



# Double Bag Lunch

## Thursday, September 8, 2022

Please remember to fill your gallon zip lock bag and bring it to school on THURSDAY, BEFORE 9am!

### Tips for making a great DBL:

- Non-refrigerated items only.
- Try to choose one item from each category to make a wholesome lunch.
- Food should be “street ready” no additional preparation needed, just open and eat.
  - Pull tops only on canned goods please.
  - These are only suggestions, be creative!

### Suggested DBL Food Items

#### Protein

***Pull top*** soups, stews, chili, pastas, ravioli, Spaghetti-o’s  
Tuna/chicken salad kits (pull top cans or in packets)  
***Pull top*** canned meats  
Peanut butter and jelly sandwiches

#### Fruit

Fruit cups, applesauce  
Fresh apples, oranges  
Raisins and other dried fruits  
Fruit strips, fruit rolls

#### Salty Snacks

Peanut butter or cheese cracker sandwiches  
Snack bag sized pretzels, chips, cheez-its, popcorn, etc  
Granola bars, trail mix, nuts  
Breakfast bars, energy bars, cereal bars

#### Dessert

Snack bag sized cookies, graham crackers  
Pudding cups

#### Drink

Water bottle, juice box, Gatorade

*"For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me." Matthew 25:35*