



**HUMBOLDT  
DINING**

*catering*

Events Menu





# Welcome!



## HUMBOLDT DINING

### to Humboldt Dining Catering Menu!

There are big decisions and important details to attend to as you prepare for your upcoming catered event. Let Humboldt Dining Catering guide you from designing the perfect menu to personalizing the details of your unique gathering. Our catering services can accommodate any size, theme, or individual requirements in almost any location – on or off campus.

We'll work with you to create a custom menu inspired by your unique needs that will leave a lasting impression. All menus will follow the Humboldt Dining culinary philosophy; authentic recipes using the freshest, seasonal ingredients.

Waiter service, buffet, small plates and international inspired specialty stations: all served in your style! And because you've entrusted your event to Humboldt Dining, the food will be unmatched, the service spectacular, and the event will be unforgettable!

Let's plan your event!

Morgan McEvoy, Director of Catering

Mariano Lalica, Executive Chef

James Richards, RDM



Morgan



Chef Mariano



James



# The Morning Start

## Continental Breakfast

Assorted breakfast pastries and bagels with spreads (Cals: 240-340)  
 Seasonal fresh fruit display (Cals: 60)  
 Regular and decaf coffee by Muddy Waters Organic and assorted hot teas (Cals:0)  
 Orange juice (Cals:120)

\$11.29 per person

## Energy Breakfast

Egg scramble with potato, spinach and tomato (Cals:240)  
 Avocado toast (Cals:230-270)  
 Seasonal fresh fruit and Greek yogurt bar with house-made granola (Cals: 60-370)  
 Regular and decaf coffee by Muddy Waters Organic and assorted hot teas (Cals: 0)  
 Orange juice (Cals: 120)

\$13.89 per person

## Traditional Breakfast

Cinnamon french toast or buttermilk pancakes (Cals: 170-240)  
 Scrambled eggs (Cals: 190)  
 Bacon, pork sausage, turkey sausage or veggie sausage (Cals: 45-70)  
 Seasoned breakfast potatoes (Cals: 120)  
 Seasonal fresh fruit display (Cals: 60)  
 Fresh breakfast pastries to include assortment of mini croissant, muffins, scones or danishes (Cals: 130-210)  
 Regular and decaf coffee by Muddy Waters Organic and assorted hot teas (Cals: 0)  
 Orange juice (Cals: 120)

\$13.89 per person

## Vegan Breakfast Bowl

Spicy tofu breakfast bowl with kale, mushroom, tofu scramble, lemon couscous, grape tomato, scallion and avocado (Cals: 451)

\$13.89 per person

\* 10 person minimum







# À la Carte



Assorted bagels and spreads (Cals: 240-340)

\$28.79 per dozen

Freshly-baked croissants (Cals: 350)

\$29.49 per dozen

Assorted danish (Cals: 270-390)

\$26.49 per dozen

Assorted freshly baked muffins (Cals: 140-420)

\$27.69 per dozen

Yogurt parfait with fresh berries and granola (Cals: 250)

\$29.49 per dozen

Greek yogurt (Cals: 70-90)

\$26.69 per dozen

Seasonal fresh fruit skewers (Cals: 60)

\$29.89 per dozen

Tuscan kale, roasted pepper & goat cheese quiche  
(Cals: 230)

\$30.89 per dozen

Ham & Swiss cheese quiche (Cals: 390)

\$30.89 per dozen

\*Consult with Catering Director for Vegan & Gluten-free Options

# Balanced Breaks

## Jerky Bar

Selection of regional and artisanal jerky served with dried fruits & nuts  
(Cals: 10 -120)

\$7.29 per person

## Chips & Salsa

Lime & sea salt tortilla chips (Cals: 100)  
House-made tomato salsa (Cals: 10)  
Guacamole (Cals: 110) (additional charge of \$ )

\$5.29 per person

## Fruit & Nut Bar

Seasonal fresh hand fruit & berries (Cals: 10-110)  
Selection of lightly salted nuts (Cals: 45-50)

\$5.49 per person

## Mezze Spreads

Served with crisp vegetables & pita chips (Cals: 40-80)  
Yellow lentil hummus (Cals: 60)  
Classic chick pea hummus (Cals: 30)  
Babaganoush (Cals: 50)

\$10.29 per person

## Chacuterie Board

A selection of cured meats, cheeses, assorted nuts,  
dried fruits and fresh demi baguette (Cals: 70-1200)

