

How to Build a Better Lunch @ SDSU

Amanda Nazario, MS, RDN

Why is Lunch Important?

- Sustains energy levels
- Improves focus and productivity
- Supports overall health
- Regulates appetite
- Maintains stable blood sugar levels



Components of a Well-Balanced Lunch



Protein

Chicken, Beans,
Tofu, Turkey, Salmon,
Tuna, Lentils



Carbohydrates

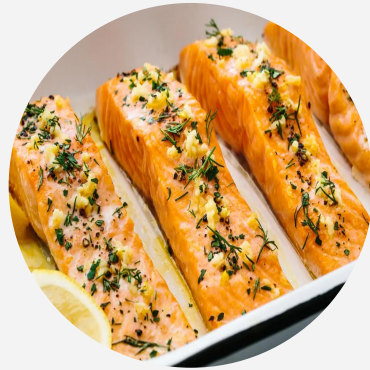
Wheat Pasta, Wheat Bread,
Brown Rice, Quinoa,
Sweet Potato



Color

Kale, Spinach, Bell Pepper,
Tomato, Apples, Oranges,
Carrots, Cucumber

Importance of Each Component



Protein

Protein is important to help repair and build muscles, keeps you feeling full longer, and supports energy levels throughout the day.



Carbohydrates

Carbs are important as they provide your body & brain energy. They help maintain focus and stamina, especially during busy afternoons.



Color

Color is important because fruits and veggies contain fiber which helps you feel full, and supports a healthy gut.

University Towers Kitchen

Location: University Towers



Stir Fry Bowl
GF, DF

Protein: Chicken
Carb: Whole Grain Medley
Color: Carrot, Broccoli, Cabbage



Aztec Bowl
GF

Protein: Black Beans, Chicken
Carb: Whole Grain Medley
Color: Tomato, Guac, Lettuce



Chicken Caesar Wrap

Protein: Chicken
Carb: Tortilla, Croutons
Color: Lettuce

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

University Towers Kitchen

Location: University Towers



Turkey Sub

Protein: Turkey, Cheese

Carb: Hoagie Roll

Color: Lettuce, Tomato, Onion



Black Bean Burger VG, DF

Protein: Black Bean Patty

Carb: Bun

Color: Lettuce, Tomato, Onion



**Grilled Chicken Sandwich
DF**

Protein: Chicken Breast

Carb: Bun

Color: Lettuce, Tomato, Onion

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Aztec Markets

Location: Multiple Campus Locations



Kale Caesar Chicken Wrap



Chickpea & Feta Salad
VG, GF



Buffalo Chicken Wrap
DF

Protein: Chicken

Carb: Tortilla

Color: Kale, Romaine

Protein: Chickpeas, Edamame

Carb: Chickpeas

Color: Carrot, Cucumber

Protein: Chicken

Carb: Tortilla

Color: Carrot, Lettuce

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Eureka!

Eureka!

Location: South Campus Plaza



Protein Bowl
VG, GF



Seared Salmon
GF



Napa Chicken Sandwich

Protein: Tofu

Carb: Brown Rice, Yams

Color: Tomatoes, Green Beans

Protein: Salmon

Carb: Potatoes

Color: Green Beans

Protein: Chicken

Carb: Baguette

Color: Arugula, Tomato

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Habit Burger



Location: Conrad Prebys Aztec student Union



Ahi Tuna Filet
DF



Veggie Burger
VG



Mango Miso Crunch
DF

Protein: Tuna

Carb: Bun

Color: Lettuce, Tomato

Protein: Veggie Patty, Cheese

Carb: Bun

Color: Lettuce, Tomato

Protein: Chicken

Carb: Wontons

Color: Cucumber, Mango

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Halal Shack

Location: Charles B. Bell Jr. Pavilion



BYO Rice Bowl
GF

Protein: Chicken
Carb: Basmati Rice
Color: Lettuce, Salata



BYO Pita Wrap

Protein: Chicken
Carb: Pita
Color: Salata, Corn, Lettuce



BYO Salad
VG

Protein: Falafel
Carb: Garbanzo Beans
Color: Tomato, Cucumber

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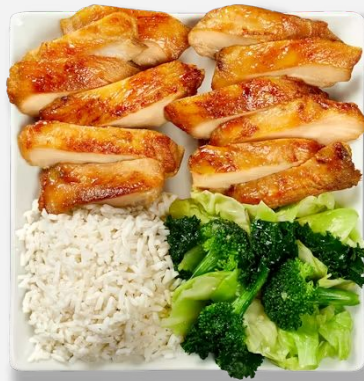
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Panda Express

