




(Menu Subject To Change)

Mount Michael - Menu 4

Breakfast	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Egg Bake	Cheesy Scrambled Eggs	Omelet	Fried Egg	Scrambled Eggs	
		Sausage Links	Sausage Patties	Bacon	Little Smokies	Ham	
		Cheese Potatoes	Coin Tator Tots	Cubed Potatoes	Spicy Cheese Potatoes	Hash Browns	
		French Toast Stick	Breakfast Empanada	Pancake	Waffle	Biscuit and Gravy	
<b>Lunch</b>							
		Korean Beef	Pork Tacos	Chili Mac	Grilled Flank Steak	Sweet and Sour Chicken	
		Calzone	Beef Empanada	Spicy Chicken Leg	Mac&Cheese	Bite size items	
		Rice	Rice	Potato Wedges	Roasted Potato	Egg Roll	
		Egg Roll	Fiesta Corn	Green Beans	Asparagus	Rice	
		Roasted Brussel				Broccoli	
		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	
<b>Dinner</b>							
		Pasta Bake	Spicy Plum Chicken		Chicken Tenders		
		Garlic Bread	Rice		Fries		
		Peas and Carrots	Asian Vegetable	Pizza Party	Mixed Green Bean		
						CLOSED	
					Pizza Party		
					Pizza Party		
		Yogurt Bar	Yogurt Bar		Yogurt Bar		
		Salad Bar	Salad Bar		Salad Bar		
	Pre Made Sandwich	Pre Made Sandwich		Pre Made Sandwich			

---

\*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](mailto: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.

# THE Big 9 Allergens



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.