



EAT RIGHT

WITH UNIVERSITY DINING

Monday

Fill up with Fruit
@The Atrium

Breakfast: Frëshens: Fruit Smoothie with your choice of Fruit and Protein Booster

Lunch(1): Topper's: Strawberry Romaine Salad w/Lite Salad Dressing, Apple, Water

Lunch(2): Chick-fil-A: Chargrilled & Fruit Salad w/Lite Salad Dressing

Tuesday

Savor Sweet Vegetables
@Campus Dining Halls

Breakfast: Sweet Potato Pancakes, Fruit, Skim or Soy Milk

Lunch: Baked Sweet Potato, Butternut Squash Soup, Skim or Soy Milk

Dinner: Black Bean & Sweet Potato Quesadilla, Corn, Tossed Salad w/Lite Dressing, Skim or Soy Milk

Wednesday

Go Vegetarian
@Campus Dining Halls

Breakfast: Waffle w/Seasonal Fresh Fruit, Skim or Soy Milk

Lunch: Sweet Potato Pilaf, Yellow Squash w/Onions, Apple, Skim or Soy Milk

Dinner: Vegetarian Vegetable Soup, Veggie Max Sub, Orange, Skim or Soy Milk

Thursday

Opt for Whole Grains
@Campus Dining Halls

Breakfast: Eggs, Seasonal Fresh Fruit on a Small Bowl of Raisin Bran, Skim or Soy Milk

Lunch: Portobello Mushroom & Barley Soup, New Zealand Mussels w/Scampi Sauce, Brown Rice, Skim or Soy Milk

Dinner: Red Grain Tofu w/a side of Whole Wheat Pasta & Marinara Sauce, Whole Wheat Roll, Salad Bar (toss in some sunflower seeds), Soft Serve Ice Cream with Granola, Skim or Soy Milk

Friday

Focus on Folate
@Campus Dining Halls

Breakfast: Eggs to order, Grits or A slice of Whole Wheat Toast w/Peanut Butter, Orange, Skim or Soy Milk

Lunch: Spinach Tortellini, Salad w/ Romaine Lettuce & Spinach Leaves w/Corn & Black Bean Salsa, Skim or Soy Milk

Dinner: Black Bean Burger, Asparagus, Fruit, Skim or Soy Milk

