

HEALTHIER EATING GUIDE

Main Campus guide for meals
that are 500 calories or less.



UTSA Dining

utsa.campusdish.com

OUR CRITERIA

Our Main Campus Healthier Eating Guide follows nutrition criteria defined by Registered Dietitians, which limit calories to 500 or less and are loaded with great taste.

OUR ON-SITE TEAM



UTSA Dining's Nutritionist helps take the mystery out of healthy eating! For more information about food allergies and dietary restrictions, reach out to our Nutritionist, Elisa Garza: garza-elisa1@aramark.com

OTHER CAMPUS RESOURCES

Nutrition counseling, group talks and cooking demonstrations are a free service for UTSA students and faculty! Power your life on campus with good food and a dining program that makes it easy for you to eat right.

[Check out our Health and Wellness page](#)

[See our upcoming events and cooking demos](#)

LET'S START YOUR HEALTHY JOURNEY ▼

TIPS & TRICKS

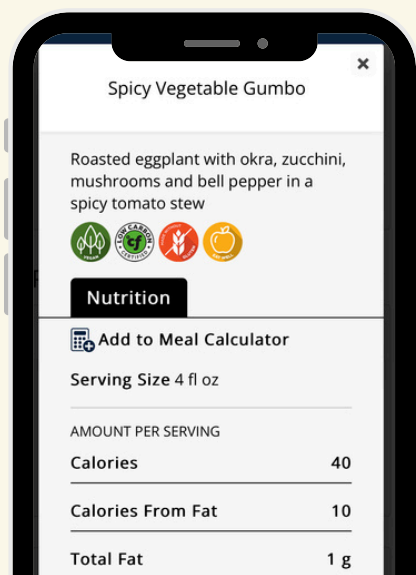
ROADRUNNER CAFÉ

Use these tools to make healthier choices while dining on campus.

- See what's on the Roadrunner Café [online menu](#).
- Look for the icon on the menu to identify recipes with these attributes!



- Learn how to use the online menu meal calculator [here](#).



EINSTEIN BAGEL BROS.

Breakfast Options:

- Any Classic or Thintastic Bagel with choice of Shmear or Spread
- Avocado Toast
- Garden Avocado Bagel
- Turkey Sausage & Cheddar Bagel
- Southwest Egg White Bagel
- Applewood Bacon & Cheddar Bagel
- Cheddar Cheese Bagel
- Ham & Swiss Bagel
- Bacon Avocado Tomato Bagel Thin
- Santa Fe on Asiago Bagel Thin

Lunch:

- Avocado Veg Out Bagel
- Nova Lox & Bagel
- California Turkey Wrap Bagel

Sides:

- Seasalt Kettle 1oz
- Original Kettle Chips 1.2oz
- Fruit Cup

Dietitian Tips:

- Substitute egg for egg white
- Substitute bagel for bagel thin
- Substitute a hashbrown or chips for a Side fruit cup



JAVA CITY

Drinks (made iced or hot, any size):

- Drip Coffee
- Americano
- Tea
- Cold Brew (Nitro or Regular)
- Shaken Iced Espresso
- Chai Latte
- Vanilla Latte
- Fruit Smoothies
- Refreshers

Grab & Go Food:

- Almond and Strawberry Overnight Oats
- Strawberry and Granola Yogurt Parfait
- Caesar Salad with Chicken
- Chef's Chopped Salad
- Cheese and Egg Bagel
- Chicken Salad Hoagie Roll
- Ham and Cheddar Hoagie Roll
- Ham and Swiss Sandwich
- Turkey and Cheddar
- Turkey and Swiss
- Hummus and Pretzels
- Hummus and Vegetables
- Meat and Cheese Cup

Dietitian Tips:

- Soy, almond and oat milk are available
- Sugar free syrups and flavors are available



RISING ROLL

Smoothies:

- Banana Peanut Butter
- Strawberry banana

Wraps:

- Hummus, Chicken & Goat Cheese Wrap
- Hummus Veggie Sandwich

Salads:

- Harvest Salad
- Maui Salad

Grain Bowls:

- Southwest
- Asian Inspired

Hot Sandwiches:

- OMG Brisket Sandwich



PRIME GRILL

Lunch:

- Jr Rowdy Smash Burger
- Prime Smash Burger
- Coleslaw

Dietitians Tips:

- Ask for your burger to be made without a bun



PANDA EXPRESS

Bowls Prepared with Super Greens side and choice of below entrée:

- Black Pepper Steak
- Broccoli Beef
- Grilled Teriyaki Chicken
- Honey Sesame Chicken
- Kung Pao Chicken
- Sweet and Sour Chicken
- Mushroom Chicken
- String Bean Chicken
- Black Pepper Chicken
- Honey Walnut Shrimp

Add On's:

- Chicken Egg Roll 1
- Cream Cheese Rangoon 3
- Vegetable Spring Roll 2

Dietitians Tips:

- Choose Super Greens as your side
- Opt-in for White Steamed Rice over Fried rice or Chow mein



FREEBIRDS

Freebirds Bowl made with cauliflower rice, black beans or whole pinto, pico de gallo, shredded lettuce, grilled corn salsa, fresh house salsa and choice of protein:

- Freebirds Chicken
- Fajita White Chicken

Freebirds Salad made with black beans or whole pinto, shredded lettuce, pico de gallo, grilled corn salsa, cilantro, tortilla chips, Freebirds ranch and choice of protein:

- Ranch Hand Steak
- Freebirds Chicken
- Fajita White Chicken

Chips & Dips:

- Salsa and Chips
- Guacamole and Chips

Dietitian Tips:

