Healthy Helpings at THE TALLY

MEAL IDEAS AROUND OR UNDER $8

1. Entrée w/steamed vegetables from Homestyle; fresh fruit from the salad bar; water using your own re-useable bottle or a water cup

2. Grilled chicken sandwich w/tomatoes, lettuce, onion, and ½ svg. BBQ sauce; Way Better Snacks® tortilla chips; 100% juice

3. Chipotle black bean burger from the grill customized w/fresh veggies from the salad bar (remember to put salad bar items in a separate bowl for a per oz. payment); side of sweet potato fries from the grill or rice from Taco Bell®; an apple; water using your own re-useable bottle or a water cup

4. Your choice of soup and custom salad from the salad bar; honey yogurt w/fruit and granola from the salad bar; water using your own re-useable bottle or a water cup

5. Grilled chicken over spinach and romaine w/crispy chow mein noodles, mandarin oranges, dried cranberries, feta cheese, and balsamic vinaigrette dressing from the salad bar; Good Greens® bar; water using your own re-useable bottle or a water cup

6. Fresco Burrito Supreme® w/chicken and a side of chips w/ guacamole from Taco Bell®; fresh fruit and/or vegetables from the salad bar; water using your own re-useable bottle or a water cup

7. Chef's Station entrée; steamed vegetables from Homestyle; water using your own re-useable bottle or a water cup

8. Turkey burger w/lettuce and tomato from the grill; black beans and rice from Taco Bell®; a banana; water using your own re-useable bottle or a water cup

9. Double Tostada from Taco Bell®; Chobani® greek yogurt; orange; water using your own re-useable bottle or a water cup

10. Shrimp salad w/your choice of veggies and a side of fresh fruit from the salad bar; fat-free Milk Chug®

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