

Garden to Table

combines the MLK Ed. Horticulture & Culinary Programs to provide hands-on opportunities for students to learn about sustainable living practice. Seeds planted and harvested by the Horticulture students are passed on to the Culinary students who then create healthy & nutritious dishes featured in this menu for your enjoyment.



MLK Catering

CULINARY ARTS

The MLK Ed. Center's Culinary Arts Program offers youth the opportunity for hands-on experience in all aspects of food service and catering. Students learn how to safely use equipment in the institutional and commercial kitchen by preparing daily meals for the youth in the residential treatment program and for the MLK Ed. Center. The catering program allows students to be immersed in all aspects of catering, from taking orders, to set-up and take-down, to preparing and serving customers. Students also learn how to provide great customer service. The students become experienced in gardening and sustainable living and are active in the harvest, composting and recycling of much of the foods they use. Each student takes the Oregon Food Handlers Certification and obtains their Food Handler's Card, valid for three years, giving them eligibility for work in the foodservice industry.



The MLK Ed Center serves secondary students who currently have an active case with Lane County Department of Youth Services. MLK offers wrap-around services and support to youth who have experienced multiple interruptions in traditional school placements. Our mission is to provide our students with opportunities to develop skills needed to be successful in school, work and our community.



Breakfast Selections

All prices are per guest
All breakfast selections come with freshly brewed coffee & teas

McKenzie Morning Rush **4.50**
Assorted bagels served with cream cheese

Continental Breakfast..... **5.50**
Assorted pastries (mini muffins, Danishes, scones & croissants)
(Add sliced fresh fruit \$ 1.00 per guest)

All-American Breakfast..... **10.00**
Scrambled eggs, country potatoes, crispy bacon or sausage,
assorted Danishes & sliced fresh fruit

Blue River Breakfast Buffet **10.50**
Our signature broccoli & bacon quiche or vegetable quiche.
Includes: bacon or sausage, assorted pastries, sliced fresh fruit &
country style potatoes

Omelet Bar..... **14.25**
Freshly prepared on site. Made to order 3-egg omelets.
Served with a selection of sautéed fresh vegetables, choice of cheeses,
& ham. Accompanied by country potatoes, bacon, link sausage, pastries
& fresh fruit



From the Bakery A la Carte

Bagel with cream cheese..... **2.50 each**

Cinnamon roll **2.50 each**

Mini muffins..... **14.00 dozen**

Mini croissants **14.00 dozen**

Mini scones **14.00 dozen**

Mini pastries **14.00 dozen**

Coffee cake..... **20.00 each**
Our signature Marionberry Streusel Coffee Cake (**serves 16**)

Sheet Cake, 1/2 sheet **40.00 each**
Choice of Cake: Chocolate, Yellow, White, Carrot
Choice of Filling: Raspberry, Lemon, Vanilla, Chocolate
Choice of Icing: Chocolate, Cream Cheese (**Serves 40**)



Beverage Service

Hot Beverage Service

Includes: cups, regular & flavored creamers, sugar, splenda stirrers & napkins

Freshly brewed coffee **1.25 per guest**
Regular or Decaffeinated

Tazo teas..... **1.25 per guest**

Cold Beverages

Bottled water.....**1.25 each**

Sodas (cans)**1.50 each**

Iced tea w/ fresh lemon..... **1.25 per guest**

Lemonade..... **1.25 per guest**

Apple & orange juices **6.00 per pitcher**
(Serves 5 guests)

Ice water service.....**1.50 per pitcher**
(Serves 5 guests)

1% Milk.....**50 each**



Snacks

A selection of snacks perfect for afternoon meetings!

