**Bread/Cereal**

Mini Bagel (1)

Assorted Mini Muffins (2)

Assorted Cold Cereals: Corn Flakes (1), Cheerios (1), Raisin Bran (2), Frosted Flakes (2), Rice Krispies (1)

Hot Cereal: Oatmeal (1), Cream of Wheat (1)

*Condiments: Butter, Margarine, Jelly (0.5), Diet Jelly, Peanut Butter, Cream Cheese, Light Cream Cheese*

**Cold Sides**

Hard Boiled Egg (0)

Cottage Cheese (0)s

Fruit Yogurt (1)

Light Yogurt (1)

Seasonal Fruit Plate (2)

Carrot/celery sticks (0)

Apple Slices (1)

**Dessert**

Ice Cream (*vanilla/chocolate*) (1)

No sugar added ice cream (1)

Jello (1)

Sugar Free Jello (0)

Pudding (*vanilla/chocolate*) (2)

Sugar Free Pudding (1)

Fruit Ice (1)

Sugar Free Popsicle (0)

Fresh Fruit Cup (0.5)

**Packaged Items**

Graham Crackers (1 pack) (1)

Nature Valley Granola Bar (1)

Saltine Crackers (3 packs) (1)s

Unsalted Tops Saltine Crackers (3 packs) (1)

Peanut Butter (0)

UC San Diego

Health Services

Alternative

Menu

**Sandwiches/Wraps**

Turkey (2)

Ham (2)s

Roast Beef (2)s

Egg Salad (2)

Grilled Cheese (2)s

Tuna Salad (2)

Peanut Butter & Jelly (3)

Veggie (2)

*Condiments: Lettuce, Tomato, Pickles, Onion, Mustard, Mayonnaise, Light Mayonnaise*

**Hot Entrees**

Mac and Cheese (2)s

Spinach and Mushroom Lasagna (2)s

Country Beef Stew (1)

Pizza (*cheese, pepperoni*) (2)s

Pasta with Tomato Sauce (3)

Bean and Cheese Burrito (3)

**From the Grill**

Grilled Chicken Breast (0)

Hamburger (2)

Cheese Burger (2)s

Grilled Chicken Sandwich (2)

Garden Burger (3)

Chicken Quesadilla (2)s

Hot Dog (2)s

French Fries (2)s

**Hot Sides**

Rice (1)

Vegetable Blend (0)

Roasted Red Potatoes (1)

Baked Potato (2)

**Salads**

Garden Salad (*side or entrée*) (0)

Chicken Caesar Salad (1)

*Dressing choices: Ranch, Italian, Thousand Island, Fat Free Ranch, Fat Free Italian*

**Soup**

Vegetable w/ Beef broth (1)

Chicken Noodle (1)

Tomato (1)

*Soups also available as low sodium options*