

Meal Exchange Menu Fall 2023 and Spring 2024

One meal exchange can be used during each meal period: breakfast - 7:30-11 a.m.; lunch: 11 a.m.-4 p.m.; dinner – 4-7 p.m.; and late-night – 7 p.m.-midnight. Meal exchanges must be ordered in advance via the Boost app. No substitutions can be made.

DAILY GRIND (includes fruit and regular coffee, iced coffee, or hot cocoa)

Monday-Friday: 8 a.m.-3 p.m. (closed weekends)

- Croissant (butter or chocolate)
- Cinnamon roll

- Chocolate brownie
- Scone or cookie

TUCK SHOP

FRESHENS (includes fountain beverage)

Monday-Friday, 11 a.m.-7 p.m. (closed weekends)

- Thai Chicken Bowl
- **Buffalo Bowl**

GRILL 27 (includes small chips and fountain beverage)

Daily: 11 a.m.-7 p.m.

- Cheeseburger or Veggie Burger
- Quarter Pound Hot Dog
- **Grilled Cheese**

Popcorn chicken

- 6" sub (ham or turkey)

TSO GOOD (includes fountain beverage)

Monday-Friday, 11 a.m.-7 p.m. (closed weekends)

- Build-Your-Own (BYO) Chicken Stir Fry
- BYO Crispy Chicken Stir Fry
- **BYO Beef Stir Fry**

BYO Pork Stir Fry

KC BBQ Bowl

Meatless Mexican Bowl

- **BYO Shrimp Stir Fry**
- **BYO Tofu Stir Fry**

PITT STOP (includes fruit and beverage)

Monday-Friday: 7:30 a.m.-1:30 p.m. (closed weekends)

Breakfast Period (7:30-11 a.m.):

- Egg Sandwich w/ Cheese on an English Muffin and fruit
- Egg Sandwich w/ Cheese and Meat and fruit
- French Toast Sticks w/ Maple Syrup and fruit

PIZZA PITT (includes fountain beverage)

Daily: 7 p.m.-Midnight

- Individual cheese pizza
- Single-topping individual pizza
- Fill your salad bowl
- Mac & cheese or buffalo mac & cheese

Lunch Period (11 a.m.-1:30 p.m.):

- Macaroni & Cheese
- Turkey, Bacon & Cheddar Sandwich and chips
- Ham, Swiss & Maple Sandwich and chips
- Margarita Fresca Sandwich and chips
- Fettuccini Alfredo
- Cheeseburger and small chips
- Meatball sub and small chips