

# YOUR GUIDE TO DAILY HEALTHY CHOICES AT JOHN JAY

Eat well with Columbia Dining!



**Bread Station**  
Whole wheat bread

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

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**Breakfast Nook**  
*(until 2 pm)*  
Scrambled eggs  
Turkey sausage  
Vegetables

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**Main line  
(rotating station)**

**Vegan Station**  
Vegetable spreads  
Tofu spreads  
Vegan cheese

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

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**Deli Station**  
Turkey  
Grilled chicken  
Cheese  
Whole wheat bread

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**Grill Station**  
Vegan sausage  
Vegetarian burger

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**Yogurt Station**  
Sunrise blend  
Plain yogurt  
Fruit

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**Pasta Station**  
Whole wheat pasta  
Pesto  
Marinara sauce

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**Grain Bowl Station**  
Brown rice  
Quinoa  
Vegetables  
Chicken  
Tofu

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

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*

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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*

