**A LA CARTE BEVERAGES**

<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purified Water</td>
<td>0</td>
<td>$1.99</td>
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<tr>
<td>Coke</td>
<td>160</td>
<td>$2.49</td>
</tr>
<tr>
<td>Diet Coke</td>
<td>5</td>
<td>$2.49</td>
</tr>
<tr>
<td>Sprite</td>
<td>150</td>
<td>$2.49</td>
</tr>
<tr>
<td>Minute Maid Apple Juice</td>
<td>170</td>
<td>$2.49</td>
</tr>
<tr>
<td>Minute Maid Orange Juice</td>
<td>170</td>
<td>$2.49</td>
</tr>
<tr>
<td>AHA Sparkling Water - Lime Watermelon</td>
<td>170</td>
<td>$2.19</td>
</tr>
<tr>
<td>Bubly Sparkling Water - Grapefruit</td>
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</tr>
<tr>
<td>Starbucks Coffee Mocha Frap</td>
<td>260</td>
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<tr>
<td>Starbucks Coffee Almond Milk Vanilla Frap</td>
<td>180</td>
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<tr>
<td>Pure Leaf Unsweetened</td>
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<td>Pure Leaf Peach</td>
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</tr>
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<td>Monster Ultra Zero</td>
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</tr>
<tr>
<td>Rockstar Sugar Free</td>
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<td>$3.19</td>
</tr>
</tbody>
</table>

**WAKE-UP BOX**

$5.99 each

**CHOICE OF BAKERY ITEM**
- Croissant | 150 cal
- Blueberry Muffin | 150 cal
- Chocolate Chocolate Chip Muffin | 150 cal
- Banana Nut Muffin | 150 cal
- Sliced Plain Bagel | 150 cal
- Sliced Cinnamon Raisin Bagel | 150 cal
- Whole Grain Wheat Bagel | 150 cal

**CHOICE OF PROTEIN SNACK POT**
- Cheese and Grapes | 270 cal
- Cheese and Pepperoni | 460 cal
- Apple and Peanut Butter | 410 cal
- Hard Boiled Egg Cup | 150 cal

**CHOICE OF ENGLISH MUFFIN BREAKFAST SANDWICH**
- Bacon, Egg & Cheese | 320 cal
- Egg & Cheese | 260 cal
- Ham, Egg & Cheese | 290 cal
- Bacon and Egg | 370 cal
- Egg | 210 cal
- Ham & Egg | 240 cal

**CHOICE OF GRANOLA BAR**
- Sweet & Salty Almond | 150 cal
- Sweet & Salty Peanut | 160 cal
- Trail Mix Fruit & Nut | 140 cal
- Nature Valley Oats & Honey | 90 cal

**PROTEIN BOX**

$5.99 each

**CHOICE OF YOGURT**
- Low Fat Strawberry Yogurt | 150 cal
- Low Fat Blueberry Yogurt | 150 cal

**CHOICE OF PROTEIN SNACK POT**
- Cheese and Grapes | 270 cal
- Cheese and Pepperoni | 460 cal
- Apple and Peanut Butter | 410 cal
- Hard Boiled Egg Cup | 150 cal

**WAKE-UP BOX**

$5.99 each

**CHOICE OF ENGLISH MUFFIN BREAKFAST SANDWICH**
- Bacon, Egg & Cheese | 320 cal
- Egg & Cheese | 260 cal
- Ham, Egg & Cheese | 290 cal
- Bacon and Egg | 370 cal
- Egg | 210 cal
- Ham & Egg | 240 cal

**CHOICE OF GRANOLA BAR**
- Sweet & Salty Almond | 150 cal
- Sweet & Salty Peanut | 160 cal
- Trail Mix Fruit & Nut | 140 cal
- Nature Valley Oats & Honey | 90 cal

**HEALTHY START BOX**

$5.99 each

**CHOICE OF GRANOLA BAR**
- Sweet & Salty Almond | 150 cal
- Sweet & Salty Peanut | 160 cal
- Trail Mix Fruit & Nut | 140 cal
- Nature Valley Oats & Honey | 90 cal

**CHOICE OF PARFAIT OR GREEK YOGURT**
- Strawberry Yogurt Parfait | 250 cal
- Peaches & Cream Yogurt Parfait | 350 cal
- Blueberry Yogurt Parfait | 270 cal
- Tropical Yogurt Parfait | 360 cal
- Chobani Nonfat Strawberry Greek Yogurt | 120 cal
- Chobani Nonfat Vanilla Greek Yogurt | 90 cal
- Chobani Nonfat Blueberry Greek Yogurt | 120 cal
- Chobani Flip Almond Coco Joy Greek Yogurt | 200 cal
- Chobani Flip Key Lime Crumb Greek Yogurt | 230 cal

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
BUILD YOUR OWN LUNCH BOX

All boxes come with one side, one dessert and a choice of bottled water or canned soda. All lunch boxes are sold in quantities of 6 or more.

