

# Hawk Healthy Choices



## Jolé Molé

- Quesadilla (chicken or mushroom)
  - No sour cream or guacamole
- Taco Salad (with chicken or mushrooms)
  - No taco shell or sour
- Burrito (with chicken or mushrooms)
  - No sour cream

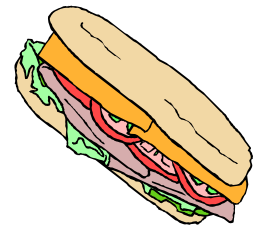
## The Tuscan Oven

- Slice of cheese pizza
- Specialty slice with vegetables and cheese

## Quiznos

- Black Angus Steak sub
- The Traditional sub
  - with reduced fat ranch
- Turkey, ranch, and swiss sub
  - with reduced fat ranch
- Steakhouse beef dip sub
- Honey Bourbon Chicken sub
- Classic Cobb salad with red. Fat ranch
- All sammies

\*All subs size small on whole wheat bread



## Sushi

- All sushi is good. Opt for brown rice over white rice. Watch amount of soy sauce

## Chick-Fil-A

- Chargrilled chicken salad
- With fat-free or reduced-fat dressing
- Chargrilled Chicken Wrap
- Chargrilled Chicken sandwich on whole wheat bun.

## Varsity Grill

- Turkey Burger (on whole wheat bun if available)
- Vegan Burger (on whole wheat bun if available)



# A little on the lighter side...

## Salad Creations

- All salads with chicken as “specialty protein”

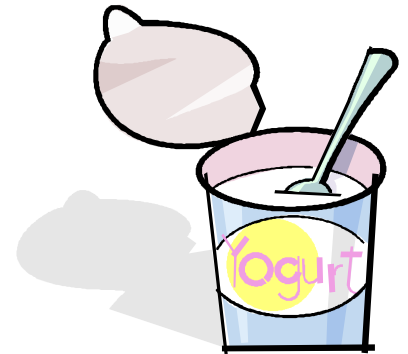
## Freshens

- Small Frozen Yogurt (any flavor)
- “Low Calorie” Smoothies  
(Strawberry oasis, strawberry sunrise, mango beach, orange passion)
- Maui mango Smoothie
- Peach Sunset Smoothie



## Around the Snack Area

- Bagel with low-fat cream cheese (as a meal)
- Hummus and Pita Chips (as a meal)
  - Sun chips
  - Baked lays
  - Pita Chips
- Fruit (whole or cups of sliced fruit)
  - Light Yogurt
  - Vegetable Sticks



## Drinks

- “100% juice” fruit juice
- Diet Snapple
- Snapple Vitamin/Antioxidant Water
- Vitamin Water
- Nantucket Nectars (100% juice)
- Diet sodas/ Diet Lemonade/Diet Green Tea
- Un-sweet Tea

For Further Information Please Contact:



Health  
Promotion

(910) 962-4135  
SRC 104