

PHA Wellness Meals –

The Ohio State University has committed to be a part of the Partnership for a Healthier America. Below are the Wellness Meals offered at our Marketplace, Traditions and Berry Café locations. These meals follow strict guidelines for sodium, saturated fat, and trans fat and also contain the correct amounts of fruits, vegetables, protein, whole grains and dairy or dairy alternative. Each of these meals is also a Healthy Buckeye Choice!

→ Kennedy Traditions

Breakfast Wellness Meals:

1. Wholesome Oats

Steelcut oats (1cup)
Skim or soymilk (1 cup)
A piece of whole fruit

2. Eggs and Toast

Egg whites made to order with your choice of raw veggies (optional)
Whole grain bread (2 slices)
Skim or soymilk (1 cup)
A piece of whole fruit

Lunch and Dinner Wellness Meals:

1. Build Your Own Salad

Mix of leafy greens and raw veggies (2 cups total)
Grilled chicken (1 piece **from the Grill**, slice it up to toss on salad!)
Top with balsamic vinegar (1 tablespoon)

Whole grain bread (2 slices)
Skim or soymilk (1 cup)
A piece of whole fruit

2. Chicken & Veggies

Grilled chicken from the Grill (1 piece)
Whole grain bread (2 slices)
Choice of veggies from Salad Bar or Home Station (1 cup)
Skim or soymilk (1 cup)
A piece of whole fruit

→ Morrill Traditions

Breakfast Wellness Meals:

3. Cereal and Fruit

Whole Grain Cheerios (1 cup)

Yogurt (1 cup) OR Skim or soymilk (1 cup)

Fruit (1 piece of whole fruit or 1 cup fresh fruit from salad bar)

Lunch and Dinner Wellness Meals:

1. Chicken and Veggies

Grilled chicken (1 piece)

Choice of raw veggies from Salad Bar (1 cup)

Whole grain bread (2 slices)

Skim or soymilk (1 cup)

Fruit salad (1 cup) or a piece of whole fruit

2. Build Your Own Salad

Mix of leafy greens and raw veggies (2 cups total)

Plain tofu (1/2 cup)

Top with balsamic vinegar or Raspberry Vinaigrette (1 tablespoon)

Whole grain bread (2 slices)

Skim or soymilk (1 cup)

A piece of whole fruit

→ **Scott Traditions**

Breakfast Wellness Meal:

1. Wholesome Oats

Steelcut oats (1cup),

Skim or soymilk (1 cup)

A piece of whole fruit

2. Eggs and Toast

Egg whites made to order with your choice of raw veggies (optional)

Whole grain bread (2 slices)

Skim or soymilk (1 cup)

A piece of whole fruit

Lunch and Dinner Wellness Meals:

1. Pasta

100% Whole Wheat rotini (1 cup)

Marinara sauce (1/8-1/4 cup)
Steamed broccoli or other steamed non-starchy veggie (1 cup)
Tofu from Salad Bar (1/2 cup) OR grilled chicken breast from Grill (1 piece)
Skim or soymilk (1 cup)
A piece of whole fruit

2. Chicken or Salmon and veggies

Home Station: Roasted salmon (once a week) or Grilled Chicken (1 piece)
Steamed broccoli (1 cup)
Whole grain bread (2 slices)
Skim or soymilk (1 cup)
A piece of whole fruit

3. Mongolian Wok

Your choice of non-starchy veggies (1 cup)
Chicken
Brown rice (1 cup)
Skim or soymilk (1 cup)
A piece of whole fruit

→ **Berry Café**

Breakfast Wellness Meal:

1. Oatmeal and fruit

Nut and Seed Modern Oats Instant Oatmeal cup
A piece of whole fruit

Lunch and Dinner Wellness Meal:

1. Power Salad

Power Salad
Balsamic Vinegar packet
A piece of whole fruit
Light'n Fit or Greek yogurt cup

→ **Union Market**

Lunch and Dinner Wellness Meals:

1. Chicken Sandwich (Fired Up)

Herbed Natural Chicken on Whole grain bun

House salad (Grab'n Go)
Soymilk (1 cup) or Greek Yogurt cup

2. Build Your Own Salad

Choice of leafy greens and raw veggies (2 cups)
Quinoa (1 cup)
Grilled Chicken (1/4 cup)
Top with Italian dressing (1 tablespoon)

Greek yogurt cup
Berry cup or other whole fruit (1 cup)

→Marketplace

Lunch and Dinner Wellness Meals:

1. Build Your Own Salad

Choice of leafy greens and veggies (2 cups)
Tuna (1/2 cup)
Quinoa (1 cup)
Top with balsamic vinegar

Vanilla or plain Greek yogurt (1 cup) with fresh fruit (1 cup)

2. Garden Tofu Sandwich

Garden Tofu Sandwich (Deli)
Fresh fruit from yogurt bar (1.25 cups)
Yogurt from yogurt bar (plain or vanilla) (1 cup)