

Sodexo at Bethel University
Call - 651.638.6056
Email - catering@bethel.edu

BREAKFAST

AND

LUNCH

Made Right Here.

Simply to Go Catering is the perfect solution for catering in our current environment, where you as our guest expect the highest standards with food-handling protocols. Each meal is individually packaged and sealed, so our guests only handle the meals that were specifically prepared for them. Our flexible menu options are designed to meet your individual needs with a variety of breakfast and lunch boxed meals.

All boxed breakfasts include either of the following:

Low Fat Yogurt Cup, Whole or Mixed Fruit Cup, Protein Snack Cup,

Protein Snack Bar, or Pastry Item and a Beverage selection.

Additional add-ons can be selected from the Breakfast A la Carte Selections.

All Boxed Sandwich Lunches include a small bag of Baked Lays Chips, Whole Apple, Chocolate Chip Cookies, and a Beverage selection.

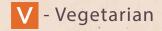
Additional add-ons can be selected from the Lunch A la Carte Selections.

All Boxed Salad Lunches include a Whole Grain Dinner Roll and Butter, Chocolate Chip Cookies, Choice of Dressing, and a Beverage selection. Additional add-ons can be selected from the Lunch A la Carte Selections.

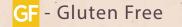
High quality plastic serviceware is included. Services include delivery, linen-draped service tables, set up and clean up. Pickup is also available at your convenience. Ask the Catering Team for more information. Five guest minimum per menu selection.

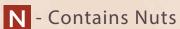
Ordering is Easy.

We can also accommodate Gluten and Dairy Free Requests. Questions regarding allergens can be directed to the Catering Office. Please call us at 651-638-6056.











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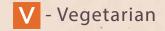
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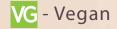
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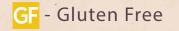
BREAKFAST

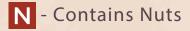
MORNING PROTEIN BOXES		MORNING ENERGY BOXES	
APPLE AND PEANUT BUTTER BOX	\$5.85	FRUIT AND ALMOND GRANOLA BAR BOX V N GF	\$4.35
Low Fat Yogurt Cup	(90 cal)	Mixed Fruit Cup	(70 cal)
Sliced Apple and Peanut Butter Snack Cup	(410 cal)	Cranberry Almond Granola Bar	(170 cal)
Bottled Orange or Apple Juice	(140 cal)	Bottled Orange or Apple Juice	(140 cal)
Bottled Water		Bottled Water	
CHEESE AND GRAPES BOX V GF	\$5.85	FRUIT AND PEANUT GRANOLA BAR BOX V N GF	\$4.35
Low Fat Yogurt Cup	(90 cal)	Mixed Fruit Cup	(70 cal)
Cubed Cheese and Grape Snack Cup	(270 cal)	Chocolate Peanut Butter Protein Bar	(190 cal)
Bottled Orange or Apple Juice	(140 cal)	Bottled Orange or Apple Juice	(140 cal)
Bottled Water		Bottled Water	
HARD BOILED EGG BOX V GF	\$4.75	FRUIT AND TRAIL MIX GRANOLA BAR BOX VG N	\$4.35
Low Fat Yogurt Cup	(150 cal)	Mixed Fruit Cup	(70 cal)
Hard Boiled Egg (2) Cup	(150 cal)	Trail Mix Fruit & Nut Granola Bar	(140 cal)
Bottled Orange or Apple Juice	(140 cal)	Bottled Orange or Apple Juice	(140 cal)
Bottled Water		Bottled Water	

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BREAKFAST

MORNING WAKE UP BOXES

CROISSANT WAKE UP BOX	V \$5.15
Flaky Butter Croissant	(300 cal)
with Butter and Jellies	(35-65 cal)
Apple or Banana	(95-105 cal)
Bottled Orange or Apple Juice	(140 cal)
Bottled Water	

