Hello Everyone!

I’m Julie, the Director of Dining & Catering and my staff and I would like to welcome you all to JCC. This year’s Meal Plan is in place and below you will see a few sample menus which will hopefully help you in deciding how you would like to use your plan.

**Breakfast for Plan 1 or 2 will include:**

**Choice of 1 Hot Entrée:**
- Breakfast Sandwich, 2 Eggs, Omelets, French Toast, Pancakes. *Choice of:* Bacon, Sausage, or Ham.
- Hash Browns
- Toast, English Muffins or Sm. Bagel
- Fruit Salad
- Hot or Cold Cereal

**Choice of 1 Beverage:**
- Coffee, Hot Tea, Milk, Orange Juice. *There are no refills. Bottled Beverages not included.*

**Lunch & Dinner for Plan 1 or 2 will include:**

**Choice of 1 Entrée:**
- Hot Special of the day (ex: Spaghetti, Hot Turkey Sandwich with Gravy) This also will include a 20oz fountain drink but no further sides as they are included in the special.

**OR:**
- 1 piece of Pizza, Chicken Tenders, Burger, Sandwich, Sub, Wrap, Large Salad, Chicken Salad, or Chef Salad.

**PLUS,**

**Choice of 2 of the following:**
- Small Salad, Fruit Salad, Cottage Cheese, Mac-n-Cheese, Pasta Salad, Baked Potato, Potato Salad, Rice, Vegetables, Mighty Snacks, Coleslaw, Mashed Potatoes, French Fries, Chips, Yogurt.
- *Curly Fries, Cheese Stix, and Onion Petals are not included.* You must use points for those items.

**Choice of 1 Beverage:**
- 20oz Fountain Drink, Coffee or Milk. *There are no refills. Bottled Beverages not included.*

If you do not wish to purchase a whole meal on your plan, you can use your points. 1 point = $1.00. If you’re using your points to feed a friend, let the cashier know BEFORE you are rung up. Energy Drinks and Bottled Sodas are excluded from Meal Plans 1 & 2, but may be deducted from your accumulated points. Entrees and Desserts and sides are subject to change according to availability.

I hope this helps you understand a little better, and if any of you have any questions or special needs, please feel free to stop by and see me or Christine Volk, my Catering Supervisor or contact us at 716-338-1420.

Thanks and have a great semester!

Julie & Christine