### This Week's Features

Week of November 25, 2019 | Monday - Thursday, 6:30 a.m. - 8:00 p.m. | Friday - Sunday, 8:00 a.m. - 6:00 p.m.

#### Mon
- Sensible Breakfast Sandwich: 3.39
  - Egg white, spinach, and turkey on wheat english muffin
- Flexitarian Entrée: 6.69
  - Sweet and sour tofu
- Create: 12.69
  - Earth bowl with salmon
- Dinner: 0.47 per oz
  - Cajun grilled chicken

#### Tue
- Sensible Breakfast Sandwich: 3.39
  - Egg white, spinach, and turkey on wheat english muffin
- Sensible Selection Entrée: 7.69
  - Baked pork loin with apple cranberry sauce
- Create: 10.69 – 12.69
  - Vegetable and chicken fajitas
- Dinner: 0.47 per oz
  - Roast beef

#### Wed
- Sensible Breakfast Sandwich: 3.39
  - Egg white, spinach, and turkey on wheat english muffin
- Grill: 0.47 per oz
  - Wing Wednesday – Baked or Fried Wings
- Dinner: 0.47 per oz
  - Cilantro lime grilled chicken

#### Thu
- Sensible Breakfast Sandwich: 3.39
  - Egg white, spinach, and turkey on wheat english muffin
- Grill Entrée: 8.69
  - Herb-roasted turkey breast
- Dinner: 0.47 per oz
  - Roast turkey special

#### Fri
- AC/RF Has Weekend Hours
  - Breakfast Bar: 0.47 per oz
    - A variety of scrambled eggs, breakfast meats, sides, seasonal fruits, and yogurt with breakfast pastries à la carte
- Lunch Feature: 0.47 per oz
  - Chef’s choice
- Dinner Feature: 0.47 per oz
  - Chef’s choice

#### Sat
- Breakfast Bar: 0.47 per oz
  - A variety of scrambled eggs, breakfast meats, sides, seasonal fruits, and yogurt with breakfast pastries à la carte
- Lunch Feature: 0.47 per oz
  - Chef’s choice
- Dinner Feature: 0.47 per oz
  - Chef’s choice

#### Sun
- Breakfast Bar: 0.47 per oz
  - A variety of scrambled eggs, breakfast meats, sides, seasonal fruits, and yogurt with breakfast pastries à la carte
- Lunch Feature: 0.47 per oz
  - Chef’s choice
- Dinner Feature: 0.47 per oz
  - Chef’s choice

#### Don’t Miss This

**Service Changes**

Food services on **weekends** and **federal holidays** will be **out of** AC/RF Balance Kitchen from 11/16/19 through 2/2/20.

Food services during **weather-related closures** and other **unscheduled government closures** will continue to be **out of** Balance Kitchen.

We are open **8:00 a.m. – 6:00 p.m.** on these days unless otherwise noted.

### Soups

- 2.89 | 3.80 | 4.89
- **Monday**: Garden vegetable
- **Tuesday**: Tomato basil bisque
- **Wednesday**: Curried rice and lentil soup
- **Thursday**: Vegetable beef barley
- **Friday**: Vegetarian minestrone

### Questions?

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