\$13.49 per person

## Cheese Board

A selection of hard and soft cheeses with assorted nuts,  
dried fruits and fresh demi baguette (Cals: 70-682)

\$9.89 per person

\*Consult with Catering Director for Vegan & Gluten-free Options

\* 10 person minimum



Assorted freshly baked cookies (Cals: 170-210)	\$17.49	per dozen
House-made fudge brownies (Cals: 200)	\$19.49	per dozen
Cereal Treats: (Cals: 37-690) Choice of Trix, Cinnamon Toast Crunch, Cocoa Puffs, or Rice Krispy Treat	\$18.49	per dozen
Dessert Bars Choice of: (Cals: 110-320) Smore's Bar, Blondie, M&M Blondie, Pecan, Lemon Bar	\$19.49	per dozen
Individually wrapped granola bars (Cals: 190)	\$26.49	per dozen
Individually bagged kettle chips (Cals: 130-320)	\$26.49	per dozen
House blend trail mix with nuts and chocolate (Cals: 310)	\$11.49	per pound
Savory party mix (Cals: 210)	\$28.89	per dozen
Fresh whole fruit (Cals: 30-110)	\$21.59	per dozen
Fruit & nut energy bars (Cals: 110)	\$21.59	per dozen

\*Consult with Catering Director for Vegan & Gluten-free Options

# Sweets & Treats



# Beverages

\* 10 person minimum

Freshly brewed regular or decaf coffee by Muddy Waters Organic (Cals: 0)	\$22.89	per gallon
Hot water and assorted teas (Cals: 0)	\$21.89	per gallon
Hot chocolate (Cals: 130)	\$21.89	per gallon
Gourmet hot chocolate or Mexican hot chocolate (Cals: 185) Served with chocolate shavings and whipped topping	\$24.69	per gallon
Cold soda (Cals: 0-190)	\$4.89	each
Cold iced tea or lemonade (Cals: 0-160)	\$4.89	each
Lost Coast Roast cold brew coffee (Cals: 174)	\$4.89	each
Bottled sodas (Cals: 0-210)	\$4.89	each
Bottled tea (Cals: 40-160)	\$4.89	each
Bottled orange juice (Cals: 80-160)	\$4.89	each
Fruit infused water (Cals: 0)	\$17.49	per gallon
It's Alive Kombucha (Cals: 45-60)	\$4.89	each





## Classic Deli Buffet

Your choice of several deli classics, fresh cheeses pairing, artisan-baked breads, bagged chips or a side salad, and condiments. The classic deli buffet is accompanied by fresh veggies and the classic spreads that make a sandwich great.

\$16.89 per person

<i>Pick up to 3</i>	<i>Pick 2</i>	<i>Pick 1</i>
Smoked ham (Cals: 180)	Cheddar (Cals: 110)	Bagged chips (Cals: 100)
Turkey (Cals: 75)	American (Cals: 100)	Small garden salad (Cals: 40)
Salami (Cals: 300)	Swiss (Cals: 90)	
Roast beef (Cals: 75)	Provolone (Cals: 100)	
Tuna salad (Cals: 190)	Pepper jack (Cals: 110)	
Cold fried tofu (Cals: 60)	Vegan cheese (Cals: 70)	
Seasonal roasted vegetables (Cals: 50)		

# Lunch Buffets



## Artisan Sandwich Board

Your choice of 3 sandwiches served with bagged chips or a side salad.

\$18.89 per person

<i>Pick up to 3</i>	<i>Pick 1</i>
Mediterranean grilled chicken sun-dried tomato hummus ciabatta (Cals: 890)	Bagged chips (Cals: 100)
Classic Italian, pepperoni, capicola, salami & provolone with balsamic hero (Cals: 730)	Small garden salad (Cals: 40)
Roast beef sub, American cheese, lettuce, tomato, onion (Cals: 540)	

Add Housemade Seasonal Soup

\$4.89 per person

\*Consult with Catering Director for Vegan & Gluten-free Options

\* 10 person minimum



### Deli Box Lunch

All sandwiches served on chef's selection of fresh bread with fruit salad, side salad, kettle chips and choice of cookie or brownie.

