



**GOOD
CHOICE**



University Catering

Thank you for your interest in University Catering. We have developed a number of **MHealthy|GOODCHOICE** options for all of your catering needs. Please visit our website, www.catering.umich.edu to view our complete menu and catering policies. We encourage you to contact one of our event coordinators for more information: 734-764-2142.

MHealthy|GOOD CHOICE items meet the MHealthy nutrition guidelines developed by U of M Registered Dietitians and assist in controlling the intake of total fat, total saturated fat, trans fat, cholesterol, sodium, and added sugar while increasing the amount of dietary fiber. Complete nutrition information available.

For more info visit: www.mhealthy.umich.edu





breakfast

Whole Fruit

Individual - \$1.00

Fresh Fruit Platter

Lavishly garnished seasonal fresh fruits

Serves 15 - \$45.00

Serves 25 - \$80.00

Serves 50 - \$160.00

Fat Free Flavored Yogurt

Individual 6 oz - \$2.25

Individual 4 oz - \$1.75

Single Serving “Low Fat” Cottage Cheese

Individual 4 oz - \$1.25

Yogurt Parfait

Vanilla yogurt layered with Granola cereal and topped with fresh berries 12oz - \$3.25

Sunny Grain Bagels

Served with peanut butter, light cream cheese, or low sugar jelly - \$14.50 dz.

Whole Grain Cereals

Cheerios & Multi Grain Cheerios served with skim milk

Individual - \$2.95

Nature Valley Chewy Granola Bars

Assorted Individual Servings - \$0.85

Breakfast Bars

Assortment of breakfast bars – Nutri-Grain Cereal

Bars, Kashi TLC Chewy Bars, and Peanut Butter Bars - \$0.85

Kashi TLC Chewy Bars Trail Mix - \$1.25

Southwest Breakfast Bar (25 minimum)

Warm flour tortillas, scrambled eggs seasoned with cumin and fresh cilantro, low fat cheese, turkey sausage, sautéed peppers and onions, diced tomatoes with cilantro, low fat sour cream and sliced fresh fruit. - \$15.95

includes Chef (in an approved venue)

wake up.

meeting breaks

Assorted Health Food Bars

Nutri-Grain Bars, Kashi TLC Chewy Bars, and
Peanut Butter Bars

Assorted Individual Servings - \$0.85

Whole Fruit

Individual - \$1.00

Fresh Fruit Platter

Lavishly garnished seasonal fresh fruits

Serves 15 - \$45.00

Serves 25 - \$80.00

Serves 50 - \$160.00

Baked Potato Chips

Lays Original

Individual - \$0.85

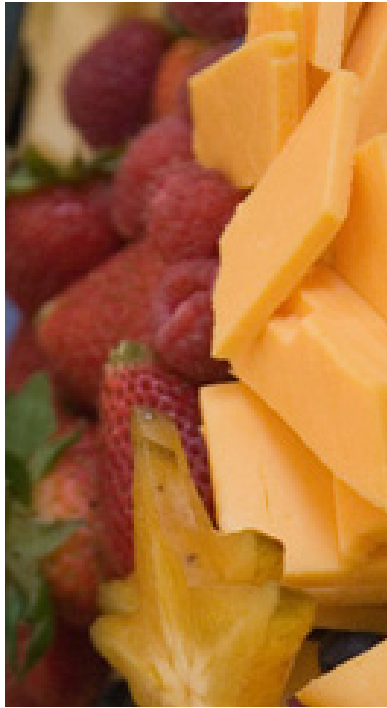
Fresh Crudité Platter

Crunchy seasonal garden vegetables attractively displayed,
served with Roasted Garlic & Sundried Tomato Hummus

Serves 15 - \$30.00

Serves 30 - \$ 60.00

Serves 50 - \$ 100.00



lunch



Grilled Vegetable Salad - \$9.75 per guest

A vegetarian favorite! Grilled asparagus, red peppers, leeks, mushrooms, yellow squash, carrots, eggplant and tomatoes served on a bed of field greens with low fat vinaigrette, and whole wheat roll.

Asian Vegetable Salad

Julienne Napa cabbage, snow peapods, carrots, scallions, tossed with an Asian Citrus Vinaigrette

Topped with grilled shiitake mushrooms - \$12.25 per guest

4 oz. Grilled shrimp - \$16.45 per guest

4 oz. Grilled chicken - \$12.25 per guest



Approved Box Lunch Sandwiches

Your choice; Tuna Wrap, Smoked Turkey Wrap, Chicken Salad Wrap, Beef and cheese Wrap or a Vegetarian Hummus wrap. All box lunch sandwiches include whole fruit, individual baked potato chips, individual Opes Organic Applesauce Oatmeal Cookie and bottled water \$12.50

beverages



Bottled Water

Individual - \$1.00

100% Fruit Juice

10 oz Bottle - \$1.35

Per Gallon - \$14.95

Skim Milk

Half Pint - \$0.65

Diet Soda

Individual - \$1.00

Perrier Sparkling Spring Water

Individual - \$1.75

Coffee (with nonfat creamer)

Per Person - \$2.00

Hot Tea (regular and herbal, non sweetened)

Per Person - \$2.00

Freshly Brewed Ice Tea (non sweetened)

Per Gallon - \$9.00