



THE **ideal**MEAL

AT BOULDER GARDEN CAFE

WHAT IS AN idealMEAL?

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



THE **ideal**BREAKFAST

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



THE **ideal**LUNCH

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

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.