



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BLUE RIDGE ASSEMBLY SCHEDULE OF MEALS Sample Boxed Lunch Menu

The following options are available at a variety of price points to meet your group's needs.

Contact [Group Sales & Engagement](#) for more details.

Boxed Breakfast

Choice of baked good and a yogurt cup, piece of whole fruit, orange juice, and bottled water.

Baked Good Selections:

- Whole wheat bagel with plain cream cheese
- Jumbo blueberry muffin
- Pair of fruit Danishes

Standard Boxed Lunch

Choice of sandwich and a piece of whole fruit, bag of potato chips, chocolate chip cookies, and bottled water.

Sandwich Selections:

- Honey Baked Ham (with American cheese, lettuce, and tomato on a soft Italian roll)
- Mesquite Roasted Turkey (with American cheese, lettuce, and tomato on a soft Italian roll)
- Whole Wheat Veggie Wrap (with lettuce, tomato, black olives, green peppers, cucumbers, and cheese)
- Peanut Butter & Jelly (on a sweet Hawaiian roll)

Signature Boxed Lunch

Choice of entrée and fresh Greek orzo pasta salad, double chocolate brownie, and bottled water.

Entrée Selections:

- Prime Rib Ciabatta (slices of roast beef and extra sharp cheddar served on a ciabatta roll with lettuce and onion compote)
- Shrimp Salad Croissant (white wine poached shrimp with capers and dill mayonnaise served on a butter croissant with lettuce, celery, egg, and onion)
- Mediterranean Vegetable Wrap (artichokes, avocado, roasted red peppers, feta cheese, kalamata olives, and red onion tossed in a Grecian dressing and tucked inside a whole wheat wrap)

Premium Boxed Meal

Choice of entrée and a mixed green side salad with dressing, grape clusters, ultimate brownie, and bottled water.

Entrée Selections:

- Grilled Asian Chicken Breast (with a fresh baked wheat roll)
- Fresh Roasted Marinated Vegetables (with a fresh baked pita pocket)
- Poached Salmon with Lemon Dill Sauce (with a fresh baked wheat roll) **Add \$3 per person**