

## Description of Optional Noontime Lectures and Lunches

**Tuesday Lectures** (*you may choose only one*): **TBD**

**Thursday Lectures** (*you may choose only one*): **TBD**

### **Tuesday/Thursday Lunch Descriptions:**

Box lunches include a sandwich on whole grain bread, fresh fruit cup, chips, pickle, and a gourmet cookie catered by Jason's Deli. Box lunch includes mustard/mayo packets, and sodas/bottled water.

**Tuna Salad Sandwich:** Homemade tuna salad includes lettuce and tomato.

**Chicken Salad Sandwich:** Homemade chicken salad includes lettuce and tomato.

**Ham and Swiss Sandwich:** Premium Ham with Swiss cheese, lettuce and tomato.

**Roast Beef Sandwich:** Roast beef and cheddar includes lettuce and tomato.

**Turkey Wrap:** 98% fat free oven roasted turkey breast, homemade guacamole, tomatoes and sprouts in an organic wheat wrap, served with a side of ranch dressing.

**Veggie Wrap:** Organic wheat wrap stuffed with organic spinach, homemade guacamole and pico, sprouts, mushrooms and asiago cheese, with a side of homemade salsa.

### **Wednesday – BBQ Lunch on Air Operations Day**

**Menu:** Catered by Jim N' Nicks BBQ, the buffet includes chicken and pork BBQ, baked beans, coleslaw and potato salad, brownies and lemon bar for dessert. Drinks include iced tea and bottled water. If you require a vegetarian meal, please annotate that on the registration form.

**Attire:** Dress is casual/open collar/pants or jeans and comfortable, closed-toe walking shoes (required for C-130 flight). The temperature averages in the mid-80s in May.