

SEPTEMBER HAPPENINGS

WEEKLY DEAL: NATIONAL BISCUIT MONTH



Celebrate National Biscuit Month with specialty breakfast biscuit sandwiches every **Thursday** morning this month (**September 3, 10, 17, and 24**) for just \$6.50. Discover a different featured biscuit sandwich each week, made to elevate your morning routine.

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: APPLES



Apples are September's Superfood of the Month. Crisp, naturally sweet, and packed with fiber, apples help support digestive health and make a satisfying addition to any meal or snack. Enjoy apple-inspired offerings throughout the cafés all month long, including a featured special on **Friday, September 4**.

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

TAILGATE TAKEOVER



Kick off football season with our Tailgate Takeover! Tackle a lineup of game-day favorites inspired by tailgate traditions on **Wednesday, September 9**.

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

CULINARY HIGHLIGHT: GOGI-RRITO



Experience Gogi-rrito on **Tuesday, September 22**. This fusion-inspired favorite combines bold Korean BBQ flavors with the convenience of a burrito, bringing together savory proteins, fresh ingredients, and crave-worthy flavor in every bite.

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

NATIONAL COFFEE DAY



National Coffee Day is **Tuesday, September 29**. With over 2 billion cups enjoyed around the world each day, coffee deserves its own day of celebration. We're offering any size drip coffee for \$2.00 to start your day on the right sip!

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.



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](#).