\$16.89 per person

### Sandwich Selections

- Ham and Swiss cheese (Cals: 470)
- Roast beef and cheddar (Cals: 440)
- Grilled veggie wrap (Cals: 570)
- Tuna salad (Cals: 580)
- Turkey breast and provolone cheese (Cals: 490)
- Grilled Mediterranean chicken (Cals: 730)

# Box Lunches

### Artisan Box Lunch

All sandwiches served on chef's selection of fresh bread with fruit salad, side salad, kettle chips and a cookie or brownie.

\$18.89 per person

### Sandwich Selections

- Muffuletta vegetarian sandwich (Cals: 600)
- Mediterranean grilled chicken sun-dried tomato hummus ciabatta (Cals: 890)
- Cajun roast turkey with pepperjack, Bermuda onion, Cajun mayo (Cals: 480)
- Classic Italian, pepperoni, capicola, salami & provolone with balsamic hero (Cals: 730)
- Roast beef sub with American cheese, lettuce, tomato and onion (Cals: 540)
- Turkey, bacon and ranch on wheat with pepper jack cheese (Cals: 640)
- Avocado, lettuce and tomato on wheat (Cals: 450)

### Sides

- Bagged Kettle chips (Cals: 100)
- Chickpea tomato salad (Cals: 80)
- Quinoa and tabbouleh salad (Cals: 260)
- Small garden salad (Cals: 40)

\* 10 person minimum

\*Consult with Catering Director for Vegan & Gluten-free Options



All salads include artisan crackers, choice of dressing, cookie, and disposable cutlery. Available boxed upon request

<b>Blackened Chicken Caesar Salad</b> (Cals: 430) Chopped romaine lettuce, blackened chicken, grated Parmesan cheese, and house-made croutons with our traditional Caesar dressing	\$15.89 per person
<b>Traditional Chef's Salad</b> (Cals: 520) Turkey, ham, cheddar, cage-free hardboiled egg, tomatoes, cucumbers, and crisp greens with creamy buttermilk dressing	\$15.89 per person
<b>Greek Salad with Grilled Chicken</b> (Cals: 730) Grilled chicken, tomatoes, cucumbers, kalamata olives, feta cheese, red onion, and mixed greens with balsamic vinaigrette	\$15.89 per person
<b>California Salmon Salad</b> (Cals: 420) Mesclun greens with grilled salmon, red cabbage, celery, black olives, tomatoes, cucumbers, and avocado with balsamic vinaigrette	\$15.89 per person
<b>Mediterranean Grain Salad</b> (Cals: 330) Orzo, barley, & farro with Kalamata olive, tomato & Bermuda onion	\$15.89 per person
<b>Turkey Avocado Cobb</b> (Cals: 450) Mesclun greens with turkey, applewood-smoked bacon, fresh avocado, cage free hardboiled egg, black olives, onion and house-made croutons	\$15.89 per person
<b>Seasonal Housemade Soup</b>	\$4.89 per person

\*Consult with Catering Director for Vegan & Gluten-free Options

# Fresh Salads

\* 10 person minimum per variety



# Little Italy

Served with Caesar salad (Cals: 360) & house-made cookies (Cals: 170-200)

*Pick 1*

Cheese or Meat Lasagna topped with Cypress Grove Goat Cheese crumbles (Cals: 480)

Fettucine Alfredo (Cals: 400)

Tortellini Primavera (Cals: 280)

**\$21.89**  
per person

*Pick 1*

Choice of Chicken Piccata (Cals: 250), Chicken Marsala (Cals: 380), or  
Chicken Parmesan (Cals: 470)

Fresh Baked Garlic Bread (Cals: 210)

Add an Antipasto Platter (Cals: 520): \$5.49 per person

\*Consult with Catering Director for Vegan & Gluten-free Options

\* 10 person minimum







Classic Carolina pulled pork with slider rolls (Cals: 400)

Buttermilk Fried Chicken (Cals: 500)

Macaroni & Cheese (Cals: 330)

BBQ Baked Beans (Cals: 270)

Lime Cilantro Cabbage Cole Slaw (Cals: 120)

Cheddar Jalapeño Cornbread (Cals: 330)

Strawberry Shortcake (Cals: 660)

**\$19.49**  
per person

# *Taste of the South*

\*Consult with Catering Director for Vegan & Gluten-free Options

\* 10 person minimum

# Homestyle Spread

\$22.89  
per person

Herb Brined Turkey Breast Sage Gravy (Cals: 260)

