The items listed in the **Vegan Friendly Guide** do not contain animal products, and it is the intent of Dining Services to assure all preparation steps prevent cross contact with animal containing products. However, as Dining Services prepares and serves many products with animal based ingredients, it is recommended that any concerns or questions about vegan items be addressed with the dining unit manager.

**Please visit our website to view a copy of this guide:**
wmich.edu/dining/nutrition
### Vegan Foods

#### Menu Items

**Breakfast**
- Breakfast Nut Bar
- Cereal, General Mills Chocolate Chex®
- Cereal, General Mills Cinnamon Toast Crunch®
- Cereal, General Mills Corn Chex®
- Cereal, General Mills Reese’s Puffs®
- Cereal, Kellogg’s Froot Loops®
- Cereal, Kellogg’s Frosted Flakes®
- Cereal, Kellogg’s Rice Krispies®
- Cereal, Quaker Cap’n Crunch®
- Fries, American
- Hash Brown
- Oatmeal, Maple Apple
- Oatmeal, Quaker®
- Potato Triangle
- Potato, Breakfast Red Skin

**Lunch/Dinner Entrees**
- Bean and Rice Enchilada
- Black Beans and Rice
- Burger, Black Bean Veggie Ope’s®
- Burger, Veggie Ope’s®
- Chickpea Ratatouille
- Haitian Bean and Rice Bowl (Bistro3)
- Moroccan Style Vegetables w/Couscous
- Salad, Fattoush
- Salad, Walnut Pear
- Soup, Homemade Black Bean Chili

**Lunch/Dinner Entrees, continued**
- Soup, Homemade Chunky Vegetable (Bistro3)
- Soup, Homemade Lentil
- Soup, Homemade Spicy Vegetable
- Soup, Homemade Vegetable Barley
- Soup, Homemade Vegetarian Tortilla
- Soup, Minestrone
- Stir-Fry, General Tso Vegetable
- Stir-Fry, Vegetable w/Tofu
- Taco, Black Bean
- Thai Curry w/Tofu
- Tuscan Rice and Beans
- Vegan Burrito
- Vegan Pico Wrap
- Vegetable Fajita
- Vegetable Hummus Wrap
- Vegetable Lo Mein
- Vegetable Plate w/Baby Carrots (no Hollandaise Sauce)
- Vegetable Plate w/Baked Potato (no Hollandaise Sauce)
- Vegetable Plate w/Broccoli (no Hollandaise Sauce)
- Vegetable Plate w/Cauliflower (no Hollandaise Sauce)

**Sides/Starch**
- Applesauce, Chunky
- Beans, Baked
- Chips, Pita
- Fries, Black Pepper
- Fries, Crinkle
- Fries, Crisscut
- Fries, Curly
- Fries, French
- Fries, House (Bistro3)
- Fries, Natural Cut
- Pasta (except Egg Noodles)
- Potato, Baked
- Potato, Lemon Red Skin
- Potato, Roasted Red Skin
- Rice, Basmati
- Rice, Brown
- Rice, Cilantro Basmati
- Rice, Hawaiian
- Rice, Pilaf
- Rice, White
- Rice, Wild
- Sauerkraut
- Vegetable Blends (all)

This list may be incomplete as menu items may change periodically. To be absolutely sure, always ask a Dining Services manager or employee to see ingredient labels.

Updated August 2015
Reviewed and Approved
Kelsey Patterson, R.D.
Manager of Nutrition Services
WMU Dining Services
**Breads**
Bread, 100% Whole Wheat
Bread, 12 Whole Grain
Bread, Loco
Bread, White
Bun, Hamburger
Bun, Hoagie
Bun, Hot Dog
Bun, Kaiser
English Muffin
Tortilla Shell 8"
Tortilla Wrap, Plain

**Salad Bar/Dressings**
Balsamic Vinegar
Dressing, Asian Sesame
Dressing, Balsamic Vinaigrette
Dressing, Fat-Free Italian
Dressing, Fat-Free
  Pomegranate/Blueberry
Dressing, Fattoush
Dressing, Fuji-Apple Vinaigrette
Dressing, Italian
Dressing, Red Wine Vinaigrette
Olive Oil
Tofu
Vegetables, fresh (all)

**Condiments**
Grape Jelly
Guacamole
Hummus, Regular
Hummus, Roasted Red Pepper
Ketchup
Mustard
Pancake Syrup
Peanut Butter, JIF Creamy®
Salsa
Sauce, Sweet and Sour
Sauce, A1®
Sauce, Barbeque
Sauce, Buffalo Wing

**Condiments, continued**
Sauce, Cocktail
Sauce, General Tso
Sauce, Marinara
Sauce, Soy
Sauce, Sweet and Spicy Plum
Sauce, Sweet Chili
Sauce, Tabasco
Sauce, Teriyaki
Strawberry Preserves

**Beverages**
Coffee
Juice, Apple
Juice, Cranberry
Juice, Orange
Juice, Orange Strawberry Banana
Pepsi Beverages
Soy Milk, Chocolate Silk
Soy Milk, Original
Soy Milk, Very Vanilla Silk
Tea

**Snacks**
Chips, Potato
Chips, Tortilla
Pretzels

**Cilantro's (Valley I)**
Rice, Cilantro Basmati
Roasted Vegetables
Salsa, Black Bean and Corn
Salsa, Mild
Salsa, Pico de Gallo
Tofu

**Stir-fry Station (Valley II)**
Rice, White
Tofu
Vegetables, all
*See Condiment list for additional vegan sauces

**Sub Shop/Deli Bar (Valley III)**
Hummus
Sauce, Sub
Vegetables (all)
*See Breads list for vegan bread

**Extreme Greens (Burnham)**
Fruit (all)
Tofu, Plain
Vegetables, fresh (all)
*See Salad Bar/Dressings list for vegan dressings

**Marketplace Grill (Hoekje/Bigelow)**
Burger, Veggie Ope’s®
Burger, Black Bean Veggie Ope’s®
*See Sides/Starch list for vegan French fries

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