

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
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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.

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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

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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

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

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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

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

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Recommended Outside: Whole Grain Rich Bread
Snack Chips: Popcorn Baked Chip Goldfish Graham Snacks
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The “POP” SALAD: Romaine Salad, Toppings, Dressing, Choice of Snack Chips, Fresh Fruit & Cold Drink

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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

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

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

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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

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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
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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

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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
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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

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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 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.

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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
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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

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- 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.

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Dressings: Ranch Italian Raspberry Vinaigrette
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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

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Recommended Outside: Whole Grain Rich Bread
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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

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