

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	September 12	September 13	September 14	September 15	September 16	September 17	September 18
Breakfast	Continental - 7:30 am - 9:00 am Brunch 9:00 am - 12:00 pm	7:00 am - 8:10 am	7:00 am - 8:10 am	7:00 am - 8:10 am	7:00 am - 8:10 am	7:00 am - 8:10 am	Continental - 7:30 am - 9:00 am Brunch 9:00 am - 12:00 pm
Grill Station	Scrambled & Hard Cooked Eggs Breakfast Fries, French Toast Breakfast Sausage, Beef Hash	Scrambled & Hard Cooked Eggs Tater Tots, Pancakes, Grilled Bacon	Scrambled & Hard Cooked Eggs Breakfast Fries, Waffle Sticks Breakfast Sausage	Scrambled & Hard Cooked Eggs Breakfast Fries, French Toast Frizzled Ham	Scrambled & Hard Cooked Eggs Breakfast Fries, Breakfast Burrito Bacon	Scrambled & Hard Cooked Eggs Breakfast Fries French Toast Sticks, Breakfast Sausage	Scrambled & Hard Cooked Eggs Breakfast Fries, Breakfast Strata Pancakes, Bacon
Home Cooking	MYO Waffle Bar, Omelet Bar	MYO Waffle Bar	MYO Waffle Bar, Omelet Bar	MYO Waffle Bar	MYO Waffle Bar	MYO Waffle Bar	MYO Waffle Bar
Soup, Salad and Deli Bar	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice
Bakery	Streusel Coffee Cake, Chocolate Chip Muffins, Cold Cereal	Banana Bread, Blueberry Muffins, Cold Cereal	Pumpkin Bread, Raspberry Muffins, Cold Cereal	Banana Bread, Morning Glory Muffin, Cold Cereal	Pumpkin Bread, Corn Muffin, Cold Cereal	Lemon Blueberry Bread, Chocolate Chip Muffin, Cereal	Banana Bread, Cranberry Muffins, Donut,Cold Cereal
Lunch		11:00 am - 1:10 pm	11:00 am - 1:10 pm	11:00 am - 1:30 pm	11:00 am - 1:10 pm	11:00 am - 1:10 pm	
Grill Station	Brunch Items @ 10:00am	Vegetable Burger, Grilled Cheese Hamburger, Grilled Chicken Breast, All Beef Hot Dog, Chicken Fingers	Vegetable Burger, Grilled Cheese, Hamburger Grilled Chicken Breast, All Beef Hot Dog	Scrambled Eggs, Vegetable Burger Grilled Cheese Hamburger Grilled Chicken Breast, All Beef Hot Dog Roast Beef & Cheddar on Bialy Fries	Vegetable Burger, Grilled Cheese Hamburger, Grilled Chicken Breast All Beef Hot Dog, Chicken Fingers Sweet & Sour Tempeh with Apples & Cabbage, Edamame	Vegetable Burger, Grilled Cheese Hamburger, Grilled Chicken Breast All Beef Hot Dog,Turkey Burger with Toppings, Fries	Brunch Items @ 10:00am
Pizza Station		Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	
Pasta Station		Sticky Rice, Brown Rice, Pasta Marinara Sauce	Sticky Rice, Brown Rice, Pasta Marinara Sauce	Sticky Rice, Brown Rice, Pasta Marinara Sauce	Sticky Rice, Brown Rice, Pasta Marinara Sauce	Sticky Rice, Brown Rice, Pasta Marinara Sauce	
Home Cooking		Penne Broccoli Alfredo, Falafel Tzatziki Sauce, Sautéed Cherry Tomatoes, Green Beans	Beef Taco, Fish Tacos, Topping Bar, Lentil Cakes with Minted Yogurt & Spinach Salad, Red Rice, Steamed Corn	Baked Haddock, Rice Pilaf Macaroni & Cheese, Teriyaki Tofu and Vegetables, Roasted Cauliflower	Grain Bowl Bar	Jerk Chicken with Pineapple Jalapeno Salsa, Yellow Curry Vegetables, Fresh Vegetable Blend, Steamed Peas	
Soup, Salad and Deli Bar	Soup du jour, Deli Bar	Soup du jour, Caesar Salad Breadsticks	Soup du jour, Kale & Toasted Chickpea Salad	Soup du jour, Caesar Salad	Soup du jour, Spinach & Apple Salad	Soup du jour, Kale Salad	Soup du jour, Deli Bar
