

special requests

ask about nutrition information



If you are eating on campus, you can often engage the foodservice staff to help you. On most campuses, you have access to nutrition information on all prepared food. If you don't see something you like, reasonable requests can be made.

Some requests include:

- **Can you serve sauces/dressings on the side?**
- **Do you have plain, steamed veggies available?**
- **Do you have white or baked sweet potatoes in addition to mashed potatoes or fries?**
- **Do you have vinegar and olive oil for the salad bar?**
- **Do you have mustard, salsa or lemon to season veggies?**
- **Is ice water available?**
- **Do you have skim, soy or Lactaid milk available?**
- **Can you have hard-boiled eggs at each meal?**
- **Do you have water packed tuna available?**
- **Do you have tofu and soy sauce for the vegetables?**
- **Can you have yogurt, cottage cheese and peanut butter available at every meal?**
- **Do you have plain pasta with marinara sauce in addition to cream sauce?**
- **Do you have veggie burgers?**