



# nutritionist's pick

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

## Student Activities Center

**Charcoals:** Choose whole wheat bread or plain hamburger roll if available; choose provolone, American, or Swiss cheese (only ONE slice), any veggie toppings, be cautious with mayo, special sauces, etc., and be cautious with fried meats.

- Turkey Burger
- Veggie Burger
- Black Bean Burger
- Sweet Potato Burger
- Eggplant Burger
- Chicken Sandwich

**Mulberry Street Pizza:** Choose only one slice of pizza on occasion. If you are still hungry accompany it with a salad instead of having another slice.

- Plain Cheese, Whole Wheat, Broccoli, Mushroom, Pepper & Onion Slice
- Pasta options:
  - Whole wheat pasta
  - basic marinara sauce
  - any sautéed vegetables
  - Tofu, Shrimp, Grilled Chicken breast

### Wrap it up:

- Whole wheat bread, 12 grain bread, 4-6" whole wheat roll
- 1 slice of provolone, Swiss, cheddar, or Mozzarella cheese
- Any vegetables—lettuce, tomato, cucumbers, peppers, onions, etc.
- Turkey, Chicken Breast, Ham, Roast Beef, Canned tuna

### Omelet Pan:

- Egg whites
- Egg white omelet with any vegetables and cheese (1oz)
- Turkey sausage, turkey bacon, ham, vegetarian sausage
- Home fries

### Au Bon Pain Soups:

- Choose 8 oz cups
  - Vegetarian: Garden Vegetable, Lentil, Pasta e Fagioli, Wild Mushroom, Minestrone, Butternut Squash and Apple, Hearty Cabbage, French Moroccan Lentil
  - Other: Chicken Noodle, Italian Wedding, Vegetable Beef Barley, White Bean