

OCcidental College Tiger Cooler - Healthier Choices and Alternatives

LOW FAT	3 grams or fewer per serving	* Lower in fat but more than 3 grams/serving
HIGH FIBER	5 grams or more per serving	

THE COOLER'S FRYER OIL IS TRANS-FAT FREE

Green salad - large
 Green salad - small
 Fresh fruit- large
 Fresh fruit- small
 Whole fruit:
 apple, orange, pear, banana
 Whole strawberries (in season)
 Grapes (in season)
 Caesar salad* (7g fat)
 Spinach Caesar salad
 Cobb salad
 Asian salad* (5.3g fat)
 Spring mix & fruit salad*
 Greek salad

Spinach/Fruit Salad

Dressings:
 Lite sesame/ginger
 Lite Italian
 Balsamic vinaigrette
 Heart healthy vinaigrette
 Lite raspberry vinaigrette

Hummus with pita-regular

Hummus with pita- whole wheat

McDougall's vegan soups
 18 Rotating incl. **black bean**
 McDougall's Asian style noodles (vegan)
 Cottage cheese - lowfat & pineapple
 Sushi - 13 varieties (incl. 4 w/brown rice)
 Microwave popcorn - lite butter*
 Terra chips * - original veggie & sweet potato
 Deep River Brand Chips*
 Multigrain Tortilla Chips
 Boulder Canyon Natural chips - 3 kinds
 Ghardettos reduced fat snack mix*
 Genisoy bars - 10 kinds*
 MLO bio-proteins bars - 3 varieties*
 Promax bars - 3 varieties
 Tigers Milk Bars - 2 varieties
 Oskri organic vegan bars - 13 varieties
 including **date/fruit & coconut**
 Stacy's pita chips - 3 varieties
 Special K bar
 Cheerios bar
 Glenny's soy crisps - 5 varieties
 Famous Amos oatmeal raisin cookies*

Bagels-wheat/pumpnickel/wheat raisin/honey oat raisin

Low fat cream cheese for bagels*

Sunflower seeds & pumpkin seeds

Assorted rotating cereal varieties including:
Total, Special K, Corn Flakes, Kix
 Cheerios, Rice Krispies, **Raisin Bran**,
 Dr. McDougall's vegan hot cereals (4 Varieties)
 Stoneyfield organic yogurt - 8 LF, 6 NF flavors
 Wholesoy Yogurt - 6 rotating flavors
 Island Oasis smoothies - 12 flavors (rotating)
 (Pina colada flavor not low fat)
 Bolthouse bottled smoothies - 4 varieties
 Fosselman's sorbet (rotating flavors)
 Whole frozen fruit bars (rotating flavors)
 Sweet Nothings dairy free frozen bars (2 flavors)
 Soy Delicious soy ice cream (rotating flavors)
 Soft serve yogurt (LF or NF)
 Coffee drinks have option of NF milk* or soymilk
 San Pellegrino water
 Activate Water (rotating varieties)
 Snapple (rotating flavors)
 Rice in lieu of bread - weeknights
 Harvest Sensations fruits & vegetables (30+ varieties)
 Low fat tuna salad sandwich* (8.5g fat)
 Turkey & cheese sandwich* **also on Whole Wheat**
 Heart healthy chicken* (7.9g fat)
 Salmon (weeknights)
 Heart healthy fish*
 Grilled chicken breast sandwich* (5.1g fat)
 Grilled fish sandwich*
 Vegan burger* (3.5g fat)
 Boca burger* (3.5g fat)
 Veggie hot dog on wheat bun
 Grilled eggplant sandwich
 Portabello mushroom burger* (8.5g fat)
 Pizza items can be made with little or no cheese*
 Gluten-free pizza crust available
 Grill items come w/ choice of breads - including
whole wheat bread and whole wheat buns
 Grilled sandwiches can be made with lite or no margarine*
 Grill items may be ordered w/out breads and/or sauces
 May request lettuce wrap instead of bun
 Whole wheat English muffin breakfast sandwiches
 Fruit snacks - 6 flavors
 Organic fruit leather - 4 rotating varieties
Heart Thrive vegan bars - 7 varieties (1 heart)
 Teddy Grahams - Cinnamon or Chocolate
 King Henry pretzels - 3 varieties

King Henry snacks - 16 varieties including:

Raw & roasted nuts

Trail mix
Dried fruit

March-11

Note: Nutrient composition of food may vary due to genetic, environmental and processing variables; changes in product formulation, manufacturer's data, cooking and preparation techniques. Information should be considered approximations.