nutrition tip

Customize your meal

Get value and variety through customizable and self-service stations on campus. Select from a variety of ingredients and pick your portion sizes at these stations, providing greater flexibility for active students seeking the mental and physical energy to power through the day!

01 Yogurt Bar at Paws & Go

Enjoy this hidden gem on campus every day! Choose from plain Greek, vanilla, or strawberry yogurt. Top with fresh fruit, dried fruit, and granola for a nutrient-rich breakfast or snack on the go!

02 Smoothies at The Village

Pick your favorite flavor combination or try ours: tropical fruit + spinach + non-dairy milk. Add a protein powder for an energizing breakfast on your way to class or for a quick snack before a workout at the Rec Center!

03 Ibby’s Lunch Buffet

Back by popular demand, Ibby’s Buffet is available for lunch Tuesdays through Fridays! Enjoy a rotating menu each week exploring various global cuisines including Greek, Indian, and Mexican!

Other ways to customize your meals:

- Visit Sizzle & Stir in BD for a rotating menu of self-service meals including nacho bars and build your own poke bowls.
- Customize your own plate with various toppings, grains, and proteins at Simply Made Bowls.
- Build your own taco at DeliciOSO in the DUC.

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