




















# FREMONT CAFÉ BRUNCH MENU-WINTER/SPRING 2022







ALL Student Meals are FREE - Meal includes main item, fresh fruit/vegetable and milk

SPRING' 22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Entrée</b>	Egg & Bacon Croissant Sandwich	Breakfast Burrito	Waffles or Pancakes w/ Syrup 	Eggs w/ Hash Browns & English Muffin	Bagel w/ cream cheese 
<b>Bakery Items</b>	Cinnamon Roll 	Fresh baked Scones 	Fresh baked Muffins 	Fresh baked Scones 	Cinnamon Roll 
<b>Grab &amp; Go Parfait</b>	Crunchy Berry Parfait 	Crunchy Berry Parfait 	Crunchy Berry Parfait 	Crunchy Berry Parfait 	Crunchy Berry Parfait 
<b>Cereals</b>	Assorted Cereals 	Assorted Cereals 	Assorted Cereals 	Assorted Cereals 	Assorted Cereals 

SNACKS		A LA CARTE SELECTIONS	DRINKS	
Chips (variety)	\$1.25	<i>These items are available for purchase at lunch, but are not part of the Free Meal Program.</i>	G2 Gatorade	\$1.50
Cookies	\$1.25		Snapple	\$1.50
Rice Crispy Treats	\$1.25		Naked Juice	\$2.50
Fruit Snacks	\$1.25		Water small/16 oz	\$1.00
Ice Cream	\$1.50		Water big/24 oz	\$1.50
Frozen Yogurt	\$1.50			

<p><b>Staff Prices:</b> Brunch = \$4.00 Lunch = \$5.50</p>	<p>A la carte items can be purchased with funds in student accounts. Accounts can be replenished on-line using debit/credit cards or in person with cash/check. Go to <a href="https://www.fuhd.org/departments/food-services">https://www.fuhd.org/departments/food-services</a></p> <p style="text-align: center;"><b>Menu subject to change based on availability - This institute is an equal opportunity provider</b></p>
--	--



























**KEY:**  = Dairy Free     = Gluten Free     = Vegetarian     = Plant Based Meat



# FREMONT CAFÉ LUNCH MENU - Winter/Spring 2022



ALL Student Meals are FREE - Meal includes main item, fresh fruit/vegetable and milk

SPRING'22	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Entrée</b>	Asian Chicken Rice Bowl 	Cowboy Burger w/ Onion Rings	Pasta Bolognese	Spicy Chicken Tenders w/ Baked Fries & Knot Bun	Tex Mex Tostada Bowl  
<b>Deli Delights</b>	Grilled Cheese on Sourdough 	Chicken Noodle Soup w/ Bread	Turkey Sandwich	Caprese Melt 	Italian Sub Sandwich
<b>No Meat Zone</b>	Stir Fry Tofu w/ Rice   	Black Bean Patty w/ Onion Rings  	Vegetarian Pasta 	Vegetarian Nuggets w/ Baked Fries & Knot Bun  	Tostada Bowl   
<b>Grab &amp; Go Salads</b>	Chicken Cesar Salad House Salad 	Chicken Cesar Salad House Salad 	Chicken Cesar Salad House Salad 	Chicken Cesar Salad House Salad 	Chicken Cesar Salad House Salad 
<b>Pizzeria</b>	Cheese  Butter Chicken Banh Mi	Cheese  Butter Chicken Banh Mi	Cheese  Butter Chicken Banh Mi	Cheese  Butter Chicken Banh Mi	Cheese  Butter Chicken Banh Mi
<b>Staff Prices:</b> Brunch = \$4.00 Lunch = \$5.50	A la carte items can be purchased with funds in student accounts. Accounts can be replenished on-line using debit/credit cards or in person with cash/check. Go to <a href="https://www.fuhd.org/departments/food-services">https://www.fuhd.org/departments/food-services</a> <b>Menu subject to change based on availability - This institute is an equal opportunity provider</b>				

KEY:



= Dairy Free



= Gluten Free



= Vegetarian



= Plant Based Meat