



EAT RIGHT

WITH **UNIVERSITY DINING**

Monday *Choose Colorful Fruits & Vegetables* *@Port City Java*

Breakfast: Peach Passion Smoothie (Sweet Peaches, Banana, Strawberry, Pineapple Juice & Oranges)

Lunch(1): Café Salad (Romaine Lettuce, Parmesan & Mozzarella Cheeses, Roma Tomatoes, Red Onion, Carrots, Cucumbers, & Croutons) Lite Italian Dressing, Fruit Cup, Water

Lunch(2): Thai Chicken Salad (Romaine Lettuce w/Diced Chicken, Peanuts, Cucumbers, Red Cabbage, Carrots, Red Pepper, and topped with Oriental Noodles, and a Spicy Peanut Dressing), Apple, Water

Healthy Foods
@the C-Stores

Tuesday

Breakfast: Heart to Heart Kashi Cereal, Banana, Skim Milk

Lunch: Healthy Choice Country Vegetable Soup, Apple, Skim Milk or Water

Dinner: Harvest Selections Santa Fe Style Rice & Beans, Fruit Cup, Skim Milk or Water

Wednesday *Healthier Fast Food Options* *Eat Right "On the Go"*

Breakfast: Frëshens: Fruit Smoothie w/Protein Powder

Lunch: Paisan's Pizzeria: Nothing But Veggie Pizza, Water

Dinner: Taco Bell: Fresco Ranchero Chicken Soft Taco, Water

Dessert: Emporium: Yogurt or Apple

Consume Lots of Vitamin C
@Campus Dining Halls

Thursday

Breakfast: Omelet w/Green Peppers & Tomatoes, Orange, Skim or Soy Milk

Lunch: Wrap Bar, Turnip Greens, Roasted Red Skin Potatoes, Fruit Choice, Skim or Soy Milk

Dinner: Tomato Basil Soup, Black Bean Burger, Edamame, Fruit Choice, Skim or Soy Milk

Friday *University Dining Challenges You to Continue...* *Healthy Eating for Healthy Living!*

Check out the special food event
at Fountain and Clark Dining Halls!



NATIONAL NUTRITION MONTH WEEK III