

The following steps will help you through the process of organizing your special function.

Arranging and Reserving a Date

Even if the date of the event is only tentative, please make arrangements with the catering department so that we can get you on our schedule. All other information such as location, number of guests, time of the function, menu selection, and payment arrangements need to be decided at least seven business days before the function. You may contact University Catering at (810) 762-0888 or email at catering-manager@umflint.edu.

Reserving a Location

Whether the event is to take place on campus or off, the location reservation needs to be confirmed before we will deliver. For on-campus events, tables, chairs, and other equipment will need to be arranged through Event and Building Services (EBS) at (810) 762-3436. For non-university facilities, please review our needs for tables, trash cans, etc., so they can be included in your room arrangements. To reserve a room on campus or at the Northbank Center, please contact Event and Building Services at (810) 762-3436.

Contact the University Catering Office

At least seven days before the event, contact the catering office at (810) 762-0888, email us at catering-manager@umflint.edu or stop by our office located on the third floor of the Harding Mott University Center. Some arrangements can be made by phone or email, others require an appointment with the Catering Manager. This is the time for a thorough discussion of all specific details. We can help you make all the necessary decisions to determine which of the services that we offer would best fit your needs.

Office hours are Monday through Friday, 9:00am to 4:30pm, closed on some holidays. After details for your special event have been finalized, you will receive your Event Sheet confirmation. All cancellations and final changes, including the guaranteed customer count, MUST take place at least three business days prior to your function. Charges will be incurred if you cancel or make any changes after this time. If you do not contact us with a final count within the three business days allowed, we will prepare for the estimated number and charge accordingly.

Event Confirmation and Guarantees

A guarantee is required five business days before your catered event. This confirmation and guarantee will include the exact times, location, attendance, menu choices and room setup. If your event is cancelled, you are responsible for contacting the catering department and canceling the event. You will be liable for 75% of your food bill for any event that is not cancelled within three business days and confirmed in writing by the customer. If the University is closed due to inclement weather, all catered events will be automatically canceled and no charges will be incurred. However, the University only closes in the event of extreme weather; do not make any assumptions in this regard.

Payment

All catered functions must have a secured payment before they occur. Cash, major credit card, University short-code and chartfields are all valid payment methods. Non-university related groups are required to pay in full two weeks prior to the event. A 25% deposit for all non-university related groups is required. Tax exempt organizations are required to submit a copy of their exemption certificate prior to the event date.

Delivery Fees

There is no delivery fee for catering services held within the University Center. Deliveries outside the University Center, but on campus, are subject to a \$10 delivery fee. Events held off campus are subject to a delivery fee based on the location and agreed to in advance.

Alcohol Policy

On University property, all alcoholic beverages must be served by University personnel, and consumed in designated areas. Proof of age will be required. Event and Building Services reserves the right to refuse service of alcoholic beverages to any person. All personnel have completed TAM or TIPS training.

Alcohol Service/Policy

All alcoholic beverage service and the related policies are provided by Event and Building Services. Please contact EBS at (810) 762-3436 to make arrangements. Be advised that events held outside the University Center may require host liability insurance and/or a special permit. Allow at least one month's lead time to obtain a special permit.

Attendants

To ensure that your event is a success, catering attendants will be provided for all served meals and buffets during the service period. If attendants are needed for additional time a fee of \$12 per attendant per hour will be applied. An 20% service charge will be added to all served meals exceeding 50 guests.

Catering Equipment

As the host of the catered event, you are responsible for the service equipment we have provided. Any missing or damaged catering equipment or supplies will be charged to your account at replacement costs. In the occurrence of a very large event or unique service requirements, specialty equipment may need to be rented. We can provide this for you at an additional charge.

China Charges

Our catering department provides high-quality plastic products as our standard, unless otherwise requested. We also offer china service for events at an additional charge.

Floral Charges

We will be happy to take care of all your floral and decorative arrangements for an additional charge.

