We need about 100-150 bag meals. A bag meal should include:

* **A Hearty Sandwich:** Substantial size with nutritional value. Turkey, ham, roast beef, chicken salad, or meatloaf makes a great sandwich!
* **Fruit:** Durable fruit like oranges or bananas are great. Apples are good for some meals and fruit cups (with spoons) are good!
* **Hard-Boiled Egg** or other high protein equivalent
* **A Juice Box**
* **A Dessert or Two.** Granola bars are fine. Sweet things like cookies, candy bars, and brownies are much appreciated!

**Midnight Run Meal Guide**