HEALTHIER EATING ON A MEAL PLAN

HILTOPPER 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

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## Bates Runner Hall

**Subway**
- 6" Egg and Cheese Sub
- 6" Ham Sub
- 6" Turkey Sub
- 6" Veggie Patty Sub
- 6" Veggie Delight Sub
- Veggie Delight Salad
- 6" Turkey Sub

*Substitute Chips for Applesauce*

**P.O.D. Market**
- PB&J on Wheat
- Vegetable Wrap
- Tuna Salad on Wheat
- Trail Mix Snack Box
- Chicken Salad on Multigrain
- Apples & Sunbutter Snack Box
- Ham & Swiss on Wheat
- Chicken Caesar Salad

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## Snell Hall

**DaVinci's**
- Classic Cheese Pizza
- Chicken Caesar Salad
- Florence Veggie Pizza
- Garden Salad
- Oatmeal

*Substitute Chips for Applesauce*
**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
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.*

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Panda Express

**Entrees**
- Broccoli Beef
- Chef’s Special Creation Tofu
- Black Pepper Chicken
- Veggie Spring Roll

**Sides**
- Brown Rice
- Mixed Vegetables

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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