Linens and Skirting

We will provide linens and skirting for food and beverage tables at no charge. If you would like linen to be placed on guests tables for receptions, breaks, or meeting tables there will be a \$5 fee for each tablecloth. Other tables may be skirted and covered at \$5 per tablecloth and \$16 per skirt. We can also provide napkins to meet your color scheme for \$.50 each. Specialty linens and skirts are available upon request for an additional charge.

Late and Minimum Charges

A late charge of 15% will be assessed for any event booked with less than 72 hours notice and is subject to the availability of both products and staff. Any changes made once the event has been confirmed will be charged 5% plus any additional direct cost incurred. There will be a minimum charge of \$10 for beverage orders and \$25 for food orders, not including delivery fees. Arrangements for orders less than the minimum amount can be made if they are picked up during office hours.

Sustainable and Organic Menus

Our culinary staff is happy to produce a sustainable and/or organic menu for your

event. We can create fresh and healthy meals using local products that are free of pesticides, hormones and antibiotics. Some items may be limited based on availability. Costs typically run higher than for events featuring conventional foods.

Food Removal Policy

Due to health regulations, it is the policy of University Dining Services that excess food items from events cannot be removed from the event site. Items purchased for pick up should be properly stored prior to the event and removed and disposed of by the host of the event.

Restocking Fee

We offer a .25 per bottle restocking fee on a la carte beverage items.

MHealthy/Good Choice

University Dining Service partners with MHealthy/Good Choice in their identification of items that assist in controlling the intake of total fat, saturated fat, trans fat, cholesterol, sodium and added sugar while increasing the amount of dietary fiber. MHealthy Nutrition Guidelines vary by food category. For more information about MHealthy, visit www.mhealthy.umich.edu and see page 32 for more information.

The menus contained on the following pages are designed to assist you in planning your event. They only represent a sampling of items that are available from University Dining Services. We also provide theme buffets, cookouts and ethnic dishes. Customized menus are always available to fit your specific budget and needs. Just give us a call and we would be happy help plan your event.

A Great Start

The menus below are all presented buffet style. However, if a served Breakfast is desired, an appropriate menu can be customized to fit your needs.

Early Riser

Freshly brewed regular and decaf coffee
Hot water with assorted tea bags
Juice assortment (orange, apple or cranberry)
Mini muffins and danishes
\$4.95/person • 25 minimum

Eye Opener

Freshly brewed regular and decaf coffee
Hot water with assorted tea bags
Juice assortment (orange, apple or cranberry)
Choice of two (mini muffins, scones, croissants, or mini danishes)
Seasonal fresh cut fruit tray
\$6.61/person • 25 minimum

Sunrise Start

Freshly brewed regular and decaf coffee
Hot water with assorted tea bags
Juice assortment (orange, apple or cranberry)
Choice of two (mini muffins, scones, croissants, or mini danishes)

Seasonal fresh sliced fruit tray
Individual yogurts with granola
\$7.02/person • 25 minimum

Healthy Start

Freshly brewed regular and decaf coffee
Hot water with assorted tea bags
Juice assortment (orange, apple or cranberry)
Individual yogurt served with granola
Seasonal fresh cut fruit tray
Bran muffins
Bagel bites with cream cheese
\$8.26/person • 25 minimum

On The Hot Side

The menus below are all presented buffet style. However, if a served breakfast is desired, an appropriate menu can be customized to fit your needs.

The Wolverine

Freshly brewed regular and decaf coffee
Hot water with assorted tea bags
Juice assortment (orange, apple or cranberry)
Seasonal fresh cut fruit tray
Scrambled eggs
Sausage links, bacon or turkey bacon (additional \$.77)
Hash browns or potatoes o'brien
Choice of two (mini muffins, donuts or mini danishes)
\$10.29/person

Maize and Blue

Freshly brewed regular and decaf coffee
Hot water with assorted tea bags
Juice assortment (orange, apple or cranberry)
Seasonal fresh cut fruit tray
French toast with maple syrup and whipped butter
Egg strata
Sausage links, bacon or turkey bacon (additional \$.77)
Hash browns or potatoes o'brien
Assorted breakfast breads and pastries
\$12.36/person

