

Pick Your Own Plate at | Ferris Booth Commons

Breakfast

<i>Type</i>	<i>Fruits & Vegetables</i>	<i>Protein</i>	<i>Grains</i>	<i>Other</i>
Yogurt Bowl	<ul style="list-style-type: none"> • Strawberries • Or half sliced banana 	<ul style="list-style-type: none"> • Greek yogurt/low fat yogurt • Mix in peanut butter • Substitute Greek yogurt for vegan chia seed pudding 	Granola	<ul style="list-style-type: none"> • Honey • Agave • Cinnamon
Oatmeal Bowl	<ul style="list-style-type: none"> • Craisins 	Chia seeds or nut butter	Granola or whole grain cereal	<ul style="list-style-type: none"> • Brown sugar • Honey • Agave
Southwestern Bowl	<ul style="list-style-type: none"> • Guacamole • Pico de Gallo • Potatoes 	Scrambled eggs or vegan egg		<ul style="list-style-type: none"> • Sour cream • Salsa • Hot sauce • Shredded cheese
Egg Sandwich	<ul style="list-style-type: none"> • Guacamole • Pico de Gallo • Spinach 	Scrambled eggs or vegan egg	Whole wheat toast or English muffin	<ul style="list-style-type: none"> • Shredded cheese • Salsa • Hot sauce
Sweet Toast	Half sliced banana	Sunflower butter and chia seeds	Whole wheat toast	<ul style="list-style-type: none"> • Honey • Agave
Breakfast Sausage Sandwich	Side of mixed fruit	Plant based breakfast sausage	Whole wheat toast or English muffin	

Pick Your Own Plate at | Ferris Booth Commons

Lunch & Dinner

<i>Type</i>	<i>Fruits & Vegetables</i>	<i>Protein</i>	<i>Grains</i>	<i>Other</i>
Pasta Bowl	<ul style="list-style-type: none"> • Marinara sauce • Spinach 	Chicken strips	Whole wheat pasta	
Berry Salad	<ul style="list-style-type: none"> • Arugula • Spinach • Craisins • Strawberries 	Nuts from nut station	Quinoa or brown rice	<ul style="list-style-type: none"> • Balsamic vinegar • Feta
Mediterranean	<ul style="list-style-type: none"> • Tomatoes • Kalamata olives • Spinach • Bell peppers • Cucumbers 	<ul style="list-style-type: none"> • Hard boiled eggs • Hummus 	Quinoa	<ul style="list-style-type: none"> • Olive oil • Feta
Thai	<ul style="list-style-type: none"> • Peas • Bell peppers • Carrots • Green onions • Cilantro 	Tofu or tempeh	Brown rice or white rice	<ul style="list-style-type: none"> • Sweet chili sauce • Soy sauce • Ginger sesame sauce
Southwestern	<ul style="list-style-type: none"> • Jalapenos • Bell peppers • Corn • Onions 	Black Beans or chicken strip	Brown rice	<ul style="list-style-type: none"> • Sour cream • Salsa • Shredded cheese