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.

THE idealBREKFAST

- CHOOSE AN ENTRÉE
  - 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

THE idealLUNCH

- CHOOSE AN ENTRÉE
  - Hot Entree from Iggy’s Dish or Bravo
  - Deli Sandwich, Wrap or Panini
  - Two Slices of Pizza or Pasta
  - Entree Salad

- CHOOSE TWO SIDES
  - Iggy’s Dish Vegetable or Starch
  - Side Salad
  - Hand Fruit or Fresh Fruit
  - Yogurt Parfait
  - Fresh Stock Soup
  - Breadsticks or Garlic Knots

- CHOOSE A DESSERT
  - Jumbo Cookie
  - Jumbo Brownie
  - Slice of Cake
  - Hand Fruit
  - Scoop of Ice Cream

- CHOOSE A BEVERAGE
  - Fountain Soda
  - Milk
  - Coffee
  - Hot Tea

THE idealDINNER

- CHOOSE AN ENTRÉE
  - Hot Entree from Iggy’s Dish, Bravo or Allergy Zone
  - Deli Sandwich, Wrap or Panini
  - Two Slices of Pizza or Pasta
  - Entree Salad

- CHOOSE TWO SIDES
  - Iggy’s Dish Vegetable or Starch
  - Side Salad
  - Hand Fruit or Fresh Fruit
  - Yogurt Parfait
  - Breadsticks and Garlic Knots

- CHOOSE AN ACCOMPANIMENT
  - Fresh Stock Soup
  - Garden or Caesar Side Salad
  - Side of Pasta Salad

- CHOOSE A DESSERT
  - Jumbo Cookie
  - Jumbo Brownie
  - Slice of Cake
  - Hand Fruit
  - Scoop of Ice Cream

- CHOOSE A BEVERAGE
  - Fountain Soda
  - Milk
  - Coffee
  - Hot Tea