The Alumni Breakfast

Freshly brewed regular and decaf coffee
Hot water with assorted tea bags
Juice assortment (orange, apple OR cranberry)
Seasonal fresh cut fruit tray
Individual yogurt with granola
Assorted breakfast breads and pastries

Choice of two of the following:

- Scrambled eggs
- Cheese blintzes with sour cream & strawberry or blueberry topping
- Waffles with whipped cream, strawberry & blueberry topping, maple syrup & whipped butter
 - French toast with maple syrup and whipped butter

Choice of three of the following:

- Bacon
 - Turkey bacon (additional \$.77/person)
 - Ham slices
 - Sausage links
 - Hash browns or potatoes o'brien
- \$14.23/person

*For continental breakfast events under 25 guests,
please contact EBS Express at (810) 762-3436*

A Great Start A La Carte

*The following items can be added to any of the Breakfast Buffets
to create a custom menu for any occasion.*

Morning Break A La Carte

- Individual cereal with pints milk - \$2.47 each
 - Seasonal fresh fruit salad - \$2.99 each
 - Seasonal whole fresh fruit - \$1.02 each
 - Seasonal fresh cut fruit - \$2.99 each
 - Nutrigrain®/granola bars - \$.92 each
- Individual yogurt with granola - \$1.43 each

Bakery A La Carte

- Assorted bagels with condiments - \$18.63/dozen
 - Mini bagels with condiments - \$7.94/dozen
 - Donuts - \$10.23/dozen
- Mini breakfast pastries (croissants, scones, muffins, danishes) - \$7.76/dozen
 - Biscotti - \$12.40/dozen
- Breakfast breads (Orange, Lemon Poppy Seed, Banana) - \$5.16 each (serves 8)
- Cinnamon coffee cake - \$12.92 each (Serves 12)

Lunchtime Sandwiches

*Our signature specialty sandwiches can be prepared to suit your event.
Please choose a maximum of three kinds of sandwiches;
accompaniments must be the same for all sandwiches.*

Picnic Lunch on the Go

Choice of picnic sandwich
Bag of chips
One fresh baked cookie
20 oz bottled soda/water
\$7.13/person

Super Picnic Lunch on the Go

Choice of picnic sandwich
Whole seasonal fresh fruit
20 oz bottled soda/water
One fresh baked cookie or brownie
Potato Chips
Choice of one sides:

- Potato chips
- Coleslaw
- Cucumber salad
- Macaroni salad
- Potato salad

- Fresh fruit cup (additional \$1.29 / person)
 - Pasta salad

\$10.29/person

Picnic Sandwich Selections *(Sandwiches include lettuce and tomatoes)*

- Roast Beef thinly sliced, cheddar cheese, red onions, finished with dijon mayonnaise.
 - Ham and swiss cheese with honey mustard
 - Roasted turkey breast with cheddar and horseradish mayo.
 - Herbed tuna salad
 - Tender chicken salad
 - Roasted vegetable wrap with vegan mayonnaise
- Bread Selections include choice of two:
Baguette, Croissant, Wrap, Sub Roll or Baker's Bread

Gourmet Lunch on the Go/Platter

Choice of gourmet sandwich
Bag of chips
Cookie or brownie
20 oz bottled soda or water

Choice of one of the following:

- Fresh fruit salad
- Pasta salad
- Cheese tortellini salad
- Potato salad
- Cole slaw

\$12.36/person

MHealthy Boxed Lunch

Choice of turkey or tuna sandwich on wheat
Bag of baked chips
Fruit Cup
Water or Diet Soda
\$8.16/person

Gourmet Sandwich Selections

Italian Focaccia: Italian focaccia bread filled with slices of smoked turkey, Italian provolone cheese, pepperoni, red wine vinaigrette, leaf lettuce and Dijon mustard.

Sweet Beef: Roast beef with caramelized onion and Dijon mayonnaise on a baguette.