Yogurt Parfait Individual Cups **2.50 each**
Low fat yogurt topped with fresh fruit & granola

MLK Trail Mix **1.50 per guest**
Our own blend of pretzels, peanuts, raisins & M&M's

Chips & Salsa (Pico de Gallo or Roasted Salsa) . **1.50 per guest**
Corn tortilla chips & house-made salsa (Seasonal House Special)

Savory Snack Mix **1.50 per guest**
A savory blend of pretzels & crackers

Crudités Platter **2.50 per guest**
Assorted fresh seasonal vegetables with ranch dipping sauce

Fresh Fruit Platter **2.50 per guest**
Assorted sliced fresh seasonal fruits

Cookie Platters..... **6.00 dozen**
Assorted freshly baked cookies

Brownies..... **14.00 dozen**
Freshly baked chocolate brownies

Mini Cupcakes **18.00 dozen**
(One dozen per flavor)
Pumpkin with cinnamon cream cheese frosting
Red Velvet with cream cheese frosting
Chocolate with vanilla butter cream
Vanilla with chocolate butter cream





Party Platters

Prices are per guest. Party platters require minimum of 10 servings per item. Each serving is 2 pieces

Cheese & cracker platter	3.50
Meat & cheese platter	4.75
Hummus platter with pita bread	2.50
Spicy pork empanadas	2.75
Roasted new potatoes with smoked salmon.....	3.00
Grilled, marinated & skewered portabella mushrooms.....	2.50
Spicy garlic shrimp skewers.....	3.75
Crostini with fresh mozzarella, tomatoes & basil.....	2.50
Teriyaki beef skewers	3.50
Tandoori chicken skewers	3.50
Thai chicken skewers with spicy peanut sauce.....	3.50
Teriyaki chicken wings.....	2.50
Buffalo chicken wings with ranch or bleu cheese dip.....	2.50
Artichoke dip with sliced baguettes & crackers.....	2.50
Spinach dip with sourdough bread & crackers.....	2.50
Grilled, marinated, fresh vegetable display	3.50
Served with a dipping sauce	
Smoked salmon display.....	4.50
Served with pickled red onions, capers & crème fraîche served with baguettes & crackers	
Baked brie	2.75
Filled with mushrooms, caramelized onions & toasted almonds (Served with Baguettes & crackers) (minimum 20 people)	



Garden Delights

All salads are served buffet style & include fresh baked breadsticks, cookies & iced tea or lemonade. Bottled water & soda available at additional charge. All prices are per guest

Grilled Chicken Caesar Salad9.50

Grilled chicken breast tossed together with fresh romaine lettuce, croutons, parmesan cheese & Caesar dressing

Greek Salad9.00

Romaine lettuce topped with diced tomatoes & cucumbers, sliced red onions, croutons, Calamata olives & feta cheese. (Served with mediterranean dressing)

Chef Salad9.25

Julienne turkey, ham, cheddar & Swiss served on a bed of baby mixed greens & topped with tomatoes, olives, hard cooked egg. (Served with assorted dressings)

Spinach Salad.9.00

Baby spinach tossed with bacon bits, sliced red onion, hard cooked egg & croutons. (Served with a raspberry vinaigrette)

Taco Salad9.50

Romaine lettuce topped with choice of seasoned ground beef, shredded chicken, or seasoned tofu, as well as shredded cheese, black olives, diced tomatoes, guacamole, sour cream, salsa & green onions. Served with tortilla chips in place of breadsticks.

Salad Buffet 10.00 per guest

For a variety choose 3 of the above salads
Individual boxed salads available at an additional charge of .75per guest

A la Carte Salad. 1.50 per guest

Green garden salad or Caesar salad





Buffet Lunches

Create your own masterpiece with our various bar lunches! Lunch includes fresh green salad with dressings or Caesar salad, breadsticks (not included in sandwich bar or boxed lunch) & fresh baked cookies or brownies, Iced tea or lemonade. Bottled water & soda available at additional charge. All prices are per guest

Minimum order 10 guests

Pasta Bar **11.50**

Choose two Pastas

- Penne
- Bowtie
- Fettucine
- Rotini

Choose two Sauces

- Marinara Meat Sauce
- Vegetarian Marinara Sauce
- Alfredo Sauce
- Pesto Sauce

Baked Potato Bar **10.00**

Large baked potato served with chili or grilled chicken (choose one) shredded cheddar cheese, chopped bacon, steamed broccoli, sour cream, green onions, whipped butter & salsa.

