**HEALTHIER EATING WITH A MEAL PLAN**

### PANDA EXPRESS
- **Entrees**
  - Broccoll 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 ($ .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

### 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

### 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

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

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For more info visit: [www.wku.edu/hilltoppernutrition/](http://www.wku.edu/hilltoppernutrition/)

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