

HEALTHIER EATING ON A MEAL PLAN

HILLTOPPER
NUTRITION



OUR PHILOSOPHY

Transitioning from life at home to college can be a big change and we are here to ensure the right tools to choose healthy eating options for you on campus. Western Kentucky University Restaurant Group is committed to supporting students by providing the necessary knowledge and tools for them to make informed choices in our dining locations. We work together to provide arrangements so students can participate in having a meal plan knowing there are healthy options available.

WHO WE ARE

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Follow us @wkudietitian

DSU

Burrito Bowl

Baja Queso Bowl/Burrito
Buffalo Rice Bowl/Burrito
KC BQ Rice Bowl/Burrito

Chick-Fil-A

Grilled Chicken Sandwich
Fruit Cup Value Meal

RedZone

Grilled Chicken Tenders
Regular Stadium House
Salad with Grilled Chicken
Hummus and Veggies

BATES RUNNER HALL

Subway

6" Egg and Cheese Sub
6" Veggie Delight Sub
Veggie Delight Salad

6" Ham Sub
6" Turkey Sub
6" Veggie Patty Sub

*Substitute Chips for Applesauce

P.O.D. Market

PB&J on Wheat
Tuna Salad on Wheat
Chicken Salad on Multigrain
Ham & Swiss on Wheat

Vegetable Wrap
Trail Mix Snack Box
Apples & Sunbutter Snack Box
Chicken Caesar Salad

SNELL HALL

DaVinci's

Classic Cheese Pizza
Florence Veggie Pizza

Chicken Caesar Salad
Garden Salad
Oatmeal

TOWER FOOD COURT

The Den

Lil' Den Burger & Fruit
Garden Salad
Better For You Grand Slam

The Pit Stop

PB&J on Wheat
Tuna Salad on Wheat
Chicken Salad on Multigrain
Ham & Swiss on Wheat
Vegetable Wrap
Trail Mix Snack Box
Apples & Sunbutter Snack Box
Chicken Caesar Salad

FIRST YEAR VILLAGE

The Spread

7" Vedge Sub
7" Turkey Club
7" BLT

WKU COMMONS AT HELM LIBRARY

Rising Roll Gourmet Cafe

Original Veggie Sandwich on French Boule
Egg & Cheese Croissant & Fruit

WKU COMMONS AT HELM LIBRARY CONTINUED

Moe's Southwest Grill

Entrees

- BYO Bowl Tofu
- BYO Bowl Veggie
- BYO Bowl Chicken

Sides

- Chips and Salsa

*For a healthier option, choose seasoned rice.

Panda Express

Entrees

- Broccoli Beef
- Chef's Special Creation
- Tofu
- Black Pepper Chicken
- Veggie Spring Roll

Sides

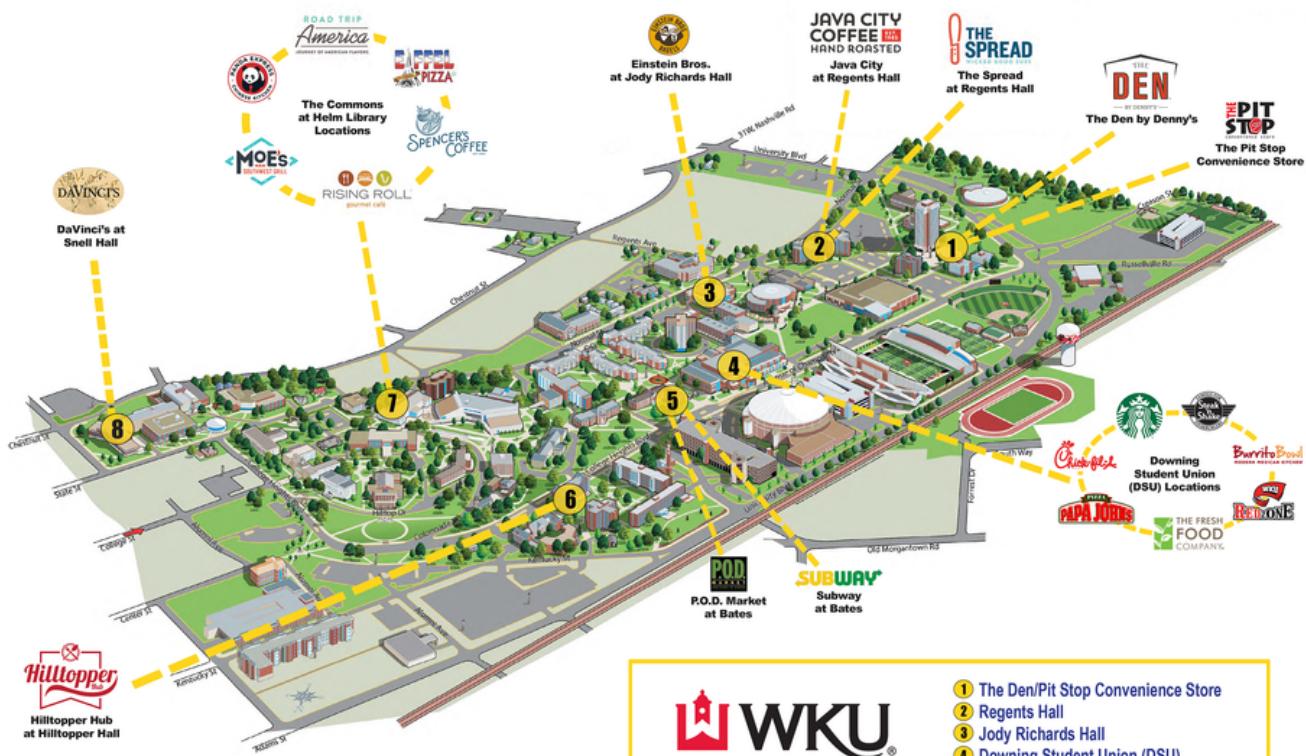
- Brown Rice
- Mixed Vegetables

Road Trip America

- Grilled Chicken Tenders
- Grilled Chicken Tender Sandwich

MORE RESOURCES

2022-23 Campus Restaurant Map



Fall 2022 Hours of Operation

<https://www.wku.edu/wkurg/documents/fall2022hoursofoperation.pdf>