Bakery		Oatmeal Raisin Cookies Brownies, Ice Cream	Chocolate Chip Cookies, Rice Krispies Treats, Ice Cream	Sugar Cookies, Lemon Squares Ice Cream	Chocolate Chip Cookies, Pound Cake with Strawberries, Ice Cream	Hermit Cookies, Double Chocolate Cookies, ice Cream	
Dinner	5:00 pm - 6:30 pm	5:00 pm - 6:45 pm	5:00 pm - 6:45 pm	5:00 pm - 6:45 pm	5:00 pm - 6:45 pm	5:00 pm - 6:45 pm	5:00 pm - 6:30 pm
Grill		Vegetable Burger, Grilled Cheese, Hamburger Grilled Chicken Breast All Beef Hot Dog, Tostones	Egg & Cheese Sandwich Vegetable Burger, Grilled Cheese, Hamburger Grilled Chicken Breast, All Beef Hot Dog	Vegetable Burger, Grilled Cheese Hamburger, Grilled Chicken Breast, All Beef Hot Dog, The Governor's Chicken	Chef Carved Roast Beef, Mashed Potatoes, Roasted Carrots	Vegetable Burger, Grilled Cheese, Hamburger Grilled Chicken Breast, All Beef Hot Dog, Kielbasa Sauerkraut	
International Station	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Stir Fried Beef & Broccoli, Sticky Rice	Signature Chef Plate: Gulf of Main Pollock with Roasted Red Pepper Romesco Crust, Grilled Asparagus, Rice Pilaf	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Nacho Bar	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza
Pasta	Sticky Rice, Brown Rice, Pasta Marinara Sauce	Sticky Rice, Brown Rice, Pasta Marinara Sauce	Sticky Rice, Brown Rice, Pasta Marinara Sauce	Sticky Rice, Brown Rice, Pasta Marinara Sauce	Sticky Rice, Brown Rice, Pasta Marinara Sauce	Sticky Rice, Brown Rice, Pasta Marinara Sauce	Sticky Rice, Brown Rice, Pasta Marinara Sauce
Home Cooking	New England Pot Roast, Boiled Potatoes, Steamed Carrots, Baked Vegetable Lasagna, Garlic Bread, Tofu Cacciatore	Quinoa Pilaf, Portobello Mushroom Stroganoff, Swiss Chard, Egg Noodles	Grilled Thai Chicken, Tortellini Marinara, Curried Lentils and Potatoes, Jasmine Rice, Roasted Vegetables	Pesto Ravioli, Grilled Pork Chops, Baked Potato, Topping Bar, Steamed Spinach	Grilled Chicken Breast, Cheese Rigatoni with Marinara Sauce, Roasted Chickpeas and Vegetables, Roasted Carrots, Mashed Potatoes	Grilled Salmon Fillet, Rice Pilaf Cheese Enchilada, Garbanzo Bean with Kale & Red Peppers Steamed Green Beans	Grilled Beef Tips, Sweet & Sour Chicken, Grilled Portobello Mushroom, Potato Wedges, Roasted Vegetables
Soup, Salad and Deli Bar	Soup du jour	Soup du jour	Soup du jour	Soup du jour	Soup du jour	Soup du jour	Soup du jour
Bakery	Deep Dish Apple Pie a la Mode Cookies, Brownies	Cookies, Assorted Cakes, Ice Cream	Chocolate Mud Cake, Cookies Ice Cream	Banana Cream Pie, Cookies, Ice Cream	Hot Fudge Cake, Cookies, Ice Cream	Brownies, Cookies, Ice Cream	Cookies, Ice Cream, Assorted Cakes
Eating raw or undercooked foods such as fish, beef, pork, lamb, poultry, eggs and unpasteurized dairy products increases the risk of foodborne illness. Cycle 1.00 FY2022	Allergen Statement: Please be aware that we produce products on shared equipment. Therefore, our products are not allergen-free. Common allergen ingredients that may be used in our	products include dairy, shellfish, peanuts, tree nuts, eggs, soy and gluten. Please inform Dining Services staff of any known allergy issues.	Offered Daily: Cold Cereal, Salad Buffet Chilled Juices ,Skim, 1%, Whole, Rice, Soy & Lactose Free Milk	Offered Daily: Vegetable Burger, Grilled Cheese, Hamburger, Grilled Chicken Breast, All Beef Hot Dog Vegetarian Vegan	Meal Hours: Monday - Friday	Saturday:	Sunday