

Name: \_\_\_\_\_

Student ID #: \_\_\_\_\_

Semester/Yea Feb 28

Food Allergy or Dietary Concern: \_\_\_\_\_

Meal (Circle One): Breakfast Lunch Dinner

Day(s) Needed: Mondays Tuesdays Wednesdays Thursdays Fridays Saturdays Sundays

Time of Day to PICK UP Meals : Mornings Afternoons Evenings

### Menu Options\*:

#### **Breakfast Items (Pick up to 3)**

Bagel Assorted Pastry Hard Boiled Eggs Oatmeal Cup Maple Brown Sugar Oatmeal  
Apple Orange Grapes Banana

#### **Lunch and Dinner Entrees: (Pick up to 2)**

**Entrees:** Deli Sandwich (Made your way-Make your selections below)  
Vegan Burger of the day (circle: ON/NO) bun Uncrustable Sandwich (Circle: Grape/Strawberry)  
White Cheddar Mac & Cheese Chicken Tenders Gluten Free/ Halal Chicken Tenders Diced Chicken  
Pasta w/ Alfredo Sauce Pasta w/Italian Sauce Gluten Free Pasta w/ (Circle: Alfredo/Italian Sauce)

#### **Build Your Own Sandwich:**

**Select Bread:** White Wheat White Wrap Wheat Wrap Kaiser Roll White Kaiser Gluten Free Bread/Wrap

**Select Fillings:** Ham Turkey Salami Vegan Tofurky Chickpea Salad Tuna Salad Egg Salad Chicken Salad  
Regular Hummus Red Pepper Hummus Leaf Lettuce Sliced Tomatoes Mashed Avocado  
Pickle Spears Dill Pickles Banana Peppers Sliced Red Onion Vegan Mayo

**Select Cheese:** American Pepper Jack Provolone Swiss Vegan Cheese

**Condiment(s):** Mayo Honey or Yellow Mustard Peanut Butter Nutella SunButter Grape/Straw Jam

#### **Snacks: (Pick up to 2)**

Baked Sour Cream & Onion Chips Classic Potato Chips Dorito Nacho Cheese  
Dorito Ranch Pretzel Twists Terra chips White Cheddar Popcorn Fig Bar Raspberry  
KIND Dark Chocolate Chunk KIND Dark Chocolate Nuts & Sea Salt Bar Trail Mix  
Carrots/Celery Apple Orange Grapes Banana Cheese Stick  
Garden Salad w/ \_\_\_\_\_ Dressing

**Beverage:** Feel free to refill a reusable beverage container of your own when picking up meals.

*For your safety, it is recommended to refrigerate or consume all cold foods upon leaving the dining centers.*

*Auxiliary services is not responsible for potential illness from food not stored at safe temperatures or reheated to safe temperatures. See: [www.cdc.gov/foodsafety/keep-food-safe.html](http://www.cdc.gov/foodsafety/keep-food-safe.html) for more information*

*For nutrition information, ingredients and allergens visit our website at: [www.oswego.edu/diningmenu](http://www.oswego.edu/diningmenu).*

**\*Please Note Selection Availability may vary**

Updated 1/6/25