



Meal Exchange MENU

P.O.D. Market -QUAD

Menu effective
November 6, 2013

SIDES

- Frito Lay chips
- Whole Fruit

MEALS

- Made-to-order 6" Sub w/ side & drink
- Made-to-order Wrap w/ side & drink
- ② Slices of Pizza w/ drink
- Slice of Pizza w/ side & drink
- Salad w/ side & drink
- cup Soup w/ side & drink
- ② Yogurt w/ side & drink
- Cold Cereal w/ 1/2 pint milk & drink



Meal Periods:

Breakfast: open-11am

Lunch: 11am-4pm

Dinner: 4pm-close

You can use 3 meal exchange swipes per meal period, per day.

DRINKS

- Regular size Fountain Soda
- 8 oz. Juice
- 1/2 pint Milk
- 12 oz. Hot Tea or Coffee

PIZZA



- Whole Pizza & 44 oz. drink
- Limit (2) toppings
(3) Swipes - must call or place your order in advance