

FEBRUARY HAPPENINGS

WEEKLY DEAL: BE HEART SMART



February is American Heart Month, and we're grilling up goodness for your heart. Celebrate with flavor and value every **Wednesday (February 4, February 11, February 18, and February 25)** featuring heart-healthy grill specials you'll love.

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

GEAR UP FOR GAME DAY



The biggest game day of the year deserves flavors worth cheering for. Kick off the weekend early and tackle a winning lineup of fan favorites on **Friday, February 6**.

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

GOOD MOOD MONDAY



Good Mood Monday is here to bring you delicious ways to start your week. Whether you're craving comfort on **Monday, February 9**, or looking to explore bold flavor mashups on **Monday, February 23**, tasty options await.

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: CARROTS



Carrots are February's Superfood of the Month. Loaded with beta-carotene, fiber, and antioxidants, carrots support eye health, immunity, and overall wellness. You'll find carrots throughout the cafés all month long, including a featured special on **Thursday, February 12**.

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

CULINARY HIGHLIGHT: THAI & TRUE



Thai and True celebrates the bold, balanced flavors of Thai cuisine. Choose from three delicious curries, each blending aromatic spices, fresh vegetables, and bright herbs. Discover your favorite on **Tuesday, February 17**.

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

LIMITED TIME OFFER: FEBRUARY COOKIES



Celebrate the flavors of the season! Satisfy your sweet tooth with our seasonal cookie flavors – Coconut Key Lime and Southern Butter Pecan.

Where: Available at all cafés.

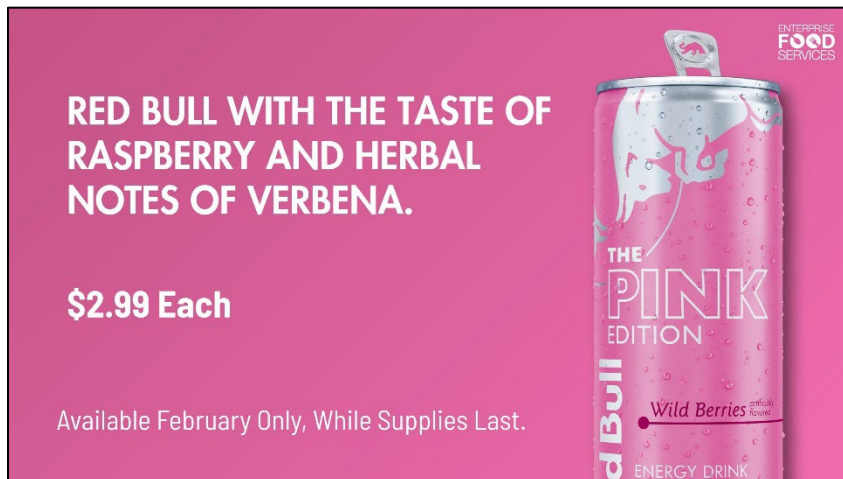
LIMITED TIME OFFER: FEBRUARY SOUPS



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

Where: Available at all cafés.

LIMITED TIME OFFER: RED BULL PINK EDITION



Fuel your February with the vibrant flavors of Red Bull Pink Edition – Wild Berries. Enjoy a refreshing twist for only \$2.99 all month long.

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](#).