Build-Your-Own Healthy Meals!

sdsudining

Spring 2025 • Curated by SDSU Dining's Registered Dietitian: **Amanda Nazario**

About this Guide

Build-Your-Own Healthy Meals!

This guide offers practical examples of how to build and enjoy nutritious meals at our campus dining locations. This makes it easier for you to discover healthy meal choices at SDSU!

Curated by SDSU Dining's Registered Dietitian, the information in this guide is designed to assist the SDSU community in making informed and health-conscious choices that align with their wellness goals while enjoying meals on-campus.

There are many opportunities to build healthy, balanced meals with a wide variety of on-campus options available to you—including freshly prepared food, grab-n-go items and ingredients that you can purchase and prepare on your own. These recommendations are just some examples of how to build a complete and nutritious plate for yourself.

For more information about our food locations, menus and options, please visit eatatsdsu.com.

sdsudining

SDSU Dining's Registered Dietitian

Amanda Nazario

Our registered dietitian is here for you!

Mission:

Helping the campus community manage food allergies and special diets, so that everyone can enjoy delicious meals through SDSU Dining while staying healthy.

Promote balanced eating habits on-campus.

Support collaborative dietary conversations between SDSU Dining and the campus.

Book a meeting with Amanda today!

Email: aashbynazario@sdsu.edu

Scan the QR Code to Book Online!

Dietary Preferences Key

Use this key as a reference when reviewing your available dining options.

DF | Dairy-Free • **GF** | Gluten-Friendly

V | Vegan • **VEG** | Vegetarian

View our Dining Locations Map on the Last Page.

sdsu dining

Build-Your-Own Healthy Meals

Everbowl[2]

Create-Your-Own Regular Bowl

Chia pudding, strawberries, blueberries, kiwi, hemp seeds, almonds, and peanut butter DF, GF, V

The Halal Shack[2]

Pita Wrap

- Falafel, chickpea korma, spinach, onions, salata, spicy feta, hummus, parsley, tajin, hot white sauce VEG

Rice Bowl

- BBQ chicken, black beans, salata, onions, lettuce, kale & quinoa, mint cucumber yogurt, tajin, crispy pita chips, roasted corn, white sauce
- Chicken, chickpea korma, lettuce, baby spinach, kale & quinoa, salata, avocado, hummus, corn, parsley, sumac, chutney sauce DF, GF
- White rice, falafel, chickpeas, lettuce, onion, spinach, roasted corn, sumac, tahini sauce DF, GF, V

Oggi's Pizza Express[2]

Pizza

- Cauliflower crust, pizza sauce, vegan mozzarella cheese, basil, garlic, mushrooms, red onions, bell peppers DF, GF, V
- Gluten-free crust, pesto, mozzarella cheese, artichoke hearts, black olives, roasted garlic, tomatoes, fresh basil GF, VEG
- Homemade dough with pizza sauce, ricotta, basil, bell peppers, roasted garlic, mushrooms, red onions, grilled chicken

Panda Express[2]

Plates

- Broccoli Beef, & Mushroom Chicken, ½ super greens & ½ white rice DF
- Kung Pao Chicken, Teriyaki Chicken, ½ super greens & ½ white rice DF
- String Bean Chicken, Black Pepper Sirloin Steak, ½ super greens & ½ fried rice DF

Sushi One N Half[2]

Regular Bowl

- Quinoa, chickpeas, tofu, yuzu pepper sauce, edamame, cilantro, pineapple, ginger, crunchy garlic, seaweed salad, green onions DF, GF, V

Small Bowl

- Brown rice & mixed greens, salmon, tuna, ponzu sauce, spicy mayo, edamame, seaweed salad, ginger, sesame seeds, seaweed flakes DF
- Brown rice & quinoa, spicy tuna and salmon, light spicy mayo, carrot, corn, jalapeno, ginger, sesame seeds, seaweed flakes DF, GF

Subway[2]

6" Sub Sandwich

- Wheat bread with spinach, bell pepper, lettuce, tomato, onions, mustard DF, V
- Roast beef on wheat with spinach, avocado, cucumber, tomato, onion, honey mustard DF

12"/Footlong Sub Sandwich

- Wheat with turkey, provolone, lettuce, bell pepper, tomato, onion, pickles, banana peppers, mustard

