

CONVENIENCE GUIDE

THE COLLEGE GUIDE TO GRAB-AND-GO OPTIONS ON CAMPUS

HILLTOPPER
NUTRITION



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OUR COMMITMENT

At Hilltopper Nutrition we recognize the demands of college life and understand that convenience is paramount. We are committed to helping students achieve a well-rounded and nourishing lifestyle throughout their collegiate journey. While convenience foods should not make up the majority of your nutrition, they can be utilized to fill in gaps when you need them. Here are some things to look for when choosing quick snacks and meals:

- Whole Grains - provide fiber, carbohydrates, and lasting energy
- Lean Protein - keeps you satisfied between meals
- Fruits & Vegetables - provide carbohydrates, fiber, and important vitamins/minerals
- Healthy Fats - help you feel full between meals and provide many health benefits
- Balanced Meals - opt for meals that provide carbohydrates, lean protein, and color (fruits/vegetables)

To support the needs of our students we have two convenience stores located on campus:

- **Pit Stop** at Tower Food Court
- **P.O.D. Market** at Bates Runner Hall

Both locations have a curated selection of on-the-go snacks that are designed to offer not only convenience but nutritional value. On the following pages you will find nutritious options selected by our Registered Dietitians.



TOWER FOOD COURT

The Pit Stop Convenience Store

ENERGY & PROTEIN BARS

Belvita Bars
Nature Valley Bars
CLIF Bars
Kind Bars
RX Bars
Quest Bars
ONE Bars
Think! Bars
Special K Protein Bars
Nature's Bakery Fig Bars
Nutri Grain Bars

MEAT & DAIRY

Oven-Roasted Turkey Breast
Starkist Canned Tuna
Starkist Tuna Salad Kit
Babybel Cheeses
P3 Packs
Pepperoni, Cheese, & Crackers Box
Lunchables
Yoplait Yogurt
Chobani Greek Yogurt
Sargento String Cheese
Milk
Core Power Protein Shake

JERKY

Turkey Jerky
Beef Jerky

NUTS & SEEDS

Trail Mix
Peanut Butter
Peanuts
Cashews
Sunflower Seeds
Pistachios
Almonds

SNACKS

Pretzels
Popcorn
Lays Baked Chips
SunChips
Wheat Thins
Triscuits
PopCorners
Cheetos Simply White Cheddar
Cereal
Cheerios
Honey Nut Cheerios
Instant Oatmeal
Nutella S'mores Snack Box

FRUITS & VEGGIES

Fresh Fruit
100% Fruit Juice
Sliced Apples & Caramel
Sliced Apples & Peanut Butter
Baby Carrots & Ranch Dip
Banana Chips
Applesauce
Dill Pickle Snacking Cuts

SALADS

Southwestern Chicken Salad
Garden Salad
Chef Salad

SANDWICHES & WRAPS

Buffalo Chicken Wrap
Chicken Caesar Wrap
Chicken Salad on Croissant
Italian Style Sub
Turkey Club Wrap
Turkey & Smoked Gouda Wrap Bites
Turkey & Swiss Gluten-Free Roll

VALUE MEALS

PB&J Sandwich
Ham Dijon Sandwich
Turkey & Cheddar on Sourdough
Veggie Hummus Wrap
Chicken Caesar Salad
Garden Salad
Chicken Salad Snacker
Pure Protein Snack Box

BATES RUNNER HALL

P.O.D. Market

ENERGY & PROTEIN BARS

Belvita Bars
Cliff Bars
Nature Valley Bar
Kind Bars
RX Bars
Special K Protein Bar
Quest Bars
One Bars
Fit Crunch Bars
Met-Rx Bars
That's It Bars

MEAT & DAIRY

Oikos Greek Yogurt
Yogurt w/ Strawberries & Granola
Chobani Drinks
Sargento String Cheese
Babybel Cheese
Milk
P3 Packs
Deli Fresh Oven Roasted Turkey
Hard Boiled Eggs
Sarkist Tuna
Albacore Water in Tuna

JERKY

Turkey Jerky
Beef Jerky

NUTS & SEEDS

Peanut Butter
Peanuts
Cashews
Trail Mix
Pistachios
Sunflower Seeds
Almonds

SNACKS

Pretzel Crisps
Wheat Thins
Popcorn
Sabra Snackers

- Roasted Red Pepper
- Guacamole & Tortilla

Dry Roasted Edamame
Gogo Squeez Applesauce
Dried Mango
Dippin' Stix

- Apple Slices & Peanut Butter
- Apple Slices * Caramel
- Baby Carrots & Ranch

Nutella S'mores Snack Box

FRUITS & VEGGIES

100% Fruit Juice
Fresh Fruit
Grapes & Cheddar

SALADS

Pasta Pesto Salad
Tortellini Salad
Vegan Italian Farro Salad

SANDWICHES & WRAPS

Vegan Buffalo Cauliflower Wrap
Chicken Salad on Croissant
Mediterranean Veggie
Roast Beef & Cheddar
Grilled Veggie & Mozzarella
Chicken Parmesan Panini
Honey Turkey Panini
Buffalo Chicken Wrap
Turkey Club Wrap
Turkey & Smoked Gouda Wrap Bites

MEALS

Grilled Chicken & Vegetables
Macaroni & Cheese
Thai Zucchini Noodle Bowl
Grilled Chicken Spinach Salad
Grilled Chicken and Red Quinoa
Grilled Chicken and Vegetables
Kale Lentil Bowl
Vegan Falafel Snack Box

VALUE MEALS

PB&J Sandwich
Ham Dijon Sandwich
Turkey & Cheddar on Sourdough
Veggie Hummus Wrap
Chicken Caesar Salad
Garden Salad
Chicken Salad Snacker
Pure Protein Snack Box