



AMFA BREAKS AND A LA CARTE MENUS



Breaks and Refreshments

SNACK STATION

Vegetable Crudit  with Hummus Dips
Energy/Granola Bars
House-made Potato Chips

MID-MORNING POWER BREAK

Assorted Bagels
Sliced Seasonal Fruit and Berries
Breakfast Breads, Danish, and Muffins
Butter, Preserves, and Cream Cheese
Yogurt Parfaits with Granola and Berries
Energy Bars
House Juices

DRINK STATION

Assorted Sodas (Coke, Diet Coke, Sprite)
Unsweet and Sweet Tea
Decaf and Regular Coffee
Iced Water

THE HEALTH NUT STATION

Trail Mix with Dried
Fruit and Nuts Granola
Bars
Seasonal Fruit, Berries
and Bananas Plain
Greek Yogurt

JUST DESSERTS STATION

Select 3:

Peanut Butter Cookies
Lemon Bars
Chocolate Truffles
Double Fudge Brownies
Macarons
Mini Chocolate Cupcakes
Baby Chocolate Eclairs



A La Carte Refreshments

Freshly Brewed Regular and Decaf Coffee

Herbal Teas with Lemon

Iced Sweet and Unsweetened Tea

Lemonade

Fruit Infused Waters

Bottled Juices and Bottled Water

Breakfast Pastries

Bagels with Cream Cheese

Croissants with Butter and Jam

Greek Yogurt and Assorted Toppings

Sliced Fruit and Berries