

## Sophomore Cooperative Learning Expedition Food Ordering Sheet

Group: \_\_\_\_\_ Group Size: \_\_\_\_\_

**Note: you may choose meals more than once, or not at all**

**Breakfast - Choose 4 total**

<i><b>Requested</b></i>	<i><b>Meal</b></i>	<i><b>Allergens</b></i>
	Oatmeal and Raisins	
	Grape Nuts with Powdered Milk	Wheat, nuts, dairy
	Granola Cereal with Powdered Milk	Wheat, nuts, dairy
	Corn Flakes with Powdered Milk	Dairy
	Bagels and Honey	Wheat

Notes / Special Requests:

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**Lunch – Choose 4 in addition to bag lunch**

<i><b>Requested</b></i>	<i><b>Meal</b></i>	<i><b>Allergens</b></i>
1	Bag Lunch on first day	Wheat
	Hummus & Tomato Pitas	Wheat
	Crackers, cheese & summer sausage	Wheat, dairy, meat
	Peanut butter and <input type="checkbox"/> honey OR <input type="checkbox"/> jelly Bagels	Nuts, wheat
	Peanut butter and <input type="checkbox"/> honey OR <input type="checkbox"/> jelly Pitas	Nuts, wheat
	Tuna fish pitas	Wheat

Notes / Special Requests:

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**Dinner – Choose 4 total**

<b><i>Requested</i></b>	<b><i>Meal</i></b>	<b><i>Allergens</i></b>
	Mac & Cheese	Wheat, dairy
	Rice & Beans	
	Spaghetti with Red Sauce	Wheat
	Spaghetti Alfredo	Wheat, dairy
	Wheat free pasta available upon request	

Notes / Special Requests:  

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**Group Snacks – Recommend *at least 4 hearty snacks***

<b><i>Requested</i></b>	<b><i>Meal</i></b>	<b><i>Allergens</i></b>
	Peanuts	Nuts
	Dried Fruit	
	Pretzels	Wheat
	Crackers, cheese & summer sausage	
	Fresh Apples & Oranges (3 per person)	
	Granola Bars (8 per person)	Nuts
	Sesame Snacks (aka Soy Brittle)	Nuts
	Cold Drink Powder (large bag)	
	Hot Chocolate Mix (2 packages per person)	
	Goodie bag of candy	

Notes / Special Requests:  

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