

# New Year New You

## Monday Lunch

Item	Calories
Veggie Burger on Bun with Lettuce and Cucumbers	240
1/2 Cup of Tomato Soup	90
1/2 Cup of Yogurt	85
Fresh Fruit	60

## Wednesday Lunch

Item	Calories
Pasta Bar: 1 cup Whole Wheat Pasta and Marinara Sauce	190
Mixed Green Salad with Fat Free Dressing	100
Roll	129

## Friday Lunch

Item	Calories
Fresh Fruit	60
1/2 Cup of Yogurt	85
<b>Make a BBQ and Black Bean Pita:</b>	
Vegetable Rib-E-Que	130
1/2 Cup of Corn and Black Bean Salsa	105
Whole Wheat Pita	85

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
Roast Turkey with Gravy	100
1/2 Cup of Mashed Potatoes	90
Honey Carrots	76
Green Beans	42

## Thursday Lunch

Item	Calories
Sliced Beef Brisket	200
1/2 Cup of Wild Rice	90
Edamame Succotash	140

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

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