




















MONTA VISTA 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
Hot Entrée	Egg McMuffin	French Toasts w/ Syrup 	Bagel w/ cream cheese 	Cheese Omelet w/ Hash Browns	Breakfast Burrito
Bakery Items	Fresh baked Scones 	Fresh baked Muffins 	Fresh baked Cinnamon Rolls 	Fresh baked Muffins 	Fresh baked Cinnamon Rolls 
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
Ice Cream	\$2.00		Water small/16 oz	\$1.00
Frozen Yogurt	\$2.00		Water big/24 oz	\$1.50

Staff Prices:
 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. <https://www.fuhd.org/departments/nutrition-services>
Menu subject to change based on availability - This institute is an equal opportunity provider

KEY:  = Dairy Free  = Gluten Free  = Vegetarian  = Vegan



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SPRING 2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Entrée	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
Deli Delights	Meatball Sub	Spicy Chicken Wrap	Italian Sandwich	Pulled Pork sandwich w/ coleslaw	Santa Fe Vegetarian Wrap
No Meat Zone	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
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 Pepperoni Butter Chicken	Cheese Pepperoni Butter Chicken	Cheese Pepperoni Butter Chicken	Cheese Pepperoni Butter Chicken	Cheese Pepperoni Butter Chicken
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