


## BREAKFAST m m mmm <br> $\qquad$

## HEALTHY START

Granola, fresh seasonal berries, low fat yogurt, bagels with cream cheese, butter and fruit preserves.

## CONTINENTAL BREAKFAST

Assortment of 3 morning pastries and bagels with cream cheese, butter and preserves, orange juice and coffee

## TRADITIONAL BREAKFAST

Scrambled eggs, crispy bacon, assorted Danishes, muffins, bagels with cream cheese, butter and fruit preserves.

## BREAKFAST COMBO

Scrambled eggs, chicken sausage and crispy bacon, hash brown, assorted Danishes, muffins, croissants, bagels with cream cheese, butter and fruit preserves

SMOKED SALMON WITH BAGELS
Bagels, cream cheese, capers, sliced tomatoes, sliced cucumbers and red onions

## FRENCH TOASTS AND SOME

Cinnamon French toasts with crispy bacon, scrambled eggs, maple syrup, blueberry \& strawberry sauce, whipped cream, and butter cups

## BREAKFAST ADD-ON ITEMS mm

## HOT OATMEAL

Oats served with brown sugar, cinnamon, raisins, and hot maple syrup

## BREAKFAST BITES

Assortment of bagels, muffins, croissants, Danish with cream cheese spread, butter and preserves

## YOGURT PARFAITS

Individually portioned parfaits, low fat vanilla yogurt, granola, fresh strawberries and blueberries

## BREAKFAST SANDWICHES

Choice of sliced ham, crispy bacon, or chicken sausage with eggs, cheese on soft pretzel roll

## FRESH FRUIT

Fresh cubes oranges, pineapples, honeydew and grapes

ASSORTED SCONES
Blueberry, Apple Cinnamon, or Raspberry White Chocolate
$\qquad$


CRISPY BACON

CANADIAN BACON

RED BLISS BREAKFAST POTATOES

HASH BROWNS ROUNDS

TATER TOTS


ASSORTED WHOLE FRUIT BASKET
Choice of bananas, oranges, and apples

REGULAR, DECAF COFFEE, \& HOT TEAS
With cream and sugar

## COLD <br> BEVERAGES.........

$\longrightarrow$ -

100\% ORANGE OR APPLE JUICE
MILK
White (regular or skim), Chocolate

## BOTTLED WATER

SODA
Cola, Diet, and Sprite


## EXTRAS....................



BAG CHIPS
FRESH BAKED COOKIES
Choice of chocolate, oatmeal raisin, or sugar
BROWNIES
SOFT PRETZELS



SALADS mummm

CAESAR SALAD WITH CHICKEN
Crisp romaine, grated parmesan cheese, grilled chicken breast, and herbed croutons

SEASONAL GREENS SALAD
Baby greens, tomatoes, cucumbers, red onions, and balsamic vinaigrette

## GREEK SALAD

Romaine, bell peppers, red onion, cucumber, olives, feta cheese, and Greek dressing

ASIAN SESAME SALAD WITH CHICKEN Romaine, cucumber, mandarin orange, cilantro, sesame seeds, chow mein noodles, and Asian sesame dressing

TUSCAN SALAD WITH PASTA
Romaine, pasta, pepper, tomato, onion, salami, capicola, peppered ham, mozzarella, and Italian dressing

## SANDWICHES \& WRAPS mmm

## ITALIAN HOAGIE

Salami, ham, capicola, mayo, provolone, lettuce, tomato, and onions

HAM \& SWISS SANDWICH
Smoked ham, Swiss, lettuce, tomato, mayo, and spicy mustard

## TURKEY \& CHEESE SANDWICH

Roasted turkey breast, American cheese, lettuce, tomato, mayo, and spicy mustard

VEGETABLES \& HUMMUS WRAP
Spinach, tomato, cucumber, red onion, and a hummus spread



16" PIZZA
Cut into 8 slices
Cheese, pepperoni, sausage, meat lovers, buffalo chicken, margherita, vegetables

SOUP mmmmmman
$\qquad$

Choice of chicken noodle, tomato basil, French onion, New England clam chowder, Italian wedding, broccoli cheese, or minestrone

