breakfast

Full Beverage Service $2.75
Freshly Brewed Regular and Decaffeinated Coffee, Assorted Mini Soda, Mini Bottled Water, and Tea Service

Continental Breakfast $8.95
House-Baked Muffins, Breakfast Pastries, Low-Fat Yogurt, Granola, Sliced Seasonal Fruit, Orange Juice, Coffee and Tea Service

Greek Yogurt Bar $8.95
Greek Yogurt, House-Made Granola, Seasonal Berries, Fresh Fruit, Bananas, Local? Honey, Pure Maple Syrup, OJ Orange Juice, Coffee and Tea Service

Something Extra (ala carte)
Fresh Berry Granola Yogurt Parfaits $3.25
Fresh Fruit Platter $25.00
Bagels and Cream Cheese $1.75
Freshly Brewed Iced Tea $1.75
Sweet Tea?
Assorted Bottled Juices and Water $1.75
Full Coffee Service $2.75
Fruit and Yogurt Smoothies $3.25
House Baked Muffins & Breakfast Pastries $1.75

lunch - sandwiches

DELI SANDWICH BOXES $12.95
Design Your Own
choose any sandwiches
All American Favorites

- House Roasted Turkey, Provolone Cheese, Honey Mustard, Baguette
- Smoked Ham, Arugula, Swiss Cheese, Ciabatta
- Rare Roast Beef, Frizzled Onions, Horseradish Mayo, Baguette
- Grilled Buffalo Chicken Wrap, Shredded Lettuce and Bleu Cheese
- Turkey Club Sandwich on a Roll, Bacon, Lettuce, Tomato
- All-White Meat Waldorf Chicken Salad, Diced Apples, Celery

All Sandwich lunches include cookies, or brownies, chips, and whole fruit. Bottled water

THE O'NEAL SCHOOL
Est. 1971

Catering Guide

lunch - buffets

SALAD BAR LUNCHEON $11.95
- Grilled Marinated Breast of Chicken
- Grilled Balsamic Glazed Tofu

Mixed Baby Greens, Arugula or Crisp Romaine Lettuce,
Tomatoes, Olives, Cucumbers, Avocado, Broccoli, Carrots, Bacon, Shredded Cheddar and Parmesan Cheese. Hand Cut Croutons, Regular and Low-fat Caesar Dressing, house made grain salad, Freshly Baked Focaccia
- Lemon Pepper Spiced Shrimp +$1.50
- Herb Salmon +$2.50

FAJITA BAR $11.95
- Fajita Seasoned Chicken or Beef

Soft flour tortillas, rice, pinto or black beans, mixed onions and peppers, shredded cheese, lettuce, sour cream, guacamole, Pico de Gallo, chips & salsa

NACHO BAR $10.95
- Seasoned Beef

Queso, black or pinto beans, Pico de Gallo, sour cream, black olives, jalapenos and chips & salsa.
Soda & Water

PIZZA LUNCHEON $10.95
- Cheese
- Pepperoni
- Vegetable

House salad with choice of dressing and bread sticks
Fresh Baked Cookies, Soda & Water

AMERICAN BBQ $18.95
BBQ Beef Brisket, Carolina Pulled Pork Potato Salad, Cole Slaw, Maple Molasses Baked Beans, Tossed Salad, Ranch and Vinaigrette Dressings, Corn Bread with Honey Butter
Watermelon Agua Fresca, Freshly Baked Cookies, Brownies, Soda & Water

CLASSIC ITALIAN (choice) $15.95

- Penne Pasta with Bolognese Sauce, Alfredo Sauce
- Marinated Chicken with Alfredo, Linguini, Marinara
- Cheese Tortellini with Pesto, Smoked Chicken and Roasted Red peppers (nut aware pesto)

Traditional Caesar Salad, Tomato Fresh Mozzarella Salad, Roasted Broccoli and Red Peppers, Garlic Bread
Freshly Baked Cookies, Brownies, Full Cold Beverage Service

breaks – afternoon

RECEPTION/LIGHT DINNER $24.95
Choice of 4 items

- Charcuterie Board with select cured meat, cheese, spreads, pickled vegetables
- Spinach and Artichoke Dip with Toasted Pita
- Mini Crab cakes with chef's sauce
- Grilled Chicken Skewers with Chimichurri Sauce
- Guacamole Station with Pico, Black Bean and Traditional Salsa
- Asian Pork Dumpling with Ponzu Sauce
- Grilled and Raw Vegetables: Zucchini, Summer Squash Asparagus, Raw Carrots, Red Peppers, Chipotle Ranch Dip, Pita Chips
- Bruschetta Assorted Crisps and Flatbreads, Fresh Tomato Basil
- Traditional Chickpea Hummus, Roasted Pepper Hummus, Assorted Crisps and Pita Chips

ALL SCHOOL PICNIC (Choice) $18.95

- All Natural Beef Burgers, Grilled Adobo Chicken

Black Bean Burgers(V)
Lettuce, Tomato, Onions, Cheddar Cheese, Provolone cheese
Ketchup, Mustard, Mayo

- BBQ Pulled Pork, BBQ Pulled Chicken

Traditional BBQ Sauce, Vinegar Sauce, Mustard Sauce

Sides: Traditional Cole Slaw, Caesar Salad, Watermelon wedges
Sweets: Chocolate Chip Cookie Brownie Bites
Lemonade / Water