

For all 2014 Educating for Careers Conference attendees, the following is a list of our basic menu for March 2-4, 2014. For those of you that may have dietary restrictions, please note the conference is located at the Sacramento Convention Center that utilizes a catering company where there are restrictions regarding **last minute** additions and/or menu changes. If you need the alternative lunch/breakfast meal, please notify the Registration Coordinator at info@regforyou.com **no later than February 26, 2014**. You will need a **special ticket** at the lunch and/or breakfast to receive the alternative lunch menu item.

Paid Pre-Conference, March 2, 2014

Upper Crust Continental Breakfast

- Freshly Brewed Coffee, Decaffeinated Coffee and Hot Tea
- Pitchers of Assorted Juices
- Housemade Muffins, Cinnamon Rolls and Danish
- Bagels and Cream Cheese
- Iced Scones
- Sliced Seasonal Fruit Displays

Gourmet Box Lunches

- Chicken Caesar Wraps
 - Grilled Vegetable Sandwiches
 - Southwest Grilled Steak Sandwiches
- Each box lunch contains a whole fruit and a cookie

Conference, March 3, 2014

The American Heartland Buffet

- Fresh Sliced Seasonal Fruit
- Hickory Smoked Ham
- Bacon
- Scrambled Eggs with Chives
- Homestyle Potatoes
- Buttermilk Biscuits & Gravy
- Assorted Muffins and Pastries
- Freshly Brewed Coffee, Decaffeinated Coffee, Hot Tea and Orange Juice

Plated Lunch**

- House Salad
- Grilled Sonoma Chicken, Crispy Shallots, Yukon Mashed Potatoes, and Seasonal Vegetables
- Roasted Garlic Mashed Potatoes and Seasonal Vegetables
- Rustic Apple Pie

**** Alternative lunch is a Vegan White Bean Cassoulet with a mixed Green Salad
Gluten Free Alternative will be available upon prior request only.**

Conference, March 4, 2014

The Wine Country Breakfast

- Vegetable Egg Fritta
- Chicken Apple Sausage
- Rustico Tomato Compote
- Fingerling Potatoes
- Variety of house baked mini muffins
- Freshly Brewed Coffee, Decaffeinated Coffee and Hot Tea
- Orange Juice

**** Alternative Vegan breakfast is available upon request for ticketed attendees only.**

We have been assured that neither MSG nor peanut oil is utilized in any of the menu selections.