

Meal Exchange Menu Spring 2025

DAILY GRIND (includes coffee or hot tea)

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

- Croissant (butter or chocolate)
- Cinnamon roll or muffin

- Chocolate brownie
- Scone or cookie

TUCK SHOP

FRESHENS (includes fountain beverage with chips or fruit)

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

Choice of 5 bowls GF (Thai, Buffalo, BBQ, Mexican, or Meatless Mexican V),

GRILL 27 (includes fountain beverage with chips or fruit)

Breakfast: Monday-Friday, 7:30-10:30 a.m.; Lunch & Dinner: Weekdays: 11 a.m.-7 p.m.

French toast sticks w/ maple syrup V, B

- Egg & cheese sandwich V, GF, B
- Egg & cheese sandwich w/ meat ^{GF, B}
- Maple bacon sandwich GF, B
- Single cheeseburger GF or veggie burger V, GF, LD
- Grilled cheese V, GF, LD
- 6" hoagie (ham OR turkey w/ cheese) GF, LD

- Smashed taco GF, LD
- Chicken nuggets, LD
- Hot dog GF, LD
- Club stack ^{GF} (available all day)
- Margarita fresca sandwich (available all day)

STUDENT CHOICE: Tu Taco (includes fountain beverage with fresh-baked cookie)

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

- Taco with choice of protein topped with lettuce, cheese & pico de gallo V, GF
- Burrito with choice of protein filled with cilantro rice, beans, cheese & lettuce V,
- Cheese quesadilla with choice of protein served with sour cream & choice of sauce

•

One Sushi (includes a fountain drink)

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

- California roll
- Cucumber avocado roll
- Veggie brown roll
- Rice veggie bowl

- Tofu noodle bowl
- Seaweed salad
- Brown sugar Boba tea

PIZZA PITT (includes fountain beverage with chips or hand fruit)

Daily: 7 p.m.-Midnight

- 7-inch single-topping pizza
- Cheesy breadsticks or cheese nachos ^V
- Meatball sub GF
- Cheeseburger GF
- Eggplant parmesan sub V, GF

- Grilled chicken sandwich GF
- Casserette (penne marinara ^v, buffalo mac & cheese, mac & cheese ^v)
- House chef salad GF
- House salad V, GF

Notes:

- Meal exchanges must be ordered in advance via the Boost app.
- First-time users, please download the Boost app and create an account so you can link your meal plan with the Boost system
- Up to four meal swipes and/or exchanges can be used daily. One meal swipe/exchange can be used per one-hour period (time periods reset at 2 minutes past the hour).
- Substitutions are not available.
- This menu is subject to change.

GF – gluten-free option available | V – vegetarian option available | B – breakfast only (7:30-10:30 a.m.) | LD – lunch & dinner (11 a.m.-7 p.m.)