



MLK CULINARY ARTS Catering

Garden to Table

combines the Martin Luther King, Jr. Education Center's Horticulture & Culinary Programs to provide hands-on opportunities for students to learn about sustainable living practices. Garden is planted and harvested by the Horticulture students, who pass their harvest on to the Culinary students. They in turn create healthy & nutritious dishes featured in this menu for your enjoyment.



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



Bakery

Cookie Platters **6.50 per dozen**
 Assorted freshly baked cookies

Brownies **1.25 each**
 Freshly baked chocolate brownies

Coffee Cake **1.75 per guest**
 Our signature Marionberry Streusel Coffee Cake

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

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

Breakfast Selections

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

McKenzie Morning Rush
 Assorted bagels served with cream cheese **5.00**

Continental Breakfast
 Assorted muffins, pastries, scones & croissants **6.00**
(Add sliced fresh fruit \$1.00 per guest)

All American Breakfast
 Scrambled eggs, country potatoes, crispy bacon or sausage **10.00**
(Add sliced fresh fruit \$1.00 per guest)

Healthy Start Breakfast
 Your choice of a Hot Oatmeal Buffet with brown sugar, raisins & milk or Yogurt Buffet including fresh seasonal fruit, berries, & our house made granola. Both buffets include hard boiled eggs, fresh fruit, & our beverage service.
Both bars available for service upon request!

Oatmeal or Yogurt Buffet **8.50**
 Both Buffets **10.00**

Breakfast Bakes **10.00**
 Choice of: Potato, leek, sausage & egg frittata; sausage, egg & cheese casserole; broccoli-bacon or vegetarian quiche. Includes country potatoes.
(Add sliced fresh fruit \$1.00 per guest)

Breakfast Burritos
 Eggs, potatoes, cheese, and your choice of protein or veggies wrapped in a soft, warm tortilla. Served with salsa on the side. Choice of: Bacon, Sausage, Chorizo, Veggie
 ala carte Burritos: **4.00 each**
 (10 person minimum)

Served with:
 Fresh fruit, mini pastries, coffee, tea, & ice water **7.00/person**





Finger Foods

Prices are per guest. Minimum of 10 servings per item. **Each serving is 2 pieces.**

- Fruit Kabobs **3.00**
- Spicy Pork Empanadas **3.00**
- Spanikopita **3.75**
- Mini Sandwich Platter (Turkey, Roast Beef, & Ham) **2.75**
- Roasted New Potatoes with Smoked Salmon **3.25**
- Portabella Mushrooms Grilled, Marinated & Skewered **2.75**
- Crostini with Fresh Mozzarella, Tomatoes & Basil . **2.75**
- Spicy Garlic Shrimp Skewers **4.00**
- Teriyaki Beef Skewers **3.75**
- Tandoori Chicken Skewers **3.75**
- Thai Chicken Skewers with Spicy Peanut Sauce . . . **3.75**
- Buffalo Chicken Wings with ranch or blue cheese dip **2.75**
- Bite-Sized Meatballs (Teriyaki, BBQ, or Greek) **3.75**

Displays

Prices are per guest. Minimum of 10 servings per item.

- Cheese & Cracker Platter **3.75**
- Meat & Cheese Platter **5.00**
- Grilled, Marinated & Fresh Vegetable **3.75**
 Display Served with a Dipping Sauce
- Smoked Salmon Display **4.75**
 With Pickled Red Onions, Capers & Crème Fraîche.
 Served with baguettes & crackers
- Baked Brie **3.00**
 Wrapped in puff pastry, filled with mushrooms, caramelized onions &
 toasted almonds. Served with crackers & baguettes.

Meeting Munchies

A selection of snacks perfect for afternoon meetings!

- Yogurt Parfait Individual Cups **2.50 each**
 Low fat yogurt topped with seasonal fresh fruit & house made granola
- MLK Trail Mix **1.75 per guest**
 Our own blend of pretzels, peanuts, raisins & M&M's
- Crudités Platter **2.50 per guest**
 Assorted fresh seasonal vegetables with ranch dipping sauce
 Add hummus or roasted red pepper dip **1.50 per guest**
- Fresh Fruit Platter **2.75 per guest**
 Assorted sliced fresh seasonal fruits

Hors d'Oeuvres

Prices are per guest. Minimum of 10 servings per item.