## HOT PLATTERSmm



CHICKEN TENDERS WITH HONEY MUSTARD

MOZZARELLA STICKS WITH MARINARA

$\qquad$

VEGETABLE CRUDITÉS WITH DIP

ANTIPASTO

HUMMUS \& PITA

## CHEESE \& CRACKERS

FRESH FRUIT PLATTER


## DINNER BUFFET................



Add a soup choice for an upcharge
Add an extra hot vegetable or starch for an upcharge
Desserts and drinks are additional

## CHICKEN DINNER

One meat choice | Two meat choice
Chicken parmesan or chicken piccata, one hot vegetable, one starch, garden salad, dinner roll and butter

## TACO BAR

One meat choice | Two meat choice Choice of ground beef or chicken in soft or hard tortilla shells, lettuce, tomato, cheddar cheese, sour cream, salsa, and garden salad

PASTA STATION
One meat choice I Two meat choice
Choice of beef or chicken meatballs or Italian sausage and peppers, marinara or alfredo sauce, pasta, garlic bread sticks, and garden salad

## COOKOUT DINNER

One meat choice I Two meat choice
Cheeseburgers, hotdogs, baked beans, coleslaw, and garden salad

## BBQ EXTRAVAGANZA

Pulled pork with a tangy BBQ sauce served on Kaiser bun, coleslaw, one hot vegetable, and garden salad


## CARVING STATION

## ROASTED BREAST OF TURKEY

Served with mashed potato and gravy, cranberry sauce, one hot vegetable choice, garden salad, dinner roll and butter

## BAKED HAM

Served with herb roasted potatoes, gravy, one hot vegetable, garden salad, dinner roll and butter

## ROAST BEEF

Served with rice pilaf, gravy, one hot vegetable choice, garden salad, dinner roll and butter

VEGETARIAN DINNER
Choice of Stuffed Shells or Manicotti or Cheese Lasagna Roll Ups, one hot vegetable choice, garden salad, dinner roll and butter

Have a specific event in mind? Build your own customizable menu with the help of our team! Contact your Food Service Director for details.


SIDE DISHES ............

HOT VEGETABLES \& STARCH CHOICES Roasted red skin potatoes, garlic mashed potatoes, roasted Brussel sprouts, rice pilaf, steamed broccoli \& cauliflower, golden corn, baby carrots, lemon kissed green beans, steamed rice, pasta


Carrot Cake, Chocolate Cake, Cheesecake, Tiramisu, Strawberry Shortcake, Limoncello Mascarpone, Pies (Apple, Banana Cream, Chocolate Cream, Coconut Cream, Coconut Meringue, Key Lime, Pumpkin), Mini Cream Puffs, Petit Fours

# The 

 $\mathbf{N u t r i t i o n ~}_{\text {Group }}^{\text {The }}$Catering Date
Catering Delivery Time
Catering Location
Conact
Contact Number
School

Building - | B R E A K F A S T |
| :--- | PRICE

| HEALTHY START |  |  |  |
| :--- | :--- | :--- | :--- |
| CONTY | TOTAL |  |  |
| TRADITIONAL BREAKFAST |  |  |  |
| BREAKFAST COMBO |  |  |  |
| SMOKED SALMON <br> WITH BAGELS |  |  |  |
| FRENCH TOASTS AND SOME |  |  |  |

- BREAKFAST.

ADD ONS

| HOT OATMEAL |  |  |  |
| :--- | :--- | :--- | :--- |
| BREAKFAST BITES |  |  |  |
| YOGURT PARFAITS |  |  |  |
| HAM EGG \& CHEESE <br> SANDWICH |  |  |  |
| BACON EGG \& CHEESE <br> SANDWICH |  |  |  |
| SAUSAGE EGG \& CHEESE <br> SANDWICH |  |  |  |
| FRESH FRUIT |  |  |  |
| BLUEBERRY SCONE |  |  |  |
| APPLE CINNAMON SCONE |  |  |  |
| RASPBERRY SCONE |  |  |  |
| WHITE CHOCOLATE SCONE |  |  |  |

