

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 serveware 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.

Please allow 3 business days to place your request.

The Catering Team is ready to assist you in any way we can.

Call: 651-638-6056 | Email: catering@bethel.edu | Online: bethel.edu/sodexo/catering

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.

V - Vegetarian

VG - Vegan

GF - Gluten Free

N - Contains Nuts

BREAKFAST

MORNING PROTEIN BOXES

APPLE AND PEANUT BUTTER BOX \$5.85

V GF N

Low Fat Yogurt Cup (90 cal)

Sliced Apple and Peanut Butter Snack Cup (410 cal)

Bottled Orange or Apple Juice (140 cal)

Bottled Water

CHEESE AND GRAPES BOX \$5.85

V GF

Low Fat Yogurt Cup (90 cal)

Cubed Cheese and Grape Snack Cup (270 cal)

Bottled Orange or Apple Juice (140 cal)

Bottled Water

HARD BOILED EGG BOX \$4.75

V GF

Low Fat Yogurt Cup (150 cal)

Hard Boiled Egg (2) Cup (150 cal)

Bottled Orange or Apple Juice (140 cal)

Bottled Water

MORNING ENERGY BOXES

FRUIT AND ALMOND GRANOLA BAR BOX \$4.35

V N GF

Mixed Fruit Cup (70 cal)

Cranberry Almond Granola Bar (170 cal)

Bottled Orange or Apple Juice (140 cal)

Bottled Water

FRUIT AND PEANUT GRANOLA BAR BOX \$4.35

V N GF

Mixed Fruit Cup (70 cal)

Chocolate Peanut Butter Protein Bar (190 cal)

Bottled Orange or Apple Juice (140 cal)

Bottled Water

FRUIT AND TRAIL MIX GRANOLA BAR BOX \$4.35

VG N

Mixed Fruit Cup (70 cal)

Trail Mix Fruit & Nut Granola Bar (140 cal)

Bottled Orange or Apple Juice (140 cal)

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	

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	

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

Mixed Fruit Cup	(70 cal)	\$2.57 ea
Whole Fruit	(95-105 cal)	\$.97 ea
Apple or Banana		
Cheese and Grapes Snack	(270 cal)	\$2.25 ea
Cheese and Pepperoni Snack	(450 cal)	\$2.57 ea
Apple and Peanut Butter Snack N	(410 cal)	\$3.75 ea
Hard Boiled Egg (2)	(150 cal)	\$2.49 ea
House Baked Muffins	\$12.39 per dozen	
Blueberry, Apple Cinnamon, & Banana Chocolate Chip	(230-310 cal)	
Sliced Bagels	\$16.23 per dozen	
Plain, Cinnamon Raisin, Whole Wheat	(230 cal)	
with Cream Cheese and Jellies	(35-70 cal)	
Flaky Butter Croissants	(300 cal)	\$15.29 per dozen
Granola Bars N	(140-190 cal)	\$1.59 ea
Cranberry Almond		
Chocolate Peanut Butter		
Trail Mix Fruit & Nut		
Low Fat Yogurt Cup	(90 cal)	\$1.99 ea

BEVERAGES

Assorted Canned Pepsi Soft Drinks	\$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

LUNCH

BOXED SANDWICHES

\$8.95

on a Fresh Baked Kaiser Bun

Turkey and Cheddar (330 cal)

Ham and Cheddar (390 cal)

Housemade Chicken Salad (300 cal)

Housemade Tuna Salad **V** (280 cal)

Housemade Egg Salad **V** (320 cal)

Peanut Butter and Jelly **VG** (560 cal)
on Texas Toast

SPECIALTY SANDWICHES AND WRAPS

\$9.95

Spicy Italian Baguette (630 cal)

Roast Beef & Cheddar Baguette (630 cal)

Chicken Caesar Wrap (590 cal)

South American Tuna Salad **V** (530 cal)
& Avocado Wrap

Grilled Vegetable Hummus Wrap **VG** (430 cal)

BOXED SALADS

\$9.85

served with a Whole Grain Dinner Roll (100 cal)

House Select Chef Salad **GF** (260 cal)

House Select Caesar Salad (420 cal)

Crispy BBQ Chicken Salad (310 cal)

Strawberry Fields Forever Salad **V GF N** (550 cal)

DRESSING SELECTIONS

(90-230)

Ranch, French, Italian, Caesar, Bleu Cheese

A LA CARTE

ADD-ONS

Whole Fruit \$.97 ea

Apple or Banana (95-105 cal)

Baked Lays Chips (120 cal) \$1.49 ea

Chocolate Chip Cookies (340 cal/
2 cookies) \$12.09
per dozen

BEVERAGES

Assorted Canned Pepsi Soft Drinks \$1.48 ea

Diet and Non-Diet (0-170 cal)

Bottled Water \$1.37 ea

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