Making Good Food Choices Easy

UND has partnered with Guiding Stars of offer students an objective food rating system in the dining centers, convenience stores and Old Main Marketplace. Food is rated based on nutrient density using a scientific algorithm. Rated foods are marked with easy-to-follow tags indicating 1, 2, or 3 stars.

What to Look for
The more nutritional value a food has, the more Guiding Stars it receives.

- One Guiding Star indicates good nutritional value
- Two Guiding Stars indicate better nutritional value
- Three Guiding Stars indicate the best nutritional value

Breaks

All breaks are served with fruit-infused water and coffee with condiments. Breaks received 1-3 stars depending on menu.

<table>
<thead>
<tr>
<th>Price</th>
<th>Break Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$5.75</td>
<td><strong>Fruit and Veggie Break</strong></td>
</tr>
<tr>
<td>$6.50</td>
<td><strong>Sweet and Salty Break</strong></td>
</tr>
<tr>
<td>$4.25</td>
<td><strong>Smart Break</strong></td>
</tr>
<tr>
<td>$5.00</td>
<td><strong>Hummus with Pita Chips</strong></td>
</tr>
<tr>
<td>$5.75</td>
<td><strong>Tortilla Chips and Dip</strong></td>
</tr>
<tr>
<td>$5.00</td>
<td><strong>Spinach Artichoke Dip</strong></td>
</tr>
</tbody>
</table>

Fruit and Veggie Break
Fresh fruit and vegetable platters with Greek yogurt fruit and vegetable dips

Sweet and Salty Break
A mixture of wholesome and tasty Baked Chips, Special K Crackers, Apple Pie Larabars, Special K Cranberry Almond Bars, and Planters Healthy Nut Mix

Smart Break
Seasonal whole fresh fruit and Skinny Pop Popcorn

Hummus with Pita Chips
Sea salt pita chips and fresh veggie sticks served with homemade and sundried tomato hummus

Tortilla Chips and Dip
Multigrain tortilla chips served with homemade salsa and guacamole

Spinach Artichoke Dip
This dip is served chilled with fresh veggie sticks and sea salt pita crisps

Beverages

Water, coffee and teas are not rated with Guiding Stars because they contain few calories or nutrients

<table>
<thead>
<tr>
<th>Price</th>
<th>Beverage Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1.25</td>
<td><strong>UND Water Bottle</strong></td>
</tr>
<tr>
<td>$1.00</td>
<td><strong>Coffee with Condiments</strong></td>
</tr>
<tr>
<td>$1.25</td>
<td><strong>Ocean Spray 100% Fruit Juice</strong></td>
</tr>
<tr>
<td>$1.00</td>
<td><strong>Tropical Ginger Punch</strong></td>
</tr>
<tr>
<td>$1.00</td>
<td><strong>Fruit-Infused Water</strong></td>
</tr>
</tbody>
</table>

Ocean Spray 100% Fruit Juice
Assortment of orange, pineapple, apple, and grapefruit

Tropical Ginger Punch
Mixture of orange and pineapple juice with fresh ginger

Fruit-Infused Water
Choose from Citrus, Strawberry Kiwi, or Cucumber Lemon
Breakfast
All breakfasts include hot tea, ice water and coffee with condiments.

$4.25 Kettle Oats Bar
Steel cut kettle oatmeal served with a variety of toppings, including dried fruit, nuts, brown sugar and skim milk

$6.00 Greek Yogurt Parfait Bar
Build your own parfait with plain Greek yogurt, seasonal fresh fruit and granola

$6.00 Bagel Breakfast
Whole Wheat Bagel Thins served with light cream cheese and peanut butter and fresh seasonal fruit.

$6.75 Grain Fruit Bake
A variety of whole grains baked with cinnamon and allspice, topped with a sweet berry syrup

$6.50 Sweet Potato Egg Bake
Fresh spinach, cheddar cheese, sweet potatoes, and egg whites baked to perfection, served with a side of fresh seasonal fruit

$7.50 Sunrise Breakfast
Fluffy scrambled eggs
Roasted potatoes O’Brien
Fresh seasonal fruit

Box Lunches
Box lunches include fresh fruit, baked chips, and UND bottled water. A salad may be substituted for $2.00 more.

$10.00 Artichoke Chicken Salad Wrap
Chopped chicken, artichokes, red onions, and tomatoes tossed in lemon garlic vinaigrette and wrapped inside a whole wheat wrap

$9.50 Artichoke Hummus Wrap
Whole wheat wrap filled with artichoke hearts, fresh veggies, and our homemade hummus spread

$10.00 Also available with grilled chicken

$10.00 Feta Chicken Wrap
A mixture of chopped chicken, fresh tomatoes, red onion and feta cheese in a basil balsamic vinaigrette

$10.25 Sundried Tomato Hummus Wrap
Homemade Sundried tomato hummus and fresh veggies wrapped inside whole wheat flatbread

$10.75 Also available with grilled chicken

$9.50 Taco Shaker Salad with Whole Grains
Seasoned whole grains layered with shredded lettuce, diced onion, fresh tomatoes, cheese and cilantro

SIDES
Add any of healthy options to your next catered event.

$3.00 Farro with Raisins and Pistachios
Orange-scented farro mixed with golden raisins and pistachios and tossed in citrus balsamic vinaigrette

$2.50 Fruity Quinoa Salad with Almonds
White quinoa tossed with berries, mango, pineapple and almonds

$3.00 Greenwheat Freekeh and Massaged Kale Salad
Fresh kale, parmesan cheese, and greenwheat freekeh lightly dressed in a lemon garlic dressing

$1.75 Special K Cracker Chips
Choose from Sea Salt or Baked Cheddar

$1.50 Original Baked Lays

$1.50 Multigrain Sun Chips

$2.25 Skinny Pop Popcorn

$2.50 Apple Pie Larabar

$2.00 Special K Cranberry Almond Bar

$2.00 Planters Healthy Nut Mix

*These wraps and salads are also available for served meals and buffets, please contact your catering event coordinator for pricing.