

MINDFUL

Meal Exchange 2018-2019

Muffin or Cookie or Fruit Cup or
Scrambled Egg Bowl with 3 Toppings

Includes Choice of 16 oz. Coffee,
1/2 Pint of Milk, or Bottled Water

Mindful Sandwich, Salad, Soup, or Chili

Includes Choice of 1/2 Pint of Milk or
Bottled Water

Hours of Operation

MON — FRI 8 a.m. to 4 p.m.

Breakfast Ends at 10:30 a.m. & Lunch Starts at 11:00 a.m.

SAT — SUN 9 a.m. to 3 p.m.

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