

# Marketplace Meal Exchange Menu

## **BREAKFAST MENU\***

For your *Meal Exchange*, pick one of the following:

1. Choose one: scrambled eggs, breakfast sandwich or breakfast pizza  
PLUS 1 piece of fruit & home fries
2. Cold cereal & 1 piece of fruit
3. Bagel with cream cheese & 1 piece of fruit
4. Muffin or quick bread & 1 piece of fruit

## **\*BEVERAGE FOR ALL MEAL EXCHANGES - Pick 1**

1. Hot beverage
2. Milk
3. Large soda or juice from fountain



**Salumaria** - Your *Meal Exchange* includes:

1. Pasta & sauce or pizza with 1 or 2 toppings
2. Choice of a small prepackaged salad, 50¢ bag of chips or fries
3. 1 small cookie & 1 piece of fruit



**Black Bear Grill** - Your *Meal Exchange* includes:

1. See Daily Menu Feature
2. Choice of a small prepackaged salad, 50¢ bag of chips or fries
3. 1 small cookie & 1 piece of fruit



**Harvest Crossing** - Your *Meal Exchange* includes:

1. Large soup & small prepackaged salad
2. Choice of 50¢ bag of chips or fries
3. 1 small cookie & 1 piece of fruit



**M.C. Fernald** - Your *Meal Exchange* includes:

1. Wrap or sandwich (1 protein) of your choice
2. Choice of a small prepackaged salad, 50¢ bag of chips or fries
3. 1 small cookie & 1 piece of fruit



**Maine Street Diner** - Your *Meal Exchange* includes:

1. Any entrée of the day with choice of 2 sides
  2. 1 small cookie & 1 piece of fruit
- Excludes rotisserie chicken**



**Ancho Grill** - Your *Meal Exchange* includes:

1. See Daily Menu Feature
2. 1 small cookie & 1 piece of fruit



**Chow Maine** - Your *Meal Exchange* includes:

1. Entrée of the day with rice
  2. 1 small cookie & 1 piece of fruit
- Excludes stir-fry**



**Dessertations** - Your *Meal Exchange* includes:

1. Bagel with cream cheese & 1 piece of fruit
- OR
2. Muffin or quick bread & 1 piece of fruit

**No Substitutions Please**