

HEALTHIER EATING ON A MEAL PLAN

HILLTOPPER

NUTRITION



DSU

Burrito Bowl

Baja Queso Bowl/Burrito
Buffalo Rice Bowl/Burrito
KC BQ Rice Bowl/Burrito

Chick-Fil-A

Grilled Chicken Sandwich
Fruit Cup Value Meal

RedZone

Grilled Chicken Tenders
Regular Stadium House
Salad with Grilled Chicken
Hummus and Veggies

BATES RUNNER HALL

Subway

6" Egg and Cheese Sub
6" Veggie Delight Sub
Veggie Delight Salad

6" Ham Sub

6" Turkey Sub

*Replace chips with applesauce

P.O.D. Market

Tuna Salad on Wheat
Chicken Salad on Multigrain
Turkey & Cheddar
Vegetable Wrap
Trail Mix Snack box
Apples & Sunbutter Snack box
Chicken Caesar Salad

SNELL HALL

Davinci's

Classic Cheese
Florence Veggie Pizza
Oatmeal

TOWER FOOD COURT

The Den

The Little Den Burger (with or without cheese) and Fruit

Garden Salad and Fruit

Better For You Grand Slam- Egg White, Turkey Bacon, Chicken Sausage, Wheat Pancakes (\$.99)

The PIT Shop

Tuna Salad on Wheat

Chicken Salad on Multigrain

Turkey & Cheddar

Vegetable Wrap

Trail Mix Snack box

Apples & Sunbutter Snack box

Chicken Caesar Salad

FIRST YEAR VILLAGE

The Spread

7" Veggie Sub

7" Turkey Club

7" Italian

WKU COMMONS AT HELM LIBRARY

*Not yet available for Fall 2021

**Moe's Southwest
Grill**

**Restaurant
Rotation**

**Rising Roll
Gourmet Cafe**

WKU COMMONS AT HELM LIBRARY

*Not yet available for Fall 2021

Panda Express

Entrees

- Broccoli Beef
- Chef's Special Creation
- Tofu
- Black Pepper Chicken
- Veggie Spring Roll

Sides

- Brown Rice
- Mixed Vegetables

Spencers Coffee

