



Black Mountain Expeditions Retreat Menu



		Day 1	Day 2	Day 3
Fruit and Yogurt Bar Options Greek Vanilla Yogurt Strawberry Yogurt Cantaloupe Honeydew Grapes Pineapple Grapefruit Hard Boiled Eggs Cottage Cheese Banana Chips Dried Cherries Figs Golden Raisins Granola	Salad Bar Options Salad Mix and Dressings Sliced Mushrooms Broccoli Baby Carrots Edamame Diced Eggs Grape Tomatoes Sliced Cucumbers Banana Peppers Garbanzo Beans Craisins Cheddar Cheese Feta Cheese Croutons Pepperoni Sunflower Seeds Cottage Cheese Hummus Pita Chips	Snack on Arrival Fruit Granola Bars	Pancakes Sausage Patties Butter Syrup Bagel and Cream Cheese Bar Oatmeal Bar Fruit and Yogurt Bar Assorted Cereals White Milk Orange Juice Water Coffee, Tea and Sweet Tea Bar Fresh Fruit Bowl	Scrambled Eggs Sausage Patties Seasoned Diced Potatoes Biscuits Ketchup Jelly Honey Cheese Plates Butter Biscuit Bar Grit Bar Fruit and Yogurt Bar Assorted Cereals White Milk Orange Juice Water Coffee, Tea and Sweet Tea Bar Fresh Fruit Bowl
		Mini Corn Dogs Macaroni and Cheese Grapes Mustard Ketchup Quinoa Fully Loaded Baked Potato and Cheddar Soup and Bread Bar Salad Bar Water White Milk Coffee, Tea and Sweet Tea Bar Fresh Fruit Bowl HEALTHY BAR	Cheese Pizza Pepperoni Pizza Pineapple Pimento Cheese Vegan Vegetable Soup and Bread Bar Salad Bar Water White Milk Coffee, Tea and Sweet Tea Bar Fresh Fruit Bowl HEALTHY BAR	Tacos in a Bag Fritos Peaches Mexican Fixing Platters Sour Cream Salsa Diced Avocado Chicken w/ Egg Noodle Soup and Bread Bar Salad Bar Water White Milk Coffee, Tea and Sweet Tea Bar Fresh Fruit Bowl HEALTHY BAR
		Garden Vegetable Pizza Fried Chicken Mashed Potatoes Poultry Gravy Green Beans Southern Style Dinner Rolls Butter Honey Mini Apple Turnovers Salad Bar Water White Milk Coffee, Tea and Sweet Tea Bar Fresh Fruit Bowl HEALTHY BAR Baked Potato Bar SNACK Sugar Cookies and Milk	Chicken Caesar Salad Pulled Pork Fresh Baked Buns Baked Beans Coleslaw BBQ Sauce Ice Cream Sandwiches Salad Bar Water White Milk Coffee, Tea and Sweet Tea Bar Fresh Fruit Bowl HEALTHY BAR Curried Rice and Bean Bar SNACK Smores	Veggie Fajitas