

Fall 2018 Meal Exchange

Breakfast 10:00-11:25

Entrée	Fruit	4 oz Yogurt	Tater Tots			
Side (Choose One)						
Day Breakers						
Egg & Cheese Sandwich	•	•	•			
Egg, Cheese & Bacon Sandwich	•	•	•			
Egg, Cheese & Sausage Sandwich	•	•	•			
Breakfast Wrap	•	•				
Bagel w/Cream Cheese	•	•				
Bagel w/Peanut Butter	•	•				
*Otis Spunkmeyer Muffin	•	•				
*Uncrustable	•	•				
*Cereal Cup w/Milk	•	•				

*available at Intermetzo until 11:25am

Lunch 11:30-4:25
Dinner 4:30-9:30

Entrée	Fruit	4 oz Yogurt	Chips	8 oz Soup	Side Salad	French Fries
Side (Choose One)						
Quaker Grill						
Burger	•	•	•	•	•	•
Cheeseburger	•	•	•	•	•	•
Black Bean Burger	•	•	•	•	•	•
Garden Burger	•	•	•	•	•	•
Grilled Cheese	•	•	•	•	•	•
Hot Dog	•	•	•	•	•	•
Chicken Nuggets	•	•	•	•	•	•
Super Subz						
Ham	•	•	•	•	•	•
Turkey	•	•	•	•	•	•
Italian	•	•	•	•	•	•
Tuna	•	•	•	•	•	•
Veggie	•	•	•	•	•	•
**Meal Ex To Go						
Sandwich	•	•	•	•	•	
Uncrustable	•	•	•	•	•	
Scoops	•	•	•	•	•	
Salad	•	•	•	•		
Poblanos						
Burrito or Bowlrrito	•					
Nachos	•					
2 Tacos	•					
Grande Quesadilla	•					

**MXTG Items are available at Intermetzo 11:30a-Midnight

Beverage Choices (1 per meal):

10 ounce Juice	16 Ounce Freestyle
12 ounce Caribou Coffee	12 ounce Canned Soda
12 ounce Tea	8 ounce Milk