Eating Disorder Conference of the Heartland

September 28, 2019 Menu:

CONTINENTAL BREAKFAST:

-Fresh Fruit

- Mini-muffins

-Bagels & Cream Cheese

-Juices: orange & cranberry

-Coffee, Assorted Teas, Water

MORNING BREAK:

-Granola Bars

-Coffee, Assorted Teas, Soda, Water

BOXED LUNCHES:

-Tuscan Grilled Chicken Sandwich

-Parmesan Roast Beef Sandwich

-Roasted Vegetable Multigrain Sandwich- (Vegetarian Option)

-Garden Salad with Grilled Chicken Breasts- for our gluten free guests

-Assorted Side Salads

-Assorted Cookies

-Water, Teas, Coffee, Sodas

AFTERNOON BREAK

-Carrots & Celery with Ranch

-Tortilla Chips & Salsa

-Water, Teas, Coffee, Sodas