[1] SDSU Dining Owned-and-Operated Unit
[2] Third-Party Owned-and-Operated Unit

University Towers Kitchen (UTK)[1]

Breakfast

- Breakfast Bagel with egg whites, turkey sausage, cheese
- Breakfast Bowl with veggie sausage & egg whites GF, VEG
- Oatmeal DF, GF, V
- Vegan Breakfast Bowl DF, GF, V

Lunch/Dinner

- Aztec Bowl with black beans, pollo asado, whole grain medley, pickled red onions, lettuce, roasted corn, diced tomatoes, guacamole, chimichurri DF, GF
- Aztec Burrito with azteca vegetables, whole grain medley, salsa verde DF, V
- Black Bean Burger on sourdough with lettuce, tomato, grilled onions, pickles, BBQ sauce DF, VEG
- Chicken Sandwich on ciabatta with lettuce, tomato, onion, guacamole DF
- Pasta Bowl with marinara, tofu, broccoli, zucchini, onions V
- Stir Fry Bowl with chicken, broccoli, carrots, cabbage, onions, mongolian sauce, whole grain medley DF
- Stir Fry Bowl with tofu, vegetables, orange sauce, jasmine rice DF, GF, V

Which Wich[2]

Bowl Wich

- Black bean patty, cucumber, caramelized onions, bell pepper, tomato, banana peppers, oil, vinegar DF, GF, V

Regular Sandwich

- Udi's gluten-free bread with avocado, lettuce, tomato, cucumber, bell pepper, caramelized onions, mustard DF, GF, V
- Wheat with chicken provolone, lettuce, caramelized onions, pickles, tomato, bell pepper, pesto
- Wheat with roast beef, cheddar, lettuce, tomato, onion, pickles, banana peppers, light mayonnaise, mustard

Looking for additional Build-Your-Own examples for healthy dining on-campus? Contact our registered dietitian today!

[1] SDSU Dining Owned-and-Operated Unit
[2] Third-Party Owned-and-Operated Unit

View our Dining Locations Map on the Last Page.

SDSU Dining Nutritional Disclaimer

At SDSU Dining, our team is committed to clearly identifying our menu items with respect to:

- **their nutritional information**
- **relevant dietary considerations such as whether the items are gluten-friendly, vegan, vegetarian, etc.**
- **their ingredients which may cause allergic reactions**

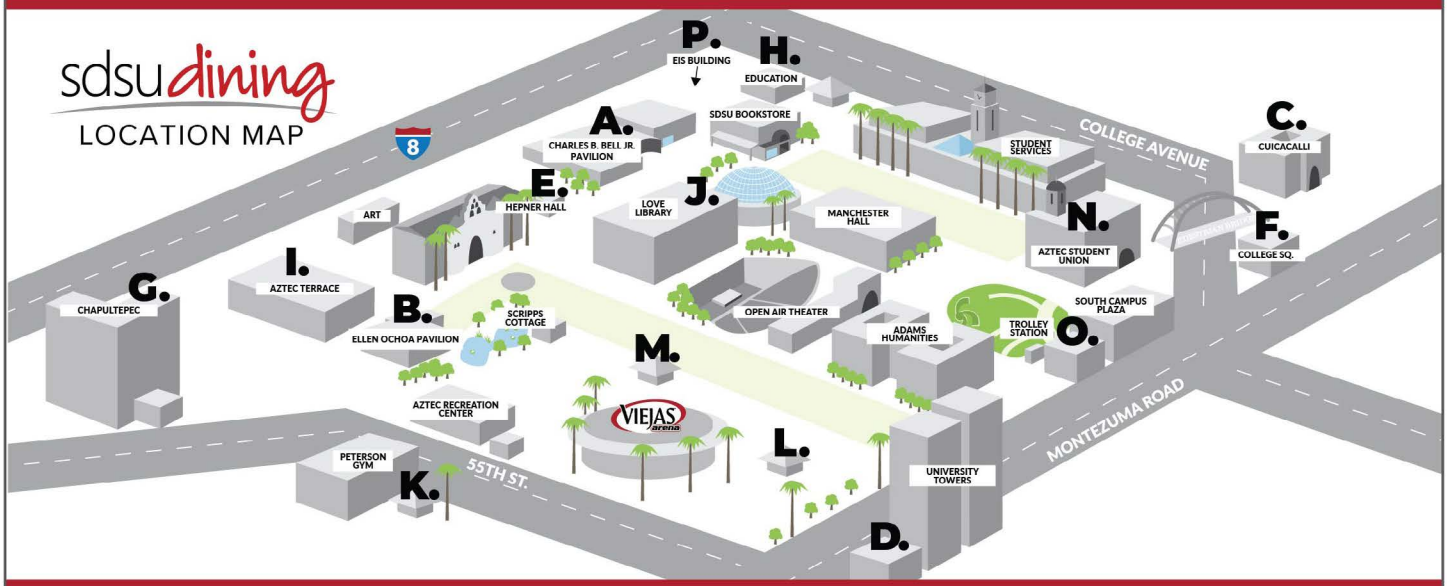
While SDSU Dining is committed to providing accurate nutritional information, because our recipes are prepared to order, there may be differences between the actual nutritional content of your order and the nutritional values provided. The values provided are derived from standardized recipes and serving sizes, and some minor variance from the standard nutritional information provided is unavoidable. We will further do our best to accommodate special requests to prepare your meal just the way you like it. Any such modifications, however, will cause the nutritional value of your meal to vary from the nutritional values provided.

