

SNACK SMART

St. John's Dining offers many great snack options at all of our dining locations. The following snack options are approved by the nutritionist:

< 250 Calories | < 10g Fat* | < 3g Saturated Fat
0g Trans Fats | < 230mg Sodium | < 20g Sugar**

MARKET MARILLAC

- Clif Bars, Odwalla Bars, KIND Bars, Lara Bars, Pirate's Booty, Newtons Naturals, Kellogg's Special K Bars, Chobani Yogurt, Dannon Light & Fit, Fresh Fruit, Hard-Cooked Eggs

LAW SCHOOL CAFÉ

- Baked Lay's, KIND Bars, Clif Bars, Luna Bars, House of Bazzini Nuts, Nature Valley Bars, Nu Go Gluten-Free Bars, Odwalla Bars, Fresh Fruit, Chobani Yogurt, Dannon Oikos, Popchips, Kellogg's Special K Bars

EINSTEIN'S BAGELS

- Dannon Light & Fit Yogurt, Fresh Fruit, Kashi Bars

MARILLAC FOOD COURT

- Fresh Fruit, Baked Lay's, Subway Veggie D-Lite Salad, Apple Slices, Low-Fat Milk, Freshens NSA Strawberry Oasis, NSA Mango Beach, and NSA Peach Breeze

GRAB & GO

- Dannon Light & Fit, Dippin' Stix Apples & Peanut Butter, Smartfood, Sunchips, Baked Doritos, Baked Lay's, Kellogg's Special K Bars, Belvita Breakfast Biscuits, Odwalla Bars, Clif Bars, KIND Bars, Fresh Fruit

* Nuts and seeds are exempt from the total fat criteria due to their fiber, vitamin E, and better fat content

** Unsweetened & Dried Fruit Exempt

