


# MFB Kitchen and Cafe

by UNIDINE<sup>®</sup>  
June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	01 Powerbowl	02 Beef Tips	03 Shrimp Tacos
06 Southern Succotash	07 Southern Pot Roast	08 Powerbowl	09 Gumbo	10  <b>Merguez Meatball Grinder</b>
13 Mac and Beef Casserole	14 Fajitas	15 Powerbowl	16 Lemon Honey Chicken	17 <b>National Eat your veggies day Pasta Primavera</b>
20 Turkey Sloppy Joe	21 Grilled Pork Chop	22 <b>National Onion Ring Day Onion rings PowerBowl</b>	23 Meatballs	24 Shrimp Paella
27 Baked Chicken Thighs	28 Latin Pork Loin	29 Powerbowl	30 <b>Basil Chive Chicken</b> FLAVORS 365	01



*A better-for-you choice lower in calories and sodium, high in fiber and good fats.*

Open 5 days a week  
Breakfast 7:00am - 10:30am | Lunch 11:30am - 3:00pm