

Grab & Go After School/Sports Meal

ORDER FORM

complete form & submit to your school's kitchen by 10 am

Pick-Up Meal by 12:45 in your cafeteria



Meal Includes

Sandwich on Kaiser Roll

Fresh Fruit/Vegetable

Nutri-Grain Bar

Bag of Chips

Choice of Water Bottle or Milk

\$4.00

Please Circle **One** Choice:

Meat:	Ham	Turkey	Cheese Only
Cheese:	American	Swiss	Mozzarella
Condiments:	Mayonnaise	Mustard	
Beverage:	Water Bottle	LF White Milk	FF Chocolate Milk

Date of Service: _____

Student Name, first/last: _____

School ID #: _____

Grade: _____

After school meals are not included as part of the no-charge school meal program.

Payment is required upon order.

Payments can be made by cash or charge to your student food account pending a positive fund balance.



MIDDLE COUNTRY CENTRAL SCHOOL DISTRICT

Healthy Choices ★ Happy Students ★ Stronger Tomorrow



SPORTS & AFTER SCHOOL MEALS



FUEL
YOUR DAY.
POWER YOUR
PLAY!

ONLY
\$4.00



SANDWICH



FRUIT /
VEGETABLE



GRAIN BAR



CHIPS



WATER OR MILK



GREAT FOOD. GREAT ENERGY. GREAT PERFORMANCE!



VISIT THE CAFETERIA CASHIER

**TO PLACE AN ORDER AND
GET MORE INFORMATION!**



**EAT WELL.
PLAY HARD.**



**SUPPORT YOUR
ACTIVE LIFESTYLE!**



**HEALTHY CHOICES
FOR SUCCESS!**