



CHOOSE ORANGE ITEMS

CHOOSE ORANGE. CHOOSE HEALTHY.

Choosing healthy food on campus is easier than ever. University Dining Services is proud to offer the Choose Orange program.



The Choose Orange logo next to an item indicates a healthier dining option. The Choose Orange program is based on U.S. Dietary Guidelines and encourages students to eat more vegetables and whole grains, as well as limit their intake of saturated fat and added sugars. When making meal selections, remember that portion sizes play an important role in balanced nutrition.

*The Choose Orange logo will not appear on concepts that are franchised locations

ADAMS MARKET

The Station

- Corn on the Cob
- Baked Cod

KERR-DRUMMOND

Country Barbeque Co.

- Pulled Chicken dinner plate
- Smoked Turkey dinner plate
- Choose Orange combo (smoked turkey, side salad, baked sweet potato, whole grain roll)
- Baked sweet potato
- Baked Potato
- Corn on the cob
- Green bean salad
- Small Salad
- Whole grain roll

Linguetti's

- Garden salad
- Caesar salad
- Pasta w/ marina & veggies

The 405 Deli

- Bread: Jalapeno corn bread, rye, sourdough marble, wheat berry

NORTH DINING

B & B, Co.

- Choose Orange meal: Healthy Hash with spinach and mushrooms, whole wheat toast and fresh fruit
- Tater Tots
- Black bean burger (remove mayo)
- Grilled chicken sandwich (remove mayo)

Carvery

- Beef Steamship
- Brisket
- Ham
- Smoked pork carnitas
- Rotisserie chicken
- Baked potato
- Key Biscayne vegetables
- Vegetarian plate
- BBQ carrots
- Green beans w/ mushrooms
- Simple salad w/ strawberry vinaigrette dressing
- Jalapeno corn bread muffin
- Whole wheat roll

Noodle U

- Beef pho
- Beef & Broccoli stir fry
- Miso Ramen
- Shoyu Ramen

- Extras: Poached egg, Teriyaki chicken, Tofu, Fish cake

Road Trip

- Cauliflower crust pizza w/ marinara sauce, mozzarella cheese
- Meat/toppings: chicken, ham, veggies

Zest

- Grilled vegetable gyro
- Grilled vegetable pressed piadina
- Steak rice bowl
- Red charmoula chicken rice bowl
- Grilled vegetable rice bowl
- Romaine with Greek pico salad
- Romaine with kale tabouleh salad
- Romaine with Israeli Couscous salad
- Mediterranean lentil pasta salad
- Hummus
- Jalapeno hummus
- Diavolo dressing
- Walnut romesco
- Zesy Ranch
- Lemon vinaigrette

STUDENT UNION

Bread & Beyond Deli

- 9-grain bread
- Spinach wrap
- Cheeses: Provolone, Pepper Jack, Mozzarella
- Proteins: Ham, Turkey, Grilled Chicken, Falafel, Egg Salad, Hummus, Black bean patty
- Toppings: pickles, red onion, bell pepper, banana pepper, black olives, guacamole, sliced tomato, sliced jalapeno, cucumber, spinach, spring mix
- Dressings: oil & vinegar, pesto basil, mustard, strawberry vinaigrette, green goddess, balsamic vinegar
- Salad base: spinach, spring mix, quinoa blend

Caribou

- Hot Tea
- Steamed Milk
- Green tea

Mambo Italiano

- Spaghetti or Fettuccine w/ marinara & chicken meatball
- Steamed broccoli
- Salad
- Fresh Fruit

Passport

- Char siu pork
- Muchim bok choy
- Spicy veggie stir fry
- Coconut shrimp
- Teriyaki Chicken
- Beef Bulgogi
- Tandori chicken
- Jackfruit Madras
- Hunan cumin beef
- Ramja w/ Beyond meat

Plaza Corner Cafe

- Roasted veggie melt on 12 grain bread
- House salad
- Soup and Salad combo
- Dressing: Strawberry vinaigrette, oil, balsamic vinegar

Red Earth Kitchen

Breakfast

- Greek yogurt parfait
- Parfait toppings: apples, blueberries, strawberries, pineapple, granola, chia, peanut butter, pumpkin seeds, almonds, raisins
- Chicken sausage
- Scrambled eggs

Lunch

- Country fried cauliflower
- Risotto stuffed pepper
- Chili lime chicken
- Mushroom Cannolini
- Fresh broccoli
- Green bean almandine
- Roasted baby carrots
- Corn on the cob
- Whole wheat roll

Union Chophouse

- Bowl-rito with grilled veggies, chicken, or beef
- Extras: guacamole, salsa, spicy tomatillo ranch dressing

OTHER LOCATIONS

Café Libro

- Hot & Iced teas
- Tomato mozzarella on ciabatta bread
- Chicken Isabelle on ciabatta (remove mayo)

Roots

- Hot & Iced teas
- G&G Items: salads, sandwiches, fruit, yogurt parfaits)
- Fruit juice
- Milk

CONVENIENCE STORES

Union Express @ Student Union Twenty Something @ Kerr-Drummond Fast Break @ Bennett Express It! @ Adams Market

All convenience stores have a variety of grab & go items that are considered Choose Orange. These items vary on availability.

- Salads
- Sandwiches
- Yogurt Parfaits
- Fresh Fruit

MAKING HEALTHY CHOICES

University Dining Services does what we can to help make choosing healthy dining options as easy and convenient for you as possible. Here are more resources on healthy eating habits.

NetNutrition

NetNutrition is a resource put together to help you know exactly what you are getting when you eat at any self-branded dining concept on campus. Menu items are listed and provide a full nutritional breakdown that includes calories, fats, carbohydrates, proteins, and more. Plus a full ingredients list and what allergens, if any, it may contain. This allows students to know exactly what they are getting and help avoid any potential allergen.



For additional resources, visit dining.okstate.edu/nutrition/resources.html



HAVE QUESTIONS?

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