## Sign up to receive a free bag of food every weekend. Return completed form to school. **Weekend Food Bag Options:** Families may choose from five options structured around the USDA MyPlate standards. All bag types contain 4-5 pounds of nutritious, non-Yellow Bag perishable food, including a variety of fruits, vegetables, proteins, grains, and soups/entrees. Bag types are identified by different colors of The Sheridan Story logo. Tailored for East African dietary Select the bag type which best meets the needs and preferences of your family: Purple Bag preferences. This bag is pork free and may Locker: contain items such as tuna, spaghetti, black eyed peas, corn flour, fava beans, Blue Bag and tomato products. This bag offers the widest variety of food items, such as chicken, tuna, pasta, rice, mac and cheese, chili/soup, and varied Orange Bag vegetables and fruits. Green Bag Describe Child's Backpack (i.e. blue with green zipper): Tailored for Latino dietary preferences. This bag may contain items such as rice, Teacher's Name: black beans, pinto beans, corn flour, fideo pasta, enchilada sauce, chipotles in adobo, Orange Bag and diced chiles. **Green Bag** Parent/Guardian Name (Printed): Tailored for Southeast Asian dietary preferences. This bag may contain items Parent/Guardian Signature: such as rice, rice noodles, coconut milk, bamboo shoots, curry paste, green beans, **Purple Bag** and mandarin oranges. Bag Contains all ready-to-eat items which Child's Name: Blue require little or no preparation, such as dried fruit, tuna salad, chicken salad, sunflower seeds, granola, oatmeal, and **Grade:** Yellow Bag soups.