

MFB Kitchen & Cafe

March 2026

	3/16 Monday	3/17 Tuesday	3/18 Wednesday	3/19 Thursday	3/20 Friday
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Breakfast & Carve	BYO Breakfast Bowl Caprese Chicken	Biscuits and Gravy Nashville Hot Honey Fried Chicken Sandwich	Waffle Wednesday Beef Brisket	Biscuits and Gravy Orange Chicken with Fried Rice and Stir Fry Veggies	BYO Omlette Herb Grilled Shrimp Skewers
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Soup	Chicken and Wild Rice	Three Bean Chili	Loaded Baked Potato	Butternut Squash Bisque	Broccoli Cheese
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Market Deli & The Oven	Chicken Cordon Bleu Sandwich Pasta Primavera	Italian 3 Meat 4 Cheese Baked Penne	BYO Sandwich Florentine Stuffed Shells	BYO Sandwiches Penne with Vodka Sauce	Pepperoni Pizza Chef's Choice Lasagna
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Chef's Table

Birria Tacos

BYO Pho Bowls

Poke Bowls



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-7:30 pm
 Weekends 7 am- 2pm