

4.2.5 Sack Lunch

Regular and vegetarian sack lunches shall be provided as ordered by the FDUL. Vegetarian sack lunches shall be prepared for the Ovo-Lacto vegetarian classification level and shall consist of the same quantities and items as regular sack lunches. Non-meat protein substitutes such as vegetarian lunch meats require FDUL approval and shall be used on a limited basis in vegetarian sack lunches.

Definition: Ovo-Lacto Vegetarian - This is the most common form of vegetarianism. Ovo-Lacto vegetarians do not eat meat, chicken, fish or flesh of any kind, but do eat eggs and dairy products. Sub categories are Ovo vegetarians that eat eggs but not dairy products, while Lacto vegetarians eat dairy products but not eggs.

NOTE: Pre-prepared sandwiches shall not be frozen.

Sack lunches shall consist of the following items:

4.2.5.1 Entree 1 - One Meat Sandwich (or Sandwich with Non-meat Substitute for Vegetarian)

- (a) The sandwich shall be wrapped in plastic wrap or plastic bags.
- (b) The sandwich shall contain two 1 to 1½ oz. slices of bread.
- (c) The meat sandwich shall contain 3½ oz. sliced whole muscle meat or a combination of sliced whole muscle meat and cheese or equivalent vegetarian substitute. Ground meat, such as meatloaf or ground beef patties, may be allowed if approved by the FDUL.
- (d) Appropriate individually packaged condiments shall be provided and not be put directly on the sandwich.

4.2.5.2 Entree 2 - Variety Item

Contractors may choose a variety of items for the second entrée including a second sandwich. The preferred option is to provide energy bars. Entrée 2 shall have a minimum nutritional value of 400 calories. (Reference Section J.10 Definitions, Energy Bar)

NOTE: FDUL may approve the following for variety on an occasional basis; one super-sized hoagie or submarine (salami and/or bologna may be used) having a combination of meat and/or cheese weighing 7 ounces used in place of Entree 1 and 2. Non-meat substitutes shall replace the meat in a vegetarian hoagie or submarine sandwich.

4.2.5.3 Fruit - The fruit shall be one apple (size 100 count) or one orange (size 88 count), or other fresh fruit of comparable size.

4.2.5.4 Dried Fruit - Factory-wrapped or resealable individually wrapped by the Contractor. This item shall have a minimum nutritional value of at least 200 calories. All ingredients shall be identified and attached to the

product for easy identification. (Note: Most dried fruits have a caloric value of approximately 75 calories per oz.)

- 4.2.5.5 Factory-Wrapped or Resealable Individually Wrapped Snack - Two (2) or more snacks with a combined minimum nutritional value of at least 600 calories. It is preferred that these snacks be high in complex carbohydrate content. All ingredients shall be identified and attached to the product for easy identification.
- 4.2.5.6 Condiments - Four individual factory-wrapped packets of condiments appropriate for the entrees being served.
- 4.2.5.7 Paper Napkin and Pre-Moistened Towelette - Two each.