# INVIGORATING BREAKS 2018 

## Executive Breaks

I. assortment of cheese and crackers; fresh vegetable crudité with dill dip; mini pretzel twists, parmesan kettle chips, and fresh sliced fruit array
II. selection of sausages, cheeses, crackers and flatbreads; tri-colored tortilla chips with black bean and corn salsa; fresh vegetable crudité with dill dip and lemon bars
III. flat breads and crostinis with tomato bruschetta topping; hot spinach artichoke dip and chocolate-almond biscotti

## $7^{\text {th }}$ Inning Stretch

I. "Nacho Bar"
house-fried tortilla chips, beef chili, warm cheese sauce, sliced jalapenos peppers, diced green onions, tomatoes, salsa, guacamole, and sour cream
II. "North Sider"
fresh popcorn, hot pretzels with mustard, peanuts in the shell, caramel corn, and chocolate chunk cookies
III. "South Sider"
fresh popcorn, mozzarella stuffed breadsticks with marinara sauce, fudge nut brownies, caramel corn, and peanuts in the shell

## Health Break

I. assorted fruit yogurts, whole fresh fruits, granola, and fruit trail mix
II. build your own trail mix: whole almonds, peanuts, m\&m's, dried bananas, apricots, and dried cranberries, walnuts, granola, and dark chocolate chips
III. baked pita chips, carrots and celery sticks with spicy orange hummus, granola and kind bars, diced fresh fruit with vanilla yogurt and granola

## Sweet Tooth Breaks

I. Ice Cream Sundae Break*
french vanilla bean ice cream with toppings to include: chocolate, strawberry, and caramel sauces, fresh whipped cream, m\&m's, peanut topping, crushed oreos, sprinkles, and maraschino cherries
II. Chocolate Break chocolate covered raisins, chocolate covered peanuts, chocolate dipped pretzels, frosted fudge nut brownies, malted milk balls, and m\&m's
III. The Chocolate Dip
pretzel rods, fresh strawberries, cheesecake bars, sugar and chocolate chunk cookies, and biscotti all dipped in semi-sweet chocolate and served with fresh whipped cream
*staff fee recommended

