

# nutrition tip

## breakfast on the go



### Convenient Breakfast Options\*:

- bagel or toast with cream cheese, guacamole, or nut butter
- yogurt with fruit & granola
- breakfast sandwich, wrap, or a sandwich
- fruit smoothie
- pastry or muffin
- overnight oats, oatmeal, or cereal
- granola bar & fruit
- breakfast empanada

*\*These items are available at multiple dining locations across campus. Breakfast empanadas only available at Coffeestamp at Grounds for Change.*

### 01 Plan ahead!

Not everyone has the time or appetite for a sit-down breakfast. Packing breakfast and/or snacks with you for when you do feel hungry is a great option for those on the go!

### 02 Grab it and... go!

There are several quick and easy breakfast options on campus if you are running short on time. Grab a smoothie and bagel from Cafe B or The Village, or a breakfast empanada from Coffeestamp if you're heading to class on the East End.

### 03 Make breakfast fun!

If you struggle to eat breakfast, try making it an enjoyable experience. Set a breakfast date with a friend before class or try something new for breakfast. Challenge what you typically think of as breakfast foods, such as a sandwich!