F Chocolate Milk

**Testimonial:** The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

**Fees and Distribution of Meals (Please Select Payment Method)**

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**Sponsored & Operated by the Marathon Cafeteria Staff**
Name of Athlete_________________ Sports Team ___________________ Pick Up Time ______________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches-$3.50 (Coaches $4.08), Salad-$4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink
- Recommended Inside: □ Ham □ Romaine Lettuce □ Tomato □ Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
- Recommended Outside: □ Whole Wheat Tortilla Wrap □ Other Outside Options: □ Whole Grain Rich Bread □ Whole Wheat Rich Sub Roll
- Condiments: □ Mayonnaise □ Mustard □ None □ Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
- Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink
- Recommended Inside: □ Turkey □ Romaine Lettuce □ Tomato □ Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
- Recommended Outside: □ Whole Grain Rich Sub Roll □ Other Outside Options: □ Whole Grain Rich Bread □ Whole Wheat Tortilla Wrap
- Condiments: □ Mayonnaise □ Mustard □ None □ Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
- Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink
- Recommended Inside: □ Peanut Butter □ Jelly
- Recommended Outside: □ Whole Grain Rich Bread
- 0i kijj Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
- Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink
- Recommended Toppings: □ Chopped Chicken □ Cheese Cubes □ Tomato □ Carrots □ Onions
- Dressings: □ Ranch □ Italian □ Raspberry Vinaigrette
- Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
- Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

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Sponsored & Operated by the Marathon Cafeteria Staff
ALL FORMS ARE DUE TO THE CAFETERIA BY 12:00 PM. NO EXCEPTIONS

Name of Athlete_________________ Sports Team ______________________ Pick Up Time __________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches-$3.50 (Coaches $4.08), Salad-$4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Ham □ Romaine Lettuce □ Tomato Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Wheat Tortilla Wrap Other Outside Options: □ Whole Grain Rich Bread □ Whole Grain Rich Sub Roll
Condiments: □ Mayonnaise □ Mustard □ None Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Turkey □ Romaine Lettuce □ Tomato Other Inside Options: □ Swiss Cheese □ American Cheese □ Onion
Recommended Outside: □ Whole Grain Rich Sub Roll Other Outside Options: □ Whole Grain Rich Bread □ Whole Wheat Tortilla Wrap
Condiments: □ Mayonnaise □ Mustard □ None Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: □ Peanut Butter □ Jelly
Recommended Outside: □ Whole Grain Rich Bread
0j kjjj Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Toppings: □ Chopped Chicken □ Cheese Cubes □ Tomato □ Carrots □ Onions
Dressings: □ Ranch □ Italian □ Raspberry Vinaigrette
Snack Chips: □ Popcorn □ Baked Chip □ Goldfish □ Graham Snacks
Drink (Select One): □ Bottle Water □ Assorted Low Calorie Gatorade □ Byrne Dairy L/F Chocolate Milk

Testimonial: The fresh salad offers excellent protein with the addition of the protein- rich toppings of cheese and/or chicken.

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Name of Athlete_________________ Sports Team _______________________ Pick Up Time ____________

Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches-$3.50 (Coaches $4.08), Salad-$4.50 (Coaches $4.86)

The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

<table>
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<tr>
<th>Recommended Inside</th>
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<th>Recommended Outside</th>
<th>Other Outside Options</th>
<th>Condiments</th>
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<td>Tomato</td>
<td>Onion</td>
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Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

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<td>Romaine Lettuce</td>
<td>American Cheese</td>
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<td></td>
<td>Mustard</td>
<td>Assorted Low Calorie Gatorade</td>
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<tr>
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<td>None</td>
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</table>

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

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<td>Onion</td>
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<td>None</td>
<td>Byrne Dairy L/F Chocolate Milk</td>
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Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

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<th>Recommended Toppings</th>
<th>Dressings</th>
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<th>Drink (Select One)</th>
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<td>Chopped Chicken</td>
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<td>Popcorn</td>
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<td>Cheese Cubes</td>
<td>Italian</td>
<td>Baked Chip</td>
<td>Assorted Low Calorie Gatorade</td>
</tr>
<tr>
<td>Tomato</td>
<td>Raspberry Vinaigrette</td>
<td>Goldfish</td>
<td>Byrne Dairy L/F Chocolate Milk</td>
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<tr>
<td>Carrots</td>
<td></td>
<td>Graham Snacks</td>
<td></td>
</tr>
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Testimonial: The fresh salad offers excellent protein with the addition of the protein- rich toppings of cheese and/or chicken.

