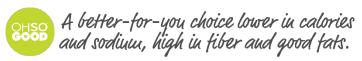
## MFB Kitchen & Cafe

## September 2024

| Hispanic<br>Heritage<br>Month! | 9/23<br>Monday  | 9/24<br>Tuesday  | 9/25<br>Wednesday  | 9/26<br>Thursday                        | 9/27<br>Friday             |
|--------------------------------|---|--|--|---|----------------------------|
| Breakfast<br>&<br>Carve        | B.Y.O.<br>Omlette<br>Grilled BBQ<br>Chicken           | Biscuits and<br>Gravy<br>Turkey Sloppy<br>Joes         | Waffles  Chicken and Sausage Gumbo                       | Breakfast Bowls  Beef Tips and  Noodles | BYO Omlette Shrimp Scampi  |
| Soup                           | White<br>Chicken Chili                                | Fruit Bar- with Tajin! Cabbage Soup                    | Split Pea with<br>Ham                                    | Elote Thursday  Tomato Basil  Bisque    | Broccoli Cheese            |
| Market Deli<br>&<br>The Oven   | California<br>Reuben<br>Ham and<br>Pepperoni<br>Pizza | Chicken Salad<br>Wrap<br>Baked Ziti with<br>Meat Sauce | Mediterranean<br>Veggie Wrap<br>Cajun Chicken<br>Alfredo | 4 Cheese Pizza<br>Baked Spaghetti       | Pepperoni Pizza<br>Lasagna |
| Chef's Table                   |   | Tortas   | Chicken Pozole   | Asian Noodle<br>Bowls                   |                            |

|                    | Dinner | Buffalo<br>Chicken Mac<br>and Cheese | Turkey Goulash | Gumbo with Rice    | Beef Stroganoff | Pizza |  |
|--------------------|--------|--------------------------------------|----------------|--------------------|-----------------|-------|--|
| Open 7 days a week |        |                                      |                | 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