YOUR GUIDE TO DAILY HEALTHY CHOICES AT FERRIS BOOTH
Eat well with Columbia Dining!

Bread Station
Whole wheat bread
Whole wheat English muffins

Avocado Toast Bar
(.until 10:30 am)
Fresh avocado
Tomatoes
Cheddar cheese
Cucumbers
Radishes
Peppers
Jalapenos

Oatmeal Station
Oatmeal
Raisins

Pastas Station
Whole wheat pasta
Vegetables
Tofu
Chicken
Pesto
Marinara sauce

Yogurt Station
Plain yogurt
Cottage cheese
Hard boiled eggs
Fruit

Sandwich Station
Turkey sandwich on whole wheat

Nut Zone
All natural peanut butter
Sunflower seeds
Walnuts

Main line (rotating station)
All vegetables, all lean proteins including beans, legumes, chicken, turkey, & fish, all whole grains including but not limited to brown rice, quinoa, bulgur, and millet.

Crudité Bar
Hard boiled eggs
Carrot sticks
Celery sticks
Cherry tomatoes
Broccoli
Salsa
Hummus
Plain yogurt

Salsa Bar
Beans
Chickpeas
Tofu
Chicken
Vegan Chicken
Vegetables
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Breakfast:
- Omelet + veggies + whole wheat toast or whole wheat English muffin
- Whole wheat bread or whole wheat English muffin + avocado + eggs + hot sauce + scallions
- Scrambled eggs + breakfast veggies + fruit
- Plain yogurt + granola or cereal topping + fruit
- Oatmeal + raisins + cinnamon + honey drizzle + banana or apple

Lunch & Dinner:
- Whole wheat pasta + chicken, tofu, or vegan chicken + broccoli + pesto
- Turkey sandwich on whole wheat bread + side salad
- Veggie pizza + salad with chickpeas or beans
- Salad with mesclun or spinach + cucumbers + black beans + cheddar cheese + salsa + bread roll
- Mozzarella, tomato, & basil sandwich + side salad with chickpeas or beans