

**Bagged Meal**  
*SUNY Oswego Dining Services*  
**2023-2024**

Name: \_\_\_\_\_ Student ID #: \_\_\_\_\_

Semester/Year: \_\_\_\_\_ Phone #: \_\_\_\_\_

Food Allergy or Dietary Concern: \_\_\_\_\_

Meal (Circle One): Breakfast      Lunch      Dinner

Days to **EAT** Meals:      Mondays      Tuesdays      Wednesdays      Thursdays      Fridays

Days to **PICK UP** Meals:      Mondays      Tuesdays      Wednesdays      Thursdays      Fridays      Sundays

Time of Day to **PICK UP** Meals (Circle One):      Mornings      Afternoons      Evenings

**Menu Options\*:**

**Breakfast Items (3)** Bagel, Assorted Pastry, Whole Fruit, Coffee, Fountain Beverage

**Build Your Own Sandwich:**

**Select Bread:** White    Wheat    Sandwich Thin    White Wrap    Wheat Wrap    Kaiser Roll  
White Kaiser    Gluten Free Bread    Gluten Free Wrap

**Select Filling:** Ham    Turkey    Salami    Vegan Tofurky    Chickpea Salad    Tuna Salad    Egg Salad    Chicken Salad

Regular Hummus    Red Pepper Hummus    Leaf Lettuce

Sliced Tomatoes    Mashed Avocado    Dill Pickles    Pickle Spears

Banana Peppers    Sliced Red Onion    Vegan Just Mayo

**Select Cheese:** American    Pepper Jack    Provolone    Swiss    Vegan Cheese

**Select Packet(s):** Mayo    Honey or Yellow Mustard    Peanut Butter    Nutella    SunButter    Grape/Straw. Jam

**Beverage:** (1) Bottled Water

**Select Snacks: (3)** Baked Sour Cream & Onion Chips    Classic Potato Chips    Dorito Nacho Cheese

Dorito Ranch    Pretzel Twists    Terra chips    White cheddar Popcorn

Fig Bar Raspberry    KIND Dark Chocolate Chunk

KIND Dark Chocolate Nuts & Sea Salt Bar    Trail Mix    Garden Salad w/ \_\_\_\_\_ Dressing

Carrots/Celery    Apple    Orange    Grapes    Fresh Cut Fruit \_\_\_\_\_

*For your safety, it is recommended to refrigerate or consume all cold foods upon leaving the dining centers*

*For nutrition information, ingredients and allergens visit our website at: [www.oswego.edu/diningmenu](http://www.oswego.edu/diningmenu).*

\*Selections and availability may vary

Updated: 10/20/23

