A GUIDE TO EATING IN THE DINING HALLS

WHAT'S ON YOUR PLATE?

A well-balanced meal contains a mix of:

- **carbohydrates**: our body's main source of energy.
- **protein**: builds & repairs our muscles & keeps us full.
- **fat**: gives us energy, keeps us full, & helps us absorb nutrients.

**Pro tip:**

- A combination of *all* these nutrients allows our bodies to feel most satisfied, and function properly!

EASY "GO-TO" MEALS ON-CAMPUS:

**BREAKFAST**

- Whole wheat English muffin w/ sunseed butter & a banana.
- 2 hard-boiled eggs w/ toast & fruit.
- Greek yogurt w/ granola & fruit.
- Veggie omelette w/ potatoes & fruit.
- Oatmeal w/ sunseed butter, honey & fruit.
- Cheerios w/ milk & fruit.

**LUNCH & DINNER**

- chicken w/ brown rice and vegetable(s) of choice.
- whole wheat pasta w/ protein (i.e. tofu, chicken, fish, beans/legumes) & side salad.
- 1 slice of pizza w/ side salad.
- salad, topped w/ protein & whole-grain of choice.
- Tuna salad sandwich on wheat bread.
Since 2002

Meat Platters Desert

12 Mozarella Sticks

10 Jalapeno peppers coated in breadcrumbs and fried

Steak & Potatoes

A medium rare steak with a side of potatoes

20 Lamb

An oven roasted lamb with a side of potatoes

20 Grilled Chicken

Grilled chicken

18 Calamari

Squid rings coated with breadcrumbs and fried

25 Shrimp

A large platter of shrimp served with garlic butter

18 Haystack

Shoestring fries topped with cheese and bacon

12 Chicken Popcorn

Brownie Al' Mode

Decadent brownie topped with vanilla ice cream

10 Chocolate Cake

A soft and moist cake with a caramel center

10 Date Pudding

with butterscotch sauce and vanilla ice cream

12 Caramel Cake

A decadent cake with a vanilla center