



## Name

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Lunch Friday: Tropical Smoothie

### SELECT SANDWICHES AND/OR WRAPS:

- |   |  |
|---|--|
| <input type="checkbox"/> Assorted   | <input type="checkbox"/> Chipotle Turkey Sandwich  <a href="#">i</a>    |
| <input type="checkbox"/> Turkey & Swiss Sandwich <a href="#">i</a>  | <input type="checkbox"/> Turkey Bacon Ranch Sandwich <a href="#">i</a>   |
| <input type="checkbox"/> Tropical Chicken Salad Sandwi...  <a href="#">i</a> | <input type="checkbox"/> Tropical Chicken Salad Wrap  <a href="#">i</a> |
| <input type="checkbox"/> Thai Chicken Wrap <a href="#">i</a>  | <input type="checkbox"/> Totally Turkey Wrap <a href="#">i</a>   |
| <input type="checkbox"/> SuperGreen Caesar Chicken Wrap <a href="#">i</a>   |  |

### SELECT SMOOTHIE:

- |   |  |
|---|--|
| <input type="checkbox"/> Assorted                                     | <input type="checkbox"/> Sunrise Sunset Smoothie <a href="#">i</a>     |
| <input type="checkbox"/> Kiwi Quencher Smoothie <a href="#">i</a>     | <input type="checkbox"/> Paradise Point Smoothie <a href="#">i</a>     |
| <input type="checkbox"/> Sunny Day Smoothie <a href="#">i</a>         | <input type="checkbox"/> Mango Magic Smoothie <a href="#">i</a>        |
| <input type="checkbox"/> Blimey Limey Smoothie <a href="#">i</a>      | <input type="checkbox"/> Blueberry Bliss Smoothie <a href="#">i</a>    |
| <input type="checkbox"/> Rockin' Raspberry Smoothie <a href="#">i</a> | <input type="checkbox"/> Strawberry Limeade Smoothie <a href="#">i</a> |
| <input type="checkbox"/> Peaches 'N Silk Smoothie <a href="#">i</a>   | <input type="checkbox"/> Jetty Punch Smoothie <a href="#">i</a>        |

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Dinner: Italian: Your preference:

- |                                |                                    |                               |  |
|--------------------------------|------------------------------------|-------------------------------|--|
| <input type="checkbox"/> Pizza | <input type="checkbox"/> Spaghetti | <input type="checkbox"/> Ziti | <input type="checkbox"/> Chicken Parmasean |
|--------------------------------|------------------------------------|-------------------------------|--|

Dietary Restriction:

Lunch Saturday: Publix Subs

Meat:  Turkey  Ham  Roast Beef  Chicken Tender  Cuban

<b>Bread</b>			
<input type="radio"/> Italian 5 Grain 540 Cal/Whole Roll	<input type="radio"/> White 470 Cal/Whole Roll	<input type="radio"/> Whole Wheat 440 Cal/Whole Roll	<input type="radio"/> Flatbread 480 Cal/Flatbread
<b>Cheese</b>			
<input type="radio"/> Cheddar 170 Cal/1.5 OZ	<input type="radio"/> Muenster 170 Cal/1.5 OZ	<input type="radio"/> Provolone 150 Cal/1.5 OZ	<input type="radio"/> Swiss 150 Cal/1.5 OZ
<input type="radio"/> White American 170 Cal/1.5 OZ	<input type="radio"/> Yellow American 170 Cal/1.5 OZ	<input type="radio"/> No Cheese	
<b>Extras</b>			
<input type="checkbox"/> Double Meat <b>+\$3.00</b> adds 170 Cal/6 OZ	<input type="checkbox"/> Double Cheese <b>+\$1.00</b>	<input type="checkbox"/> Bacon <b>+\$1.00</b> adds 120 Cal/4 Slices	<input type="checkbox"/> Guacamole <b>+\$1.00</b> adds 90 Cal/2 OZ
<input type="checkbox"/> Hummus <b>+\$1.00</b> adds 80 Cal/1 OZ			
<b>Toppings</b>			
<input type="checkbox"/> Banana Peppers 10 Cal/10 Pieces	<input type="checkbox"/> Black Olives 30 Cal/20 Pieces	<input type="checkbox"/> Boar's Head® Garlic Pickles 5 Cal/10 Slices	<input type="checkbox"/> Cucumbers 0 Cal/6 Slices
<input type="checkbox"/> Dill Pickles 5 Cal/10 Slices	<input type="checkbox"/> Green Peppers 5 Cal/6 Rings	<input type="checkbox"/> Jalapeno Peppers 0 Cal/8 Pieces	<input type="checkbox"/> Lettuce 0 Cal/1.5 OZ
<input type="checkbox"/> Onions 10 Cal/10 Rings	<input type="checkbox"/> Spinach 10 Cal/1.25 OZ	<input type="checkbox"/> Tomato 20 Cal/4 Slices	<input type="checkbox"/> Salt 0 Cal/ 1/8 TSP
<input type="checkbox"/> Black Pepper 0 Cal/ 1/8 TSP	<input type="checkbox"/> Oregano 0 Cal/ 1/8 TSP	<input type="checkbox"/> Oil & Vinegar Packets 15 Cal/ 1/4 TBSP	
<b>Condiments</b>			
<input type="checkbox"/> Boar's Head® Honey Mustard 50 Cal/2 TBSPS	<input type="checkbox"/> Boar's Head® Spicy Mustard 25 Cal/2 TBSPS	<input type="checkbox"/> Mayonnaise 220 Cal/2 TBSPS	<input type="checkbox"/> Yellow Mustard 20 Cal/2 TBSP

Saturday Night dinner: Steak and Shake or Custard's

Up to \$10 per athlete to spend. Money will be handed out at arrival at the restaurant and receipts and change collected upon boarding the bus.