

Name: _____

- No Dietary Restrictions
- Vegetarian
- Gluten-free (sandwich box comes with gluten-free bread and snickerdoodle cookie)

Please place a number beside your choices for each day of the week, as follows:

(1) Monday, (2) Tuesday, (3) Wednesday, (4) Thursday, (5) Friday

Meats

- _____ Roasted turkey breast
- _____ Nitrite-free smoked turkey breast
- _____ Roast beef
- _____ Nitrite-free ham
- _____ Chicken salad w/ almonds/pineapple
- _____ Tuna salad with eggs

Breads

- _____ Multigrain wheat
- _____ Country white
- _____ Rye
- _____ All-butter croissant
- _____ Organic wheat wrap
- _____ Herb focaccia bread
- _____ Telera roll
- _____ Onion bun

Lettuce/Tomato

- _____ Lettuce
- _____ Tomato
- _____ No Lettuce/Tomato

Cheese

- _____ Muenster
- _____ American
- _____ Cheddar
- _____ Swiss
- _____ Provolone
- _____ Pepper Jack

Side item

- _____ Fresh fruit
- _____ Italian pasta salad

Dessert

- _____ Cranberry walnut oatmeal cookie
- _____ Chocolate chip cookie
- _____ White choc macadamia nut cookie
- _____ Sugar cookie
- _____ Fudge nut brownie

Name: _____

- No Dietary Restrictions
- Vegetarian *
- Gluten-free *

* Salads can be made to be gluten-free, vegetarian, or both. Gluten-free option has gluten-free dressing and no croutons. Select your choice of a salad and dessert.

Salad

- _____
 - Chicken Club Salad - grilled chicken tops, mixed salad greens, sliced avocado, cheddar, asiago, and bacon with fresh-made ranch dressing.
 - Substitute dressing: _____

- _____
 - Nutty Mixed-up Salad - organic field greens, grapes, grilled chicken breast, feta, cranberry-walnut mix, apples, with balsamic vinaigrette dressing.
 - Substitute dressing: _____

- _____
 - Big Chef Salad - nitrite-free ham, roasted turkey breast, asiago, cheddar, grape tomatoes, olives, hard-boiled egg slices on mixed salad greens with fresh-made ranch dressing.
 - Substitute dressing: _____

- _____
 - Chicken Caesar Salad - fresh romaine, asiago, croutons, grilled chicken breast with creamy Caesar dressing.
 - Substitute dressing: _____

- _____
 - Salmon Pacifica Salad – Wild Alaska Sockeye Salmon with organic field greens, cucumbers, grape tomatoes, pickled red onions, fire-roasted piquillo peppers, and chopped avocados with cucumber dill vinaigrette. Comes with cookie or brownie.
 - Substitute dressing: _____

- _____
 - Mesa Chicken Salad – Grilled 100% anti-biotic free chicken breast with mixed salad greens, cheddar, grape tomatoes, chopped avocado, and roasted corn and black bean mix with fresh-made jalapeno-ranch dressing.
 - Substitute dressing: _____

Dessert

- _____ Cranberry walnut oatmeal cookie
- _____ Chocolate chip cookie
- _____ White chocolate macadamia nut cookie
- _____ Sugar cookie
- _____ Fudge nut brownie
- _____ Gluten-free snickerdoodle cookie