- Hummus Platter with Pita Bread **2.75**
- Roasted Chickpeas **2.75**
 sesame soy, honey cinnamon, garlic parmesan, smoky spice blend
- Artichoke Dip with Sliced Baguettes & Crackers . . **2.75**
- Spinach Dip with Sourdough Bread & Crackers . . . **2.75**





Signature Lunch Selections

Create your own masterpiece with our various bar lunches or enjoy one of our signature hot sandwiches. 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 & Pepsi products available at additional charge. All prices are per guest

Minimum order 10 guests

Rice & Bean Bowl Buffet **10.25**

Your choice of brown or white Jasmine rice topped with black beans, served with fresh salsa, shredded cheddar, sour cream, avocado & jalapenos. **(Add chicken or tofu to your rice and bean bowl for additional \$1 per guest)**

Baked Potato Bar **10.25**

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 **10.00**

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 **9.75**

Garden salad with assorted toppings & dressing on the side. **(Vegetarian soup base available upon request)**

Choose two Soups

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

Pasta Bar **11.75**

Choose two Pastas Choose two Sauces

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| Penne | Marinara Meat Sauce |
| Bowtie | Vegetarian Marinara Sauce |
| Fettucine | Alfredo Sauce |
| Rotini | Pesto Sauce |
| Spaghetti | |

Grilled Chicken Sandwich with Pesto Aioli **11.75**

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.

Barbecued Pulled Pork Sandwiches **13.25**

Pulled pork with our own special barbecue sauce served with fresh buns & cole slaw

Boxed Lunches To Go

Working through your next lunch meeting? Choose a premium sandwich of your choice, served with condiments, fresh fruit, cookie, and chips. Add a salad and beverage to make it a deluxe box lunch.

Basic Box Lunch **9.00**

Deluxe Box Lunch **11.50**

Sandwiches also available as Wraps. Contact your Catering Coordinator for box lunch order form.



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Beverage Service

Hot Beverage Service

Hot beverages include: cups, regular & flavored creamers, sugar, Splenda, stirrers & napkins

Beverage Service **2.50 per guest**
Freshly brewed coffee (regular or decaffeinated), Hot tea & ice water

Freshly brewed coffee, regular or decaffeinated ... **1.50 per guest**

Hot tea **1.50 per guest**

Cold Beverages

Bottled water..... **1.25 ea**

Soda (cans)..... **1.50 ea**

Iced tea with fresh lemons..... **1.50 per guest**

Lemonade..... **1.50 per guest**

Specialty Drinks **2.50 per guest**

Agua Fresca – Spanish beverage made with pureed fruit, simple syrup, & lime

Lavender Lemonade

Fruit & Herb-Infused Waters **2.00 per guest**

Treat your guests to water infused with fresh fruits & herbs

Lemon, lime, & orange

Pineapple mint

Blackberry sage

Apple & orange juices

(pitcher serves 5 guests) **6.00 per pitcher**

Ice water service

(pitcher serves 5 guests) **1.50 per pitcher**

1% Milk..... **.50 ea**



Garden Delights

All salads are served buffet style & include fresh baked breadsticks, cookies, iced tea or lemonade

Bottled water & Pepsi products available at additional charge
All prices are per guest

Individual boxed salads available at an additional charge of .75 per guest

Salad Buffet **10.50**
Choose three of the salads below:

Grilled Chicken Caesar Salad **9.75**
Grilled chicken breast tossed with fresh romaine lettuce, croutons, parmesan cheese & Caesar dressing

Greek Salad **9.25**
Romaine lettuce topped with diced tomatoes & cucumbers, sliced red onions, croutons, Kalamata olives & feta cheese served with Mediterranean dressing

Asian Chicken Salad **9.75**
Chicken marinated in sesame-soy seasonings, served with julienne fresh vegetables, tossed with Asian vinaigrette, served on a bed of Napa cabbage

South West BBQ Chicken Salad..... **9.50**
Grilled chicken, romaine lettuce, roasted corn, black beans, tortilla strips & BBQ ranch dressing, drizzled with BBQ sauce

Spinach Salad..... **9.25**
Baby spinach tossed with bacon bits, sliced red onion, hard cooked egg & croutons. Served with raspberry vinaigrette dressing