Sandwich Bar **9.75**

A selection of deli meats & cheeses with all the fixings offered with a variety of breads. Choose two salads: Caesar Salad, Garden Salad, Greek salad, Potato salad or Fruit salad. Served with individual bags of chips

Soup & Salad Bar **9.50**

All soups are a chicken stock base, unless requested. **(Ask about our seasonal soups)**

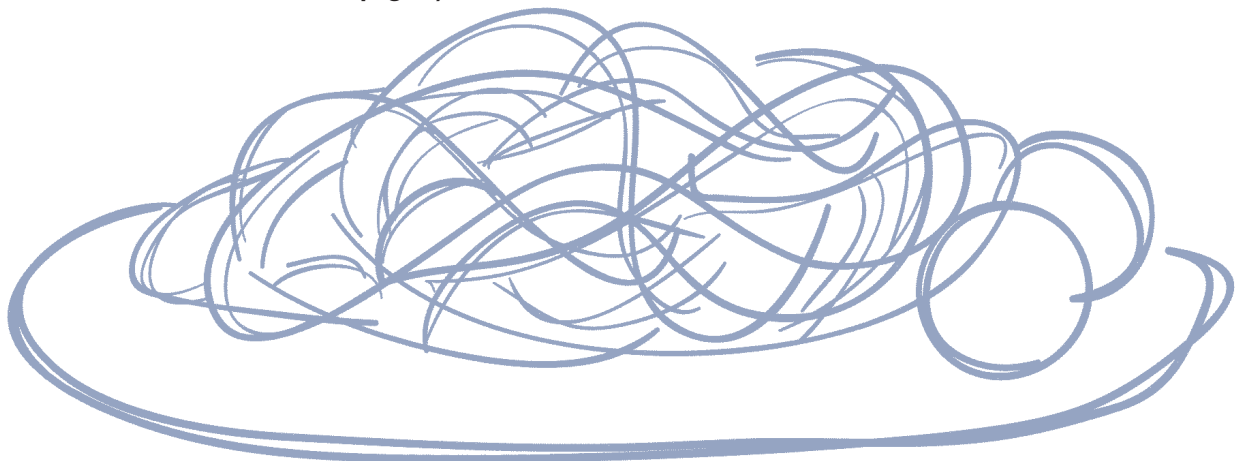
Choose two Soups

- | | | |
|------------------|----------------|--------------|
| Minestrone | Chicken Noodle | Vegetable |
| Chicken Tortilla | Creamy Tomato | Clam Chowder |
| Broccoli Cheddar | Potato Leek | Beef Barley |

Boxed Lunches To Go **9.75**

Sandwich of your choice w/condiments, piece of fresh fruit, choice of a fresh salad, cookie, chips & soda or bottled water.

(Minimum of 5 orders . Use order form on page 9)



Hot Entrees

Selections served with a fresh green salad or Caesar salad, breadsticks, & fresh baked cookies or brownies, iced tea or lemonade. Bottled water & soda available at additional charge

All prices are per guest

Marinated Chicken Breast with Pesto sauce **12.95**
Grilled marinated chicken breast in a pesto sauce, served with fresh seasonal vegetables & a choice of rice pilaf, pasta, garlic mashed or roasted red potatoes

Salmon with Lemon Caper Butter **14.50**
Fresh grilled salmon topped with lemon caper butter served with fresh seasonal vegetables & a choice of rice pilaf, pasta, garlic mashed or roasted red potatoes

Grilled Marinated Beef with Sauteed Mushrooms . . . **15.00**
Grilled steak topped with fresh sautéed mushrooms served with fresh seasonal vegetables & a choice of rice pilaf, garlic mashed or roasted red potatoes

