

## 2022 Volunteer Conference Box Lunch Options

All boxed lunches\* include fresh fruit salad, assorted bag of chips, assorted cookie variety and either bottled water or soda:

### Roast Beef with Cheddar on Ciabatta Roll

Medium Rare Roast Beef and Mild Cheddar, leaf lettuce and tomato on a Ciabatta topped with tangy horseradish cream spread ( 500 cal/ea)

### Hummus Avocado and Roasted Veggie Wrap

Balsamic roasted eggplant, zucchini, red peppers and onions finished with lettuce, avocado and hummus spread on a tortilla. (340 cal/ea)

### Lighter Chicken Caesar Wrap

Grilled chicken breast romaine, whole wheat croutons, parmesan and low-fat Caesar dressing wrapped in a tortilla. (350 cal/ea)

### Smoked Turkey and Brie Croissant

Thinly shaved smoked turkey, creamy brie, fresh spinach, tomato, caramelized onion and honey mustard on a flaky croissant. (520 cal/ea)

\*Box lunches are only available if you register before 7/27/2022. No difference in event price after this date.