

# Dietitian



# Picks

Featured Options to Promote Health and Wellness



Dining Services



# Dietitian Picks

## Criteria



Recommended by our Campus Dietitian  
Maddie Jacobs MS, RD, LD



**Contains 1 or more serving of  
fruits or vegetables**



**Contains 8 or more grams of  
protein per serving**



**Contains each macronutrient for a  
balanced meal: carbs, fat, and protein**

# Dietitian Picks

## KINDER CAFE



Chicken Pesto Panini  
Turkey Florentine Panini



## BENTOAD

Yakitori Chicken + Noodles + Green Beans + Ginger Cabbage Slaw



## O'BRIEN'S

Mushroom Omelet



# Dietitian Picks



Turks & Tomatoes Wrap  
Rubi's Tuna Salad



California Roll  
Philadelphia Roll  
Poke Bowl - Salmon



Sweet Curry Chicken Salad Sandwich  
Southwestern Quinoa & Kale Wrap





**Questions about nutrition,  
food allergies,  
or navigating dining?**



**Meet with Maddie**

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**@thehealthyfrog**