Healthy Helpings at

THE ATRIUM

MEAL IDEAS AROUND OR UNDER $8

1. Harvest turkey burger from McKinley Grille w/a splash of BBQ sauce; 4-oz. Gardencut® mixed fruit cup from grab-n-go; Nature Valley® granola bar for a snack later; Dean's® white fat-free milk.

2. Spiced veggie burrito with black beans, sprinkle of cheese, lettuce, onions, tomatoes, and guacamole from Vivimos; Way Better® multi-grain chips w/salsa verde; Planter's® honey roasted peanuts for a snack later; water in a cup or reusable bottle.

3. Grilled chicken sandwich from Chick-fil-A; Way Better® sweet potato tortilla chips; 4-oz. Gardencut® veggie cup; an apple; water in a cup or reusable bottle.

4. Half spinach salad w/ham, Vermont cheddar cheese, banana peppers, green peppers, onions, black olives, and almonds from Boar's Head Deli w/Ken's® light Italian dressing; Boar's Head hummus w/pretzels from the grab-n-go cooler; water in a cup or reusable bottle.

5. Thoughtfully Handmade® smoked turkey and gouda sandwich from the grab-n-go cooler; tomato soup from Boar's Head Deli; water in a cup or reusable bottle.

6. Chipotle black bean burger w/jalapenos, lettuce, and tomatoes from McKinley Grille, topped w/a side of guacamole from Vivimos; side of spiced veggies from Vivimos; Yoplait® yogurt; water in a cup or reusable bottle.

7. Denver potato from McKinley Grille w/out cheese; a side of black beans and guacamole from Vivimos to use as a topper (BYO Mexican potato); 4-oz. Gardencut® mixed fruit cup from grab-n-go; water in a cup or reusable bottle.

8. Chick-fil-A grilled chicken cool wrap w/Chick-fil-A sauce; banana; Planter's® roased peanuts for a snack later; unsweetened tea from the dispenser.

9. Garden Fresh pizza from Papa John's (half for now and half for later); sides of rice and spiced veggies from Vivimos; water in a cup or reusable bottle.

10. Ever-Roast chicken sandwich from Boar's Head Deli w/sunflower seeds, spinach, eggs, green peppers, and honey mustard; Chobani® Greek yogurt; 4-oz. Gardencut® grapes from the grab-n-go cooler; water in a cup or reusable bottle.

Some items may be rotating offerings served on select days; visit NetNutrition for specific menus at **www.bsu.edu/dining > Nutrition Information**.

EAT RIGHT @ BSU