

MID MEETING BREAKS

MORNING BREAK OPTIONS

Make Your Own Parfait

Low Fat Vanilla Yogurt, Bananas,
Dried and Fresh Fruit, Berries,
Granola, Nuts, Honey

Grain Station

Oatmeal, Multi Grain Cereals,
Dried Fruit, Fresh Berries, Granola,
Brown Sugar, Honey, Low Fat Milk,
Soy Milk

AFTERNOON BREAK OPTIONS

Hearty Station

Fruit Kabobs, Honey-Grenadine
Yogurt Dip, Soft Herb Cheese Dip,
Black Bean Dip, Hummus, Multigrain
Crackers, Pita Bread, Crispy
Crudités, Herb Yogurt Dip

Sweet Station

Ice Cream Bars, Granola Bars,
Assorted Cookies,
Fresh Seasonal Fruit

SWEETS AND TREATS

Assorted Bagels with Cream
Cheese

Assorted Breakfast Pastries

Assorted Cookies or Brownies

Assorted Pieces of Whole Fruit

Granola Bar

Hot Pretzels with Honey Mustard
and Cheese Dipping Sauce

BEVERAGES

Coffee, Decaffeinated Coffee
and Hot Tea

Assorted Fresh Fruit Juices

Bottled Water

Assorted Cans of Soda

Assorted Fruit Smoothies

Assorted Non-Dairy Fruit Drinks