

Diabetic Snack Bags

Option 1: 2 Slices bread, 2oz bologna, 1 packet mustard, 1 apple

Option 2: 2 Slices bread, 2oz turkey ham, 1 packet mustard, 1 apple

Option 3: 2 Slices bread, 2oz turkey, 1 packet mustard, 1 apple

Option 4: 2 Slices bread, 1oz peanut butter, 1oz jelly, 1 apple

Kosher option: 2 slices wheat bread, 1oz peanut butter, 1oz jelly, 1 apple

Vegetarian option: 2 slices bread, 2 slices of cheese, 1 mustard packet, 1 apple

Pre-Natal/Enhanced Bags

Lunch: 1 8oz 1% Milk

Dinner: 1 8oz 1% Milk, 1 Peanut butter & Jelly Sandwich

Medical Snack Bag

Same as Diabetic minus the apple

Intake Bag

2 Bologna sandwiches, 2 packets mustard, 1 apple juice, 2 cookies

Or

2 Cheese sandwiches, 2 packets mustard, 1 apple juice, 2 cookies

Worker Bags

2 Bologna/Ham Sandwiches, 2 PB&J sandwiches, 2 juices, 1 milk, 2 cookies, 2 mustard packets, 1 apple