

# nutrition tip

## customize your meal

*Get value and variety through customizable and self-service stations on campus. Select from a variety of ingredients and pick your portion sizes at these stations, providing greater flexibility for active students seeking the mental and physical energy to power through the day!*



### Other ways to customize your meals:

- Visit **Sizzle & Stir in BD** for a rotating menu of self-service meals including nacho bars and build your own poke bowls.
- Customize your own plate with various toppings, grains, and proteins at **Simply Made Bowls**.
- Build your own taco at **DeliciOSO** in the DUC.

## 01 Yogurt Bar at Paws & Go

Enjoy this hidden gem on campus every day! Choose from plain Greek, vanilla, or strawberry yogurt. Top with fresh fruit, dried fruit, and granola for a nutrient-rich breakfast or snack on the go!

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## 02 Smoothies at The Village

Pick your favorite flavor combination or try ours: tropical fruit + spinach + non-dairy milk. Add a protein powder for an energizing breakfast on your way to class or for a quick snack before a workout at the Rec Center!

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## 03 Ibbby's Lunch Buffet

Back by popular demand, Ibbby's Buffet is available for lunch Tuesdays through Fridays! Enjoy a rotating menu each week exploring various global cuisines including Greek, Indian, and Mexican!