

USC Healthy Campus EatWell Meals



USC Hospitality is pleased to introduce USC Healthy Campus EatWell branded meals. These specially created meals fit within a set of nutritional guidelines developed by the USC Hospitality Registered Dietitian (RD) with input from other RD's, 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 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

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/

USC Healthy Campus EatWell Meals

Learn more and view the menus at
hospitality.usc.edu/dietitian



Deliciously balanced meals for USC

Bowls

EatWell Medi Crunch Chicken Bowl

Greek chicken, greens, lentils, tomato, cucumber, pickled red onion, mint, hummus, harissa

Tuna Poke Bowl (coming soon)

Tuna, ponzu, mango, cucumber, scallion, sesame seaweed salad, pickled ginger, greens

Salmon Poke Bowl (coming soon)

Salmon, ponzu, edamame, avocado, cucumber, scallion, sesame seaweed salad, pickled ginger, greens



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)

*Served at both UPC and HSC locations.

SEEDS

MARKETPLACE

EatWell Rock Roots Reggae (VG)

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

EatWell Woodstock & Curry Salad (VG)

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 (V)

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

EatWell Breakfast Buddha Bowl (V)

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

EatWell Veggie Scramble Bowl (V)

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



EatWell Guacamole Bowl (VG)

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



EatWell Fight On Smoothie (VG)

Strawberry, blueberry, banana, pineapple, agave

EatWell Mango Tango Smoothie (VG)

Mango, banana, pineapple, agave

EatWell Tropical Breeze Smoothie (VG)

Banana, pineapple, kale, spinach, agave

EatWell Protein Power Smoothie (V)

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

EatWell Freshly Squeezed Orange Juice (VG)

16 ounces

EatWell Mother Nature Juice (VG)

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

CAFÉ ANNENBERG

EatWell Farro White Bean Soup (VG)

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

Vegan (VG) Vegetarian (V)

USC Healthy Campus

EatWell Meals

Deliciously balanced meals for USC

Learn more and view the menus at
hospitality.usc.edu/dietitian



Positive Food Co
grab n' go items
sold at:

SEEDS

MARKETPLACE

TROJAN
G R O U N D S | featuring



Moroccan Style Chicken Breast
Blackened Chicken Alfredo Pasta
Herb Chicken Green Goddess Salad
Achiote Lime Chicken Salad Bowl
Sesame Peanut Chicken Salad Bowl
Kimchi Fried Rice (VG)
Grain Power Salad Bowl (VG)
Kale Hemp Caesar Salad (VG)
Hummus Mezze Box (VG)
Shiritaki Sweet Potato Almond Crunch (VG)
Mediterranean Muhammara Snack Box (VG)
Beet Poke Snack box (VG)

Banana Bread Chia Oat Pudding (V)
Lemon Roast Chicken Breast
Chicken Banh Mi Salad Bowl
Chicken Caesar Salad Bowl
Spicy Chicken Quinoa Bowl
Chicken Breast Chimichurri & Hummus Snack Box
Chicken Dill Salad Sandwich on Whole Wheat
Roast Salmon with Sage Tomato Jam
Salmon, Dill & Caper Crunch Salad Bowl
Salmon, Kale & Cucumber Mint Salad

Vegan (VG) Vegetarian (V)

HSC CAMPUS

Positive Food Co
grab n' go items
sold at:

TROJAN
G R O U N D S | featuring



USC
Bookstores



String Bean Chicken as a single entrée or with the steamed white rice side

Broccoli beef as a single entrée or with either the mixed veggies or steamed white rice as a side

USC Campus Dining

USC WorkWell Center