

GRAB AND GO BREAKFAST

Sodexo is pleased to announce the implementation of a new breakfast program at IMSA. Beginning Monday, February 11 we will offer a “Grab and Go” breakfast option in the hallway of the main building near the pillow wall. The goal of providing this option is to encourage students who are too busy to come to the cafeteria for breakfast an opportunity to consume something healthy in the morning even though they are on the run. The program will be available on A, B, C, and D days from 7:15 a.m. to 8:15 a.m. Here’s how it works:

You will be asked to present your student ID in order to participate. There will be three categories of food choices. You will be able to choose **one** product from each category.

CATEGORY A

Bagel/cream cheese
Muffins
Cereal
Granola bar
Nutrigrain bar

CATEGORY B

Apple
Orange
Banana
Fruit Cup
Yogurt
Yogurt Parfait
Applesauce

CATEGORY C

Chocolate Milk
2% Milk
Orange juice
Grape juice
Bottled water
Gourmet Bean Coffee

Here’s what we expect from you:

1. No eating in class. If this becomes a problem, the program could be cancelled.
2. Dispose of waste properly. Don’t let a mess ruin the program.
3. You have two options. You may choose to eat a hot breakfast in the cafeteria, **OR** you may choose to take a “Grab and Go” bagged breakfast. You are not eligible to participate in both, and bagged breakfast quantities are not offered on an unlimited basis, as is the hot breakfast in the cafeteria.
4. Bring your ID—no ID equals no breakfast (hot or cold). **NO EXCEPTIONS!**
5. No product mixing or substituting; it’s one from each category.
6. You are not required to take three products, but we encourage you to make a balanced, healthy choice.
7. Allow yourself enough time to go through the lines before class begins.

Failure to comply with these guidelines will result in the loss of the “Grab and Go” option. Let’s work together to make this program a success!