

INTERACT FOR HEALTH Conference Center

3805 Edwards Road, Suite 500
Cincinnati, OH 45209
513-458-6632

About Us

All orders are made fresh by Chef's Choice Catering and delivered daily for your events, ensuring excellent meals for you and your guests! We offer a wide variety of menu choices that are sure to fit your needs, including special considerations for dietary restrictions. **We ask that all orders be a minimum of 10 people as outlined on our menu.** Thank you and Enjoy!

Disposables Charges

The following charges apply to every order with the exception of boxed lunches, and are a one-time fee per meal (ex: one fee for lunch order, one fee for dinner order). The charges are to cover costs on all heavy duty plastic disposable trays, bowls and chafing dish pans required for transport.

1 – 15 Guests	\$5.00
16 – 30 Guests	\$7.50
31 – 45 Guests	\$9.00
46 – 60 Guests	\$11.00
61 – 100 Guests	\$15.00

Delivery Charges

All orders are subject to a \$25.00 delivery charge to cover fuel and labor charges. One delivery fee will be added per meal. (ex: One \$25 charge for your breakfast order and one \$25 charge for the lunch order).

Finalized Orders

All orders must be finalized with the Conference Facility Director at least five business days before the event.

BREAKFAST MENU

Breakfast Items Must Be Ordered For A Minimum Of 10 People

Classic Continental (\$4.25)

A Light Breakfast Alternative With An Assortment Of Breakfast Breads, Healthy Muffins, Cinnamon Rolls & Fresh Fruit Salad, Served With Butter

Fresh Fruit Salad – Calories 37, Carbohydrates 11, Fat 0, Protein 3, Sodium 12

Butter – Calories 100, Carbohydrates 0, Fat 11, Protein 0, Sodium 100

Breakfast Breads – Calories 130, Carbohydrates 17, Fat 6, Protein 2, Sodium 124

***NEW* Breakfast Burrito (\$5.75)**

Breakfast Burrito Stuffed with Eggs, Turkey Sausage or Regular Bacon, Diced Onion & Peppers, & Pepperjack Cheese, Served with Salsa & Roasted Breakfast Potatoes

***Vegetarian Burrito Available At Same Cost**

Burrito – Calories 145, Carbohydrates 20, Fat 16, Protein 13, Sodium 670

Healthy Choice Buffet (\$8.25)

Scrambled Eggs with Low Fat White Cheddar, Two Turkey Sausage Patties or Regular Bacon, Low Fat Fruit Yogurt With Granola Topping & Croissants, Served With Fresh Seasonal Fruit Salad & Butter

Scrambled Eggs – Calories 28, Carbohydrates 0, Fat 0, Protein 7, Sodium 110; Turkey Sausage – Calories 80, Carbohydrates 1, Fat 5, Protein 9, Sodium 320

Low Fat Yogurt – Calories 140, Carbohydrates 27, Fats 2, Protein 6, Sodium 105; Granola – Calories 240, Carbohydrates 40, Fat 6, Protein 5, Sodium 130

Fresh Fruit Salad – Calories 75, Carbohydrates 13, Fat 0, Protein 0, Sodium 0; Butter – Calories 100, Carbohydrates 0, Fat 11, Protein 0, Sodium 100

A La Carte Breakfast & Additions

- | | |
|---|---------|
| (V) Seasonal Fresh Fruit Salad (per person)
Fresh Fruit Salad – Calories 75, Carbohydrates 13, Fat 0, Protein 0, Sodium 0 | \$1.75 |
| (V) Individual Fruit Yogurt With Granola Topping (each)
Low Fat Yogurt – Calories 140, Carbohydrates 27, Fats 2, Protein 6, Sodium 105
Granola – Calories 240, Carbohydrates 40, Fat 6, Protein 5, Sodium 130 | \$1.50 |
| *NEW* (V) Assorted Croissants , Cinnamon Rolls & Breakfast Breads
(per piece)
Breakfast Breads – Calories 130, Carbohydrates 17, Fat 6, Protein 2, Sodium 124 | \$1.25 |
| *NEW* (V) Assorted Fresh House Made Scones
Scones – Calories 145, Carbohydrates 21, Fat 5.6, Protein 2.8, Sodium 277 | \$1.50 |
| (V) Assorted Bagels With Low Fat Cream Cheese (per piece)
Bagels – Calories 200, Carbohydrates 38, Fat 2, Protein 10, Sodium 400
Low Fat Cream Cheese – Calories 70, Carbohydrates 2, Fat 6, Protein 2, Sodium 140 | \$1.40 |
| (V) Whole Fresh Fruit Bowl (per piece)
Orange – Calories 45, Carbohydrates 11, Fat 0, Protein 1, Sodium 0
Apple – Calories 80, Carbohydrates 20, Fat 0, Protein 0, Sodium 0
Pear – Calories 96, Carbohydrates 16, Fat 0, Protein 1, Sodium 2 | \$1.00 |
| (V) Egg Casserole Florentine (Spinach, Tomato & Cheese) (serves 15)
Casserole - Calories 275, Carbohydrates 8.1, Fat 26.3, Protein 23.7, | \$34.95 |
| *NEW* (V) Egg Casserole With Choice Of Bacon, Sausage or Vegetarian
(Serves 15)
Casserole – Calories 223, Carbohydrates 7.6, Fat 15, Protein 13.2, Sodium 461 | \$34.95 |
| (V) Assorted Kroger Granola and Nutrigrain Bars (each)
(see individual packaging for nutritional breakdown) | \$1.00 |
| *NEW* (V) A La Carte Parfait (each)
Parfait – Calories 312, Carbohydrates 56, Fat 4.7, Protein 16, Sodium 353 | \$5.95 |

NEW (v) A La Carte **Waffles** with Fresh Fruit And Syrup (per piece) \$3.50

**ADD Whipped Topping For \$1.00 More Per Piece

Waffle – Calories 392, Carbohydrates 66, Fat 8, Protein 0, Sodium 849

BOXED SANDWICHES

All Lunch Boxes Include One Accompaniment, A Bagged Snack & A Signature Fresh Baked Cookie
All Boxed Sandwich/Salad **Types** Must Be Ordered For A Minimum of 5 People With No More Than Three Sandwiches
Types Per Order, Excluding Vegetarian (ex: 5 turkey sandwiches, 5 chicken salad), & The Same Accompaniment Will
Complement Each Lunch In Any Single Order.
Must Be Ordered For A Minimum of 10 People

Chicken Salad Or Tuna Salad On Flaky Croissant (\$7.35)

