

Kennedy Mountain Campus Tier 1 Menu

Dietary choices and restrictions will be accommodated to the best of our ability. Any menu choice can be customized to adapt to special dietary needs including gluten and lactose free, vegan and vegetarian, 14 allergens free, or any other special situation. Add \$2 per meal for dietary accommodations.

Arrival Snacks Starting at \$4.50

Cheese Snack Platter

assorted meats, cheese, fruits and crackers

Crudité

Fresh vegetable with dipping sauces

Snack Bar

snacks granola bars, chips, pretzels, trail mix

Breakfast Starting at \$9

Coffee and tea provided with all breakfast selections

Wrapped hot breakfast handhelds

Eggs plus your choice of sausage or Ham, cheeses: Cheddar, American, Swiss, or Jack served on Croissant, English Muffin or Hoagie

Breakfast Burrito

Scrambled eggs potatoes and green chili or country gravy, sausage, cheese, potatoes wrapped in a flour tortilla

Totally Continental

Assorted muffins and Danish with whole fruit for grab-n-go

French Breakfast

Cinnamon swirl French toast served with bacon and syrup.

The Mountain Peak Breakfast

Scrambled eggs, pancakes with thick sliced bacon, diced potatoes with sautéed onions and peppers.

Bagel Bar

Fresh Baked Assorted Bagel Bar Served With sliced Lox, assorted Cream Cheese, Sliced Tomatoes, Shaved Red Onions

Breakfast Add-Ons Starting at \$3

Yogurt Bar with granola

Scrambled Eggs

Danish

Muffins

Cereal Bar with Oatmeal packets and assorted milks

Fresh Fruit Platter

Parfaits Yogurt and fresh fruit

Dining Hall Lunches Starting at \$12

Pulled Pork

Slider or full Hawaiian rolls served with coleslaw and baked beans

Baked Potato Bar

Baked potatoes with loading options including chili, cheese, sour cream, shredded cheese, roasted broccoli, butter and chives

Chicken Tender

Crispy tenders with (choose one: macaroni and cheese, mashed potatoes or french fries, served with a green salad or fresh fruit

Soup and Grilled Cheese

Served with Fritos or goldfish and fresh fruit

Combo Meal

Your choice of half sandwich and soup or salad
See the sandwich, soup, and salad selections below.

Accompaniments Starting At \$6

Fresh Green Salad with veggies and dressing

Chicken Soup

Tomato Soup

Pack Out Lunches Starting at \$12

Yogi's favorite pic-a-nic basket

Pick 2 sandwich options and your basket style below.

Picnic Basket: Deli sandwiches, pasta salad, chips, and cookie/brownie
Hiking Basket: Deli sandwiches, pretzels/chips, string cheese, trail mix/bars, and cookie/brownie

Grab and Go Lunch Packed at Breakfast

Deli meats and cheese slices laid out with breads for a make your own sandwich station. Includes choices of 3 sides for a great sack lunch!

Box Lunches Sandwich/Wrap (Full and Half Sizes Available)

For groups of 50 or less choose two sandwich options. For groups of 50 or more choose three sandwich options. For groups of 100 or more choose 4 sandwich options. Any sandwich can be made gf or vegan.

Grilled Chicken Club

Savory Grilled Chicken Breast paired with Thick Cut Bacon, Mixed Greens, Tomato, Onions, and Swiss Cheese

Caesar Steak Wrap

Creamy Caesar Marinated Shoulder Steak with Fresh Parm, Crisp Romaine and Sweet Red Onions wrapped in a Soft Tortilla

Bacon Caprese Sandwich

Thick Cut Smoked Bacon with Steak Cut Tomatoes, Onions, Buffalo Mozzarella and Fresh Basil

Italian Sub

Stacked Baked Ham, Salami and Pepperoni on a Fresh Baked Roll with Peppers, Onions, Olives and Provolone

Turkey Gouda

Oven Roasted Sliced Turkey Stacked High with Smoked Gouda, Cranberry, Sweet Mayo, Tomato, Onion and Lettuce

Smoked Ham and Cheddar

Mile High Piled Smoked Ham with Lettuce, Tomato, Onion and Cheddar

Roast Beef and Swiss

Slow Roasted Roast Beef, Sliced Thin but Stacked High, with Swiss Cheese and Accoutrements

Steak with Cranberry and Gorgonzola

Seared Tender Steak with Melted Gorgonzola, Sweet Mixed Greens and Cranberry Sauce

Vidalia Chicken Salad Wrap

Home-made Chicken Salad with Crisp Romaine and Vidalia Onion Dressing wrapped Burrito-Style

Ham and Havarti

Sweet Ham, Lettuce, Tomato, Onion and Havarti on a Ciabatta Roll

BLTTA

The Original Bacon, Lettuce, Tomato, Turkey, and Avocado Sandwich

Sides for Sandwiches

Chose 2 for \$2:

Kettle Chips or Boulder Chips

Trail Mix

Popcorn

Pudding or Yogurt

String Cheese

Whole Dill Pickle

Small Side Salad

Pretzels

Chose 1 for \$2:

Whole Fresh Fruit

Vegetable Pasta Salad

Fresh Fruit Salad

Italian Pasta Salad

Dinner Starting at \$12

Pizza Party

Assorted homemade pizza and fresh fruit

Mountain Pot Roast

Slow roasted beef in brown gravy served with warm rolls, roasted carrots, mashed potatoes

Stuffed Chicken

Chicken breast with ham, smoked gouda cheese and sautéed spinach served with cavatappi pasta sautéed with cherry tomatoes, asparagus and fresh basil pesto

Pasta and Meatballs

Bountiful Cavatappi pasta topped with our homemade Bolognese sauce, handcrafted meatballs served with cheesy garlic bread and fresh steamed vegetables with fresh salad bar

Stir-Fry

Traditional Stir Fry with veggie fried rice, chicken and vegetables, served with egg rolls and sauces

Chicken Curry

Curry Chicken with Basmati Rice and steamed broccoli

Pineapple Teriyaki Burgers

Grilled Pineapple teriyaki Burgers roasted corn on the cob, and coleslaw

Calzones

Calzones with ricotta, marinara, mushrooms, sausage and pepperoni (or plain mozzarella) with Salad

Chicken Enchiladas

Chicken Enchiladas with green enchilada sauce, rice, beans and tortilla chips with salsa

Pad Thai

Pad Thai - Chicken with rice noodles and vegetables

Add Salad Bar

Fresh Spring Mix or Garden Salad with deli meats, shredded and chopped cheeses, Onions, Peppers, Carrots, Tomatoes, Cucumbers, Chickpeas and Kidney Beans, Mandarin Oranges and a selection of dressings.

Add Soup

Homemade hot selections like creamy potato, chicken noodle and vegetable barley

Desserts to complete any meal starting at \$2

Carrot Cake

Lemon Cake

Chocolate Cake

Cherry or Lemon Italian Ice

Fresh Baked Cherry Turnovers

Warm Chocolate Chip Cookies

Warm Brownie or Blondie

Desserts A La Cart Starting At \$2

Baked Goodies: Brownies, Cookies and Cakes

S'mores Bar: graham crackers, chocolate and marshmallows

Banana boat Bar: Foil sheets, bananas, chocolate and marshmallows ready for the fire

Hot Cocoa Bar: Hot chocolate served in warmer with marshmallows and whipped cream on the side

Movie Snacks: assortment of individual popcorn, pretzels and candy

Brownie or Blondie Sundae: Ice cream and chocolate sauce over a brownie with whipped cream