



# 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 steamed rice**

**String Bean Chicken as a single entrée**

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

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

Served at both UPC and HSC locations.

Brown rice available at HSC location only.

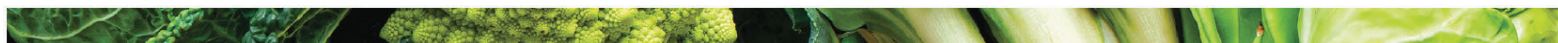


**EatWell Farro White Bean Soup**

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



**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

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## FILONE'S

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**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

## 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

**EatWell Farro White Bean Soup**

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

## ➤ TACO-TACO <➤

**EatWell Guacamole Bowl**

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

*Served at both UPC and HSC locations*



# 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)

## 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

## Positive Foods Grab n' Go options:

- Lemon Blueberry Overnight Oats
- Lemon Roast Chicken Breast
- Roast Salmon with Sage Tomato Jam
- Herb Chicken Green Goddess Salad
- Spicy Chicken Quinoa Bowl
- Vegan Kimchi Fried Rice

## 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

Questions? Please contact the USC Hospitality Dietitian: [hospitality.usc.edu/dietitian/](http://hospitality.usc.edu/dietitian/)

USC Campus Dining



USC WorkWell Center

