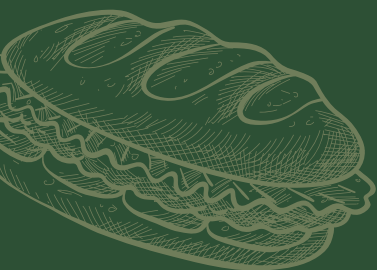
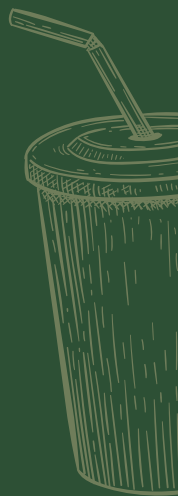




PLAIN LOCAL CATERING SERVICES

*Let us do the
shopping and set up.*



CONTINENTAL BREAKFAST

\$8.95 per person

Assorted Danishes, Muffins
and Donuts

Seasonal Fresh Fruit Salad

Yogurt Parfait

Coffee, Water and Juice

GLENOAK BUFFET BREAKFAST

\$10.95 per person

Scrambled Eggs (Plain or With
Cheese)

Choice of Bacon or Sausage
Patty

Breakfast Potatoes

Fresh Baked Assorted Muffins

Seasonal Fresh Fruit Salad

Coffee, Water and Juice



EAGLES BREAKFAST BOX

\$10.95 per person

BREAKFAST SANDWICH WITH BOTTLED WATER OR JUICE

Choice of Bread: Bagel or
Croissant

Choice of Breakfast Meat:
Sausage Patty or Bacon

American Cheese

Seasonal Fresh Fruit Salad

Hash Brown

Or

GLENOAK BREAKFAST WITH BOTTLED WATER OR JUICE

Hash Brown Egg Omelet Cups

Choice of roasted vegetables,
sausage or bacon topped with
cheddar cheese

Seasonal Fresh Fruit Salad

GREEN & GOLD BREAKFAST

\$10.95 per person

Choice of Pancake, Waffle or
French Toast with Syrup

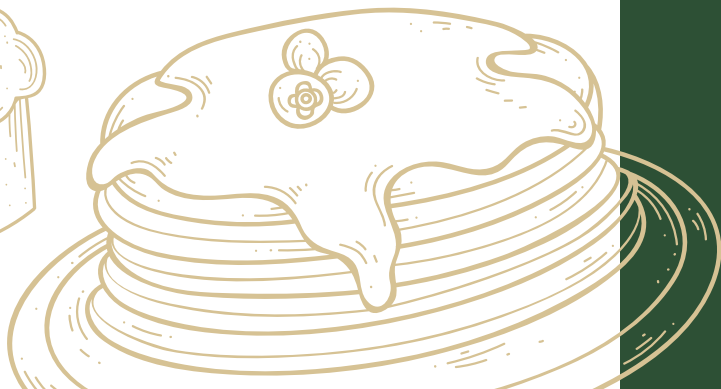
Choice of Breakfast Meat:
Bacon or Sausage Patty

Scrambled Eggs (Plain or With
Cheese)

Seasonal Fresh Fruit Salad

Coffee, Water and Juice

BREAKFAST



SOUP, SALAD OR SANDWICH BUFFET

\$9.95 Per Person

Choice of Two:

SANDWICH

Chicken Pesto Sandwich,
Everything Bagel Club,
Chicken Bacon Ranch Wrap or
Roasted Veggie Wrap

