

# CONVENIENCE GUIDE

## THE COLLEGE GUIDE TO GRAB-AND-GO OPTIONS ON CAMPUS

HILLTOPPER  
NUTRITION



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## OUR COMMITMENT

At Hilltopper Nutrition we recognize the demands of college life and understand that convenience is paramount. We are committed to helping students achieve a well-rounded and nourishing lifestyle throughout their collegiate journey. While convenience foods should not make up the majority of your nutrition, they can be utilized to fill in gaps when you need them. Here are some things to look for when choosing quick snacks and meals:

- Whole Grains - provide fiber, carbohydrates, and lasting energy
- Lean Protein - keeps you satisfied between meals
- Fruits & Vegetables - provide carbohydrates, fiber, and important vitamins/minerals
- Healthy Fats - help you feel full between meals and provide many health benefits
- Balanced Meals - opt for meals that provide carbohydrates, lean protein, and color (fruits/vegetables)

To support the needs of our students we have two convenience stores located on campus:

- **Pit Stop** at Tower Food Court
- **P.O.D. Market** at Bates Runner Hall

Both locations have a curated selection of on-the-go snacks that are designed to offer not only convenience but nutritional value. On the following pages you will find nutritious options selected by our Registered Dietitians.



# TOWER FOOD COURT

The Pit Stop Convenience Store

## ENERGY & PROTEIN BARS

Belvita Bars  
Nature Valley Bars  
CLIF Bars  
Kind Bars  
RX Bars  
Quest Bars  
ONE Bars  
Think! Bars  
Special K Protein Bars  
Nature's Bakery Fig Bars  
Nutri Grain Bars

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## MEAT & DAIRY

Oven-Roasted Turkey Breast  
Starkist Canned Tuna  
Starkist Tuna Salad Kit  
Babybel Cheeses  
P3 Packs  
Pepperoni, Cheese, & Crackers Box  
Lunchables  
Yoplait Yogurt  
Chobani Greek Yogurt  
Sargento String Cheese  
Milk  
Core Power Protein Shake

## JERKY

Turkey Jerky  
Beef Jerky

## NUTS & SEEDS

Trail Mix  
Peanut Butter  
Peanuts  
Cashews  
Sunflower Seeds  
Pistachios  
Almonds

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## SNACKS

Pretzels  
Popcorn  
Lays Baked Chips  
SunChips  
Wheat Thins  
Triscuits  
PopCorners  
Cheetos Simply White Cheddar  
Cereal  
Cheerios  
Honey Nut Cheerios  
Instant Oatmeal  
Nutella S'mores Snack Box

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## FRUITS & VEGGIES

Fresh Fruit  
100% Fruit Juice  
Sliced Apples & Caramel  
Sliced Apples & Peanut Butter  
Baby Carrots & Ranch Dip  
Banana Chips  
Applesauce  
Dill Pickle Snacking Cuts

## SALADS

Southwestern Chicken Salad  
Garden Salad  
Chef Salad

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## SANDWICHES & WRAPS

Buffalo Chicken Wrap  
Chicken Caesar Wrap  
Chicken Salad on Croissant  
Italian Style Sub  
Turkey Club Wrap  
Turkey & Smoked Gouda Wrap Bites  
Turkey & Swiss Gluten-Free Roll

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## VALUE MEALS

PB&J Sandwich  
Ham Dijon Sandwich  
Turkey & Cheddar on Sourdough  
Veggie Hummus Wrap  
Chicken Caesar Salad  
Garden Salad  
Chicken Salad Snacker  
Pure Protein Snack Box

# BATES RUNNER HALL

## P.O.D. Market

### ENERGY & PROTEIN BARS

Belvita Bars  
Cliff Bars  
Nature Valley Bar  
Kind Bars  
RX Bars  
Special K Protein Bar  
Quest Bars  
One Bars  
Fit Crunch Bars  
Met-Rx Bars  
That's It Bars

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### MEAT & DAIRY

Oikos Greek Yogurt  
Yogurt w/ Strawberries & Granola  
Chobani Drinks  
Sargento String Cheese  
Babybel Cheese  
Milk  
P3 Packs  
Deli Fresh Oven Roasted Turkey  
Hard Boiled Eggs  
Sarkist Tuna  
Albacore Water in Tuna

### JERKY

Turkey Jerky  
Beef Jerky

### NUTS & SEEDS

Peanut Butter  
Peanuts  
Cashews  
Trail Mix  
Pistachios  
Sunflower Seeds  
Almonds

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### SNACKS

Pretzel Crisps  
Wheat Thins  
Popcorn  
Sabra Snackers

- Roasted Red Pepper
- Guacamole & Tortilla

Dry Roasted Edamame  
Gogo Squeez Applesauce  
Dried Mango  
Dippin' Stix

- Apple Slices & Peanut Butter
- Apple Slices \* Caramel
- Baby Carrots & Ranch

Nutella S'mores Snack Box

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### FRUITS & VEGGIES

100% Fruit Juice  
Fresh Fruit  
Grapes & Cheddar

### SALADS

Pasta Pesto Salad  
Tortellini Salad  
Vegan Italian Farro Salad

### SANDWICHES & WRAPS

Vegan Buffalo Cauliflower Wrap  
Chicken Salad on Croissant  
Mediterranean Veggie  
Roast Beef & Cheddar  
Grilled Veggie & Mozzarella  
Chicken Parmesan Panini  
Honey Turkey Panini  
Buffalo Chicken Wrap  
Turkey Club Wrap  
Turkey & Smoked Gouda Wrap Bites

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### MEALS

Grilled Chicken & Vegetables  
Macaroni & Cheese  
Thai Zucchini Noodle Bowl  
Grilled Chicken Spinach Salad  
Grilled Chicken and Red Quinoa  
Grilled Chicken and Vegetables  
Kale Lentil Bowl  
Vegan Falafel Snack Box

### VALUE MEALS

PB&J Sandwich  
Ham Dijon Sandwich  
Turkey & Cheddar on Sourdough  
Veggie Hummus Wrap  
Chicken Caesar Salad  
Garden Salad  
Chicken Salad Snacker  
Pure Protein Snack Box