

1 Matador Food Court at the Bookstore Complex



Skinless Chicken Breast Meal BRC Burrito Pinto Beans Black Beans Small Chicken Tortilla Soup Spanish Rice Garden Salad Pollo Bowl Taco al Carbon Fresh Vegetables

Choose 16 oz. Classic Smoothie cup Add Protein Powder or Calcium Plus Boost Non Fat Yogurt and Fruit/Nut Toppings

Be aware that the calories in larger sizes often equal to a full meal so choose wisely.

JUICE IT UP!



Split a 2 entrée plate with a friend or order a Panda Bowl Beef and Broccoli Mushroom Chicken Mixed Vegetables Steamed Rice Sushi



Tender Grill Chicken Sandwich or Salad BK Veggie Burger, Side Garden Salad with Light Italian or Fat Free Ranch dressing

2 The Marketplace at the Sierra Center



Sandwiches-Turkey, Albacore Tuna, Avocado and Sprouts, Chicken, or Vegetarian, with all vegetables, ask for wheat bread, lite on mayo or no mayo, add mustard



Pasta Marinara (portion may be enough for two!)

Pizza – order one slice with a side salad Seasonal Vegetables Caesar Salad-dressing on the side



Taco Salad (request less tortilla strips) Chicken Tacos, Rice, Beans, Corn Tortillas, Tomato, Lettuce, Onion, Fresh Salsa, Pico de Gallo, and Guacamole



Teriyaki Bowls-request Brown Rice Specialties-Mushroom Chicken, Mandarin Chicken

(portion may be enough for two!) Sushi, Miso Soup, Noodle Soups-Veggie or Chicken Fun Noodle, Spicy Chicken Noodle, Shrimp Thai Basil Noodle Salad

3 University Student Union

Make a Burger lite, order Turkey, Salmon Burger, or Gardenburger, request dry (no sauce), add mustard, ketchup, with a side of fruit or salad.

Spaghetti Marinara • Garden Salad • Caesar • Santa Fe • Greek Salad or Wrap—order dry and request dressing on the side

Lower fat condiments and dressings include Italian, Balsamic, Lite Ranch, Pico de Gallo and Salsa. For Breakfast-Egg Whites • English Muffin • Fruit



6" Sandwiches with 6 grams of fat or less:

Reduce fat by request no cheese, no mayo or lite mayo, mustard.

Increase fiber by requesting wheat bread and a variety of vegetables.

Ham (Black Forest) • Oven Roasted Chicken Breast • Roast Beef • Subway Club

Sweet Onion • Chicken Teriyaki • Turkey Breast • Turkey Breast & Ham • Veggie Delight

Order apple slices, yogurt, raisins, or baked chips as a side.



Map and more locations on other side!

4 The Arbor Grill at Arbor Court

Daily Salads (Caesar everyday) request lite dressing or on the side

Daily Grill Items: Chicken, Salmon, Tofu comes with vegetable and starch



Stuffed Potato: Broccoli and Cheese (request mozzarella cheese to make it lighter)

Turkey, Salmon, or Gardenburger, comes with lettuce, tomato, onion; request dry and add ketchup and mustard

5 Orange Grove Bistro at the Orange Groves

Lunch Buffet: Soup and Salad Stations

Check www.csun.edu/tuc/weeklymenu.html for availability



All Salads on Daily Menu - Request dressing on the side or try olive oil, vinegar, lemon wedges, fresh cracked pepper.

Papaya Shrimp Salad, Blackened Salmon with salad or fruit

Fish Specials on Monday and Tuesday

Campus Convenience Stores



Snacks: Fruit or Vegetable Cups Grab and Go Sandwiches and Salads Sushi Starkist To Go Hummus and Pita Hard Boiled Eggs

Cereal: Cheerios, Raisin Bran Crunch, Frosted Mini Wheats Yogurt String Cheese Cheese Sticks Cottage Cheese Nuts Trail Mix

Cereal, Nutrition and Sports Bars Pretzels Baked Chips

Beverages: Water, Aquafina Flavor Splash, Sobe, Lifewater 0 Calories, Naked Juice, Gatorade G2, Propel, Low Fat and Nonfat Milk, 100% Fruit and Vegetable Juices



To reduce total fat and calories in beverages: order the smallest size, use fat free milk for all drinks, use sugar free syrup, order flavored coffee with half the syrup, request no whipped cream, sweeten with Splenda, sprinkle in cinnamon, chocolate, nutmeg, vanilla
0 Calorie Beverages: Coffee of the Day, Espresso, Americano, Herbal Tea
Fresh Squeezed Orange Juice

Healthy Breakfast options

available at most campus eateries

Oatmeal or Cream of Wheat Bagel

Yogurt Parfait • Orange Juice •

Vegetable Cups



Want more information on how to choose campus food to fit into your personal nutrition needs? Do you have any nutrition concerns? Call the Klotz Student Health Center at 818.677.3666. The Registered Dietician and Peer Nutrition Counselors provide one on one nutrition consultations for all currently enrolled students at no charge!

www.csun.edu/studenthealthcenter



www.csun.edu/tuc