SOUP

Chicken Noodle, Beef Chili,
Specialty Soup or Broccoli
Cheese

SALAD

Chef, Caesar or Cobb
Lemonade and Water
Cookie or Brownie Tray

DELI BUFFET

\$9.95 Per Person

Sliced Turkey, Ham and Roast
Beef

American and Swiss Cheeses

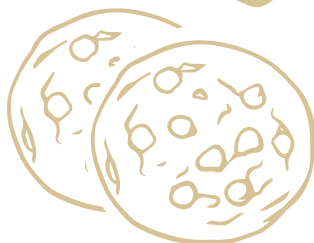
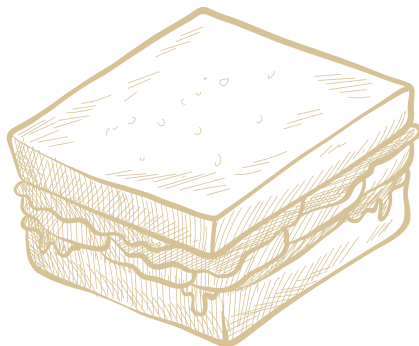
Lettuce, Tomato and Onion

Assorted Condiments and
Bread

Pasta Salad and Chips

Cookie or Brownie Tray

Lemonade and Water



HOT LUNCH BUFFET

\$12.95 per person

Choice of Two Entrées:

Cheese Lasagna

Herb Roasted Chicken

Italian Sausage with Peppers
and Onions

Chicken Parmesan

Choice of Two Sides:

Buttery Noodles

Roasted Red Potatoes

Seasoned Vegetables

Confetti Rice

Rolls or Bread Sticks

Side Salad

Cookie or Brownie Tray

Lemonade and Water

BOX LUNCH

\$10.95 per person

SANDWICH

Choice of Sandwich or Wrap

Chicken Pesto Sandwich,
Everything Bagel Club,
Chicken Bacon Ranch Wrap or
Roasted Veggie Wrap

Cookie, Chips and Water

SALAD

Choice of Salad: Chef, Caesar
or Cobb

Muffin, Seasonal Fresh Fruit
and Water

QUICHE BOX

Choice of Quiche: Bacon or
Zucchini

Muffin, Seasonal Fruit Salad,
and Water



FOOD BARS

\$12 per person

TACO BAR

Beef and Chicken
Brown Rice
Choice of Black or Pinto Beans
Lettuce, Tomato, Sour Cream
and Salsa
Soft Shell and Tortilla Chips
Cookie or Brownie Tray
Lemonade and Water

PASTA BAR

Penne Pasta with Marinara
and Alfredo Sauce
Choice of 2: Grilled Chicken,
Sausage and Peppers or
Meatballs
California Blend Vegetable
Garlic Breadsticks
Side Salad
Cookie or Brownie Tray
Lemonade and Water

PIZZA BAR

Choice Of 3 Different Pizzas:
Pepperoni, Cheese, Pepperoni
& Sausage, Deluxe, Buffalo
Chicken or Tomato Basil
Side Salad
Breadsticks
Cookie or Brownie Tray
Lemonade and Water

SALAD BAR

Romain and Spinach
Assorted Toppings: Tomato,
Cucumber, Pepper, Carrot,
Onion, Black Olives, Diced
Eggs, Bacon Bits, Diced
Chicken, Cheddar Cheese and
Croutons
Assorted Dressing
Breadsticks
Cookie or Brownie Tray
Lemonade and Water



EAGLES DINNER BUFFET

\$14.95 per person

Choice of Two Entrées:

Herb Chicken

Baked Salmon

Italian Sausage with Peppers
and Onion

Chicken Parmesan

Meat Lasagna

BBQ Ribs

Turkey with Gravy

Beef Tips with Buttery
Noodles

Choice of Three Sides:

Pasta with Choice of Sauce

Confetti Rice

Roasted Red Potatoes

Mashed Potatoes

Mac & Cheese

Baked Beans

Buttered Corn

Vegetable Medley

Buttered Herb Roasted Carrots

Side Salad

Rolls or Breadsticks

Cookie or Brownie Tray

Lemonade and Water



DINNER



Plain Local Catering is run under the administration of Food Service Director, Jennifer Rex and provides a full service catering menu available to the Plain Local School District and surrounding communities including breakfast, lunch and dinner and options.

CONTACT FOR MORE INFORMATION:

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rexj@plainlocal.org

www.plshealthymeals.org