

HEALTHY CONVENIENCE FOOD GUIDE

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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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
Special K Protein Bars
Nature's Bakery Fig Bars

Fruits & Vegetables

Fresh Grapes
Fresh Pineapple
Sliced Apples & Caramel
Sliced Apples & Peanut Butter
Baby Carrots & Ranch Dip
Crudite with Ranch Dip
Applesauce
Banana Chips
Welch's Fruit Snacks
Dill Pickle Snacking Cuts

Nuts & Seeds

Jif Peanut Butter
Planters Peanuts & Cashews
Nuts & Chocolate Trail Mix
Second Nature Trail Mix
Sahale Nuts
Sunflower Seeds
Wonderful Pistachios
Blue Diamond Almonds

Snacks

Snap Pea Crisps
Pretzels
Pretzel Crisps
Smartfood Popcorn
Beef Jerky
Turkey Jerky
Sabra Snackers
Lays Baked Chips
SunChips
Wheat Thins
Triscuits
Whole Grain Cereal
Instant Oatmeal

Meat & Dairy

Pepperoni, Cheese,
& Crackers
Oikos Greek Yogurt
Yoplait Yogurt
Chobani Greek Yogurt
Sargento String Cheese
Babybel Cheeses
Milk (2% or Nondairy)
Chocolate Milk
High Protein Milk Shakes
Oven-Roasted Turkey Breast
Starkist Tuna
Starkist Tuna Salad Kit
P3 Packs

Value Meals

PB & J on Wheat
Ham & Swiss on Wheat
Turkey & Cheddar on White
Tuna Salad on Wheat
Chicken Salad on Multigrain
Vegetable Wrap
Apples & Sunbutter
Trail Mix Snack

Salads

Southwestern Chicken Salad
Chicken Caesar Salad*
Garden Salad
Chef Salad

Sandwiches

Buffalo Chicken Wrap
Turkey Club Wrap
Turkey & Gouda Wrap Bites
Turkey & Swiss Gluten-Free Roll

Drinks

Minute Maid Juice
Powerade
Powerade Power Water
Vitamin Water
Milk

*items are subject to seasonal change and may not be offered year-round

BATES RUNNER HALL

POD Market

Energy & Protein Bars

CLIF Bar
CLIF Builders Bar
Nature Valley Bar
Kind Bar
RX Bar
Special K Protein Bar
Quest
MET-Rx
ONE Bar

Fruits & Vegetables

Fresh Grapes
Fresh Pineapple
Sliced Apples & Caramel
Sliced Apples & Peanut Butter
Baby Carrots & Ranch Dip
Applesauce
Peas
Corn

Nuts & Seeds

Jif Peanut Butter
Planters Peanuts & Cashews
Second Nature Trail Mix
Real Medleys
Wonderful Pistachios
Sunflower Seeds
Blue Diamond Almonds

Snacks

Pretzel Crisps
Wheat Thins
Skinny Pop
Veggie Straws
Boom Chicka Pop
Sabra Snackers
Dry Roasted Edamame
Gogo Squeez Applesauce
Dried Mango
Dippin' Stix
Beef Jerky
Turkey Jerky
Whole Grain Cereal
Instant Oatmeal
Hard Boiled Eggs

Meat & Dairy

Oikos Greek Yogurt
Chobani Drinks
Sargento String Cheese
Babybel Cheese
2% Milk
Chocolate Milk
P3 Packs
Oven-Roasted Turkey Breast
Hard Boiled Eggs
Sarkist Tuna
Albacore Water in Tuna

Value Meals

PB & J on White
Ham & Swiss on Wheat
Turkey & Cheddar on Wheat

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

Salads & Sandwiches

Chicken Caesar Salad
Buffalo Chicken Wrap

Drinks

Apple Juice
Orange Juice
Cranberry Juice
Minute Maid
Milk
Sugar Free Lemonade

*items are subject to seasonal change and may not be offered year-round

GENERIC GAS STATION OPTIONS

Energy & Protein Bars

Special K Protein Bar
ONE Bar
Almond Bliss
Quest Bar
Kind Bar
CLIF Bar
RX Bar
Nature Valley Bar
Luna Br
Think! Bar

Fruits & Vegetables

Fresh Grapes
Fresh Pineapple
Banana
Sliced Apples & Caramel
Sliced Apples & Peanut Butter
Baby Carrots & Ranch Dip
Applesauce

Nuts & Seeds

Jif Peanut Butter
Peanuts
Cashews
Almonds
Trail Mix
Pistachios
Sunflower Seeds

Snacks

Pretzel Crisps
Wheat Thins
Skinny Pop
Veggie Straws
Boom Chicka Pop
Chex Mix
Trail Mix
Sabra Snackers
Harvest Snaps
Dry Roasted Edamame
Gogo Squeez Applesauce
Dried Fruit
Dippin' Stix
Beef Jerky
Turkey Jerky
Whole Grain Cereal
Instant Oatmeal

