

BYU | CAREER SERVICES

Lunch Menu

Aloha Plate

Rice, Macaroni Salad, Coleslaw, 5 oz Pulled Pork, and Shoyu Chicken thigh

Subway

Sandwich options:

1. 6" Turkey Sandwich, Choice of Chips, and 2 Chocolate Chip Cookies

OR

2. 6" Ham Sandwich, Choice of Chips, and 2 Chocolate Chip Cookies

Sandwich Options:

Bread: White or Wheat

Cheese: Provolone or American

Vegetables: Lettuce, Tomato, Cucumber, Spinach, Pickles, Olives, Onions, Green Peppers, Banana Peppers, Jalapeno

Sauce: Mayo, Mustard, Honey Mustard, Ranch, Chipotle, BBQ

Chips: Garden Salsa, Harvest Cheddar, Lays Potato Chip, Baked Lays, BBQ Lays, Baked BBQ Lays



Papa John



8" Pizza and 2 breadsticks

Pizza Options: Pepperoni, Cheese, Sausage, The Works, The Meats, John's Favorite

Chick-fil A

Sandwich Options:

1. Chick-fil A Chicken Sandwich, Chocolate Chunk Cookie, and Choice of Fruit Cup or Chips

OR

2. Chick-fil A Spicy Chicken Sandwich, Chocolate Chunk Cookie, and Choice of Fruit Cup or Chips

Option 3:

Chick-fil A Salad

Salad: Market Salad or Spicy Southwest Salad

Dressing: Avocado Lime Ranch, Garlic and Herb Ranch, Fat Free Honey Mustard, Light Balsamic Vinaigrette, Zesty Apple Cider Vinaigrette, Creamy Salsa, Chili Lime Vinaigrette, Light Italian



Choices (Nutritious Protein Bowl)

1. Choose base –

- Romaine
- Kale
- White Rice
- Cauliflower Rice



2. Choose Protein –

- Chicken
- Spicy Chicken
- Tofu
- Steak



3. Choose topping –

- Carrots
- Avocado
- Cucumber
- Shredded Red Cabbage



4. Choose a sauce –

- Cucumber wasabi
- Teriyaki
- Sesame Ginger
- Curry Sauce



Wendy's

Burgers –

- Awesome Bacon
- Dave Single
- Baconator
- Home-style Asiago Ranch Chicken Club



Salads –

- Apple Pecan Chicken
- Spicy Buffalo Chicken
- Caesar Side
- Parmesan Caesar Chicken

Sides –

- Fries
- Garden salad
- Strawberries and Blueberries
- Small Chili Fries



Frosty –

- Small Chocolate
- Small Vanilla