




















# FREMONT CAFÉ BRUNCH MENU-SPRING 2023







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

SPRING 2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Entrée</b>	Egg McMuffin	French Toasts w/ Syrup 	Bagel w/ cream cheese 	Cheese Omelet w/ Hash Browns	Breakfast Burrito
<b>Bakery Items</b>	Fresh baked Scones 	Fresh baked Muffins 	Fresh baked Cinnamon Rolls 	Fresh baked Muffins 	Fresh baked Cinnamon Rolls 
<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
Ice Cream	\$2.00		Water small/16 oz	\$1.00
Frozen Yogurt	\$2.00		Water big/24 oz	\$1.50

<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. <a href="https://www.fuhd.org/departments/nutrition-services">https://www.fuhd.org/departments/nutrition-services</a> <b>Menu subject to change based on availability - This institute is an equal opportunity provider</b>
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KEY:  = Dairy Free  = Gluten Free  = Vegetarian  = Vegan



# FREMONT CAFÉ LUNCH MENU - SPRING 2023



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


SPRING 2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Entrée</b>	Asian Chicken Rice Bowl 	Philly Steak Burger w/ oven baked fries	Pasta Bolognese	Chicken Tikka Masala w/ rice 	Nashville hot chicken tenders w/ oven baked fries
<b>Deli Delights</b>	Meatball Sub	Spicy Chicken Wrap	Italian Sandwich	Pulled Pork sandwich w/ coleslaw	Santa Fe Vegetarian Wrap 
<b>No Meat Zone</b>	Stir Fry Tofu w/ Rice   	Black Bean Burger w/ oven baked fries   	Tomato Soup w/ Breadstick 	Tofu Tikka Masala w/ rice  	Vegetarian Nuggets w/ oven baked fries 
<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  Pepperoni Butter Chicken	Cheese  Pepperoni Butter Chicken	Cheese  Pepperoni Butter Chicken	Cheese  Pepperoni Butter Chicken	Cheese  Pepperoni Butter Chicken
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