

HEALTHIER EATING WITH A MEAL PLAN

BENE PASTA

- Pasta with marinara, veggies, and light on cheese
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GRILLE WORKS

- Jr. cheeseburger on whole grain bread with fruit
- Southwest burger on whole grain with whole fruit
- 2 piece chicken fingers with whole fruit

DAVINCI'S

- Side house salad or tomato basil soup and 1/2 chicken salad sandwich
- Classic cheese, pepperoni, or Florence veggie pizza
- Oatmeal

TOPPER GRILL & PUB

- Fresh vegetable wrap with grilled vegetable medley
- Turkey & swiss sandwich with grilled vegetable medley

THE DEN

- The little den burger with or without cheese and whole fruit
- Black Bean Quinoa Burger and whole fruit
- Original grand slam substitute options- egg white, turkey bacon, chicken sausage, wheat pancakes (\$.99)

REDZONE

- Grilled chicken tenders with a choice of cottage cheese, baked beans, or grilled veggies
- Regular stadium house salad with grilled chicken
- Hummus and veggies

PANDA EXPRESS

- Broccoli beef with brown rice or mixed veggies
- Chef's special creation tofu with brown rice or mixed veggies
- Black pepper chicken with brown rice or mixed veggies
- Veggie spring roll with brown rice or mixed veggies

BURRITO BOWL

- Cajun rice bowl or burrito
- Buffalo rice bowl or burrito
- KC BBQ rice bowl or burrito

SUBWAY

- 6" egg and cheese sub with applesauce
- 6" veggie delight sub with applesauce
- veggie delight salad
- 6" ham sub with apple slices
- 6" oven roasted chicken breast sub with apple slices

OLILO

- (create your own)
1. Select your greens
 - Kale
 - Spinach
 - Arugula
 2. Select your grains
 - Quinoa tabbouleh
 3. Select your protein
 - Baked falafel or grilled chicken
 4. Spread the love
 - Crumbled feta
 - Pickled onions
 - Kalamata olives
 5. Toppings
 - Chickpea chermoula salad
 - Tomato cucumber salad
 - Banana peppers
 - Lemon and garlic
 - Harissa
 - Tahini
 - Herb
 6. Dress it up: Vinaigrettes
 - Hummus
 - Tzatziki
 - Cumin scallion hummus
 - Romesco (contains nuts)

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IZZI'S

- Burrito chico with chicken or veghead, light on cheese & save chips for later
- 2 tacos with chicken or veghead, light on cheese & save chips for later
- Chicken or veghead quesadilla, light on cheese, save chips for later

For more info visit: www.wku.edu/campusnutrition/