Barbecued Pulled Pork Sandwiches **12.95**
Pulled pork with our own special barbecue sauce served with fresh buns & cole slaw

Chicken Kabobs **12.95**
Grilled, marinated chicken & fresh vegetables on a skewer served over steamed white rice

Enjoy a Barbecue **14.50**
Grilled hamburgers, hot dogs & veggie burgers, baked beans, potato salad, fresh fruit salad, cheese, tomatoes, onions, lettuce, potato chips, condiments (no breadsticks or green salad)
Add chicken breast 1.00 per guest (Minimum order 20 guest)

House-Smoked Pork Ribs or Chicken **15.50**
Served with cornbread, cole slaw, & baked beans

Grilled Chicken Sandwich with Pesto Aioli **11.50**
Marinated grilled chicken breast on a ciabatta roll, with provolone cheese, spring mix lettuce, & pesto aioli. (Served with choice of fruit salad, potato salad, or Caesar salad)

Enchiladas - Chicken or Cheese **10.00**
Served with Spanish rice & a choice of black beans, whole pinto beans or refried beans (tortilla chips & salsa in place of breadsticks)

Chile Verde **12.95**
Served with Spanish rice, warm tortillas & a choice of black beans or pinto beans (tortilla chips & salsa in place of breadsticks)

Build Your Own Taco or Burrito **11.00**
Seasoned ground beef, shredded lettuce, diced tomatoes, cheddar cheese, sour cream, sliced olives, sliced jalapeños, salsa, hard & soft shell tortillas. Served with Spanish rice & a choice of black beans, whole pinto beans or refried beans (tortilla chips & salsa in place of breadsticks)

Chicken Stir Fry **11.00**
Marinated chicken stir fried with fresh seasonal vegetables served over steamed white rice. **(Tofu available upon request)**

Homemade Lasagna (Meat or Vegetarian) **11.00**
Freshly made marinara sauce layered with pasta & cheese & baked to perfection

Eggplant Parmesan (Vegetarian) **11.00**
Breaded eggplant layered with marinara sauce & cheese & baked to perfection

Pasta Primavera (Vegetarian) **11.00**
Fresh seasonal vegetables, marinara sauce, pasta & parmesan cheese

Stuffed Portabella Mushroom (Vegetarian) **11.00**
Grilled marinated portabella mushroom stuffed with fresh pesto, cheeses & pine nuts