Herb & Panko Crusted Salmon (Cals: 170)

Beyond Meatloaf ( Beyond Meat ) (Cals: 259)

Garlic Roasted Red Bliss Potatoes (Cals: 130)

Roast Brussel Sprouts (Cals: 45)

Tossed Garden Salad (Cals: 40)

Fudge Brownies (Cals: 200)

\* 10 person minimum







# Picnic Buffet

\$22.89  
per person

Includes assorted buns, lettuce (Cals: 0), tomatoes (Cals: 0), pickles (Cals: 0), onions (Cals: 5), condiments (Cals: 10-90), fresh baked cookies (Cals: 170-200) and brownies (Cals: 200)

*Pick 3*

Hamburgers (Cals: 340), Veggie Burgers (Cals: 280), Hot Dogs (Cals: 480), or BBQ Glazed Chicken (Cals: 630)

*Pick 2*

Bag of Chips (Cals: 100), Potato Salad (Cals: 170), Pasta Salad (Cals: 270), Cole Slaw (Cals: 96) or Traditional Macaroni & Cheese (Cals: 330)

\*Consult with Catering Director for Vegan & Gluten-free Options

\* 10 person minimum



Blackened Salmon with Lemon & Parsley (Cals: 140)  
Za'tar Roast Chicken Breast (Cals: 240)  
Whole Wheat Penne with Broccoli, Lemon & Garlic (Cals: 430)  
Broccolini with Red Chili Flakes & Roast Garlic (Cals: 15)  
Chickpea & Tomato Salad (Cals: 80)

\$22.89  
per person

# *Taste of the Mediterranean*

\*Consult with Catering Director for Vegan & Gluten-free Options

\* 10 person minimum



# Taco House

\$22.89  
per person

Mini al Pastor Tacos with Onion & Cilantro (Cals: 170)

Mini Carne Asada with Onion & Cilantro (Cals: 280)

Mini Grilled Chicken Flautas Ancho Chili Crema (Cals: 160)

De-constructed Posole Salad with Chili Lime Vinaigrette (Cals: 290)

Vegan Seasoned Mushroom & Tortilla (Cals: 50)

Wild Mushroom Queso Fundido with Fresh Corn Tortillas (Cals: 380)

Mini Churro Chocolate Dipping Sauce (Cals: 250)

\*Consult with Catering Director for Vegan & Gluten-free Options

\* 10 person minimum





Fish Tacos (Cals: 210)

Grilled Chicken Skewers with Soft Corn Tortillas (Cals: 390)

Black Bean and Corn Salad (Cals: 150)

Mexican Red Rice (Cals: 180)

Fresh House-made Guacamole (Cals: 110), Salsa (Cals: 10), and  
Baked Corn Tortilla Chips (Cals: 70)

**\$22.89**  
per person

# Balanced Southwestern

\*Consult with Catering Director for Vegan & Gluten-free Options

\* 10 person minimum





# Traditional Asian Buffet

**\$22.89**  
per person

Orange Ginger Chicken (Cals: 550)

Beef with Broccoli (Cals: 170)

Ginger Vegetable Fried Rice (Cals: 290)

Fried Veggie Rolls (Cals: 100)

Sesame Broccoli (Cals: 90)

\*Consult with Catering Director for Vegan & Gluten-free Options

\* 10 person minimum

# Hors d'Oeuvres

Served Hot

\* Minimum of 2 Dozen



Spanakopita (Cals: 160)

4.49 each

Shrimp & vegetable spring roll with  
Mongolian sweet & sour sauce (Cals: 80)

4.89 each

Vegetable spring roll with Mongolian sweet &  
sour sauce (Cals: 90)

3.49 each

Warm fig, caramelized onion, bleu cheese  
tartlet (Cals: 70)

4.49 each

Mini quiche with apples, cheddar & cinnamon  
(Cals: 250)

4.49 each

Heirloom tomato, torn basil, roasted garlic,  
and asiago flatbread (Cals: 290)

4.49 each

Pecan crusted chicken with maple BBQ dip  
(Cals: 350)

5.49 each

Grilled chicken & cheddar cheese quesadilla  
(Cals: 200)

5.89 each

Beef empanadas with avocado dip (Cals: 360)

5.49 each

Crab rangoon with sweet & sour dipping  
sauce (Cals: 90)

