

**MEAL ORDER FORM**

LUNCH BOXES- INCLUDE SANWICH CHIPS COOKIE AND DRINK- $8.00 (INCLUDES TAX AND DELIVERY)

(ANY SPECIAL REQUESTS WRITE IN BOX PROVIDED NEXT TO ITEM) **PLEASE SPECIFY ANY ALLERGIES**

**Day and Date of order.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NAME**-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **TEAM**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please circle items you want ON the sandwich**

***$8 ROASTED TURKEY***- SWISS CHEESE LETTUCE TOMATO MAYO MUSTARD

***$8 BLACK FOREST HAM -***  AMERICAN CHEESE LETTUCE TOMATO MAYO MUSTARD

***$8 ROAST BEEF***- PROVOLONE CHEESE LETTUCE TOMATO HORSEY SAUCE

***$8 ITALIAN*** – HAM SALAMI PEPPERONI PROVOLONE CHEESE LETTUCE TOMATO ITALIAN DRESSING

***$8 PEANUT BUTTER AND JELLY***- BANANAS

***$8 CHICKEN CAESAR WRAP***- CHICKEN CAESAR DRESSING PARM CHEESE

***$8 BUFFALO CHICKEN WRAP***- CHICKEN BUFFALO SAUCE TOMATO LETTUCE SHREDDED CHEESE RANCH

***$8 CHICKEN SALAD CROISSANT***- Rotisserie chicken tossed in mayo ,spices, celery grapes and apples (no changes)

***$8 HOUSE CHICKEN SALAD***- GRILLED CHICKEN TOMATOES CUCUMBERS SHREDDED CHEESE RED ONION CHOICE OF DRESSING- RANCH BLUE CHEESE BALSAMIC VINAIGRETTE HONEY MUSTARD

***$8 CHICKEN CAESAR SALAD***- ROMAINE LETTUCE PARM CHEESE CAESAR DRESSING CROUTONS

***$9 CHEF SALAD-*** TURKEY HAM EGG TOMATO SHREDDED CHEESE RED ONION

**Breaded chicken sandwich-** lightly breaded and fried lettuce. Dill pickle

**Stuffed Burrito-** *Chicken Rice Black beans. Salsa. Lettuce. Cheese sauce. Shredded cheese*

***Training Menu***

Black Bean Bowl

Scrambled eggs, black beans, avocado topped with salsa

Scrambled egg bowl

Scrambled eggs, turkey sausage, spinach, topped with cheddar cheese

quinoa veggie egg bowl

sweet potato hash, bell peppers, onions, mushrooms, kale served over quinoa and topped with 2 fried eggs

Paleo hash

Sautéed sweet potato, chorizo, garlic, zucchini, spinach

Can add meat - turkey sausage

POWER BOWL

Acai, banana, strawberries, protein powder, almond butter, almond milk topped with granola

Island Bowl

Acai, banana, mango, pineapple, coconut milk topped with granola berries and coconut shaving

***BUDDA BOWL***

Sautéed Sweet Potatoes, Roasted Chick Peas, Garlicky Kale. tossed in a Tahini Sauce

\*\*Vegan

Spinach Salad

Bed of Spinach layered with hard boiled eggs, cherry tomatoes, red onion, sliced almonds and tossed in a balsamic vinaigrette. Grilled chicken

Mediterranean Salad

Spring mixed greens topped with roma tomatoes, cucumbers, feta cheese, red onions, black olives and grilled chicken with a side of Greek dressing

Grilled Chicken Strips

Grilled Chicken marinated in a balsamic glaze served with steamed broccoli and quinoa

Breakfast Sandwiches- $6.00

*includes sandwich granola bar and drink*

Breakfast Bagel

Egg, SAUSAGEor ***BACON***, cheese served on a choice o*f* ***Bagel*** ***Biscuit*** ***English muffin*** or  ***Waffle.* (circle sausage or bacon and choice of bread)**

Pancakes /waffles/French toast sticks - $6.00

**Choice** of **PANCAKES WAFFLES**  or **FRENCH TOAST STICKS side** of sausage and syrup for dipping (circle 1 option)

Burrito Wrap- $6.00

Scrambled eggs tossed with cheese **SAUSAGE** or  **BACON** home fries all folded in a wrap