




















LYNBROOK 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
Hot Entrée	Egg & Bacon Croissant Sandwich	Breakfast Burrito	Waffles or Pancakes w/ Syrup 	Eggs w/ Hash Browns & English Muffin	Bagel w/ cream cheese 
Bakery Items	Cinnamon Roll 	Fresh baked Scones 	Fresh baked Muffins 	Fresh baked Scones 	Cinnamon Roll 
Grab & Go Parfait	Crunchy Berry Parfait 	Crunchy Berry Parfait 	Crunchy Berry Parfait 	Crunchy Berry Parfait 	Crunchy Berry Parfait 
Cereals	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>Staff Prices: 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 https://www.fuhd.org/departments/food-services Menu subject to change based on availability - This institute is an equal opportunity provider</p>
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KEY:



= Dairy Free



= Gluten Free



= Vegetarian



= Plant Based Meat



LYNBROOK 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
Hot Entrée	Asian Chicken Rice Bowl 	Cowboy Burger w/ Onion Rings	Pasta Bolognese	Spicy Chicken Tenders w/ Baked Fries & Knot Bun	Tex Mex Tostada Bowl
Deli Delights	Grilled Cheese on Sourdough 	Chicken Noodle Soup w/ Bread	Turkey Sandwich	Caprese Melt 	Italian Sub Sandwich
No Meat Zone	Stir Fry Tofu w/ Rice 	Black Bean Patty w/ Onion Rings 	Vegetarian Pasta 	Vegetarian Nuggets w/ Baked Fries & Knot Bun 	Tostada Bowl
Grab & Go Salads	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
Pizzeria	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
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