

# YOUR GUIDE TO DAILY HEALTHY CHOICES AT JJ's PLACE

Eat well with Columbia Dining!



## At the Grill

Omelets/eggs all day  
Egg whites  
Whole eggs  
Vegetables  
Cheese  
Grilled chicken  
Beyond Burger  
Hummus & roasted veggie wrap  
Black bean burger  
Turkey burger  
Whole wheat bun

---

## Oatmeal Station

Oatmeal  
Raisins

---

## Morning Cold Bar

*(until 10:00 am)*  
Plain yogurt  
Cut fruit  
Boiled eggs  
Plain overnight oats

## Afternoon Cold Bar

Composed salads  
Hummus  
Tuna  
Mesclun greens  
Cherry tomatoes  
Celery sticks

---

## To Go Breakfast

(pick 4 options with one meal swipe)  
Yogurt  
Kashi bars  
Natura Valley Bars  
Snack cheese  
Oatmeal  
Nuts & trail mix  
Unsweetened apple sauce  
Skim & 1% milk  
Fat free chocolate milk  
Soy milk

---

## Fruit Rack

Apples  
Oranges  
Bananas



# YOUR GUIDE TO DAILY HEALTHY CHOICES AT JJ's PLACE

Eat well with Columbia Dining!



## Breakfast:

*Omelet + veggies + whole wheat bread*

*Scrambled eggs + veggies + whole wheat bread*

*Oatmeal + cinnamon + sprinkle of brown sugar + banana*

*Oatmeal + topped with over easy eggs + hot sauce + cut fruit on side*

*Plain overnight oats + cut fruit*

---

## Lunch & Dinner:

*Grilled chicken sandwich on whole wheat bun + side salad*

*Black bean burger on whole wheat bun + cut fruit*

*Veggie & hummus wrap + banana, apple, or orange*

*Beyond Burger on whole wheat bun + side cherry tomatoes + dressing for dipping*

*Turkey burger on whole wheat bun + celery sticks + dressing for dipping*