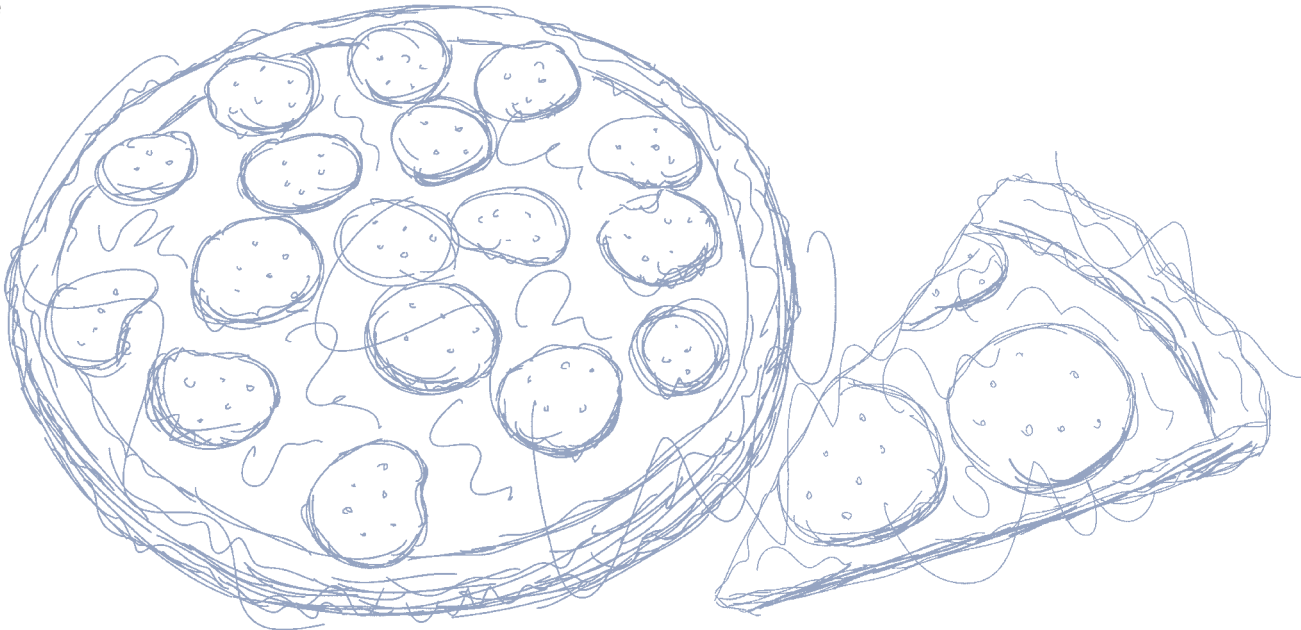




MLK PIZZARIA

Pizzas are cut into 10 slices (5 servings per pizza) **Additional Toppings 1.00**

Pepperoni Pizza	12.00
Made with our special crust, savory pizza sauce, sliced pepperoni, mozzarella, provolone & parmesan cheese	
Cheese Pizza	12.00
Made with our special crust, savory pizza sauce, mozzarella, provolone & parmesan cheese	
Sausage Pizza	12.00
Made with our special crust, savory pizza sauce, sausage, mozzarella, provolone & parmesan cheese	
Vegetarian Pizza	12.00
Made with our special crust, savory pizza sauce, fresh vegetables, mozzarella, provolone & parmesan cheese	
Hawaiian Pizza	12.00
Made with our special crust, savory pizza sauce, Canadian bacon, pineapple, mozzarella, provolone & parmesan cheese	
BBQ Chicken Pizza	14.00
Made with our special crust, fresh made BBQ sauce, chicken, mozzarella, provolone & parmesan cheese	
Greek Pizza	14.00
Made with our special crust, savory pizza sauce, tomatoes, red onion, feta cheese, olives, artichokes, mozzarella, provolone & parmesan cheese	
Combination Pizza	14.00
Made with our special crust, savory pizza sauce, pepperoni, mushrooms, black olives, bell pepper, tomatoes, mozzarella, provolone & parmesan cheese	



MLK Catering Boxed Lunch Order Form

Minimum of 5 orders. Order must be received one week prior to event, 48-hour notice of cancellation without a fee

Boxed Lunch **9.75**

Includes: Sandwich of your choice w/condiments, piece of fresh fruit, choice of salad, cookie, chips & soda or bottled water

Name: _____

Meeting: _____

Meeting Date: _____

PLEASE CHECK THE ITEMS YOU PREFER

(Sandwiches include: pickle, lettuce, tomato, & onion – all on the side – & mayonnaise & mustard packets)

MEATS

- Turkey
- Honey Ham
- Roast Beef
- Veggie
- Chicken Breast (add \$1.00)
- Pastrami
- Corned Beef

CHEESES

- Swiss
- Cheddar
- Pepper Jack
- Provolone

BREADS

- Potato White
- Whole Grain
- Sourdough
- Rye
- Gluten Free
(additional cost)

FRESH SALADS

- Fresh Fruit Salad
- Potato
- Caesar
- Green Garden (served with side of ranch)

DRESSINGS

- Ranch (Reg./Fat Free)
- Italian (Reg./Fat Free)
- Blue Cheese
- 1,000 Island



MLK CATERING

CULINARY ARTS

541-682-2423 mlkcatering@co.lane.or.us



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