

# Healthy Dining Fall 2021

**Build Your Own (BYO)** is a great way to customize a healthier option and limit high-fat condiments.

- **All-You-Care-to-Eat** offers grilled proteins, vegan and vegetarian choices, pasta dishes, sides, and vegetables @ [Fresh Plate Food Emporium \(Bledsoe/Gordon\)](#).
- **BBQ @ Raider Pit BBQ (SUB)**: Try the roasted half chicken with coleslaw, potato salad or the ranchero pinto beans.
- **Burger @ The Market, SUB-Grill, and Sam's Places (Murray, Sneed, Wall/Gates, West)**: Black Bean Burgers or veggie patties at burger lines. Most locations have either a Turkey Patties or Grilled Chicken option.
- **Fajita/Tacos @ The Market, The Commons, Sam's Places (SUB, West)**: Vegetarian Taco, Chicken, Shrimp on our many Mexican Lines. Vegan Crumble can be found at the Market and The Common for a meat alternative.
- **Mexican @ The Market, The Commons and Sam's Places (Murray, Sneed, Wall/Gates, and West)**: Try: BYO-Bowls, Wraps and Tacos on Mexican lines with lean protein (Tofu, Chicken, Vegan Crumble) black/refried beans (which are also Vegan), Spanish Rice, salad toppings, Pico and guacamole
- **Pasta @ Fazoli's (The Market), Sam's Places (West)**: with marinara with meat or non-meat sauce and vegetables
- **Salads @ The Commons, The Market, Smart Choices (SUB), and Sam's Places (Murray, Sneed, SUB, Wall/Gates, and West)**: beans (black and/or chickpeas) and nuts/seeds are at salad bars, along with a variety of fruits and vegetables. Some locations offer hummus for added protein. Prepared Salads are in our Grab and Go coolers in mini markets and dining coolers.
- **Wok/Stir Fry @ Sam's Place (Murray) and Zi's (SUB)**: Variety of vegetables, sautéed in your preference of sauce with your choice of lean protein from fish, shrimp, chicken or Tofu. This is an opportunity to load up on veggies!
- **Carvery/ Entrée and Sides @ The Market, Fresh Plate Food Emporium (Bledsoe/Gordon)**: Variety of proteins and sides. Order your choice of entrees with vegetables and starches such as potatoes, rice, beans, sautéed vegetables, fruit cups, or fruit filled desserts.

## Drinkable Options

- **Smoothie Program @ Paciugo's™ in SUB, The Market Café, and Sam's Places (Murray, West, Wall/Gates)**: fresh fruits, fruit juices, Coconut water (for a mixer instead of yogurt), with spinach or kale to add in at select locations. Supplements: Matcha Green Tea, Greens (Blended Grasses), Energy, Fit and Trim, Immune Support that is verified vegan are available. This is a great way to sneak in veggies.
- **Look for fresh pressed juice and pressed orange juice in the SUB: Smart Choices**

## Other Options

- **Bread**: Hoagies rolls (try the wheat), Sliced bread (try the wheat) Tortilla Wraps (whole wheat, spinach herb, and jalapeno contain soy and wheat and can be a healthy option. Corn tortillas are available at select locations, which contain corn and soy). Most locations have healthy alternatives to breads and tortillas.
- **Fresh Fruit Cups and Whole Fruit**: Grab-and-Go Coolers offer fruits and snacks. Hummus with pretzels, Edamame near the Sushi, nuts/seeds, popcorn, and jerky or other options.
- **Gelato Bar @ Paciugo's™ in the SUB**: Sorbets
- **Grab-and-Go Items @ dining locations in the SUB**: freshly made salads, hummus cups with veggies, snack packs, peanut butter and jelly, house-made chicken and tuna salad sandwiches, Hero, subs and wraps and a variety of fruit cups.
- **Tofu @ Zi's Wok/Stir fry (SUB)**
- **Halal Chicken @ Fresh Plate (Bledsoe/Gordon) and The Market**

## Breakfast

[Sam's Places \(SUB, Wall, West\)](#) Breakfast bowls, wraps, burritos, ala carte items, fruit cups, and more, [The Market, The Commons- Einsteins Bros™](#), [The Rawls CoBA- Einsteins Bros.™](#) and [Chick Fil A™](#), [Starbucks \(in Honors\) SUB-Chick Fil A™](#) Chicken Biscuits, [Sam's Place-Breakfast Bowls and Burritos](#), [Bistro-Omelets and Wraps/Sandwiches](#)

## Franchises

- [Chick Fil A™](#) - Try a Grilled Chicken Sandwich with whole grain buns with fruit cup over fried options or a Market Salad. [Einstein Bros™](#) and [Starbucks™](#) - try healthier breakfast and lunch options with poached eggs or egg white sandwich options, avocado topped choices and low-fat shmears. Pick low-fat cream cheese and healthy nut butters, lower sugar smoothies and coffees, and signature salads, fruit cups, and parfaits. [Fazoli's™](#) - order a small pasta dish with a side salad, or an entrée salad, customize sauce choices and save calories with marinara over cream sauce. [Quiznos™](#) -: Fresh salads with a cup of soup can trim calories. Sub sandwiches, limit cheese and pick mustard over mayo on whole-wheat to shave off calories. **Load up on veggies whenever possible, which can lower calories in a dish and increases fiber intake along with increasing vitamins and nutrients to your healthy day!**

[Dining Hours Quick Link](#)