Our Famous Chicken & Grape Salad Or Albacore Tuna & Dill Salad

Served With Red Leaf Lettuce & Sliced Roma Tomatoes

Chicken Salad Croissant – Calories 227, Carbohydrates 22, Fat 13, Protein 16, Sodium 267

Tuna Salad Croissant – Calories 375, Carbohydrates 29, Fat 18, Protein 21, Sodium 627

Smoked Turkey, Virginia Ham Or Classic Roast Beef Sandwich (\$7.35)

Your Choice Of Our Finest Deli Meats, Cheeses And Sliced Breads

Served With Red Leaf Lettuce, Sliced Roma Tomatoes & Condiment Packets

Turkey & American on Wheat – Calories 385, Carbohydrates 29, Fat 11, Cholesterol 50

Ham & Swiss on Wheat – Calories 300, Carbohydrates 33, Fat 10, Cholesterol 50

Roast Beef & Cheddar on Wheat – Calories 320, Carbohydrates 28, Fat 11, Cholesterol 60

Grilled Chicken Caesar Wrap (\$8.90)

Julienned Herb Chicken Breast Grilled To Perfection & Served With Romaine Lettuce,
Shredded Asiago Cheese & Creamy Caesar Dressing, Rolled In Assorted Flavored Wraps

Calories 460, Carbohydrates 29, Fat 9, Protein 26

(v) Veggie Wrap (\$8.50)

(Can Be Added To Any Order, No Minimum Required)

Hearty Leaf Lettuce, Sliced Roma Tomatoes, Cucumbers, Portobello Mushrooms & Red Onions,
Blended Sliced Cheeses, **Hummus**, & Sprouts, Rolled In Assorted Flavored Wraps

Calories 340, Carbohydrates 60, Fat 12, Protein 6

Turkey Club Wrap (\$8.35)

Oven Roasted Turkey, Turkey Bacon, Red Leaf Lettuce, Sliced Roma Tomatoes,
Red Onions, Cheddar Cheese & Herb Mayo, Rolled In Assorted Flavored Wraps

Calories 580, Carbohydrates 53, Fat 31, Cholesterol 65

Signature Italian Sandwich (\$8.95)

A Triple Stack Of Salami, Capicola & Smoked Turkey

With Provolone Cheese, Red Leaf Lettuce & Sliced Roma Tomatoes

Served On A Toasted French Baguette Dressed In Creamy Parmesan Aioli

Calories 575, Carbohydrates 60, Fat 20, Cholesterol 110

(v) Capresé Wrap (\$7.85)

Fresh Mozzarella, Roasted Roma Tomatoes, Spinach, Balsamic Drizzle, and Herb Mayo

Calories 560, Carbohydrates 56, Fat 33, Cholesterol 40

BOXED SALADS

All Boxed Salads Include One Accompaniment, A Bagged Snack, Choice Of One Dressing & A Signature Fresh Baked Cookie. Boxed Sandwich Ordering Requirements From Previous Page Apply

Traditional Chef's Salad (\$8.25)

Julienne Oven Roasted Turkey And Ham With A Blend Of Romaine And Iceberg Lettuce, Bell Peppers, Eggs, Shredded Carrots, Julienne Swiss & Cheddar Cheeses & Grape Tomatoes

Served With Your Choice Of (1) Dressing & Roll

****Substitute Herb Grilled Chicken Breast For An Additional \$1.00 Per Person****

Calories 300, Carbohydrate 9, Fat 23, Protein 14, Sodium 730

(v) Vegetarian Chef's Salad (\$8.25)

Juliened Grilled Portobello Mushroom On A Blend Of Romaine, Iceberg & Kale, with Bell Peppers, Toasted Quinoa, Shredded Carrots, Julienne Swiss & Cheddar Cheeses & Grape Tomatoes

Served With Your Choice Of Dressing & Roll

Calories 300, Carbohydrate 9, Fat 23, Protein 14, Sodium 730

***NEW* (v) Greek Salad (\$8.25)**

Fresh Romaine, onion, olives, bell peppers, tomatoes, Cucumber and cheese Served With Greek Dressing & Roll

Accompaniments

All Accompaniments Are Vegetarian

NEW Cavatappi Vinaigrette Pasta Salad

Calories 150, Carbohydrates 20, Fat 7, Protein 5, Sodium 308

NEW Traditional Broccoli & Raisin Salad

Calories 25, Carbohydrates 5, Fat 0, Protein 1, Sodium 0

NEW Harvest Potato Salad

Calories 110, Carbohydrates 37, Fat 0, Protein 3, Sodium 17

Seasonal Fresh Fruit Salad

Calories 70, Carbohydrates 18, Fat 0, Protein 1, Sodium 7

NEW Chopped Grilled & Chilled Vegetable Salad With Balsamic Vinaigrette

Calories 160, Carbohydrates 15, Fat 11, Protein 1, Sodium 160

Mediterranean Wild Rice & Orzo Salad

Calories 167, Carbs 79, Fat 10, Protein 11, Sodium 0

Bagged Snacks & Cookies

Husman's Original Potato Chips

Calories 150, Carbohydrates 14, Fat 10, Protein 2, Sodium 125

Husman's BBQ Potato Chips

Calories 150, Carbohydrates 14, Fat 10, Protein 2, Sodium 280

Husman's Pretzels

Calories 110, Carbohydrates 23, Fat 1, Protein 2, Sodium 340

Assorted Cookies

Calories 130, Carbohydrates 17, Fat 7, Sodium 92

**** Baked Lays Available Upon Request****

Cold Salad Buffets

All Salads Include One Accompaniment, Choice Of Two Dressings and Whole Wheat Roll & Butter
Must Be Ordered For A Minimum of 10 People

***NEW* Grilled Blackened Chicken Salad (\$8.25)**

Fresh Romaine And Mixed Greens Salad Topped With Mandarin Oranges, Shredded Carrots, Tomatoes, And Feta Cheese, Served With Choice Of Dressing

****Diced Chicken Can Be Served Separately Upon Request To Accommodate Vegetarians****

Salad - Calories 200, Carbohydrate 3, Fat 17, Cholesterol 75
Dressing – Calories 60, Carbohydrate 4, Fat 5, Cholesterol 0

Traditional Chef's Salad (\$8.25)

Julienne Oven Roasted Turkey And Ham With A Blend Of Romaine And Iceberg Lettuce, Bell Peppers, Eggs, Shredded Carrots, Julienne Swiss & Cheddar Cheeses & Grape Tomatoes Served With Your Choice Of Dressing & Roll

