YOUR GUIDE TO HEALTHY CHOICES AT JOHN JAY
Eat well with Columbia Dining!

Bread Station
- Whole wheat bread
- Whole wheat English muffin

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

Oatmeal Station
- Oatmeal

Pasta Station
- Whole wheat
- Pasta
- Vegetables
- Tofu
- Chicken
- Pesto
- Marinara sauce

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

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

Nut Zone
- All natural peanut
- Butter
- Raisins
- Sunflower seeds
- Walnuts
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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