



K-12 CATERING IDEA BOOK



Metz
CULINARY MANAGEMENT



WELCOME

We are excited to provide you with our catering menus to assist in the planning your event. Our menus are meant to offer suggestions and represent some of our more popular selections. We continually develop menus and events, incorporating regional preferences and cutting-edge culinary trends.

Our commitment is to customize menus for your occasion.

We can meet your every need, from a formal dinner or a banquet-style reception, to simple refreshments for a meeting break, a breakfast, lunch, or field trip meal. We offer creative menus, elegant presentations and dedicated service to provide your guests with a memorable dining experience.

Budget permitting most menus can be adjusted to meet sustainability and organic concerns. We are always happy to include options based on special dietary needs as well as vegan or vegetarian diets.

Whatever your need, we always strive to offer fresh, seasonal and whenever possible partner with local or organic vendors.

We can also offer sustainable disposables upon request.

BREAKFAST





BREAKFAST

QUICK START BOXED BREAKFAST

Petite Danish, Bagels, or Freshly Baked Muffins.

Served with Bottled Water, Fresh Whole Fruit, and Juice Cup

LIVE WELL

Egg White Scramble with Vegetables and Cajun Sweet Potato Hash

Seasonal Fruit

Yogurt & Fruit Parfait

Bottled Water

OVERNIGHTS OATS BAR

Oatmeal, Dried Cranberries, Raisins, Granola, Toasted Sliced Almonds, Flax Seed, Brown Sugar, Honey, Vanilla Almond Milk, and Low Fat Milk

Assorted Baked Muffins

Seasonal Fruit

Bottled Water



Contains or may contain raw or undercooked ingredients, consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness

BREAKFAST

MADE-TO-ORDER OMELET BAR

Scrambled Eggs or Egg Substitute with Your Choice of Toppings: Diced Bacon, Ham, Mushrooms, Spinach, Peppers, Onions, Mozzarella, and Cheddar. Served with Fruit Salad, Assorted Breakfast Breads, Cinnamon Coffee Cake, Sausage Links, Home Fries, and Fruit Water

HOT BREAKFAST BUFFET

Scrambled Eggs, Fresh Fruit Cup, Home Fries, Bacon or Sausage, Homemade Blueberry Muffins or Coffee Cake, and Fruit Water.

This Buffet is Also Available as a Reimbursable Student Special Event Meal. When This is Needed, Pastries will be Whole Grain and 1% White, Skim, and Fat-Free Chocolate Milk will be Added

BUILD YOUR OWN BREAKFAST SANDWICH

Includes Seasonal Fruit and Home Fries

TWO SANDWICHES PER EVENT:

Bread Selection - Croissant, Bagel, English Muffin, or Biscuit

Choose - Eggs or Egg Whites

Choose Meat - Sausage Patty, Bacon, or Turkey Bacon

Topped with American Cheese

Served with Fruit Water

BREAKFAST PIZZA

Eight (8) Slices

Meat Lover's Breakfast Pizza or Veggie Lover's Breakfast Pizza

BREAKFAST ENHANCEMENTS

Enhance a Boxed of Buffet Breakfast Selection by Adding the Following: Coffee, Hot Tea, Bottled Water, Bottled Juice, Fresh Fruit Cups, Mini Yogurt Parfaits, Mini Bagels and Cream Cheese, or French Toast Bake

BAKERY A LA CARTE

Bagel with Cream Cheese

Cinnamon Rolls

Donuts

Homemade Petite Danish

Homemade Muffins



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LUNCH

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BOXED LUNCHES

Each box includes condiments, utensils, and bottled water

All Sandwiches Served with Fresh Tomato and Leaf Lettuce

You may create three (3) boxed lunch options per event. You may choose a box with one, two, or three accompaniments.

All guests receive the same accompaniments

Bread Choice - Croissant, Kaiser Roll, French Baguette, or Tortilla Wrap

Cheese Selection - Provolone, Swiss, Pepper Jack, or American

Sandwich Fillings - Chicken Salad, Cranberry Pecan Chicken Salad, Ham, Turkey, Buffalo Chicken, Marinated Vegetables, Deviled Egg Salad, Tuna Salad, or Italian Combination

Accompaniments - Chips, Pretzels, Coleslaw, Pasta Salad, Macaroni Salad, Potato Salad, Whole Fresh Fruit, Apple Slices, Fresh Fruit Cup, Celery and Carrots with Ranch, Cucumber Salad, or Freshly Baked Cookie

ENTRÉE SALADS TO GO

All entree salad meals include roll, butter, and bottled water

Enhancements available: Cookies, Chips and/or Fruit Cup

Grilled Chicken Caesar Salad - Grilled Chicken Breast Served Over a Bed of Romaine, and Topped with Parmesan Cheese, Tomatoes, and Croutons

Antipasto - Pepperoni, Salami, and Provolone Served Over a Bed of Romaine Lettuce, and Topped with Tomato, Cucumber, Egg, Banana Peppers, and Croutons

Strawberry Fields Salad - Romaine Lettuce Topped with Strawberries, Feta Cheese, Mandarin Oranges, Grapes, Red Onions, and Candied Pecans. Option Available to Add Grilled Chicken.