****Substitute Herb Grilled Chicken Breast For An Additional \$1.00 Per Person****

Calories 300, Carbohydrate 9, Fat 23, Protein 14, Sodium 730

(v) Vegetarian Chef's Salad (\$8.25)

Juliened Grilled Portobello Mushroom On A Blend Of Romaine, Iceberg & Kale, with Bell Peppers, Toasted Quinoa, Shredded Carrots, Julienne Swiss & Cheddar Cheeses & Grape Tomatoes

Calories 300, Carbohydrate 9, Fat 23, Protein 14, Sodium 730

Accompaniments

All Accompaniments Are Vegetarian

***NEW* Cavatappi Vinaigrette Pasta Salad**

Calories 150, Carbohydrates 20, Fat 7, Protein 5, Sodium 308

***NEW* Traditional Broccoli & Raisin Salad**

Calories 25, Carbohydrates 5, Fat 0, Protein 1, Sodium 0

***NEW* Harvest Potato Salad**

Calories 110, Carbohydrates 37, Fat 0, Protein 3, Sodium 17

Seasonal Fresh Fruit Salad

Calories 70, Carbohydrates 18, Fat 0, Protein 1, Sodium 7

***NEW* Chopped Grilled & Chilled Vegetable Salad With Balsamic Vinaigrette**

Calories 160, Carbohydrates 15, Fat 11, Protein 1, Sodium 160

Mediterranean Wild Rice & Orzo Salad

Calories 167, Carbs 79, Fat 10, Protein 11, Sodium 0

***NEW* House Made Saratoga And Kale Chips**

Salad Dressings:

Buttermilk Ranch, Citrus Vinaigrette, Balsamic Vinaigrette, and Creamy Parmesan

COLD BUFFET

Must Be Ordered For A Minimum Of 10 People

Deli Buffet (\$8.25)

Assorted Deli Trays With Fresh Cold Cuts, Including:

Smoked Turkey Breast, Virginia Baked Ham & Peppercorn Roast Beef
Cheddar, Alpine Swiss, & Havarti Cheeses, Leaf Lettuce, Sliced Tomatoes, Mayo & Mustard
Served On Sliced White, Wheat & Marble Rye Sandwich Breads

Served with Fresh Garden Salad With Your Choice Of Two Dressings OR Caesar Salad

Served With Your Choice Of One: Mediterranean Wild Rice & Orzo Salad, Fresh Fruit Salad, Or **Cavatappi Pasta Salad**

Turkey Breast – Calories 45, Carbohydrates 1, Fat 0, Cholesterol 25
Ham – Calories 70, Carbohydrates 6, Fat 0, Cholesterol 25
Roast Beef – Calories 80, Carbohydrates 1, Fat 0, Cholesterol 30
American Cheese – Calories 110, Carbohydrates 2, Fat 9, Cholesterol 25
Cheddar Cheese – Calories 110, Carbohydrates 1, Fat 9, Cholesterol 30
Swiss Cheese – Calories 100, Carbohydrates 1, Fat 8, Cholesterol 25
Bread – Calories 130, Carbohydrates 26, Fat 2, Sodium 200, Cholesterol 0

It's A Wrap Buffet (\$8.95)

All Wraps Rolled In Assorted Whole Wheat, Flour & Spinach Tortillas And Cut In Halves.
Types Of Wraps Must Be Ordered For A Minimum Of At Least 5, No More Than Three Types of Wraps
Per Order (Excluding Vegetarian)

~ Chicken Caesar Wrap With Romaine Lettuce, Shredded Asiago Cheese & Creamy Caesar Sauce

Calories 460, Carbohydrates 29, Fat 9, Protein 26, Sodium 66, Cholesterol 6

~ **(V)** Vegetarian Wrap With Hearty Leaf Lettuce, Roma Tomatoes, Cucumbers, Portobello Mushrooms,
Red Onions, Blended Sliced Cheeses, & **Hummus**

Calories 340, Carbohydrates 60, Fat 12, Protein 6, Sodium 500

~ Creamy Chicken Salad Wrap With Red Leaf Lettuce & Roma tomatoes

Calories 384, Carbohydrates 54, Fat 12, Protein 20, Sodium 662, Cholesterol 27

~ Signature Italian Sandwich With Salami, Capicola & Smoked Turkey
With Provolone Cheese, Red Leaf Lettuce & Sliced Roma Tomatoes

Calories 384, Carbohydrates 54, Fat 12, Protein 20, Sodium 662, Cholesterol 27

~ Classic Club Wrap With Oven Roasted Turkey, Lean Roast Beef, Bacon & Cheddar Cheese

Calories 560, Carbohydrates 54, Fat 20

~ Turkey, Ham Or Roast Beef Deli Wrap, Served With Appropriate Cheeses
All Deli Wraps Served With Red Leaf Lettuce, Roma Tomatoes & Herb Mayo

Turkey & American on Wrap – Calories 545, Carbohydrates 54, Fat 17, Cholesterol 50
Ham & Swiss on Wrap – Calories 460, Carbohydrates 58, Fat 16, Cholesterol 50
Roast Beef & Cheddar on Wrap – Calories 480, Carbohydrates 53, Fat 17, Cholesterol 60

Served With A Fresh Garden Salad And Your Choice Of Two Dressings OR Caesar Salad
Your Choice Of One: Mediterranean Wild Rice & Orzo Salad, Fresh Fruit Salad, Or **Cavatappi Pasta Salad**

Chilled Cucumber Salad - Calories 25, Carbohydrates 5, Fat 0, Protein 1, Sodium 0
Fresh Fruit Salad - Calories 70, Carbohydrates 18, Fat 0, Protein 1, Sodium 7
Whole Wheat Pasta Salad - Calories 150, Carbohydrates 20, Fat 7, Protein 5, Sodium 308, Cholesterol 41

Palm Size Deli Buffet (\$7.95)

Must Be Ordered For A Minimum of 10 people

Choose Up To Three Types Of Sandwich Ordered In Minimum Increments Of 5 (excluding vegetarian)

~ Palm Sized Sandwiches With Oven Roasted Turkey

Served With Assorted Sliced Cheese, Leaf Lettuce, Sliced Tomato, Mayonnaise & Mustard

~ Palm Sized Sandwiches With Private Selection Ham

Served With Assorted Sliced Cheese, Leaf Lettuce, Sliced Tomato, Mayonnaise & Mustard

~ Palm Sized Sandwiches With Lean Roast Beef

Served With Assorted Sliced Cheese, Leaf Lettuce, Sliced Tomato, Mayonnaise & Mustard

