

FODMAPs On Campus

<u>Food Items</u>	<u>What Line</u>	<u>What Location</u>
Rices and Starches	Stir-Fry- Steamed GF Sauce Available (Lean Protein/Veggies)	Sams Places-Murray, The Commons, The Market
	Carvery, Mexican	The Market, Sam's Place Murray, Ol' Reds, The Commons, Sneed
	Bastami/Steamed Rice	Fresh Plate, The Market, Commons, Ol' Reds
	Potatoes, Starches	The Market (Carvery), Fresh Plate
Gluten Free (GF) Breads	Sandwich Line	All Sandwich lines on campus offer GF Bread
	Sandwich/Burgers/ GF Veggie Burgers/Turkey Burgers	All Sandwich lines on campus offer GF Bread or Buns
	Grilled Chicken Sandwiches	Chick Fil A, All Sandwich lines on campus offer GF Bread or Buns
Corn Tortillas	Mexican Lines	The Market, Sam's Place Murray/SUB, Ol' Reds, The Commons, Sneed
Proteins	Grilled Chicken (Burger, Sandwich, Salads, Grab and Go lines)	The Market, The Commons, Fresh Plate
	Beef, Pork, Chicken, Fish, Shrimp (Mexican, Rotation Lines)	The Market, Sam's Place Murray/SUB, Ol' Reds, The Commons, Sneed
	Gluten Free Chicken Strips	The Market, Raider Exchange
	Mexican Lines: Fajita Proteins (Beef, Chicken, Shrimp)	Sams Places: SUB/Murray/Wall, Ol' Reds
	Grilled Proteins- Daily Rotation	The Market
	Grilled Chicken Salads	The Market, Sam's Place Murray/SUB, Ol' Reds, The Commons, Sneed
Smoothies	Adapt your dairy with water, juice, or milk alternatives	The Market
		The Break (SUB)
		Sam's Murray, Wall, Ol' Red's
Dairy Options		
	Dairy Alternatives in Coolers	Sam's Places: Soy, Almond-Silk
	Lactose Free Milk	In Select Mini Markets
	Dairy Creamer Alternatives for Coffees: Almond, Oat, Soy, Coconut-availability based on location	The Market: Day Break Coffee, The Commons & BA College: Einstein Brothers, Honors Hall & SUB: Starbucks, Fresh Plate Breakfast
Snacks/Grab and Go Items	Fresh Fruit, Fruit Cups, Veggie Cups, Snack Packs*, Nuts, Seeds, Popcorn, Variety of Sushi, etc.	Grab and Go Coolers
	*Snack Packs: Chicken/Tuna Salad, Grapes, Hard Cheeses	Grab and Go Coolers Campus Wide
	Salami and Cheese Packs	Grab and Go Coolers Campus Wide
	Chicken and Quinoa	The Market: Hot Grab and Go



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Fresh Cooked Veggies	Stir-Fry Lines	Sam's Places, The Market, Commons
	Mexican Lines	Sam's Places, The Market, Commons, Ol' Reds
	Rotations Daily	The Market, Fresh Plate
	Hot Grab and Go	Ol' Reds
Fruits	Grape Cups	Grab and Go Coolers Campus Wide
	Bananas	Mini Markets, Smoothie Lines
	Oranges	Mini Markets
Breakfast	Bowls, ala cart items: Eggs, bacon, potatoes, ect.	Sam's Places, The Market, Commons, Fresh Plate, Ol' Reds, Sneed
	Oats	The Market, Mini Markets
	Cereals	Fresh Plate, Mini Markets
Dressings and Sauces	We offer GF dressings, GF Asian Sauces and GF Soy Sauce	All locaitons with salads and stir-fry