Meat & Dairy

Yogurt
Chobani Drinks
String Cheese
Babybel Cheese
P3 Packs
Oven-Roasted Turkey Breast
Hard Boiled Eggs
2% Milk
Chocolate Milk

Sandwiches

Chicken Salad Sandwich
Tuna Salad
Egg Salad
Ham and Cheese Sub
Turkey and Cheese Sub
Grilled Chicken Wrap

Salads

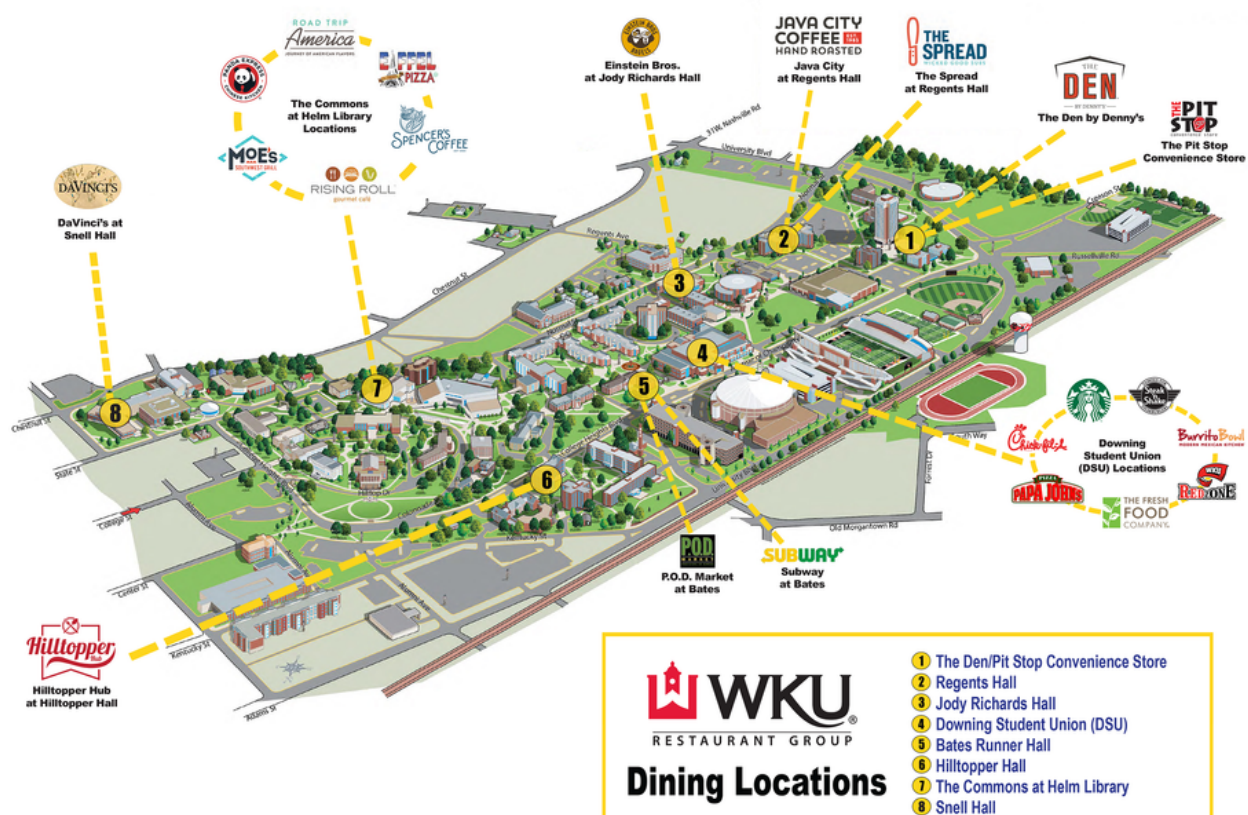
Chef Salad
Caesar salad
Grilled Chicken Salad
Chicken Salad

Drinks

Flavored Water
Vitamin Water
Green Tea
V8 Original Juice
Naked Juice
100% Juice
Milk

MORE RESOURCES

2022-23 Campus Restaurant Map



Our goal is to guide students to help them make healthy choices on campus while meeting their dining needs. For more resources or questions about meeting your nutritional needs, please contact Kelci Murphy, RDN, LD to set up an appointment.

www.wku.edu/hilltoppernutrition

<https://www.wku.edu/wkurg/campusmap.php>