

AUGUST HAPPENINGS

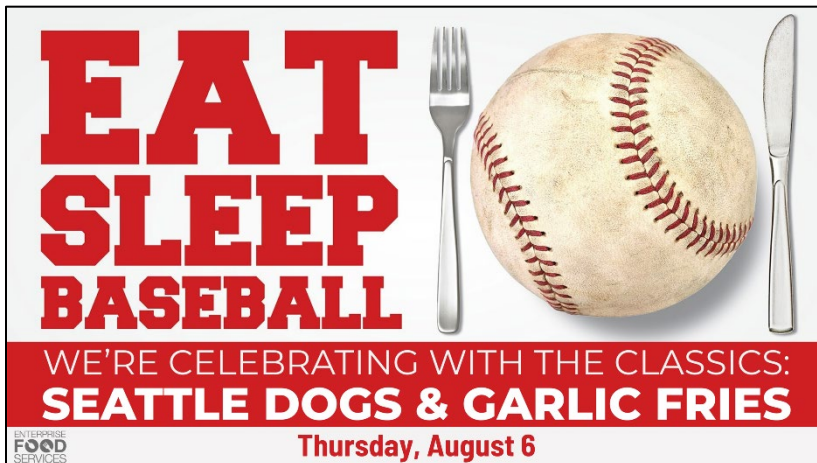
WEEKLY DEAL: NATIONAL SANDWICH MONTH



Celebrate National Sandwich Month with specialty sandwiches every **Wednesday** this month (**August 5, 12, 19, and 26**) for just \$7. From timeless classics to chef-inspired creations, discover a new favorite every week.

Where: Available at all cafés except Frederickson (24-50 & 24-60), Kent (18-61), Thompson (14-01), and Seattle (2-122).

EAT. SLEEP. BASEBALL.



Swing by for a taste of the ballpark on **Thursday, August 6**. We're serving Seattle Dogs and garlic fries to bring a little hometown baseball flavor to your lunch break.

Where: Available at all cafés except Frederickson (24-50 & 24-60), Kent (18-61), Thompson (14-01), and Seattle (2-122).

SUPERFOOD OF THE MONTH: TOMATOES



Tomatoes are August's Superfood of the Month. Known for their vibrant red color and naturally occurring lycopene, tomatoes add fresh flavor and nutrient-rich goodness to every bite. Enjoy tomato-forward offerings in the cafés all month long including a featured special on **Tuesday, August 11**.

Where: Available at all cafés except Frederickson (24-50 & 24-60), Kent (18-61), Thompson (14-01), and Seattle (2-122).

CULINARY HIGHLIGHT: ISLAND EATS



Escape to the islands with Island Eats on **Thursday, August 20**. Enjoy Caribbean-inspired dishes featuring vibrant flavors and tropical ingredients for a refreshing taste of summer.

Where: Available at all cafés except Frederickson (24-50 & 24-60), Kent (18-61), Thompson (14-01), and Seattle (2-122).

LIMITED TIME OFFER: AUGUST COOKIES



**IRRESISTIBLE
DECADENCE**

Experience our
White Chocolate Macadamia
Nut Cookie.

Available for a
limited time!

MADE WITH REAL BUTTER, RICH WHITE CHOCOLATE
CHUNKS, AND PERFECTLY ROASTED MACADAMIA NUTS.



**CRAVING
SOMETHING
BERRY
GOOD?**

Try our berry-licious
Strawberry Shortcake Cookies.

Available for a
limited time!

A LIGHT, BUTTERY SHORTBREAD COOKIE
MADE WITH WHITE CHOCOLATE CHIPS AND
REAL DRIED STRAWBERRIES.

Celebrate the flavors of the season! Satisfy your sweet tooth with our seasonal cookie flavors – White Chocolate Macadamia Nut and Strawberry Shortcake.

Where: Available at all cafés.

LIMITED TIME OFFER: AUGUST SOUPS



**SUMMER
SOUP**

Fresh.
Seasonal.
Just for Summer.

All
Month
Long

ENTERPRISE
FOOD
SERVICES

Refresh with our fresh, limited-time soups – warm, hearty, and here for a short season. Get them while they're hot!

Where: Available at all cafés. At Seattle (2-122), soup is only available Wednesday – Thursday.

LIMITED TIME OFFER: MUSCLE MILK



Fuel your day with Muscle Milk. Packed with protein and available in Chocolate and Vanilla, grab yours for just \$4.25 all August long, while supplies last.

Where: Available at all cafés.

WELLNESS PROGRAM: EAT FIT

WHAT MAKES SOMETHING FIT?

FIT meals, entrees, and side dishes serve as a guide for items that meet dietary recommendations regarding calories, fat, and sodium.

	FULL MEAL	Calories per serving ≤600 Sat. Fat ≤5g, Sodium ≤600mg
	ENTREE	Calories per serving ≤400 Sat. Fat ≤5g, Sodium ≤600mg
	SIDE	Calories per serving ≤250 Sat. Fat ≤2g, Sodium ≤250mg

Look for offerings marked with this unique identifier.



Well Being

ENTERPRISE
FOOD
SERVICES

In collaboration with the Well Being team, our chefs and registered dietitians work together to bring peak flavor to menu items that are good for you and meet U.S. health guidelines. Look for FIT offerings marked with their unique identifier throughout the cafés and fuel your day the right way.

Visit the café website for nutritional information available [here](#).