- Choose sautéed peppers and Onions and Guacamole as your Protein to make you meal Vegetarian or vegan
- Opt-in for Vegan Chorizo as your protein



STARBUCKS

Drinks made iced or hot, any size:

- Drip Coffee
- Americano
- Tea unsweetened
- Cold Brew (Nitro or Regular)
- Shaken Iced Espresso
- Chai Latte
- Vanilla Latte

Hot Breakfast:

- Egg, Pesto & Mozzarella Sandwich
- Impossible™ Breakfast Sandwich
- Turkey Bacon, Cheddar & Egg White Sandwich
- Spinach, Feta & Egg White Wrap
- Bacon & Gruyère Egg Bites
- Kale & Mushroom Egg Bites
- Egg White & Roasted Red Pepper Egg Bites

Lunch:

- Tomato & Mozzarella on Focaccia
- Ham & Swiss on Baguette
- Cheddar & Uncured Salami Protein Box

Snacks & Sweets:

- Butter Croissant
- Bagels: Everything or Plain
- Rolled & Steal-cut Oatmeal
- Peter Rabbit™ Organics Strawberry Banana
- That's It Fruit Bars



CHIKFILA

Breakfast:

- Berry Parfait
- Fruit Cup
- Hot Buttered Biscuit

Entrees Only:

- Grilled Nuggets
- Grilled Chicken Sandwich
- Grilled Chicken Club Sandwich

Salads:

- Market Salad

Dietitian Tips:

- Choose unsweetened iced tea or Water for beverage
- Substitute fries for a fruit cup



DRAGONBOWLZ

- Kimbap



FRESHENS

Salads:

- Southwest Chipotle Chicken
- Chicken Avocado Cobb
- Strawberry and Kale Salad
- Chicken Caesar

Smoothies:

- Berry Burn
- Goin' Green
- Super C Immune Support
- Super Fuel

Acai Bowls:

- Pure Life
- Nutty Bowl
- Acai Power
- Aloha Bowl

Dietitian Tips:

- Opt-in for Quorn Meatless Protein for a Vegetarian Option



SUSHIC

Sushi Rolls:

- Atomic roll
- California roll
- California roll plus
- Caterpillar roll
- Crunchy california roll
- Crunchy shrimp roll
- Dragon roll - grilled eel
- Dragon roll - salmon
- Dragon roll - tuna
- Grilled eel roll
- Philadelphia roll imitation crab
- Rainbow roll
- Salmon & avocado roll
- Salmon roll
- Sashimi
- Shaggy dog roll
- Spicy california roll
- Spicy shrimp roll
- Summer roll
- Sushi & nigiri combo
- Tempura imitation crab roll
- Tempura shrimp roll
- Tuna & avocado roll
- Tuna roll
- Tuna lovers combo
- Veggie roll plus
- Inari sushi
- Nigiri deluxe



SUSHIC

Sushi Burritos

- Crunchy california burrito
- Dynamite tuna burrito
- Volcano burrito

Poke Bowls

- Salmon poke bowl
- Tuna poke bowl

Sides:

- Seaweed Salad



PIZZA HUT

Lunch:

- Traditional or Boneless Wings (no Sauce)
- Bread Bites with marinara dipping Sauce
- Cheese Bites with marinara dipping Sauce

Dietitians Tips:

Ask for bread bites without parmesan Cheese to make this a vegan option



SUBWAY

6" Subs prepared to standard recipe on 9-grain wheat bread with lettuce, tomatoes, onions, green peppers and cucumbers:

- Veggie Delite
- Subway Melt
- Italian B.M.T
- Roast Beef
- All American Club
- Cold Cut Combo
- Buffalo Chicken
- Rotisserie-Style Chicken
- Sweet Onion Chicken Teriyaki
- Over Roasted Turkey & Ham
- Over Roasted Turkey

Soups:

- Broccoli Cheddar
- Chicken Noodle
- Loaded Baked Potato with Bacon

Additional Subway selections on the following page.



SUBWAY

Salads prepared to standard recipe with lettuce, tomatoes, onions, green peppers and cucumbers:

- Tuna
- Veggie Delight
- Black Forest Ham
- Roast Beef
- Italian B.M.T
- Spicy Italian
- Cold Cut Combo
- Steak & Cheese
- Rotisserie-Style Chicken
- Sweet Onion Chicken Teriyaki
- Chicken & Bacon Ranch
- Meatball Marinara
- Oven Roasted Turkey

Dietitian Tips:

- Choose unsweetened iced tea or Water for beverage
- Opt-in for a baked chip as your Side

ROWDY MART

ROWDYMART

Selection may vary based on locations

- Crunchy Shrimp Roll
- Easy eggs cage free hard boiled eggs With Sabra Avocado Toast
- Noka Superfruit Smoothie with String Cheese
- Noka Superfruit Smoothie with String Cheese and Oh Snap pickles
- Olli Snack Pack
- Apple with Sargento Balanced Breaks (white cheddar cheese with almonds and cranberries)
- Perfect bar with an apple
- Ham and Swiss Lunchable with Clio Greek Yogurt Bar
- Chef Boyardee Spaghetti and Meatballs with apple
- Campbell's Chunky Bowls Chili and Beans
- Mac & Cheese cup with an apple
- Bacon Egg taco
- Beans and Cheese taco
- Honey Nut Cheerios, 2% milk and That's It Apple and Strawberry Fruit Bar

ROWDY MART

ROWDYMART

- Kodiak Muffin Power Cup and That's It Strawberry Fruit Bar
- Naked Green Machine Smoothie and Colby Jack Cheese
- Honey Nut Cheerios with Soy milk and an orange
- Peach Chobani yogurt and Clif Bar Peanut Butter Banana