

GRAB & GO LUNCH INSTRUCTIONS

1. **Choose Your Lunch:** Review the menu and select your desired meal. Please note that quantities of menu items are limited and available on a first come, first served basis. You can scan the QR code below to view the menu on your device.
2. **Find Your Station:** Look for the banner overhead corresponding to the station offering your meal.
3. **Check-in:** Join the lunch queue and proceed to the designated station, where your badge will be scanned.
4. **Grab Your Meal:** Once scanned, collect your drink and the lunch you selected, then exit at the back of the station.
5. **Enjoy Your Lunch!**

MENU OPTIONS

STATION 1 – SANDWICH SHOP

Option #1 – Chicken Sandwich (NF, SF)

Herb Chicken with Arugula, Provolone Cheese, and Pesto served on a Hoagie Roll, with a side of Cole Slaw and Lay's Potato Chips

Option #2 – Smoked Turkey Sandwich (GF, NF, SF)

Smoked Turkey with Brie Mousse served on a Gluten-free Roll, with a side of Broccoli and Cauliflower Salad and Lay's Potato Chips

STATION 2 – SALAD CENTRAL

Option #1 – Southwest Chicken Salad (GF, EF, NF, SF)

Grilled Chicken, Chopped Romaine, Roasted Corn, Black Beans, Diced Peppers, and Cilantro Vinaigrette with Veggie Straws

Option #2 – Seasoned Kale with Beets Salad (GF, V, VGN, DF, EF, NF, SF)

Seasoned Kale, Oven Roasted Beets, Peddled Red Onions, Candied Diced Sweet Potatoes, and Tri-colored Peppers with Veggie Straws

STATION 3 – PASTA BAR

Option #1 – Tuscan Chicken Pasta Bowl (EF, NF, SF)

Diced Tuscan Grilled Chicken over Pasta with Sliced Sundried Tomatoes, Sautéed Spinach, Parsley, and Garlic Parmesan Cream Sauce with Lay's Potato Chips

Option #2 – Tuscan Grilled Tofu Pasta Bowl (V, VGN, DF, EF)

Diced Tuscan Grilled Tofu over Pasta with Sliced Sundried Tomatoes, Sautéed Spinach, Parsley, and Pesto Sauce with Lay's Potato Chips

STATION 4 – ASADA BOWL BISTRO

Option #1 – Carne Asada Bowl (GF, EF, NF, SF)

Grilled Steak, Spanish Rice, Fajita Mix, Red Beans, Green Bell Peppers, Onions, Pico, Guacamole, and Cotija Cheese with Tostitos Chips

Option #2 – Portobello Asada Bowl (GF, V, VGN, DF, EF, NF, SF)

Grilled Portobello Mushroom, Spanish Rice, Fajita Mix, Green Bell Peppers, Onions, Red Beans, Pico, and Guacamole with Tostitos Chips

Dietary Labels Glossary

GF	Gluten-free	EF	Egg-free
V	Vegetarian	NF	Nut-free
VGN	Vegan	SF	Soy-free
DF	Dairy-free		