

YOUR GUIDE TO HEALTHY CHOICES AT JOHN JAY

Eat well with Columbia Dining!



Bread Station

Whole wheat bread
Whole wheat English
muffin

Oatmeal Station

Oatmeal

Pasta Station

Whole wheat
Pasta
Vegetables
Tofu
Chicken
Pesto
Marinara sauce

Bread Station

(open for breakfast)
Fresh avocado
Tomatoes
Cheddar Cheese
Tomatoes
Cucumber
Radish
Peppers
Jalapenos

Omelet Station

(open for breakfast)
Egg whites
Whole eggs
Vegetables
Chicken
Turkey
Tofu

Yogurt Station

Plain yogurt
Cottage cheese
Fruit

Sandwich Station

Whole wheat
Turkey sandwich

Nut Zone

All natural peanut
Butter
Raisins
Sunflower seeds
Walnuts

Crudit  Bar

Hard boiled eggs
Carrot sticks
Celery Sticks
Cherry tomatoes
Broccoli
Salsa
Hummus
Plain Yogurt



YOUR GUIDE TO HEALTHY CHOICES AT JOHN JAY

Eat well with Columbia Dining!



Breakfast: *Omelet + veggies + whole wheat toast or whole wheat English muffin*

Avocado + whole wheat bread or whole wheat English muffin + hot sauce + scallions

Scrambled eggs + breakfast veggies + fruit

Plain yogurt + fruit + granola or cereal topping

Whole wheat toast + peanut butter + banana or apple

Oatmeal + cinnamon + banana or apple + honey drizzle

Lunch & Dinner: *Whole wheat pasta + chicken + broccoli + pesto*

Turkey + whole wheat bread + stacked veggies or side salad

Veggie pizza + salad with chickpeas or beans

Greens + pasta + protein + top with nuts or seeds

