

Eating on campus with so many different go-to options can be hard. With the stress of school, tests, deadlines,
 UbXgcVU'Ubl Jmz]hM'ia U_Y'gh X'brgVUJ Y'Wa ZfnZcXgZXYggYfngZFYXZcXgZLbXZcXgHUhUFydk
 bYVgdJ]m' \YUHm' It takes some conscious effort to make sure you are getting a well-balanced diet filled
 with fruits, vegetables, whole grains and lean proteins. Here are some tips for making better choices while
 dining on campus:

Each day our menus have a variety of cooking methods ranging from sautéed