

Regal Eagle Rampage 2022

TIME TO REFUEL

**With many THANKS to our
Sponsors & Your Support**

Breakfast

- Bagel w/butter or cream cheese \$3
- Muffins \$3

Beverages

- Coffee \$2
- Tea \$2
- Hot Chocolate \$2
- Water \$2
- Soda \$2
- Thai Iced Tea \$2
- Simply Smoothie \$2
- Capri Sun \$1

Snacks

- Cookies \$2
- Cookies, eggless \$1
- Brownies, eggless \$1
- Brownies \$1
- Chips, asst. \$2
- Candy, asst. \$1 - \$2
- The Eagle's Nest Crepes \$1



Lunch

- Burritos – Beef \$5
- Chicken Nuggets 6 for \$3
- Hot Dogs \$3
- Baked Meaty Ziti \$5
- Meatball Sub \$5
- Meatball w/Pasta \$5
- Chicken Kebab Pita Sandwich \$5
- Spanish Rice & Chicken \$5
- Butter Chicken w/Naan or Rice \$5
- Chicken Biryani \$5
- Chicken Teriyaki w/Rice \$5

Vegetarian Options:

- Beyond Burritos \$5
- Vegritos \$5
- Hakka Noodles \$5
- Pasta w/butter or red sauce \$3
- Homemade Mac & Cheese \$5
- Paneer Coconut Rice \$5
- Chickpea Curry over Rice or Naan \$5
- Sauteed Eggs \$1 per egg
- Samosa veggie \$1
- Fries \$3
- Onion Rings \$3
- Salad w/Pita \$4

Welcome to the Rampage! Breakfast & snacks available outside of gym. Lunch is served in cafeteria starting at noon.