

Breakfast | 06:30 am – 09:30 pm

Lunch | 10:30 am – 01:30 pm

Starbucks | 06:30 am – 02:00 pm

WEEK OF SEPTEMBER 14-18

FOOD *First*

WEEKLY FEATURES



SOUPS

MONDAY

chicken lemon orzo
2.00/2.75/3.50

TUESDAY

cuban black bean *

WEDNESDAY

garden vegetable *

THURSDAY

pozole
2.00/2.75/3.50

FRIDAY

chicken dumpling
2.00/2.75/3.50

* SUGGESTED HEALTHY OPTIONS



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RISE & SHINE



BREAKFAST SPECIAL

MON: meat lover scramble egg with cheese	6.50
TUE: raspberry cream cheese, ham, egg on croissant *	6.50
WED: chilaquiles	6.50
THU: chorizo potato hash, egg, avocado & cheese burrito	6.50
FRI: eggs benedict	6.50

MONDAY

CREATE: orange peel chicken served with white rice and stir-fry vegetables 9.00

FLAME: turkey & guacamole, cheeseburger *

VG STATION: cheesy cauliflower spinach wrap *

TUESDAY

CREATE: pork adobada tacos served with roasted corn rice, pinto beans, creamy guacamole, pico de gallo and sour cream *

FLAME: firecracker shrimp burrito 8.00

VG STATION: black bean avocado tacos *

WEDNESDAY

CREATE: tonkatsu ramen (chicken, pork, shrimp) served with bok choy egg, corn, edamame, mushroom 9.00

FLAME: buffalo, bacon, blue cheese dog 8.00

VG STATION: sweet potato burger *

THURSDAY

CREATE: pot roast stuffed baked potato served with asparagus toppings: sour cream, butter, bacon and cheese 9.00

FLAME: sweet chili chicken, provolone, coleslaw on brioche bun 8.00

VG STATION: marinated tofu steak sandwich *

FRIDAY

CREATE: roasted rosemary chicken quarter served with potato salad and corn on the cob 9.00

FLAME: double decker beef burger 8.00

VG STATION: vegan philly cheesesteak sandwich 8.00

CONNECT WITH *Us*



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