

MIT CAFE

From 3/13/2023 to 3/24/2023

Advantages of Eating in The A.M.

When you eat breakfast you're telling your body that there are plenty of calories to be had for the day. When you skip breakfast the message your body gets is that it needs to conserve rather than burn any incoming calories, (Christy C. Tangney, PhD, Professor of Clinical Nutrition at Rush University).

BREAKFAST

Monday and Friday:

- Fresh Baked Cinnamon Roll

Tuesday and Thursday:

- Honey Breakfast Bar

Wednesday:

- Potato Egg Sausage Cheese Burrito

*Breakfast Options Include a Variety of Cereal Bowl, Cereal Bars, Muffins, & Breakfast Bar. *All Meals Offered with Fruit, Juice, Milk.

Meal Prices:

Student Paid Breakfast \$1.75

Student Reduced Breakfast \$0.00

Student Paid Lunch \$3.30

Student Reduced Lunch \$0.00



Lunch Time

Daily Grab & Go Cold Station

➤ Chef Salad

Daily Grab & Go Hot Station

✚ Spicy Chicken Patty Sandwich

✚ Xtreme Bean & Cheese Burrito

✚ Classic Wedge Pizza

Service Station

Monday: Taco Bowl

Tuesday: Chicken Alfredo Pasta

Wednesday: Turkey Sandwich

Thursday: Chicken Tenders & Waffle

Friday: Meatball Sub Sandwich

Thank you in advance. Your participation aids in continuing our lunch program at MIT.

All lunch meals are offered with variety of fruits, vegetables, and ice cold milk.

During Lunch: Students Must Select 3 Out of 5 Meal Components. One of the 3 Components Must be a Fruit or Vegetable. Select all 5 components for maximum nutrition.

“This Institution is an equal opportunity provider”

Menu is subject to change without prior notice based on product availability.