



Senior Center Sack Lunch Menu Ideas

Average Cost without Labor and Packaging is \$3.00 per meal

Sack Lunch #1:

- Ham and Cheese Sandwich
- Harvest Cheddar Sunchips
- Three Bean Salad (1/2 cup)
- Vegetable Juice
- Chilled Peaches (3/4 cup)
- Milk Carton

Sack Lunch #2:

- Egg Salad Sandwich
- Tossed Salad w/ Dressing (1 cup)
- Wango Mango Juice (counts as a 1/2 cup vegetable)
- Craisins
- Whole Banana
- Milk Carton

Sack Lunch #3:

- Peanut Butter & Jelly Sandwich
- Baked BBQ Chips
- Vegetable Juice
- Chilled Fruit (3/4 cup)
- Sidekick Fruit Slush (counts as 1/2 cup veggie, send frozen so it thaws while being transported)
- Milk Carton