BAGEL WAKE UP BOX V	\$5.15
Choice of Plain, Cinnamon Raisin, or Whole Wheat Bagel (sliced)	(230 cal)
with Cream Cheese and Jellies	(35-70 cal)
Apple or Banana	(95-105 cal)
Bottled Orange or Apple Juice	(140 cal)
Bottled Water	

Bottled Orange or Apple Juice	(140 cal)	
Bottled Water		
MUFFIN WAKE UP BOX V	\$5.15	
Choice of Blueberry, Apple Cinnamon or Banana Chocolate Chip Muffin	(230-310 cal)	
Apple or Banana	(95-105 cal)	
Bottled Orange or Apple Juice	(140 cal)	
Bottled Water		

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GF MUFFIN WAKE UP BOX	V GF \$5.50
Choice of Gluten Free Blueberry or Apple Cinnamon Muffin	(355-410 cal)
Apple or Banana	(95-105 cal)
Bottled Orange or Apple Juice	(140 cal)
Bottled Water	

A LA CARTE

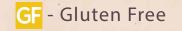
ADD-ONS

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Mixed Fruit Cup	(70 cal)	\$2.57 ea
Whole Fruit (9 Apple or Banana	5-105 cal)	\$.97 ea
Cheese and Grapes Snack	(270 cal)	\$2.25 ea
Cheese and Pepperoni Snack	(450 cal)	\$2.57 ea
Apple and Peanut Butter Snack	(410 cal)	\$3.75 ea
Hard Bojled Egg (2)	(150 cal)	\$2.49 ea
House Baked Muffins Blueberry, Apple Cinnamon, & Banana Chocolate Chip		oer dozer 0-310 cal
Sliced Bagels Plain, Cinnamon Raisin, Whole With Cream Cheese and Jellies	Wheat	er dozer (230 cal) 35-70 cal)
Flåky Butter Croissants (300 ca	l) \$15.29 p	er dozer
Granola Bars N (14 Cranberry Almond Chocolate Peanut Butter Trail Mix Fruit & Nut	0-190 cal)	\$1.59 ea
Low Fat Yogurt Cup	(90 cal)	\$1.99 ea

BEVERAGES

Assorted Canned Pepsi Soft D	rinks	\$1.48 ea
Diet and Non-Diet	(0-170 cal)	
Bottled Orange Juice	(140 cal)	\$1.79 ea
Bottled Apple Juice	(140 cal)	\$1.79 ea
Bottled Water		\$1.37 ea`









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LUNCH

BOXED SANDWICHES on a Fresh Baked Kaiser Bun	\$8.95	BOXED SALADS \$9.85 served with a Whole Grain Dinner Roll (100 cal)
Turkey and Cheddar	(330 cal)	House Select Chef Salad GF (260 cal)
Ham and Cheddar	(390 cal)	House Select Caesar Salad (420 cal)
Housemade Chicken Salad	(300 cal)	Crispy BBQ Chicken Salad (310 cal)
Housemade Tuna Salad V	(280 cal)	Strawberry Fields Forever Salad V GF N (550 cal)
Housemade Egg Salad V	(320 cal)	DRESSING SELECTIONS (90-230)
Peanut Butter and Jelly VG on Texas Toast	(560 cal)	Ranch, French, Italian, Caesar, Bleu Cheese
SPECIALTY SANDWICHES AND WRAPS	\$9.95	A LA CARTE
Spicy Italian Baguette	(630 cal)	ADD-ONS
		Whole Fruit \$.97 ea Apple or Banana (95-105 cal)
Roast Beef & Cheddar Baguette	(630 cal)	
Roast Beef & Cheddar Baguette Chicken Caesar Wrap		Apple or Banana (95-105 cal) Baked Lays Chips (120 cal) \$1.49 ea Chocolate Chip Cookies (340 cal/ \$12.09
	(630 cal)	Apple or Banana (95-105 cal) Baked Lays Chips (120 cal) \$1.49 ea

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