

# 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

## CENTRAL MARKET PLACE

### Byte

- Assorted menu offerings (check GrubHub for current offerings)
- Salad Your Way
- Wrapped
- Green Spoon Vegetarian Kitchen

### The 405 Deli

- Bread: Jalapeno corn bread, Marbled rye & sourdough, wheat berry, wheat hoagie
- Salads
  - Botanical Garden
  - The Strip (remove bacon)
- Sandwiches
  - Hall of Fame (remove bacon)
  - Country Club (remove bacon)
  - Washington (remove bacon)
  - Jardot
  - Farm
  - Main
  - Monroe (remove crispy fried onions)

## 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
- 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

### The Natural

- Loaded Grain Bowls
  - Buddha Buddha
  - Southwest Express
  - Buffalo Ranch
  - Fall Harvest

- Lentil Pasta Bakes
  - Country BBQ
  - Cheesy Marinara
  - Spinach & Sweet Potato
- Lettuce Wraps
  - Buddha Buddha
  - Buffalo Ranch
  - Green Goddess
  - Street Taco
  - Fall Harvest
- Meet toppings: chicken
- House salad
- Salad Dressing
  - Apple Cider Vinaigrette
  - Buffalo Ranch
  - Green Goddess
  - Honey Pineapple
  - Sriracho "Mayo"

### 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 chermoula 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

- Build your own sandwich
- 9-grain bread
- Spinach wrap
- Build your own salad
- 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

### Caribou

- Hot Tea
- Steamed Milk
- Green tea

### Mambo Italiano

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

### Passport

- Beef Bulgogi
- Taiwanese Green Beans
- Lo mein
- Madras Curry w/ Jackfruit
- Spicy Vegetable Tofu Stir Fry

### 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
- Quinoa Stuffed Pepper
- Green bean almandine
- Roasted baby carrots
- Roasted red potatoes
- Baked Beans
- 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)

## CONVENIENCE STORES

### Union Express @ Student Union

### 1890 Market @ CMP

### 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 & Vegetables
- Good to Go Meals

## 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](http://dining.okstate.edu/nutrition/resources.html)



**REACH OUT FOR PERSONALIZED GUIDANCE AND SUPPORT**

**Patty Anson, MS, CDCES, RD/LD**

405-744-3345 | [panson@okstate.edu](mailto:panson@okstate.edu)



**UNIVERSITY DINING SERVICES**