Barbecued Chicken Wrap: Barbecued chicken tenders with caramelized onions, smoked gouda and leaf lettuce, wrapped in a soft tomato tortilla.

Armenian Roller: Choice of shaved breast of turkey, ham or roast beef, rolled between layers of spinach, tomato and horseradish cream cheese in a soft spinach tortilla.

The Big Ten Sandwich: Grilled chicken strips with muenster cheese, sliced tomato, leaf lettuce and pesto mayonnaise on a French baguette.

Tuscan Wrap: Grilled chicken breast, risotto and ratatouille with olive tapenade in a spinach tortilla.

Bistro Bagel: Herbed tuna salad seasoned with basil and parsley and mixed with diced red pepper, celery and low-fat mayo served on a bagel with sliced tomatoes.

The Roasted Vegetarian: Grilled Portobello mushrooms, roasted peppers and red onion with provolone cheese on focaccia bread.

Santa Fe Wrap: Black beans, brown rice, corn, cheddar cheese and salsa in a soft flour tortilla

Luncheon Salads

All Luncheon Salads include a dinner roll and butter, cookies or a brownie, and a choice of 20 oz. soda or bottled water.

Cobb Salad

A bed of mixed greens with smoked turkey, avocado, egg, bacon and crumbled blue cheese served with blue cheese dressing.

\$7.94/person

Caesar Salad

Fresh cut romaine lettuce with shredded parmesan cheese, focaccia croutons and Caesar dressing.

\$6.19/person

- Add grilled balsamic chicken breast (add \$1.95/person)
- Add beef strips (add \$2.26/person)
- Add shrimp (\$3.09/person)
- Add salmon (add \$3.61/person)

Chef Salad

A bed of mixed greens with julienne ham and turkey, cheddar cheese, hard boiled egg and honey mustard dressing.

\$7.75/person

Tri-Salad Combo

A special mixture of fresh greens topped with a choice of three salads: chicken salad, egg salad, tuna salad or ham salad.

Served with an assortment of breads.

\$8.26/person

Chicken Fajita Salad

Fresh mixed greens, marinated sliced chicken breast, vegetables, tomatoes, shredded cheddar cheese and fried tortilla chips served with ranch dressing.

\$7.95/person

Taco Salad

A crisp tortilla shell filled with spicy chicken, beef or refried beans. All are topped with shredded lettuce, diced tomatoes, sliced olives, shredded cheddar cheese, guacamole, sour cream and salsa.

\$7.75/person

Antipasto Salad

Cubed salami, ham, sliced olives, diced tomatoes, cubed provolone cheese, tossed with fresh greens and a vinaigrette dressing.

\$7.23/person

Big Greek Salad

Beets, red onions, peppercinis, olives, tomatoes, roasted red pepper and crumbled feta cheese, on a bed of crisp mixed greens.

\$7.02/person

Vegetarian Hummus Plate

Hummus with pita & vegetable sticks. A traditional hummus served with black olives, carrot and celery sticks and pita wedges.
\$6.71/person

Fruit and Cottage Cheese

Red seedless grapes, wedge of apples and oranges, sliced cantaloupe served with cottage cheese.
\$7.54/person

Bountiful Buffets

*The following buffets have been created with distinctive themes for your event planning convenience.
All are available at lunch or dinner.*

Slicers Deli Buffet

Sliced roast beef, ham and turkey
American, Swiss and Provolone cheese
Assorted bread and rolls
Relish tray with lettuce, tomato, pickles, and onions
Condiments
Potato chips
Cookies or brownies
Lemonade or iced tea
Ice Water
\$11.33/person • 15 minimum

Salad Buffet

Seafood salad, chicken salad, tuna salad, egg salad.
Tossed garden salad with a choice of two salad dressings
Assorted bread and rolls
Relish tray with lettuce, tomato, pickles, and onions.
Condiments
Potato chips
Cookies or brownies
Lemonade or iced tea
Ice water
\$7.71/person • 15 minimum

Caesar Bar

Romaine lettuce tossed with parmesan cheese,
croutons, and caesar dressing
Fresh baked rolls and butter
Dessert bars
Lemonade or iced tea
Ice Water

