## Snack Smart a la carte

<table>
<thead>
<tr>
<th>PROTEIN/Dairy</th>
<th>Grains</th>
<th>Fruit/Veggies</th>
<th>Pre-Made Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Fat Greek Yogurt</td>
<td>Kind Bars</td>
<td>Apple</td>
<td>Rice Bowls</td>
</tr>
<tr>
<td>Milk</td>
<td>Cereal</td>
<td>Applesauce</td>
<td>Salads</td>
</tr>
<tr>
<td>Soy Milk</td>
<td>Oatmeal</td>
<td>Banana</td>
<td>Sushi Rolls</td>
</tr>
<tr>
<td>Almond Milk</td>
<td>Crackers</td>
<td>Fruit Cup</td>
<td>Sub Sandwiches</td>
</tr>
<tr>
<td>String Cheese</td>
<td>Bread</td>
<td>Orange</td>
<td></td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>Pretzels</td>
<td>Veggie Cup</td>
<td></td>
</tr>
<tr>
<td>Cashews</td>
<td>Popcorn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds</td>
<td>Tortillas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunflower Seeds</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein Bars</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tofurkey</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| PRE-MADE MEALS           |                          |                            |                         |
| Rice Bowls               |                          |                            |                         |
| Salads                   |                          |                            |                         |
| Sub Sandwiches           |                          |                            |                         |

**Busy-Evans**

**Busey Bean + Green**

Monday–Thursday: 8pm–12 midnight

**Penn Station**

Pennsylvania Avenue Residence

Monday–Friday: 9am–12 midnight
Saturday–Sunday: 8pm–12 midnight

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### 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

### LIMITED ITEMS
- Fresh Fruit Smoothies
- Homemade Bagels
- Banana
- Milk

### PROTEIN/DAIRY
- String Cheese
- Cottage Cheese
- Core Power Protein Drink
- Peanut Butter
- Sunflower Seeds

### GRAINS
- Kind Bars
- Cereal
- Oatmeal
- Bread
- Crackers
- Nut-thins
- Pretzels
- Popcorn

### FRUIT/VEGGIES
- Watermelon
- Apple Dippers
- Peaches
- Mandarin Oranges
- Applesauce

### PRE-MADE MEALS
- Salads

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### Did you know?
McKinley Health Center provides free health education services to students?