

# MFB Kitchen & Cafe

January 2026

	1/12 Monday	1/13 Tuesday	1/14 Wednesday	1/15 Thursday	1/16 Friday
<b>Breakfast &amp; Carve</b>	BYO Breakfast Bowl  Caprese Chicken with Wild Rice	Biscuits and Gravy  Italian Sausage and Peppers	Waffles  MFB "Almost Famous" Bowls	Biscuits and Gravy  BBQ Ribs	BYO Omlette  Fish and Chips

<b>Soup</b>	Chicken and Wild Rice	Three Bean Chili	Loaded Baked Potato	Butternut Squash Bisque	Broccoli Cheese
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<b>Market Deli &amp; The Oven</b>	California Reuben  Chicken Tortellini Alfredo	Chicken Salad  Penne with Italian Sausage in Tomato Cream Sauce	BYO Sandwich  Chicken, Bacon and Ranch Pasta	BYO Sandwich  Chorizo Mac and Cheese	4 Cheese Pizza  Chef's Choice Lasagna
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<b>Chef's Table</b>	Walking Tacos	BYO Fried Rice	Gyros
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*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  
 Feast 2 pm- 7 pm  
 Weekends 7 am- 2pm