

Healthy Helpings at **WOODWORTH**

MEAL IDEAS AROUND OR UNDER \$8

1. Full size one-meat Spinning Salad w/nuts, vegetables, cheese, and ½ svg. dressing; Chobani® greek yogurt; kiwifruit; water using your own re-useable bottle or a water cup.
2. Eggplant parmesan from DellaCasa; Thoughtfully Homemade® small garden salad; fat-free Milk Chug®.
3. 2 corn tortilla chicken tacos w/lettuce, guacamole, cheese, and tomatoes; side of Mexican rice; pomegranate; Good Greens® bar; water using your own re-useable bottle or a water cup.
4. Vegan Gardenburger® w/lettuce, onion, and tomato from Woody's Grill; Tuscan vegetables from DellaCasa; 4oz Gardencut® mixed fruit cup; fat-free Milk Chug®
5. Shrimp and rice stir-fry with your favorite vegetables and sauce from El Fire Dragon; applesauce from the grab-n-go cooler; a plum; Sargento® cheese stick; water using your own re-useable bottle or a water cup.
6. Veggie pizza from DellaCasa; 6oz Gardencut® mixed fruit cup; Act II® microwave popcorn for a snack for later; water using your own re-useable bottle or a water cup.
7. Turkey sandwich on 100% whole wheat bread w/hummus, tomato, lettuce, and cucumber from Deli World; minestrone soup; banana; water using your own re-useable bottle or a water cup.
8. Grilled chicken breast w/Tuscan vegetables from DellaCasa; white rice from El Fire Dragon; star fruit; fat-free Milk Chug®.
9. Gardein® beefless strips and white rice stir-fry w/your favorite vegetables and sauce from El Fire Dragon; Emerald® nuts; grapefruit; water using your own re-useable bottle or a water cup.
10. Tomato focaccia bread w/grilled chicken breast, spinach, cucumber, tomato, and mayonnaise from Deli World; Way Better Snacks® sweet potato corn tortilla chips; 100% juice.

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