

# VEGETARIAN



## BREAKFAST

### South Dining Hall

- ◆ Oatmeal
- ◆ Variety of cold cereal
- ◆ Whole fruit
- ◆ Diced fruit on the cold bar
- ◆ Eggs
- ◆ Breakfast potatoes (check the menu board for ingredients)

### Panther Den

- ◆ Loaded Breakfast Potatoes with grilled veggies
- ◆ Breakfast omelets or quesadillas

## LUNCH/DINNER

### South Dining Hall

- ◆ **The Zone** has 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 at **The Deli to** be made into sandwiches, added to salads or broth bowls.
- ◆ A vegetarian entrée is available at every meal.

### Panther Den

- ◆ We have a large selection of vegetables to use to create your own pizzas, 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.
- ◆ Loaded Tater Tots with grilled veggies, veggie burger crumbles and 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.