








FREMONT CAFÉ BRUNCH MENU



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

FALL 2021	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Entrée	Egg & Bacon Croissant Sandwich	Breakfast Burrito	French Toast w/ Syrup	Cheese Omelet w/ Country Style Potatoes	Bagel w/ cream cheese
Bakery Items	Fresh baked Scones	Fresh baked Muffins	Fresh baked Scones	Fresh baked Muffins	Fresh baked Scones
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</p> <p style="text-align: center;">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



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FALL 2021	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Entrée	Edamame Kung Pao Chicken w/ Rice 	Cowboy Burger w/ Onion Rings	Parmesan Bowtie Pasta w/ Chicken	Spicy Chicken Tenders w/ Baked Fries & Breadstick 	Carnitas Burrito Bowl 
Deli Delights	Grilled Cheese on Sourdough 	Caprese Melt Sandwich 	Turkey Sandwich	Roasted Vegetable Sandwich 	Chicken Pesto Panini
No Meat Zone	Stir Fry Tofu w/ Rice   	Black Bean Patty w/ Onion Rings  	Parmesan Bowtie Pasta 	Vegetarian Nuggets w/ Oven Baked Fries & Breadstick  	Fiesta Burrito 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 Pizza 	Cheese Pizza 	Cheese Pizza 	Cheese Pizza 	Cheese Pizza 
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