~ Flaky Miniature Croissants Filled With Our Famous Chicken & Grape Salad

~ Flaky Miniature Croissants Filled With Albacore Tuna Salad

~ Flaky Miniature Croissants Filled With Creamy Egg Salad

~ (V) Palm Sized Veggie Sandwiches

Assorted Mixed Vegetables, Red Leaf Lettuce, **Hummus**, And Sliced Cheese On Palm Roll

Served With A Fresh Garden Salad With Your Choice Of Two Dressings And Your Choice Of One: Wild Rice And Orzo Salad, Fresh Fruit Salad, Or Whole Wheat Pasta Salad

Turkey with Cheese & Bun - Calories 175, Carbohydrate 18, Fat 6.5, Protein 13, Sodium 470, Cholesterol 25
Ham with Cheese & Bun - Calories 200, Carbohydrate 23, Fat 6.5, Protein 13, Sodium 520, Cholesterol 25
Roast Beef with Cheese & Bun - Calories 210, Carbohydrate 18, Fat 6.5, Protein 15, Sodium 620, Cholesterol 30
Chicken Salad Croissant - Calories 277, Carbohydrate 22, Fat 13, Protein 16, Sodium 267, Cholesterol 27
Tuna Salad Croissant - Calories 375, Carbohydrate 29, Fat 18, Protein 21, Sodium 627, Cholesterol 13
Egg Salad Croissant - Calories 334, Carbohydrate 23, Fat 20, Protein 14, Sodium 215, Cholesterol 325
Veggie with Cheese & Bun - Calories 130, Carbohydrates 17, Fat 6.5, Protein 0, Sodium 0, Cholesterol 0
Wild Rice & Orzo Salad - Calories 550, Carbohydrate 68, Fat 29, Protein 11, Sodium 341, Cholesterol 1
Fresh Fruit Salad - Calories 70, Carbohydrate 18, Fat 0, Protein 1, Sodium 7, Cholesterol 0
Whole Wheat Pasta Salad - Calories 110, Carbohydrates 24, Fat 1, Protein 4, Sodium 474, Cholesterol 0

NEW Pretzel Roll Sandwich Platter (\$9.05)

Must Be Ordered For A Minimum of 10 people

Choose Up To Two Types Of Sandwich Ordered In Minimum Increments Of 5 (excluding vegetarian)

~ Pork Tenderloin & Sliced Dill Havarti On Pretzel Roll

~ Roasted Turkey & Sliced Brie On Pretzel Roll

~ Marinated Beef Tenderloin & Gouda On Pretzel Roll

~ Marinated Portobello & Hummus On Pretzel Roll

(Served With Herb Mayo & Spicy Mustard On The Side)

Served With A Fresh Garden Salad And Your Choice Of Two Dressings OR Caesar Salad
Your Choice Of One: Mediterranean Wild Rice & Orzo Salad, Fresh Fruit Salad, Or **Cavatappi Pasta Salad**

Mediterranean Rice & Orzo - Calories 16 Calories 70, Carbohydrates 18, Fat 0, Protein 1, Sodium 7
Fruit Salad - Calories 70, Carbohydrates 18, Fat 0, Protein 1, Sodium 7
Cavatappi Pasta Salad - Calories 150, Carbohydrates 20, Fat 7, Protein 5, Sodium 308
Pork & Havarti - Calories 427, Carbohydrates 35.79, Fat 15.4, Protein 34.6, Sodium 1,017
Turkey & Brie - Calories 447, Carbohydrates 35, Fat 12.8, Protein 46, Sodium 1,045
Beef Tenderloin & Gouda - Calories 464, Carbohydrates 36, Fat 19, Protein 37, Sodium 1,089
Portobello & Hummus - Calories 228, Carbohydrates 43, Fat 7, Protein 10, Sodium 921

(V) Salad and Baked Potato Bar (\$8.00)

Meats Are Served Separately On Salad & Potato Bar To Accommodate Vegetarians

Choose 1 Salad:

Romaine And Iceberg Salad With Grape Tomatoes, Shredded Cheese, Carrots, Cucumbers And Croutons

Calories 10, Carbohydrates 2, Fat 0, Protein 1, Sodium 7, Cholesterol 0

OR

****Upgrade Your Salad For \$1.50 Per Person****

Fresh Romaine And Mixed Greens Salad Topped With Mandarin Oranges, Shredded Carrots,
Grape Tomatoes, And Feta Cheese

Calories 124, Carbohydrate 8, Fat 9, Protein 4, Sodium 298, Cholesterol 4

A Large Baked Potato With All The Toppings:

Shredded Cheese, Bacon Bits, Sour Cream, Green Onions, Butter & Salsa

Served With Rolls & Butter

****ADD Potato Topping: Chili or Vegetarian Black Bean Chili -\$1.50 per person****

Kick It Up A Notch By Adding Blackened Julienned Chicken Breast For An Additional \$2.25 Per Person

Baked Potato – Calories 110, Carbohydrate 37, Fat 0, Protein 3, Sodium 17, Cholesterol 0

Cheese – Calories 110, Carbohydrates 1, Fat 9, Protein 7, Cholesterol 25

Bacon Bits – Calories 50, Carbohydrates 0, Fat 3, Protein 6, Sodium 380, Cholesterol 10

Sour Cream – Calories 60, Carbohydrate 2, Fat 6, Protein 1, Sodium 15, Cholesterol 20

Butter – Calories 100, Carbohydrate 0, Fat 11, Protein 0, Sodium 100, Cholesterol 25

Salsa – Calories 10, Carbohydrate 2, Fat 0, Protein 2, Sodium 125, Cholesterol 0

Black Bean Chili - Calories 100, Carbohydrates 15.5, Fat 1, Protein 6.5, Sodium 340

Calories 130, Carbohydrate 0, Fat 13, Protein 30, Sodium 40, Cholesterol 70

Salad Dressings:

Buttermilk Ranch, Citrus Vinaigrette, Balsamic Vinaigrette, and Creamy Parmesan

NEW* WARM SANDWICH BUFFET *NEW

Must Be Ordered For A Minimum Of 10 People
All Sandwiches Served With Choice Of Two Accompaniments

Cappicola & Cheese On French Bread \$10.95

Fresh Cappicola With A Variety of Cheeses And Horseradish Mayo
Served On A Warm French Bread
Calories 714, Carbohydrates 70, Fat 22.1, Protein 57.3, Sodium 3,711

Gruyere, Grilled Zucchini, & Eggplant Ciabatta \$10.95

Sliced Zucchini And Eggplant Topped With Gruyere Cheese and Grilled On A Fresh Ciabatta Roll
Calories 358, Carbohydrates 41, Fat 15, Protein 14, Sodium 448