Optional additions:

- Grilled chicken (add \$1.95)
- Beef strips (add \$2.26)
- shrimp (add \$3.09)
- salmon (add \$3.61)

\$7.71/person • 15 minimum

Little Italy

Caesar salad
Tomato and mozzarella salad with balsamic vinaigrette
Garlic bread sticks
Cannoli or cookies
Lemonade or iced tea
Ice water

Your choice of one of the following:

(Add Entrée for \$1.60 per person)

- Alfredo sauce with linguine
- Meat marinara with spaghetti
- Marinara (vegetarian) with spaghetti
- Pesto cream sauce with rotini
- Four-Cheese pasta
- Meat lasagna or vegetable lasagna

\$11.33/person • 15 minimum

All American

Tossed green salad with ranch or Italian dressing
Potato salad
Broccoli salad
Fresh baked rolls and butter

Choose one of the following

Meatloaf with mashed potatoes
Beef stroganoff over buttered noodles
Chicken a la king over rice
Chicken pot pie

Lemonade or iced tea

Ice water

\$10.91/person • 15 minimum

Asian Inspiration

Chow Mein noodle salad
Minted fresh fruit salad
Oriental vegetable blend
Steamed white rice
Fortune cookie or almond cookie

Choose one entrée

(Add Entrée for \$1.55 per person)

Beef and broccoli stir fry
Pineapple chicken
Stir-Fried vegetarian pasta
Lemonade or iced tea

Ice water

\$11.33/person • 15 minimum

Basic BBQ

Hamburgers, hot dogs and veggie burgers

Sliced cheese

Potato salad, macaroni salad or coleslaw

Relish tray with lettuce, tomato, pickles and onions

Condiments

Potato chips

Cookies or brownies

Lemonade or iced tea

Ice water

\$9.26/person • 25 minimum

Fajita Bar

Choice of chicken, beef or vegetable fajitas

Warm flour tortillas

Spanish rice

Sour cream, salsa, guacamole, shredded lettuce, and grated cheddar cheese

Original cheesecake

Lemonade or iced tea

Ice water

\$13.40/person • 15 minimum

Taco Bar

Choice of seasoned ground beef or turkey

Hard shell tacos

Sour cream, salsa, guacamole, shredded lettuce, and
grated cheddar cheese

Cookies or brownies

Lemonade or iced tea

Ice water

\$7.71/person • 15 minimum

Mediterranean Buffet

Chicken Swarma

Rice Pilaf

Roasted Vegetables in Middle Eastern Rub

Hummus

Tabouli

Baba Ganoush

Falafel

Lemonade or iced tea

Ice water

\$14.43/person • 15 minimum

Texas Style BBQ

Choose one of the following:

- Beef brisket
- BBQ chicken breasts with cheddar BBQ sauce

Choose two of the following:

- Hamburgers
- Cheeseburgers
- Beef hot dogs
- Veggie burgers

Corn on the cob

Ranch style baked beans

Potato salad, coleslaw or macaroni salad

Relish tray with lettuce, tomato, pickles, and onions

Condiments

Cookies or brownies

Lemonade or iced tea

Ice water

\$13.40/person • 15 minimum

Wings and Things

Caesar salad

Buffalo wings with blue cheese dressing

Celery sticks and carrot sticks

Choose two of the following:

California vegetable pizza

Cheese pizza

Pepperoni pizza

Lemonade or iced tea

Ice Water

\$12.40/person • 15 minimum

Desserts

Below is a list of Desserts that can accompany any of our Culinary Classics or Snack Breaks.