SANDWICH BOX
$10.99 each
SANDWICH SELECTIONS
Grilled Vegetable Hummus Wrap | 400 cal
Turkey Club Wrap | 480 cal
Chicken Caesar Wrap | 570 cal
Buffalo Chicken Salad Wrap | 520 cal
Caprese Chicken Wrap | 600 cal
Tandoori Vegetable Wrap | 400 cal
Roasted Vegetable Wrap | 410 cal
Mediterranean Veggie Wrap | 320 cal
Chicken Salad on Wheat | 270 cal
Egg Salad on Wheat | 370 cal
Tuna Salad on Wheat | 320 cal
Ham & Cheese on Wheat | 270 cal
Turkey & Cheese on Wheat | 250 cal
Nutella & Banana on Wheat | 290 cal
Ham Salad on Wheat | 290 cal
Turkey & Cheese on Wheat | 250 cal
Nature Valley Oats & Honey | 90 cal

ARTISAN BOX
$12.99 each
SANDWICH SELECTIONS
Beef Swiss Pub Wrap | 520 cal
Spicy Italian Baguette | 560 cal
Roast Beef & Cheddar Kaiser | 350 cal
Mediterranean Baguette | 350 cal
Rosemary Chicken Baguette | 520 cal
Turkey, Ham & Bacon Club | 420 cal

ADVENTURE BOX
$12.99 each
Chicken Waldorf Snack Box | 340 cal
Re-Energize Snack Box | 530 cal
California Dreamer Adventure Box | 460 cal
Buffalo Chicken Dipper Adventure Box | 290 cal

SALAD BOX
$11.99 each
SALAD SELECTIONS
Classic Garden Salad | 80 cal
Strawberry Fields Forever | 550 cal
Buffalo Chicken Salad | 270 cal
Classic Chef Salad | 360 cal
Classic Cobb Salad | 410 cal
Classic Chicken Caesar Salad | 420 cal
Classic Greek Salad | 150 cal

6-item minimum per à la carte selection.

À LA CARTE SNACKS

Chocolate Chip Cookies (2) | 320 cal
Chocolate Chunk Manifesto Cookie | 400 cal
Nature Valley Oats & Honey | 90 cal
KIND Peanut Butter Dark Chocolate | 200 cal
KIND Dark Chocolate Nuts & Sea Salt | 223 cal
Baked Lays | 130 cal
Doritos | 140 cal
Cool Ranch Doritos | 240 cal
Snickers | 215 cal
Peruvian Manifesto Brownie | 250 cal
Toffee Blondie Crunch | 380 cal
Chewy Marshmallow Manifesto Bar | 250 cal
Salted Caramel Manifesto Cookie | 410 cal
Chocolate Chunk Manifesto Cookie | 400 cal
Nature Valley Oats & Honey | 90 cal
KIND Peanut Butter Dark Chocolate | 200 cal
KIND Dark Chocolate Nuts & Sea Salt | 223 cal
Baked Lays | 130 cal
Doritos | 140 cal
Cool Ranch Doritos | 240 cal
Snickers | 215 cal
Chocolate Chip Cookies (2) | 320 cal
Oatmeal Raisin Cookies (2) | 290 cal
Peruvian Manifesto Brownie | 250 cal
Roast Beef & Cheddar Kaiser | 350 cal
Mediterranean Baguette | 350 cal
Rosemary Chicken Baguette | 520 cal
Turkey, Ham & Bacon Club | 420 cal

Select one of each to be included with your boxed lunch selection.

SIDES
Red Delicious Apples | 90 cal
Baked Potato Chips | 130 cal
Couscous, Tomato & Olive Salad Cup | 280 cal
Macaroni Salad | 270 cal
Mixed Fruit | 60 cal
Crudité Side with Dip | 70 cal
Nature Valley Oats & Honey | 90 cal

DESSERTS
Chocolate Chip Cookies (2) | 320 cal
Oatmeal Raisin Cookies (2) | 290 cal
Rice Krispie | 220 cal
Chocolate Brownie | 190 cal
Chunky Monkey Brownie | 210 cal
Blondie Bar | 190 cal
Triple Chocolate Fudge Bar | 250 cal
Peanut Butter Chocolate Oreo Brownie | 230 cal

BEVERAGES
Purified Water | 0 cal
Coke | 160 cal
Diet Coke | 5 cal
Sprite | 150 cal

ORDERING IS EASY
Log into CaterTrax and choose Simply to Go Catering.
Orders will be delivered to your meeting location; no pick up is required.
Last minute needs are inevitable, please call the office to ensure your order can be fulfilled.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.