



EatWell Meals & USC Campus Dining

USC Hospitality is pleased to introduce USC Healthy Campus EatWell branded meals. These specially curated meals fit within a set of nutritional guidelines developed by the USC Hospitality Registered Dietitian (RD) with input from other RDs, Dietary Guidelines for Americans, 2020-2025, The Culinary Institute of America's Menus of Change, and guidelines from other universities.

These wellness meals are identified by an EatWell logo icon on the campus dining mobile ordering app, ordering kiosks, online menus and/or in-store signage.

EatWell Menus

Current EatWell Menu items on the Campus Dining mobile ordering app and ordering kiosks are featured under the "EatWell" category:



EatWell Broccoli Beef as single entrée

**EatWell Broccoli Beef as single entrée
+ side of mixed veggies**

**EatWell Broccoli Beef as single entrée
+ side white rice**

String Bean Chicken as a single entrée

**String Bean Chicken as a single entrée
+ side of white rice**

(String bean chicken as a single entrée + side of mixed veggies does not fit the guidelines due to sodium quantity)



EatWell Farro White Bean Soup

Farro, white bean, kale, tomato, carrot, celery, red onion, basil, veggie stock, extra virgin olive oil

EatWell Roasted Chicken Salad

Roasted chicken, lettuce mix, carrot, tomato, raspberry maple thyme dressing



SEEDS

MARKETPLACE

EatWell Rock Roots Reggae

Kale, romaine, grilled tofu, roasted sweet potato, tomato, brussels sprouts, broccoli, beets, raspberry maple thyme dressing

EatWell Woodstock & Curry Salad

Romaine, arugula, cabbage, grilled tofu, basil, cilantro, tomato, red onion, cucumbers, chickpeas, raspberry maple thyme dressing

EatWell Backyard Salad

Roasted chicken, kale, romaine, apple, carrots, raspberry maple thyme dressing

EatWell Santorini Greek Salad

Spinach, romaine, tomato, cucumber, red onion, black lentils, pita crisps, raspberry maple thyme dressing

EatWell Breakfast Buddha Bowl

Eggs, roasted cauliflower, sweet potato, quinoa, pepitas, avocado, pickled red onions

EatWell Veggie Scramble Bowl

Eggs, spinach, bell pepper, mushroom, tomato, green onion

FILONE'S

EatWell Pomodoro Pasta

Penne pasta, tomato sauce, cherry tomato, bell pepper, basil, extra virgin olive oil

EatWell Italian Chop Salad

Romaine, carrot, celery, bell pepper, cucumber, cannellini beans, pepperoncini, raspberry maple thyme dressing



EatWell Fight On Smoothie

Strawberry, blueberry, banana, pineapple, agave

EatWell Mango Tango Smoothie

Mango, banana, pineapple, agave

EatWell Tropical Breeze Smoothie

Banana, pineapple, kale, spinach, agave

EatWell Protein Power Smoothie

Peanut butter, banana, strawberry, agave, whey protein powder

EatWell Freshly Squeezed Orange Juice

16 ounces

EatWell Mother Nature Juice

Kale, spinach, cucumber, celery, parsley, lemon, ginger, apple

➤ TACO-TACO ◀

EatWell Guacamole Bowl

Ensalada mix, brown rice, black beans, fajita veggies, roasted corn, guacamole, lime wedge



USC Healthy Campus EatWell Meal Guidelines

Entrees, Sandwiches & Salads

- ≤650 Calories
- ≤10% Calories from Saturated Fat
- No Trans Fats or Partially Hydrogenated Oils
- ≤800 mg of Sodium
- ≤10% Calories from Added Sugar
- No Fried Foods
- Must contain at least 1 serving of fruit, veggies, whole grains, or legumes
(1 serving is at least 1/2 cup)

Soups (per 8 fl ounces)

- ≤650 Calories
- ≤10% Calories from Saturated Fat
- No Trans Fats or Partially Hydrogenated Oils
- ≤800 mg of Sodium
- ≤10% Calories from Added Sugar
- No Fried Foods
- Must contain at least 1 serving of fruit, veggies, whole grains, or legumes
(1 serving is at least 1/2 cup)

Smoothies & Fresh Juices

- ≤10% Calories from Saturated Fat
(except nut products and yogurt)
- No Trans Fats or Partially Hydrogenated Oils
- ≤250 mg of Sodium
- ≤10% Calories from Added Sugar
- 100% Fruit juice serving size is no larger than 16 ounces; no added sweetener
- 100% Fruit/Vegetable juice combination with fruit juice portion equaling a maximum of 16 ounces; no added sweetener

Salad Dressings & Condiments (per 2 tablespoons)

- ≤10% Calories from Saturated Fat
- No Trans Fats or Partially Hydrogenated Oils
- ≤300 mg of Sodium
- ≤10% Calories from Added Sugar

Questions? Please contact the USC Hospitality Dietitian: hospitality.usc.edu/dietitian/

USC Campus Dining



USC WorkWell Center

