idealMEAL is a meal exchange program to provide students with a full & healthy diet. Choose items from each category to build your complete, balanced & idealMEAL.

WHERE TO USE idealMEAL?
Iggy’s Market—Breakfast, Lunch & Dinner
Boulder Garden Café—Breakfast & Lunch
Flannery Market—5:30-9:30pm
FitWell Café—4:30-8:30pm
Refectory—Dinner for Juniors & Seniors

QUESTIONS ABOUT idealMEAL?
Ask a cashier, supervisor or manager.

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### idealBREAKFAST

#### CHOOSE AN ENTREE
- Breakfast Plate
- Omelet
- Breakfast Sandwich
- Hot or Cold Cereal

#### CHOOSE A SIDE
- Toast
- English Muffin
- Freshly Made Pastry or Muffin
- Fruit & Yogurt Parfait

#### CHOOSE A FRUIT
- Apple
- Orange
- Banana
- Seasonal Selection

#### CHOOSE TWO BEVERAGES
- Juice
- Coffee
- Hot Tea
- Milk

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### idealLUNCH

#### CHOOSE AN ENTREE
- Loyola Diner or Allergy Free Zone Entree
- Bravissimo Entree
- Greyhound Grill Entree
- Two Slices of Pizza
- Entree Salad
- Deli Sandwich or Wrap

#### CHOOSE TWO SIDES
- Loyola Diner or Allergy Free Zone Vegetable or Starch Breadsticks
- Boardwalk Fries or Macaroni & Cheese
- Fruit & Yogurt Parfait
- Side Salad or Cup of Soup

#### CHOOSE A DESSERT
- Freshly Made Slice of Cake, Slice of Pie, Jumbo Cookies, Brownies, or a Seasonal Baked Treat

#### CHOOSE TWO BEVERAGES
- Fountain Soda
- Coffee
- Hot Tea
- Milk