



Meal Exchange

- Sandwich or salad
- Can of soda or Dasani bottle water (16.9oz) and bag of chips or whole fruit

SNACKS

Candy	1.50
Chips	1.09
Granola bar	.99
Breakfast bar	1.49
Chex mix	1.59
Poptarts	2.49
Planter's trail mix	1.49
Cookies	1.49
Ritz cracker bits	1.59
Oreo	2.49
Starbucks gum	2.99
Bakery Bites:	
Bagel	1.99
Cinnamon roll	1.99
Danish	1.99
Quick Bites:	
Breakfast Sandwich	2.99
Hot Pocket	2.99

BOTTLED DRINKS

Canned Soda	.99	
Bottled Soda	1.79	
20 oz Dasani	1.39	20oz Flavored Smart Water 2.99
Monsters/ Reign	2.99	
Minute Made	2.49	
Juice		AHA Sparkling Water 2.39
Fairlife/ Core Milk	3.29	
Vitamin Water	2.99	Dunkin' Donuts Cold Coffee 4.99
Gold Peak Tea	3.29	
Peace Tea	2.99	
20oz Smart Water	2.49	Powerade 2.59
1L Smart Water	3.99	Powerade Water 2.59

SANDWICHES 5.99

Grab and Go

Italian Sub
Ham & Cheese
Turkey & Cheese
Veggie Wrap
Chicken BLT Wrap

SALAD 5.19

Grab and Go

Caesar Salad
Garden
Chef
Chicken Caesar



2,000 calories a day is used for general nutrition advice, but calorie needs vary.