Location: Charles B. Bell Jr. Pavilion



Protein Plate

DF



Brown Rice + Kung Pao Bowl

DF



BYO Plate

DF

Protein: Chicken

Carb: Rice

Color: Broccoli, Cabbage

Protein: Chicken

Carb: Brown Rice

Color: Zucchini, Peppers

Protein: Chicken

Carb: Rice

Color: Green Beans, Broccoli

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Sushi One n Half

Location: South Campus Plaza



BYO Poke Bowl
DF, GF

Protein: Tuna, Edamame
Carb: Brown Rice
Color: Cucumber, Seaweed



BYO Poke Bowl
DF, GF

Protein: Salmon, Tuna
Carb: Quinoa
Color: Avocado, Spring Mix



BYO Poke Bowl
DF, GF

Protein: Salmon
Carb: White Rice
Color: Seaweed, Spring Mix

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Rubio's



Location: Charles B. Bell Jr. Pavilion



Island Vibe Bowl
DF, GF



Mahi Mahi Burrito



Rainbow Bowl
GF

Protein: Shrimp

Carb: Citrus Rice

Color: Cabbage, Mango

Protein: Mahi Mahi

Carb: Tortilla, Rice

Color: Corn, Cabbage, Guac

Protein: Shrimp

Carb: Citrus Rice

Color: Cabbage, Corn, Mango

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Rubio's



Location: Charles B. Bell Jr. Pavilion



California Bowl
GF

Protein: Chicken, Beans
Carb: Citrus Rice
Color: Pico, Cabbage, Guac



Mexican Street Corn Bowl
GF

Protein: Shrimp
Carb: Citrus Rice
Color: Corn, Guacamole



Mercado Salad

Protein: Chicken, Beans
Carb: Tortilla Strips
Color: Lettuce, Corn, Pico

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Shake Smart



Location: Multiple Campus Locations



Tuna Salad Wrap

Protein: Tuna, Cheese

Carb: Wheat Wrap

Color: Celery, Lettuce



Avo Toast + Strawberry Fields

Protein: Protein Powder

Carb: Wheat Bread

Color: Avo, Strawberries



PB & A Bowl

Protein: Protein Powder

Carb: Granola

Color: Banana, Acai

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Subway



Location: Charles B. Bell Jr. Pavilion



Chicken Wrap



Turkey Sandwich



Protein Bowl

Protein: Chicken, Cheese

Carb: Wheat Wrap

Color: Lettuce, Onion, Pepper

Protein: Turkey, Cheese

Carb: Wheat Bread

Color: Tomato, Onion, Lettuce

Protein: Chicken

Carb: Roll (on the side)

Color: Tomato, Lettuce, Onion

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Which Wich?



Location: South Campus Plaza



Vegetarian Sandwich
DF, VG

Protein: Black Bean Patty

Carb: Wheat Bread

Color: Lettuce, Onion, Tomato



Turkey Sandwich

Protein: Turkey, Cheese

Carb: Bread

Color: Lettuce, Tomato



Chicken Sandwich

Protein: Chicken, Cheese

Carb: Wheat Bread

Color: Lettuce, Tomato,

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Questions?

Amanda Nazario, MS, RDN

SDSU Dining Registered Dietitian

aashbynazario@sdsu.edu



Book an appointment to learn more about navigating dietary needs and food options on SDSU's campus.

eatatsdsu.com/Dietary-Consultations



sdsu dining

SDSU | Aztec Shops