

MFB Kitchen & Cafe

November 2025

	11/24 Monday	11/25 Tuesday	11/26 Wednesday	11/27 Thursday	11/28 Friday
Breakfast & Carve	BYO Breakfast Bowl Meatloaf and Mashed Potatoes	Biscuits and Gravy Beef and Broccoli	Waffle Wednesday BBQ Chicken with Mac and Cheese	Happy Thanksgiving!	BYO Omlette Chicken Pot Pie

Soup	White Chicken Chili	Cheeseburger Chowder	Chicken Tortilla	Employee Holiday Meal	Broccoli Cheese
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Market Deli & The Oven	Chicken Cordon Bleu Sandwich Cajun Chicken Sausage Penne	Italian Sandwich Five Cheese Baked Ziti	BYO Sandwich Stuffed Shells Florentine	11:00am-1:30pm	Supreme Pizza Chef's Choice Lasagna
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Chef's Table

Sopes

Ramen Bowls

**In MFB
Cafe**



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

Open 7 days a week
 Breakfast 7 am – 9:30 am
 Lunch 11 am – 2 pm
 Dinner 2 pm-7 pm
 Weekends 7 am- 2pm