



UNION MARKET

MEAL EXCHANGE MENU

Nutritional information available at station

EINSTEIN BROS. BAGELS

- ANY SINGLE EGG SANDWICH
- ANY CLASSIC BAGEL W/TOPPING

Meal Exchange includes choice of 24 oz. Fountain Drink or Medium Coffee.

BOARS HEAD DELI

- CREATE YOUR OWN DELI SANDWICH

Meal Exchange includes bag of Frito Lay chips and 24 oz. Fountain Drink.

GRILLE

- SINGLE BURGER
- GRILLED CHICKEN
- CRISPY CHICKEN
- VEGGIE BURGER
- BEYOND BURGER
- TURKEY BURGER
- CHICKEN FINGERS
- CORN DOG NUGGETS
- (6) BONELESS WINGS
- GRILLED 4 CHEESE
- ¼ LB HOTDOG

Meal Exchange includes choice of entrée, side and 24 oz. Fountain Drink. Choice of sides include side salad, fries, macaroni salad, potato salad, fruit cup or whole fruit.

OATMEAL & YOGURT BAR

- **LARGE OATMEAL BAR**
- **LARGE BREAKFAST YOGURT BAR**
- **SMALL OATMEAL & SMALL YOGURT**

Meal Exchange includes whole fruit and 24 oz. Fountain Drink.

SALAD BAR

- **LARGE SALAD**
- **PICK 2**
 - SMALL SALAD**
 - SMALL SOUP**
 - SMALL MAC & CHEESE**

Meal Exchange includes 24 oz. Fountain Drink.

PIZZA

- **1 SLICE OF PIZZA & SMALL SALAD**

Meal Exchange includes 24 oz. Fountain Drink.

DESSERT YOGURT & ICE CREAM

- **LARGE DESSERT YOGURT BAR**
- **CREATE YOUR OWN 16OZ SUNDAE BOWL**

GRAB N GO

- **GRAB 'N GO SANDWICH**
- **GRAB 'N GO SALAD**

Meal Exchange include choice of entrée, side and 24 oz. Fountain Drink. Choice of sides include side salad, fries, macaroni salad, potato salad, coleslaw, fruit cup or whole fruit.



FRESHENS

MEAL EXCHANGE MENU

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FRESHENS

- ANY FRESHENS RICE BOWL
- ANY FRESHENS SALAD
- ANY FRESHENS MEDIUM SMOOTHIE
- ANY FRESHENS CREPE

GRAB 'N GO

- GRAB 'N GO SANDWICH
- GRAB 'N GO ENTRÉE SALAD & 16 oz. DASANI BOTTLED WATER
- MUFFIN OR PASTRY WITH CHOICE OF MEDIUM COFFEE OR 10 OZ. MINUTE MAID JUICE

Meal Exchange Grab 'n Go Sandwich includes side and 16.9 oz. Dasani Bottled Water.

Choice of sides include macaroni salad, potato salad, coleslaw, fruit cup and whole fruit.



CLIMBING ROCK

MEAL EXCHANGE MENU

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GRAB 'N GO

- GRAB 'N GO SANDWICH, SIDE AND CHOICE OF 16.9 OZ. DASANI BOTTLED WATER OR MEDIUM COFFEE
- GRAB 'N GO ENTRÉE SALAD & 16 OZ. DASANI BOTTLED WATER

Choice of sides include macaroni salad, potato salad, coleslaw, fruit cup and whole fruit.

CLIMBING ROCK CAFÉ

- ANY MAC
- ANY FLATBREAD
- REGULAR SMOOTHIE

Meal Exchange includes 16.9 oz. Dasani Bottled Water or Medium Coffee.



SUFFICIENT GROUNDS

MEAL EXCHANGE MENU

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GRAB 'N GO

- GRAB 'N GO SANDWICH, SIDE AND CHOICE OF 16.9 OZ. DASANI BOTTLED WATER OR MEDIUM COFFEE
- GRAB 'N GO ENTRÉE SALAD & 16 oz. DASANI BOTTLED WATER
- MUFFIN OR PASTRY WITH CHOICE OF MEDIUM COFFEE OR 10 OZ. MINUTE MAID JUICE
- BREAKFAST SANDWICH AND CHOICE OF MEDIUM COFFEE OR 10 OZ. MINUTE MAID JUICE.

Choice of side includes macaroni salad, potato salad, coleslaw, fruit cup and whole fruit.

SUFFICIENT GROUNDS

- ANY MAC
- ANY FLATBREAD
- REGULAR SMOOTHIE

Meal Exchange includes 16.9 oz. Dasani Bottled Water or Medium Coffee.



