

## Continental Breaks

These breaks are designed to give your guests healthy and varied choices for a productive day.  
(Food and Beverage provided for Coffee Breaks are designed to last a maximum of thirty minutes)

Kellogg Hotel and Conference Center Coffee is a private blend from Lansing's Paramount Coffee Company. Enjoy!

### Continental Break

Freshly Squeezed Orange Juice; Chilled V-8 and Apple Juice  
Fresh Sliced Seasonal Fruits and Berries

#### Display of Breakfast Breads

Fruit and Cheese Danish, Assorted Bagels, Banana Nut Bread, Selection of Muffins  
Assorted Jams and Marmalades, Butter and Cream Cheese  
Fresh Brewed Coffees and a Selection of Fine Teas  
\$10.50 per person

### Fresh Start

Freshly Squeezed Orange Juice; Chilled V-8 and Apple Juice  
Fresh Sliced Seasonal Fruits and Berries  
Low-fat Yogurt Assorted Dry Cereals with Bananas, Skim and 2% Milk  
Oatmeal with Brown Sugar and Raisins  
Selection of Whole Grain and Low Fat Breakfast Pastries  
Fresh Brewed Coffees and a Selection of Fine Teas  
\$12.95 per person

### Enhancements to the Continental Breaks

All items are based upon one serving and charged per person, a minimum order for 25 guests is required

#### Breakfast Sandwiches \$3.50

**Toasted English Muffin or Croissant** with scrambled eggs, ham or turkey, and cheddar cheese

**Toasted English Muffin or Croissant** with scrambled eggs, baby spinach, mushrooms, mozzarella cheese

**Warm Tortilla Wrap** filled with grilled vegetables, egg whites and Monterey jack cheese

**Scrambled Eggs Tortilla Wrap** with tomato, scallions, ham and cheddar cheese

Sausage Biscuit \$2.50    Oatmeal with Brown Sugar and Raisins \$2.50    Belgian Waffle \$3.00

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness

## **Alternative Breaks and Specialty Coffee Breaks**

The following alternative breaks and specialty coffee breaks require a minimum guarantee of twenty-five guests  
(Food and Beverage provided for Coffee Breaks are designed to last a maximum of thirty minutes)

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### **Spartan Green**

Freshly Squeezed Orange Juice; Chilled V-8 and Apple Juice  
Fresh Sliced Melons, Fruits and Berries  
Cold Cereal Selections with Skim and 2% Milk  
Assorted Kellogg Nutri-Grain Cereal Bars and Kellogg Nutri-Grain Granola Bars  
Fresh Brewed Coffees and a Selection of Fine Teas  
\$10.50 per person

### **Spartan White**

Freshly Squeezed Orange Juice; Chilled V-8 and Apple Juice  
Fresh Sliced Melons, Fruits and Berries  
Variety of Individual Fruit Yogurts  
Assorted Kellogg Nutri-Grain Cereal Bars and Kellogg Nutri-Grain Granola Bars  
Fresh Brewed Coffees and a Selection of Fine Teas  
\$10.50 per person

### **The Cookie Jar**

Display of Jumbo Cookies  
Chocolate Chip, Oatmeal Raisin, Chocolate Chocolate Chip and White Chocolate Chip with Macadamia Nut  
served with Ice Cold Skim and 2% Milk  
Fresh Brewed Coffees and a Selection of Fine Teas  
\$7.50 per person

### **The Fall Colors of Michigan**

Pumpkin Pie with Whipped Cream      Cinnamon Sugar Doughnuts  
Dried Apples, Apricots, Cranberries and Cherries      Roasted Sunflower Seeds  
Basket of Michigan Apples      Warm Apple Cider with Cinnamon Sticks  
Assorted Sodas      Fresh Brewed Coffees and a Selection of Fine Teas  
\$9.00 per person

### **Short Stop**

Individual Bags of: Popcorn      Peanuts      Assorted Chips      M&M's      Pretzels  
Assorted Sodas      Fresh Brewed Coffees and a Selection of Fine Teas  
\$7.50 per person

## **All Day Breaks**

Provides three pre-planned breaks during the course of a day, featuring varied and healthy choices,  
each of the three breaks is designed to be served from one location  
(Food and Beverage provided for Coffee Breaks are designed to last a maximum of thirty minutes)

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### **Michigan Avenue**

#### **Morning Continental Break**

Freshly Squeezed Orange Juice; Chilled V-8 and Apple Juice  
Fresh Sliced Seasonal Fruits and Berries  
Basket of Breakfast Pastries  
Variety of Bagels  
Preserves, Butter and Cream Cheese  
Fresh Brewed Coffees and a Selection of Fine Teas

#### **Mid Morning Beverage Break**

Fresh Brewed Coffees and a Selection of Fine Teas  
Assorted Sodas and Bottled Waters

#### **Afternoon Refresher Break**

Fresh Brewed Coffees and a Selection of Fine Teas  
Assorted Sodas and Bottled Waters  
Rice Krispies Squares with White and Dark Chocolate Drizzle  
Fresh Fruit Basket    Kettle Chips  
\$22.00 per person

