







Find the Food that Fits your Life

Brightly colored, leaf-shaped messages make better-for-you choices easy to find. It's a simple way that can help you find the food that fits your life.

Eat Well		<ul style="list-style-type: none"> • Eat Well selections make up over 30% of menu items on our residential dining menus over the semester. • Contains nutritionally dense whole foods (i.e. fruits, vegetables, leafy greens, whole grains, beans, lean protein) • Lower in Calories • Lower in Saturated fat and sodium.
Made With Whole Grains		<ul style="list-style-type: none"> • Made with Whole Grain selections comprise over 15% of menu items on our residential dining menus through the semester. • Whole grains should be a leading item in the ingredient list.
Vegetarian		<ul style="list-style-type: none"> • Vegetarian and Vegan selections now make up over 30% of our menus. Our culinary team and dietitians assure that vegetarian selections contain no meat, fish, or poultry. • Can include dairy products, eggs, and honey.
Vegan		<ul style="list-style-type: none"> • Our vegan selections contain no animal products of any kind. In addition, vegan items can not include dairy, eggs, or honey.
Plant-Forward		<ul style="list-style-type: none"> • Plant-Forward selections feature a style of cooking and eating that emphasizes healthy plants at the center of the plate with a proportionally small quantity of animal protein. • May contain a proportionally small quantity of animal protein.
Cool Food Meal		<ul style="list-style-type: none"> • Cool Food Meals have a low impact on the climate, making them a delicious way to help the planet. • To learn more, check out: https://coolfood.org/
Made Without Gluten		<ul style="list-style-type: none"> • Selections made with ingredients that do not contain gluten. • IMPORTANT: Foods prepared without gluten containing ingredients may not be 'gluten-free' since recipes are prepared in open kitchens where cross-contact is possible. Aramark relies on its manufacturers' ingredient listings in determining whether an ingredient contains gluten.