

# Healthy Helpings @ TOM JOHN FOOD SHOP



MEAL IDEAS AROUND OR UNDER THE LUNCH/DINNER EQUIVALENCY

1. Custom-made oven-roasted turkey and Swiss cheese sandwich w/green peppers, spinach, cucumber, and bistro mustard sauce on whole wheat bread; Musselman's® granny smith applesauce; water in a re-useable bottle.
2. Custom-made pizza w/sundried tomato pesto, shredded mozzarella, green peppers, & mushrooms; Dippin' Sticks® baby carrots and ranch dip; Special K® cheddar cracker chips; water in a re-useable bottle.
3. Custom-made veggie wrap w/colby jack cheese, banana peppers, mushroom, onion, green pepper, lettuce, and pesto sauce; Chobani® flip cup salted caramel crunch; water in a re-useable bottle.
4. Spicy shrimp roll; Sargento® cheese stick; water in a re-useable bottle.
5. Custom-made salad with chopped romaine lettuce, spinach, grilled chicken strips, cucumber, carrots, peppers, croutons, & your choice of dressing w/ dried cranberries; orange; water in a re-useable bottle.
6. Tomato tortellini soup and custom-made grilled turkey and cheese on 100% whole wheat bread; Gardencut® grapes; Silk® almond milk.
7. Thoughtfully Handmade® hummus duo w/pita chips; side salad w/romaine lettuce, cauliflower, carrots, cucumber, shredded mozzarella, sunflower seeds, and honey mustard dressing; Deans® ½ pint 2% milk.
8. Custom-made pasta with pesto, chicken, tomatoes, sliced mushrooms, and spinach; red delicious apple; Fairlife® chocolate milk.
9. Custom-made flatbread sandwich w/pizza sauce, crumbled sausage, Italian herbs, onions, green pepper, and a light topping of shredded cheddar cheese; Brookside® dark chocolate fruit & nut bar; water in a re-useable bottle.
10. Custom-made veggie pizza w/pizza sauce, mozzarella cheese, banana peppers, and tomatoes; banana; Yoplait® Light Yogurt; unsweetened brewed tea from dispenser.

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