



Healthy **TEAM** Healthy U

Mackenzie Hall Cafe

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:

- 🌳 Taco Bowl
- 🌳 Fish Taco Special
- 🌳 Turkey Sandwich
- 🌳 Hummus Veggie Sandwich
- 🌳 Avocado Veggie Sandwich
- 🌳 Grilled Chicken Sandwich
- 🌳 Grilled Garden burger
- 🌳 Daily Salad Bar
- 🌳 Weekly Special

Grab and Go:

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

Snacks:

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

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