

## **EATING 101 RU DINING HEALTHY?**

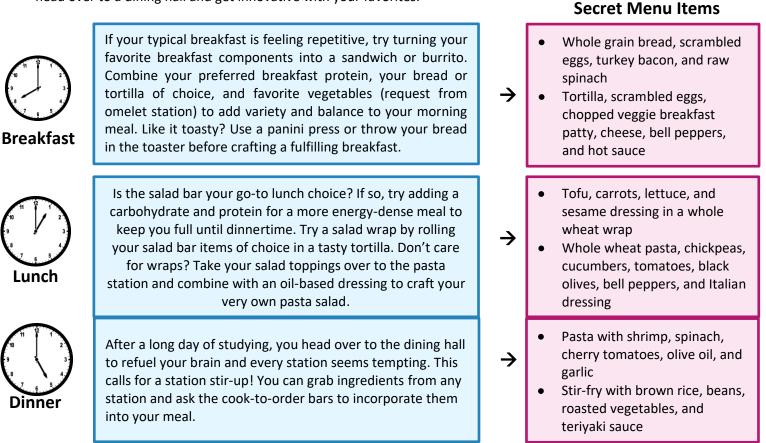


A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

## **Dining Hall Secret Menu**

While Rutgers dining halls provide extensive daily menus, inevitably there comes a point when you may want to switch up your dining hall favorites. Let us unveil the *Rutgers Dining Hall Secret Menu*. With a little creativity during mealtime, you can access a variety of "secret menu items" that can elevate your dining experience and allow you to discover new flavor combinations. Follow along as the Healthy Dining Team guides you through a day of tips and tricks to broaden your array of dining hall selections. Whether you create your own masterpiece or try one of ours, head over to a dining hall and get innovative with your favorites.



## Think outside the "lunch" box!

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References: *Rutgers Dining Services*. Available at: <u>http://food.rutgers.edu</u>. Accessed on: September 28, 2023. *Food Hacks for College Dining Halls*. Available at: <u>https://www.bu.edu/articles/2016/food-hacks-college-dining-halls/</u>. Accessed on: September 28, 2023.



Dining Services

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