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Sponsored & Operated by the Marathon Cafeteria Staff
# Marathon Athletic Department, Brown Bag Nutrition Program

Sandwiches: $3.50 (Coaches $4.08), Salad: $4.50 (Coaches $4.86)

## The HLT - Ham, Lettuce, Tomato, Choice of Snack Chips, Fresh Fruit & Cold Drink

- **Recommended Inside:**
  - Ham ☐
  - Romaine Lettuce ☐
  - Tomato ☐
- **Other Inside Options:**
  - Swiss Cheese ☐
  - American Cheese ☐
  - Onion ☐
- **Recommended Outside:**
  - Whole Wheat Tortilla Wrap ☐
- **Other Outside Options:**
  - Whole Grain Rich Bread ☐
  - Whole Grain Rich Sub Roll ☐
- **Condiments:**
  - Mayonnaise ☐
  - Mustard ☐
  - None ☐
- **Snack Chips:**
  - Popcorn ☐
  - Baked Chip ☐
  - Goldfish ☐

## The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

- **Recommended Inside:**
  - Turkey ☐
  - Romaine Lettuce ☐
  - Tomato ☐
- **Other Inside Options:**
  - Swiss Cheese ☐
  - American Cheese ☐
  - Onion ☐
- **Recommended Outside:**
  - Whole Grain Rich Sub Roll ☐
- **Other Outside Options:**
  - Whole Grain Rich Bread ☐
  - Whole Wheat Tortilla Wrap ☐
- **Condiments:**
  - Mayonnaise ☐
  - Mustard ☐
  - None ☐
- **Snack Chips:**
  - Popcorn ☐
  - Baked Chip ☐
  - Goldfish ☐

## The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

- **Recommended Inside:**
  - Peanut Butter ☐
  - Jelly ☐
- **Recommended Outside:**
  - Whole Grain Rich Bread ☐
- **Snack Chips:**
  - Popcorn ☐
  - Baked Chip ☐
  - Goldfish ☐
  - Graham Snacks ☐

## The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

- **Recommended Toppings:**
  - Chopped Chicken ☐
  - Cheese Cubes ☐
  - Tomato ☐
  - Carrots ☐
  - Onions ☐
- **Dressings:**
  - Ranch ☐
  - Italian ☐
  - Raspberry Vinaigrette ☐
- **Snack Chips:**
  - Popcorn ☐
  - Baked Chip ☐
  - Goldfish ☐
  - Graham Snacks ☐

## Testimonials

**The HLT:** Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

**The HERO:** An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

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Marathon Athletic Department, Brown BAG Nutrition Program
Sandwiches-$3.50 (Coaches $4.08), Salad-$4.50 (Coaches $4.86)

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<td>Ham, Romaine Lettuce, Tomato</td>
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<td>Other Inside Options:</td>
<td>Other Outside Options:</td>
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<td>Swiss Cheese, American Cheese, Onion</td>
<td>Whole Grain Rich Bread, Whole Wheat Tortilla Wrap</td>
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Testimonial: Leaf lettuce instead of iceberg lettuce provides more vitamins and fiber. Mustard is better than mayo to decrease the bad fats. This is a much healthier choice over the BLT since bacon is high in saturated fats.

The HERO - Turkey & Swiss, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: Turkey, Romaine Lettuce, Tomato
Recommended Outside: Whole Grain Rich Roll
Condiments: Mayonnaise, Mustard, None
Drink (Select One): Bottle Water, Assorted Low Calorie Gatorade

Testimonial: An excellent choice for post-workout recovery, given that turkey breast is a good lean source of protein.

The HAT TRICK – Triple Decker Peanut Butter & Jelly, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Inside: Peanut Butter, Jelly
Recommended Outside: Whole Grain Rich Bread
Snack Chips: Popcorn, Baked Chip, Goldfish, Graham Snacks
Drink (Select One): Bottle Water, Assorted Low Calorie Gatorade

Testimonial: In addition to its good taste, Peanut Butter packs a powerhouse of protein and nutrients.

The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

Recommended Toppings: Chopped Chicken, Cheese Cubes, Tomato, Carrots, Onions
Dressings: Ranch, Italian, Raspberry Vinaigrette
Snack Chips: Popcorn, Baked Chip, Goldfish, Graham Snacks
Drink (Select One): Bottle Water, Assorted Low Calorie Gatorade

Testimonial: The fresh salad offers excellent protein with the addition of the protein-rich toppings of cheese and/or chicken.

Fees and Distribution of Meals (Please Select Payment Method)

- The Exact Fee of $3.50 or $4.00 is enclosed in a sealed envelope
- Please Charge the Fee of $3.50 or $4.00 to my school account

Bag lunches must be picked up at the end of the day or they will be thrown out. No Refunds.

Sponsored & Operated by the Marathon Cafeteria Staff