TIPS FOR ON CAMPUS HEALTHY DINING

BEVERAGES: CHOOSE WATER OR ELIXIR

THE CAFE:
BREAKFAST: STONYFIELD ORGANIC YOGURT PARFAIT STATION.
LUNCH/DINNER: TRUE BALANCE ALLERGEN FREE STATION, YORK STREET POWER PROTEIN BAR, STONYFIELD ORGANIC YOGURT PARFAIT STATION, LOCALLY SOURCED PRODUCE ON THE HANDCRAFTED & SIGNATURE SALAD STATIONS.

THIS LOCATION FEATURES GRASS FED BRASSTOWN BEEF, LOCALLY RAISED MURRAY’S CHICKEN, AND TRANS-FAT FREE MANHATTAN BAKERY PRODUCTS.

FARMERS MARKET:
LUNCH/DINNER: POWER BOWL STATION, PLANT FORWARD STATION, LOCALLY SOURCED PRODUCE ON SIMPLY SALAD STATION, AND DELICIOUS HOMEMADE SOUPS.

THIS LOCATION FEATURES GRASS FED BRASSTOWN BEEF, LOCALLY RAISED MURRAY’S CHICKEN, AND TRANS-FAT FREE MANHATTAN BAKERY PRODUCTS.

THE POINT:
BURGERS: BLACK BEAN BURGER, TURKEY BURGER, OR GRILLED CHICKEN BREAST ON A WHOLE WHEAT BUN
SIDES: GARDEN SALAD, FRUIT CUP, GRANNY SMITH APPLE, CARROTS & CELERY
SALADS OR WRAPS: SANTA FE

THE GREAT DAY BAKERY:
BREAKFAST: MEDITERRANEAN EGG WHITE, RISE N’ SHINE

THE GRILLE:
BREAKFAST: SUBSTITUTE EGG WHITES FOR BREAKFAST SANDWICHES
LUNCH: CHICKEN CAESAR SALAD, SIDE SALAD, MEDITERRANEAN VEGGIE CIABATTA, VEGGIE BURGER, TURKEY BURGER, AND MEDITERRANEAN STATION COMBOS

SILVER LINE DINER:
BREAKFAST: BREAKFAST SANDWICH
TEX-MEX: BURRITO BOWL OR TACOS
DELI: VEGGIE HUMMUS CIABATTA AND BUILD YOUR OWN USING WHEAT BREAD
GRILL: TURKEY BURGER, GRILLED CHICKEN SANDWICH, AND BLACK BEAN BURGER
SIDES: CILANTRO LIME RICE, CHARRO BEANS, WHOLE FRUIT

STARBUCKS:
LIMIT FANCY DRINKS AND ENJOY A SIMPLE CUP OF COFFEE OR TEA!
BAKERY: BAGELS (PLAIN OR MULTIGRAIN)
HOT BREAKFAST: OATMEAL, REDUCED FAT TURKEY BACON EGG SANDWICH

JAMBA JUICE:
SWAP REGULAR MILK FOR ALMOND MILK
WHOLE FOOD NUTRITION SMOOTHIES: YOUR FRUITS & VEGETABLES IN CONVENIENT SMOOTHIE FORM!
PROTEIN SMOOTHIES: PERFECT PLANT POSITIVE PROTEIN PURÉE!