ZEES EXCHANGE

MEAL EXCHANGE MENU

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GRAB 'N GO

- GRAB 'N GO SANDWICH AND SIDE
- GRAB 'N GO ENTRÉE SALAD
- GRAB 'N GO PARFAIT
- MUFFIN OR PASTRY
- QUICK EATS PINEAPPLE CUP OR WATERMELON CUP
- 2 PACK HARD BOILED EGGS AND 1.5OZ NUTS
- FROZEN BREAKFAST SANDWICH (JIMMY DEAN)

Meal Exchange includes choice of Medium Coffee, 10 oz. Minute Maid Juice, 24 oz. Fountain Drink or 16.9 oz. Bottled Water. Choice of side includes macaroni salad, potato salad, coleslaw, small chips and whole fruit. Muffin and Pastry selections include assorted Otis Spunkmeyer Muffins, Little Debbie 6 pack donuts and Little Debbie Cinnamon Rolls.

LATE NIGHT SPECIAL

- REGULAR CHICK FIL A SANDWICH, SMALL CHIPS AND 24 OZ. FOUNTIAN DRINK



ZEE'S ROB'S

MEAL EXCHANGE MENU

Nutritional information available at station

GRAB 'N GO

- GRAB 'N GO SANDWICH, SIDE AND 24 OZ. FOUNTIAN DRINK
- GRAB 'N GO ENTRÉE SALAD AND 24 OZ. FOUNTAIN DRINK
- GRAB 'N GO PARFAIT AND CHOICE OF MEDIUM COFFEE, 10 OZ. MINUTE MAID JUICE OR 24 OZ. FOUNTIAN DRINK
- MUFFIN OR PASTRY AND CHOICE OF MEDIUM COFFEE, 10 OZ. MINUTE MAID JUICE OR 24 OZ. FOUNTAIN DRINK
- QUICK EATS PINEAPPLE CUP OR WATERMELON CUP AND CHOICE OF MEDIUM COFFEE, 10 OZ. MINUTE MAID JUICE OR 24 OZ. FOUNTAIN DRINK.
- 2 PACK HARD BOILED EGGS, 1.5OZ NUTS AND CHOICE OF MEDIUM COFFEE, 10 OZ. MINUTE MAID JUICE OR 24 OZ. FOUNTIAN DRINK
- FROZEN BREAKFAST SANDWICH (JIMMY DEAN) AND CHOICE OF MEDIUM COFFEE, 10 OZ. MINUTE MAID JUICE OR 24 OZ FOUNTIAN DRINK.

Choice of side includes macaroni salad, potato salad, coleslaw, small chips and whole fruit.

LATE NIGHT SPECIAL

- REGULAR CHICK FIL A SANDWICH, SMALL CHIPS AND 24 OZ. FOUNTIAN DRINK



ZEE'S QUAKER

MEAL EXCHANGE MENU

Nutritional information available at station

GRAB 'N GO

- GRAB 'N GO SANDWICH, SIDE AND 16.9 OZ. DASANI BOTTLED WATER
- GRAB 'N GO ENTRÉE SALAD & 16.9 OZ. DASANI BOTTLED WATER
- GRAB 'N GO PARFAIT & 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- MUFFIN OR PASTRY AND CHOICE OF 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- QUICK EATS PINEAPPLE CUP OR WATERMELON CUP AND CHOICE OF 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- 2 PACK HARD BOILED EGGS, 1.5 OZ NUTS AND CHOICE OF 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- FROZEN BREAKFAST SANDWICH (JIMMY DEAN) AND CHOICE OF 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. BOTTLED WATER

Choice of side includes macaroni salad, potato salad, coleslaw, small chips and whole fruit. Muffin and Pastry selections include assorted Otis Spunkmeyer Muffins, Little Debbie 6 pack donuts and Little Debbie Cinnamon Rolls.

LATE NIGHT SPECIAL

- REGULAR CHICK FIL A SANDWICH, SMALL CHIPS AND 16.9 OZ. BOTTLED WATER



ZEES SPICER

MEAL EXCHANGE MENU

Nutritional information available at station

GRAB 'N GO

- GRAB 'N GO SANDWICH, SIDE AND 16.9 OZ. DASANI BOTTLED WATER
- GRAB 'N GO ENTRÉE SALAD & 16.9 OZ. DASANI BOTTLED WATER
- GRAB 'N GO PARFAIT & 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- MUFFIN OR PASTRY AND CHOICE OF 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- QUICK EATS PINEAPPLE CUP OR WATERMELON CUP AND CHOICE OF 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- 2 PACK HARD BOILED EGGS, 1.5OZ NUTS AND CHOICE OF 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- FROZEN BREAKFAST SANDWICH (JIMMY DEAN) AND CHOICE OF 10 OZ. MINUTE MAID JUICE 16.9 OZ. BOTTLED WATER

Choice of side includes macaroni salad, potato salad, coleslaw, small chips and whole fruit. Muffin and Pastry selections include assorted Otis Spunkmeyer Muffins, Little Debbie 6 pack donuts and Little Debbie Cinnamon Rolls.

