

New Year New You

Monday Lunch

Item	Calories
Thai Grilled Chicken	260
2/3 Cup of Rice	125
Asparagus Tips	25
Fresh Fruit	60

Wednesday Lunch

Item	Calories
Manicotti	230
Peas and Mushrooms	60
Mixed Salad with Fat Free Dressing	70
Fresh Fruit	60

Friday Lunch

Item	Calories
Sliced Beef Brisket	200
Homestyle Apples	119
1/2 Cup of Cauliflower	15
Fresh Fruit	60

A healthy approach to eating lunch in the dining halls. In 2010 University Dining wants to encourage you to choose the “healthy option.” Check out the menu option for a lunch meal at the dining hall for less than 500 calories.

Tuesday Lunch

Item	Calories
Chicken Tortilla Soup	190
Veggie Hotdog on bun w/ Ketchup and Mustard	220
Side salad Mixed greens w/ Vegetables and Fat Free Dressing	70

Thursday Lunch

Item	Calories
Beef Fajita	345
Side Salad Mixed greens w/ Peppers, Tomatoes, Fat Free Dressing and a sprinkle of Cheddar Cheese	100

Look for the menu every day and
make this year healthier!

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