

Pick Your Own Plate at | John Jay

Breakfast

<i>Type</i>	<i>Fruits & Vegetables</i>	<i>Protein</i>	<i>Grains</i>	<i>Other</i>
Southwestern Bowl	<ul style="list-style-type: none"> • Guacamole • Pico de Gallo • Potatoes • Greens from salad bar 	Scrambled eggs or vegan egg		<ul style="list-style-type: none"> • Sour cream • Salsa • Hot sauce • Shredded cheese
Yogurt Bowl	<ul style="list-style-type: none"> • Berries • Side of John Jay vegetable smoothie 	Greek yogurt or chia seed pudding	Granola or whole grain cereal	<ul style="list-style-type: none"> • Honey • Agave
Oatmeal Bowl	<ul style="list-style-type: none"> • Craisins 	Chia seeds or nut butter	Oatmeal	<ul style="list-style-type: none"> • Brown sugar • Honey • Agave
NY Bagel	<ul style="list-style-type: none"> • Spinach • Tomatoes • Capers • Onions • Side of mixed fruits 	Optional: Salmon lox cream cheese	Whole wheat bagel	<ul style="list-style-type: none"> • Vegan cream cheese • Dairy cream 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	<ul style="list-style-type: none"> • Half sliced banana 	Sunflower butter and chia seeds	Whole wheat toast	<ul style="list-style-type: none"> • Honey • Agave

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Lunch & Dinner

<i>Type</i>	<i>Fruits & Vegetables</i>	<i>Protein</i>	<i>Grains</i>	<i>Other</i>
Mediterranean	<ul style="list-style-type: none"> • Tomatoes • Kalamata olives • Spinach • Bell peppers • Cucumbers 	Hard boiled eggs or 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 strips	Brown rice	<ul style="list-style-type: none"> • Sour cream • Salsa • Shredded cheese
Berry Side Salad	<ul style="list-style-type: none"> • Craisins • Strawberries • Arugula • Spinach 	Nuts from the nut station	Quinoa or brown rice	<ul style="list-style-type: none"> • Balsamic vinegar • Feta
Pasta Bowl	Marinara sauce	Chicken or meatballs	Whole wheat pasta	<ul style="list-style-type: none"> • Parmesan