

# FREMONT CAFÉ LUNCH MENU AUGUST & SEPTEMBER



## FIREBIRD FAVORITES

- Mon.** Orange Chicken w/ Veggies, Noodles and Fortune Cookie
- Tue.** Nacho Bar & Taco Bar (Alternating weeks)
- Wed.** BBQ Day: Burgers, Italian Sausage, Rib-a-Que, Veggie Burgers
- Thu.** Grilled Chicken Fajitas over Rice
- Fri.** Rotini Pasta w/ Marinara Sauce, Chicken & Steamed Broccoli

## PIZZERIA

Baked fresh on whole grain crust and served with a variety of local fruits and vegetables.

**Daily Pizza:** Cheese Pizza is served every day.

### Pizza of the Day

- Mon.** Sausage Pizza
- Tue.** Pepperoni Pizza
- Wed.** No pizza (including cheese)
- Thu.** Combo Pizza
- Fri.** Buffalo Wing Sauce Pizza

## DELI DELIGHTS

Made fresh on whole grain bread and served with a variety of local fruits and vegetables.

**Daily Sandwich:** Turkey is served every day.

### Sandwich of the Day

- Mon.** Grilled Cheese w/ Tomato Soup
- Tue.** Italian Panini
- Wed.** Ham and Cheese
- Thu.** Spicy Chicken Sandwich
- Fri.** Tuna Salad

## VEGETARIAN SPECIALS

- Mon.** Asian Veggies, Brown Rice and Salad Bar
- Tue.** Nacho Bar & Taco Bar (Alt. weeks)
- Wed.** BBQ Day: Veggie Burgers
- Thu.** Vegan Nuggets w/ Baked Beans
- Fri.** Pasta w/ Marinara & Steamed Broccoli

## FRIDAY FAVORITES

Every Friday, we feature an item that has proven popular with our students. This month's Friday Favorite:

**Macaroni and Cheese**

## FARMERS MARKET

Locally grown fresh vegetables and salads are available every day. Seasonal availability will vary for all selections.

### Salad bar Selection

Make your own salad from a selection of fresh seasonal vegetables and fruits.

### Grab and Go

Chicken Caesar Salad in a convenient Grab & Go container is available every day.

## PRICES & PAYMENT

Student Prices		Staff Prices	
\$ 4.50	Lunch	\$ 5.00	Lunch
\$ 3.00	Brunch	\$ 3.50	Brunch

### Payment Options

Purchases can be made w/ cash or by using our online account system. Accounts can be replenished on-line using debit/credit cards or in person with cash or check. Go to:

[www.fuhd.org/departments/food-services](http://www.fuhd.org/departments/food-services)

Menu selections are subject to change due to availability.