



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*)

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

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

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