Steak Fajita Salad **10.00**
Fire-roasted steak, peppers & onions, romaine lettuce, shredded cheddar, avocado & cilantro-lime dressing, drizzled with sour cream

A la Carte Salad **2.50**
Green garden salad or Caesar salad



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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**

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| Marinated Chicken Breast with Pesto Sauce | 13.25 |
| Grilled marinated chicken breast topped with pesto sauce, served with fresh seasonal vegetables, & choice of rice pilaf, pasta, or roasted red potatoes | |
| Salmon with Lemon Caper Butter | 14.75 |
| Fresh grilled salmon topped with lemon caper butter, served with fresh seasonal vegetables, & choice of rice pilaf, pasta or roasted red potatoes | |
| Grilled Marinated Beef with Sauteed Mushrooms | 15.25 |
| Grilled steak topped with fresh sautéed mushrooms served with fresh seasonal vegetables, & choice of rice pilaf, garlic mashed or roasted red potatoes | |
| Enjoy a Barbecue (Minimum order 20 guests) | 14.75 |
| Grilled hamburgers, hot dogs & veggie burgers, baked beans, potato salad, fresh seasonal fruit salad, sliced cheese, sliced tomatoes, sliced onions, lettuce, potato chips, mayonnaise, ketchup & mustard (no breadsticks or green salad) Add chicken breast 1.00 per guest | |
| House-Smoked Pork Ribs or Chicken | 15.75 |
| Served with cornbread, cole slaw, & baked beans | |
| Fajitas | 12.00 |
| Marinated beef, chicken, or tofu grilled to perfection & served with sautéed bell peppers, onions & tomatoes. Accompanied by salsa, sour cream, cheese, guacamole, & your choice of fresh corn or flour tortillas. Served with Spanish rice & a choice of black beans, whole pinto beans or refried beans (tortilla chips & salsa in place of breadsticks). | |
| Shrimp: \$2.00 additional per guest | |
| Enchiladas - Chicken or Cheese | 10.25 |
| Served with Spanish rice & choice of black beans, whole pinto beans or refried beans (tortilla chips & salsa in place of breadsticks) | |
| Asian Stir Fry | 11.25 |
| Marinated chicken or tofu stir fried with fresh seasonal vegetables & served over steamed white rice | |
| Curry Chicken | 11.25 |
| Chicken simmered in coconut curry sauce with fresh vegetables, served with steamed white rice. Tofu available upon request | |
| Homemade Lasagna (Meat or Vegetarian) | 11.25 |
| Freshly made marinara sauce layered with pasta & cheese, baked to perfection | |
| Eggplant Parmesan (Vegetarian) | 11.25 |
| Breaded eggplant layered with marinara sauce & cheese, baked to perfection | |
| Pasta Primavera (Vegetarian) | 11.25 |
| Fresh seasonal vegetables, marinara sauce, pasta & parmesan cheese | |

MLK PIZZERIA

16" 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

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

Garlic Chicken Pesto Pizza* 14.00

Made with our special crust, housemade pesto sauce, garlic chicken, fresh spinach, tomatoes, 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

Pizza Party Lunch 6.50/guest

Your choice of pizzas served with spring mix or Caesar salad, cookies or brownies, lemonade or iced tea

Minimum 10 guests

***6.75/guest for premium pizzas**





The MLK Ed. Center's Culinary Arts Program

We offer 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. They use these skills to prepare daily meals for the youth in the residential treatment program and for the MLK Education Center. The catering program allows students to be immersed in all aspects of catering. These include taking orders, setting up, taking down, preparing food and serving customers. Students also learn how to provide great customer service. The students become experienced in gardening and sustainable living. They are active in the harvesting, composting, and recycling of much of the foods they use. Each student receives the Oregon Food Handlers Certification training which they use to obtain their Food Handlers Card. This gives them eligibility to work in the food service industry for three years.

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.

Our chefs and students look forward to creating the perfect meal for your event! If you would like something you don't see on our menu, let us know. We offer a variety of gluten-free and vegetarian meals and snacks – just ask your Catering Coordinator for more information!



Lane County Youth Services | 2727 Martin Luther King Jr. Blvd. | Eugene, OR 97401
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