



# HEALTHY BENGAL MENU



Idaho State  
University

## POND STUDENT UNION

### Einstein Bros. Bagels

- Avocado Veg Out Sandwich or Wrap
- Egg, Turkey-Sausage, and Cheddar
- Santa Fe Egg White Sandwich
- Vanilla Hazelnut Drip Coffee
- Iced Latte

\*Ask for any bagel to be made thin

### Chick-fil-A

- Grilled Nuggets (8 and 12 ct.)
- Grilled Chicken Sandwich
- Grilled Chicken Cool Wrap Entrée
- Market Salad
- Spicy Southwest Salad
- Fruit Cup
- Kale Side Salad

## TURNER DINING COMMONS

### The Kitchen (changes daily)

- Two Vegetable Options
- Protein
- Vegetarian Entree

### Thrive

- Custom-made plates, including a protein, vegetable, and starch, free of allergens

### Pizza Counter

- BBQ Chicken Pizza (as available)
- Spinach, Tomato, and Chicken Pizza (as available)
- Grilled Veggie Pizza (as available)

### Salad Bar

- Breakfast/Brunch - Greek yogurt, cottage cheese, hardboiled eggs, fresh cut and whole fruit
- Lunch/Dinner - greens, fresh cut vegetables, quinoa, whole fruit

## RENDEZVOUS

### Burger 208

- Hamburger in a Lettuce Wrap
- Egg Scramble

### Build Pizza by Design

- Veggie Lover Pizza
- Gluten-free pizza available on Boost

### Sono

- Chicken Ensalada
- Chicken Bowl (with lime rice and black beans)

### Ikoma Sushi

- Nigiri Combo
- California Roll

### Paper Lantern

- Teriyaki Chicken with Supergreens or Wok Vegetables

### Grab Goodness

- Salads and sandwiches (gluten free available)
- Fresh fruit
- Celery with peanut butter
- Cubed cheese with grapes and crackers



## STARBUCKS AT OBOLER LIBRARY

### Starbucks Breakfast

- Turkey Bacon, Cheddar, and Egg White Sandwich
- Spinach, Feta, and Egg White Wrap
- Egg Bites: Egg White & Roasted Red Pepper or Kale & Mushroom
- Oatmeal Cup with dried fruit and nuts

### Starbucks Lunch

- Tomato Mozzarella Panini
- Variety of Protein Boxes

### Starbucks Drinks

- Hot teas (variety of green, black, and herbal)
- Iced teas (green, black, and Passion Tango)
- Skinny Vanilla Latte (hot or iced, with a variety of milk options)
- Refreshers



# EAT WELL, BENGALS