

HEALTHIER EATING WITH A MEAL PLAN

PANDA EXPRESS

Entrees

- Broccoli beef
- Chef's special creation tofu
- Black pepper chicken
- Veggie spring roll

Sides

- Brown Rice
- Mixed Vegetables

THE DEN

- The Little Den Burger with or without cheese and fruit
- Black Bean Quinoa Burger and fruit
- Better For You Grand Slam- egg white, turkey bacon, chicken sausage, wheat pancakes (\$1.99)

REDZONE

- Grilled chicken tenders
- Regular stadium house salad with grilled chicken
- Hummus and veggies

SUBWAY

- 6" egg and cheese sub
- 6" veggie delight sub
- veggie delight salad
- 6" ham sub
- 6" oven roasted chicken breast sub
- Applesauce as a side instead of chips

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GRILLE WORKS

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

IZZI'S

- Burrito chico with chicken or veghead
- 2 tacos with chicken or veghead
- Chicken or veghead quesadilla

Ask to go light on the cheese and save the chips for a snack.

BURRITO BOWL

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

BENE PASTA

- Pasta with marinara, meat, veggies
- Pasta with marinara, veggies

Ask to go light on the cheese.

DAVINCI'S

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

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

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