<table>
<thead>
<tr>
<th><strong>KERR DRUMMOND</strong></th>
<th>vegetarian options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ENTRÉES</strong></td>
<td>Any sandwich, wrap, salad or spud can be made vegetarian</td>
</tr>
<tr>
<td><strong>The Pioneer</strong></td>
<td></td>
</tr>
<tr>
<td><strong>SIDE SADDLES</strong></td>
<td></td>
</tr>
<tr>
<td>Baked Potato</td>
<td>Potato Salad</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>Coleslaw</td>
</tr>
<tr>
<td>Macaroni and Cheese</td>
<td>Jalapeño Corn Bread</td>
</tr>
<tr>
<td>Green Bean Salad</td>
<td></td>
</tr>
<tr>
<td>Create-Your-Own Pasta Bake</td>
<td>Six-Cheese Pasta Bake</td>
</tr>
<tr>
<td>Create-Your-Own Fresh Pasta with Marinara &amp; Veggies</td>
<td>Salad Bar</td>
</tr>
<tr>
<td>Tortellini with Cowboy Sauce</td>
<td>Bruschetta</td>
</tr>
<tr>
<td>Veggie Pizza</td>
<td>Breadsticks</td>
</tr>
<tr>
<td>Veggie Calzone</td>
<td>Breadsticks with Cheese</td>
</tr>
<tr>
<td>Create-Your-Own Sandwich</td>
<td>Black Bean Patty Sandwich</td>
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<tr>
<td>The Avocado Sandwich</td>
<td>Hummus Sandwich</td>
</tr>
<tr>
<td>Caprese Sandwich</td>
<td>Elvis Wich</td>
</tr>
<tr>
<td>Tomato &amp; Avocado Sandwich</td>
<td>Superfood Wich</td>
</tr>
<tr>
<td>Tasty Bites® Microwave Meals</td>
<td>Veggie Hummus</td>
</tr>
<tr>
<td>Microwaveable Frozen Meals</td>
<td>Blueberry &amp; Granola Yogurt Parfait</td>
</tr>
<tr>
<td>Microwaveable Frozen Vegetables</td>
<td>Strawberry &amp; Granola Yogurt Parfait</td>
</tr>
<tr>
<td>Kize Bars</td>
<td>Energy on the Go</td>
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<tr>
<td>Variety of Fresh Fruit</td>
<td>Plain Salad</td>
</tr>
<tr>
<td>Variety of Fresh Vegetables</td>
<td>Variety of Convenience Store Items</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>BENNETT HALL</strong></th>
<th>vegetarian options</th>
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</thead>
<tbody>
<tr>
<td><strong>-slam dunk-</strong></td>
<td></td>
</tr>
<tr>
<td>Egg and Cheese on an English Muffin</td>
<td>Garden Fresh Wrap</td>
</tr>
<tr>
<td>Veggies on an English Muffin</td>
<td>Slam Dunk Special Salad</td>
</tr>
<tr>
<td>Tomato Basil Mozzarella Sandwich</td>
<td>Caesar Salad</td>
</tr>
<tr>
<td>Grilled Three-Cheese Sandwich</td>
<td>Strawberry Banana Smoothie</td>
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<tr>
<td>Peanut Butter and Jelly Sandwich</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td>Macaroni and Cheese Bowl</td>
<td>Daily Dinner Specials</td>
</tr>
<tr>
<td>Strawberry &amp; Granola Yogurt Parfait</td>
<td>Peanut Butter Snack</td>
</tr>
<tr>
<td>Blueberry &amp; Granola Yogurt Parfait</td>
<td>Hard Boiled Eggs</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Variety of Convenience Store Items</td>
</tr>
<tr>
<td>Veggies and Hummus</td>
<td></td>
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</tbody>
</table>

Rotating menu includes locally grown vegetables and a build-your-own farmer’s market salad.
To view the weekly menu, visit dining.okstate.edu/menus/red-earth-kitchen
NORTH DINING