- BUILD YOUR OWN .

| EGG SCRAMBLE | PRICE | QTY | TOTAL |
| :--- | :--- | :--- | :--- |
| CHEESE OMELETTE |  |  |  |
| OMELETTE WITH PEPPER, <br> ONION, MUSHROOM |  |  |  |
| OMELETTE WITH HAM |  |  |  |
| OMELETTE WITH BACON |  |  |  |
| BISCUITS SAUSAGE \& GRAVY |  |  |  |
| BREAKFAST SAUSAGE |  |  |  |
| CHICKEN SAUSAGE |  |  |  |
| CRISPY BACON |  |  |  |
| CANADIAN BACON |  |  |  |
| RED BLISS BREAKFAST <br> POTATOES |  |  |  |
| HASH BROWNS ROUNDS |  |  |  |
| TATER TOTS | Seasonal |  |  |
| ASSORTED WHOLE <br> FRUIT BASKET |  |  |  |

- BREAKFAST. BEVERAGES

| COFFEE |  |  |  |
| :--- | :--- | :--- | :--- |
| DECAF COFFEE |  |  |  |
| HOT TEA |  |  |  |
| ORANGE JUICE |  |  |  |
| APPLE JUICE |  |  |  |
| WHITE MILK |  |  |  |
| SKIM MILK |  |  |  |
| CHOCOLATE MILK |  |  |  |

LUNCH
LUALADS
SALACE

| CAESAR SALAD WITH CHICKEN |  |  |
| :--- | :--- | :--- |
| TOTAL |  |  |
| SEASONAL GREENS SALAD |  |  |
| GREEK SALAD |  |  |
| ASIAN SESAME SALAD <br> WITH CHICKEN |  |  |
| TUSCAN SALAD WITH PASTA |  |  |

- SANDWICHES.

AND WRAPS

| ITALIAN HOAGIE |  |  |  |
| :--- | :--- | :--- | :--- |
| HAM \& SWISS SANDWICH |  |  |  |
| TURKEY \& CHEESE <br> SANDWICH |  |  |  |
| VEGETABLES \& HUMMUS <br> WRAP |  |  |  |

-PIZZA.

| CHEESE | $*$ |  |  |
| :--- | :---: | :---: | :--- |
| PEPPERONI |  |  |  |
| SAUSAGE | $*$ |  |  |
| MEAT LOVERS |  |  |  |
| BUFFALO CHICKEN | $*$ |  |  |
| MARGHERITA |  |  |  |
| VEGETABLE |  |  |  |

- SOUP.

| CHICKEN NOODLE | $*$ |  |  |
| :--- | :--- | :--- | :--- |
| TOMATO BASIL |  |  |  |
| FRENCH ONION |  |  |  |
| NEW ENGLAND <br> CLAM CHOWDER |  |  |  |
| ITALIAN WEDDING |  |  |  |
| BROCCOLI CHEESE |  |  |  |
| MINESTRONE |  |  |  |

- HOT.

| PLATTERS | PRICE | QTY | TOTAL |
| :--- | :--- | :--- | :--- |
| CHICKEN TENDER PLATTER |  |  |  |
| MOZZ. STICK PLATTER |  |  |  |

- COLD. PLATTERS

| VEGETABLE CRUDITÉS <br> WITH DIP |  |  |  |
| :--- | :--- | :--- | :--- |
| ANTIPASTO |  |  |  |
| HUMMUS \& PITA |  |  |  |
| CHEESE \& CRACKERS |  |  |  |
| FRESH FRUIT PLATTER |  |  |  |

- EXTRAS.

| BAG CHIPS |  |  |  |
| :--- | :--- | :--- | :--- |
| CHOCOLATE COOKIES |  |  |  |
| OATMEAL RAISIN COOKIES |  |  |  |
| SUGAR COOKIES |  |  |  |
| BROWNIES |  |  |  |
| SOFT PRETZELS |  |  |  |

-COLD. BEVERAGES

| BOTTLED WATER |  |  |  |
| :--- | :---: | :---: | :---: |
| COLA | $*$ |  |  |
| DIET COLA | $*$ |  |  |
| SPRITE | $*$ |  |  |

- DINNER.

