



# My Plate: Campus Dining

For a well-balanced meal, use the “my plate” technique which includes 3 or more food groups with at least one fruit or vegetable, and one protein or dairy source, based on your food preferences and portion needs.

## Breakfast

**Fruit & Yogurt Parfait** - yogurt, fruit, granola

**Cereal with milk, whole fruit** - Whole grain cereal, milk, whole fruit

**Granola bar, yogurt or cheese stick, whole fruit or 100% fruit juice**

**Eggs (your choice), red skin potatoes, fruit compote** (*Kennedy Commons*)

**Oatmeal & Fruit** - Whole grain oats made with milk and topped with your favorite fruit

(ex. raisins, blueberries, raspberries, strawberries or blackberries) (*Sloopy's Diner & Traditions*)

**Honey Grain Whole Wheat Bagel with peanut butter, fruit** - Whole grain bagel spread with peanut butter, paired with whole fruit or 100% juice (*12th Ave Bread Co.*)

**Tropical Green Smoothie**- pineapple, banana, spinach and soy milk (*RPAC Juice 2*)

**Bagel sandwich** - Whole grain bagel, egg, cheese, paired with whole fruit (*Oxley's by the Numbers Café*)

**Egg Omelet** - Design your own! Mushroom, onion, spinach, peppers, tomato, bacon, ham, cheddar cheese blend, Monterey jack (*Kennedy Traditions, Scott Traditions*)

**From the Garden** - one egg and two egg whites with onion, broccoli, green pepper, mushroom, tomato, and Monterey jack cheese. (*Sloopy's Diner*)

## Lunch & Dinner

**Peanut butter & banana sandwich**

**Penne with whole wheat noodles, meat sauce, side salad, milk** (*Traditions, Union Market, Marketplace*)

**Vegetable Beef soup, whole grain toast or roll, apple, milk** (*Traditions, Union Market, Marketplace*)

**Deli Sandwich Meal** - Turkey, whole grain bread, lettuce, tomato; paired with cheese or milk (*Marketplace Deli*)

**Veggie Tofu wrap** - (*Marketplace Deli*)

**Grilled Southwestern Chicken and Sautéed Vegetables** - With tarragon mustard aioli (*RPAC Courtside*)

**Cheese Tortellini** - Broccoli and tomato sauce, cheese, and tortellini (*RPAC Courtside*)

**Hummus with veggies & pita bread** - Baby carrots, broccoli, and/or pita bread to dip in hummus (*RPAC Courtside, Marketplace C-Store*)

**Burrito Bowl** - Design your own! Brown rice, tofu or protein, black beans, corn salsa, lettuce and guacamole (*Curl Market*)

**Mongolian Stir Fry** - Build your own! Mongolian wok pork with red bell peppers, carrots, baby bok choy, broccoli, steamed long grain rice and teriyaki sauce (*Scott Traditions*)

### Did you know?

Only 8% of OSU students get the recommended servings of 5 or more fruits and vegetables per day! (ACHA, 2014)



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## Lunch & Dinner, continued

**Sautéed Vegetable w/Remoulade**— Roasted corn, squash, zucchini and carrots (*RPAC Courtyard*)

**Black Bean Quinoa Sliders**— Quinoa, black bean, mushrooms, avocado, tomato on whole wheat sliders (*RPAC Courtyard*)

**Mediterranean Veggie Wrap** - Artichoke hearts, bell pepper, eggplant, and mushroom in a whole wheat tortilla (*RPAC Courtyard*)

**Chipotle Quinoa with Lime Cream** - Chipotle seasoned quinoa with roasted corn, tomatoes, and black beans covered in a lime cream sauce (*RPAC Courtyard*)

**Curried Chickpea Wrap** - Chickpeas, spring mix greens, red cabbage in a whole wheat tortilla (*Union Market*)

**Vegetarian Burger** - Burger made from brown rice, roasted corn and bell peppers (*Union Market*)

**Nut & Berry Salad** - Spring mix, feta cheese, almonds, strawberries, dried cranberries with raspberry dressing (*Union Market, Marketplace*)

**Turkey and Provolone** - With light mayo, lettuce and tomato on a pretzel roll (*Oxley's*)

**Thai Chicken & Rice** - Grilled chicken, bell peppers, carrots, basil, celery, onions, broccoli, mushrooms, rice, lime plum sauce and crush peanut (*Marketplace*)

**Grilled Chicken Sandwich** - Chicken on a whole wheat bun, lettuce, tomato, cheese (*Union Market*)

**Quinoa Salad** - Kale cooked quinoa, grapes, Dijon balsamic vinaigrette (*Marketplace, Union Market, Traditions*)

**Assorted Sushi** (*Marketplace, Curl Market*)

**Soup, mixed vegetables, rice** - Red bean, Caribbean vegetable blend, herbed rice pilaf (*Morrill Commons*)

**Smoked Turkey and Muenster**: Sliced smoked turkey & muenster cheese with basil-pesto spread on Italian bread—1/2 portion (*Marketplace*)

**Sweet Potato and Bean Enchiladas** - Black beans, sweet potatoes, cheddar and Monterey cheese, and verde tomatillo salsa in a tortilla (*Scott Traditions*)

**Korean Chicken Taco** - BBQ Chicken, green onion, pickled sauce, and cilantro (*Thyme & Change*)

**Ultimate Veggie Club** - Roasted red pepper hummus, tomatoes, red onion, cucumber, sprouts, and spinach on seedicious bread (*12th Ave. Bread Co.*)

**Power Green Salad** - Kale, quinoa, red grapes, romaine lettuce, blueberries, strawberries, almonds, and feta cheese all packed into this salad (*Terra Byte Café, Curl Market*)

Look for the Healthy Buckeye Choice icon on menus at dining facilities on campus for healthy options.



## HEALTHY BUCKEYE CHOICE

Entrees contain less than 600 calories and 800 mg sodium. Sides contain less than 250 calories and 400 mg sodium. All items contain less than 10% total calories from saturated fat, and zero trans fats.