1 BOWL or WRAP
- Piadina - Grilled Wrap
- Bowl - Pasta or Rice Salad (Lettuce or Spinach)

2 PROTEIN
- Grilled Vegetables

3 SAUCE
- Choose Your Sauce

4 DRESSING
- Choose Your Dressing

5 TOPPINGS
- Kale Tabouli, Lemon Rice, Linguini Pasta, Lettuce, Spinach, Green Beans, Cucumbers, Peperonata, Artichokes, Mushrooms, Red Onion, Olive Relish, Parmesan Cheese, Mozzarella Cheese

SIDES
- Zest Stick with Piadina, Hummus with Piadina, Bruschetta with Piadina, Couscous Salad, Kale Tabouli

CUSTOMIZE your salad, flatbread pizza and panini sandwiches to be made without meat

PANINIS & SANDWICHES
- Margherita Panini
- Sunbutter and Honey Panini
- Sunbutter and Grape Jelly Panini
- Sunbutter and Jelly Cold Sandwich

1 RICE
- Fried Rice
- Steamed White Rice

2 PROTEIN
- Marinated Tofu

3 TOPPINGS
- Stir Fry Veggies, Bamboo Shoots, Cabbage, Carrots, Cilantro, Corn, Green Onion, Jalapeños, Lime, Parmesan Cheese, Peas, Pesto, Sprouts, Thai Basil

4 SAUCE
- Sweet N Spicy
- Teriyaki
- Orange

Create-Your-Own Omelet
- Buttermilk Pancakes
- Waffles
- Fresh-Squeezed Orange Juice
- Vegetarian Migas
- Fresh Start - Choose Orange Meal
- Swiss ‘Shroom Sandwich

Bi&B. Co.
- Wheat Toast
- English Muffin
- Oatmeal Varieties:
  - Traditional, Dried Fruit & Nuts, Fire-Roasted Maple Apple, Maple Brown Sugar Crumble

Carvery
- Green Beans with Sauteed Red Onion and Mushrooms
- Mac ’N Cheese with Smoked Gouda
- Side Salad
- Whole Wheat Dinner Roll

Road Trip
- Create-Your-Own Pizza (Veggie Toppings)
- Create-Your-Own Mac and Cheese (Veggie Toppings)

Dash
- Cereal Bar
- Warm Cookies
# Adams Market

**Vegetarian Options**

<table>
<thead>
<tr>
<th>Veggie Hummus</th>
<th>Blueberry &amp; Granola Yogurt Parfait</th>
<th>Plain Salad</th>
<th>Microwaveable Frozen Meals</th>
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<tbody>
<tr>
<td></td>
<td>Strawberry &amp; Granola Yogurt Parfait</td>
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</tbody>
</table>

| Biscuit & Gravy | Corn on the Cob | Mashed Potatoes with Gravy |

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# Other Locations

**Vegetarian Options**

- Egg and Cheese Breakfast Sandwich
- Veggie Club
- Peanut Butter and Jelly Sandwich
- Garden Deluxe Salad
- Garden Salad
- Simple Salad
- Strawberry & Granola Yogurt Parfait
- Fresh Cut Fruit
- Whole Fresh Fruit
- Celery Sticks
- Carrot Sticks
- Veggies with Hummus

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**Cafe Libro**

- Breakfast Egg and Cheese
- Lunch/Dinner Tomato Mozzarella
- Dinner Individual Cheese Pizza
  
  *Sun-Thurs, 4:30 p.m. to close*

- Hummus and Monterey Jack Wrap
- Veggie Sandwich on Whole Grain
- Strawberry & Granola Yogurt Parfait
- Fresh Fruit

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**Newton’s**

- Caesar Salad
- Simple Salad
- The Wave Salad
- The Experiment Salad
- Electron Wrap
- Veggies with Hummus
- Strawberry & Granola Yogurt Parfait
- Fresh Fruit

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**Ancient Grain Salad**

- Veggies with Hummus
- Hummus and Monterey Jack Wrap
- Strawberry & Granola Yogurt Parfait
- Peanut Butter Snack
- Hard Boiled Eggs

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**Strawberry & Granola Yogurt Parfait**

- Fresh Fruit
- Asian Kale Salad
- Veggie Club Sandwich
- Carrot Sticks
- Celery Sticks