

# NUTRITIONIST'S PICKS

Looking for something nutritious on campus? Here are a few of our favorites:

## MARILLAC FOOD COURT

- Freshens Smoothies
  - Small Frozen Yogurt w/ Fruit
  - Fresh Fruit, Low-Cal Smoothies
- Subway
  - Wheat or Honey Oat Bread
  - Ham, Turkey, Grilled Chicken
  - 1 Cheese Slice
  - Mustard or Oil & Vinegar
- Burger King
  - TenderGrill Chicken Sandwich w/o Mayo
  - BK Veggie Burger w/o Mayo
  - Whopper Junior w/o Mayo
- Dunkin'
  - English Muffins, Whole Wheat/Multigrain Bagels
  - Egg White Flatbreads & Wake-Up Wraps
  - Oatmeal
- Grab & Go
  - Salads w/ Light/Low-Fat Dressings
  - Yogurt & Fresh Fruit/Fruit Cups
  - Hummus & Pretzels, Veggies & Dip
  - Turkey/Ham/Veggie Sandwiches
  - California Roll & Other Sushi
  - Whole Grain Cereal
  - Granola Bars

## LAW SCHOOL CAFÉ

- Salad Bar w/ Low-Fat Dressing
- Broth-Based Soups
- Boar's Head Deli
  - Wheat Bread or Wrap w/ 1 Cheese Slice
  - Ham, Turkey, or Grilled Chicken
  - Mustard or Oil & Vinegar

## MONTGORIS DINING HALL

- Fruit Smoothies
- Egg Whites/Oatmeal Station
- Fresh Fruit/Yogurt/Granola
- Oatmeal/Whole Grain Cereals
- Salad Bar w/ Low-Fat Dressings
- Whole Wheat Breads & Bagels
- Sandwich Bar
  - Whole Wheat Breads
  - Lean Meats: Turkey, Ham, Chicken
- Whole Grains: Brown Rice or Whole Wheat Pasta
- Grilled Chicken, Grilled Fish & Veggie Burgers
- Broth-Based Soups
- Water, Fruit Infused Water, Crystal Light
- Skim Milk

## EINSTEIN'S BAGELS

- Whole Wheat Breads & Bagels
- Grab & Go Salads & Sandwiches
- Pita Chips
- Fresh Fruit/Fruit Cups

