

Build-Your-Own Healthy Meals!

sdsu dining



About this Guide

Build-Your-Own Healthy Meals!

This guide offers practical examples of how to build and enjoy nutritious meals at our campus dining locations. This makes it easier for you to discover healthy meal choices at SDSU!

Curated by SDSU Dining's Registered Dietitian, the information in this guide is designed to assist the SDSU community in making informed and health-conscious choices that align with their wellness goals while enjoying meals on-campus.

There are many opportunities to build healthy, balanced meals with a wide variety of on-campus options available to you—including freshly prepared food, grab-n-go items and ingredients that you can purchase and prepare on your own. These recommendations are just some examples of how to build a complete and nutritious plate for yourself.

For more information about our food locations, menus and options, please visit eatatsdsu.com.

sdsu *dining*



SDSU Dining's Registered Dietitian



Amanda Nazario

Our registered dietitian is here for you!

Mission:

Helping the campus community manage food allergies and special diets, so that everyone can enjoy delicious meals through SDSU Dining while staying healthy.

Promote balanced eating habits on-campus.

Support collaborative dietary conversations between SDSU Dining and the campus.



Book a meeting with Amanda today!

Email: aashbynazario@sdsu.edu

Scan the QR Code to Book Online!

Dietary Preferences Key

Use this key as a reference when reviewing your available dining options.



DF | Dairy-Free • **GF** | Gluten-Friendly

V | Vegan • **VEG** | Vegetarian

View our Dining Locations Map on the Last Page.

[sdsudining](#)

Build-Your-Own Healthy Meals

Everbowl²

Create-Your-Own Regular Bowl

Chia pudding, strawberries, blueberries, kiwi, hemp seeds, almonds, and peanut butter **DF, GF, V**

The Halal Shack²

Pita Wrap

- Falafel, chickpea korma, spinach, onions, salata, spicy feta, hummus, parsley, tajin, hot white sauce **VEG**

Rice Bowl

- BBQ chicken, black beans, salata, onions, lettuce, kale & quinoa, mint cucumber yogurt, tajin, crispy pita chips, roasted corn, white sauce
- Chicken, chickpea korma, lettuce, baby spinach, kale & quinoa, salata, avocado, hummus, corn, parsley, sumac, chutney sauce **DF, GF**
- White rice, falafel, chickpeas, lettuce, onion, spinach, roasted corn, sumac, tahini sauce **DF, GF, V**

Oggi's Pizza Express²

Pizza

- Cauliflower crust, pizza sauce, vegan mozzarella cheese, basil, garlic, mushrooms, red onions, bell peppers **DF, GF, V**
- Gluten-free crust, pesto, mozzarella cheese, artichoke hearts, black olives, roasted garlic, tomatoes, fresh basil **GF, VEG**
- Homemade dough with pizza sauce, ricotta, basil, bell peppers, roasted garlic, mushrooms, red onions, grilled chicken

Panda Express²

Plates

- Broccoli Beef, & Mushroom Chicken, ½ super greens & ½ white rice **DF**
- Kung Pao Chicken, Teriyaki Chicken, ½ super greens & ½ white rice **DF**
- String Bean Chicken, Black Pepper Sirloin Steak, ½ super greens & ½ fried rice **DF**

Sushi One N Half²

Regular Bowl

- Quinoa, chickpeas, tofu, yuzu pepper sauce, edamame, cilantro, pineapple, ginger, crunchy garlic, seaweed salad, green onions **DF, GF, V**

Small Bowl

- Brown rice & mixed greens, salmon, tuna, ponzu sauce, spicy mayo, edamame, seaweed salad, ginger, sesame seeds, seaweed flakes **DF**
- Brown rice & quinoa, spicy tuna and salmon, light spicy mayo, carrot, corn, jalapeno, ginger, sesame seeds, seaweed flakes **DF, GF**

Subway²

6" Sub Sandwich

- Wheat bread with spinach, bell pepper, lettuce, tomato, onions, mustard **DF, V**
- Roast beef on wheat with spinach, avocado, cucumber, tomato, onion, honey mustard **DF**

12"/Footlong Sub Sandwich

- Wheat with turkey, provolone, lettuce, bell pepper, tomato, onion, pickles, banana peppers, mustard

¹ SDSU Dining Owned-and-Operated Unit

² Third-Party Owned-and-Operated Unit

University Towers Kitchen (UTK)¹

Breakfast

- Breakfast Bagel with egg whites, turkey sausage, cheese
- Breakfast Bowl with veggie sausage & egg whites **GF, VEG**
- Oatmeal **DF, GF, V**
- Vegan Breakfast Bowl **DF, GF, V**