5.49 each

Grilled shrimp with salsa verde (Cals: 80)

6.49 each

Thai chicken satay with spicy peanut sauce  
(Cals: 110)

5.49 each

Lump crab cakes with Cajun remoulade  
(Cals: 140)

7.89 each

Beef sliders with bacon cheddar & spicy  
tomato ketchup (Cals: 320)

6.89 each

BBQ shrimp & grits (Cals: 140)

6.49 each

Mini roast pork bao (Cals: 30)

4.69 each

Bacon wrapped scallop (Cals: 80)

6.89 each

Tandoori kebab (Cals: 120)

5.99 each





Searched Ahi Tuna on Crispy Wonton with Wasabi Cream (Cals: 110)	6.99 each
Gazpacho Shooter (Cals: 30)	4.69 each
Goat Cheese and Garlic and Herb Crostini (Cals: 290)	4.69 each
Smoked Salmon Mousse on Potato Crisp (Cals: 70)	4.69 each
Grilled Shrimp with Mango Chipotle Glaze (Cals: 40)	6.99 each
Caprese Skewer-Cherry Tomato, Fresh Mozzarella, Basil & Balsamic Glaze (Cals: 120)	4.49 each
Thai Chicken Lettuce Wrap (Cals: 400)	5.89 each
Harvest Chicken Salad in a Phyllo Cup (Cals: 150)	4.69 each
Shrimp Ceviche with Serrano Chili Shooter (Cals: 80)	6.89 each
Cumin Crusted Beef Tenderloin on a Plantain Chip (Cals: 160)	6.29 each
Hummus Shooter with Crudité Garnish (Cals: 130)	5.69 each

# Hors d'Oeuvres

Served Cold  
\* Minimum of 2 Dozen

# Platters



## **Cheese Display**

Served with artisan bread, crackers and fresh fruit garnish (Cals: 160)

\$9.89 per person

## **Crudit  Display**

Seasonal vegetables served with ranch dipping sauce (Cals: 130)

\$5.89 per person

## **Seasonal Fresh Fruit Display**

Seasonal fruit & berries (Cals: 125)

\$5.89 per person

## **Italian Antipasti Display**

Prosciutto and salami, fresh mozzarella and shaved Parmesan, pepperoncini, roasted red peppers, marinated artichokes, eggplant caponata, marinated olives extra virgin olive oil and balsamic vinegar served with flatbread & crostini (Cals: 210)

\$11.89 per person

## **Mediterranean Market Display**

Cumin marinated chicken skewers, roast eggplant, roasted peppers, hummus, marinated olives, feta cheese, Parmesan cheese, rocket arugula served with flatbreads & crostini (Cals: 230)

\$11.89 per person

\*Consult with Catering Director for Vegan & Gluten-free Options

\* 10 person minimum





# Carving Station

Served with appropriate sauces & dinner rolls  
with whipped butter.

## *Your choice of:*

Roasted Round of Beef (Cals: 260)	\$23.89	per person
Prime Rib of Beef (Cals: 460)	\$28.89	per person
Roasted Pork Loin (Cals: 160)	\$22.89	per person
Tenderloin of Beef (Cals: 250)	\$32.09	per person
Boneless Virginia Ham (Cals: 110)	\$20.89	per person
Herb-Roasted Breast of Turkey (Cals: 130)	\$20.89	per person

## *À la carte*

Horseradish whipped potato (Cals: 150)	\$4.49	per person
Mashed sweet potatoes with pecan butter (Cals: 180)	\$4.49	per person
Rosemary roasted potatoes (Cals: 110)	\$4.49	per person
Herb risotto (Cals: 600)	\$4.49	per person
Roasted squash with fresh herbs and garlic (Cals: 100)	\$4.49	per person
Potatoes au gratin (Cals: 410)	\$4.49	per person
Macaroni and cheese (Cals: 330)	\$4.49	per person
Grilled asparagus (Cals: 60)	\$4.49	per person
Grilled brussels sprouts with lemon (Cals: 60)	\$4.49	per person
Creamed spinach (Cals: 60)	\$4.49	per person
Lentil & Basmati rice pilaf (Cals: 190)	\$4.49	per person
Za'tar roast carrots (Cals: 35)	\$4.49	per person
Cauliflower grits with roasted carrot and chimichurri (Cals: 530)	\$4.49	per person

