

Bag Lunch Guidelines for Dorms

- Lunches can be provided in gallon-sized plastic bags or a lunch-sized paper bag.
- **Each lunch should contain the following items:**
 - ✓ One sandwich OR one ready-to-eat nonperishable that is accessible without a can opener (i.e.- tuna, chicken, turkey or meat packets, soup cans with a tab or ramen noodles,
 - ✓ 1-2 fresh fruits (i.e.- apples, bananas, orange's, or fruit cup)
 - ✓ 1 carbohydrate (i.e.- crackers, nut and trail mixes, granola and power bars, chips)
 - ✓ 1 dessert (i.e.- cookies, individual cakes, muffins)
 - ✓ Utensil for eating if required for any food items
 - ✓ Napkin/paper towel if possible
- **70 bottles of water – please leave in the case do not put inside the bag.**

Sandwich Guidelines:

1. Use either white or soft whole wheat sandwich bread, no heels please.
2. Use, use ham, turkey, roast beef, bologna, egg salad, chicken salad, or PB&J. For meat sandwiches, please include cheese if your budget allows.
3. No mayonnaise or mustard on the sandwiches. Individual packets of condiments are very much appreciated.
4. It is not necessary to add lettuce or tomato.
5. It is ideal to put sandwiches in individual baggies. Place **ALL** sandwiches in a large box(s) to transport to the Dorms (old unused recycled Amazon box or other types of cardboard boxes).
6. Please keep meat/cheese or egg salad sandwiches refrigerated prior to drop off.