



Summer Lunch Menu Guidelines

The MUST Ministries Summer Lunch Program delivers much needed lunches to children in our local neighborhoods. The following guidelines are designed to help with preparing lunches for donation.

A lunch contains: 1 drink, 1 sandwich, and 2 snacks. Please choose items from lists below.

1 SANDWICH – Choose 1	+	2 SNACKS – Choose 1 from each list	+	1 DRINK – Choose 1	=	Summer Lunch																				
<p>PB+J</p> <p>Ham</p> <p>Turkey</p> <p>Bologna</p> <p>* Cheese optional *</p> <p>No other condiments please</p>		<table border="1"> <tr><td style="text-align: center;">Pretzels</td></tr> <tr><td style="text-align: center;">Gold Fish</td></tr> <tr><td style="text-align: center;">Snack Crackers</td></tr> <tr><td style="text-align: center;">Nacho Chips</td></tr> <tr><td style="text-align: center;">Potato Chips</td></tr> <tr><td style="text-align: center;">Granola Bars</td></tr> <tr><td style="text-align: center;">Graham Crackers</td></tr> <tr><td style="text-align: center;">Cookies/Brownies</td></tr> </table>	Pretzels	Gold Fish	Snack Crackers	Nacho Chips	Potato Chips	Granola Bars	Graham Crackers	Cookies/Brownies	<table border="1"> <tr><td style="text-align: center;">Apples</td></tr> <tr><td style="text-align: center;">Bananas</td></tr> <tr><td style="text-align: center;">Orange/Clementine</td></tr> <tr><td style="text-align: center;">Fruit Cups</td></tr> <tr><td style="text-align: center;">Applesauce</td></tr> <tr><td style="text-align: center;">Fruit Gummies</td></tr> <tr><td style="text-align: center;">Carrots</td></tr> <tr><td style="text-align: center;">Celery Sticks</td></tr> </table>	Apples	Bananas	Orange/Clementine	Fruit Cups	Applesauce	Fruit Gummies	Carrots	Celery Sticks		<table border="1"> <tr><td style="text-align: center;">Juice Box</td></tr> <tr><td style="text-align: center;">Juice Pouch</td></tr> <tr><td style="text-align: center;">Flavored Water</td></tr> <tr><td style="text-align: center;">Bottled Water</td></tr> </table>	Juice Box	Juice Pouch	Flavored Water	Bottled Water	
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To Begin:

Be sure to wash your hands and use food handling approved gloves during the lunch making process (especially when making sandwiches).

- Please ensure that the preparation area is wiped down with disinfectant cleaner and dried.
- If you would like to provide an extra treat (i.e. lollipops, candy), please keep it separate from the lunches and it will be handed out to the children.
- Please do not use food that is close to its expiration date and please do not include homemade items.
- Please do not place fresh fruit or vegetables in the bag. Please deliver to host sites separate from setups.
- Please do not place utensils in the setup bags.

Sandwich Preparation

- Use white or whole wheat bread. Save bread bags to use for storing sandwiches until delivered to host site.
- Do not leave meat or cheese unrefrigerated while you are setting up for sandwich making. Meat and cheese should NOT be unrefrigerated longer than a total time of 1 hour.
- Meat and cheese items should be stored at 40 degrees or below.
- If adding cheese, do not put the slice of cheese on the sandwich – place cheese (still wrapped) inside the Ziploc bag alongside of the sandwich.
- If using peanut butter and jelly, please mix peanut butter and jelly together before spreading on the bread to make sandwich.
- Place each sandwich in a Ziploc bag and put 10 individual sandwiches back into the saved bread bag. It should look like a loaf again! Do NOT put sandwiches in the lunch bags. Sandwiches and set ups are kept separate and will be combined after dropped off at a host site.
- Refrigerate meat sandwiches until they are delivered. PLEASE DO NOT REFRIGERATE PEANUT BUTTER SANDWICHES.

Set-up Preparation “Set-up” is the term used for the lunch bag containing juice and 2 snacks. No sandwich included.

- We encourage you to decorate the lunch bags.
- Use room temperature juice boxes. Cold/frozen juice boxes will cause the lunch bag to become wet and tear.
- Place juice boxes or 8oz. water bottles into the bottom of lunch bags. Then put 2 snack items into the lunch bag (heaviest /non-crushable items first).
- Do not pack sandwiches into bags.
- Please fold lunch bag once and stack into containers/boxes to transport to host sites.
- Do not refrigerate the “set up” lunch bags.
- Please do not include tracts or other religious materials in the lunches (ask about “Meals on a Mission” instead).



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GUIDELINE ACKNOWLEDGEMENT FORM

I acknowledge that I have, or my group has, followed the guidelines outlined above while preparing and delivering lunches to a MUST Ministries Host Site for the duration of the 2018 Summer Lunch Program. By signing this form, I further release MUST Ministries, Inc. and their employees and/or agents from any claims or causes of action which may arise from any accident or injury caused by any reason.

Group/Donor Name _____

Email _____ Phone _____

Signature _____ Date _____