

MENU

Boxed Lunch Options are available for purchase at \$15.50: preordering during registration is required.

All meals include choice of dessert and beverage.

SANDWICHES

Includes potato chips and an apple

Classic Turkey Club Ciabatta

Smoked turkey with Swiss cheese, bacon, lettuce, tomato and mayonnaise on ciabatta roll

Grilled Vegetable and Mozzarella (V)

Roasted zucchini, squash, peppers and onions with provolone cheese, lemon basil aioli on wheat berry bread

Roast Beef, Cheddar and Slaw Sandwich

Roast beef and cheddar cheese with horseradish and coleslaw on sourdough

WRAPS

Includes potato chips and an apple

Italian Tuna and Provolone Wrap

Tuna salad with provolone, pickle chips, banana pepper rings, red onion and Italian dressing in a hearty grain tortilla

Grilled Chicken Caesar Wrap

Grilled chicken with romaine, parmesan, Caesar dressing and croutons in a hearty grain tortilla

Falafel, Tzatziki and Hummus Wrap (V)

Falafels with hummus, roasted red peppers, greens and lemon vinaigrette in a flour tortilla

MENU

SALADS

Includes dinner roll and an apple
Dressing Choices: Ranch, Italian, Honey Mustard, Caesar, Balsamic Vinaigrette

Caesar Salad with Grilled Chicken

Romaine lettuce topped with grilled chicken, homestyle croutons, shredded parmesan, served with Caesar dressing

Greek Salad (V)

Romaine and spring mix topped with red onion, grape tomatoes, cucumbers, black olives, carrots, and feta cheese.

Garden Salad with Grilled Chicken

Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers and shredded carrots

Quinoa Salad (Vegan)

Quinoa with tomato, red pepper, hominy, cilantro and sherry vinaigrette over mixed greens

DESSERT

Chocolate Brownie

Rice Krispie Bar

Two Chocolate Chip Cookies

Two Oatmeal Raisin Cookies

Two Vegan Chocolate Chip Cookies

BEVERAGES

Bottled Spring Water

Coke

Diet Coke

Diet Pepsi

Sprite