

## **Lunch choices**

### **Jason's Deli Traditional Box Lunch**

**(750-1280 cal)** Your Meat Choice, leafy lettuce, tomato and Traditional Bread Choice. Chips, pickle, Dessert Choice.

#### **Meat Choices**

(70-440 cal) All are nitrite-free.

- Roasted Turkey Breast
- Smoked Turkey Breast
- Roast Beef
- Ham
- Chicken Salad with Almonds and Pineapple
- Tuna Salad with Eggs

#### **Bread Choices**

(200-260 cal)

- Traditional: Multigrain Wheat, Country White or Rye

#### **Dessert Choices**

(240-410 cal)

- Cookie: Cranberry Walnut Oatmeal, Chocolate Chip, White Chocolate Macadamia Nut or Sugar
- Fudge-Nut Brownie

## **Vegetarian Option**

### **Spinach Veggie Wrap Box (700-1020 cal)**

- Organic wheat wrap filled with organic spinach, fresh-made guacamole and pico de gallo, mushrooms and Asiago.
- Side of fresh made salsa
- Choice of fresh fruit or baked chips
- Choice of desert (see above)