

# JANUARY HAPPENINGS

## WEEKLY DEAL: BREAKFAST WINS

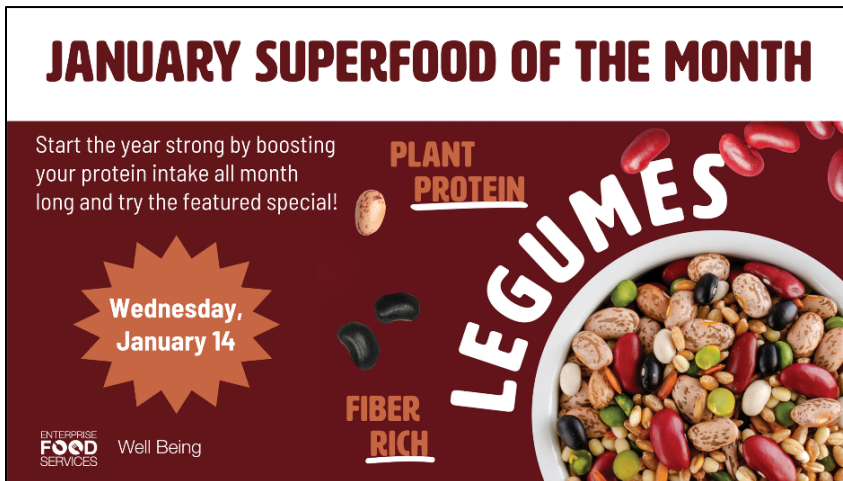


Start the new year right by making breakfast your first win of the day! Join us for our weekly breakfast specials on select **Tuesdays (January 6 and January 13)** and **Thursdays (January 22 and January 29)** to fuel your mornings with flavor.

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

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## SUPERFOOD OF THE MONTH: LEGUMES



Legumes are January's Superfood of the Month. Packed with plant-based protein, fiber, and essential nutrients, legumes are a powerhouse for heart health and energy. You'll find legumes throughout the cafés all month long, including a featured special on **Wednesday, January 14**.

**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

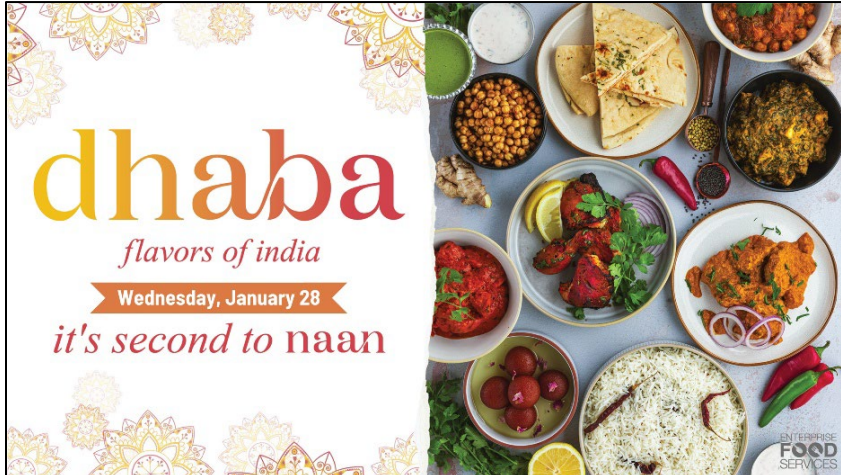


The biggest college football showdown of the year deserves flavors worth cheering for. Bring your appetite and tackle the ultimate lineup of tailgate favorites on **Monday, January 19**.

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

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## CULINARY HIGHLIGHT: DHABA TIKKA BOWL



Dhaba Tikka Bowl offers a unique customizable meal experience. Choose from tandoori-spiced proteins, signature sauces, and fresh vegetables to create your perfect rice or salad bowl on **Wednesday, January 28**.

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

## LIMITED TIME OFFER: JANUARY 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.

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## LIMITED TIME OFFER: JANUARY 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: OIKOS CHOCOLATE PROTEIN SHAKE






Up your protein game with the Oikos Chocolate Protein Shake for just \$4.25 all month long. Packed with protein and flavor, it's the ultimate way to power through your day and crush your goals.

**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.

	<b>FULL MEAL</b>	<b>Calories per serving ≤600</b> Sat. Fat ≤5g, Sodium ≤600mg
	<b>ENTREE</b>	<b>Calories per serving ≤400</b> Sat. Fat ≤5g, Sodium ≤600mg
	<b>SIDE</b>	<b>Calories per serving ≤250</b> 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](#).