



Be Well Menus



Be Well menu items are offered at a
10% discount.

For more information contact University Catering at www.catering.usu.edu or (435) 797-1707.

Breakfast

Be Well Veggie Omelet - \$8.45

Cheese omelet with peppers, onions, tomatoes, mushrooms and salsa. Served with hash browns, and fresh seasonal fruit. Includes Ibis Coffee or Sugar free hot cocoa and lite cranberry juice.

Sandwiches/Salads

Be Well Chicken Wrap - \$8.25

Grilled chicken with Swiss cheese, romaine lettuce, red onions, and marinated Roma tomatoes in a whole wheat wrap, served with your choice of Be Well Salad and fruit wedge. Includes a sugar-free drink and a Be Well dessert.

Be Well Veggie Sandwich - \$7.95

Whole grain ciabatta bread with grilled Portobello mushrooms, roasted red peppers, radish sprouts, tomato, provolone cheese and a fat-free honey mustard. Served with your choice of Be Well salad and fruit wedge. Includes a sugar-free drink and a Be Well dessert.

Be Well Chef Salad- \$8.95

An entrée salad of iceberg and Spring mix greens topped with turkey, ham, cheese, cucumbers, tomatoes, cauliflower, broccoli, olives, and slices of hard boiled egg, drizzled with your choice of lite dressings. Served with a whole grain roll. Comes with a sugar-free beverage and a Be Well dessert.

Main Courses

Be Well Teriyaki Chicken - \$13.95

Marinated Teriyaki chicken breast grilled with pineapple, bell peppers and onions. Served with brown rice.

Be Well Lemon Pepper Chicken - \$13.95

Marinated Chicken breast served with crisp steamed broccoli and roasted red potatoes.

Be Well Pasta Primavera - \$9.45

Whole wheat fettuccine cooked al dente with steamed broccoli, snow peas, carrots and sweet peppers with a blend of ripe tomatoes, garlic and herbs, lemon juice and oil.

Be Well Grilled Salmon Fillet - \$17.95

Fresh Grilled Salmon fillet with pineapple mango-citrus salsa served on a bed of brown rice.

Be Well Sandwich Buffet - \$8.75

Thin sliced turkey, ham, roast beef and pastrami, sliced Swiss, cheddar, provolone, and pepper-jack cheese, shredded lettuce, tomatoes, red onions, bell peppers, pickles, lite dressing, fat-free mayo. Comes with a *Be Well* salad and whole grain rolls.

Be Well Famous Aggie Smorg - \$16.45

Teriyaki chicken, cocktail shrimp, steamed new potatoes, tropical fruit salad, lite dressings, whole wheat rolls and a *Be Well* Dessert.

Box Lunches

Be Well Veggie and Humus Sandwich - \$6.25

Hummus, roasted red peppers, cucumbers, sprouts, olives and tomatoes on whole wheat bread. Includes a sugar free beverage, veggies, and fresh fruit.

Be Well Turkey and Swiss - \$6.25

Turkey and Swiss cheese on whole wheat bread with non-fat mayo and mustard. Includes a sugar free beverage, veggies, and fresh fruit.

Dessert

Be Well Fruit Tart

Be Well Carrot Cake Cookies

Take a Break

Be Well Break - \$3.25

Be Well Fresh Fruit Tarts
Vegetable Platter with Lite Ranch dip
Flavored Dasani Water