Looking for Healthy Breakfast Options On or Near Campus?

We all know that breakfast is the most important meal of the day. Sometimes we are in a rush in the morning or maybe too tired to make breakfast. Here are a few options for breakfast that are quick on the go, as well as if you want to sit down and have a nice relaxing breakfast before heading to class.

**On-the-go Near Campus:**

- Try a healthy breakfast burrito from Qdoba!
  - Naked with egg whites, chicken, and fresh toppings (pico, corn, and mango salsa)

- Starbucks has a variety of healthy options that are quick and easy!
  - Whole-grain oatmeal
  - Reduced Fat Turkey Bacon Breakfast Sandwich
  - Spinach & Feta Breakfast Wrap
  - Greek Yogurt Parfaits
  - Fresh Fruit Cups

- Soma Coffeehouse offers a variety of smoothies that are made with only fruit juice and frozen fruit. No added sugars!

**Indiana Memorial Union**

- Baja Fresh
  - Our Union also has a Starbucks with healthy options available.

- Charleston Market offers both hot breakfast and lunch options.

- Freshens offers a variety of healthy options for both breakfast, lunch, and dinner. Stop by and make a smoothie on your way to class!

**Dunn Meadows Cafe**

- Bloomingfoods has a hot bar and salad bar. Breakfast is served from 7am-10am.