Sample “to-go” meals from dining halls

Use these meal ideas when class and practice schedules make it difficult to stop into the dining halls for a full meal. These can be packed up during breakfast or on your way to class. Don’t forget to ask for the appropriate “to-go” containers.

**Breakfast:**
1. Yogurt parfait
   - Layer a to-go bowl with yogurt, fruit, and bakeshop granola
2. Whole wheat bagel or wheat bread with PB or cream cheese + piece of fruit and chocolate milk or yogurt with fruit
3. 2 hardboiled eggs + whole wheat tortilla + mustard or hot sauce or salsa + fruit
4. 2 hardboiled eggs + 2 cups whole grain cereal + fruit and low fat milk
5. Fruit & nut oatmeal (pack in to-go bowl)
   - ¾ cup dry old fashioned oats (not instant)
   - ¼ cup chopped nuts/seeds
   - ¼ cup raisins or craisins
6. 2 slices breakfast pizza + fruit + low fat milk
7. Breakfast sandwich (premade/ made to order) + piece of fruit
   Or:
   - Whole wheat bagel/bread/English muffin/ tortilla
   - Scoop of scrambled eggs
   - Cheese
   - Spinach

**Lunch:**
1. Order RamWich the night before and pick it up on your way to class!
   - [www.ramwich.colostate.edu](http://www.ramwich.colostate.edu)
   - Sandwich, side & a drink for 1 meal plan swipe or Rambucks
2. Breakfast options listed above (served until 2pm in Parmalee)
3. Build your own whole grain sandwich or wrap + fruit
4. Pasta sauté + soup
   - Pack the pasta in the to-go bowls and bring a coffee (hot drink) thermos to pack up the soup and keep it warm!
5. 2 Pizza slices with premade salad
6. Yogurt parfait
   - Layer a to-go bowl with yogurt, fruit, and bakeshop granola
7. 2 slices breakfast pizza (served until 11am) + fruit + low fat milk
8. Whole wheat bagel with cream cheese + low-fat milk or hard boiled eggs