Finger Desserts

- Chocolate chip - \$1.19/person • \$9.31/per dozen
- Oatmeal raisin - \$1.19/person • \$9.31/per dozen
- Peanut butter drop - \$1.19/person • \$9.31/per dozen
- Chocolate chocolate chip - \$1.19/person • \$9.31/per dozen
- Macaroons - \$1.19/person • \$9.31/per dozen
- Assorted biscotti - \$1.43/person • \$11.38/per dozen
- Freshly baked brownies - \$1.33/person • \$11.38/per dozen
- Tea cookies - \$1.13/person • \$8.84/per dozen
- Chocolate dipped strawberries - \$1.54/person • \$16.56/per dozen
- Assorted mini desserts - \$1.54/person • \$12.42/per dozen
- Rice Krispies ® Treats - \$1.19/person • \$9.31/per dozen
- Lemon bars - \$2.22/person • \$17.59/per dozen
- Square petit fours - \$2.05/person • \$18.63/per dozen

Celebration Cakes

Your Choice of flavor and decorations.

½ Sheet Cake - \$37.26 • serves 40

Full Sheet Cake - \$72.45 • serves 75

Gourmet Desserts

- Carrot cake - \$2.26/person
- Peach cobbler - \$1.64/person
- Pumpkin pie - \$1.85/person
- Key lime pie - \$2.37/person
- Lemon meringue pie - \$1.85/person
- Chocolate cake - \$2.88/person
- Angel food cake - \$1.64/person
w/ seasonal berries
- Cheesecake - \$3.05/person
with strawberries
- Tiramisu - \$4.08/person
- Oreo cookie pie - \$2.99/person

Beverages

Priced per gallon where appropriate.

Hot Beverages

- Fresh brewed regular coffee - \$14.49/gallon
- Fresh brewed decaf coffee - \$14.49/gallon
- Hot water and assorted tea bags - \$9.32/gallon
- Hot chocolate with 2% milk - \$16.56/gallon
- Hot spiced caramel apple cider (Seasonal) - \$18.63/gallon

Cold Beverages

- 20 ounce bottled Soda - \$1.85/each
- Bottled water - \$1.33/each
- 10 ounce bottled juice - \$1.85 each
- Bulk Ice water - \$.10/person
- Juice (orange, apple or cranberry) - \$12.42/gallon

Punches

- Lemonade - \$12.00/gallon
- Iced tea - \$12.00/gallon
- White cranberry pineapple - \$18.63/gallon
- White cranberry apple - \$18.63/gallon
- Green citrus punch - \$18.63/gallon
- Sherbet punch - \$18.63/gallon

Hors D'oeuvres, Dips, Trays, & Carving Stations

*The following Hors D'oeuvres can be served passed on trays
or set up as stationary buffets depending on the style of your event.*

Trays and Displays

- Fresh cut vegetables with dip - \$1.52/person
- Domestic cheese and crackers - \$2.05/person
- Imported/specialty cheese and gourmet crackers - \$3.50/person
(25 guest minimum)
- Fresh seasonal cut fruit - \$2.47/person
- Antipasto platter - \$2.88/person (25 guest minimum)
- Cascading fresh fruit and cheese display - \$3.50/person
(50 guest minimum)
- Smoked salmon with condiments - \$5.06/person (25 guest minimum)

Dips

- Spinach dip with pita chips (Hot) - \$62.10 • serves 25
- Artichoke dip with pita chips (Hot) - \$62.10 • serves 25
- Chili con queso with tortilla chips - \$25.87 • serves 25
- Hummus with pita chips - \$31.05 • serves 25

Tortilla chips and salsa - \$22.77 • serves 25
Seven layer dip with tortilla chips - \$67.27 • serves 25
Terra chips - \$20.70 • serves 25

Cold Hors D'oeuvres

Shrimp cocktail - \$15.52/dozen
Tomato mozzarella bruschetta - \$15.52/dozen
Cherry tomatoes stuffed with herbed cream cheese - \$22.77/dozen
Silver dollar sandwiches - \$22.77/dozen
Antipasto skewers: mozzarella, roasted red pepper, and
kalamata olives drizzled with Italian - \$14.49/dozen
Caprese skewers: mozzarella, tomatoes drizzled
with balsamic and fresh basil - \$14.49/dozen
Ham/turkey/vegetarian pinwheels - \$12.42/dozen

