My Plate: Campus Dining

For a well-balanced meal, use the “my plate” technique which includes 3 or more food groups with at least one fruit or vegetable, and one protein or dairy source, based on your food preferences and portion needs.

**Breakfast**

**Fruit & Yogurt Parfait - yogurt, fruit, granola**

**Cereal with milk, whole fruit** - Whole grain cereal, milk, whole fruit

**Granola bar, yogurt or cheese stick, whole fruit or 100% fruit juice**

**Eggs (your choice), red skin potatoes, fruit compote** *(Kennedy Commons)*

**Oatmeal & Fruit** - Whole grain oats made with milk and topped with your favorite fruit (ex. raisins, blueberries, raspberries, strawberries or blackberries) *(Sloopy’s Diner & Traditions)*

**Honey Grain Whole Wheat Bagel with peanut butter, fruit** - Whole grain bagel spread with peanut butter, paired with whole fruit or 100% juice *(12th Ave Bread Co.)*

**Tropical Green Smoothie** - pineapple, banana, spinach and soy milk *(RPAC Juice 2)*

**Bagel sandwich** - Whole grain bagel, egg, cheese, paired with whole fruit *(Oxley’s by the Numbers Café)*

**Egg Omelet** - Design your own! Mushroom, onion, spinach, peppers, tomato, bacon, ham, cheddar cheese blend, Monterey jack *(Kennedy Traditions, Scott Traditions)*

**From the Garden** - one egg and two egg whites with onion, broccoli, green pepper, mushroom, tomato, and Monterey jack cheese. *(Sloopy’s Diner)*

**Lunch & Dinner**

**Peanut butter & banana sandwich**

**Penne with whole wheat noodles, meat sauce, side salad, milk** *(Traditions, Union Market, Marketplace)*

**Vegetable Beef soup, whole grain toast or roll, apple, milk** *(Traditions, Union Market, Marketplace)*

**Deli Sandwich Meal** - Turkey, whole grain bread, lettuce, tomato; paired with cheese or milk *(Marketplace Deli)*

**Veggie Tofu wrap** *(Marketplace Deli)*

**Grilled Southwestern Chicken and Sautéed Vegetables** - With tarragon mustard aioli *(RPAC Courtside)*

**Cheese Tortellini** - Broccoli and tomato sauce, cheese, and tortellini *(RPAC Courtside)*

**Hummus with veggies & pita bread** - Baby carrots, broccoli, and/or pita bread to dip in hummus *(RPAC Courtside, Marketplace C-Store)*

**Burrito Bowl** - Design your own! Brown rice, tofu or protein, black beans, corn salsa, lettuce and guacamole *(Curl Market)*

**Mongolian Stir Fry** - Build your own! Mongolian wok pork with red bell peppers, carrots, baby bok choy, broccoli, steamed long grain rice and teriyaki sauce *(Scott Traditions)*

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**Did you know?**

Only 8% of OSU students get the recommended servings of 5 or more fruits and vegetables per day! *(ACHA, 2014)*

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** Achilles Health Center   |   510 RPAC   |   333 Annie & John Glenn Ave.   |   614-292-4000   |   achs.osu.edu**
Lunch & Dinner, continued

Sautéed Vegetable w/Remoulade – Roasted corn, squash, zucchini and carrots (RPAC Courtside)
Black Bean Quinoa Sliders – Quinoa, black bean, mushrooms, avocado, tomato on whole wheat sliders (RPAC Courtside)
Mediterranean Veggie Wrap – Artichoke hearts, bell pepper, eggplant, and mushroom in a whole wheat tortilla (RPAC Courtside)
Chipotle Quinoa with Lime Cream – Chipotle seasoned quinoa with roasted corn, tomatoes, and black beans covered in a lime cream sauce (RPAC Courtside)
Curried Chickpea Wrap – Chickpeas, spring mix greens, red cabbage in a whole wheat tortilla (Union Market)
Vegetarian Burger – Burger made from brown rice, roasted corn and bell peppers (Union Market)
Nut & Berry Salad – Spring mix, feta cheese, almonds, strawberries, dried cranberries with raspberry dressing (Union Market, Marketplace)
Turkey and Provolone – With light mayo, lettuce and tomato on a pretzel roll (Oxley’s)
Thai Chicken & Rice – Grilled chicken, bell peppers, carrots, basil, celery, onions, broccoli, mushrooms, rice, lime plum sauce and crush peanut (Marketplace)
Grilled Chicken Sandwich – Chicken on a whole wheat bun, lettuce, tomato, cheese (Union Market)
Quinoa Salad – Kale cooked quinoa, grapes, Dijon balsamic vinaigrette (Marketplace, Union Market, Traditions)
Assorted Sushi (Marketplace, Curl Market)
Soup, mixed vegetables, rice – Red bean, Caribbean vegetable blend, herbed rice pilaf (Morrill Commons)
Smoked Turkey and Muenster: Sliced smoked turkey & muenster cheese with basil-pesto spread on Italian bread—1/2 portion (Marketplace)
Sweet Potato and Bean Enchiladas – Black beans, sweet potatoes, cheddar and Monterey cheese, and verde tomatillo salsa in a tortilla (Scott Traditions)
Korean Chicken Taco – BBQ Chicken, green onion, pickled sauce, and cilantro (Thyme & Change)
Ultimate Veggie Club – Roasted red pepper hummus, tomatoes, red onion, cucumber, sprouts, and spinach on seedlicious bread (12th Ave. Bread Co.)
Power Green Salad – Kale, quinoa, red grapes, romaine lettuce, blueberries, strawberries, almonds, and feta cheese all packed into this salad (Terra Byte Café, Curl Market)

Look for the Healthy Buckeye Choice icon on menus at dining facilities on campus for healthy options.