Lunch/Dinner

- Aztec Bowl with black beans, pollo asado, whole grain medley, pickled red onions, lettuce, roasted corn, diced tomatoes, guacamole, chimichurri **DF, GF**
- Aztec Burrito with azteca vegetables, whole grain medley, salsa verde **DF, V**
- Black Bean Burger on sourdough with lettuce, tomato, grilled onions, pickles, BBQ sauce **DF, VEG**
- Chicken Sandwich on ciabatta with lettuce, tomato, onion, guacamole **DF**
- Pasta Bowl with marinara, tofu, broccoli, zucchini, onions **V**
- Stir Fry Bowl with chicken, broccoli, carrots, cabbage, onions, mongolian sauce, whole grain medley **DF**
- Stir Fry Bowl with tofu, vegetables, orange sauce, jasmine rice **DF, GF, V**

Which Wich²

Bowl Wich

- Black bean patty, cucumber, caramelized onions, bell pepper, tomato, banana peppers, oil, vinegar **DF, GF, V**

Regular Sandwich

- Udi's gluten-free bread with avocado, lettuce, tomato, cucumber, bell pepper, caramelized onions, mustard **DF, GF, V**
- Wheat with chicken provolone, lettuce, caramelized onions, pickles, tomato, bell pepper, pesto
- Wheat with roast beef, cheddar, lettuce, tomato, onion, pickles, banana peppers, light mayonnaise, mustard



Looking for additional Build-Your-Own examples for healthy dining on-campus? Contact our registered dietitian today!



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SDSU Dining Nutritional Disclaimer

At SDSU Dining, our team is committed to clearly identifying our menu items with respect to:

- **their nutritional information**
- **relevant dietary considerations such as whether the items are gluten-friendly, vegan, vegetarian, etc.**
- **their ingredients which may cause allergic reactions**

While SDSU Dining is committed to providing accurate nutritional information, because our recipes are prepared to order, there may be differences between the actual nutritional content of your order and the nutritional values provided. The values provided are derived from standardized recipes and serving sizes, and some minor variance from the standard nutritional information provided is unavoidable. We will further do our best to accommodate special requests to prepare your meal just the way you like it. Any such modifications, however, will cause the nutritional value of your meal to vary from the nutritional values provided.

Our team undergoes regular training to ensure accurate labeling and proper food preparation methods aimed at minimizing cross-contact risks. Even with us employing such labelling and food preparation methods, however, some degree of cross-contact is unavoidable. Please note that our dining centers are not certified allergy-free or gluten-free, as some items served may contain allergens. Our self-operated units/kitchens (*UTK — University Towers Kitchen, The Garden Restaurant, Faculty-Staff Club, Aztec Markets, SDSU Catering, and Concessions*) strive to consistently offer some allergen-friendly options.

Menu items from our third-party dining partners may have different allergen management practices. SDSU Dining does not design the menus of any of our third-party dining partners and shares them with guests for informational purposes only. Consequently, Aztec Shops, Ltd. and SDSU Dining accept no liability for menu items from our third-party dining partners, cannot independently validate any nutritional information provided by our third-party dining partners, and cannot guarantee that any menu items prepared by our third-party dining partners are free from allergens or safe from cross-contact. Guests should contact each third-party venue directly with any relevant nutritional and allergen-related questions.

For additional questions about building a personal meal program focused on specific dietary needs and preferences, we strongly recommend scheduling a meeting with our registered dietitian, Amanda Nazario (aashbynazario@sdsu.edu) using this [LINK](#).



* Indicates location does NOT participate in Meal Plans.

<p>A. CHARLES B. BELL JR. PAVILION</p>	<p>B. ELLEN OCHOA PAVILION</p>	<p>C. CUICACALLI</p>	
<p>D. UNIVERSITY TOWERS</p>	<p>E. HEPNER HALL</p>	<p>F. COLLEGE AVENUE</p>	
<p>G. CHAPULTEPEC</p>	<p>H. EDUCATION</p>	<p>I. AZTEC SHOPS TERRACE</p>	
<p>J. LOVE LIBRARY</p>	<p>K. PETERSON GYM/ARC</p>	<p>L. GATEWAY CENTER</p>	<p>M. MUSIC</p>
<p>N. AZTEC STUDENT UNION</p>	<p>O. SOUTH CAMPUS PLAZA</p>	<p>P. EIS BUILDING</p>	