Turkey, Peppercorn Bacon & Havarti Ciabatta \$10.95

Sliced Turkey And Peppercorn Bacon Toasted And Topped With Warm Havarti Cheese
Served on a Fresh Ciabatta Roll
Calories 545, Carbohydrates 35, Fat 21.8, Protein 50, Sodium 876

Grilled Cheese, Bacon, & Tomato Ciabatta \$10.95

Classic Grilled Cheese Sandwich Spruced Up With Bacon And Tomato
Served On A Fresh Ciabatta Roll
Calories 401, Carbohydrates 37, Fat 20, Protein 17, Sodium 816

Philly Cheese Steak On French Bread \$10.95

A Traditional Philly Cheese Steak Grilled and Served On A French Bread
Calories 644, Carbohydrates 65, Fat 14.1, Protein 56.3, Sodium 1,418

Accompaniments

All Accompaniments Are Vegetarian

NEW Cavatappi Vinaigrette Pasta Salad

Calories 150, Carbohydrates 20, Fat 7, Protein 5, Sodium 308

NEW Traditional Broccoli & Raisin Salad

Calories 25, Carbohydrates 5, Fat 0, Protein 1, Sodium 0

NEW Harvest Potato Salad

Calories 110, Carbohydrates 37, Fat 0, Protein 3, Sodium 17

Seasonal Fresh Fruit Salad

Calories 70, Carbohydrates 18, Fat 0, Protein 1, Sodium 7

NEW Chopped Grilled & Chilled Vegetable Salad With Balsamic Vinaigrette

Calories 160, Carbohydrates 15, Fat 11, Protein 1, Sodium 160

Mediterranean Wild Rice & Orzo Salad

Calories 167, Carbs 79, Fat 10, Protein 11, Sodium 0

NEW House Made Saratoga And Kale Chips

HOT BUFFETS

Hot Buffets Include Fresh Baked Wheat Rolls With Butter
Must Be Ordered For A Minimum Of 10 People

The Classics

Roasted Turkey Breast, Sliced Roast Beef Or Virginia Ham (\$7.85)

Slow Roasted Rosemary Turkey Breast, Citrus Pineapple Glazed Virginia Ham Or Sliced Roast Beef
Sliced & Served With A Classic Beef Or Savory Poultry Sauce
Served With Two Accompaniments (accompaniments listed after Executive Buffet)

*Add A Fresh Garden Salad With Two Dressings OR Caesar Salad For An Additional \$1.50 Per Person

Turkey Breast – Calories 202, Carbohydrates 2, Fat 8, Protein 34, Sodium 1239
Ham – Calories 222, Carbohydrates 5, Fat 10, Protein 20, Sodium 1565
Roast Beef – Calories 159, Carbohydrates 0, Fat 5, Protein 17, Sodium 43

Hearty Pastas

All Pasta Dishes Served With A Hearty Garden Salad, Choice Of Two Dressings OR Caesar Salad
& A Whole Wheat Roll With Butter
Must Be Ordered For A Minimum Of 10 People

(Vegetarian Ziti & Mediterranean Pastas Are Available Upon Request)

***NEW* Herb Grilled Chicken & Pasta (\$9.25)**

Herb Grilled Julienne Breast Of Chicken With Mixed Seasonal Vegetables,
Tossed With Cavatappi Pasta And Choice of Creamy Alfredo OR Classic Marinara Sauce

Entrée – Calories 578, Carbohydrates 85, Fat 11, Protein 31, Sodium 794
Garden Salad – Calories 10, Carbohydrates 2, Fat 0, Protein 1, Sodium 7

Italian Style Baked Ziti (\$9.25)

Classic Hearty Whole Wheat Ziti With A Three Cheese Blend, Squash Medley & Mushrooms
Tossed With Turkey Meatballs And Baked With An Old World Style Pomodoro Sauce

Entrée – Calories 313, Carbohydrates 82, Fat 13, Protein 24, Sodium 644
Garden Salad – Calories 10, Carbohydrates 2, Fat 0, Protein 1, Sodium 7

(V) Vegetarian Cheese Tortellini (\$9.25)

Tri-Color Cheese Stuffed Tortellini Pasta Served With An Array Of Fresh Cooked Vegetables
And Finished With A Light, Herb Pesto Cream Sauce, Garnished With Fresh Herbs

Entrée – Calories 495, Carbohydrates 40, Fat 14, Protein 10, Sodium 617
Garden Salad – Calories 10, Carbohydrates 2, Fat 0, Protein 1, Sodium 7

Mediterranean Chicken Penne Pasta (\$9.25)

Grilled Julienne Breast Of Chicken With Mixed Vegetables Seasoned With Basil, Oregano & Garlic
Tossed With Penne Pasta And A Balsamic Olive Oil Dressing

Entrée – Calories 364, Carbohydrates 39, Fat 5.5, Protein 44, Sodium 84
Garden Salad – Calories 10, Carbohydrates 2, Fat 0, Protein 1, Sodium 7

EXECUTIVE BUFFET

All Executive Lunches Come With Two Accompaniments (Listed On The Next Page) & Whole Wheat Rolls With Butter

Add A Garden Salad For An Additional \$1.50 Per Guest

All Executive Lunches Can Be Ordered As A Dual Entrée For An Additional \$3.00 (Above The Highest Priced Entrée
Must be Ordered For A Minimum of 10 People)

Panko Crusted Breast Of Chicken (\$9.55)

Sautéed Breast Of Chicken With An Herb Panko Breading,

Served With Your Choice Of Sun-Dried Tomato Cream Sauce Or A Portobello Truffle Sauce

Calories 316, Carbohydrates 33, Fat 20, Protein 36, Sodium 471

Sautéed Italian Breast Of Chicken (\$9.55)

Lightly Coated With Romano Cheese And Italian Seasonings

Served With A Roasted Garlic Pomodoro Sauce

Calories 268, Carbohydrates 11, Fat 11, Protein 31, Sodium 250

***NEW* Bavarian Style Chicken (\$9.55)**

Pan Seared Chicken Breast Lightly Breaded With A Pretzel Crust And Served With A White Wine Dijon Cream Sauce

Calories 294, Carbohydrates 37.1, Fat 1.5, Protein 33.1, Sodium 903.2

***NEW* Bruschetta Inspired Roasted Breast Of Chicken (9.55)**

Topped With Mozzarella Cheese, Fire-Roasted Tomatoes, Roasted Garlic & Basil Salsa,

Tossed With Modena Balsamic Vinegar And Extra Virgin Olive Oil

Calories 145, Carbohydrates 6, Fat 1, Protein 26, sodium 77

Sautéed Petite Salmon (\$13.25)

