**Pick Your Own Plate at John Jay**

**Breakfast**

<table>
<thead>
<tr>
<th>Type</th>
<th>Fruits &amp; Vegetables</th>
<th>Protein</th>
<th>Grains</th>
<th>Other</th>
</tr>
</thead>
</table>
| Southwestern Bowl| • Guacamole  
• Pico de Gallo  
• Potatoes  
• Greens from salad bar | Scrambled eggs or vegan egg      |                               | • Sour cream  
• Salsa  
• Hot sauce  
• Shredded cheese |
| Yogurt Bowl      | • Berries  
• Side of John Jay vegetable smoothie | Greek yogurt or chia seed pudding | Granola or whole grain cereal | • Honey  
• Agave |
| Oatmeal Bowl     | • Craisins  
• Side of mixed fruits | Chia seeds or nut butter         | Oatmeal                       | • Brown sugar  
• Honey  
• Agave |
| NY Bagel         | • Spinach  
• Tomatoes  
• Capers  
• Onions  
• Side of mixed fruits | Optional: Salmon lox cream cheese | Whole wheat bagel              | • Vegan cream cheese  
• Dairy cream cheese |
| Egg Sandwich     | • Guacamole  
• Pico de Gallo  
• Spinach | Scrambled eggs or vegan egg      | Whole wheat toast or English muffin | • Shredded cheese  
• Salsa  
• Hot sauce |
| Sweet Toast      | • Half sliced banana  
• Sunflower butter and chia seeds | Whole wheat toast                |                               | • Honey  
• Agave |
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<tbody>
<tr>
<td>Mediterranean</td>
<td>• Tomatoes • Kalamata olives • Spinach • Bell peppers • Cucumbers</td>
<td>Hard boiled eggs or Hummus</td>
<td>Quinoa</td>
<td>• Olive oil • Feta</td>
</tr>
<tr>
<td>Thai</td>
<td>• Peas • Bell peppers • Carrots • Green Onions • Cilantro</td>
<td>Tofu or Tempeh</td>
<td>Brown rice or white rice</td>
<td>• Sweet chili sauce • Soy sauce • Ginger sesame sauce</td>
</tr>
<tr>
<td>Southwestern</td>
<td>• Jalapenos • Bell peppers • Corn • Onions</td>
<td>Black beans or chicken strips</td>
<td>Brown rice</td>
<td>• Sour cream • Salsa • Shredded cheese</td>
</tr>
<tr>
<td>Berry Side Salad</td>
<td>• Craisins • Strawberries • Arugula • Spinach</td>
<td>Nuts from the nut station</td>
<td>Quinoa or brown rice</td>
<td>• Balsamic vinegar • Feta</td>
</tr>
<tr>
<td>Pasta Bowl</td>
<td>Marinara sauce</td>
<td>Chicken or meatballs</td>
<td>Whole wheat pasta</td>
<td>• Parmesan</td>
</tr>
</tbody>
</table>