Garden Salad - Romaine Lettuce Topped with Cucumber, Tomatoes, Carrots, Celery, Croutons, and Chickpeas. Option Available to Add Grilled Chicken.

Fiesta Chopped Salad - Grilled Chicken Breast Served on a Bed of Romaine and Topped with Black Beans, Corn, Cheddar Cheese, Tomatoes, Salsa, and Tortilla Chips

HOUSE-MADE SOUP

Served with Crackers

Broccoli & Cheese

Chicken Noodle

Italian Wedding
Vegetable

Loaded Potato



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BUFFETS





BUFFET THEMES

SIMPLY ITALIAN BUFFET

Served with Bottled Water

Tossed Salad, House-made Beef Meatballs, Baked Ziti, Rolls with Butter, and Choice of Chocolate Chip or Snickerdoodle Cookies

Enhancements - Italian Sausage with Peppers & Onions, Baked Eggplant Marinara, Italian Marinated Chicken, Balsamic Roasted Vegetables, Chicken Parmesan, Veggie Lasagna, Wedding Soup, Italian Ice, and Brownies

FIESTA BUFFET

Served with Bottled Water

Grilled Chicken Fajitas with Peppers & Onions, Beef Soft Tacos with Topping Bar, Spanish Rice, Black Bean & Corn Salad, Tortilla Chips, and Salsa

Enhancements - Queso, Guacamole, Pork Carnitas, and Cheese & Bean Enchiladas

STROMBOLI BUFFET

Served with a Tossed Salad, Freshly Baked Cookie, and Bottled Water

Choice of Two (2) - Italian Stromboli, Veggie & Cheese, Chicken Feta Stromboli, Chicken Bacon Ranch, Pepperoni & Cheese, Chicken Parmesan, and Buffalo Chicken Stromboli

Dipping Sauce - Marinara and Homemade Ranch

THE COOK OUT

Served with Freshly Baked Cookie and Bottled Water

Select Two (2) Entrees - BBQ Pulled Pork Sliders, Grilled Cheeseburgers, Garden Burgers, or Smith's Hot Dogs

Accompaniments - Pick 2 - BBQ Baked Beans, Ruby Slaw, Macaroni Salad, Pasta Salad, Corn on the Cob, Potato Chips, or Watermelon



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BUFFET THEMES

PURELY PLANT-BASED

Served with Bottled Water

Three Bean Chili with Toppings, Strawberry Fields Salad, Garlic Spinach Penne Pasta with Roasted Chickpeas, Autumn Wild Rice Topped with Dried Cranberries and Toasted Almonds, Orange-Glazed Beet Salad with Carrots and Quinoa, Country-Fried Cauliflower with White Pepper Gravy

SOUTHERN

Served with Bottled Water

Choice of - Fried Chicken or BBQ Chicken Quarters

Accompanied by Macaroni and Cheese, Collard Greens, Creamy Coleslaw, Corn on the Cobb, Fresh Biscuit with Butter, and Country Peach Cobbler

PUNJABI-INSPIRED CUISINE

Served with Bottled Water

Butter Chicken, Grilled Chicken, Shirazi Salad with Chickpeas, Jasmine Rice, Hummus, Roasted Potatoes, Garlic Lemon Green Beans, and Grilled Naan

ANNIVERSARY BUFFET

Served with Bottled Water

Tossed Salad, Anniversary Chicken, Pasta Alfredo, Herb New Potatoes, Steamed Broccoli, and Rolls with Butter

THE MEDITERRANEAN

Served with Bottled Water

Chicken Souvlaki, Beef Gyros, Greek Salad with Feta Cucumbers and Tomato, Red Pepper Hummus, Baba Ghanoush, Tabbouleh, Tzatziki Sauce, and Toasted Pita

RICE AND NOODLE BAR

Served with a House Salad, Egg Roll, and Bottled Water

Chicken and Beef, Lo Mein Noodles, Jasmine Rice, Broccoli, Bok Choy, Mixed Vegetable Stir-Fry, Asian-Inspired Vegetable Broth. Accompanied by Sauces and Condiments

Enhance your buffet with items from our bakery. Choose from freshly baked chocolate chip, fudge crinkles, oatmeal, or snickerdoodle cookies. Also available, freshly baked brownies, homemade cream puffs, assorted cakes, and pies.



