



Horton's Kids

Menu for the Children's Lunches

Budget: Approximately \$3.60 per lunch; quantity varies each week

Please do not purchase any food/drinks for volunteers – money is to be used only for the children.

Please choose one item from each category.

1. Sandwich

- **Meat and Cheese**

- Choice of Meat: turkey, bologna, ham
- Choice of Cheese: American, Mozzarella, Monterey Jack, or Cheddar; no swiss
- Choice of Bread: potato rolls or wheat bread (they like Schmidt Old Thyme 100% Whole Wheat Bread or similar—no “chunks” of wheat, oat, etc.)
- Condiments: mustard or mayonnaise (easy to do for outdoor activity days)
NOTE: do NOT put condiments on the sandwiches; instead, buy one small squeeze bottle of each so kids have the option of putting these on their sandwiches

- **Peanut Butter and Jelly** is ok, but they will not eat sandwiches that are “soggy”, so you have to prepare them right before activity to keep the jelly from soaking through the bread

2. Drink

- Water
- Juice (must be 100% juice – no sugar added)

3. Fruit

- Bananas
- Oranges
- Plums
- Watermelon
- Grapes (if activity is outdoors)

4. Snack

- Teddy grahams
- Fruit/cereal bars
- Animal crackers
- Go-gurt
- Applesauce
- Pretzels
- Hard-boiled eggs
- Veggies (carrots/celery) & dip (preferably ranch dressing)
- Pudding snacks (the kind that does not need to be refrigerated)
NOTE: No chips or cookies

5. Cheese (it helps the children's teeth!)

- Monterey Jack
- Mozzarella
- Cheddar
NOTE: pre-packaged cheese such as string cheese is easiest