# (Menu Subject To Change)

## **Mount Michael - Menu 5**

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reakfast	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Satur
		Egg Bake	Scrambled Eggs	Omelet	Cheesy Scrambled Eggs	Scrambled Eggs	
		Sausage links	Bacon	Sausage Pattie	Little Smokeys	Vegetable Sausage	
un.		Cheesy Potato	Breakfast Potatoes	Cube Potato	Roasted Potatoes	Hashbrowns	
Curente		French Toast Stick	Pancakes	Waffle	Pastry	Biscuit & Gravy	
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		Yogurt, Fruit, Bread	Yogurt, Fruit, Bread	Yogurt, Fruit, Bread	Yogurt, Fruit, Bread	Yogurt, Fruit, Bread	
Lunch							
		All Beef Hotdog	Beef Taco	Gyro	Beef Roast	Breaded Cheese Ravioli	
		Goulash	Mini Tacos	Chicken Leg	Chicken Sandwich	Salmon	
		Spiral Fries	Feista rice	Potato Wedge	Mash & Gravy	Wild Rice	
-		Garlic bread	Mix Vegetable	Ranch Broccoli	Sweet Corn	Potato Wedge	
		Balsamic Mushroom			Curly Fries		
		Yogurt Bar	Yogurt Bar	Yogurt Bar	Yogurt Bar	Yogurt Bar	
		Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	
		Pre Made Sandwich	Pre Made Sandwich	Pre Made Sandwich	Pre Made Sandwich	Pre Made Sandwich	
Dinner							
		Pasta	Sweet & Sour Chicken	Pizza Party!!	Burger		
		Garlic Toast	White Rice		Fries		
		Green Bean	Sweet Corn	Pizza Party!!	Cauliflower	Closed	
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				Pizza Party!!			
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M SAIL							
		Yogurt Bar	Yogurt Bar		Yogurt Bar		
		Salad Bar	Salad Bar		Salad Bar		
,		Pre Made Sandwich	Pre Made Sandwich		Pre Made Sandwich		
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\*Allergen Sensitive and Vegetarian Meals Available

Eating and sharing what happened during your day over a meal is important to all of us.

That's why we make sure everyone can eat safely.

If you have food allergies or special dietary needs eating may have an element of risk. For this reason, we take food allergies and dietary preferences seriously, as we want you to have an amazing experience just like every other student. Your dining team will work with you to listen, prepare, and serve every meal with care and safety so that you can dine with confidence.

## What should you do if you have allergies or dietary needs?

#### 1. Contact Your Food Service Director

Having a simple conversation at the beginning of an academic semester to state your needs, ask questions and troubleshoot different situations is critical for developing a safe and nutritional meal plan.

Food Service Director
John Bogatz
jbogatz@creativedining.com

Phone: 402-238-1440

### 2. Learn and Understand Allergy Icons

We have established a set of allergy icons that will identify ingredients that may cause an allergic reaction. There are eight icons. These icons will be placed on food item identification monitors so that all will be aware.





**CONTAINS WHEAT** 



**CONTAINS MILK** 



**CONTAINS EGGS** 



**CONTAINS SOY** 



**CONTAINS PEANUTS** 



CONTAINS TREE NUTS



**CONTAINS SHELLFISH** 



**CONTAINS FISH** 



**CONTAINS SESAME** 

Many of the items that will be served as entrees may have the allergen mentioned in the name, which is key for you to read and understand. However, always check the allergen icons on a dish.

### 4. When in Doubt, Ask!

Our goal is to provide each student with an exceptional dining experience in all aspects. If you are unsure about a dish, ask a server or speak to the chef. Our staff is happy to help you.