

FLTASO 19 Tentative Menus

Monday, August 5

Dinner on your own

Tuesday, August 6

7:35 - 9:15 Marriott Hotel University C+D Breakfast

Sliced Seasonal Fruit Platter | Bagels, Danish, Muffins, Croissants | Scrambled Eggs | Turkey Bacon, Turkey Sausage | Orange, Apple, Cranberry, and Grapefruit Juice | Coffee, Decaffeinated Coffee, Hot Tea | Each day will be one of the following: French Toast, Pancakes, Oatmeal, or Kellogg Cereals with 2% and Skim Milk. Each day will have either Breakfast Potatoes or Hash Browns

11:20 - 12:00 MSU Union Welcome

Freshly Brewed Regular Coffee, Decaffeinated Coffee and a Selection of Fine Teas | Whole Fruit | Assorted Granola Bars

1:00 - 2:00 MSU Union Lunch

The Freshman Buffet

Organic Greens (with seasonal grilled vegetable mélange and balsamic vinaigrette) | Herb-Marinated Grilled Chicken Breast (with kalettes, pearl onions, Yukons, and natural jus) Halal chicken available if requested in advance | Cavatappi (with MSU Dairy Store cheese sauce) | Aromatic Rice Pilaf (with tart cherries and toasted almonds) | Haricot Vert | Assorted Dinner Rolls | Freshly Baked Cookies

4:45 – 7:00 Lake Lansing South BBQ at Lake Lansing (Rain backup is game night and dinner in the International Center)

Saddleback BBQ: Pulled chicken | Brisket | Vegetarian Sloppy Joes | Corn on the cob | Potato Salad | Cole Slaw | Assorted Fruit Tray | Assorted vegetable tray | Chips | Soda | Bottled water

Wednesday, August 7

7:30 - 8:40 Marriott Hotel University C+D Breakfast

Sliced Seasonal Fruit Platter | Bagels, Danish, Muffins, Croissants | Scrambled Eggs | Turkey Bacon, Turkey Sausage | Orange, Apple, Cranberry, and Grapefruit Juice | Coffee, Decaffeinated Coffee, Hot Tea | Each day will be one of the following: French Toast, Pancakes, Oatmeal, or Kellogg Cereals with 2% and Skim Milk. Each day will have either Breakfast Potatoes or Hash Browns

10:15 - 10:30 MSU Union Break

Freshly Brewed Regular Coffee, Decaffeinated Coffee and a Selection of Fine Teas | Whole Fruit | Assorted Granola Bars

11:45 - 1:00 MSU Union Lunch

Burrito Bowl

Chopped Iceberg Salad with Southwest Ranch Dressing | Fritos Corn Chips with salsa, southwest ranch dressing, guacamole, pico de Gallo and manchego cheese sauce | Classic Taco Beef | Spicy Lime Pulled Chicken (Halal Chicken option available if requested in advance) | Shredded Lettuce, Shredded Cheddar, Crumbled Queso Fresco, Olives, Sliced Jalapenos, Diced Tomatoes, Diced Onions and Sour Cream | Cilantro Lime Rice | Vegetarian Borracho Beans | Churros with Horchata dip

2:30 - 2:45 MSU Union Break

Freshly Brewed Regular Coffee, Decaffeinated Coffee and a Selection of Fine Teas | Whole Fruit | Assorted Granola Bars

6:30 - 7:30 Downtown E. Lansing Dinner on your own

Thursday, August 8

7:30 - 8:40 Marriott Hotel University C+D Breakfast

Sliced Seasonal Fruit Platter | Bagels, Danish, Muffins, Croissants | Scrambled Eggs | Turkey Bacon, Turkey Sausage | Orange, Apple, Cranberry, and Grapefruit Juice | Coffee, Decaffeinated Coffee, Hot Tea | Each day will be one of the following: French Toast, Pancakes, Oatmeal, or Kellogg Cereals with 2% and Skim Milk. Each day will have either Breakfast Potatoes or Hash Browns

12:15 - 1:15 Wells Hall Lunch

BOXED LUNCH

Chips | Apple | Water | One of three Wrap Sandwiches: **Grilled Chicken** with Romaine lettuce, garlic croutons, marinated tomatoes, shaved parmesan, and Caesar dressing, or **Tuna Salad** with carrot and cabbage slaw, cilantro, basil, lettuce, tomato, Dijon, and mayo or Smoked BBQ **Portabella Mushroom** with sweet corn and pimento pesto, baby spinach, charred Roma, Dijon, and mayo

3:15 – 3:30 Wells Hall Mini-Break

Granola bars | water

6:30 - 9:30 Marriott Hotel University BCD Farewell Dinner Celebration

INTERNATIONAL BOUNTY BUFFET

Field Green Salad with Assorted Dressings Caesar Salad | Tomato, Onion, Bleu Cheese Platter | Strawberry Cous Cous Salad with Asparagus | Chicken Margherita (Grilled Chicken Breast, Tomatoes, Basil, Fresh Mozzarella, Balsamic Glaze | Filet of Salmon | Mediterranean Pasta (Cavatappi, Roasted Vegetables, Feta Cheese, Roasted Red Pepper Sauce) | Chef's Selection of Rice, Chef's Selection of Potatoes, Fresh Vegetables, Array of Chef's Featured Desserts | Rolls and Butter, Coffee, Decaffeinated Coffee, Hot Tea, Iced Tea, Milk

Friday, August 9

5:00 - 8:00 am Marriott Hotel University C+D Breakfast to-go

BOXED BREAKFAST

Fresh Whole Fruit | Yogurt | Cheese Sticks | Freshly Baked Muffin | Protein Bar | Bottled Juice | Fresh Coffee and Hot Tea to go