



EAT RIGHT

WITH UNIVERSITY DINING

Monday Be Choosy About Fat @Campus Dining Halls

Breakfast: Egg White Omelet, Whole Wheat Toast, Seasonal Fresh Fruit, Skim or Soy Milk

Lunch: Grilled Pork Chops, Broccoli Florets, Steamed Rice, Fruit Choice, Skim or Soy Milk

Dinner: Southwestern Chicken, Carrot Coins, Sugar Snap Peas, Fruit Choice, Skim or Soy Milk

Fill up Fast with Fiber @C-Stores Tuesday

Breakfast: Organic Oatmeal w/Walnuts and Brown Sugar, Low-fat or Skim Milk

Lunch: Lean Pockets Whole Grain Sandwich w/Chicken, Broccoli & Cheddar Cheese, Fruit Cup, Skim Milk or Water

Dinner: Don Miguel's Chicken Burrito w/Beans, Tomatoes, and Onion, Yogurt Parfait w/Granola, Fruit, Skim Milk or Water

Wednesday Plan your Protein @Talley Student Center

Breakfast: The Wolves Den: Egg on a Bagel, Skim Milk

Lunch: Lil Dino's: Whole Wheat 4-inch Sub w/Ham, Cheese, Lettuce, and Tomato, Water

Snack: At the Emporium: Grab a Yogurt or Cheese Stick

Dinner: Taco Bell: Bean Burrito, Mexican Rice, Water.

Choose the "Good" Carbs @The Atrium Thursday

Breakfast: Toppers: Eggs, Whole Wheat Toast, Baked Apples.

Lunch(1): Chick-fil-A: Grilled Chicken Sandwich on Whole Wheat, Side Salad, Fruit Cup, Water

Lunch(2): Toppers: Baked Potato w/Garden Vegetable Topping, Apple, Water

Friday Consider Calcium @Campus Dining Halls

Breakfast: Yogurt w/Fresh Fruit, Bowl of Raisin Bran w/Skim or Soy Milk

Lunch: Herb Baked Fish, Collard Greens, Garlic Mashed Potatoes, Ice Cream or a glass of Soy Milk, Water

Dinner: Chicken Gumbo Soup, Grilled Cheese Sandwich, Mixed Vegetables, Mixed Spinach Salad, Skim or Soy Milk

