



# Snacks: Campus Dining

Healthy snacks help to maintain blood sugar preventing the swings that affect concentration and mood. Eating snacks throughout the day can prevent you from over eating at meal times.

## North Campus

### Curl Market

- Cottage cheese with pineapple
- Customized yogurt parfait
- Sliced apples and peanut butter
- Berry and grape cup
- Veggie cup
- Lentil pasta

### Scott Traditions

- Sweet potato cilantro hummus and carrots (*Solutions*)
- Kale and quinoa salad (*Salad bar*)
- Chopped Thai salad (*Mongolian station*)
- Veggies with Italian dressing (*Salad bar*)

## Central Campus

### Oxley's by the Numbers

- Veg Mediterranean hummus wrap
- Berry cup
- House salad

### Mirror Lake Creamery

- Banana & chocolate milk
- Roasted red pepper soup
- Veggie cup

### Union Market

- Chili
- Hummus with pita & vegetables
- Grapes & cheese
- Build your own salad
- Pistachios & orange
- Fresh fruit cup

## South Campus

### Marketplace

- Greek yogurt with mixed berries & shredded coconut
- Garden vegetable soup
- Four bean salad

### 12th Ave Bread Co.

- Spinach orzo salad
- Yogurt parfait
- Chipotle Verde salsa & corn tortilla chips

### Kennedy Traditions

- Black bean and zucchini quesadilla (*Solutions*)
- Cottage cheese with grape tomatoes (*Salad bar*)
- Fresh cut fruit (*Salad bar*)
- Tofu scramble (*Breakfast station*)

## West Campus

### Courtside Café

- Warm grain & vegetable wrap
- Popcorn
- Cashews
- Lentil pasta
- Fresh whole fruit: apples, bananas, and pears

### Morrill Traditions

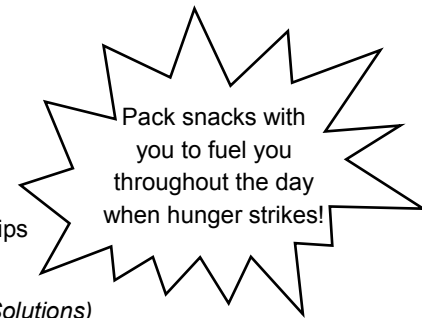
- Baked sweet potato

### Kale salad

- Cauliflower tabbouleh

### Juice 2

- Tropical green smoothie with soy protein
- Hummus and veggies
- Fresh fruit salad
- Popcorn and apple
- Berry cup



## Granola & Protein Bars

- |               |                       |
|---------------|-----------------------|
| Kind Bar      | Powerbar Nut Naturals |
| Fiber One     | Good Greens Bar       |
| Cliff Bars    | Luna Bars             |
| Nature Valley | Nutri-Grain Bar       |

## Drinks

- |                     |             |
|---------------------|-------------|
| Fruit infused water | Green tea   |
| Skim milk           | Soy milk    |
| 100% fruit juices   | Almond milk |
| Dasani drops        |             |

## C-Store

- Tuna and Cracker Packs
- Pistachios, Almonds, Peanuts, & Sunflower Seeds
- String Cheese Sticks
- Pretzel Crisps
- Greek Yogurt

- Popcorn
- Baby Carrots
- Dried Fruit (Raisins and Cranberries)
- Hummus with Pita
- Fresh Fruit (Bananas, Apples, Oranges)