



# 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.

## Breakfast

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

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

**Granola bar, yogurt or cheese stick, fruit or fruit juice**

**Whole wheat English muffin or toast with peanut butter, fruit or fruit juice**

**Oatmeal & fruit** - Whole grain oats made with milk and topped with your favorite fruit (ex. raisins, blueberries, raspberries, strawberries or blackberries) (*Sloopy's Diner*)

**Whole wheat bagel with peanut butter, fruit** - Whole grain bagel spread with peanut butter, fruit or juice (12th Ave Bread Co.)

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

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

**Bagel sandwich** - Whole grain bagel, egg, cheese, 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 on whole wheat bread**

**Spaghetti with whole wheat noodles, meat sauce, side salad, milk**

**Vegetable beef soup, whole grain toast or roll, apple, milk**

**Deli sandwich** - Turkey, whole grain bread, lettuce, tomato and avocado

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

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

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

**Burrito Bowl** - Design your own! Brown rice, tofu, 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

**Ultimate Veggie Wrap**– Roasted vegetables, fresh arugula and hummus in a whole wheat tortilla (*Marketplace, Union Market, Oxley's*)

**Chicken and 5 grain Vegetable Pilaf**– Mixed grains, lentils, vegetables and roasted yellow pepper picada (*Courtside Café*)

**Mediterranean Salad** - Mesclun greens, Kalamata olives, chickpeas, sun dried tomatoes, cucumber, feta, balsamic dressing and pita (*Courtside Café*)

**Seared Salmon with Quinoa** - Chili-lime glazed salmon with roasted corn, soy beans and cilantro quinoa (*Courtside Café*)

**California Burger** - Luna veggie burger, avocado, mixed greens, cheddar and salsa (*Union Market*)

**Greek Grilled Chicken Wrap** - Chicken, feta, black olive spread, lettuce, tomato, onion, in a garlic herb tortilla (*Union Market*)

**Garden Wrap** - Tortilla, marinated tofu, spinach, basil, roasted red bell pepper tomato and avocado (*Union Market– Dough-Hi-O*)

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

**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 (*Mirror Lake & Creamery*)

**Quinoa Salad** - Kale cooked quinoa, grapes, a Dijon balsamic vinaigrette (*Mirror Lake, Union Market*)

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

**Soup, mixed vegetables, rice** - Red bean soup, 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*)

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.