



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.



Breakfast

If your typical breakfast is feeling repetitive, try turning your favorite breakfast components into a sandwich or burrito. Combine your preferred breakfast protein, your bread or tortilla of choice, and favorite vegetables (request from omelet station) to add variety and balance to your morning meal. Like it toasty? Use a panini press or throw your bread in the toaster before crafting a fulfilling breakfast.



- Whole grain bread, scrambled eggs, turkey bacon, and raw spinach
- Tortilla, scrambled eggs, chopped veggie breakfast patty, cheese, bell peppers, and hot sauce



Lunch

Is the salad bar your go-to lunch choice? If so, try adding a carbohydrate and protein for a more energy-dense meal to keep you full until dinnertime. Try a salad wrap by rolling your salad bar items of choice in a tasty tortilla. Don't care for wraps? Take your salad toppings over to the pasta station and combine with an oil-based dressing to craft your very own pasta salad.



- Tofu, carrots, lettuce, and sesame dressing in a whole wheat wrap
- Whole wheat pasta, chickpeas, cucumbers, tomatoes, black olives, bell peppers, and Italian dressing



Dinner

After a long day of studying, you head over to the dining hall to refuel your brain and every station seems tempting. This calls for a station stir-up! You can grab ingredients from any station and ask the cook-to-order bars to incorporate them into your meal.



- Pasta with shrimp, spinach, cherry tomatoes, olive oil, and garlic
- Stir-fry with brown rice, beans, roasted vegetables, and teriyaki sauce

Think outside the “lunch” box!

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

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