\* 20 person minimum

# Pasta Station

Build-your-own pasta with Italian sausage (Cals: 70), Marinara (Cals: 15), Alfredo sauce (Cals: 230), spinach (Cals: 0), broccoli (Cals: 5), onions (Cals: 15), tomatoes (Cals: 10), Parmesan cheese (Cals: 20) and Fettuccini (Cals: 110)

## *Pick 2*

Orecchiette with broccolini (Cals: 730)

Rigatoni with Italian sausage & spicy tomato sauce (Cals: 700)

Whole wheat penne with broccoli, lemon & garlic (Cals: 430)

Gemelli pomodoro with eggplant (Cals: 410)

Tortellini a la bolognese (Cals: 460)

Rigatoni with Marinara or Alfredo (Cals: 250-330)

**\$18.89**  
per person

\* 10 person minimum

\*Consult with Catering Director for Vegan & Gluten-free Options





# Dessert Stations

**Assorted freshly baked cookies** (Cals: 170-210)

\$17.49 per dozen

**House-made fudge brownies** (Cals: 170-200)

\$19.49 per dozen

**Brownie Variety Station** (Cals: 170-200)

\$19.49 per dozen

**Mini Cupcake Station** (Cals: 185)

\$5.39 per person

**Custom House Baked Dessert Bar**

\$28.89 per dozen

*Pick 2*

Carrot Cake (Cals: 90)

Lemon Basil (Cals: 110)

Peanut Butter Cup (Cals: 310)

Red Velvet (Cals: 310)

Devil's Food with Marshmallows (Cals: 170)

Jelly Roll (Cals: 280)

Chocolate (Cals: 260)

Vanilla Bean (Cals: 290)

\*Consult with Catering Director for Vegan & Gluten-free Options

\* 10 person minimum



# Plan Your Event



Morgan McEvoy, Director of Catering  
707.826.4001 [catering@humboldt.edu](mailto:catering@humboldt.edu)

Welcome to Event Catering by Humboldt Dining.

Our goal is to provide exceptional quality, amazing service and a creative cutting-edge culinary experience! Our friendly and professional staff is available to help plan your special event Monday-Friday 8:00am - 5:00pm. For customized service and menu planning please contact our catering coordinators.

## Scheduling & Cancellation

To ensure the best possible service we kindly ask that events be booked at least 7 business days in advance. We understand events arise unexpectedly and we will do our best to accommodate your needs. We request that cancellations be made 3 business days prior to the contracted event date.

## Everything Included with Your Order!

Each order includes Delivery, Cleanup, Sustainable / Reusable Serviceware or China and Glassware.

## \$10 Discount Available for Self-Service

We will provide a \$10 off your order if you choose our Self-Service option. For this arrangement, you will need to 1) Pickup your order 2) Setup your event 3) Cleanup when done 4) Return all reusable serviceware within 24 hours of your event. The event area must be cleaned thoroughly and all serviceware must be returned for this discount to apply.

## Tax & Tax Exempt

Unless your order is tax-exempt, a tax rate of 8.50% will be applied to all orders.

Please email tax-exempt forms at least 3 days prior to the event to [catering@humboldt.edu](mailto:catering@humboldt.edu)

## Delivery Charge

\$80.00







### **Event Time**

Events are billed in 4-hour increments. Events exceeding the 4-hour limit will be subject to additional service fees.

### **Guest Counts**

We kindly request a confirmed number of guests be specified 3 business days prior to the event. This number is considered the guaranteed guest count.

### **Linens**

Tablecloths are supplied for all food and beverages service tables at events. Tablecloths for non-food tables are available for an additional charge per table of \$9.99

### **Water Setup**

Pitchers of water or large dispensers are available for conferences, lectures and meetings on campus. The charge is \$.59 per person, with a minimum charge of \$5.90.

### **Billing & Payment**

A form of payment (purchase order or credit card) is kindly requested three business days prior to the event date. We ask that contracts be paid in full within one business day following the event.

### **Special Diets**

Special diets are accommodated upon request, we kindly request that your needs be submitted as soon as possible.

### **Calorie Counts**

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

### **Meeting Room Reservations and Equipment**

Reserve all non-food related equipment by contacting Cal Poly Humboldt Event Coordinator at [ces@humboldt.edu](mailto:ces@humboldt.edu) or 25Live. This will include room reservation, tables, set and room configuration, audio visual and other general information.