

JULIA A. SEARS



BREAKFAST

Sunrise Muffin (250 Cal)
Sunrise Bagel (420 Cal)
Sunrise Croissant (360 Cal)
Pancakes (230 Cal)
French Toast (260 Cal)
Cheese Omelet (260 Cal)
Scrambled Eggs (180 Cal)
Triangle Hash Browns (390 Cal)
Bacon (90 Cal)
Turkey Bacon (25 Cal)
Sausage (360 Cal)
Ham (180 Cal)

COFFEE

Coffee (50 Cal)
Cappuccino (230 Cal)
Latte (230 Cal)
Mocha (270 Cal)
Flavor shots:
Vanilla (70 Cal)
Caramel (80 Cal)
Hazelnut (80 Cal)
Hot Tea (0 Cal)
Hot Chocolate (400 Cal)
Iced Coffee (50 Cal)

GRILL

Cheese Curds (585 Cal)
Onion Rings (280 Cal)
Curly Fries (450 Cal)
Chicken Tenders (440 Cal)
Chicken Drummies (370 Cal)
Chicken Tender Melt (610 Cal)
Cheese Quesadilla (540 Cal)
Chicken Quesadilla (725 Cal)
Grilled Cheese (325 Cal)
1/4 lb Cheeseburger (430 Cal)
1/4 lb Hamburger (320 Cal)
Veggie Burger (300 Cal)
Turkey Burger (270 Cal)
Fish Sandwich (380 Cal)

PANINIS, WRAPS, & SALADS

Chicken Caesar Wrap (600 Cal)
Buffalo Wrap (760 Cal)
Chicken Bacon
Ranch Wrap (600 Cal)
Italian Panini (800 Cal)
Grilled Chicken Panini (580 Cal)
Chicken Caesar Salad (650 Cal)
Caesar Salad (700 Cal)
Garden Salad (330 Cal)

UNIVERSITY DINING SERVICES

 MINNESOTA STATE UNIVERSITY MANKATO