



Mid-Morning and Afternoon Breaks

The Garden State

Selection of Fresh Locally Grown Apples

From Under a Heat Lamp, We Will Serve...

Warm Blueberry-Lemon and
Cranberry-Apple Scones

Freshly Mulled Cider

Freshly Brewed Delicious Heights

Blended Coffee – Regular and Decaffeinated

Assorted Teas for Steeping

Light & Healthy

Low Fat Baked Pretzel Rods

Fresh Garden Crudités to Include:

Cauliflower and Broccoli Florets,
Black and Green Olives,
Sweet Bell Peppers,
Carrot Sticks, Crisp Celery,
Zucchini Sticks

Dips Include...

Roasted Bermuda Onion and
Chicago Style Spinach

Whole Fresh Seasonal Fruits

Low Fat Biscotti

Freshly Brewed Delicious Heights

Blended Coffee – Regular and Decaffeinated

Assorted Teas for Steeping

Freshly Brewed Unsweetened Iced Tea

Energy Stretch

House Made Fresh Granola

Coconut Trail Nut Mix

Mini Candy Bars

Individual Fruit and Yogurt Parfaits

Fresh Fruit Smoothies

Bottled Water

Freshly Brewed Delicious Heights

Blended Coffee – Regular and Decaffeinated

Assorted Teas for Steeping

Milk & Cookies

Assorted Deluxe Cookies to Include:

Traditional Chocolate Chip Cookies,
White Chocolate Chunk Cookies
with Macadamia Nuts,

Red Velvet,

Peanut Butter Chunk Cookies,

Oatmeal Raisin Cookies

Whole and Chocolate Milk

Freshly Brewed Delicious Heights

Blended Coffee – Regular and Decaffeinated

Assorted Teas for Steeping

Berry Patch

Warm Berry Cobbler with

Oatmeal Crumb Top

Double Dipped Chocolate Strawberries

Fresh Fruit Tartlets

Freshly Brewed Delicious Heights

Blended Coffee – Regular and Decaffeinated

Assorted Teas for Steeping