

# Incorporating Snacks Using your Meal Plan

## What You Need To Know About Snacking

It is completely normal to get hungry in between meals. Aim for snacks to be balanced by incorporating carbohydrates, proteins, and fats, to eat a diversity of nutrients. Don't forget, treats like brownies and chips are normal (and enjoyable!) parts of a balanced diet.

### Some (but not all!) Snacks Available on the Residential Meal Plan:

#### Corcoran, McElroy, Stuart:

- Chicken Caesar Wrap or Salad
- Chicken Pesto Pasta Salad
- AE Fresh Spring Rolls
- Edamame Cup
- Chocolate Banana or Coconut Overnight Oats
- Tabouli Salad
- Classic Hummus with Pita Dippers
- Strawberry Yogurt Parfait with Granola
- Assorted Fresh Fruit Cups (Pineapple, Watermelon, Honeydew, Red Grapes, or Mixed Fruit)
- Bakery Items (Cookies, Croissants, Muffins, Apple Squares)

#### Lyons:

- Baby Arugula Parmesan Salad
- Mediterranean Platter
- Falafel and Tahini Mayo on Grilled Pita
- Cheese Tray
- Chicken Caesar Wrap
- Tomato Mozzarella Sandwich
- 2-Pack Cage-Free Hard-Boiled Eggs
- Bakery Items (BC Chocolate Chip Cookies, Croissants, Muffins, Apple Squares)

### DID YOU KNOW?

Lots of snack options  
can be found in the  
**grab & go** sections of  
the dining halls!

#### Eagle's Nest:

- Mixed Fruit Cup
- Bakery Items
- Chips
- Soup
- Whole fruit
- Acai Bowl



**BC DINING**  
FEED YOUR MIND.