

# 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 steel cut oats made with milk and topped with your favorite fruit (ex. raisins, blueberries, raspberries, strawberries) (*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)

Sambazon bowl—Acai berries topped with fruit and granola (RPAC Juice 2 or Espress-OH

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**

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

Veggie Tofu wrap - Tortilla with tofu, cheese, veggies and dressing (Marketplace Deli)

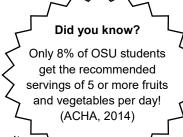
Curry Chickpea Wrap - Tortilla with chickpeas, raisins, veggies, dressing (Cafes and other grab'n go places)

Southwestern Penne with Chicken - Pasta with chicken, black beans, corn and tomatoes (RPAC Courtside)

Chipotle Quinoa and Vegetables - Quinoa, black beans, tomatoes and corn (RPAC Courtside)

**Hummus Box** – Hummus with veggies (cucumbers, tomatoes, carrots) and multiseed crackers (*RPAC Courtside and other grab 'n go places*)

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





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## **Lunch & Dinner, continued**

**Black Bean Quinoa Burger** Quinoa, black bean, mushrooms, avocado, tomato on whole wheat bun (*RPAC Courtside*)

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

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

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

Turkey and Muenster Sandwich - With lettuce and tomato on wheat (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 -** Rice, fish, avocado, carrot and cucumber (*Marketplace, Curl Market*)

**Soup, mixed vegetables, rice** - Red beans, Caribbean vegetable blend, herbed rice pilaf (*Morrill Commons*) **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 Seedlicious bread (12th Ave. Bread Co.)

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

Kale and Quinoa Salad - Grab 'n go locations

**Salad** - Build your own! Meat or meat alternative (chicken, turkey, ham, edamame, eggs, tofu), cheese, assorted veggies, dressing (*Traditions, Union Market, Marketplace*)

**Mongolian Stir Fry** - Build your own! Mongolian wok meat or tofu, sautéed veggies, long grain rice and teriyaki sauce (*Scott Traditions*)

Grain Bowl - Build your own! Brown rice with grilled chicken and roasted vegetables (Marketplace)

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 soduim. All items contain less than 10% total calories from saturated fat, and zero trans fats.