**Halal Chicken Available Upon Request.*



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STUDENT SPECIALTY LUNCHEON MENUS

THESE LUNCHESES ARE AVAILABLE ON SCHOOL DAYS AS A REIMBURSABLE MEAL. ALL BUFFETS ARE A MINIMUM GUEST COUNT OF 10.

LUNCH BOX

Select One (1) Sandwich: Whole Grain Ham & Cheese Sandwich, Whole Grain Veggie & Cheese Sandwich, or Whole Grain Turkey & Cheese Sandwich

Accompanied by Baby Carrots, Sliced Cucumbers, Apple Slices, Juice Box

Choice of 1%, Skim, or Fat-Free Chocolate Milk

Choice of Freshly Baked Whole Grain Cookie or Smart Snack Doritos®

TURKEY & CHEESE CRAVEABLE

Cubed Turkey, Cheese Stick, Cucumbers, Carrots, Seasonal Fruit, Whole Grain Goldfish, Choice of 1%, Skim, or Fat-Free Chocolate, and a Whole Grain Freshly Baked Cookie

STROMBOLI BUFFET

Select Two (2) - Whole Grain Pepperoni & Cheese Stromboli, Whole Grain Chicken Ranch Stromboli, and Whole Grain Cheese Stromboli

Served with Marinara Sauce, Tossed Salad, Freshly Baked Whole Grain Cookie, Baby Carrots, Sliced Apples, 100% Fruit Juice, Choice of 1%, Skim, or Fat-Free Chocolate Milk, and Freshly Baked Whole Grain Cookie

SPECIALTY SANDWICH BUFFET

Philly Beef (whole grain) Sub with Peppers & Onions

Veggie & Cheese (whole grain) Quesadilla

Accompanied by Tossed Salad, Baby Carrots, Sliced Apples, 100% Fruit Juice, Choice of 1%, Skim, or Fat-Free Chocolate Milk, and Freshly Baked Whole Grain Cookie

COOKOUT BUFFET

Hamburger on a Whole Grain Roll, Veggie & Cheese Sub, Potato Wedges, Corn on the Cob, Watermelon, Frozen Fruit Juice Cup, Choice of 1%, Skim, or Fat-Free Chocolate Milk, and Freshly Baked Whole Grain Cookie

NACHO BUFFET

Whole Grain Tortilla Chips, Taco Beef, Fiesta Beans, Spanish Rice, and Corn

Toppings: Lettuce, Tomato, Jalapenos, Cheese Sauce, Salsa, and Sour Cream

Choice of 1%, Skim, or Fat-Free Chocolate Milk

Freshly Baked Whole Grain Cookie



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SIGNATURE SERVED OR BUFFET-DINNER

LAND AND SEA ENTREES INCLUDE THE CHOICE OF TWO SIDES AND ONE SALAD. PLANT-BASED ENTREE INCLUDES THE CHOICE OF ONE SIDE AND ONE SALAD.

ENTRÉE CHOICES...BY LAND

Grilled Filet Mignon with Dijon Maple Sauce
Roast Beef Au Jus
Rosemary and Garlic Roast Beef
Five Spice Flank Steak with Chimichurri Sauce
Balsamic Honey Garlic Chicken Breast
Chicken Breast Florentine
Parmesan Chicken Breast
Fried Chicken
Apple Shallot Roasted Turkey
Orange Cranberry Glazed Turkey
Maple Glazed Roasted Pork Tenderloin with Cider Gravy
Mango Chipotle Pork Loin

ENTRÉE CHOICES...BY SEA

Blackened Pollock Fillet
Almond Crusted Salmon with Lemon and Thyme Butter Sauce
Asian Marinated Salmon
Potato Encrusted Cod
Citrus Herbed Cod

PLANT BASED OPTIONS

Vegan Vegetable Lasagna
Broccoli Rabe Penne Pasta with Smoky Charred Chickpeas
Chimichurri Stuffed Peppers
Vegan Carrot 'Osso Bucco' with Creamy Polenta

SIDES

Roasted Baby Potatoes
Cajun Roasted Sweet Potatoes
Creamy Herbed Mashed Potatoes
Quinoa Pilaf
Wild Rice Pilaf
Lemon Scented White Rice
Creamy Polenta
Tuscan Garbanzo Beans
Roasted Asparagus
Fresh Green Bean Provençal
Honey Roasted Brussels Sprouts
Roasted Mixed Vegetables
Steamed Seasoned Broccoli
Baked Parmesan Cauliflower

SALADS

Vegan Pasta
Asian House
Greek Potato
Spinach, Berry and Almond
Pasta with Black Beans and Asparagus
Caesar Salad
Mixed Greens



