



EatWell Meals & USC Campus Dining

USC Hospitality is pleased to introduce USC Healthy Campus EatWell branded meals. These specially curated meals fit within a set of nutritional guidelines developed by the USC Hospitality Registered Dietitian (RD) with input from other RDs, Dietary Guidelines for Americans, 2020-2025, The Culinary Institute of America's Menu of Change, and guidelines from other universities.

These wellness meals are identified by an EatWell logo icon on the campus dining mobile ordering app, ordering kiosks, online menus and/or in-store signage.

EatWell Menus

Current EatWell Menu items on the Campus Dining mobile ordering app and ordering kiosks are featured under the "EatWell" category:



EatWell Broccoli Beef as single entrée

EatWell Broccoli Beef as single entrée

+ side of mixed veggies

EatWell Broccoli Beef as single entrée

+ side white rice

String Bean Chicken as a single entrée

String Bean Chicken as a single entrée

+ side of white rice

(String bean chicken as a single entrée + side of mixed veggies does not fit the guidelines due to sodium quantity)



EatWell Farro White Bean Soup (VG)

Farro, white bean, kale, tomato, carrot, celery, red onion, basil, veggie stock, extra virgin olive oil

EatWell Roasted Chicken Salad

Roasted chicken, lettuce mix, carrot, tomato, raspberry maple thyme dressing



SEEDS

MARKETPLACE



EatWell Rock Roots Reggae (VG) Kale, romaine, grilled tofu, roasted sweet potato, tomato, brussels sprouts, broccoli, beets, raspberry maple thyme dressing

EatWell Woodstock & Curry Salad (VG) Romaine, arugula, cabbage, grilled tofu, basil, cilantro, tomato, red onion, cucumbers, chickpeas, raspberry maple thyme dressing

EatWell Backyard Salad Roasted chicken, kale, romaine, apple, carrots, raspberry maple thyme dressing

EatWell Santorini Greek Salad (V) Spinach, romaine, tomato, cucumber, red onion, black lentils, pita crisps, raspberry maple thyme dressing

EatWell Breakfast Buddha Bowl (V) Eggs, roasted cauliflower, sweet potato, quinoa, pepitas, avocado, pickled red onions

EatWell Breakfast Buddha Bowl (V) Eggs, spinach, bell pepper, mushroom, tomato, green onion

EatWell Fight on Smoothie (VG) Strawberry, blueberry, banana, pineapple, agave

EatWell Mango Tango Smoothie (VG) Mango, banana, pineapple, agave

EatWell Tropical Breeze Smoothie (VG) Banana, pineapple, kale, spinach, agave

EatWell Protein Powder Smoothie (V) Peanut butter, banana, strawberry, agave, whey protein powder

EatWell Freshly Squeezed Orange Juice (VG) 16 ounces

EatWell Mother Nature Juice (VG) Kale, spinach, cucumber, celery, parsley, lemon, ginger, apple

➤ TACO-TACO <

EatWell Guacamole Bowl (VG) Ensalada mix, brown rice, black beans, fajita veggies, roasted corn, guacamole, lime wedge

Served at both UPC and HSC locations

Vegan (VG) Vegetarian (V)



USC Healthy Campus EatWell Meal Guidelines

Entrees, Sandwiches & Salads

- ≤650 Calories
- ≤10% Calories from Saturated Fat
- No Trans Fats or Partially Hydrogenated Oils
- ≤800 mg of Sodium
- ≤10% Calories from Added Sugar
- No Fried Foods
- Must contain at least 1 serving of fruit, veggies, whole grains, or legumes
(1 serving is at least 1/2 cup)

Soups (*per 8 fl ounces*)

- ≤650 Calories
- ≤10% Calories from Saturated Fat
- No Trans Fats or Partially Hydrogenated Oils
- ≤800 mg of Sodium
- ≤10% Calories from Added Sugar
- No Fried Foods
- Must contain at least 1 serving of fruit, veggies, whole grains, or legumes
(1 serving is at least 1/2 cup)

Salad Dressings & Condiments (*per 2 tablespoons*)

- ≤10% Calories from Saturated Fat
- No Trans Fats or Partially Hydrogenated Oils
- ≤300 mg of Sodium
- ≤10% Calories from Added Sugar

Positive Foods Grab n' Go options:

- Lemon Blueberry Overnight Oats
- Lemon Roast Chicken Breast
- Roast Salmon with Sage Tomato Jam
- Herb Chicken Green Goddess Salad
- Spicy Chicken Quinoa Bowl
- Vegan Kimchi Fried Rice

Smoothies & Fresh Juices

- ≤10% Calories from Saturated Fat
(*except nut products and yogurt*)
- No Trans Fats or Partially Hydrogenated Oils
- ≤250 mg of Sodium
- ≤10% Calories from Added Sugar
- 100% Fruit juice serving size is no larger than 16 ounces; no added sweetener
- 100% Fruit/Vegetable juice combination with fruit juice portion equaling a maximum of 16 ounces; no added sweetener

Questions? Please contact the USC Hospitality Dietitian: hospitality.usc.edu/dietitian/

USC Campus Dining



USC WorkWell Center

