



WEEK 1

TCA starts here
MENU
THE WEEKS OF:

JAN 5-11
FEB 2-8
MAR 2-8
MAR 30 - APR 5
APR 27 - MAY 3

WEEK 2

IBCS starts here
MENU
THE WEEKS OF:

JAN 12-18
FEB 9-15
MAR 9-15
APR 6-12
MAY 4-10

WEEK 3

MENU
THE WEEKS OF:

JAN 19-25
FEB 16-22
MAR 16-22
APR 13-19

WEEK 4

MENU
THE WEEKS OF:

JAN 26 - FEB 1
FEB 23 - MAR 1
MAR 23-29
APR 20-26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast: Continental	Belgian waffles	French toast sticks <i>w/ continental</i>	Sausage, egg, and cheese bagel	Continental style: <i>Boiled eggs</i> <i>Cereal, bagels, etc.</i>	Eggs Sausage link Hash brown	<i>Early Bird To-Go</i> <i>on request</i> <i>Friday nights.</i>
Lunch: Guest Chef	Hot dog Mac-n-cheese Peas Oranges Brownie	Tacos Spanish rice Corn Peaches Churro	Chicken nuggets Shoestring fries Peas Apples Dinner roll	Waffle / French toast Sausage / Bacon Potato cubes Eggs Pears	Pizza Carrot sticks Fruit cocktail Vanilla wafers	Brunch
Dinner: <i>To-Go Dinner</i> Sandwich Bar Chips	Philly cheese sub Homemade chips Salad	Shepherd's Pie Asparagus Cake	Spaghetti w/ meat sauce Garlic bread Broccoli Dessert	Chef's Choice	Odds and Ends Buffet	Chicken fried steak Mac-n-cheese bites Baked beans
Breakfast: Continental	Eggs and bacon	Cinnamon rolls <i>w/ continental</i>	Sausage, egg, and cheese bagel	Continental style: <i>Boiled Eggs</i> <i>Cereal, bagels, etc.</i>	Breakfast burrito	<i>Early Bird To-Go</i> <i>on request</i> <i>Friday nights.</i>
Lunch: Guest Chef	Beef and broccoli Rice Egg roll Mandarin oranges Fortune cookie	Cheese/meat nachos Black beans Corn Peaches Churro	Chicken nuggets Curly fries Green beans Apples Biscuit	Ham melt Tomato soup Sun chips Peaches Brownie	Pizza Mixed veggies Oranges Carnival cookie	Brunch
Dinner: <i>To-Go Dinner</i> Frozen Dinner Salad Bar	Grilled chicken Fried fish Rice pilaf Roasted vegetable Oatmeal cookie	Ham Baked potato bar Carrots Roll Ice cream	Lasagna Garlic bread California blend Cookie	Beef stroganoff Mashed potatoes Carrots French bread Cereal treat	Odds and Ends Buffet	Chicken pot pie Corn Fruit
Breakfast: Continental	Belgian waffles	French toast sticks <i>w/ continental</i>	Sausage, egg, and cheese bagel	Continental style: <i>Boiled eggs</i> <i>Cereal, bagels, etc.</i>	Eggs Sausage link Hash brown	<i>Early Bird To-Go</i> <i>on request</i> <i>Friday nights.</i>
Lunch: Guest Chef	Spaghetti Garlic bread California blend Peaches Choc chip cookie	Bean and cheese burrito Spanish rice Corn Fruit cocktail Dessert tortilla	Chicken nuggets Waffle Fries Green beans Pears Roll	Orange chicken Rice OR Lo Mein Mandarin vegetable Pineapple Sugar cookie	Pizza Carrot sticks Oranges Oreos	Brunch
Dinner: <i>To-Go Dinner</i> Sandwich Bar Chips	Beef fajita Chips and salsa Beans Dessert tortilla	Hamburger w/ toppings bar Fresh cut fries	Chicken parmesan Garlic bread Zucchini Dessert	Roast Beef Mashed potatoes Green beans	Odds and Ends Buffet	Taco Night
Breakfast: Continental	Eggs and bacon	Cinnamon rolls <i>w/ continental</i>	Sausage, egg, and cheese bagel	Continental style <i>Boiled eggs</i> <i>cereal, bagels, etc.</i>	Breakfast burrito	<i>Early Bird To-Go</i> <i>on request</i> <i>Friday nights.</i>
Lunch: Guest Chef	Corn dog Tater tots Peas Fruit salad Choc chip cookie	Chicken/Cheese quesadilla Taquitos Corn Pears Churro	Chicken nuggets Sweet potato fries Green beans Pears Roll	Chicken alfredo Cheese bread Broccoli Fruit salad Italian ice	Pizza Mixed veggies Oranges Carnival cookie	Brunch
Dinner: <i>To-Go Dinner</i> Frozen Dinner Salad Bar	Beef and broccoli Fried rice Egg roll	Fried chicken Mashed potato Yeast roll Corn Dessert	Chicken alfredo Bread stick Italian blend Cookie	Enchiladas Chips and salsa Spanish rice Refried beans Churro	Odds and Ends Buffet	Chicken Cordon Bleu Scalloped potato Dinner roll Vegetable

**To limit congestion in the Fellowship Hall during TCA's lunch schedule, IBCS staff and students are encouraged to eat lunch before noon when possible.

*Menu subject to change without prior notice.

Box Requests

Please call (480) 245-7920.
See the Student Handbook
for the To-Go Box Policy.

Town Students & Guests

Commuting students and
IBCS visitors may purchase
tickets for on-campus meals
at the TBC Front Desk.

Breakfast: \$4.00
Lunch: \$5.00
Dinner: \$6.00

Scheduled Menu Changes

See the weekly Heads Up for specifics.

Event and Date	B	L	D
Re:Vive Retreat (Jan 24-25)	X	X	X
Softball Tournament (Feb 17)	X	X	
IBCS Annual Banquet (Feb 22)			X
Fifth Sunday Fellowship (Mar 30)			X
Good Friday (Apr 18)			X
Easter Sunday (Apr 20)		X	X
Tacos & Testimonies (May 3)			X
Concert Rehearsal (May 8)			X
Commencement concert (May 9)			X

Meal Times

Sunday

Breakfast: 8:00-8:30 a.m.
Lunch: Following ABF, when the
Guest Chef is ready.
Dinner: 7:30-8:00 p.m.

Monday-Friday

Breakfast: 6:45-7:45 a.m.
Lunch: 11:15 a.m.-12:30 p.m.
Dinner: 5:30-6:15 p.m.

Wednesday

Dinner: 5:15-5:45 p.m.

Saturday

Brunch: 11:00 a.m.-12:00 p.m.
Dinner: 5:30-6:15 p.m.

The kitchen is on
restricted access.

DO NOT ENTER

All boxed meals will be in
the fridge in the hallway
next to the lunch room.

