**THE MIX**

**MU SALAD BAR**

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### BREAKFAST

**COLD**
- Parfait & Oatmeal
  - Honey Greek Yogurt
  - Mixed Berries
  - Strawberries, blackberries, raspberries
  - Seasonal Fresh Fruit
  - Whole Grain Granola
  - Maple Syrup
- Irish Rolled Oatmeal
- White Grits
- Brown Sugar
- Golden Raisins
- Shredded Cheddar
- Butter Squares

**HOT**
- Scrambled Eggs
- Over Medium Eggs
- Chicken Sausage Patties
- Grilled Ham
- Griddled Hash Browns
- Pancakes or French Toast
- Frittata of the Day
- Peppers and Onions
- Sausage Gravy
- English Muffins
- Buttermilk Biscuits

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### LUNCH

**COLD**
- Salad Ingredients
  - Chopped Romaine / Iceberg mix
  - Spring Mix
  - Baby Spinach
  - Edamame
  - Sliced Green Bell Peppers
  - Batonnet Jicama
  - Sliced Egg
  - Grilled Chicken
  - Sunflower Seeds
  - Spiced Pumpkin Seeds
  - Golden Raisins
  - Seasonal Fresh Fruit
  - Grilled Seasonal Vegetables
  - Pickled Seasonal Vegetables

**HOT**
- Rotating Hot Items*
  - Seasonal Soups
  - Parmesan Chicken
  - Sausage Lasagna
  - Wine Braised Short Rib
  - Steak with Chimichurri Sauce
  - Eggplant Napoleon
  - Spinach Mushroom Stuffed Pasta
  - Braised Tempe
  - Creamed Brussel Sprouts
  - Balsamic Carrots
  - Lemon Steamed Broccolini
  - French Lentil Stew
  - Garlic Mash Potatoes
  - Braised Chickpeas

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* Items will be rotated biweekly and seasonally, and therefore will not be available at all times. Menu is subject to change.

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(more options not listed)