

Expanded Take 3 Menu !!!

A menu created from your comments & suggestions



Take 3, also known as "swaps", is designed as a quick meal on the go from this select menu in the Bistro. Swaps are deducted from your weekly Higgins Café meal opportunities. Dining plan participants are welcome to exchange one swap for one meal per meal period in the Bistro until 9pm. Please remember that Swaps are for the meal participant only as a convenience and are non-transferrable.



Take 1 - Breakfast Main Items

- Breakfast Sandwich with or without meat on your choice of bread
- Choice of bagel
- Cereal Cup

Take 1 - Lunch Main Items

- Garden Salad
- Grilled Cheese
- Chicken Nuggets
- Hamburger
- Chicken Patty
- Hummus & Pita Basket
- Cheeseburger
- Tabbo Wabbo **NEW!**
- Any Take 3 Sandwich
- Vegan Garden Burger
- Tuna or Turkey Panini **NEW!**

Take 2 - Grab a Snack

- Yogurt (limit 1/swap)
- Granola Bar
- Chips
- Cookies
- Carrots or Celery
- Brownie
- Whole Fruit
- Nabisco 100 Calorie Snacks
- French Fry

Take 3 - Quench your Thirst

- Small Coffee
- Fountain Soda
- Fountain Gold Peak Iced Tea
- Carton Milk or OJ
- Hot Tea
- Small Minute Maid Juice **NEW!**



- * Not in the mood for a snack, substitute for a medium coffee.
- * No beverage, no problem! Substitute two snacks for your beverage.
- * Don't forget to chat with Stu, Heather or Denis about your comments and suggestions.
- * Our goal is to make every meal a satisfying experience. Let us know how we're



Vegetarian



Vegan