

# Snack Smart a la carte

## PROTEIN/DAIRY

Non-Fat Greek Yogurt  
Milk  
Soy Milk  
Almond Milk  
String Cheese  
Peanut Butter  
Cashews  
Almonds  
Sunflower Seeds  
Protein Bars  
Tofurkey

## GRAINS

Kind Bars  
Cereal  
Oatmeal  
Crackers  
Bread  
Pretzels  
Popcorn  
Tortillas

## FRUIT/VEGGIES

Apple  
Applesauce  
Banana  
Fruit Cup  
Orange  
Veggie Cup

## PRE-MADE MEALS

Rice Bowls  
Salads  
Sushi Rolls  
Sub Sandwiches

Busy-Evans

# Busey Bean + Green

Monday–Thursday:

8pm–12 midnight

## PROTEIN/DAIRY

Non-Fat Greek Yo-  
gurt  
Cheese  
Milk  
Almond Milk  
Lactaid  
String Cheese

## PRE-MADE MEALS

Rice Bowls  
Salads  
Sub Sandwiches

## GRAINS

Kind Bars  
Cereal  
Oatmeal  
Bread  
Bagels  
Crackers  
Pretzels  
Popcorn

## FRUIT/VEGGIES

Apple Dippers  
Peaches  
Mandarin Oranges  
Banana  
Fruit Cup

# Penn Station

Pennsylvania Avenue Residence

Monday–Friday:

9am–12 midnight

Saturday–Sunday:

8pm–12 midnight

## **I** ILLINOIS

McKinley Health Center

### Did you know?

You can make an appointment to meet one-on-one with a Registered Dietitian at McKinley Health Center?

To schedule an appointment call  
**(217)-333-2701**

PROTEIN/DAIRY

- Non-Fat Greek Yogurt
- Low-Fat Yogurt
- Milk
- Soy Milk
- Almond Milk
- Core Power Protein Drink
- Canned Tuna Salad
- Canned Chicken Salad
- Cheese
- Peanut Butter
- Almonds
- Protein Bars
- Hummus

FRUITS/VEGGIES

- Applesauce
- Baby Carrots

GRAINS

- Kind Bars
- Cereal
- Oatmeal
- Crackers
- Bread
- Bagels
- Popcorn

# Chomps

Illinois Street Residence

Monday–Friday: 9:00am–12 midnight  
 Saturday–Sunday: 4:45pm–12 midnight

LIMITED ITEMS

- Fresh Fruit Smoothies
- Homemade Bagels
- Banana
- Milk

# The Caffeinator

Ikenberry Dining Hall  
 (2nd Floor)

M–Th: 7am–12 midnight  
 Friday: 7am–6pm  
 Saturday: 12noon–5pm  
 Sunday: 2pm–12 midnight

## Did you know?

McKinley Health Center provides free health education services to students?

PROTEIN/DAIRY

- Non-Fat Greek Yogurt
- Low-Fat Yogurt
- Milk
- Soy Milk
- Almond Milk
- Lactaid Milk
- String Cheese
- Cottage Cheese
- Core Power Protein Drink
- Peanut Butter
- Sunflower Seeds

GRAINS

- Kind Bars
- Cereal
- Oatmeal
- Bread
- Bagels
- Crackers
- Nut-thins
- Pretzels
- Popcorn

FRUIT/VEGGIES

- Watermelon
- Apple Dippers
- Peaches
- Mandarin Oranges
- Applesauce

PRE-MADE MEALS

- Salads

# 57 North

Ikenberry Dining Hall  
 (1st Floor)

Saturday–Sunday:  
 9pm–12 midnight