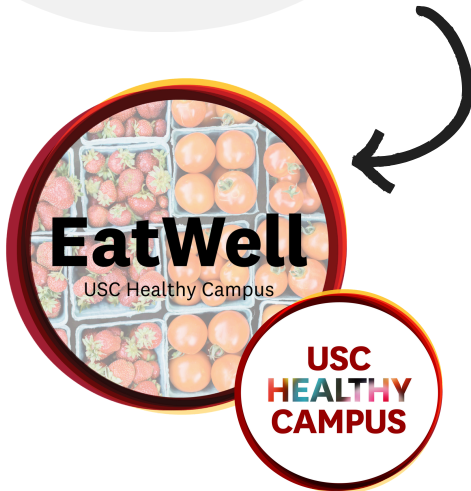


# USC Healthy Campus EatWell Meals

Learn more and view the menus at  
[hospitality.usc.edu/dietitian](http://hospitality.usc.edu/dietitian)



Deliciously balanced meals for USC



**EatWell Broccoli Beef as single entrée\***

**EatWell Broccoli Beef as single entrée + side of mixed veggies\***

**EatWell Broccoli Beef as single entrée + side white rice\***

**String Bean Chicken as a single entrée\***

**String Bean Chicken as a single entrée + side of white rice\***  
(String bean chicken as a single entrée + side of mixed veggies does not fit the guidelines due to sodium quantity)

## SEEDS

MARKETPLACE

### **EatWell Rock Roots Reggae (VG)**

Kale, romaine, grilled tofu, roasted sweet potato, tomato, brussels sprouts, broccoli, beets, raspberry maple thyme dressing

### **EatWell Woodstock & Curry Salad (VG)**

Romaine, arugula, cabbage, grilled tofu, basil, cilantro, tomato, red onion, cucumbers, chickpeas, raspberry maple thyme dressing

### **EatWell Backyard Salad**

Roasted chicken, kale, romaine, apple, carrots, raspberry maple thyme dressing

### **EatWell Santorini Greek Salad (V)**

Spinach, romaine, tomato, cucumber, red onion, black lentils, pita crisps, raspberry maple thyme dressing

### **EatWell Breakfast Buddha Bowl (V)**

Eggs, roasted cauliflower, sweet potato, quinoa, pepitas, avocado, pickled red onions

### **EatWell Veggie Scramble Bowl (V)**

Eggs, spinach, bell pepper, mushroom, tomato, green onion



### **EatWell Guacamole Bowl\* (VG)**

Ensalada mix, brown rice, black beans, fajita veggies, roasted corn, guacamole, lime wedge



### **EatWell Fight On Smoothie (VG)**

Strawberry, blueberry, banana, pineapple, agave

### **EatWell Mango Tango Smoothie (VG)**

Mango, banana, pineapple, agave

### **EatWell Tropical Breeze Smoothie (VG)**

Banana, pineapple, kale, spinach, agave

### **EatWell Protein Power Smoothie (V)**

Peanut butter, banana, strawberry, agave, whey protein powder

### **EatWell Freshly Squeezed Orange Juice (VG)**

16 ounces

### **EatWell Mother Nature Juice (VG)**

Kale, spinach, cucumber, celery, parsley, lemon, ginger, apple



### **EatWell Farro White Bean Soup (VG)**

Farro, white bean, kale, tomato, carrot, celery, red onion, basil, veggie stock, extra virgin olive oil

### **EatWell Roasted Chicken Salad**

Roasted chicken, lettuce mix, carrot, tomato, raspberry maple thyme dressing

USC Campus Dining

Vegan (VG) Vegetarian (V)

\*Served at both UPC and HSC locations.

USC WorkWell Center