

Arkansas 4-H Center
#1 Four-H Way
Little Rock AR 72223



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arkansas4hcenter.org

The Arkansas 4-H Center Food Service

The Arkansas 4-H Center food service staff can provide all of your meal and snack needs. Meals are served cafeteria style.

If there is no other group eating with you, meals may be selected from the menus listed.

Unless otherwise arranged meal times are:

Breakfast	7:30 - 8:15
Lunch	11:45 - 12:30
Dinner	6:00 - 6:45

Your final guaranteed meal count and any dietary restrictions are due to the Food Service Manager 7 days prior to your activity. If the Center is not notified your contracted estimate becomes your final, guaranteed meal count.

If you have, any questions or concerns please feel free to contact the Food Service Manager at (501) 821-4444 or at cmartin@uaex.edu

Continental Breakfast

- Assorted Pastries and Bagels
- Assorted Cold and Hot Cereals
- Assorted Fresh and Dried Fruit, Yogurt, Hard Boiled Eggs, and Cottage Cheese
- Assorted Teas, Coffee and Juices

Breakfast

Cold Cereal and Fresh Whole Fruit are served with most Breakfast

- Fluffy Scrambled Eggs, Sausage Link or Patties or Crispy Bacon, Southern Style Biscuit and Old Fashioned Peppered Gravy
- Fluffy Scrambled Eggs served with Hotcakes with you choice of Sausage or Crispy Bacon
- Cinnamon Swirl French Toast or Traditional French Toast or French Toast Sticks served with you choice of Sausage of Crispy Bacon and Scrambled Eggs
- Ham, Bacon, or Sausage Egg and Cheese Croissant served with Hash browns
- **Breakfast Casserole-** Fluffy Scrambled Eggs, Hash browns, Cheese, and Ham or Sausage served with Biscuit and Gravy
- **Breakfast Burrito-** Fluffy Scrambled Eggs with Shredded Cheese, Bell peppers, Onions, and Ham or Sausage Wrapped in a Warm Flour Tortilla served with Salsa and Hash browns

***This menu is not inclusive and other options are negotiable!**

Kid Friendly Lunch or Dinner

- Chili Cheese Dog
- Deli Style Ham and Cheese or Turkey and Cheese on Bun
- Soft Tacos
- Chicken Nuggets
- Fresh Baked Pizza (Cheese or Pepperoni)
- Chicken Fried Steak Sandwich
- Spaghetti with Meat Sauce
- Chicken Spaghetti
- Macaroni and Cheese with Mini Corn Dogs
- Corn dog
- Chicken Drummies
- Country Fried Steak
- Swedish Meatballs
- Beef Enchiladas

Lunch

- Soft Beef Burrito
- Polish Sausage with Onions and Bell Peppers served on a Hoagie Bun
- Turkey Tomato Basil Wrap
- Baked Potato with Salad Bar
- Country Fried Steak
- Taco Salad
- Sweet and Sour Chicken
- Southern Style Fried Chicken
- Roasted Lemon Pepper Chicken
- Chicken Fajitas
- Grilled Chicken Sandwich
- BBQ Bacon Cheeseburger
- Home Style Chicken Salad
- French Dip with Au Jus

***This menu is not inclusive and other options are negotiable!**

*** Boxed Lunches Available Upon Request**

Gourmet Sandwich (Turkey, Ham, or Roast Beef) Chips or Side Dish, Fresh Fruit, Dessert and Beverage

Dinner

- Chicken Parmesan
- Monterey Chicken
- Roasted Lemon Pepper Chicken
- Catfish and Hushpuppies
- Southern Style Fried Chicken
- Chicken A La King served over Puff Pastry or Steamed Rice
- Chopped Steak with Grilled Peppers and Onions
- Pecan Crusted Chicken
- Turkey Divan
- Country Fried Steak
- Lasagna
- Bacon Wrapped Beef
- Roast Beef with Au Jus
- Glazed Baked Ham
- Fried or Baked Pork Chop
- Chicken Florentine wrapped in Puff Pastry

***This menu is not inclusive and other options are negotiable!**

Refreshment Break

Sweet and Salty

- Chex Mix and Fresh Baked Cookies

O-Lay Style

- Chips with Salsa and Mints

On The Light Side

- Assorted Fresh Vegetables with Dip

Mid Morning Train

- Fresh Baked Assorted Muffins and Whole Fresh Fruit

Got Cheese

- Cheese Ball with Assorted Crackers

***This menu is not inclusive and other options are negotiable!**

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