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

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

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

USC Campus Dining

USC HEALTHY CAMPUS

USC WorkWell Center

USC Healthy Campus
EatWell Meals

Deliciously balanced meals for USC

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



Panda Express Chinese Kitchen

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.

Taco Taco

EatWell Guacamole Bowl (VG)
Ensalada mix, brown rice, black beans, fajita veggies, roasted corn, guacamole, lime wedge

Chicken Taco Plate + side of black beans
2 chicken tacos on corn tortillas with chopped onion, cilantro, salsa, and lime wedge

Trojan Grounds featuring illy

Fresh Harvest Bento Box (Jain friendly) (VG)
Fruit, edamame, quinoa/white bean salad, veggies

Cottage Cheese Garden Bento Box (Jain friendly) (V)
Fruit, edamame, Daisy brand cottage cheese, veggies

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

C&G Juice Co.

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 (VG)
Peanut butter, banana, strawberry, agave, plant-based protein powder, mango, banana, pineapple, agave

EatWell Freshly Squeezed Orange Juice (VG)
16 ounces

EatWell Mother Nature Juice (VG)
Kale, spinach, cucumber, celery, parsley, lemon, ginger, apple

Vegan (VG) **Vegetarian (V)**

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TUTOR HALL CAFÉ

Espresso Overnight Oats (V)

Fruit & Chia Greek Yogurt Parfait (V)

Alu Chole 1 curry bowl (VG)
Served with steamed basmati rice, mixed greens, kachumber and chutney

Veggie Korma 1 curry bowl (V)
Served with steamed basmati rice, mixed greens, kachumber and chutney

LAW CAFÉ

Espresso Overnight Oats (V)

Fruit & Chia Greek Yogurt Parfait (V)

POPOVICH CAFÉ

Espresso Overnight Oats (V)

Fruit & Chia Greek Yogurt Parfait (V)

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

Fresh Harvest Bento Box (Jain friendly) (VG)
Fruit, edamame, quinoa/white bean salad, veggies

Cottage Cheese Garden Bento Box (Jain friendly) (V)
Fruit, edamame, Daisy brand cottage cheese, veggies

Protein Breakfast Bento Box (V)
Plain Greek yogurt, honey granola, boiled egg, fruit

Vegan (VG) **Vegetarian** (V)

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Positive Food Co grab n' go items sold at:

POSITIVE FOOD CO

SEEDS MARKETPLACE

TROJAN GROUNDS featuring illy

Vegan (VG) Vegetarian (V)

- 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

HSC CAMPUS

Positive Food Co grab n' go items sold at:

TROJAN GROUNDS featuring illy

CRG JUICE CO.

EatWell Fight On Smoothie (VG)
Strawberry, blueberry, banana, pineapple, agave

EatWell Mango Tango Smoothie (VG)
Mango, banana, pineapple, agave

EatWell Protein Power Smoothie (VG)
Peanut butter, banana, strawberry, agave, plant-based protein powder, mango, banana, pineapple, agave

PANDA EXPRESS CHINESE KITCHEN

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

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