Hot Hors D'oeuvres

Spanakopita - \$20.70/dozen
Mozzarella sticks with marinara - \$13.45/dozen
Mini eggrolls - \$9.31/dozen
Vegetable quesadillas - \$18.63/dozen
Mini quiche (assorted) - \$12.42/dozen
Frangelico brie bites - \$22.77/dozen
Phyllo wrapped asparagus - \$11.38 dozen

Honey drizzled chicken drumettes - \$13.45/dozen
Chicken and cheese quesadillas - \$18.63/dozen
Honey ginger chicken satay - \$15.52/dozen
Chicken fingers - \$11.38/dozen
Chicken wings - \$9.31/dozen

Stuffed mushrooms (crab or sausage) - \$18.63/dozen
Pork potstickers with oriental dipping sauce - \$19.66/dozen
Crab rangoon with oriental dipping sauce - \$17.59/dozen

Mini cocktail meatballs - \$10.35/dozen
Sugar bacon-wrapped sausage - \$14.49/dozen
Beef satay - \$20.70/dozen
Cocktail franks - \$9.31/dozen

Specialty Breaks

Sweet and Salty Break

Assorted individual bags of salty snacks displayed with a variety of snack-size candy bars, served with freshly brewed iced tea and lemonade.

\$7.19/person • 15 minimum

I'll Diet Tomorrow

Chocolate fudge brownies, chocolate chip cookies, a variety of snack-sized candy bars served with ice cold ½ pints of white and chocolate milk.

\$9.26/person • 15 minimum

Ice Cream Social

Includes one 3 gallon tub of ice cream with your choice of vanilla, chocolate or strawberry.

Also includes fresh brewed iced tea and lemonade.

Select two sauces from the following:

- Chocolate
- Hot fudge
- Butterscotch

Select 3 from the following toppings:

- Crushed nuts
- Crushed oreos
- Sprinkles
- Granola
- Cherries
- Gummy bears
- Whipped topping
- M & M's

\$6.15/person • 15 minimum

Garden of Delight

Vegetable crudités with dip, fresh seasonal fruit tray, Terra chips, bottled water and freshly brewed iced tea.

\$8.22/person • 15 minimum

Cinema Snack Break

Popcorn with assorted toppings

Assorted mini candies

Assorted 20 oz soda

\$7.19/person • 15 minimum

Snacks A la Carte

Popcorn - \$1.33/person

Potato chips with ranch dip - \$1.33/person

Pretzels - \$1.33/person

Tortilla chips and salsa - \$1.33/person

Granola bars - \$1.95/person
Mixed nuts - \$2.05/person
Pita chips with hummus - \$2.05/person
Power bars - \$1.95/person
Mini candy bars - \$1.43/person
Soft pretzels - \$1.95/person
Chex Mix - \$1.95/person

What is the MHealthy/Good Choice Program

The MHealthy/good Choice Program is the easy way to make healthy food choices when dining out at the University of Michigan. On the menu the MHealthy/Good Choice logo identifies items that meet MHealthy nutrition guidelines. The guidelines, developed by University of Michigan Registered Dietitians, are appropriate for controlling the intake of total fat, saturated fat, trans fat,

cholesterol, sodium, and added sugar while increasing the intake of dietary fiber.

Research indicates the average individual eats more than half his meals away from home. Unfortunately, our diet tends to be less healthy when we eat out. Specifically, the amount of fiber and calcium decreases while the total number of calories and fat consumed increases. The MHealthy/Good Choice Program identifies healthier choices to help individuals counteract this trend.

Adherence to nutritional guidelines cannot guarantee health; however, choosing healthier foods may decrease an individual's risk for chronic diseases such as heart disease, cancer, diabetes, hypertension and obesity.

MHealthy/Good Choice is the easy way to make healthier food choices!

Contact the MHealthy/Good Choice Program:

MHealthy

2850 South Industrial, Suite 600
Ann Arbor, Michigan 48104-7100
(734) 975-3035

Visit the MHealthy website:
www.mhealthy.umich.edu