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FIRST STRIKE (FSR) MENUS MID-2023 TO CURRENT		
MENU 1	**MENU 2**	**MENU 3**
Filled French Toast	Toaster Pastry	Pound Cake, Lemon Poppy
Sandwich, Honey BBQ Beef	Sandwich, Italian Style	Sandwich, Honey BBQ Beef
Sandwich, Pepperoni	Chicken Chunks	Chicken Chunks
Cheese Spread, Jalapeno	Tortillas, Chipotle	Tortillas, Plain
Italian Bread Sticks	Peanut Butter	Cheese Spread, Plain
Dessert Bar, Peanut Butter	Crackers, Plain	Dessert Bar, Choc Banana Nut
First Strike Bar, Chocolate	Dessert Bar, Mocha	First Strike Bar, Mocha
Meat Sticks, Teriyaki	First Strike Bar, Apple-Cinnamon	First Strike Bar, Cran-Raspberry
Pretzel Nuggets, Honey Must	Trail Mix, Recovery w/ Beef Jerky	Snack, Corn Kernels, Barbecue
Zapplesauce®, Cinnamon	Zapplesauce®	Fruit, Zapplesauce®
Trail Mix, Recovery w/ Pretzels	Fruit, Dried, Cranberries	Trail Mix, Recovery, w/ Pretzels
Chocolate Protein Drink Mix	Nuts, Almonds, Smoked	Beverages (2)
Beverage (1)	Beverages (2)	Candy, Caffeinated Mints
Gum, Caffeinated, Cinnamon	Gum, Caffeinated, Peppermint	Barbecue Sauce
Re-closeable Plastic Bag	Barbecue Sauce	Re-closeable Plastic Bag
Spoon	Re-closeable Plastic Bag	Spoon
Accessory Packet B 1/	Spoon	Accessory Packet A 1/
	Accessory Packet B 1/	

1/ Accessory pack component listed at the end of this document.

2/ Hot Sauce can be packed in the accessory packet or loose in the meal bag.

MENU 4	MENU 5	MENU 6
Filled Cinnamon Bun	Filled French Toast	Filled Apple Turnover
Filled Wrap, Mexican Style Beef	Toaster Pastry	Filled Wrap, BBQ Pork
Chicken, BBQ	Sandwich, Honey BBQ Chicken	Chicken, Garlic and Herb
Snack Bread, Multigrain	Tuna, Lemon Pepper	Cheese Spread, Plain
Cheese Spread, Jalapeno	Peanut Butter, Plain	Bagel, Plain
Meat Stick, Teriyaki	Crackers, Plain	Meat Stick, Teriyaki
Dessert Bar, Peanut Butter	Meat Sticks, Teriyaki	Nut Fruit Mix, Type II
First Strike Bar, Mocha	Snack, Corn Kernels, Barbecue	Filled Pretzel, Cheddar
Energy Gel, Mixed Berry	First Strike Bar, Cran-Raspberry	Dessert Bar, Mocha
Filled Pretzel, Cheddar	Energy Gel, Mixed Berry	First Strike Bar, Apple-Cinnamon
Zapplesauce®	Filled Pretzel, Cheddar	Caffeinated Chocolate Pudding
Fruit, Dried Cranberries	Zapplesauce®, Cinnamon	Fruit, Dried, Cranberries
Beverages (2)	Chocolate Protein Drink	Dairyshake, Strawberry Banana
Gum, Caffeinated, Cinnamon	Beverage (1)	Beverage (1)
Hot Sauce, Extra Hot 2/	Candy, Caffeinated Mints	Gum, Caffeinated, Peppermint
Re-closeable Plastic Bag	Mayonnaise, Fat Free	Hot Sauce, Extra Hot 2/
Spoon	Re-closeable Plastic Bag	Re-closeable Plastic Bag
Accessory Packet A 1/	Spoon	Spoon
	Accessory Packet C 1/	Accessory Packet C 1/

1/ Accessory pack component listed at the end of this document.

2/ Hot Sauce can be packed in the accessory packet or loose in the meal bag.

MENU 7	MENU 8	MENU 9
Filled Blueberry Turnover	Filled French Toast	Filled Cinnamon Bun
Sandwich, Beef Nacho	Sandwich, Honey BBQ Chicken	Sandwich, Italian Style
Tuna, Sweet and Spicy	Tuna, Albacore	Chicken, Garlic and Herb
Tortillas, Plain	Bagel, Plain	Tortillas, Plain
Spread, Cheddar Potato Bacon	Cheese Filled Crackers, Pep Pizza	Spread, Cheddar Potato Bacon
Crackers, Plain	Meat Stick, Teriyaki (2)	Crackers, Plain
Baked Snack Crackers, Ched Cheese	Dessert Bar, Choc Banana Nut	Snack, Corn Kernels, Barbecue
Beef Stick, Teriyaki	First Strike Bar, Mocha	Meat Sticks, Teriyaki
First Strike Bar, Chocolate	Zapplesauce®, Cinnamon	First Strike Bar, Cran-Raspberry
First Strike Bar, Apple-Cinnamon	Nut Fruit Mix, Type II	Caffeinated Chocolate Pudding
Nut Fruit Mix, Type II	Dairyshake Powder, Vanilla	Fruit, Dried, Cranberries
Zapplesauce®	Beverage (1)	Dairyshake Powder, Vanilla
Beverages (2)	Gum, Caffeinated, Peppermint	Beverage (1)
Gum, Caffeinated, Cinnamon	Mayonnaise, Fat Free	Candy, Caffeinated Mints
Mayonnaise, Fat Free	Re-closeable Plastic Bag	Hot Sauce, Extra Hot 2/
Re-closeable Plastic Bag	Spoon	Re-closeable Plastic Bag
Spoon	Accessory Packet A 1/	Spoon
Accessory Packet A 1/		Accessory Packet B 1/

1/ Accessory pack component listed at the end of this document.

2/ Hot Sauce can be packed in the accessory packet or loose in the meal bag.

Accessory Packet A
Chewing Gum, Xylitol Sweetened, Peppermint or Cinnamon
Hand Cleaner (3)
Matches, Safety
Salt
Toilet Tissue
Coffee
Creamer
Sugar

Accessory Packet B
Chewing Gum, Xylitol Sweetened, Peppermint or Cinnamon
Hand Cleaner (3)
Matches, Safety
Salt
Toilet Tissue
Beverage Base, Non-Nutritive Sweetener, Lemonade, Raspberry or
Cranbery Grape

Accessory Packet C
Chewing Gum, Xylitol Sweetened, Peppermint or Cinnamon
Hand Cleaner (3)
Matches, Safety
Salt
Toilet Tissue

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