Our Fresh Atlantic Salmon With A Sweet Thai Chili Sauce Served On A Bed Of Rice

Calories 460, Carbohydrates 46, Fat 23, Protein 39, Sodium 769

Roasted Sirloin (\$9.65)

Roasted Sirloin Topped With A Compound Butter

Roast Sirloin – Calories 159, Carbohydrates 0, Fat 5, Protein 17, Sodium 43

Herb Crusted Pork Loin (\$9.65)

Seared & Roasted With A Dijon & Herb Crust, Served With A Green Peppercorn Demi-Glace

Calories 222, Carbohydrates 8, Fat 8, Protein 28, Sodium 161

VEGETARIAN

Vegetarian Entrees Below Can Be Added To Any Order With No Required Minimum Order

(v) Vegetarian Portobello Mushroom Cap (\$9.55)

Stuffed With Spinach, Feta Cheese, Tomato & Fresh Basil, Topped With A Blend Of Cheeses
Calories 236, Carbohydrates 6, Fat 15, Protein 16, Sodium 757

(v) Roasted Stuffed Red Pepper (\$9.55)

Red Bell Pepper Seasoned And Roasted,
Stuffed With A Blend Of Rice, Sun Dried Tomatoes, Feta, Basil, Garlic And A Balsamic
Calories 215, Carbohydrates 22 Fat 7, Protein 9, Sodium 434

(v) Zucchini Cakes (\$9.55)

Zucchini Cakes Pan Seared And Topped With
Slow Roasted Tomatoes And A Creamed Spinach Sauce
Calories 113, Carbohydrates 15, Fat 5, Protein 5, Sodium 410

***NEW* (v) Eggplant Cannelloni (\$9.55)**

Roasted Eggplant Rolled With Cheese, Olives, Capers, And Parsley.
Topped With A Roasted Red Pepper Puree.
Calories 268, Carbohydrates 30, Fat 13, Protein 11, Sodium 2538

Accompaniments

All Accompaniments Are Vegetarian

Zucchini, Squash And Carrot Medley

Calories 52, Carbohydrates 4, Fat 3, Protein 2, Sodium 10

Broccoli, Cauliflower & Carrot Medley

Calories 51, Carbohydrates 4, Fat 4, Protein 1, Sodium 237

Olive Oil & Herb Glazed Baby Carrots

Calories 75, Carbohydrates 12, Fat 2, Protein 1, Sodium 214

Green Beans with Bell Pepper

Calories 82, Carbohydrates 6, Fat 7, Protein 11, Sodium 450

Roasted Rosemary Red Skin Potatoes

Calories 110, Carbohydrates 26, Fat 0, Protein 0, Sodium 0

***NEW* Savory Warm Mediterranean Pearl Couscous**

Calories 95, Carbohydrates 17, Fat 3, Protein 3, Sodium 175

***NEW* Lemon Roasted Baby Red And Gold Potatoes With Crushed Red Peppers**

Calories 135, Carbohydrate 19, Fat 6, Protein 2, Sodium 455

Wild Rice Blend

Calories 100, Carbohydrates 22, Fat 0, Protein 3, Sodium 365

Garden Salad with Two Dressings OR Traditional Caesar Salad

Salad- Calories 10, Carbohydrates 2, Fat 0, Protein 1, Sodium 7

Salad Dressings:

Buttermilk Ranch, Citrus Vinaigrette, Balsamic Vinaigrette, and Creamy Parmesan

THEMED BUFFETS

All Themed Lunches Come With Their Own Designated Side Dishes And Toppings
Minimum Of 10 People

***NEW* Chicken And Broccoli Stir Fry (\$9.50)**

Sautéed Asian Chicken Tossed With Fresh Broccoli And Spices. Served Over A Bed Of White Rice.
Served With A Garden Salad OR Caesar Salad With Choice of Two Dressings
Entree- Calories 444, Carbohydrates 61, Fat 7, Protein 21, Sodium 1,032

(V) Southwest Fajita Bar (\$9.50)

Southwestern Style Chicken, Beef, or **Pork Carnitas** Sautéed With Peppers & Onions
Served With Warm Whole Wheat Tortillas, Shredded Lettuce, Mexican Cheese Blend,
Sour Cream, Salsa & Guacamole
Accompanied By Vegetarian Mexican Style Rice And Our Vegetarian Black & Pinto Bean Blend
Buffet with two choices of meat- \$11.00 Per Person

****Add Chips And Salsa For \$1.50 per person****

****All Meats And Toppings Served On The Side – Perfect For Vegetarians!****

Chicken – Calories 120, Carbohydrates 2, Fat 3, Protein 22, Sodium 650, Cholesterol 50
Beef – Calories 216, Carbohydrates 0, Fat 8, Protein 32, Sodium 64, Cholesterol 52
Tortilla – Calories 80, Carbohydrates 12, Fat 3, Protein 2, Sodium 190, Cholesterol 0
Mexican Cheese – Calories 50, Carbohydrates 1, Fat 4, Protein 3, Sodium 105, Cholesterol 13
Sour Cream – Calories 60, Carbohydrates 1, Fat 5, Protein 1, Sodium 15, Cholesterol 20
Guacamole – Calories 50, Carbohydrates 4, Fat 4, Protein 1, Sodium 105, Cholesterol 0
Mexican Rice – Calories 104, Carbohydrates 25, Fat 0, Protein 2, Sodium 195, Cholesterol 0
Beans – Calories 105, Carbohydrates 23, Fat 1, Protein 7, Sodium 480, Cholesterol 0

A Taste Of The Orient (\$9.50)

Your Choice Of One Main Course Served On A Bed Of White Rice:
~ Sweet And Spicy Moi Poi Chicken Or Pork
~ Teriyaki Glazed Julienned Breast Of Chicken
~ Oriental Beef Strips In A Ginger Plum Sauce

Accompanied By Ginger Slaw,

And An Asian Vegetable Medley With Sugar Snap Peas, Carrots, Broccoli & Bell Peppers
Sweet & Spicy Chicken – Calories 275, Carbohydrates 17, Fat 13, Protein 22, Sodium 380, Cholesterol 70
Sweet & Spicy Pork – Calories 254, Carbohydrates 8, Fat 8, Protein 37, Sodium 428, Cholesterol 111
Teriyaki Chicken – Calories 216, Carbohydrates 3, Fat 10, Protein 29, Sodium 288, Cholesterol 116
Oriental Beef – Calories 350, Carbohydrates 4, Fat 25, Protein 25, Sodium 0, Cholesterol 0
White Rice – Calories 121, Carbohydrates 27, Fat 0, Protein 2, Sodium 0, Cholesterol 0
Ginger Slaw – Calories 92, Carbohydrates 8, Fat 6, Protein 2, Sodium 0, Cholesterol 0
Asian Medley – Calories 35, Carbohydrates 7, Fat 0, Protein 2, Sodium 15, Cholesterol 0

