



Be Concerned Inc. Mission Statement:

Mount St. Joseph University Mission Statement:

Student or Employee Name: _____

Cell Phone:_____ Personal email:_____

Please circle one: Resident Commuter Employee
Student Athlete? Yes No

Do you have a University Meal Plan? (having a meal plan does not disqualify you) Yes No

Class Level: Freshman Sophomore Junior Senior Graduate Employee

Gender: Male Female Other Prefer not to say

Do you have children under 18? Yes age(s)_____ No

Ethnic Background: African American/Black Asian Caucasian/White Hispanic
Multiracial Native American Other

Pick and Pack Menu for Offsite Delivery

Student or Employee Name: _____

How Many in Your Household? _____

Date: _____

Please CIRCLE the items in the table that you would like in your food box. Food orders must be received in the Wellness Center by noon on the Monday prior to the delivery date. Please submit all orders to Wellness.Center@msj.edu or drop off paper copies to the Wellness Center in Harrington Center.

Canned Fruit- Select 1 Peaches Pears Apple Sauce Mixed Fruit	Mac & Cheese PLUS Pasta- Select 1 Rice Spaghetti Elbows Egg Noodles	Soups- Select 2 Chicken Noodle Vegetable Tomato Cream of Mushroom	Apples Oranges Tomatoes Zucchini Squash
Canned Beans- Select 1 Baked Beans Pork & Beans Black Beans Red Beans	Meats- Select 3 Beef Chicken Turkey Pork	Canned Veggies- Select 1 Peas Carrots Mixed Vegetables	White Milk ½ Gallon Gallon Chocolate Milk ½ Gallon Gallon
Canned Protein- Select 1 Ravioli Beef Stew Chili w/Beans	Bakery Cake Doughnuts Cookies Muffins	White Bread OR Wheat Bread	Pasta Sauce OR Diced Tomatoes
Peanut Butter	Canned Corn	Green Beans	Eggs
Ramen Noodle Pack	Cereal -OR- Oatmeal	2 Toilet Paper Rolls OR 1 Paper Towel Roll	Extras: Potatoes Onions Chips/Crackers

Please list anything else, even non-food items that you need, but is not listed above: