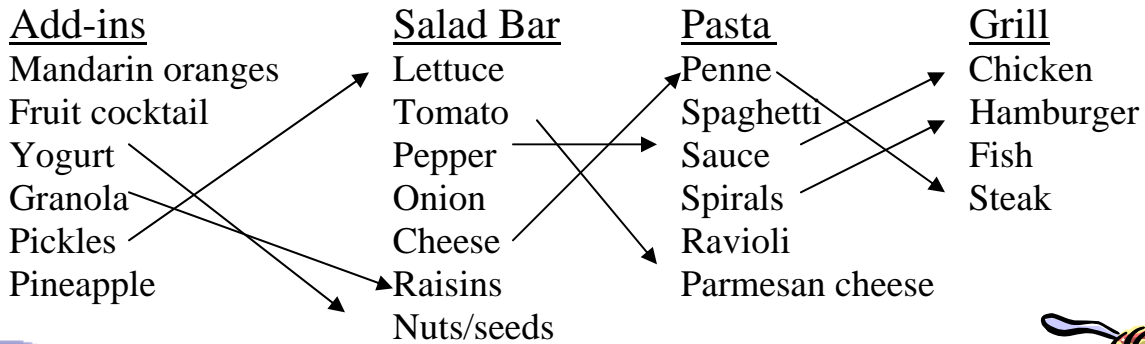


# CREATIVE DINING HALL MEALS

## ● Mix and Match!

- Combine items from different stations



## ● Be Adventurous

- Try something new everyday
- Take advantage of the specialty stations, i.e. quesadillas, stir fry, etc.



## ● Take Your Time

- Check to see what all the stations have to offer before choosing your meal.

## TRY THESE COMBINATIONS

### Breakfast

- **Fruit roll up:** whole wheat wrap, yogurt, granola, fruit
- **Oatmeal:** add raisins, nuts, and fruit
- **Egg sandwich:** whole wheat toast or English muffin, egg, cheese, tomato slice
- **Egg wrap:** whole wheat wrap, scrambled eggs, cheese, veggies

### Lunch

- **Spinach salad:** spinach, feta, red peppers, nuts, tomatoes, dried fruit, vinaigrette dressing
- **Grilled chicken wrap:** whole wheat wrap, spinach, chicken, honey mustard, tomato, pickles
- **Veggie pasta salad:** pasta, chickpeas, kidney beans, broccoli, peppers, carrots, light Italian dressing

### Dinner

- **Light chicken parmesan:** grilled chicken, pasta, marinara sauce, mozzarella cheese
- **Mexican veggie wrap:** whole wheat wrap, salsa, beans, shredded cheddar, lettuce, tomato, onions
- **Veggie meat marinara:** meat, marinara sauce, mushrooms, peppers, broccoli, tomato, onion