### **Grand River Avenue**

#### **Morning Continental Break**

Freshly Squeezed Orange Juice; Chilled V-8 and Apple Juice  
Fresh Fruits and Berries with Grand Marnier Dip  
Individual Yogurts with Granola Topping  
Fresh Baked Fruit and Nut Breads    Mini Danish and Muffins    Assorted Bagels  
Preserves, Butter and Cream Cheese  
Fresh Brewed Coffees and a Selection of Fine Teas

#### **Mid Morning Beverage Break**

Fresh Brewed Coffees and a Selection of Fine Teas  
Sodas and Bottled Waters

#### **Afternoon Refresher Break**

Fresh Brewed Coffees and Selection of Fine Teas  
Assorted Sodas and Bottled Waters  
Assorted Candy Bars    White Cheddar Popcorn    Fresh Fruit Kebobs  
\$23.00 per person

## The All Day Meeting Planners' Package

Provides three pre-planned breaks during the course of a day, featuring varied and healthy choices, and a served luncheon, each of the three pre-planned breaks is designed to be served from one location (Food and Beverage provided for Coffee Breaks and Intermissions are designed to last a maximum of thirty minutes)

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### Morning Continental Break

Freshly Squeezed Orange Juice; Chilled V-8 and Apple Juice  
Fresh Sliced Seasonal Fruits and Berries  
Basket of Breakfast Pastries  
Variety of Bagels  
Preserves, Butter and Cream Cheese  
Fresh Brewed Coffees and a Selection of Fine Teas

### Mid Morning Beverage Break

Fresh Brewed Coffees and a Selection of Fine Teas  
Assorted Sodas and Bottled Waters

## Luncheon Selections

**Choice of:** House Mixed Greens Salad with cherry tomato, cucumber, croutons, house and ranch dressings    Cream of Asparagus Soup  
Vegetarian Roasted Tomato Basil Bisque    Spinach Salad with toasted almonds and raspberry vinaigrette

### Tri-Colored Tortellini

julienne vegetables pesto cream sauce

### Green Chili Marinated Flank Steak

with garlic mashed potatoes and green beans

### Roast Pork Tenderloin

with brandy cream sauce, served with roasted red skin potatoes, fresh vegetable medley

### Herb Seared Salmon Fillet

with lemon white wine cream sauce, citrus pilaf and broccoli florets

### Breast of Chicken Marsala

mushroom wine sauce, white and wild rice pilaf, zucchini and yellow squash medley

**Choice of:** Chocolate Mousse    Pecan Pie    Carrot Cake

Served Luncheons include chef's accompaniments, rolls, butter, beverage and your choice of Included Starter and Dessert

### Afternoon Refresher Break

Fresh Brewed Coffees and a Selection of Fine Teas  
Assorted Sodas and Bottled Waters  
Rice Krispies Squares with White and Dark Chocolate Drizzle    Fresh Fruit Basket    Kettle Chips  
\$40.00

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## A La Carte Break Items

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### Juices and Beverages

Assorted Juices (Freshly Squeezed Orange Juice; Chilled V-8 and Apple Juice) \$2.75 per person

Assorted Soda from Coca-Cola \$2.25 each Gatorade \$3.00 each

Assorted Bottled Waters (Dasani, Evian and Perrier) \$3.00 each Fresh Brewed Coffees and a Selection of Fine Teas \$2.25 per person

Iced Tea \$2.25 per person Milk (Half Pint) \$1.50 each

### Fresh Fruit and Baked Goods

Seasonal Fruits and Berries \$3.75 per person Whole Fruit Selection \$1.50 per piece

Chef's Selection of Assorted Coffee Cakes \$2.50 per person French or Blueberry Crumb Cake (10 pieces per cake) \$2.50 per person

Chocolate Iced Brownies \$26.00 per dozen Assorted Bagels with Cream Cheese \$25.00 per dozen

Amazing Glazed Variety Pack Doughnuts vanilla, raspberry, cinnamon \$25.00 per dozen

Chocolate Almond Biscotti \$24.00 per dozen Apple Streusel Coffee Cake (10 pieces per cake) \$2.50 per person

Demi Danish \$18.00 per dozen Miniature Muffins \$20.00 per dozen

M.S.U. Bakery Cookies \$24.00 per dozen

(chocolate chip, oatmeal raisin, peanut butter, double chocolate chip, and white chocolate chip with macadamia nut)

Decorated Special Occasion Sheet Cake \$185.00 (Serves 70) Decorated Special Occasion Half Sheet Cake \$95.00 (Serves 35)

### Snacks

Kellogg Nutri-Grain Cereal and Granola Bars \$2.00 each Individual Salty Snack Assortment \$2.00 each

Warm Jumbo Pretzels with Mustard \$2.50 each Assorted Kettle Chips with Dips \$3.00 per person

White Cheddar Popcorn \$1.75 Assorted Candy Bars \$1.75 Chocolate Dipped Strawberries \$30.00 per dozen

### Pizza

Large 16 slice pizza, select any three pizzas for your event

**#1 Sun-dried Tomato, Grilled Vegetables and Goat Cheese Pizza #2 Pineapple and Ham Pizza**

**#3 BBQ Chicken Caramelized Red Onion and Sweet Peppers Pizza**

**#4 Pepperoni, Sausage and Mushroom Pizza #5 Four Cheese Pizza #6 Vegetarian Pizza (with or without cheese)**

\$25.00 per pizza

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