

# YOUR GUIDE TO DAILY HEALTHY CHOICES AT FERRIS BOOTH

Eat well with Columbia Dining!



## Bread Station

Whole wheat bread  
Whole wheat English muffins

## Oatmeal Station

Oatmeal  
Raisins

## Pasta Station

Whole wheat pasta  
Vegetables  
Tofu  
Chicken  
Pesto  
Marinara sauce

## Avocado Toast Bar

*(until 10:30 am)*  
Fresh avocado  
Tomatoes  
Cheddar cheese  
Cucumbers  
Radishes  
Peppers  
Jalapenos

## Omelet Station

*(until 10:30 am)*  
Egg whites  
Whole eggs  
Vegetables  
Chicken  
Turkey  
Tofu

## 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

## Crudité Bar

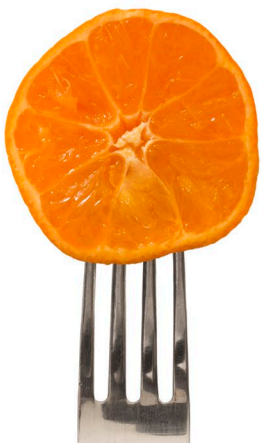
Hard boiled eggs  
Carrot sticks  
Celery sticks  
Cherry tomatoes  
Broccoli  
Salsa  
Hummus  
Plain yogurt

## Salad Bar

Beans  
Chickpeas  
Tofu  
Chicken  
Vegan Chicken  
Vegetables

## 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.



# YOUR GUIDE TO DAILY HEALTHY CHOICES AT FERRIS BOOTH



Eat well with Columbia Dining!

- 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*