***NEW* All American BBQ (\$8.95)**

Our Delicious Pulled Pork Tossed In Our Home-Made BBQ Sauce And Served With Bakery Fresh Buns
Accompanied By Our Southern Style Vinegar Slaw & Creamy Mac-N-Cheese
Sandwich – Calories 600, Carbohydrates 69, Fat 14 Protein 39, Sodium 2,040
Cole Slaw – Calories 88, Carbohydrates 12, Fat 4, Protein 0, Sodium 24
Mac-N- Cheese – Calories 404, Carbohydrates 81.2, Fat 3.2, Protein 14.4, Sodium 924

***NEW* House-Made Sliders (\$9.25)**

Enjoy Our House-Made Sliders! Choose Two Types: Caramelized Bourbon Beef, Buffalo Chicken
OR Marinated Portobello Mushroom, Served With Pretzel Buns & Traditional Slider Buns
Served With House-Made Saratoga Chips & Garden Salad OR Caesar Salad With Choice Of Two Dressings
Beef Tenderloin & Gouda - Calories 464, Carbohydrates 36, Fat 19, Protein 37, Sodium 1,089
Buffalo Chicken - Calories 427, Carbohydrates 35.79, Fat 15.4, Protein 34.6, Sodium 1,017
Portobello & Hummus - Calories 228, Carbohydrates 43, Fat 7, Protein 10, Sodium 921

HORS D' OEUVRES BY THE PIECE

Prices Below Are Listed Per Piece, Not Necessarily Per Person. Order Minimum Of 10 Pieces Per Selection

CHILLED

-Assorted **Deli Roulades** With Smoked Salmon, Turkey, Ham Or Roast Beef (\$0.90)
Calories 78, Carbohydrates 6, Fat 3, Protein 7, Sodium 217

***NEW* (V)** - Red Pepper **Phyllo Cup With Hummus**, Cucumber, & Arugula Salad (\$1.25)
Calories 66, Carbohydrates 2, Fat 4, Protein 5, Sodium 94

(V) - "**Caprese**" **Skewer** With Mozzarella Balls, Grape Tomatoes And Fresh Basil (\$1.25)
Calories 82, Carbohydrates 3, Fat 5, Protein 5, Sodium 35

(V) **Parmesan Crisp** Filled With Creamy Herb Goat Cheese And Roasted Red Pepper (\$1.30)
Calories 99, Carbohydrates 0, Fat 7, Protein 7, Sodium 189

***NEW* "Surf & Turf"** With Marinated Flank Steak, Aioli, And Crab On A Grilled Baguette (\$1.50)
Calories 95, Carbohydrates 14, Fat 3, Protein 5, Sodium 285

***NEW* (V)** -Toasted Baguette With **Brie & Fig Compote** (\$1.30)
Calories 115.3, Carbohydrates 14.2, Fat 4.4, Protein 3.8, Sodium 175.1

***NEW* Shrimp Cocktail** Served with Cocktail Sauce (\$1.75) – **Minimum of 30 pieces**
Calories 20, Carbohydrates 1.67, Fat .18, Protein 2.51, Sodium 43

Colored Phyllo Cups Filled With **Creamy Boursin Chicken Salad** (\$0.90)
Calories 45, Carbohydrates 5, Fat 1.5, Protein 3, Sodium 105

***NEW* Open Faced Chicken Bruschetta** With Cheese & Sun-Dried Tomatoes (\$1.75)
Calories 88, Carbohydrates 9.7, Fat 4.5, Protein 0.1, Sodium 26

-Palm Roll Sandwiches

An Assortment Of Private Selection Deli Meats:

Shaved Ham & Swiss Cheese (\$1.75)

Shaved Turkey & American Cheese (\$1.75)

Roast Beef & Cheddar Cheese (\$1.75)

Ham - Calories 218, Carbohydrates 15, Fat 9, Protein 17, Sodium 659

Turkey - Calories 272, Carbohydrates 12, Fat 14, Protein 21, Sodium 949

Roast Beef - Calories 238, Carbohydrates 12, Fat 14, Protein 21, Sodium 351

HOT

- Warm Marinated Oriental, Bourbon BBQ, Chipotle Or Chipotle Cocktail **Meatballs** (\$0.90)
Calories 72, Carbohydrates 3, Fat 5, Protein 3, Sodium 143

***NEW* (V)** - Petite **Vegetable Spring Roll** Drizzled With Sweet Hoisin Sauce (\$0.90)
Calories 55, Carbohydrates 8, Fat 1, Protein 12, Sodium 135

- Warm **Tandoori Beef Or Chicken Skewers** Accompanied By Our Tasty Ginger Plum Sauce (\$1.50)
Calories 90, Carbohydrates 6, Fat 15, Protein 16, Sodium 757

- Warm **Chicken Wontons** With A Spicy Southwestern Sauce (\$1.10)
Calories 64, Carbohydrates 5, Fat 3, Protein 3, Sodium 111

(V) - **Warm Asiago Cheese & Wild Mushroom Wontons** With Citrus Avocado Dip (\$1.10)
Calories 92, Carbohydrates 9, Fat 4, Protein 2, Sodium 117

***NEW* (V)** - **Potato Croquette** With Smoked Mozzarella And Rosemary Bourbon Sauce (\$1.35)
Calories 162, Carbohydrates 26, Fat 5, Protein 8, Sodium 106

-Warm Petite Maryland **Crab Cakes** With a Spicy Caper Remoulade (\$1.25)

Calories 72, Carbohydrates 3, Fat 5, Protein 3, Sodium 143

(V) - Warm Traditional **Spanakopita** In Flaky Phyllo Dough (\$1.00)

Calories 70, Carbohydrates 6, Fat 5, Protein 2, Sodium 135

NEW **(V)** Warm **Puff Pastry** Stuffed With Sundried Tomato And Goat Cheese (\$1.40)

Calories 104, Carbohydrates 5, Fat 7, Protein 5, Sodium 115

NEW Mini **Poblano Corn Muffin** With Southwest Chicken Salad & Chipotle Mascarpone (\$1.30)

Calories 61, Carbohydrates 5.8, Fat 2.3, Protein 1, Sodium 23.25

NEW Warm **Breaded Firecracker Shrimp** Served With Sweet & Spicy Pineapple Glaze (\$1.80)