Our team undergoes regular training to ensure accurate labeling and proper food preparation methods aimed at minimizing cross-contact risks. Even with us employing such labelling and food preparation methods, however, some degree of cross-contact is unavoidable. Please note that our dining centers are not certified allergy-free or gluten-free, as some items served may contain allergens. Our self-operated units/kitchens (*UTK — University Towers Kitchen, The Garden Restaurant, Faculty-Staff Club, Aztec Markets, SDSU Catering, and Concessions*) strive to consistently offer some allergen-friendly options.

Menu items from our third-party dining partners may have different allergen management practices. SDSU Dining does not design the menus of any of our third-party dining partners and shares them with guests for informational purposes only. Consequently, Aztec Shops, Ltd. and SDSU Dining accept no liability for menu items from our third-party dining partners, cannot independently validate any nutritional information provided by our third-party dining partners, and cannot guarantee that any menu items prepared by our third-party dining partners are free from allergens or safe from cross-contact. Guests should contact each third-party venue directly with any relevant nutritional and allergen-related questions.

For additional questions about building a personal meal program focused on specific dietary needs and preferences, we strongly recommend scheduling a meeting with our registered dietitian, Amanda Nazario (aashbynazario@sdsu.edu) using this LINK.

sdsu dining LOCATION MAP



* *Indicates NOT a Meal Plan Participant.*

A. CHARLES B. BELL JR. PAVILION

- Aztec Market
- Halal Shack
- Jamal's Chicken
- Panda Express
- Rubio's
- Baba's Pizza
- Subway
- Shake Smart

B. ELLEN OCHOA PAVILION

- Olive Oil Cafe

C. CUICACALLI

- Aztec Market
- The Garden Restaurant

D. UNIVERSITY TOWERS

- Aztec Market
- University Towers Kitchen

E. HEPNER HALL

- SDSU Faculty-Staff Club*

F. COLLEGE AVENUE

- *
- L&L Hawaii*
- Premium Boba Spot*

G. CHAPULTEPEC

- Aztec Market
- bcb Cafe

H. EDUCATION

- bcb Cafe
- sdsu dining

I. AZTEC SHOPS TERRACE

- Aztec Market
- the grill

J. LOVE LIBRARY

- bcb Cafe

K. PETERSON GYM/ARC

- bcb Cafe
- Shake Smart

L. GATEWAY CENTER

- bcb Cafe

M. MUSIC

- bcb Cafe

N. AZTEC STUDENT UNION

- the Habit Burger Grill
- Oggi's Pizza Express
- Shake Smart
- Aztec Market
- Starbucks
- Primos Mexican Food & Cantina

O. SOUTH CAMPUS PLAZA

- Trader Joe's*
- Eureka! Eat Drink American
- Poke Bowl
- Sushi One N Half
- Plant Power Fast Food
- Epic Wings N' Things
- everbowl
- Which Wich Superior Sandwiches
- Carbonara's

P. EIS BUILDING

- bcb Cafe