BUFFET
CHICKEN DINNER
Chicken Dinner comes with choice of Chicken parmesan or chicken piccata, (1) hot vegetable, (1) starch, garden salad, dinner roll and butter
$\square$ PARMESANPICCATA
$\square$ ONE MEAT CHOICETWO MEAT CHOICE
*\$ HOT VEGETABLE CHOICE $\qquad$ STARCH CHOICE $\qquad$ SALAD DRESSING $\qquad$
$\square$

TACO BAR
Choice of ground beef or chicken in soft or hard tortilla shells, lettuce, tomato, cheddar cheese, sour cream, salsa, and garden salad
CHICKEN
$\square$ GROUND BEEF

ONE MEAT CHOICE
$\square$ TWO MEAT CHOICEHARD SHELLSOFT SHELL SALAD DRESSING $\qquad$

## PASTA STATION

Choice of beef or chicken meatballs or Italian sausage and peppers, marinara or alfredo sauce, pasta, garlic bread sticks, and garden saladBEEF MEATBALLCHICKEN MEATBALL
$\square$ ITALIAN SAUSAGE AND PEPPERS
ONE MEAT CHOICETWO MEAT CHOICE
$\square$ MARINARA SAUCE $\square$ ALFREDO SAUCE SALAD DRESSING $\qquad$

## COOKOUT DINNER

Cheeseburgers, hotdogs, baked beans, coleslaw, and garden saladCHEESEBURGERHOTDOG
$\square$ ONE MEAT CHOICE
$\square$ TWO MEAT CHOICE
SALAD DRESSING

## BBQ EXTRAVAGANZA

Pulled pork with a tangy BBQ sauce served on Kaiser bun, coleslaw, (1) hot vegetable, and garden salad
$\square$ ONE MEAT CHOICE
hot Vegetable choice
SALAD DRESSING

## Desserts and drinks are not included.

- ADD $\cap \mathrm{NS}$

| PRICE | CHOICE | QTY | TOTAL |  |
| :--- | :--- | :--- | :--- | :--- |
| ADD A SOUP |  |  |  |  |
| ADD HOT VEGETABLE |  |  |  |  |
| ADD STARCH |  |  |  |  |


| PRICE | QTY | TOTAL |
| :--- | :--- | :--- |
|  |  |  |
|  |  |  |
|  |  |  |

## ROASTED BREAST OF TURKEY

Served with mashed potato and gravy, cranberry sauce, one hot vegetable choice, garden salad, dinner roll and butter
hot VEGETABLE CHOICE
SALAD DRESSING
$\square$ SALAD DRESSING

ROAST BEEF
Served with rice pilaf, gravy, one hot vegetable choice, garden salad, dinner roll and butter
HOT VEGETABLE CHOICE $\qquad$ SALAD DRESSING $\qquad$ -

VEGETARIAN DINNER
Choice of Stuffed Shells or Manicotti or Cheese Lasagna Roll Ups, one hot vegetable choice, garden salad, dinner roll and butter
HOT VEGETABLE CHOICE $\qquad$ SALAD DRESSING $\qquad$

| SIDE |
| :--- |
| SISHES |
| DISICE |
| ROASTED RED SKIN <br> POTATOES |
| GARLIC MASHED POTATOES | TOTAL


| DESSERT |
| :--- |
| CARROT CAKE |
| PRICE |
| CHOCOLATE CAKE |
| CHEESECAKE |
| By District |
| By District |
| TOTAL |
| TIRAMISU |
| By District |
| STRAWBERRY SHORTCAKE |
| By District |
| By District |
|  |
| APPLE PIE |
| BANANA CREAM PIE |
| CHOCOLATE CREAM PIE |
| By District |
| By District |
|  |
| COCONUT CREAM PIE |
| By District |
|  |
| By District |
|  |
| KEY LIME PIE |
| PUMPKIN PIE |
| MINI CREAM PUFFS |

