# <u>Invigorating Breaks</u>

## <u>Executive Breaks</u>

(choose one)

Assortment of Cheese & Crackers, Fresh Carrots, Celery, Broccoli, Cauliflower, & Tomato Crudité with Dill Dip, Fresh Sliced Fruit & Berries, Pretzels, Parmesan Potato Chips with French Onion Dip

Selection of Sausages, Cheeses, Crackers, & Flatbreads; Sweet Potato Chips with Black Bean & Corn Salsa; Fresh Red-Yellow-Green Bell Pepper, Zucchini, Yellow Squash, Radish, & Carrot Crudité with Peppercorn Ranch Dip; & Lemon Bars

Flat Breads & Crostini with Tomato Bruschetta Topping & Hot Spinach Artichoke Dip, Chocolate & Almond Biscotti round out the Selections

## 7<sup>th</sup> Inning Stretch-ers (choose one)

"North Sider" Fresh Popcorn, Hot Pretzels with Mustard, Peanuts in the Shell, Cracker Jack, & Jumbo Cookies

"Macho Nacho" House Fried Tortilla Chips, Hot Chile Con Queso, Sliced Jalapeno Peppers, Tex-Mex Shredded Cheese, Diced Green Onions, Diced Tomatoes, Guacamole & Sour Cream

"South Sider" Jumbo Mozzarella Stuffed Breadsticks with Marinara, Fudgenut Brownies, Crunch-N-Munch, & Peanuts in the Shell

## Health Breaks (choose one)

Assorted Fruit Yogurts, Whole Fresh Fruits; Granola, Trail Mix, Cereal Bars; Dried Fruits Mix, Celery & Carrot Sticks with Dill Dip. Chilled V-8 Splash

Fruit Trail Mix, Protein & Energy Bars, Arizona Ice Tea, Sliced Fruit with Honey Yogurt Dip

Baked Pita Chips with Roasted Pepper Melange & Spicy Orange Hummus, Berries & Peaches with Raspberry Yogurt & Sweet Crumbly Granola for Topping

## Sweet Tooth Breaks

### Ice Cream Sundae Break

Vanilla Ice Cream & Toppings to Include: Chocolate, Strawberry & Carmel Sauces, Fresh Whipped Cream, Candy & Nut Toppings, Maraschino Cherries

### **Chocolate Break**

Chocolate Covered Raisins, Chocolate Covered Peanuts, Chocolate Dipped Pretzels, Frosted Fudgenut Brownies, Malted Milk Balls, M&M's

### The Chocolate Dip

Pretzel Rods, Fresh Strawberries, Cheesecake Squares, Sugar & Chocolate Chip Cookies, Biscotti & Lemon Squares, All Dipped in Semi Sweet Chocolate. Served with Fresh Whipped Cream

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