


















Healthy **TEAM** Healthy **U**

Mac Hall Café Meals:


Breakfast

-  Healthy Choice Breakfast:
 -  Egg white and vegetable omelet
 -  2 veggie sausage patties
 -  1 slice whole wheat toast
-  Kashi cereal with nonfat milk, kefir or yogurt & fresh fruit
-  Oatmeal with nonfat milk, nuts, and fresh fruit

Lunch

-  New HTHU Special every Tuesday and Thursday
-  Taco Bowl
-  Fish Taco Special
-  Turkey Sandwich
-  Hummus Veggie Sandwich
-  Avocado Veggie Sandwich
-  Grilled Chicken Sandwich
-  Grilled Gardenburger
-  Daily Salad Bar











Grab and Go Made Fresh Daily

-  Tuna, California, Quinoa, Salmon, or Tofu Sushi Roll
-  Veggie and Cheese ½ Sandwich on Wholegrain Bread



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Mac Hall Café Snacks:

-  Fresh Fruit
-  Nancy's Yogurt and Kefir
-  KIND Bars, Larabars, SKOUT Trail Bars
-  Mott's Applesauce
-  Just Fruit Strips
-  Mary's Gone Pretzels
-  Woodstock Wasabi Peas, Tamari Almonds, Full Moon Trail Mix
-  Kale Joy
-  EDEN Organic Snacks
-  POP Corners



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Mac Hall Café Drinks:

-  Bottled water
-  Sparkling Water or Club Soda
-  Kombucha
-  Nancy's Kefir
-  Fat Free Milk
-  Pure Leaf Unsweetened Iced Tea
-  Harney and Sons Hot Tea
-  Coffee, Black or with Nonfat Milk