Calories 18, Carbohydrates .9, Fat .9, Protein 1.6, Sodium 26

NEW Fried **Mac-N- Cheese** Balls (\$1.35)

Calories 60, Carbohydrates 10, Fat 1, Protein 4, Sodium 15

DISPLAYS & PLATTERS

Must Be Ordered For A Minimum Of 10 People

(V) Cheese & Crackers

Assorted Cubed Domestic Cheese Platter (\$1.75 per person)

A Blend Of Domestic Cheddar, Swiss & Marble Cheeses, Garnished With Fresh Fruit
& Served With A Variety Of Table Crackers

Calories 268, Carbohydrates 24, Fat 15, Protein 11, Sodium 441



(V) Murray's Gourmet Cheese Board (\$4.50 per person, minimum of 20)

Featuring A Fantastic Display Of 4 Hard & Soft Seasonal Gourmet Cheeses

All From Murray's Of New York

(Served With A Variety Of Table Crackers & Gourmet Breads)

Calories 472, Carbohydrates 9, Fat 35, Protein 28, Sodium 829

Vegetable & Fruit Platters

(V) Seasonal Fresh Crudité Platter (\$1.50 per person)

An Assortment Of Garden Fresh Vegetables

Served With Low Fat Cucumber Dill Dipping Sauce

Calories 50, Carbohydrates 1, Fat 2, Protein 0, Sodium 110

(V) Seasonal Fresh Fruit (\$2.00 per person)

A Beautiful Platter Of Sliced Or Cubed Fresh Fruit With A Berry Garnish

Accompanied By Creamy Sweet Raspberry Yogurt Dip

Chips & Dips

Must Be Ordered For A Minimum Of 10 People Per Selection

(V) Traditional Salsa With Red, White And Blue Tortilla Chips (\$1.25)

Calories 175, Carbohydrates 27, Fat 7, Protein 4, Sodium 892

(V) Chilled Southwest Style Black Bean & Corn Salsa Served With Red, White And Blue Tortilla Chips (\$1.50)

Calories 190, Carbohydrates 24, Fat 7, Protein 3, Sodium 165

(V) Roasted Red Pepper & Garlic Humus Dip Served With Herb Pita Chips (\$1.25)

Calories 270, Carbohydrates 29, Fat 15, Protein 7, Sodium 530

***NEW* (V) Classic Guacamole** Topped With Red Pepper Confetti And Served With Blue Corn Tortilla Chips (\$3.50)

Calories 270, Carbohydrates 29, Fat 15, Protein 7, Sodium 530

***NEW* (V) Warm Traditional Rye Dip & Party Rye Bread** (\$1.25)

Calories 190, Carbohydrates 13, Fat 14, Protein 2, Sodium 67

DESSERTS

All Desserts Are Vegetarian

Prices Are Listed Per Piece, not per person. Must Order A Minimum of 10 Pieces Per Dessert Type.

Assorted Cookies

Calories 130, Carbohydrates 17, Fat 7, Protein 1, Sodium 92, Sugar 0, Cholesterol 0

\$.75 each

***NEW* Assorted French Macaroons**

Calories 88, Carbohydrates 11.15, Fat 4.4, Protein 2, Sodium 5.4

\$1.25 each

Angel Food Cake with Berries and Berry Sauce

Calories 135, Carbohydrates 27, Fat 0, Protein 1, Sodium 59, Sugar 9

\$1.50 each

Cheesecake Bites

Calories 90, Carbohydrates 10, Fat 6, Protein 2, Sodium 90, Sugar 7

\$1.00 each

Chocolate Brownies

Calories 102, Carbohydrates 16, Fat 4, Protein 1, Sodium 0, Sugar 11

\$1.00 each

Petite Chocolate Bomb

Calories 107, Carbohydrates 16, Fat 4, Protein 2, Sodium 0, Sugar 8

\$1.25 each

***NEW* Edible Chocolate Cup With Assorted Mousse Fillings**

Calories 59, Carbohydrates 4.5, Fat 4.28, Protein 1.18, Sodium 11

\$1.25 each

***NEW* Flourless Dark Chocolate Torte With Chantilly Cream And Berry Coulis**

Calories 342, Carbohydrates Fat .9, Protein 5, Sodium 63.3

\$1.25 each

***NEW* Decorated Sheet Cakes**

Choice of Yellow, Chocolate Or Marble

Quarter Cake (Serves 12 To 15)

\$18.00

Half Cake (Serves 25 To 30)

\$34.00

Full Cake (Serves 50 To 60)

\$50.00

Screen Printed Cakes Additional

\$10.00

SNACKS

All Snacks Are Vegetarian
Minimum Of 10 People

Assorted Whole Fruit

Calories 37, Carbohydrates 11, Fat 0, Protein 3, Sodium 12

\$1.00 per piece

Kroger Granola Bars & Nutrigrain Bars

Calories 120, Carbohydrates 24, Fat 3, Protein 2, Sodium 125

\$1.00 each

Assorted 100 Calorie Snack Packs

Calories 100, Carbohydrates 16, Fat 4, Protein 1, Sodium 100

\$1.00 each

Cheese & Cracker Platter

Calories 268, Carbohydrates 24, Fat 15, Protein 11, Sodium 441

\$1.75 per person

Fresh Crudité Platter

Calories 50, Carbohydrates 1, Fat 2, Protein 0, Sodium 110

\$1.50 per person

Seasonal Fresh Fruit Platter

Calories 37, Carbohydrates 11, Fat 0, Protein 3, Sodium 12

\$2.00 per person

Traditional Salsa & Whole Grain Tortilla Chips

Calories 175, Carbohydrates 27, Fat 7, Protein 4, Sodium 892

\$1.25 per serving

Southwest Style Black Bean & Corn Salsa w/Whole Grain Tortilla Chips

Calories 190, Carbohydrates 24, Fat 7, Protein 3, Sodium 165

\$1.25 per serving

Mediterranean Hummus Dip & Herb Pita Chips

Calories 270, Carbohydrates 29, Fat 15, Protein 7, Sodium 530

\$1.25 per serving

Trail Mix

Calories 280, Carbohydrates 28, Fat 18, Protein 8, Sodium 110

\$1.75 per serving

Bagged Snacks (Potato Chips and Pretzels)

Calories 160, Carbohydrates 15, Fat 10, Protein 2, Sodium 170

\$1.00 per bag

Popcorn Bowl

Calories 160, Carbohydrates 15, Fat 10, Protein 2, Sodium 170

\$1.00 per serving