Breaks

**TOP PICK**

**The Healthy Alternative**
$7.49 per person

- Apples 60 Cal each
- Oranges 50 Cal each
- Bananas 110 Cal each
- Pears 100 Cal each
- Individual Yogurt Cups 50-150 Cal each
- Trail Mix 290 Cal each
- Granola Bars 190 Cal each

**Energy Break** $3.99 per person

- Granola Bars 190 Cal each
- Fruit Filled Bars 160 Cal each
- Breakfast Bars 250 Cal each

**Assorted Craveworthy Cookies**
$15.49 per dozen
(250-310 Cal each)

- Bakery-fresh Brownies
  $15.49 per dozen
  (250 Cal/2.25 oz. serving)

- Energy bars
  190 Cal each

- Assorted Breakfast Bars
  250 Cal each

**Bakery-fresh Brownies**
-$15.49 per dozen
(250 Cal/2.25 oz. serving)

- Individual Yogurt Cups
- Trail Mix
- Granola Bars

- Assorted Yogurt Cups
- Assorted Trail Mix
- Assorted Granola Bars

**Beverages**
Includes appropriate condiments

- Hot Water with Assorted Tea Bags
  (0 Cal/8 oz. serving) $10.99 per gallon
- Starbucks Regular Coffee
  (0 Cal/8 oz. serving) $32.99 per gallon
- Starbucks Decaffeinated Coffee
  (0 Cal/8 oz. serving) $22.99 per gallon
- Bottled Juice (OJ, Cranberry, Grapefruit)
  (110-170 Cal each) $2.29 each
- Assorted Sodas (Canned)
  (0-150 Cal each) $1.79 each

Contact Us Today
773.-50.8-60
contact@luc.edu
http://www.luc.edu/catering/
Prices effective until 08/01/2019
Prices may be subject to change

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The calorie and nutrition information provided is for individual servings, not for the total number of servings on each tray, because serving styles e.g. trays/bowls used vary significantly, in order to accommodate numbers of guests that can range from single digits to thousands. Due to our desire and ability to provide custom solutions, we do not offer standard serving containers. If you have any questions, please contact your catering manager directly.
Starbucks Coffee, Decaf and Hot Tea
Iced Water 0 Cal/8 oz. serving

Hot Tea
Choice of one (1) Breakfast Pastry served with accompaniments and dessert.

Buffet
For Lunch, enjoy either the assorted juices, water, and gourmet coffee service.

Salads  $16.99 per person

- Assorted Donuts (190-490 Cal each)
- Assorted Pastries (200-510 Cal each)
- Assorted Muffins (400-510 Cal each)
- Assorted Scones (430-470 Cal each)
- Assorted Bagels (170-360 Cal each)
- Iced Water
- Starbucks Coffee, Decaf and Hot Tea

Basic Beginnings $7.49 per person
Choice of one (1) Breakfast Pastry served with Iced Water and Starbucks Coffee, Decaf and Hot Tea

- Assorted Danish 200-430 Cal each
- Assorted Muffins 400-510 Cal each
- Assorted Scones 430-470 Cal each
- Assorted Bagels 170-360 Cal each
- Iced Water
- Starbucks Coffee, Decaf and Hot Tea
- 0 Cal/8 oz. serving

Meeting All Day

A Salad Affair $12.99 per person
Your choice of three (3) selections from our assortment of Classic Entrée Salads served with Fresh Bread, Fresh Seasonal Fruit,
- Assorted Craveworthy Cookies, Iced Water and Ice Tea
- Bakery Fresh Rolls 160 Cal each
- Assorted Craveworthy Cookies 250-310 Cal each
- Iced Tea 0 Cal/8 oz. serving
- Iced Water 0 Cal/8 oz. serving

Classic Sandwiches
Roast Beef with Tarragon Horseradish Spread on Wheatberry Bun (460 Cal each)
Thai Beef Wrap (280 Cal each)
Chicken Caesar Wrap (630 Cal each)
Chicken, Pepper Jack Baguette with Pico and Guacamole (740 Cal each)
Turkey, Feta, Spinach and Sun-Dried Tomato Ciabatta (670 Cal each)
Grilled Vegetable Wrap (610 Cal each)
Very Veggie Submarine Sandwich with Provolone and Honey Dijon Dressing (460 Cal each)
Honey Mustard Ham and Swiss Cheese with Lettuce and Pickles on a Sub Roll (380 Cal each)

Classic Entrée Salads
Traditional Garden Chicken Salad with Fresh iceberg and Romaine Lettuce, Grilled Chicken, Hard Boiled Eggs and a Balsamic Vinaigrette Dressing (330 Cal each)
Traditional Caesar Salad with Shredded Parmesan cheese and Seasoned CROUTONS (420 Cal each)
Blackened Tofu Taco Salad (380 Cal each)
Fresh Baby Spinach and Apple Salad with Grilled Chicken Breast, Crumbled Goat Cheese, Diced Bacon, and Country Apple Dressing (510 Cal each)
Traditional Garden Salad with Fresh iceberg and Romaine Lettuce, Hard Boiled Eggs and a Balsamic Vinaigrette Dressing (240 Cal each)

Side Salads
Greek Pasta Salad tossed with Tomatoes, Cucumbers, Red Onions, Feta Cheese and Black Olives (90 Cal/3 oz. serving)
Roasted Corn and Black Bean Salad with Spanish Onions, Red Peppers, Jalapenos, Fresh Cilantro and Fresh Garlic (120 Cal/4 oz. serving)
Roasted Sweet Potato Salad with Green Chiles, Scallions, Celery, Red Peppers and Fresh Cilantro tossed in spicy Caribbean Jerk Seasoning (120 Cal/4 oz. serving)
White Bean Heri Salad Bell with Peppers, Green Cilantro Basil & Parsley on a Balsamic Vinaigrette (90 Cal/3.3 oz. serving)
Red-skinned Potato Salad with Egg, Celery and Spanish Onion in a Seasoned Maoyinaise Dressing (240 Cal/4 oz. serving)