EATING HEALTHY AT STARBUCKS

HANNAH FRIED | nutrition X USC

Light Bites

- Berry Trio Grain Parfait
  - Good source of calcium!
- Sprouted Grain Bagel & Avocado
  - Complex carbs & healthy fat!
- Strawberry Overnight Grains
  - Whole grains & fiber
- Veggie Egg White Bites
  - Protein & veggies
- Whole Oatmeal
  - Hearty, warm whole grains!

Salads & Sandwiches

- Southwest Veggie Wrap
  - Protein filled breakfast
- Bistro Asian Chicken Salad
  - Full of veggies
- Roasted Tomato Mozzarella Panini
  - Calcium rich lunch
- Bistro Chicken Caesar Salad
  - Classic Caesar salad
- Spinach Feta Wrap
  - Full of protein & iron

Boxes & Bowls

- Cheese & Fruit Box
  - Great afternoon snack
- Grilled Chicken & Hummus Box
  - Protein & healthy fat
- Chickpea Bites & Avocado Box
  - Tasty plant based option
- Egg & Cheddar Box
  - Comes with peanut butter
- Chicken Quinoa Bowl
  - Packed with protein

Questions? Please visit https://hospitality.usc.edu/ask-the-dietitian/