

Breakfast Burritos

The Southwestern	1090 cal	\$5.29
Tortilla with Scrambled Eggs, Hashbrowns, Sausage, Peppers, Onions & Cheese		
The Veggie	690 cal	\$5.29
Tortilla with Egg Whites, Hashbrowns, Spinach, Tomatoes, Avocado & Cheese		
The Basic	610 cal	\$4.49
Tortilla with Scrambled Eggs, Hashbrowns, Ham/Bacon/or Sausage & Cheese		
Jr. Burrito	240 cal	\$3.49

Breakfast Sandwiches

All Sandwiches can substitute Egg white for Eggs

Can be served on English Muffin or Bagel

Egg, Meat & Cheese	340-600 cal	\$3.99
Egg, Ham/Bacon/ or Sausage & Cheese		
Egg & Cheese	290-350 cal	\$2.99

Meal Transfers

Jr. Breakfast Burrito

Egg & Cheese Breakfast Sandwich

Meat, Egg & Cheese Breakfast Sandwich

Meal Transfers are available with:

Meal Plan A or B

Max 20, 40, or 80

Faculty 10 or 25

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request

Build Your Own Breakfast Skillet

Served with Hashbrowns

530 Cal \$5.39

Choose a Meat

Ham, Bacon, Sausage

Choose a Cheese

Cheddar, American, Swiss, Pepperjack

Choose Your Toppings

Tomato, Spinach, Onion,
Peppers, Jalapenos, Mushrooms

A La Carte

Sausage (2 patties)	180 cal	\$1.99
Bacon (3 slices)	90 cal	\$1.99
Hashbrowns	100 cal	\$1.49
Eggs (2)	200 cal	\$1.99



2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request

Burgers

Mav Burger

Combo
fries & 24oz soda

1020 cal \$8.69

Bacon Cheeseburger

1010 cal \$8.19

1/4lb Cheeseburger

960 cal \$5.09

Garden Burger

780 cal \$7.29

Sandwiches

Chicken Quesadilla

1040 cal \$7.69

Bacon Grilled Cheese

880 cal \$7.19

Add Avocado

45 cal \$0.99

Grilled Cheese w/ Ham

860 cal \$6.69

Cheese Quesadilla

840 cal \$6.29

Grilled Cheese

870 cal \$4.99

Wraps

Chicken Tender

1290 cal \$9.69

Grilled Chicken

920 cal \$9.69

Sandwich
only

510 cal \$5.99

500 cal \$5.49

450 cal \$3.69

270 cal \$4.59

530 cal \$4.99

370 cal \$4.49

350 cal \$3.99

330 cal \$3.59

360 cal \$2.39

780 cal \$6.99

410 cal \$6.99

Meal Transfers

(fries, fruit, or chips and 16oz. drink included)

Cheeseburger

Grilled Cheese

Cheese Quesadilla

Garden Burger

Chicken Tenders (3)

Meal Transfers are available with:

Meal Plan A or B

Mav 20, 40, or 80

Faculty 10 or 25

Welcome Back to Colorado Mesa University



\$5 Meals

(fries, fruit, or chips and 24oz. drink included)

Chicken Tenders (3)	810 cal
Cheeseburger	850 cal
Garden Burger	750 cal
Grilled Cheese	800 cal
Cheese Quesadilla	960 cal

Sides

Curly Fries	260 cal	\$1.99
-------------	---------	--------

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request