

## MCH Café & Night Shift Menu

**PRICES LISTED DO NOT INCLUDE EMPLOYEE DISCOUNT OR 8% California Sales TAX - Thank you for being our customer!**

Breakfast served 600 to 1000. Soup, Salad Bar, Sandwich Bar, Hot Dogs, Chili, Desserts, Snacks available 1030 am to 130 am. Lunch/Dinner menu choices served 11 am to 8 pm, except 230-3 pm. **Night Shift 11 pm–130 am. MCH ID badge must be presented in order to use payroll deduction & receive 5% discount. Posted prices are visitor prices.**

**SELECTIONS SUBJECT TO CHANGE BASED ON CUSTOMER DEMAND AND MARKET AVAILABILITY**

4 SUNDAY 06/11/17	MONDAY 06/12/17	TUESDAY 06/13/17	WEDNESDAY 06/14/17	THURSDAY 01/15/17	FRIDAY 01/16/17
Pozole 12 oz \$2.10; 20 oz \$3.50	French Onion Soup 12 oz \$2.10; 20 oz \$3.50	Tex-Mex Chili Soup 12 oz \$2.10; 20 oz \$3.50	Classic Tomato Soup 12 oz \$2.10; 20 oz \$3.50	Chickepea and Pasta Soup 12 oz \$2.10; 20 oz \$3.50	Clam Chowder 12 oz \$2.10; 20 oz \$3.50
Baked Chicken ¼'s \$4.25	Chicken Salad on a croissant with couscous salad & fruit \$5.50	Chef Salad \$5.50	Buffalo Chicken Wrap with Chips & Fruit \$5.50	Asian Noodle Salad with Tofu \$5.50	Oriental Chicken \$5.50
Chefs Choice \$3.75	Flemish Beef Stew <i>272 Cal.</i> \$4.25	Ginger-Lime Chicken <i>218 Cal.</i> \$3.75	Gnocchi with chard and White Beans <i>325 Cal.</i> \$4.25	Pulled Chicken Sand With Slaw <i>327 Cal.</i> \$4.25	Honey Soy <i>234 Cal.</i> \$4.25
Roasted potato \$.95	Chicken Florentine \$4.25	Nacho Bar \$4.25	New York Steak \$4.25	Meatloaf \$3.75	Orange Chicken \$4.25
Brown Rice Pilaf \$.95	Shrimp Scampi with Pasta \$5.00	Mexican Couscous \$.95	Roasted Garlic Potato Wedge \$.95	Chicken Wings Buffalo, Garlic parm \$4.25 (6ea)	Sticky Chicken \$.95
Steamed Carrots \$.95	Brown Rice pilaf \$.95	Black Beans \$.95	Green Beans \$.95	Fries \$1.00	Steamed Chicken \$.95
Broccoli \$.95	Sautéed Rainbow Chard \$.95	Sautéed Calabacitas \$.95	Steamed Carrots \$.95	Mashed potato \$.95	Sautéed Shrimp \$.95
Hamburger \$3.75	Sautéed Broccolini \$.95	Corn \$.95	Beef Hot Dog \$2.25	Peas \$.95	Pepperoni \$.95
French Fries \$1.00	Beef Hot Dog \$2.25	Chili \$2.25	Chili \$2.25	Grilled Carrot \$.95	Cheeseburger French fries
Chili \$2.25	Chili Dog \$3.00	Deli/Salad Bar \$.31/oz	Chili Dog \$3.00	Roasted Mushrooms \$.95	Chili \$3.00
Chili Fries \$3.25	Deli/Salad Bar \$.31/oz	<b>Value Meal:</b> Chicken and Choice of Two Sides: \$5.50	Deli/Salad Bar \$.31/oz	Chili \$2.25 (onions/cheese) Deli/Salad Bar \$.31/oz	Deli/Salad Bar \$.31/oz
Deli/Salad Bar \$.31/oz	<b>Value Meal:</b> Chicken and Choice of Two Sides: \$5.50	<b>FIT Meal:</b> Ginger-Lime Chicken and Calabacitas \$5.00	<b>Value Meal:</b> New York Steak Choice of Two Sides: \$5.50	<b>Value Meal:</b> Meatloaf, Choice of Two Sides: \$5.50	<b>Value Meal:</b> Chicken, Choice of Two Sides: \$5.50
<b>Value Meal:</b> Chefs Choice, Choice of Two Sides: \$5.50	<b>FIT Meal:</b> Beef Stew with Brown Rice \$5.00	With Milk OR Fruit: \$6.00	<b>FIT Meal:</b> Gnocchi with chard and White Beans, Green Beans	<b>FIT Meal:</b> Pulled Chicken Sand \$5.00	<b>FIT Meal:</b> Sautéed Snap Peas
<b>FIT Meal:</b> Chicken, Carrot, and Broccoli With Milk OR Fruit: \$6.00	With Milk OR Fruit: \$6.00	With 20 oz Soda: \$6.25	With Milk OR Fruit: \$6.00	With Milk OR Fruit: \$6.00	With Milk OR Fruit: \$6.00
With 20 oz Soda: \$6.25	With 20 oz Soda: \$6.25		With 20 oz Soda: \$6.25	With 20 oz Soda: \$6.25	With 20 oz Soda: \$6.25

**FIT MEALS ARE 500 CALORIES AND UNDER.  
LET'S GET FIT TOGETHER!**