

VEGAN



BREAKFAST

South Dining Hall

- Oatmeal • Variety of cold cereal with Soy or Almond Milk
 - Whole fruit • Diced fruit on the cold bar
- Breakfast potatoes, be sure to check the menu board for specific ingredients

Panther Den

Loaded Breakfast Potatoes with grilled veggies

LUNCH/DINNER

South Dining Hall

Vegan broth & white rice are available at all meals. Add veggies from the salad bar.

Vegan Chicken breasts, Black Bean Burgers and Veggie Burgers are available through the deli to be made into sandwiches, added to salads or broth bowls.

A vegetarian entrée is available at every meal. Most are vegan but check the menu for specific ingredients.

Panther Den

We have a large selection of vegetables to use to create your own grinders, wraps or salads.

Veggie Burgers are available everyday. We can incorporate them into many of our specials in place of the protein or crumbled on a salad.

Individual pizzas with veggies, vegan cheese and veggie burger crumbles

Grilled Cheese Sandwich with vegan cheese

Loaded Tator Tots with grilled veggies, veggie burger crumbles and vegan cheese

AVAILABLE EVERYDAY

Broccoli

Iron & Calcium

Black Beans

Protein, Iron & Calcium

Yogurt (non-vegan)

Protein, Calcium, B12

Almond Milk

Calcium & B12

Oatmeal

Protein, Iron, Calcium

Edamame

Protein, Iron, Calcium

Eggs (non-vegan)

Protein & B12

Peanut Butter

Protein

Hummus

Protein

Fortified Breakfast Cereal

(Check for Gluten-Free)

Iron, Calcium & B12



Our mission is to make sure that all our students and guests have access to healthy, delicious and nutritious food.

Not all of the food we serve would be considered nutritious, but you will always have options.