LATE NIGHT SPECIAL

- REGULAR CHICK FIL A SANDWICH, SMALL CHIPS AND 16.9 OZ. BOTTLED WATER



CBA KIOSK

MEAL EXCHANGE MENU

Nutritional information available at station

GRAB 'N GO

- GRAB 'N GO SANDWICH, SIDE AND 16.9 OZ. DASANI BOTTLED WATER
- GRAB 'N GO ENTRÉE SALAD & 16.9 OZ. DASANI BOTTLED WATER
- GRAB 'N GO PARFAIT & 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- MUFFIN OR PASTRY AND CHOICE OF 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- QUICK EATS PINEAPPLE CUP OR WATERMELON CUP AND CHOICE OF 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- 2 PACK HARD BOILED EGGS, 1.5OZ NUTS AND CHOICE OF 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- FROZEN BREAKFAST SANDWICH (JIMMY DEAN) AND CHOICE OF 10 OZ. MINUTE MAID JUICE 16.9 OZ. BOTTLED WATER

Choice of side includes macaroni salad, potato salad, coleslaw, small chips and whole fruit. Muffin and Pastry selections include assorted Otis Spunkmeyer Muffins, Little Debbie 6 pack donuts and Little Debbie Cinnamon Rolls.



POD EXPRESS

MEAL EXCHANGE MENU

Nutritional information available at station

GRAB 'N GO

- GRAB 'N GO SANDWICH, SIDE AND 16.9 OZ. DASANI BOTTLED WATER
- GRAB 'N GO ENTRÉE SALAD & 16.9 OZ. DASANI BOTTLED WATER
- GRAB 'N GO PARFAIT & CHOICE OF MEDIUM COFFEE, 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- MUFFIN OR PASTRY AND CHOICE OF MEDIUM COFFEE, 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- QUICK EATS PINEAPPLE CUP OR WATERMELON CUP AND CHOICE OF MEDIUM COFFEE, 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- 2 PACK HARD BOILED EGGS, 1.5OZ NUTS AND CHOICE OF MEDIUM COFFEE, 10 OZ. MINUTE MAID JUICE OR 16.9 OZ. DASANI BOTTLED WATER
- FROZEN BREAKFAST SANDWICH (JIMMY DEAN) AND CHOICE OF MEDIUM COFFEE, 10 OZ. MINUTE MAID JUICE 16.9 OZ. BOTTLED WATER

Choice of side includes macaroni salad, potato salad, small chips and whole fruit. Muffin and Pastry selections include assorted Otis Spunkmeyer Muffins, Little Debbie 6 pack donuts and Little Debbie Cinnamon Rolls.



CHICK FIL A

MEAL EXCHANGE MENU

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FRIDAY BREAKFAST

- CHICKEN BISCUIT AND HASHBROWNS
- SAUSAGE, EGG & CHEESE BISCUIT AND HASHBROWNS
- BACON, EGG & CHEESE BISCUIT AND HASHBROWNS
- EGG & CHEESE BISCUIT AND HASHBROWNS

Meal Exchange includes 24 oz. Fountain Drink.

FRIDAY AND SATURDAY

- ORIGINAL CHICK FIL A, WAFFLE FRIES & 20 OZ. FOUNTAIN DRINK
- 8 COUNT NUGGET, WAFFLE FRIES & 20 OZ. FOUNTAIN DRINK

Meal Exchange includes 24 oz. Fountain Drink.



PANDA EXPRESS

MEAL EXCHANGE MENU

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FRIDAY

- ORANGE CHICKEN BOWL & 20 OZ. FOUNTIAN DRINK
- BROCCOLI BEEF BOWL & 20 OZ. FOUNTIAN DRINK
- TOFU BOWL & 20 OZ. FOUNTAIN DRINK



QDOBA

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FRIDAY LATE NIGHT

- **GRILLED CHICKEN OR GROUND BEEF BURRITO & 20 OZ. FOUNTAIN DRINK**
- **VEGETARIAN BURRITO & 20 OZ. FOUNTIAN DRINK**
- **GRILLED CHICKEN OR GROUND BEEF NACHOS & 20 OZ. FOUNTAIN DRINK**
- **GRILLED CHICKEN, GROUND BEEF OR FAJITA VEGGIE QUESADILLA & 20 OZ. FOUNTIAN DRINK**