

## Breakfast Innovations

- M** Individual Ham and Cheddar Frittata **FIT**
- T** "Huevos" Rancheros, Tofu Scramble
- W** Cheddar Biscuit, Sausage Gravy
- Th** Martina's Empanadas
- F** Salmon Cake

**BEANS**

Dry beans simultaneously adapt to varying climates and use less water compared to many other protein sources, require less fertilizers, and they increase biodiversity, all of which are key steps in reducing GHG emissions.

Food by FLIK **BE THE CHANGE**

**FUNCTIONS OF FOOD**  
ENERGY & STAMINA

**SNACKING SMART**  
Chocolate Covered Crispy Chickpea Clusters **FIT**

**SOURCES**  
Complex Carbohydrates: Beans  
Simple Carbohydrates: Chocolate  
Protein: Beans

Scan QR Code for more info and cooking demonstrations.

Food by FLIK

**DRINK MORE WATER**

Mix n' Match Smartwater flavors!

**2 for \$4**

**M** Curry Tomato, Chickpea **FIT** 1.50/2/2.75

**Salad** Arugula Spinach Cobb, Turkey, Chicken, Honey Balsamic Vinaigrette **FIT** 8  
**Deli** Crispy Buffalo Chicken Salad Wrap 7  
**Grill** Seared Mahi Mahi, Garlic, Sesame Crust, Papaya Relish **FIT** 7.50

**T** Southwest Vegetable **FIT** 1.50/2/2.75  
 Beef Noodle

**BASIL ROASTED CHICKEN, ITALIAN SALSA VERDE**  
 Garlic, Eggplant, Herb Orzo **FIT** 7.25  
 Wilted Broccoli Rabe, Raisins, Garlic **FIT** 1.25

**Entrée** Butternut Squash Ravioli, Sun Dried Tomato, Pesto **FIT** 7.25  
**Salad** Farro Pesto Salad **FIT** .49 per ounce  
**Deli** Tuna, Dill Vinaigrette, Whole Wheat Pita **FIT** 7  
**Grill** Honey Chipotle Barbeque Ribs 7.25

**W** Chicken Vegetable, Israeli Couscous **FIT** 1.50/2/2.75  
 Cream of Tomato

**BAKED EGGPLANT ROULADE, ROASTED TOMATO SAUCE, FRESH MOZZARELLA**  
 Roasted Zucchini, Yellow Squash, Italian Herbs, Garlic **FIT** 7.25  
 Penne Pasta **FIT** 1.25

**Entree** Grilled Stripped Bass, Kale Stem, Pumpkin Seed Pesto 7.50  
**Salad** Freekeh, Honey Roasted Butternut Squash, Cranberries **FIT** .49 per ounce  
**Deli** Cajun Shrimp Wrap, Avocado, Bacon 7  
**Grill** Grilled Steak, Pickled Onions, Chimichurri 7.25

**T** Chicken Matzo Ball Soup **FIT** 1.50/2/2.75  
**H** Beef Chili, Sour Cream, Cheddar

**SANGRIA BRAISED BEEF BRISKET**  
 Sweet Potato Kugel **FIT** 7.25  
 Sautéed Kale, Garlic **FIT** 1.25

**Entree** Roast Chicken, Spring Onion, Baby Potatoes 7.25  
**Salad** Greek Quinoa Feta Salad **FIT** .49 per ounce  
**Deli** Crispy Chicken Club Sandwich 7  
**Grill** Grilled Pork Chop, Apple Chutney **FIT** 7.25

**F** Mulligatawny Chicken **FIT** 1.50/2/2.75

**Salad** Grilled Scallion, Farro, Mint Salad, Lemon-Miso Dressing **FIT** 6.50  
**Deli** Italian Hoagie, Red Wine Vinaigrette 7  
**Grill** Lime and Garlic Roasted Shrimp 7.50