

# Athlete Sack Lunch

- Sack Lunch orders must be placed at least one week in advance. You may place the order by contacting Jess Berkey directly ([jlh8@calvin.edu](mailto:jlh8@calvin.edu), 526-7311) or using the retreat request form on the food service website, [www.calvin.edu/admin/food/retreat](http://www.calvin.edu/admin/food/retreat)
- Payment: If you have team members that are on a meal plan you may use their meal plan to pay for their sack lunch. Any team members not on a meal plan must pay for their meal using a Calvin 12 digit account number or Cash. If paying with a meal plan, student ID#'s must be received 3 days before sack lunches are picked up.
- Please do not have each member of the team place an individual order. Please order one time for the entire team.

# Athlete Sack Lunch Menu

## Meal Options

1. Turkey & Provolone on whole wheat bread
  - Whole fruit
  - Fresh Vegetables with Ranch
  - Terra Chips**\$5.75 per meal/\$4.00 for just the sandwich**
  
2. Hummus, Veggie, & Pepper Jack Cheese wrapped in Wheat Lawash
  - Whole Fruit
  - Fresh Vegetables with Ranch
  - Pita Chips**\$5.75 per meal/\$3.50 for just the sandwich**
  
3. Peanut Butter and Jam on Whole Wheat Bread
  - Whole Fruit
  - Fresh Vegetables with Ranch
  - Pop Chips**\$5.75 per meal/\$3.50 for just the sandwich**

4. 3-Meat Stacker; Lean Roast Beef, Ham & Turkey with Colby-Jack Cheese on an Artisan Sub Bun

- Whole Fruit
- Fresh Vegetables with Ranch
- Kettle Chips

**\$5.75 per meal/\$4:50 for just the sandwich**

5. Walnut Chicken Salad: Mixed Greens, Dried Cranberries, Edamame, Grilled Chicken & Walnuts

- Whole Fruit
- Whole Grain Roll

**\$5.75 per meal**

# Athlete Snack Menu

## Snack Options

1. Hummus & Pretzel Chips – original or roasted red pepper hummus
  - \$2.50 each
2. Yogurt Parfait: Low-Fat Vanilla Yogurt with Fresh Fruit & Low Fat Granola
  - \$2.50 each
3. Trail Mix
  - \$1.50 each
4. Special K Protein Bars
  - \$1.00
5. Peanut Butter & Pretzels/Celery Sticks/Apple
  - \$ 1.00