

**Vegetarian Options Regularly Available in the Dining Halls
(Lacto-Ovo-Vegetarian Options are Indicated by "LOV")**

Salad Bar:

Two Greens, one Organic (if available)
Pete & Jerry's Organic Hard Boiled Eggs (LOV)
Organic Yogurt (LOV)
Low Fat Flavored Yogurt (LOV)
Fresh Vegetables
Tofu
Kidney Beans or Chick Peas
Cut Fruit
Croutons
Wheat Germ
Raisins
Sunflower Seeds
Hummus
Cottage Cheese (LOV)

Toast and Cereal Table:

Whole Wheat Bread
Oat Nut Bread
Whole Grain Bread
White Bread
Raisin Bread (LOV)
12-Grain Bread (LOV)
Thomas' English Muffins
Fluff (Marshmallow) (LOV)
Soy Nut Butter
Whipped Cream Cheese (LOV)
Cold Cereals (8 varieties, rotating)

Peanut Butter

Pasta Bar

All plain pastas are vegan except those marked on the menu as "egg noodles."
Marinara Sauce

Deli Bar:

Egg Salad (LOV)
American, Provolone or Swiss Cheese (LOV)
Pesto (LOV)
Sprouts
Yellow Mustard, Mayonnaise
Pickles
Applesauce
Whole Wheat Pita

Beverages:

New England Coffee
Lipton Teas
Organic Skim Milk (LOV)
Organic 1.5% Low-Fat Milk (LOV)
Rice Dream Milk
Organic Soy Milk
100% Juices, Organic, Grapefruit and Apple
Aqua Health Still and Carbonated Waters
Lemonade
25% Cranberry Fruit Juice
Hot Chocolate (LOV)
Flavored Cappuccinos (LOV)

Fruits and Desserts:

Seasonal Fresh Fruit
Soft Serve Yogurt (LOV)
Soft Serve Ice Cream (LOV)
Ice Cream Cones
Sprinkles

Snack Table (rotating selections)

Potato Chips

Unsalted Peanuts

Crackers
Hershey's Chocolate Syrup