



THE **ideal**MEAL

AT IGGY'S MARKET

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

Hot Entree from Iggys 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

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 **ideal**DINNER

CHOOSE AN ENTREE

Hot Entree from Iggys 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