



## Healthy Options in the Dining Commons

All 4 dining centers - Snelling, Bolton, Oglethorpe, and the Village Summit - offer main entrees, as well as alternative healthy food options. Daily options include:

### Breakfast:

Many whole grain cereals including Cheerios, All Bran, Frosted Mini Wheats, etc.  
Fresh fruit and 100% fruit juices (apple, grape, pineapple, orange)  
Omelets - made from your choice of eggs, egg whites, or Egg Beaters®. You can request olive oil or for less calories, cooking spray. Sautéed veggies make a great side.  
Vegetarian Sausage Patties (1/3 calories of regular sausage patties, 0 g saturated fat)  
Scrambled, fried, and hard boiled eggs  
Bagels (Wheat Bran & Oats high fiber bagel)  
Breakfast Burritos at Oglethorpe  
Toast (whole wheat bread)  
Oatmeal and plain grits

### Lunch and Dinner:

Salad bar with fresh veggies and olive oil, vinegar, regular and reduced-calorie dressings  
A deli with 98% fat free meats, reduced-fat Swiss cheese, whole wheat bread and wraps  
Pasta bar with 2 types of pastas, whole wheat pasta, and red sauce  
Vegetarian pizza made on whole wheat pizza dough at Snelling  
Eating Smart Line at Bolton consisting of baked chicken, baked fish, fresh steamed vegetables, and a low-fat entrée (< 30% calories from fat)  
Microwaves to steam fresh vegetables from the salad bar  
Low-fat yogurt, low-fat cottage cheese, and fruit  
Vegetarian Lines at each dining commons  
Veggie dogs and veggie burgers at grill  
Several low fat and vegetarian soups  
Baked potato bar, sweet potatoes  
Bean of the day and brown rice  
Stir Fry and sushi at O-house

### Condiments and Seasonings:

Dijon and yellow mustard  
Fat-free cream cheese  
Fat-free mayonnaise  
Spices from the spice rack  
Sugar substitutes

### Desserts:

Jell-O (regular and sugar-free)  
Low-fat and sugar-free pudding  
Fat-free frozen yogurt  
Freshly made Smoothies @ Village Summit  
Fruit (with or without whipped topping)

