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 Burbon 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:

(910) 962-4135
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