YOUR GUIDE TO DAILY HEALTHY CHOICES AT JOHN JAY
Eat well with Columbia Dining!

Bread Station
Whole wheat bread

Vegan Station
Vegetable spreads
Tofu spreads
Vegan cheese

Grill Station
Vegan sausage
Vegetarian burger

Grain Bowl Station
Brown rice
Quinoa
Vegetables
Chicken
Tofu

Omelet Station
(Eating until 2 pm)
Egg whites
Whole eggs
Vegetables
Cheese

Bagel Bar
(Eating until 2 pm)
Whole wheat bagel
Lox

Yogurt Station
Sunrise blend
Plain yogurt
Fruit

Deli Station
Turkey
Grilled chicken
Cheese
Whole wheat bread

Pasta Station
Whole wheat pasta
Pesto
Marinara sauce

Salad Bar
Composed salads
Variety fruits & vegetables
Tofu
Tuna
Boiled eggs
Chickpeas
Cheese
Variety dressings

Breakfast Nook
(Eating until 2 pm)
Scrambled eggs
Turkey sausage
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.
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Breakfast:

- Omelet + veggies + whole wheat toast
- Scrambled eggs + breakfast veggies + fruit
- Plain yogurt + fruit + granola or cereal topping
- Whole wheat toast + peanut butter + banana or apple
- Oatmeal + cinnamon + banana + honey drizzle
- Oatmeal + topped with over easy egg + hot sauce + fruit

Lunch & Dinner:

- Salad + eggs + chickpeas + dressing + slice fresh bread
- Grain bowl with brown rice or quinoa + chicken or tofu + vegetables
- Greens + whole wheat pasta + main line protein
- Whole wheat pasta + chicken + broccoli + pesto
- Turkey sandwich on whole wheat bread + side salad