**BREAKFAST**

- **A. Breads (choose 1)**
  - Bagel, Muffin, Chocolate Donut or Vanilla Donut

- **B. Fruit (choose 1)**
  - Banana, Apple or Orange

- **D. Condiments**
  - Cream Cheese, Butter, Jelly

- **E. Beverage**
  - (choose 1 standard or 2 juices)

**LUNCH & DINNER ITEMS**

- **F. Two Sandwiches**
  - Turkey, Lettuce & Tomato
  - Chicken Salad, Lettuce & Tomato
  - Ham, Cheese, Lettuce & Tomato
  - Tuna Salad, Lettuce & Tomato
  - Peanut Butter & Jelly

- **G. One Overstuffed Sub**
  - Italian, Ham & Cheese or Turkey

- **H. One Wrap**
  - Veggie, Italian or Chicken Caesar

- **I. One Large Salad**
  - Chicken Caesar, Jerk Chicken, Chef or Caesar

- **J. Condiments**
  - Mayonnaise, Mustard

- **K. Salad Dressing (choose 1)**
  - Ranch, Caesar, French, Honey Dijon, 1000 Island, Italian

- **L. Optionals (choose 1)**
  - Carrots & Celery Sticks, Chips, Granola Bar or Pretzels

- **M. Dessert (choose 1)**
  - Apple, Orange, Banana, Assorted Cookies or Assorted Cakes

- **N. Beverage**
  - (choose 1 standard or 2 juices)

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Please complete the form and return to Dining Services Central Office (Room 203, Commons Bldg.) at least 2 days before the date of the first meal listed. Available menu items are listed below. Please call 410-543-6105 with any questions.