

ISD Nutrition Services Catering Menu

Nutrition Services- Independence Public Schools -1400 West Geo Space Drive -Independence Missouri 64056

Catering Contact : Kristin Parvin (816)521-5371 Kristin_Parvin@idschools.org

Thank you for choosing Nutrition Services for your next special event. From small meetings, to Gala events the ISD catering team will accommodate your needs for outstanding food service. We look forward to assisting you.

Our Catering Team is available to set up, serve and clean up at your event.. For all service catering a \$35.00 per hour charge is added for each staff mem-

Gourmet Salad Selections \$6.75

Chicken Caesar Salad

Romaine Greens, Parmesan Cheese, Croutons ,Low Fat Caesar Dressing add Grilled Chicken

Chef Salad

Mixed greens, Diced Tomatoes, Red Onions, Shredded Carrots, Hard Boiled Eggs, Turkey, and Ham

Grilled Chicken Salad

Mixed Greens, Cucumbers, Diced Tomato, Cheddar Cheese, Kidney Beans, Grilled Chicken

Southwest Salad

Mixed Greens, Fresh Pico de Gallo, Black Beans, Sour Cream, Cheddar Cheese, Fresh Lime and Seasoned Chicken

All salad options are served with your choice of low fat dressing and warm

Entrée Meals

Baked Potato Bar Oven Baked Russet Potatoes. Fresh steamed Broccoli, Cubed Ham, Shredded Cheese, Sour cream and Butter. \$4.00

Taco Bar Seasoned Ground Beef, Diced Chicken, Whole Grain tortillas, tortilla chips, shredded lettuce, shredded cheese, diced tomatoes, sour cream, and salsa \$6.00

Italian Dinner Spaghetti, with Meat Sauce, Garlic Bread, Garden Salad. \$5.50

Chicken Alfredo with mixed green salad and a breadstick. \$7.00

Gourmet Sandwiches-

Served with Baked Chips \$6.75

Chicken Salad Fresh made Chicken Salad served on a Croissant with Lettuce and Tomato

Grilled Chicken Caesar Wrap

Romaine, Grilled Chicken, Parmesan Cheese, Caesar Dressing Served on a Herbed Wrap

Roasted Turkey Wrap Fresh Spinach,

Roasted Turkey, Roasted Peppers, Shredded Cheddar, Red Onion, Ranch dressing served on a Herbed Wrap

Deli Sandwich- Choice of Honey Ham or Roasted Turkey, Lettuce, Tomato, Sliced Cheese, and Dijonaise served on a Ciabatta Roll

BOX LUNCH SPECIAL—Your choice of Sliced Ham or Turkey, Lettuce, Tomato, and Cheese on Wheat Bread. Chips, Whole Fruit, and a Cookie. \$6.75

ADD A BOTTLE WATER \$1.00

Add a Fresh Vegetable \$1.50, Side Salad \$1.50, hot roll w/butter \$.99

Healthy Start

Assorted Muffin .99 Bagel w/ Cream Cheese 1.10
Yogurt Cup .65 Yogurt Parfait Bar 1.99
Granola Bar .75 Fresh Fruit Cup 1.25
Fresh whole fruits .65 each



Vegetable Tray

Seasonal vegetables served with ranch dipping sauce
small-\$19. medium-\$29. large \$39.

Fresh Fruit Tray

Seasonal fruits served with yogurt dipping sauce
small-\$22. medium-\$32. large \$42.

Cheese Tray

Assortment of cubed cheese served with fruit garnish and
crackers
small-\$32. medium-\$ 42. large \$ 52.

Each tray comes with cocktail napkins and
small plastic plates.

Catering Trays

Small 12" serves 10-15

Award The Star

Elegant Display of assorted Desserts, Royal Brownies, Fresh Baked
Cookies,. Garnished with juicy strawberries and red seedless
grapes, Sparkling Lemon Punch, Regular Coffee with condiments.

\$4.25 per person

Beverages—

Coffee .99 Hot Tea .99 100% Juice .75
1% Milk 1/2 pint .65 Bottle water .99 Iced Tea .99
Assorted Soda .75