|  |  |  |  |
| --- | --- | --- | --- |
| **Athletic recovery meals\*\*** | | | |
| **CHOICE OF 1\* :**  Turkey & Cheese Sub  Ham & Cheese  on a Pretzel Bun  PB&J Uncrustable  Chicken, Bacon, Ranch Wrap  Italian and Cheese Sub  Buffalo Chicken Wrap  Chicken Caesar Wrap  \*PB&J Uncrustable can be substituted  for allergy or pork free diets  \*Gluten Free options are available | **CHOICE OF 1\* :**  Chips  Tiny Pretzels  Granola Bar  Graham Crackers  \*Additional $.75 for extra choice | **Choice of 1 :**  Apple Slices  Applesauce  Peach Cup  Carrot Sticks  Paradise Punch  (vegetable juice)  Broccoli  Fruit Slushie  \*Additional $.75 for extra choice | **Choice of 1 :**  Capri Sun  8oz water    Gatorade G2 – Additional $.80 |
| **Optional dessert Choice for additional $.50 charge:**  Fresh Baked Cookie | | | |
| Individually bagged lunch with spork kit and condiments provided in cooler bags with ice packs. These bags are designed to keep food cold for 2 hours.    Food should be consumed with a 4 hour window, can be consumed after 4 hours but must be discarded after 6 hours.  Discard/Keep all food – Return Bags & Cooler to School | | | |
| **\*Price:** $6.00 per Guest without dessert  $6.50 per Guest with dessert | | | |

\*\*Meals can be customized to fit within your budget, please contact Food Service at 717-389-1849 to discuss options.