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SIGNATURE HORS D'OEUVRES SERVED OR BUFFET-DINNER

SIGNATURE HORS D'OEUVRES - HOT

Spanakopita with Tzatziki Dipping Sauce
Petite Quiche
Coconut Shrimp with Lime Cilantro Cream
Pan Seared Mini Crab Cakes with Cajun Remoulade
Vegan Crab Cakes with Cajun Remoulade
Chicken Satay with Peanut Dipping Sauce
Meatballs in Marinara with Crispy Basil
Spiced Sweet Potato and Grilled Portobello Petite Taco
Corn Fritters with Honey-Jalapeño Aioli
Bacon Wrapped Scallops
Crab Stuffed Mushrooms
Hot Spinach Dip with Tortilla Chips
Buffalo Chicken Dip
Pork Pot Stickers
Vegetable Pot Stickers

SIGNATURE HORS D'OEUVRES - COLD

Domestic Cheese Board with Crackers and Fruit
Seasonal Fruit Platter with Honey-Yogurt Dip
Antipasto Skewers
Smoked Salmon, Dill, Chive Cream Cheese and Caper Canapés
Shaved Roasted Beef with Horseradish Crostini
Pulled Pork Canapés with Salsa Fresca, Lime Crème and Fresh Cilantro
Bruschetta with Kalamata Olives, Roasted Tomato and Fresh Basil
Caprese Mini Skewers
Seared Tuna with Chili Garlic Aioli
Shrimp with Asian Slaw and Drizzled Sriracha Honey
Boursin and Roasted Vegetable Pinwheels
Lemon-Herb Garlic Chanterelle and Brown Mushroom Canapés
Honey Brûlé Petite Fruit Kabobs
White Grapes Rolled in Goat Cheese and Pistachio
Gourmet Cheese Board Featuring Imported, Domestic Cheese, Fruit Garnish,
Parmesan Herb Baguette and Crackers



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MEETING BREAKS AND SNACKS



MEETING - BREAKS AND SNACKS

PROTEIN PLATE

Choice of Red Pepper Hummus, Sweet Chili Hummus, Deviled Egg Salad, or Tuna Salad
Crackers
Hard-Boiled Egg
Celery
Carrots
Grapes
Apple Slices
Trail Mix
Bottled Water

CHEESE & CRACKER PLATE

Cubed Cheddar, Swiss, and Pepper Jack Cheese
Pepperoni
Crackers
Carrots
Grapes
Apple Slices
Trail Mix
Honey Mustard
Bottled Water

MOVIE NIGHT!

Selection of Flavored Popcorn to Include Skinny Pop® and Smartfood® Cheese Popcorn
Chocolate Raisins
Dots
Gummy Bears
Assorted Sodas
Bottled Water

IT'S ALL ABOUT THE SNACKS

Homemade Pepperoni Bread or Chilled Veggie Pizza
Vegetarian Taco Dip with Chips
Celery & Carrot Tray with Ranch
Freshly Baked Cookies
Bottled Water

SNACKING AROUND

Veggie Tray (Carrots, Celery, Cucumbers, and Peppers) with Ranch
Buffalo Chicken Dip with Tortilla Chips
Soft Pretzel with Mustard
Tomato Basil Bruschetta
Apples and Cinnamon Dip
Bottled Water

BEVERAGES

Freshly Brewed Coffee
Tea
Juice Cups: Orange or Cranberry
Canned Soda
Bottled Iced Tea
Bottled Water

Chex™ Mix
Pretzels
Assorted Chips
Popcorn
Trail Mix
Assorted Granola Bars



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DESSERTS

PASTRY BOX

Homemade Pastries Served in a Window Box Complete with a Ribbon! Served with Bottled water.

Petite Fudge Brownie

Cheesecake Square

Homemade Cream Puff

Sugar Cookie and Seasonal Garnish

A LA CARTE DESSERTS

Cookies: Chocolate Chip, Fudge Crinkles, Oatmeal, and Snickerdoodles

Fudge Brownies

Homemade Cream Puffs

Assorted Petite Danish, Muffins, and Mini Scones

Specialty Desserts from our Bakery Upon Request



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PROCEDURES

ORDERING PROCESS

To allow the best possible service please, whenever possible, allow 10 business days, particularly for larger events. We will of course accommodate last minute requests whenever possible.

GUEST COUNTS

We request a confirmed number of attendees 48-hours prior to any event to ensure that we can organize your event effectively.

CANCELLATION

Please give a minimum of 48-hours notice of the event date.

SERVICE WARES

Rentals for china wares, cutlery, glassware are available with pricing provided by your catering contact
Plated service is available.

FOOD SAFETY

Perishable foods with sensitive temperature holding will be picked up with in a safe time frame. Sensitive foods cannot be let on display for prolonged periods of time. Should to-go containers be needed, they will be provided for a minimal charge per your catering contact.

SPECIAL DIETS

Specials diets will always be accommodated upon request.

Please Note: If students are attending events from midnight to one-half hours after the school day ends, all menu items must meet NSLP guidelines. Our catering department will be happy to assist you with this.



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