

HS Football Power Pack
After School Trip Nutrition Program

\$13.50 @ \$4.50 per meal

Please choose one of the following options, and return form to the HS office.

- No, I will NOT be participating. I will bring my own sack meal from home.
- Yes I would like to purchase the meal program.
- I would like to purchase a meal program, but cannot at this time.
- I would like to sponsor a student other than my own. _____Amount Donated

Name: _____

Make checks payable to USD 342 and return the top portion of this form.

Food Allergies _____

There will be 3 meals provided on a rotating schedule. Unless the coach says otherwise.

Turkey & Cheese Sandwich	Ham & Cheese Sandwich	2 Uncrustables
Apple	Apple	Apple
Carrots & Ranch	Carrots & Ranch	Carrots & Ranch
Chips	Chips	Chips
2 Cookies	2 Cookies	2 Cookies
Cheese Stick	Cheese Stick	Cheese Stick
Gatorade	Gatorade	Gatorade

*This program is not offered any day we do not have school or for home activities.

The following are the dates you are purchasing for.

8/31 Maur Hill

9/14 P. Ridge

10/5 Oskie

Program brought to you by the Bulldog Cafe.

USDA is an equal opportunity provider and employer.

Questions contact Cory Sullivan at sullivanc@mclouth.org

MS Football Power Pack
After School Trip Nutrition Program

\$18.00 @ \$4.50 per meal

Please choose one of the following options, and return form to the HS office.

- No, I will NOT be participating. I will bring my own sack meal from home.
 Yes I would like to purchase the meal program.
 I would like to purchase a meal program, but cannot at this time.
 I would like to sponsor a student other than my own. _____ Amount Donated

Name: _____

Make checks payable to USD 342 and return the top portion of this form.

Food Allergies _____

There will be 3 meals provided on a rotating schedule. Unless the coach says otherwise.

Turkey & Cheese Sandwich	Ham & Cheese Sandwich	2 Uncrustables
Apple	Apple	Apple
Carrots & Ranch	Carrots & Ranch	Carrots & Ranch
Chips	Chips	Chips
2 Cookies	2 Cookies	2 Cookies
Cheese Stick	Cheese Stick	Cheese Stick
Gatorade	Gatorade	Gatorade

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The following are the dates you are purchasing for.

9/6 J. Heights
9/13 P. Ridge
9/27 V. Falls
10/4 SBCS

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HS Cross Country Power Pack

After School Trip Nutrition Program

\$22.50 @ \$4.50 per meal

Please choose one of the following options, and return form to the HS office.

- No, I will NOT be participating. I will bring my own sack meal from home.
- Yes I would like to purchase the meal program.
- I would like to purchase a meal program, but cannot at this time.
- I would like to sponsor a student other than my own. _____Amount Donated

Name: _____

Make checks payable to USD 342 and return the top portion of this form.

Food Allergies _____

There will be 3 meals provided on a rotating schedule. Unless the coach says otherwise.

Turkey & Cheese Sandwich	Ham & Cheese Sandwich	2 Uncrustables
Apple	Apple	Apple
Carrots & Ranch	Carrots & Ranch	Carrots & Ranch
Chips	Chips	Chips
2 Cookies	2 Cookies	2 Cookies
Cheese Stick	Cheese Stick	Cheese Stick
Gatorade	Gatorade	Gatorade

*This program is not offered any day we do not have school or for home activities.
The following are the dates you are purchasing for.

8/30	J. West	9/27	Horton
9/6	Holton	10/11	NEK
9/20	R. Valley		

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MS Cross Country Power Pack

After School Trip Nutrition Program

\$22.50 @ \$4.50 per meal

Please choose one of the following options, and return form to the HS office.

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- I would like to purchase a meal program, but cannot at this time.
- I would like to sponsor a student other than my own. _____ Amount Donated

Name: _____

Make checks payable to USD 342 and return the top portion of this form.

Food Allergies _____

There will be 3 meals provided on a rotating schedule. Unless the coach says otherwise.

Turkey & Cheese Sandwich	Ham & Cheese Sandwich	2 Uncrustables
Apple	Apple	Apple
Carrots & Ranch	Carrots & Ranch	Carrots & Ranch
Chips	Chips	Chips
2 Cookies	2 Cookies	2 Cookies
Cheese Stick	Cheese Stick	Cheese Stick
Gatorade	Gatorade	Gatorade

*This program is not offered any day we do not have school or for home activities.

The following are the dates you are purchasing for.

