

RECRUIT TRAINING LUNCH REGULATIONS & SUGGESTIONS

NO POGGY BAIT !!!

EXAMPLES OF POGGY BAIT:

CANDY, COOKIES, SNACKS, JELLO, PUDDING, GRANOLA BARS WITH CHOCOLATE OR OTHER SWEETNERS, POTATOE CHIPS. IN GENERAL NO JUNK FOOD.

APPROVED AND SUGGESTED ITEMS:

TURKEY OR HAM SANDWHICHS, TURKEY MEAT WITH CRACKERS, CHEESE, APPLES, BANANAS, PEARS, CARROTS, APPLE SAUCE, VEGITABLES.

WATER IS THE ONLY APPROVED BEVERAGE FOR THE RECRUITS.

NOTHING BUT WATER GOES IN THE RECRUITS' CANTEENS.