8/30	J. West	9/20	R. Valley
9/6	Holton	10/4	Eudora
9/10	J. Heights		

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HS Volleyball Power Pack After School Trip Nutrition Program

\$45.00 @ \$4.50 per meal

- Please choose one of the following options, and return form to the HS office.
- No, I will NOT be participating. I will bring my own sack meal from home.
- Yes I would like to purchase the meal program.
- I would like to purchase a meal program, but cannot at this time.
- I would like to sponsor a student other than my own. _____ Amount Donated

Name: _____

Make checks payable to USD 342 and return the top portion of this form.

Food Allergies _____

There will be 3 meals provided on a rotating schedule. Unless the coach says otherwise.

Turkey & Cheese Sandwich	Ham & Cheese Sandwich	2 Uncrustables
Apple	Apple	Apple
Carrots & Ranch	Carrots & Ranch	Carrots & Ranch
Chips	Chips	Chips
2 Cookies	2 Cookies	2 Cookies
Cheese Stick	Cheese Stick	Cheese Stick
Gatorade	Gatorade	Gatorade

*This program is not offered any day we do not have school or for home activities.

The following are the dates you are purchasing for.

8/28	P. Ridge	9/25	P. Ridge
9/11	V. Falls	10/6	Riverside
9/17	Oskie	10/16	Horton
9/18	Maur Hill		

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MS Volleyball Power Pack

After School Trip Nutrition Program

\$27.00 @ \$4.50 per meal

Please choose one of the following options, and return form to the HS office.

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- Yes I would like to purchase the meal program.
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- I would like to sponsor a student other than my own. _____Amount Donated

Name: _____

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Food Allergies _____

There will be 3 meals provided on a rotating schedule. Unless the coach says otherwise.

Turkey & Cheese Sandwich	Ham & Cheese Sandwich	2 Uncrustables
Apple	Apple	Apple
Carrots & Ranch	Carrots & Ranch	Carrots & Ranch
Chips	Chips	Chips
2 Cookies	2 Cookies	2 Cookies
Cheese Stick	Cheese Stick	Cheese Stick
Gatorade	Gatorade	Gatorade

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The following are the dates you are purchasing for.

8/27	V. Falls	9/27	V. Falls
9/6	J. Heights	10/15	Oskie
9/10	Everest		
9/24	P. Ridge		

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Power Pack
2018 2019

After School Trip Nutrition Program

MS Girls Basketball

\$31.50 @ \$4.50 per meal

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No, I will NOT be participating. I will bring my own sack meal from home.

Yes I would like to purchase the meal program.

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I would like to sponsor a student other than my own. _____ Amount Donated

Name: _____

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Food Allergies _____

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Apple	Apple	Apple
Carrots & Ranch	Carrots & Ranch	Carrots & Ranch
Chips	Chips	Chips
2 Cookies	2 Cookies	2 Cookies
Cheese Stick	Cheese Stick	Cheese Stick
Gatorade	Gatorade	Gatorade

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The following are the dates you are purchasing for.

10/25	SBCS	11/15	Everest
11/1	Oskaloosa	11/19	P. Ridge
11/3	S. Lake	11/26	ACCJHS
11/12	V. Falls		

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Power Pack
2018 2019

After School Trip Nutrition Program

MS Boys Basketball

\$27.00 @ \$4.50 per meal

Please choose one of the following options, and return form to the HS office.

No, I will NOT be participating. I will bring my own sack meal from home.

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Cheese Stick	Cheese Stick	Cheese Stick
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The following are the dates you are purchasing for.

1/17	J. Heights	2/4	Everest
1/21	Oskaloosa	2/7	P. Ridge
1/31	V. Falls	2/11	ACCJHS

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**Power Pack
2018 2019**

After School Trip Nutrition Program

Hs Baseball

\$18.00 @ \$4.50 per meal

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Carrots & Ranch	Carrots & Ranch	Carrots & Ranch
Chips	Chips	Chips
2 Cookies	2 Cookies	2 Cookies
Cheese Stick	Cheese Stick	Cheese Stick
Gatorade	Gatorade	Gatorade

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The following are the dates you are purchasing for.

3/29 P. Lecompton

4/8 Maur Hill

4/18 V. Falls

4/29 P. Ridge

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Power Pack
2018 2019

After School Trip Nutrition Program

MS Track

\$22.50 @ \$4.50 per meal

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Carrots & Ranch	Carrots & Ranch	Carrots & Ranch
Chips	Chips	Chips
2 Cookies	2 Cookies	2 Cookies
Cheese Stick	Cheese Stick	Cheese Stick
Gatorade	Gatorade	Gatorade

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The following are the dates you are purchasing for.

4/1	ACCHS	4/16	P. Ridge
4/4	Oskaloosa	5/2	ACCJHS
4/9	JCN		

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